

# PFEW Pay and Morale Survey 2022 Essex Police

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# Contents

<b>EXECUTIVE SUMMARY</b> .....	3
<b>INTRODUCTION</b> .....	6
<b>RESPONSE RATE AND RESPONDENTS</b> .....	6
<b>REPRESENTATIVENESS</b> .....	6
<b>PAY AND REMUNERATION</b> .....	8
<b>COST OF LIVING</b> .....	8
<b>REASONS FOR COST OF LIVING INCREASE</b> .....	11
<b>PERCEPTIONS OF FAIR PAY AND SATISFACTION</b> .....	12
<b>MORALE</b> .....	13
<b>OVERALL MORALE</b> .....	13
<b>REASONS FOR LOW MORALE</b> .....	16
<b>ENGAGEMENT</b> .....	17
<b>ATTITUDES TOWARDS THE POLICE SERVICE</b> .....	17
<b>OFFICERS' TREATMENT IN THE POLICE</b> .....	19
<b>TRAINING AND DEVELOPMENT</b> .....	21
<b>SATISFACTION WITH TRAINING AND DEVELOPMENT</b> .....	21
<b>PROFESSIONAL DEVELOPMENT REVIEWS</b> .....	22
<b>INTENTION TO LEAVE</b> .....	25
<b>OVERALL INTENTION TO LEAVE</b> .....	25
<b>REASONS FOR INTENDING TO LEAVE THE POLICE SERVICE</b> .....	27
<b>WORKLOAD AND WORKING TIME</b> .....	28
<b>WORKLOAD</b> .....	28
<b>WORKING HOURS</b> .....	28
<b>SAFETY, VIOLENCE AND PHYSICAL INJURIES</b> .....	33
<b>VIOLENCE FROM CITIZENS</b> .....	33
<b>ACCESS TO EQUIPMENT (PROTECTION)</b> .....	34
<b>INJURIES</b> .....	35
<b>HEALTH AND WELLBEING</b> .....	36
<b>OVERALL PHYSICAL HEALTH</b> .....	36
<b>ABSENCE, PRESENTEEISM, AND LEAVEISM</b> .....	36
<b>MENTAL HEALTH AND WELLBEING</b> .....	37
<b>ANXIETY, HAPPINESS, LIFE SATISFACTION AND WORTHWHILENESS</b> .....	38
<b>MENTAL HEALTH AND WELLBEING SUPPORT SERVICES</b> .....	40
<b>NOTE FOR BRANCH BOARDS</b> .....	41

# EXECUTIVE SUMMARY

## RESPONDENTS AND RESPONSE RATE

- 1,256 responses were received from Essex Police, representing a response rate of around 35% (based on March 2022 Home Office figures of officer headcount)<sup>1</sup>.

## PAY AND REMUNERATION

- 82% of respondents from Essex Police said that they are 'dissatisfied' or 'very dissatisfied' with their overall remuneration (including basic pay and allowances).
- 98% of respondents from Essex Police reported that their cost of living had increased in the last month, with an increase in the price of their food shop being the most cited reason (98%).
- 87% of respondents from Essex Police felt that they were worse off financially than they were five years ago.
- 24% of respondents from Essex Police reported 'never' or 'almost never' having enough money to cover all their essentials.

## MORALE

- 48% of respondents from Essex Police told us that their morale is currently 'low' or 'very low'.
- 84% of respondents from Essex Police felt that morale within the force is currently 'low' or 'very low'.

## ENGAGEMENT

- 94% of respondents from Essex Police said that they do not feel respected by the government.
- 66% of respondents from Essex Police said that they would not recommend joining the police to others.
- 63% of respondents from Essex Police said that they did not feel valued within the police.

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<sup>1</sup> Home Office. (2022). *Police Workforce, England and Wales, 31 March 2022: data tables* [Dataset]. <https://www.gov.uk/government/statistics/police-workforce-england-and-wales-31-march-2022>

## **TRAINING AND DEVELOPMENT**

- 40% of respondents from Essex Police reported being 'dissatisfied' or 'very dissatisfied' with opportunities for training and 27% reported being dissatisfied with the Professional Development Review (PDR) process.
- 90% of respondents from Essex Police have had a PDR in the past 12 months.
- 81% of respondents who are line managers from Essex Police were able to complete PDRs for all their direct reports.
- 12% of respondents from Essex Police have applied for promotion to the next rank up from the one they are currently in this year.

## **INTENTION TO LEAVE**

- 14% of respondents from Essex Police told us that they intend to resign from the police service either 'within the next two years' or 'as soon as [they] can'.
- In Essex Police the most frequently cited reasons for intending to leave were morale, pay and how the Police are treated by the government (with 98%, 97% and 97% respectively).

## **WORKLOAD AND WORKING TIME**

- 62% of respondents from Essex Police said that over the last 12 months, their workload has been 'too high' or 'much too high'.
- 6% of respondents from Essex Police said that they have 'never' or 'rarely' been able to take an 11-hour break between shifts in the last 12 months.
- 31% of respondents from Essex Police feel 'always' or 'often' pressured into working long hours over the last 12 months.

## **SAFETY, VIOLENCE AND PHYSICAL INJURIES**

- 41% of respondents from Essex Police have experienced verbal insults (e.g., swearing, shouting, abuse) at least once per week in the past 12 months.
- 12% of respondents from Essex Police have experienced unarmed physical attacks (e.g., struggling to get free, wrestling, hitting, kicking) at least once per week in the past 12 months.
- 35% of respondents from Essex Police reported having access to double crewing 'at all times' whilst on duty.
- 15% of respondents from Essex Police reported that they had suffered one or more injuries that required medical attention as a result of work-related accidents in the last year.

- 21% of respondents from Essex Police reported that they had suffered one or more injuries that required medical attention as a result of work-related violence in the last year.

## **HEALTH AND WELLBEING**

- 71% of respondents from Essex Police indicated that their overall physical health is 'good' or 'very good'.
- 42% of respondents from Essex Police said that they find their job 'very' or 'extremely' stressful.
- 83% of respondents from Essex Police indicated that they had experienced feelings of stress, low mood, anxiety, or other difficulties with their health and wellbeing over the last 12 months.

## INTRODUCTION

The PFEW Pay and Morale Survey obtains federated rank members' views on their pay and conditions, as well as their attitudes to their work and the police service in general. The Pay and Morale survey is one of the largest annual surveys of police officers conducted within England and Wales and has been conducted every year since 2014.

This year, unlike previous years, the Pay and Morale survey has been combined with the Demand, Capacity, and Welfare survey. The PFEW Demand, Capacity and Welfare Survey is a biennial survey that was launched in 2016 in response to unprecedented budgetary cuts and a 14% fall in officer numbers over the previous seven years<sup>2</sup>. Combining these two surveys into one allows members' views to be collected and presented in a more streamlined manner.

This report provides a summary of responses to the PFEW Pay and Morale Survey received from respondents within Essex Police in 2022. Where appropriate, details of overall responses for the police service as a whole are also presented<sup>3</sup>.

## RESPONSE RATE AND RESPONDENTS

1,256 responses were received from Essex Police, representing a response rate of around 35% (based on March 2022 Home Office figures of officer headcount<sup>4</sup>). The national response rate for the 2022 survey was approximately 26% of all federated rank officers in England and Wales. Last year's response rate for Essex Police was 45%. Please bear this in mind when making comparisons with last year's findings.

## REPRESENTATIVENESS

To calculate whether the sample size is representative, it is necessary to take the population size into account, along with the margin of error and the confidence level. In essence, the margin of error measures the maximum amount by which the results from the sample are expected to differ from those of the actual population and is calculated using the sample size (the number of responses from federated rank officers in Essex Police), the population size (the total number of federated rank officers in Essex Police) and the confidence level.

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<sup>2</sup> Home Office. (2022). *Police Workforce, England and Wales, 31 March 2022: data tables* [Dataset]. <https://www.gov.uk/government/statistics/police-workforce-england-and-wales-31-march-2022>

<sup>3</sup> Data were weighted at a national level on the basis of respondents' force to ensure that each force were proportionally represented within the national sample; no weightings were applied at a force level. More information about weightings can be found in the 2022 *Technical Annex R106/2022*.

<sup>4</sup> Home Office. (2022). *Police Workforce, England and Wales, 31 March 2022: data tables* [Dataset]. <https://www.gov.uk/government/statistics/police-workforce-england-and-wales-31-march-2022>

The smaller the margin of error, the more confident we can be that the results are representative of the overall sample. For example: If 60% of respondents answered 'Yes' to one of the survey questions and the margin of error is 5%, we can estimate that 55% - 65% of the whole population would answer the same if asked.

If the margin of error is less than 5%, it can be considered to be within the normal bounds of academic rigour. The margin of error for this report has been calculated, and at a 95% confidence level, this report has a margin of error of 2%.

Overall, in England and Wales, 998 survey respondents declined to state which force they belonged to. The responses from these officers have been included within the national data but are excluded from force-level analysis.

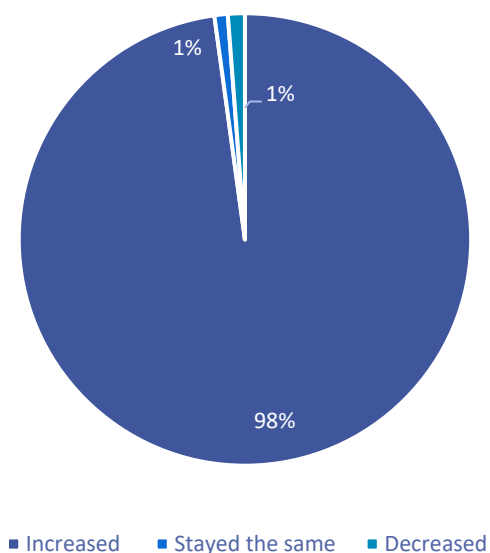
64% of responses from Essex Police were received from male officers and 36% of responses were from female officers. 78% of respondents were Constables, 15% were Sergeants, 6% were Inspectors and 1% were Chief Inspectors.

