

**“I thought it would be good to help my colleagues”**

PC Sandra Rigby has been a police officer for 11 years and a Fed rep for one year. She says the skills she has learned as a rep are transferrable to her role as a PC with Dorset Police.

“I always had an interest in the world of the Federation and colleagues suggested I became a rep, so I put myself forward. There were a few issues in the force and I thought it would be good to help my colleagues and pick up more information along the way.



**Sandra Rigby, Dorset Police**

**“ Unless you put yourself forward to get involved in that change, nothing will happen. ”**

“I’m now the branch’s wellbeing lead, which I enjoy and am proud of. We have worked on a booklet to support officers during these difficult times and do inputs over teams covering what help is available and where to go for help and support. I’m even training my dog to be an Oscar Kilo wellbeing dog.

“The skills you learn as a rep are transferrable to the day job, for example the mental health first aid training and to some extent the initial rep course information. It’s great to be able to learn new things and know that you can use them in more than one way.

“I’ve been well supported by my branch and if ever there has been a time that I haven’t known the answer to a question, I have been able to ask and find out the answer.

“I think it’s good that PCs are reps, as well as more senior officers. Some recruits who are younger in service perhaps wouldn’t feel comfortable going to a rep who is a more senior rank, so it’s good there’s a mix.

“There are a lot of issues in policing generally at the moment, but unless you put yourself forward to get involved in changing that, nothing will happen”.