

VOLUNTEERING MATTERS

ISSUE 15



CENTRE PAGES
READ HOW VOLUNTEERING IN
GARDENING CAN HELP YOUR WELL-BEING



Welcome to the autumn edition of Volunteering Matters.

Today's national data (Community Life Survey 2016) shows that rates of volunteering remain similar to the last two years with 41% of people reporting volunteering

Reform' written by Dr Iain Britton and Laura Knight from the Institute for Public Safety Crime and Justice, which is a paper about a possible future which takes the impact of police volunteering to a whole new level. www.ipscj.org

I hope you enjoy Issue 15, and as always feedback is welcome.

Finally, I would like to thank everyone who has submitted articles for the publication - without this the magazine would not be possible!

Tina Shelton
Editor

formally at least once a year during the period May 2015 - April 2016. What is particularly notable is that young people are now showing the highest rates of volunteering for any age group, both for regular volunteering and volunteering at least once a year. For the first time in five years, no other age group has shown higher rates of volunteering than those aged 16-25 years. Whilst volunteering provides young people with "work" experience and skills development, they in turn can provide organisations with new ideas and offer excellent IT and social media skills. I experienced first-hand the contribution that Volunteer Police Cadets are giving to policing at the Ferrers awards in September - not only with initiatives internally, but how they are becoming involved in third sector organisations too - for example the Cleveland Cadets as Dementia Friends.

Volunteers play a huge role in policing; we currently have around 7,000 Police Support Volunteers, 10,500 Volunteer Police Cadets and 15,996 Special Constables across England and Wales, not forgetting our active citizens who informally volunteer out there in the communities supporting policing issues. I believe that volunteering in policing is a growth area. It is therefore important that the roles that we have for volunteers offer opportunities for engagement and involvement in policing, as well as being business led in terms of achieving policing priorities. Forces need to burst the artificial glass ceiling of assumptions about what it is and isn't safe for volunteers to do. The national survey revealed that our current volunteers want to get involved in much more across the breadth of policing and we should encourage and enable them to do this where appropriate.

I recommend reading the '2030 Vision for Specials and Police Support Volunteers - at the Heart of Policing

Volunteering Matters is produced with support from Graham Holmes, Volunteers and Volunteer practitioners. Please send your views, ideas and articles to: tina.shelton@gmp.police.uk

The Welsh region CiP practitioners participated in a 2-day workshop recently to produce collaboration products such as a minimum standard Police Action Checklist, a positional paper on recruitment with recommendations to improve efficiencies via collaboration; a business case on internal ESP support and a line manager's handbook for PSV's. All the products were presented to the regions strategic group and will be implemented in the near future.

Front Page: Police Support Volunteers from GMP
If you would like to be placed on the e-subscription list please email: tina.shelton@gmp.police.uk

SPOTLIGHT ON...

DEBORAH LAIT, POLICE SUPPORT VOLUNTEER, SUFFOLK CONSTABULARY



Robert Peel once said "The police are the public and the public are the police" - this sums up the volunteers Suffolk Constabulary has, with around 240 Special Constables and 130 Police Support Volunteers giving up their time to support the County. They are very fortunate that for such a small County the people of Suffolk support the Constabulary to such an extent, with both schemes which continue to grow.

Company Director, Deborah Lait has been a Police Support Volunteer for the past 8 years, taking on a variety of different roles within the Constabulary. As part of her volunteering, she assists with the training of new recruits in the form of a

Role Player. Deborah takes on the role of a victim of domestic and sexual abuse, sometimes sitting for up to 4 hours in the cold, wearing very little, to give as much credibility to the situation as possible. This is the only opportunity for new recruits to experience such sensitive situations. Feedback from trainees is always exceptional and they are extremely grateful for the opportunity that Deborah offers to experience such a delicate area of policing.

Deborah says "I first got into volunteering after watching a programme on the TV, where a guy gave up two hours a week to read the newspaper to a blind man. It made the blind man's week. After seeing the way a person can improve another's life with little effort, I couldn't not do something. I started by working with adults with learning disabilities, moved on to adults with acquired brain injury and then following a fairly harrowing burglary at my home, became interested in the police."

Alongside her role playing, Deborah is currently also volunteering within the Specials and Volunteers Team, playing an integral part of revitalising the Special Constabulary 'Employer Supported Policing' scheme. She contributes to the general running of the office and is considered a highly thought of member of the team.

