

# Free welfare support where its needed most

The Police Mutual Foundation is there to support the welfare of Police Officers, Police Staff and their families at a time where in-force funding for health related services is under increasing pressure.



Working in partnership with Force Welfare and Occupational Health, the Police Mutual Foundation delivers a range of practical support, insight and learning that includes:

- Free access to health and wellbeing guidance, exclusively for members of the Police Service
- Research and analysis into financial risk trends within the Police Service
- Free health screening, providing face-to-face, practical health advice
- Respite accommodation for Police Officers and Staff
- Funding for a number of Police Welfare projects

**“The Foundation helps me in my role by supporting me to provide an all round service. I would recommend that other forces take advantage of the services that the Police Mutual Foundation can offer.”**

*Occupational Health Manager*

## About the Foundation

Funded by the Police Mutual Group, the Police Mutual Foundation is overseen by the Foundation Advisory Board, which provides guidance, support and insight and is made up of a number of welfare practitioners and key stakeholders from across the Service, including:

- Association of Chief Police Officers
- Superintendents Association
- National Association of Retired Police Officers
- Police Federation

## Foundation initiatives at a glance...

### Research and analysis on police employees' financial well-being

In this challenging economic climate, the Foundation has undertaken repeated significant data analysis and research, at regional and force level, to understand the organisational and personal impact of financial stress. Collaborating with Forces across the UK, the Foundation has provided targeted support to increase the understanding and awareness of financial risk, encouraging action and promoting best practice.

### Mobile Health Screening

The Foundation's mobile health-screening service offers free, confidential health advice and information. Carried out by qualified medical professionals, the service can be deployed at individual police stations, divisional HQs, or alternatively at police events and conferences across the UK. Each screening includes quality time with a specialist nurse to discuss your personal health and lifestyle and gives you advice based on your consultation and results.

## Online health and wellbeing tools

The Foundation Wellbeing Zone covers all aspects of wellbeing, including physical fitness, stress levels, weight management, healthy eating and access to expert advice. It's an external web page that's hosted through a force's intranet page and provides 24-7 access to a range of professionally constructed health and fitness programmes including:

- Improving your general health
- Losing weight
- Getting fitter
- Eating more healthily
- Managing Stress

The site is there to help you achieve your goal of leading a healthy, stress-free and balanced lifestyle.

**“What a fantastic source of support Police Mutual are providing. The Foundation, the Health & Wellbeing site and the Health Screening Bus are such a support in these difficult times in the Police Community.”**

*Force Welfare Advisor*

## Project Funding

The Foundation is always looking for ways in which it can help the Police Service deliver real benefits to the welfare of Police Officers and Staff. If you have a welfare project that you'd like to get off the ground then the Foundation may be able to help.

Through our funding activities we aim to:

- Support the delivery of projects initiated from within the Service
- Provide welfare resources within a Force
- Ensure Police employees benefit from welfare initiatives

**For more information on the work of the Police Mutual Foundation:**

Visit [foundation.policemutual.co.uk](https://foundation.policemutual.co.uk)

## Respite Facilities

Each year the Foundation allocates a certain amount of funds to help a number of Police Officers and Staff, who are experiencing a serious illness or a traumatic event, take the time out they so desperately need with their families to 'get away from it all.'

So far the Foundation has helped people who've experienced:

- A traumatic event as a result of carrying out duties at work
- Depression, including post natal depression
- Being diagnosed with a terminal illness
- Severe physical injuries resulting in surgery
- Provided support to Officers affected by national events

**“I was delighted to hear the Foundation would provide a break for my family and I to spend some much needed time together. Since my wife was hospitalised with leukaemia, I've been trying to provide some normality for our three young children, all aged under 7. I will always be thankful at how you have looked after my family.”**