# PAY AND REMUNERATION

## COST OF LIVING

**98% of respondents from Essex Police reported that their cost of living had increased over the month prior to completing the survey.** This finding is consistent amongst all forces across England and Wales with respondents from all forces most likely to say that their cost of living had increased over the month prior to completing the survey; nationally this proportion is 98%.

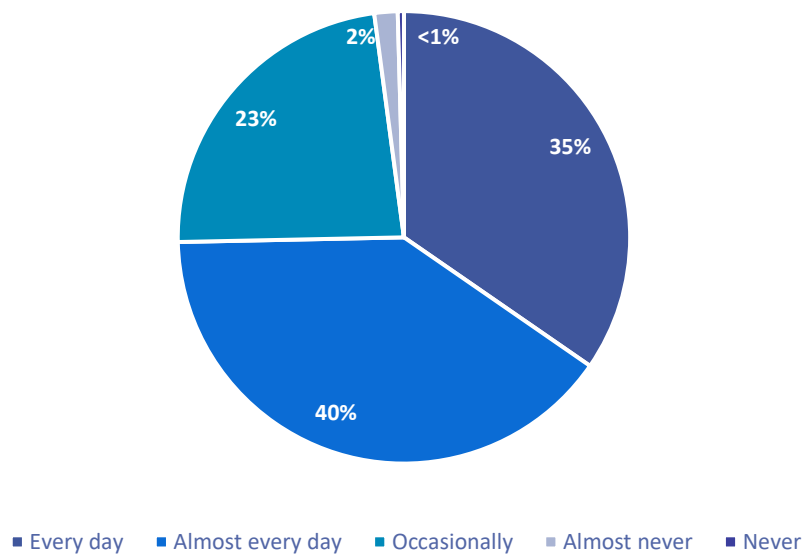
**Figure 1: Over the last month, has your cost of living...**



**75% of respondents from Essex Police reported worrying about the state of their finances 'every day' or 'almost every day'.** This is on par with the national figure for England and Wales as a whole, where 69% of respondents reported that they worried about money 'every day' or 'almost every day'.



**Figure 2: How often do you find yourself worrying about money?**

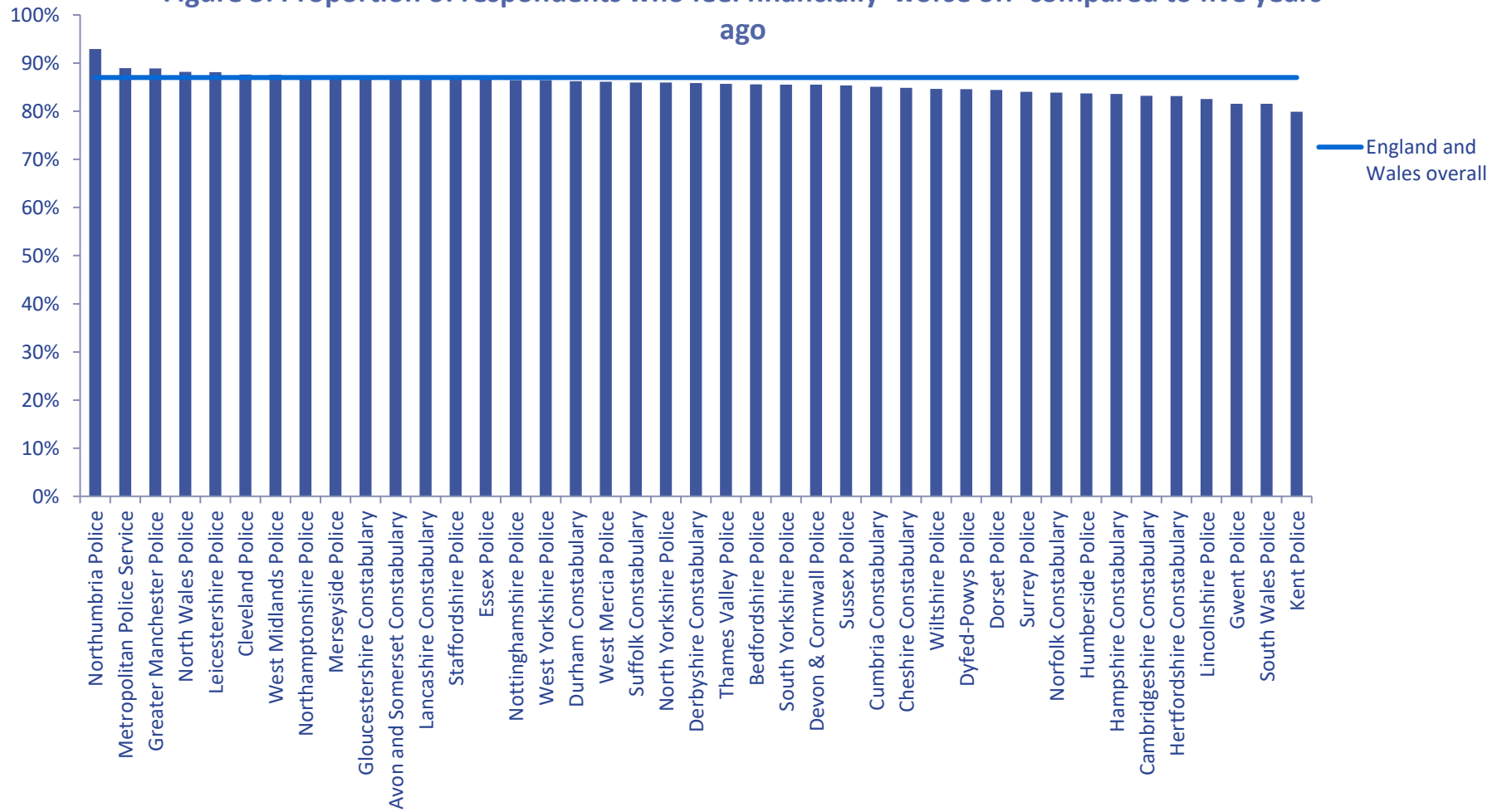


58% of respondents in Essex Police said that they had enough money to cover all of their essentials either ‘every month’ or ‘almost every month’. In contrast, **24% reported ‘never’ or ‘almost never’ having enough money to cover their monthly essentials**. Nationally, the proportion of respondents who said they ‘never’ or ‘almost never’ had enough money to cover their essentials was 19%.

**87% of respondents from Essex Police felt that they were ‘worse off’ financially than they were five years ago**. This proportion is the same as the equivalent proportion for England and Wales as a whole, where 87% of respondents said that they were worse off financially than five years ago.

Table 1: Cost of living		
	2022	2021
Proportion of respondents who feel financially ‘worse off’ compared to five years ago	87%	68%

**Figure 3: Proportion of respondents who feel financially 'worse off' compared to five years ago**



\*Please note: City of London Police and Warwickshire Police did not receive the minimum number of responses required to receive a force report. As such, these forces have been removed from this figure

## REASONS FOR COST OF LIVING INCREASE

Respondents indicating that their cost of living had increased over the previous month were asked why this was the case. Respondents were presented with a predesigned list of six potential reasons (please see the table below) and asked to tick all that applied. Results from Essex Police can be seen in the left of Table Two below with national comparisons on the right.

Table 2: Reasons for increased cost of living <sup>5</sup>	<i>Over the last month, for what reasons has your cost of living increased? Please tick all that apply</i>	
	Essex Police	England and Wales
My gas or electricity bills have increased	93%	95%
My rent or mortgage costs have increased	42%	39%
The price of my food shop has increased	98%	98%
The price of my fuel has increased	97%	95%
The price of my public transport has increased	12%	15%
Other	12%	11%

<sup>5</sup> Please note – respondents were able to select more than one option to this question and so proportions will not total 100%

## PERCEPTIONS OF FAIR PAY AND SATISFACTION

**94% of respondents from Essex Police told us that they do not feel that they are paid fairly considering the stresses and strains they have within their job, and 90% said that they are not fairly paid for the hazards they faced within their role.** Nationally, 94% of respondents said that they were not fairly paid considering the stresses and strains of their job and 88% said that they were not fairly paid for the hazards they faced.

A comparison of 2022 and 2021 figures for perceptions of fair pay in Essex Police is provided in the table below.

Table 3: Satisfaction with pay	2022	2021
I am not fairly paid for the stresses and strains of my job	94%	94%
I am not fairly paid for the hazards faced within my job	90%	89%

82% of respondents from Essex Police said that they are ‘dissatisfied’ or ‘very dissatisfied’ with their overall remuneration (including basic pay and allowances) and 68% said that they are ‘dissatisfied’ or ‘very dissatisfied’ with their pensions. A comparison of 2022 and 2021 figures for pay and remuneration in Essex Police is provided in the table below.