Deborah adds, "As well as the work mentioned above, I have

volunteered at the Sexual Assault Referral Centre, in the Martlesham Police Investigation Centre, and had a brief spell working in the Multi Agency Safeguarding Hub.

I have to see that I am making a difference. I've always said I see volunteering as a very selfish thing, because I get so much out of it myself. I have to work very hard and very long hours to have the time to volunteer, but I do it because I love being part of a successful team who are making a difference to the community."

Deborah's commitment for the organisation is exceptional; she has her own business and two young children, but still finds time to volunteer for Suffolk Constabulary (even at weekends!)

Suffolk Constabulary is very proud of each and every one of their volunteers. Deborah is one in a very long line of well-respected and vital individuals who make up the Policing Family.



Deborah as a role player



LANCASHIRE POLICE LAUNCH RURAL MOUNTED VOLUNTEERS IN RIBBLE VALLEY

Rural crime is one of the Neighbourhood Policing priorities being tackled in Ribble Valley. To combat this, officers have spent the last 12 months creating an initiative which will increase community involvement in order to support the constabulary in rural crime prevention.

Headed up by PCSO Di Bioletti, the scheme has involved support from partners Ribble Valley Community Safety Partnership and Lancashire Partnership Against Crime who have both provided considerable funding to train and equip the volunteers, along with the British Horse Society who have trained them.

The six mounted volunteers all have their horses stabled and ride regularly in the Ribble Valley. They are experienced riders with sensible horses. All have been trained over five weeks by the British Horse Society in riding and road craft and have achieved their certificates, after participating in a demanding exam and practical test over half a day. They have also had training in observation and the recording of information plus wildlife and rural crime. Ribble Valley Neighbourhood Policing Teams will liaise with the volunteers over local priorities and issues.

PCSO Di Bioletti said, "The Ribble Valley is a largely rural area and neighbourhood teams cover large geographical areas. This provides a challenge in terms of finding ways to engage with and be visible to rural communities. The mounted volunteers have been provided with high visibility jackets identifying them as Lancashire Police Mounted Volunteers and their horses have been provided with high visibility exercise sheets, leg bands and breastplates."

Community involvement has already proved successful in schemes such as Neighbourhood Watch and

Community Road Watch. This has provided the impetus to recruit more police volunteers in various roles.

PCSO Bioletti added: "The mounted volunteers have an elevated position from which they can observe things that cannot be seen on foot or from a vehicle. They can see over hedges and walls, into fields and farm buildings, gardens and residential properties. Horse riders are well placed to provide information on rural crime issues including poaching, badger baiting/dog fighting, fly-tipping, drug use, anti-social behaviour, rustling, stone and metal thefts and also on people associated with rural crime. In addition, they are in a position to identify areas where crime prevention advice may be required. They are part of the rural community; a network where most people know each other and in many cases provide each other with support and assistance."

Al Yusaf, LANPAC manager said: "We are delighted to support this project in rural crime prevention and help provide a link between the police and the rural community."

Robert Thompson, chairman of the Ribble Valley Community Safety Partnership, added: "We are delighted to support this scheme. The volunteers will assist with crime prevention while riding out on our bridleways, lanes and country roads, by looking out for anything suspicious and reporting it to the police control room."

"This is another fantastic example of the community working together for the common good."

There will be a further recruitment exercise later this year/early next year, with a view to recruiting more mounted volunteers in other areas of Lancashire.



CLEVELAND POLICE CADETS WIN NATIONAL AWARDS FOR WORK WITH PEOPLE WITH DEMENTIA

Cleveland Police Cadets have beaten stiff competition to win a second national award for their work with people living with dementia in the local community.

On Thursday 15th September the Cadets were awarded the Lord Ferrers Award for their outstanding contribution at an awards ceremony in London, attended by Home Secretary Amber Rudd and Minister of State for Police and the Fire Service, Brandon Lewis.

The Lord Ferrers Awards recognise the outstanding contribution of Special Constables, Police Support Volunteers and Volunteer Police Cadets and acknowledges the support employers and employees offer their local police force.

In June this year, the Cadets all triumphed over all other forces in the country to win the National Volunteer Police Cadet Award for Best Social Actions.

