

The magazine of Suffolk
Police Federation

SUMMER 2026

FED NEWS

Photo courtesy of Anderson Photography

**Acting Detective Sergeant
Scott Swallow attends
Police Bravery Awards**

PAGES 4 AND 5

A wealth of expertise on your doorstep

PAUL WARD



Financial Planning Consultant

07984 317 795

paul.ward@sjpp.co.uk

www.paulwardwealth.co.uk

Offering clients face-to-face specialist advice whether they are looking for:

- ◆ Retirement planning
- ◆ Tax efficient investment planning
- ◆ Tax & Estate/IHT planning
- ◆ Financial Protection for their family or business
- ◆ Or just looking to review their financial affairs

For further details contact Paul Ward.

The Partner is an Appointed Representative of and represents only St. James's Place Wealth Management plc (which is authorised and regulated by the Financial Conduct Authority) for the purpose of advising solely on the group's wealth management products and services, more details of which are set out on the group's website www.sjp.co.uk/products. The 'St. James's Place Partnership' and the title 'Partner' are marketing terms used to describe St. James's Place representatives.

Associate Partner

**St
James's
Place**

SJP Approved 30/04/2024



We're different to traditional banks. We share our profits.

Download our app to start saving today



Annual dividends are based on our financial performance and are not guaranteed. Number One Police Credit Union Limited trading as No1 CopperPot Credit Union is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. Firm Reference Number 213301. For details visit <http://www.fca.org.uk>.

CONTENTS

Chair's foreword	3
National Police Bravery Awards: Scott does Suffolk proud at ceremony	4
Scott reflects on 'once in a lifetime' Downing Street reception	5
Retiring Suffolk Chief Constable to ride Police Unity Tour	6
Mental health absences underline urgent need to tackle pay and recruitment, says chair	7
Federation condemns 'overnight' cuts to police pension	8
Have your say: Pay and Morale Survey now live	8
'Its been a great career'	9
Special Constable's incredible actions save family's life	11
Feels on Wheels goes the extra mile for Suffolk Police Federation members	12
'It's all about being seen and heard'	14

Published by Suffolk Police Federation
Portal Avenue
Martlesham Heath
Ipswich
Suffolk
IP5 3QS

Email: suffolk@polfed.org
Tel: 01473 782001
Web: polfed.org/Suffolk

Design and production:
XPR Communications Ltd

Fed News is produced by XPR Communications Ltd on
behalf of Suffolk Police Federation.

The articles published do not necessarily reflect the views
of the Branch Council. The editor reserves the right to
reject or edit any material submitted.

Every care is taken to ensure that advertisements are
accepted only from bona fide advertisers. The Police
Federation cannot accept liability for losses incurred
by any person as a result of a default on the part of an
advertiser.

All material is copyright and may not be reproduced
without the express permission of the editor.

SUPPORTING OUR POLICE FAMILY



**BY DARREN HARRIS, CHAIR OF
SUFFOLK POLICE FEDERATION**

Welcome to the latest edition of
the Suffolk Police Federation
magazine.

As I write this, I am returning to work
following a period away after some personal
challenges. That time has given me an
opportunity to reflect - not only on my own
experiences, but on the incredible resilience
shown by officers and staff across our Force
every single day. I would like to take this
opportunity to sincerely thank colleagues
for their continued support, understanding
and kindness. It has meant a great deal,
and it is a reminder of the strength of the
policing family we are all part of.

This issue is a powerful reflection of
everything that makes policing such a
unique profession - courage, compassion,
resilience and an unwavering commitment
to serving others. Across these pages, you'll
find stories that celebrate outstanding acts
of bravery, recognise exceptional dedication
and shine a light on the challenges facing
officers every single day.

One of the standout moments in this
edition is the recognition of Acting Detective
Sergeant Scott Swallow at the National
Police Bravery Awards. Scott's actions
while off duty demonstrated the instinctive
courage that defines so many police officers.
His story is a reminder that the office of
constable is not something that begins and

ends with a shift - it is a commitment that
officers carry with them at all times. Read
more on Pages 4 and 5.

Alongside celebrating success, we
also continue to highlight the issues that
matter most to our members. This edition
examines the latest police pay award and
the continuing concerns around recruitment,
retention and officer wellbeing. These remain
significant challenges, and we will continue
to ensure the voices of Suffolk officers are
heard as we campaign for fair pay, better
support and meaningful change.