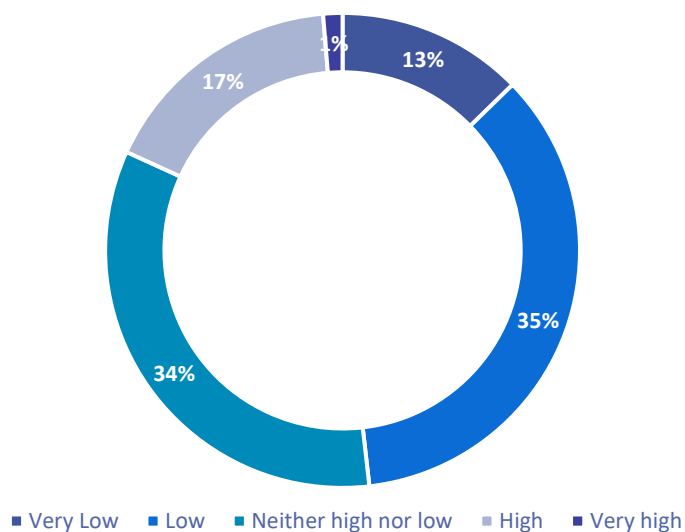
Table 4: Dissatisfaction with pension and remuneration	2022	2021
Proportion of respondents who are ‘dissatisfied’ or ‘very dissatisfied’ with their overall remuneration	82%	77%
Proportion of respondents who are ‘dissatisfied’ or ‘very dissatisfied’ with their pension	68%	63%

# MORALE

## OVERALL MORALE

**48% of respondents from Essex Police told us that their own morale is either 'low' or 'very low'.** This is lower than the proportion of respondents in England and Wales as a whole who said that their personal morale was either 'low' or 'very low', which this year was 56%.

**Figure 4: Proportion of respondents saying that their personal morale is...**

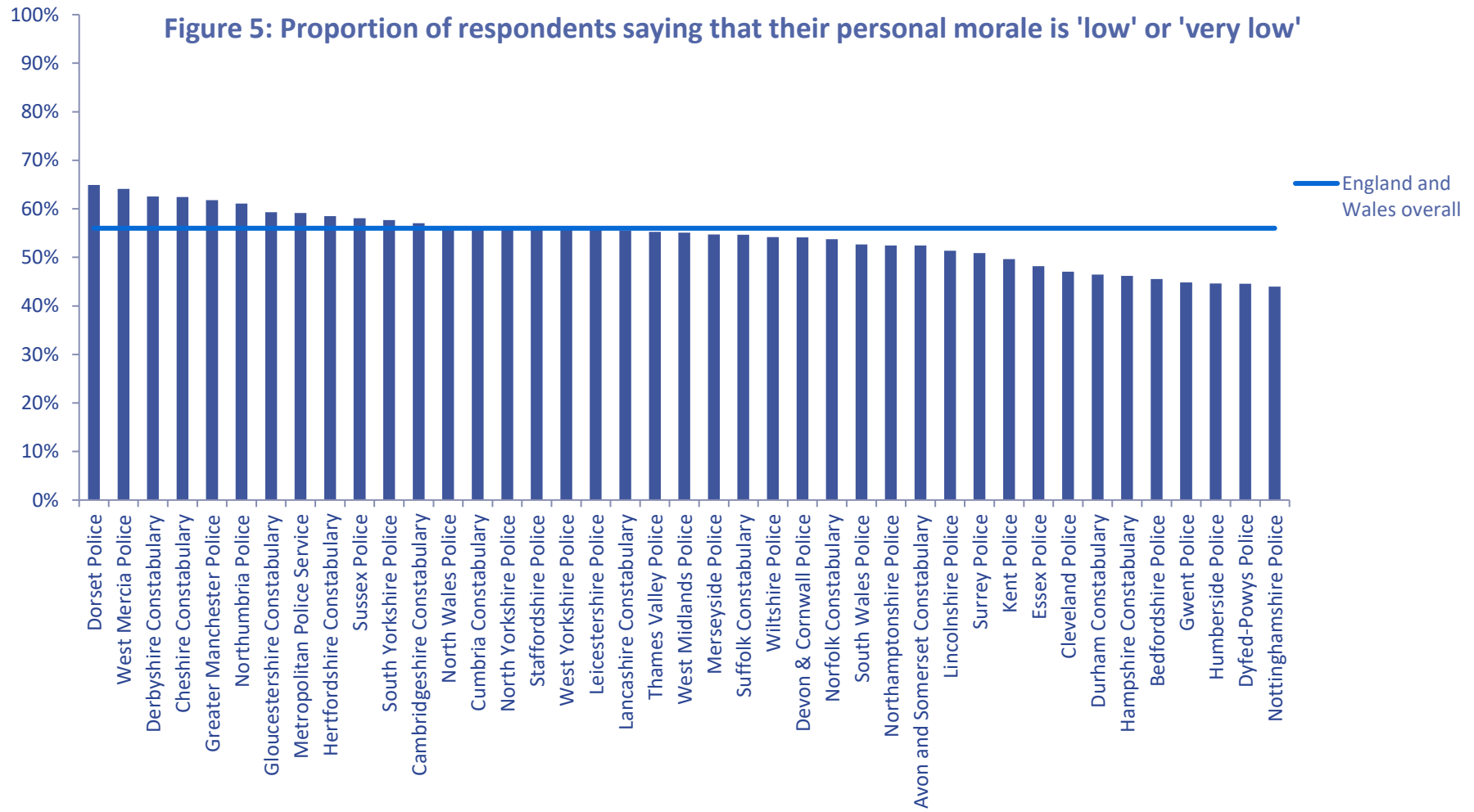


84% of respondents from Essex Police felt that morale within the force is 'low' or 'very low'. Nationally, 87% of respondents said that morale within their force is 'low' or 'very low'.

Comparison of 2022 and 2021 figures for morale is provided in the table on the following page.

Table 5: Overall morale		
	2022	2021
Proportion of respondents saying that their personal morale is 'low' or 'very low'	48%	47%
Proportion of respondents saying that morale in their force is 'low' or 'very low'	84%	77%

**Figure 5: Proportion of respondents saying that their personal morale is 'low' or 'very low'**



\*Please note: City of London Police and Warwickshire Police did not receive the minimum number of responses required to receive a force report. As such, these forces have been removed from this figure

## REASONS FOR LOW MORALE

The survey asked respondents about the factors that had a positive or negative impact on their morale. The table below shows the proportion of respondents in Essex Police who said a particular factor has had a negative impact on their morale compared to the national figures.

<b>Table 6: Factors negatively impacting morale</b>	<b>Essex Police</b>	<b>England and Wales</b>
<b>Pay</b>	90%	87%
<b>Workload and responsibilities</b>	64%	64%
<b>How the police are treated by the government</b>	94%	95%
<b>How the police are treated by the public</b>	77%	81%
<b>Your pension</b>	65%	68%
<b>Opportunities for development and promotion</b>	34%	39%

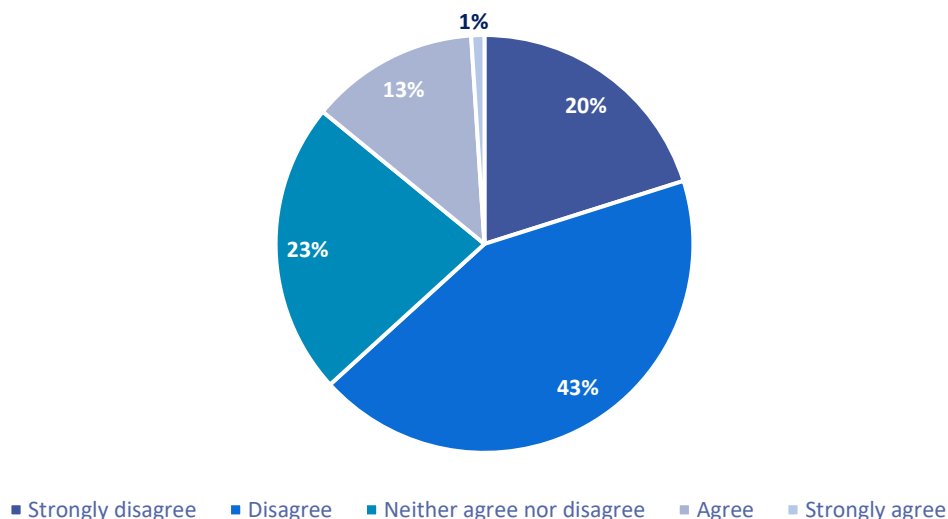


# ENGAGEMENT

## ATTITUDES TOWARDS THE POLICE SERVICE

**63% of respondents from Essex Police said that they did not feel valued within the police.** This compares to 67% of respondents in England and Wales as a whole.