Last December, the Cadets arranged a screening of the 1954 film 'White Christmas' at the Regent Cinema in Redcar, in partnership with The Alzheimer's Society, Safe in Tees Valley, Police and Crime Commissioner Barry Copping and The Regent Cinema. The Cadets dressed to replicate the era in relevant clothing and they sold ice creams and cakes from wooden usherette trays.

A Christmas party was organised for residents of a care home in Middlesbrough, and computer tablets

have been donated to care homes along with training for residents and staff to show them how to use apps such as games or Skype to contact family members and friends.

Police and Crime Commissioner for Cleveland, Barry Copping, who funds the Cadet programme, said, "Well done to the Cadets who have been recognised nationally for their hard work and dedication for the second time this year. Their work is very valuable to the Force and also to the vulnerable members of the society who they have been supporting. The Cadets should be rightly proud of their achievements."

Chief Constable of Cleveland Police, Iain Spittal, said, "I am incredibly proud of the work that our Cadets have undertaken in support of people with dementia. This work highlights their community spirit and that's exactly what our Cadet programme is all about. Congratulations to the Cadets, this is their second fantastic achievement so far this year."

Home Secretary Amber Rudd said, "Volunteers strengthen our police forces and make a vital contribution to keeping our communities safe. The Lord Ferrers Awards celebrate the professionalism, dedication and sacrifice shown by Special Constables, Police Support Volunteers and Volunteer Police Cadets. I want to thank all the nominees for their commitment and drive and for making a real difference in the communities where they serve."

GARDENING BENEFITS POLICE SUPPORT VOLUNTEER IN NORTH YORKSHIRE



"I fell in love with the local countryside adjacent to Eccup Reservoir in Leeds and this was a major part in my future career in gardening. I loved the water, woodlands and the wildlife this could bring. I decided to move into gardening full-time and became head gardener at a local convent nursing Home in the 1980s. I realised quite soon how much pleasure my skills could bring to others and how rewarding this was to me too. I was developing many lifelong skills and have a great many people to thank for this. Sadly closure and redundancy followed and I was out of work, however I eventually secured a position at a police convalescent home in Harrogate and went on to preside over the winning of some major gardening awards. The biggest success by far was winning a Gold medal for my own large garden in the Leeds in Bloom competition 2013, and I was presented with this at Leeds Town Hall. When we bought our house the garden was totally overgrown and had been neglected for years, so I loved the challenge this brought to regenerate it.

"In 2013 I became a Police Support Volunteer with North Yorkshire Police. I was asked if I would like to help with the Police Memorial Garden at Harrogate and I was delighted to assist. I worked initially with local Inspector Penny Taylor who came in on her days off and we redesigned and planned the garden. I get great reward from propagation and in time I donated many shrubs, plants and trees which I spent many hours at home in my greenhouse growing. The conditions were not too good as it was a heavy clay and a very exposed site but in the end we achieved our objective and Penny has shown a number of families around the garden where their loved ones were based over the years. It is with great sadness

Chris South, 53, lives in Leeds, is married and has two cats! He has a background in gardening which started as a boy when he started growing seeds that his Gran gave him way back in the 1960s. He loved the growing competitions as to who could grow the largest broad bean in a jam-jar at infant school! He was blessed with a large garden in his family's council house which enabled him to have a little patch of garden all to himself.

Chris says: "Over time I developed this interest and realised that gardening could be broken down into differing areas. I then decided to help out some older people in the street by cutting hedges, lawns and even on one occasion, introducing a small makeover. I left school at 15 years of age in 1978, and went to work on a local golf course as an assistant green keeper where I stayed for nine years.



that my time with North Yorkshire Police has come to an end recently but I love the thought that others will look, and maybe even look down, at the garden with smiles on their faces."

Chris is currently unemployed and has struggled with his health at times, and this brings huge daily challenges. He suffers from a mental health condition called Cyclothymia which is on the bipolar Spectrum. Chris added: "The illness consists of rapid mood swings and these can be on a daily basis with a multitude of these per day. I am on medication for these but the illness does govern at times how I live my day. The severity of these swings can vary and at times render me feeling unworthy of even being on planet earth. It's not an illness you ever escape from due to the nature of it, and I have to implement feel good factors into my life - and what better factor than gardening. It keeps me well and assists when I'm not. It never stops and will seek my attention even in my darkest times. I will end on this note: I can personally endorse gardening - don't be put off having a go, like the broad beans at school, try and try again if all else fails. I have no qualifications and can't even pronounce the names of most plants, but I have got to this stage by using my rewarding side of the illness - its creativity."

