

Newsletter

SPRING 2018

Welcome to the Health Safety and Wellbeing newsletter, published quarterly to keep you informed of current health, safety and wellbeing initiatives.

WELLBEING

The force has an ongoing commitment to support the health and wellbeing of our workforce.

HEALTH AND SAFETY

A reminder: The procedure for search and incidents involving Asbestos has been reviewed. Exposure to Asbestos is known to have potentially serious, health consequences however if undisturbed the risk is very low. The procedure ([available here](#)) has been amended to provide guidance to staff entering buildings where Asbestos may be present.

Operational staff are encouraged to complete the Northumbria Police awareness package available on NCALT.

This procedure can be used to inform your dynamic risk assessments for other types of operation such as Cannabis Farms and you are encouraged to make use of the PPE provided throughout the force.

Northumbria Police work in partnership with all of the staff associations to ensure the wellbeing of our staff.

We will be featuring offers and services available through the staff associations.

NORTHUMBRIA POLICE BENEVOLENT FUND

A registered charity independent of the force and federation

The aim is to provide assistance to Police Officers and their families who find themselves in circumstances where they may need benevolent or financial assistance.

All for £2 per payday.
See website for more details.

Contact: benevolent fund mailbox
(externally: benevolentfund@northumbria.pnn.police.uk)

PRICE REDUCTION AND VALUE FOR YOUR MONEY

The Northern Police Healthcare scheme is a private scheme with prices now starting from as little as **£15 a calendar month** and as a member of the scheme police officers will now automatically be a member of the Police Treatment Centre. This is normally £7.80 a month and represents another saving. A link to the scheme can be found [here](#).

The scheme also has two luxury holiday homes in Northumberland available at a reduced rate to members.

EMPLOYEE ASSISTANCE PROGRAMME

Your Employee Assistance programme (EAP) is a free and confidential resource designed to support the wellbeing of you and your immediate family. It offers confidential counselling, information and guidance on a number of issues.
Contact 0800 282 193.



Your Employee Assistance Programme
Helping you manage life's challenges

- Depression, anxiety and stress
- Substance abuse
- Problems or conflicts at work
- Parenting and family issues
- Financial or legal issues
- And much more ...

To find out more visit the [force intranet](#)

Benefits:

- Grants/interest free loans
- Respite at a luxury holiday cabin in the Lake District
- Disability related home alterations & specialist equipment
- Assistance with travel & incidental expenses for members attending a - Police Treatment Centre.

Chris Gourley
Force Health & Safety Manager

Sue Hadden
Force Wellbeing & Engagement Manager



VERA BAIRD QC
POLICE & CRIME COMMISSIONER



NORTHUMBRIA POLICE
Proud to Protect