**Figure 6: I feel valued in the police service**

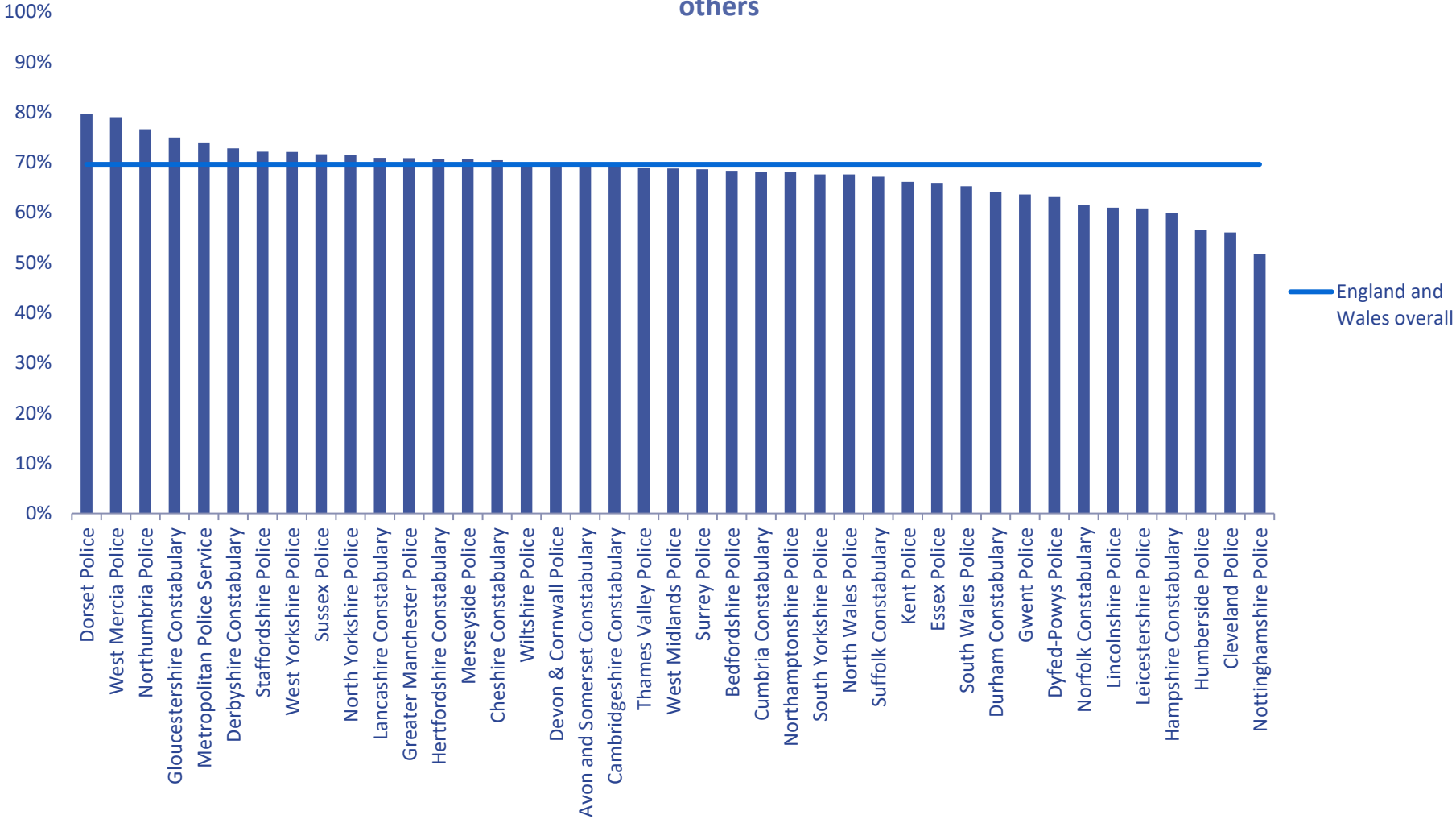


**66% of respondents from Essex Police said that they would not recommend joining the police to others.** This is four percentage points lower than the national figure. In England and Wales as a whole, 70% of respondents said that they would not recommend joining the police to others.

Comparison of the 2022 and 2021 figures for attitudes towards the police in Essex Police are provided in the table on the following page.

Table 7: Attitudes towards working in the police	2022	2021
I would not recommend joining the police to others	66%	58%
I do not feel valued in the police	63%	57%

**Figure 7: Proportion of respondents who would not recommend joining the police to others**



Please note: City of London Police and Warwickshire Police did not receive the minimum number of responses required to receive a force report. As such, these forces have been removed from this figure

## OFFICERS' TREATMENT IN THE POLICE

**94% of respondents from Essex Police said that they do not feel that the police are respected by the government.** This is in line with respondents in England and Wales overall who said that they do not feel that the police are respected by the government (94%). 1% of officers in Essex Police said that they feel the police are respected by the government.

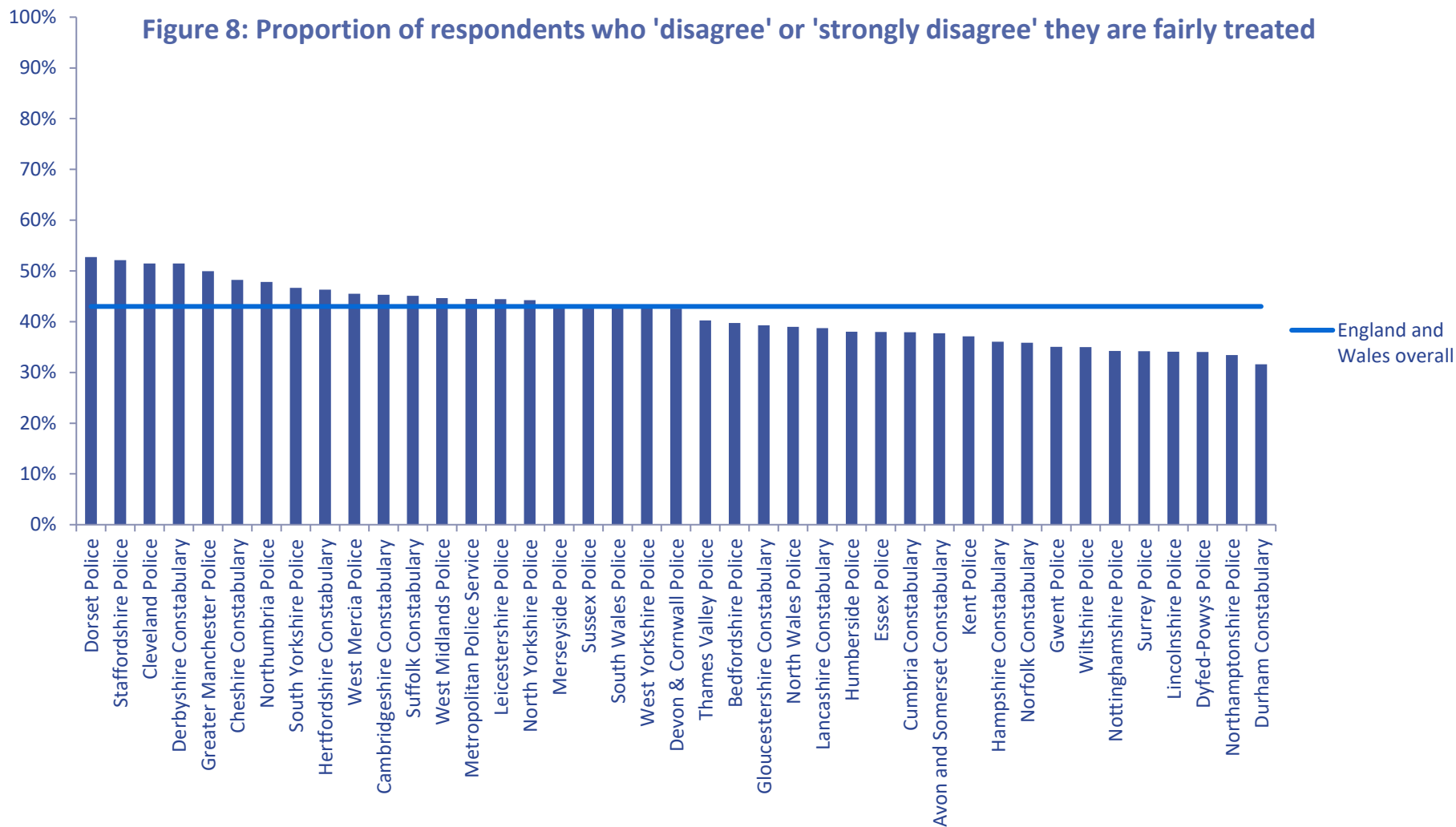
**79% of respondents from Essex Police said that they do not feel that the police are respected by the public** compared to 7% of respondents from Essex Police who said that they do feel that the police are respected by the public. Nationally, 79% of respondents said that they do not feel that the police are respected by the public.

**38% of respondents from Essex Police said that they are not treated fairly compared to 33% of respondents from Essex Police** who feel that they are treated fairly. Respondents in Essex Police were more likely to say that they are treated fairly compared to England and Wales as a whole, where 29% said that they are treated fairly.

Comparison of 2022 and 2021 figures for fairness in Essex Police are provided below.

Table 8: Officers' treatment in the Police	2022		2021	
	'Agree' or 'Strongly agree'	'Disagree' or 'Strongly disagree'	'Agree' or 'Strongly agree'	'Disagree' or 'Strongly disagree'
I am respected by the government	1%	94%	2%	90%
I am respected by the public	7%	79%	7%	77%
I am treated fairly	33%	38%	38%	34%

**Figure 8: Proportion of respondents who 'disagree' or 'strongly disagree' they are fairly treated**



Please note: City of London Police and Warwickshire Police did not receive the minimum number of responses required to receive a force report. As such, these forces have been removed from this figure

# TRAINING AND DEVELOPMENT

## SATISFACTION WITH TRAINING AND DEVELOPMENT

**25% of respondents from Essex Police said that they were ‘dissatisfied’ or ‘very dissatisfied’ with their promotion prospects and 40% said they were ‘dissatisfied’ or ‘very dissatisfied’ with their opportunities for training.** This compares to 31% and 40% of respondents in England and Wales as a whole.

**36% of respondents from Essex Police said that they were ‘dissatisfied’ or ‘very dissatisfied’ with the training they are given.** Nationally, 41% of respondents in England and Wales as a whole said that they were ‘dissatisfied’ or ‘very dissatisfied’ with the training they are given.