The BBC published an article recently stating that the King's Fund (an independent charity working to improve health and care in England) published a report extolling the virtues of gardening.

The physical benefits are pretty obvious - digging or raking a lawn for 30 minutes requires as much energy as a 2km (1.2-mile) run - and so it should come as no surprise it can help reduce the risk of heart disease, obesity and cancer. But even gentle gardening had an impact in much less obvious ways, the report said. It could improve balance, thus helping reduce falls in the elderly, and tackle anxiety and stress.

Simply being in a garden can be beneficial too.

In care homes, gardens have been found to be good for reducing the agitation and aggression linked to dementia, while hospices have found the tranquillity of nature can play an important part in end-of-life care.

'Gardens are intimately connected to our health and wellbeing,' says the report, which proposes that the health and social care system should do more to 'take advantage of our love affair with gardening'. The overall recommendation is that gardens should be integrated into mainstream health policy

Read more: <http://www.bbc.co.uk/news/health-36482370>



HERTFORDSHIRE VOLUNTEER RECOGNISED AT NATIONAL AWARD CEREMONY

Hertfordshire Police Support Volunteer Jill Hipson won runner up in the Volunteer of The Year category at this year's Lord Ferrers Awards which took place at the Royal Institute of Chartered Surveyors in London.

Jill has been a volunteer for four years and supports the Police Link Officers for the Deaf (PLOD). Hertfordshire Constabulary had an objective to equal the access to Police Services for the deaf community to that of the hearing community and to raise Deaf Awareness within the Constabulary.

Jill's role has been to assist the Constabulary break down the barriers of communication within the Deaf Community and improve their access to Police services.

Jill identified that there was a lack of knowledge of the emergency text message service in the deaf community and brought this to the attention of the team. She also recognised that the 101 system failed to offer a text facility for non-emergency contact to the police for the deaf.

Jill was involved with meetings with Force Communications Room (FCR) about the communication options the Deaf Community had with the police in emergency and non-emergency situations. The FCR were guided in the latest and most popular methods of communication for the deaf and a new online training package was developed for officers and staff.

With Jill's assistance with the production of the online Deaf Awareness package, her understanding of budgeting and negotiation, as well as her contacts within the Deaf Community meant she supported the Constabulary in achieving a 70% reduction on costing with a leading Deaf Training Team.

Promotional material has also now been accurately

designed because of Jill's recommendations to suit the needs of the Deaf Community.

Jill was also a mystery shopper at Watford Police Station to provide feedback on customer service, the booking in procedure and the breathalyser. Jill's feedback prompted the Rights and Entitlements paperwork provided to prisoners when they enter custody to be amended. Jill worked extensively with the management of Custody to ensure that the information was easily understandable to a Deaf person if they entered custody.

After the award ceremony Jill said: "Volunteering for Hertfordshire Police over the last four years has involved me in all sorts of things. I have been completely deaf since I was five, due to meningitis. In my professional life, I teach British Sign Language and Deaf Awareness. My voluntary work with the PLOD team at Hertfordshire Police involved me in using these skills, and my lifelong experience as a deaf person, to the full.

"Being nominated for the Lord Ferrers Award is a real high point for me. It recognises the hard work and professional expertise which I put into my Police voluntary work over several years. It also recognises the massive contribution made by the two police officers who worked alongside me, Inspector Judith Spencer, who has now retired, and Detective Constable Victoria Gibson, who has a Deaf brother and who is very popular in the Deaf world in her home town. We worked hard, and there was a lot of laughter too."

Jill is pictured with the Minister of State for Police and the Fire Service, Brandon Lewis, who presented the award at the ceremony.

SPOTLIGHT ON...

SOPHIE ROBERTS, POLICE SUPPORT VOLUNTEER, GREATER MANCHESTER POLICE



enjoyed meeting new people as well as getting great satisfaction out of what I'm doing every week.

WHAT WAS THE REACTION OF YOUR FRIENDS AND FAMILY WHEN YOU DECIDED TO UNDERTAKE VOLUNTEERING FOR THE POLICE?

My family were very pleased for me and are happy that I am gaining experience towards the career that I want to do. They are also glad and proud that I'm doing something good with my free time.

WOULD YOU RECOMMEND THIS VOLUNTEERING OPPORTUNITY TO OTHERS?