Table 9: Dissatisfaction with training and development	<i>Proportion of respondents who are ‘dissatisfied’ or ‘very dissatisfied’ with...</i>	
	Essex Police	England and Wales
Their promotion prospects	25%	31%
Their opportunities for training	40%	40%
Their opportunities for continuous professional development	32%	37%
The training they are given	36%	41%
Professional Development Review (PDR) process	27%	48%

## PROFESSIONAL DEVELOPMENT REVIEWS

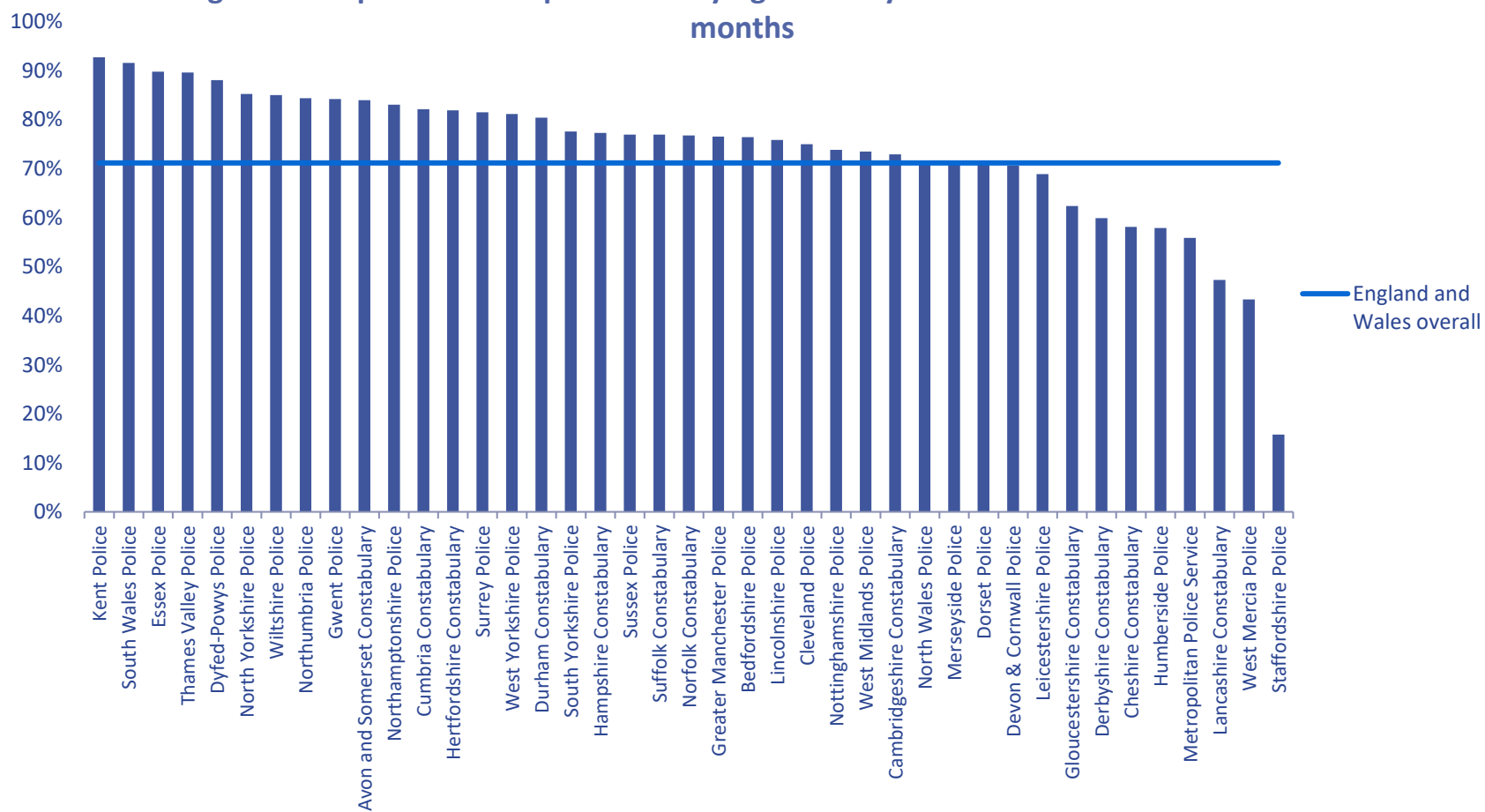
**<1% of respondents from Dyfed-Powys Police did not believe that their force had a PDR process, compared to 3% on the national level.** In addition, 90% of respondents from Essex Police said that they had a PDR this year and 81% of respondents who said that they have line management responsibilities have completed PDRs for all their direct reports. Nationally, 71% have had a PDR this year and 68% of line managers have completed PDRs for all their direct reports.

Overall, 20% of respondents from Essex Police said that their line manager has made them aware of the Pay Progression Standard (PPS) process and what will be expected of them within this process. This compares to 15% nationally.

Table 10: Professional Development Reviews	<i>Proportion of respondents who said that in the last 12 months they have...</i>	
	Essex Police	England and Wales
Had a PDR	90%	71%
Been able to complete a PDR for every officer they line manage <sup>6</sup>	81%	68%

<sup>6</sup> Please note: This question was only answered by respondents who indicated that they line manage other police officers

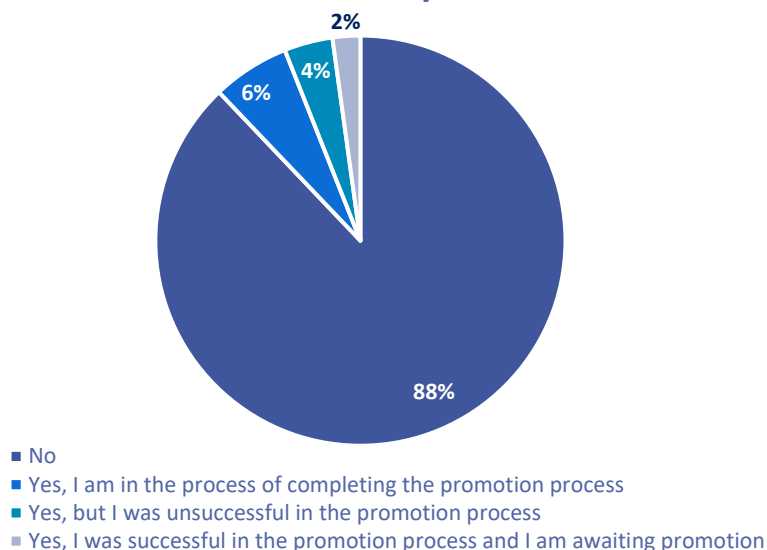
**Figure 9: Proportion of respondents saying that they have had a PDR in the last 12 months**



Please note: City of London Police and Warwickshire Police did not receive the minimum number of responses required to receive a force report. As such, these forces have been removed from this figure.

**12% of respondents from Essex Police said that they have applied for a promotion to the next rank up from the one they are currently in this year.** This is less than the proportion of respondents in England and Wales overall who said that they have applied for a promotion this year (13%).

**Figure 10: I have applied for a promotion to the next rank up in the last year**



**Of the 12% of respondents who said that they have applied for promotion in the last year, just 2% were successful in the promotion process and 4% were unsuccessful in the promotion process; 6% of respondents said that they are in the process of completing the promotion process.** Across England and Wales, of the 13% who applied for a promotion, 2% were successful in the promotion process and 5% were unsuccessful in the promotion process; 6% are still in the process of completing the promotion process.

Table 11: Promotions	<i>In the last year, have you applied for promotion to the next rank up from the one you are currently in?</i>	
	2022	2021
Yes, I am in the process of completing the promotion process	6%	5%
Yes, but I was unsuccessful in the promotion process	4%	5%
Yes, I was successful in the promotion process, and I am awaiting a promotion	2%	1%
No	88%	85%

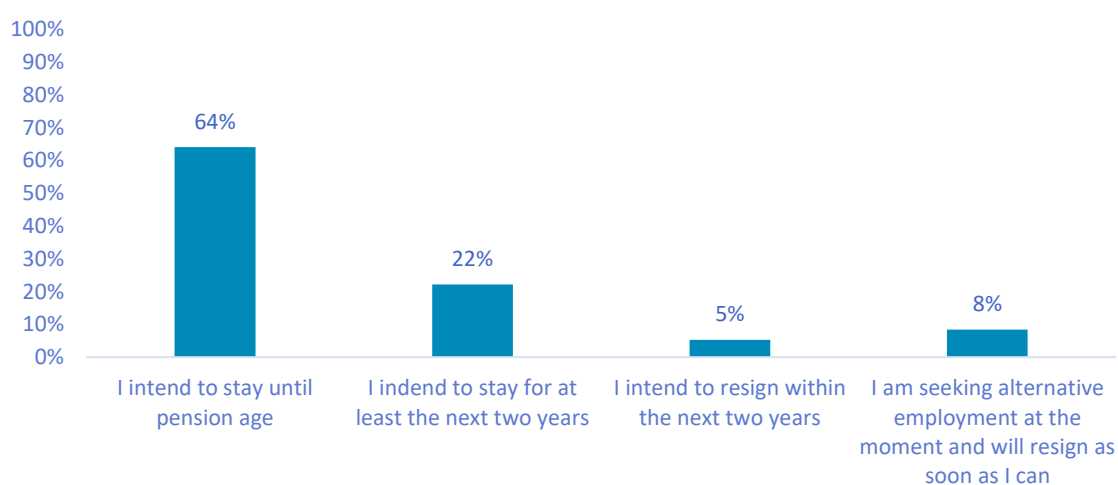


# INTENTION TO LEAVE

## OVERALL INTENTION TO LEAVE

14% of respondents from Essex Police told us that they had an intention to resign from the police service either ‘within the next two years’ or ‘as soon as possible’. In comparison, in England and Wales as a whole 18% of respondents said that they intended to resign either ‘as soon as [they] can’ or ‘within the next two years’.

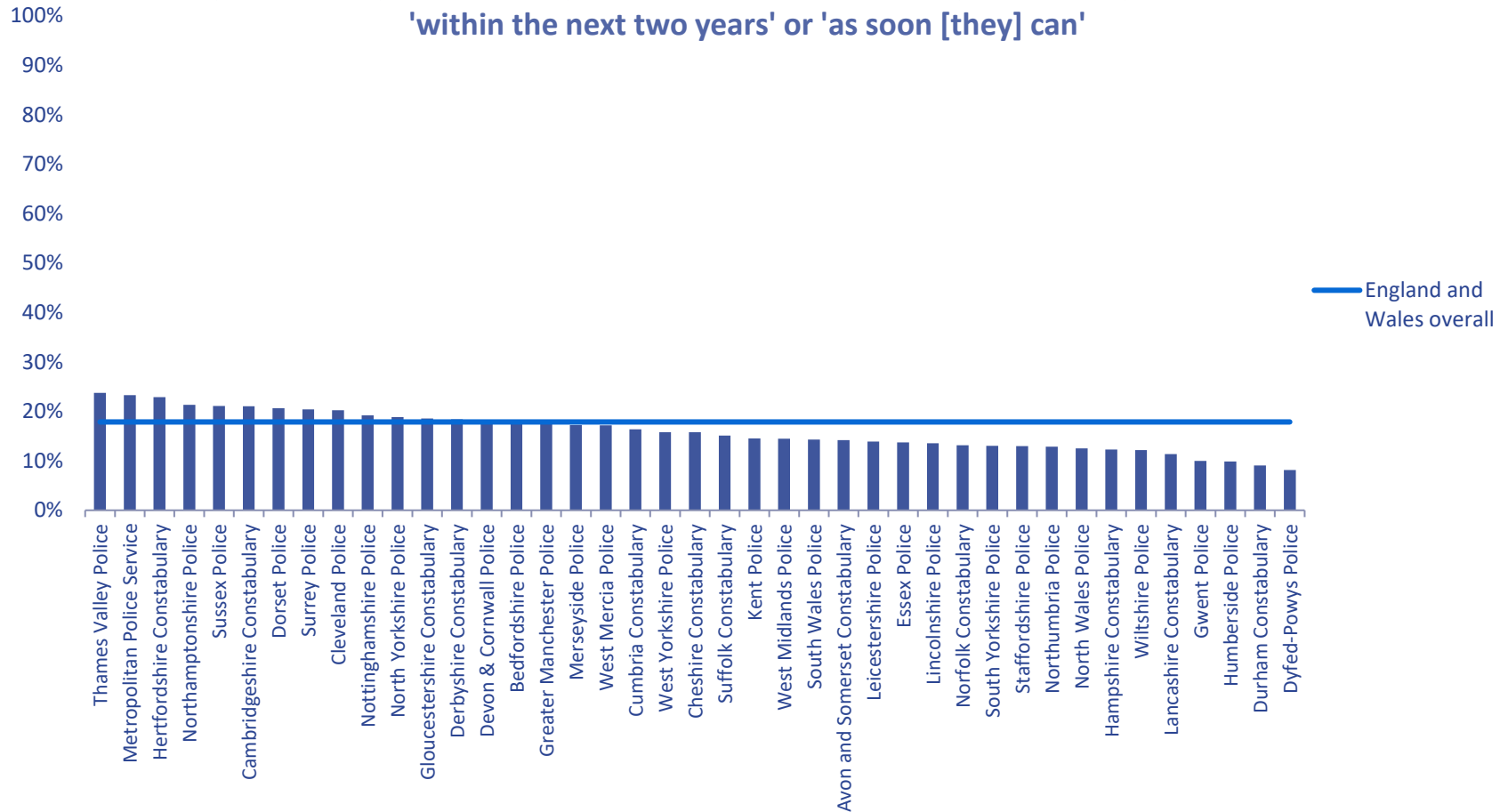
**Figure 11: Respondents' intentions with regard to staying in or leaving the police service**



Comparison of 2022 and 2021 figures for intention to leave ‘within the next two years’ or ‘as soon as [they] can’ in Essex Police are provided in the table below.

Table 12: Intention to leave	2022	2021
I intend to resign from the police service within the next two years or am seeking alternative employment at the moment and will resign as soon as I can	14%	10%

**Figure 12: Proportion of respondents who intend to resign from the police service 'within the next two years' or 'as soon [they] can'**



Please note: City of London Police and Warwickshire Police did not receive the minimum number of responses required to receive a force report. As such, these forces have been removed from this figure.

## REASONS FOR INTENDING TO LEAVE THE POLICE SERVICE

Respondents who had said they intend to leave were asked to indicate the reasons behind this decision. The table below shows the proportion of respondents in Essex Police who said that a particular factor has had a major effect on their intention to leave. The national average for each factor has been included on the right for comparison.

Please be aware that respondents were able to choose more than one option, therefore, the figures provided below will not add up to 100%.

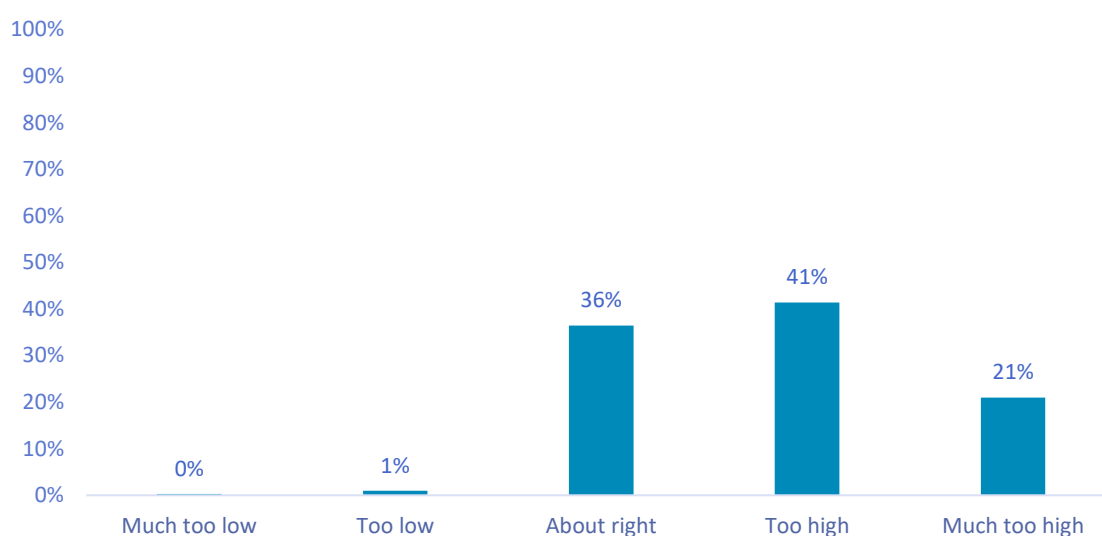
Table 13: Reasons for intending to leave the police service	<i>Proportion reporting a major effect on their intention to leave...</i>	
	Essex Police	England and Wales
I will have reached retirement	13%	8%
The impact of the job on my family/personal life	55%	56%
My morale	76%	84%
My pay	75%	77%
Better job opportunities outside of the Police	66%	65%
The impact of the job on my physical health and wellbeing	62%	61%
The impact of the job on my mental health and wellbeing	71%	72%
My workload and responsibilities	53%	51%
How the police are treated by the public	46%	52%
How the police are treated by the government	71%	78%
Personal reasons not linked to the Police Service or my role	14%	9%
My pension	29%	45%

# WORKLOAD AND WORKING TIME

## WORKLOAD

When asked about their workload, 62% of respondents from Essex Police said that, over the last 12 months, their workload has been 'too high' or 'much too high'. This proportion is four percentage points smaller than the proportion of respondents in England and Wales, where 66% of respondents said that over the last 12 months their workload has been 'too high' or 'much too high'.

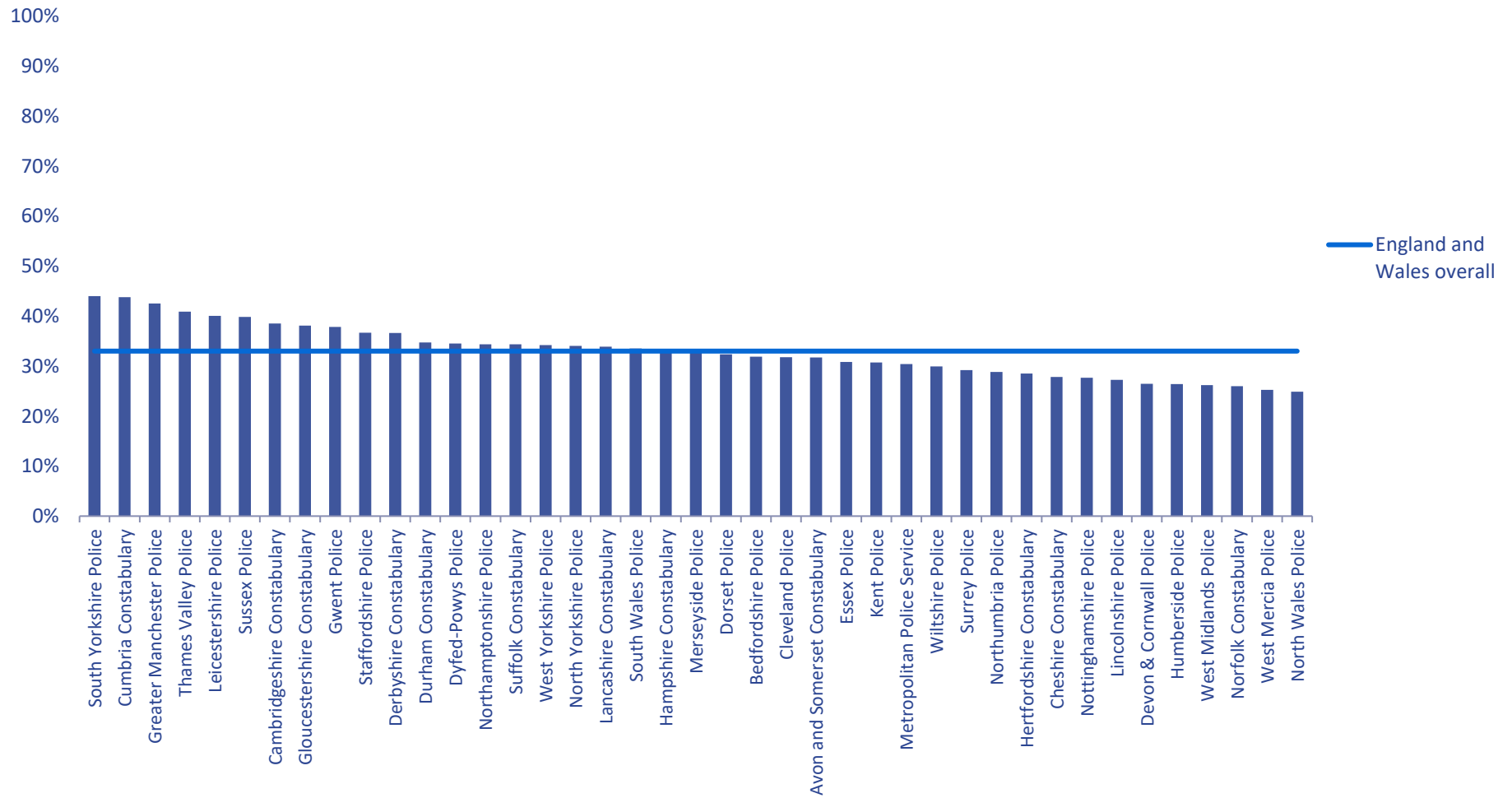
Figure 13: How would you rate your workload over the last 12 months?