I would 100% recommend it to others, particularly if you want to be involved in police work as much as I do. Its interesting getting different tasks set each week and it's also very rewarding.

Sophie has been successful in achieving a paid role as an Apprentice for GMP and we wish her all the best in her new role.



WHY DID YOU JOIN GMP AS A POLICE SUPPORT VOLUNTEER?

From a young age I've always been interested in police work and what the police do.

I find it interesting and fascinating which made me want to become involved. I also want to become a Police Officer in the future.

WHAT ACTIVITIES DO YOU UNDERTAKE?

I volunteer with the Neighbourhood, Confidence and Equality team, mainly in the area of the Citizens in Policing. I undertake tasks such as creating and updating spreadsheets, writing correspondence and producing certificates for recognition and service. I have also been involved in events such as National Give and Gain Day, Citizens in Policing Annual Awards and the Emergency Services 999 day at the Trafford Centre.

WHAT ARE THE BEST BITS ABOUT VOLUNTEERING?

The best bits would be learning about the work that the police undertake and gaining experience. I have also

SPOTLIGHT ON...

**AIESHA RASHID, COMMUNITY VOLUNTEER,
LANCASHIRE CONSTABULARY**



Aiesha is a Community Road Watch volunteer and has been for the last two years.

She began to Volunteer after she was involved in a serious road traffic accident 10 years ago which left her with several broken bones all over her body and severe brain damage. Whilst lying in her hospital bed, she decided that following the support she had received from Lancashire Police regarding her accident, she wanted to give something back and help other people. Therefore she applied to be a Community Road Watch Volunteer.

Her day job is as an outreach officer working within the BME community, helping disabled people, their carers and their

families to maintain their independence and also to provide education and training on a range of issues.

Aiesha says, "In my role as Community Road Watch Volunteer, I've definitely learned to become more patient and observant, checking whether drivers are using mobile phones or wearing seatbelts, this also reflects in my current job where I need to observe disability, which isn't always visible. I have a family member who is a Police Officer, but that's not what I wanted to do. I've always wanted to help people and put something back into the community and there's no better way than volunteering."

Aiesha is now in the process of opening her own domiciliary care agency and continues to volunteer.

She added, "I would say to anyone who is thinking of volunteering - why are you hesitant? What is your barrier? Go and speak to some volunteers to see what they get out of it and don't let cultural differences get in the way. Everyone is treated equally and so am I - so if you are thinking of volunteering - just do it!"

ESSEX POLICE MUSEUM HAS A NEW SOCIAL MEDIA VOLUNTEER



The Essex Police Museum in Chelmsford, has recently recruited Jennifer Dellow, an Essex Police employee, to take on the role to help promote the museum, its fascinating collection and its events via the web.

Jennifer says, "I currently publish news, updates and events on social media (Facebook, Twitter and Instagram) in order to promote the Museum for visitors and also engage with the public and inform them about what the Museum does. I wanted to volunteer for the Museum as I believe that it is a pivotal part of the force; a facet of which should be maintained and respected. I have worked within Essex Police for over 8 years and when this opportunity came up I knew I had to apply!

I believe that Social Media allows the public to engage with organisations and charities in a more informal and positive way, allowing them to experience what places have to offer and provides a 'face' behind the logo. Volunteering for the Museum has been a wonderful experience for me - meeting with the Curator, Becky Wash and contributing to how the public can interact with the Museum is something I enjoy very much."

SPECIAL CONSTABLES VOLUNTEER AT FRESHERS WEEK



Special Constables based at Bangor volunteered over 200 hours during last week's Freshers Week at Bangor University. The team of 18 officers worked various shifts over the week - which included patrolling the University Campuses and the local pubs.

Special Sergeant Dylan Thomas, who is based at Bangor Police Station said: "The week was a successful operation. All officers who volunteered their time were great and gave it 100% - not even one complaint about being on foot for almost 10 hours a shift. Throughout the week they got involved with community engagement opportunities and had several requests for selfies. The students were heard on many occasions saying that it was nice to see so many of us about on foot, and was a massive boost to the number of officers working."

Specials Chief Inspector for Gwynedd and Anglesey, Neale Lewis-Jones is also proud of his team. He said: "North Wales Police have an excellent working relationship with Bangor University and the team of Special Constables were proud to be a part of Freshers Week - which is always hugely popular. Being a Special Constable is a great way to give something back to your community, develop new skills or learn what being a Police Officer is really like."

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you



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