## WORKING HOURS

31% of respondents from Essex Police said that over the last 12 months they have 'often' or 'always' been pressured to work long hours. This proportion is two percentage points smaller than the proportion of respondents in England and Wales where 33% of respondents said that they are 'often' or 'always' pressured to work long hours

Figure 14: Proportion who are 'often' or 'always' pressured to work long hours



Please note: City of London Police and Warwickshire Police did not receive the minimum number of responses required to receive a force report. As such, these forces have been removed from this figure.

When asked about their breaks and shift patterns 55% of respondents from Essex Police said they were ‘rarely’ or ‘never’ able to take their full rest break entitlement and 6% said they were ‘rarely’ or ‘never’ able to take an 11-hour break between shifts. This compares to 50% and 6% of officers respectively across England and Wales who said they have ‘rarely’ or ‘never’ been able to take their full rest break entitlement or an 11-hour break between shifts over the past 12 months.

In contrast, 54% of respondents from Essex Police have said they ‘always’ or ‘often’ worked more than 48 hours per week over the past 12 months. This is seven percentage points higher than the proportion of respondents in England and Wales as a whole who said that over the past 12 months they ‘always’ or ‘often’ worked more than 48 hours per week, which this year was 47%.

	<i>In the last 12 months, I have...</i>			
	2022		2021 <sup>7</sup>	
	% ‘often’ or ‘always’	% ‘never’ or ‘rarely’	% ‘often’ or ‘always’	% ‘never’ or ‘rarely’
Been able to take an 11-hour break in between shifts	76%	6%	80%	5%
Worked more than 48 hours per week	54%	18%	59%	16%

	<i>In the last 12 months, I have...</i>			
	2022		2020 <sup>8</sup>	
	% ‘often’ or ‘always’	% ‘never’ or ‘rarely’	% ‘often’ or ‘always’	% ‘never’ or ‘rarely’
Been able to take my full rest break entitlement	26%	55%	31%	52%

<sup>7</sup> Please note: As previously mentioned, the Demand, Capacity and Welfare survey was combined with the Pay and Morale survey this year. These questions were taken from the Pay and Morale survey and so comparisons are made to 2021 when this survey last ran

<sup>8</sup> Please note: As previously mentioned, the Demand, Capacity and Welfare survey was combined with the Pay and Morale survey this year. This question was taken from the Demand, Capacity and Welfare survey and so comparisons are made to 2020 when this survey last ran

**92% of respondents from Essex Police said that during a four-week period they worked paid or unpaid overtime. Respondents from Essex Police worked on average (median)<sup>9</sup> 10 hours of paid overtime and five hours of unpaid overtime<sup>10</sup>. In England and Wales overall, 92% of respondents said that during a four-week period they worked paid or unpaid overtime amounting to an average of 10 hours of paid overtime and five hours of unpaid overtime.**

<b>Table 16: Paid and unpaid overtime</b>	<b>Essex Police</b>	<b>England and Wales</b>
<b>Average hours paid overtime (median)</b>	10 hours	10 hours
<b>Average hours unpaid overtime (median)</b>	5 hours	5 hours

**When asked what the most frequent and second most frequent reason for working overtime was, the most common responses in Essex Police were ‘there weren’t enough officers on shift in my team/unit’ (33%) and ‘there was an emergency situation’ (21%). In England and Wales overall, the most common responses were ‘there weren’t enough officers on shift in my team/unit’ (34%) and ‘there was an emergency situation’ (17%).**

The table below shows the percentage of respondents reporting each of these as the main reason for working overtime.

<b>Table 17: Reasons for working overtime</b>	<i>Proportion of respondents reporting the following as their most frequent reason for working overtime over the past 12 months...</i>	
	<b>Essex Police</b>	<b>England and Wales</b>
<b>There weren't enough officers on shift in my team/unit</b>	33%	34%

<sup>9</sup> **“Average” can refer to one of three statistics:** The mean is the numeric average calculated by adding all the data points together and dividing by the number of data point points. Examples a) 10+10+10+10+20+30 / 6 = 15 - the mean is 15. b) 10+20+30=60, then 60 / 4 =15. The mode is whatever data point is most often found within the data set Examples a) 10, 10, 10, 10, 20, 30 - the mode is 10. b) 10, 20, 30 – there is no mode.

The median is calculated by setting out the numbers in ascending order, and finding the number that separates the top half, from the bottom half Examples a) 10, 10, 10, 10, 20, 30, the median is 10. b) 10, 20, 30 the median is 20. The median is a more appropriate measure than the mean when there are extreme outliers. It is often used in salary or pay / conditions analysis for that reason.

<sup>10</sup> Please note: these findings relate only to respondents who said that they had worked overtime in the past 12 months.

**Table 17: Reasons for working overtime**

*Proportion of respondents reporting the following as their most frequent reason for working overtime over the past 12 months...*

	Essex Police	England and Wales
There weren't enough officers on shift in another team/unit	13%	14%
There was an emergency situation	21%	17%
I enjoy my work	1%	1%
I wanted to finish my work	19%	21%
I get rewarded for it (e.g., money, recognition)	13%	13%



# SAFETY, VIOLENCE AND PHYSICAL INJURIES

## VIOLENCE FROM CITIZENS

Verbal and physical violence was assessed by presenting respondents with examples of violence and asking them to indicate the frequency with which they had experienced each in the previous 12 months. This included; verbal insults, verbal threats, spitting assaults, unarmed physical attacks, and attacks with a deadly weapon from members of the public. Findings for Essex Police are presented in the Table below, which displays the percentage of those who experience these types of violence once a week or more. The findings are presented beside the figures for 2020 for comparison.

Table 18: Violence from citizens	<i>Proportion of respondents reporting that they have experienced the following at least once a week over the previous 12 months...</i>	
	2022	2020
Verbal insults (e.g., swearing, shouting, abuse)	41%	25%
Verbal threats (e.g. threat of hitting, threat of kicking)	24%	16%
Spitting assaults (i.e., being deliberately spat upon)	2%	2%
Unarmed physical attacks (e.g., struggling to get free, wrestling, hitting, kicking)	12%	9%
Use of a deadly weapon (e.g., stick, bottle, axe, firearm)	1%	1%

## ACCESS TO EQUIPMENT (PROTECTION)

Respondents were asked to indicate how regularly they had access to various protective safety measures and equipment. The answer options ranged from 'never' to 'at all times' whilst on duty.

**35% of respondents from Essex Police said that they have access to double crewing 'at all times' whilst they are on duty.** This is compared to 25% of respondents in England and Wales nationally who have access to double crewing 'at all times'. In comparison, most respondents from Essex Police have access to a baton (94%) and incapacitant spray (94%) 'at all times' whilst they are on duty. This is compared to 91% of respondents in England and Wales nationally who have access to a baton and 90% who have access to incapacitant spray 'at all times' when they are on duty.

Table 19: Access to Equipment (Protection)	<i>I have access to the following 'at all times' when on duty...</i>	
	Essex Police	England and Wales
Double crewing	35%	25%
Body worn cameras	84%	81%
Incapacitant spray	94%	90%
Baton	94%	91%
Body Armour, including stab vests	94%	90%

**Most commonly, 95% of respondents from Essex Police said that they would like to have access to a baton and 95% of respondents would like to have access to body armour, including stab vests 'at all times' whilst on duty.** This is compared to 92% of respondents in England and Wales nationally who would like to have access to a baton and 91% who would like to have access to body armour, including stab vests 'at all times' whilst on duty.

## INJURIES

21% of Essex Police respondents reported that they had suffered one or more injuries that required medical attention as a result of **work-related violence** in the last year. This is in line with the proportion reporting one or more injuries as a result of **work-related violence** in the national sample (18%) and is larger than the proportion reported by Essex Police in 2020 (14%).

14% of Essex Police respondents reported that they had suffered one or more injuries that required medical attention as a result of **work-related accidents** in the last year. This is on par with the proportion reporting one or more injuries as a result of **work-related accidents** in the national sample (13%) and is on par with the proportion reported by Essex Police in 2020 (15%).

# HEALTH AND WELLBEING

## OVERALL PHYSICAL HEALTH

**71% of respondents from Essex Police told us that their overall physical health was ‘good’ or ‘very good’.** In comparison, in England and Wales as a whole, 73% of respondents said that their overall physical health was ‘good’ or ‘very good’.

Comparison of 2022 and 2020 figures for overall health are provided in the table below.

Table 20: Overall physical health	2022	2020
Proportion of respondents reporting that their physical health is ‘good’ or ‘very good’	71%	70%

## ABSENCE, PRESENTEEISM, AND LEAVEISM

When asked about absence from work, 63% of respondents from Essex Police reported one or more days of sickness absence and 27% of respondents indicated that at least one day of their sickness absence was attributable to stress, depression, or anxiety. Nationally, 59% said they had taken one or more days of sickness, and 29% indicated at least one day of their sickness absence was attributable to stress, depression, or anxiety.

Presenteeism is the act of attending work while ill. Leaveism is a term to describe hidden sickness absence and work undertaken during rest periods. A core dimension of leaveism includes using allocated time off such as annual leave entitlements to take time off when they are in fact unwell. The proportion of respondents from Essex Police who reported experiencing presenteeism or using annual leave in this manner are presented in the table below.

Table 21: Absence and Presenteeism		<i>Proportion of respondents reporting the following absence behaviour once or more over the previous 12 months...</i>	
		2022	2020
Presenteeism	Due to physical health	65%	63%
	Due to psychological health	67%	69%
Using annual leave to take time off due to health	Due to physical health	30%	24%
	Due to psychological health	41%	39%

## MENTAL HEALTH AND WELLBEING

42% of respondents said that they find their job ‘very’ or ‘extremely’ stressful. When removing those who were ‘very’ or ‘extremely’ stressed outside of work this number falls to 40%. This compares to 42% and 41% nationally. A further 83% of respondents indicated that they had experienced feelings of stress, low mood, anxiety or other difficulties with their health and wellbeing over the last 12 months. This compares to 82% nationally.

Table 22: Mental health and wellbeing	2022	2020
Proportion of respondents reporting that they find their job ‘very’ or ‘extremely’ stressful	42%	32%
Proportion of respondents reporting that they have experienced feelings of stress, low mood, anxiety, or other difficulties with my health and wellbeing over the last 12 months	83%	75%

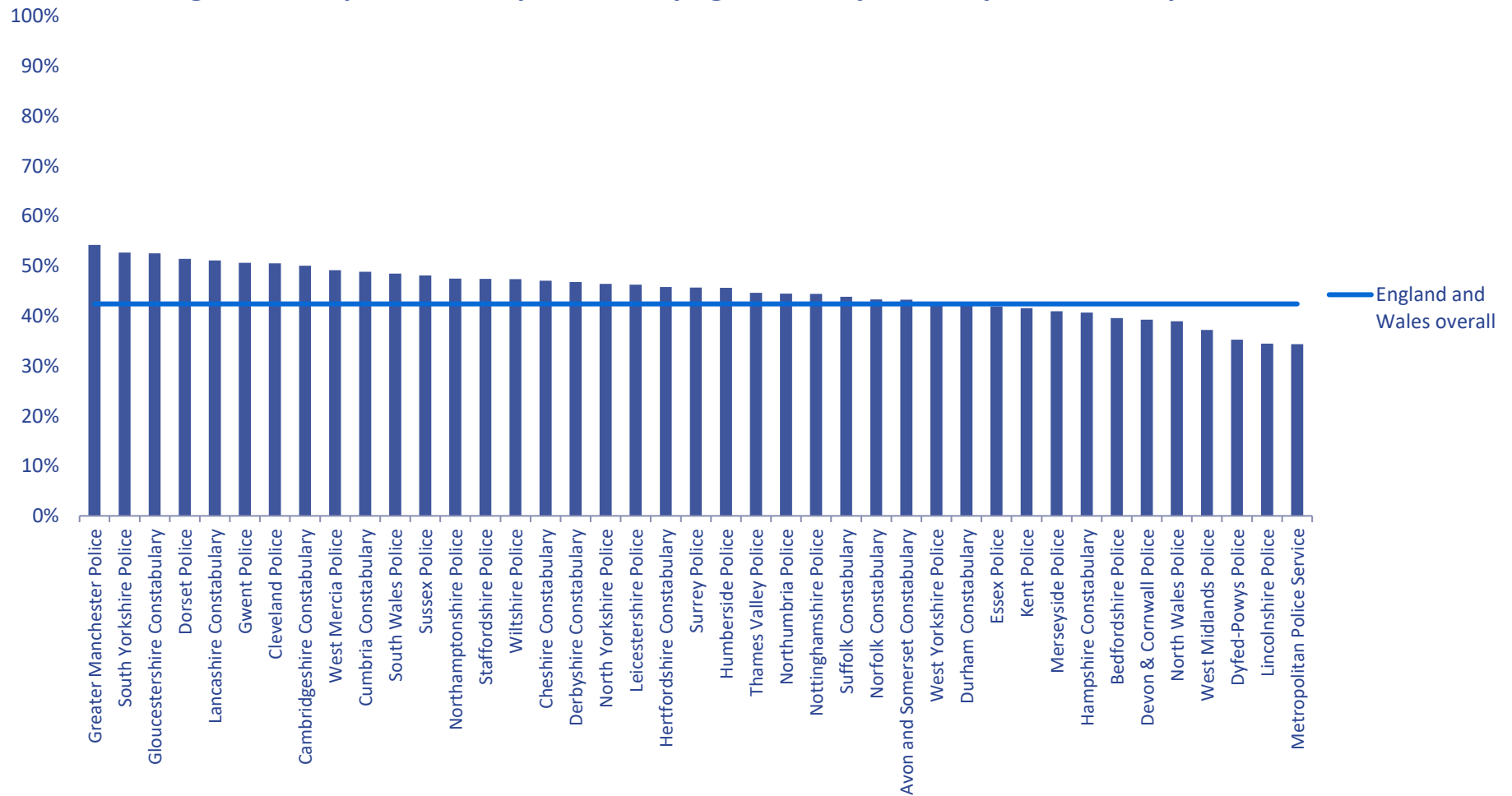
## ANXIETY, HAPPINESS, LIFE SATISFACTION AND WORTHWHILENESS

Respondents were asked to rate their overall life satisfaction, their anxiety levels, how happy they were, and how worthwhile they felt the things they do in their lives were. Each of these questions was answered on a scale of 0 to 10, where 0 represented ‘not at all’ and 10 equated to ‘completely.’ For example, in regard to anxiety, 0 would represent ‘not at all anxious’ and 10 equated to ‘completely anxious.’ Findings are presented below alongside comparator figures from the general population.

Table 23: Measurements of wellbeing	Average scores for the following single-item measurements of wellbeing	
	Essex Police	General Public <sup>11</sup>
Overall, how satisfied are you with your life nowadays?	5.2	7.5
Overall, to what extent do you feel the things you do in your life are worthwhile?	6.1	7.8
Overall, how happy did you feel yesterday?	5.6	7.4
Overall, how anxious did you feel yesterday?	4.3	3.2

<sup>11</sup> Office for National Statistics. (2022). Dataset: Quality of information for quarterly personal well-being estimates [dataset]. Retrieved from: <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/datasets/qualityofinformationforquarterlypersonalwellbeingestimates> The Quarterly Personal Wellbeing Estimates asked the same four questions asked within this survey, on a scale of 0 to 10 (Overall, how satisfied are you with your life nowadays?, Overall, to what extent do you feel the things you do in your life are worthwhile?, Overall, how happy did you feel yesterday?, Overall, how anxious did you feel yesterday?) These public figures reflect the last available data from Q1 2022 (January to March).

Figure 15: Proportion of respondents saying that their job is 'very' or 'extremely' stressful



Please note: City of London Police and Warwickshire Police did not receive the minimum number of responses required to receive a force report. As such, these forces have been removed from this figure

## MENTAL HEALTH AND WELLBEING SUPPORT SERVICES

Often, mental health services can be grouped into *reactive* and *proactive* services. The primary aim of reactive services is to help those who are already experiencing difficulties with their mental health and wellbeing, while proactive mental health and wellbeing support services aim to help prevent difficulties with mental health and wellbeing from developing. Examples of reactive mental health services include counselling, helpline services and peer support groups, while proactive services might include mindfulness workshops, resilience training, mental health awareness programmes, and access to mental health apps.

When asked whether they were aware of mental health and wellbeing services that their force offers, 71% of respondents reported they were aware of reactive services and 56% reported they were aware of proactive services. At the national level, 75% were aware of reactive and 45% were aware of proactive mental health and wellbeing services offered by their respective force.

Table 24: Awareness of mental health services	<i>Proportion of respondents reporting that they were aware of...</i>	
	Essex Police	England and Wales
Reactive services offered by their force to support the mental health and wellbeing of its employees	71%	75%
Proactive services offered by their force to support the mental health and wellbeing of its employees	56%	45%



## NOTE FOR BRANCH BOARDS

Additional findings from the 2022 Pay and Morale survey are available on request from the Research and Policy department. Additional topics include, but are not limited to:

- Dog handler and regional allowances
- Contraction of COVID-19 and long COVID
- Organisational attitudes and culture regarding mental health and wellbeing
- Recent changes to the recent changes to the CPS Director's Guidance on Charging (implemented in January 2021) and the impact on officers

The findings of the survey can also be broken down in more detail in terms of different demographic groups, such as rank, role or length of service. However please be aware that we can only go into a certain level of detail with this demographic data in order to preserve respondents' confidentiality.

Branch Boards wishing to obtain further information in a certain area can contact [ResearchandDataCollection@polfed.org](mailto:ResearchandDataCollection@polfed.org) to discuss their requirements.

All other interested parties should speak to their local Police Federation Branch Board in the first instance.