Wellbeing remains at the heart of our
work. Our feature on the Federation's 'Feels
on Wheels' initiative demonstrates how small
conversations can make a lasting difference.
By taking welfare support directly to officers
across the county, the initiative continues
to build stronger connections and remind
members that help is always available.
Credit must be given to Emma Arthurs for
continuing to drive this project forward. Your
undeniable passion for making a difference
has undoubtedly influenced the positive
impact it continues to have.

We also celebrate workplace
representative Claire Yates, whose
determination to stand up for colleagues
perfectly reflects what Federation
representation is all about. Her commitment
to ensuring officers are seen, heard and
supported is something we value enormously.
Find out more on Page 9.

Elsewhere, we look ahead with Chief
Constable Rachel Kearton as she prepares
for retirement and takes on the Police
Unity Tour, reflecting on a distinguished
career while honouring those who have
made the ultimate sacrifice. We also share
the remarkable story of Special Constable
Simon Ward, whose quick thinking and
determination saved the lives of a family
trapped inside a refrigerated trailer - another
example of the extraordinary work carried
out by those who wear the uniform.

As always, I would encourage everyone
reading this to take a moment to look after
themselves and each other. Policing asks a
great deal, and it is vital that we prioritise
our health and wellbeing just as much as we
do our duty to the public.

**Take part in this year's
Pay and Morale
Survey - scan this code**





Branch secretary Ben Hudson, Chief Constable Rachel Kearton and Acting Detective Sergeant Scott Swallow.

NATIONAL POLICE BRAVERY AWARDS: SCOTT DOES SUFFOLK PROUD AT CEREMONY

Acting Detective Sergeant Scott Swallow was recognised at this year's national Police Bravery Awards, representing Suffolk Constabulary.

A consistent highlight on the policing calendar, the annual Bravery Awards - now in its 31st year - was hosted by the Police Federation of England and Wales (PFEW) in London.

Scott's Region 4 category was won by officers at Northamptonshire Police, while nominees from the Metropolitan Police were announced as overall winners for [their response to the Hainault attacks in April 2024](#).

Opening the evening was PFEW national chair Tiff Lynch, who delivered

some heartfelt words on the dedication and selflessness found within policing.

She said: "Tonight, we will hear stories of individual valour - accounts of sensitivity and love in the face of the most heartbreaking vulnerability.

"Every nominee story is in the brochure on your table, and I ask that you take the time to read all of them. Because together, they paint a remarkable picture of modern policing.

"Policing asks a lot - you only have to look into the eyes of the people waiting for you to come home after every shift to understand that. It asks you to walk towards danger when everyone else is running away, and it asks you to make

split-second, life-changing decisions in unpredictable circumstances.

"It asks you to be courageous and compassionate in equal measure."

Later in her speech, Tiff, while maintaining 'this night is for celebration', took the opportunity to mention those who have lost their lives in the line of duty, adding: "I'd like to invite you all to stand with me for a moment to remember the police officers whose lives we have mourned in the last year."

Home Secretary Shabana Mahmood again addressed nominees and guests at the ceremony - this time via video message - to lay on praise for the various outstanding acts of courage being celebrated through the awards.

"It is my privilege to serve as your Home Secretary and to represent you all in government, especially on a day like today as we celebrate acts of heroism which would otherwise go unheralded," she said.

"With these awards, we honour your bravery, and we think too of your

“ I THINK EVERYBODY WHO GOES OUT ON DUTY EVERY DAY, WHETHER THEY'RE IN UNIFORM OR NOT, WHETHER THEY'RE A VOLUNTEER OR NOT, IS PUTTING THEIR LIFE ON THE LINE - BUT ALSO WHEN THEY'RE OFF DUTY TOO, AS WE'VE SEEN HERE.

colleagues on duty right now, as well as your families who share your sacrifice and the officers and staff no longer with us.

"Today is a chance to say what is too rarely said – thank you, on behalf of the whole country, for the danger you face and the lengths you go to in keeping the rest of us safe.

"I want to issue you with a firm instruction to put away your modesty and soak up the praise that is coming your way tonight."



Photo courtesy of Anderson Photography.

Home Secretary Shabana Mahmood.

Branch secretary Ben Hudson and Suffolk Constabulary's Chief Constable Rachel Kearton – in what will be her final Bravery Awards before retirement – were also present on the night in support of Scott.

Speaking at the ceremony, Ben said: "Tonight for me is the pinnacle of the Federation year – it's my favourite night of the year, and it celebrates everything good in British policing.

"Tonight, we're here with Scott, who's gone and done more than he ever needed to do, off duty, to keep the public safe. It's exactly what we want all our members to do, who we remain extremely proud of daily."

Chief Constable Rachel echoed these thoughts, adding: "I think everybody who goes out on duty every day, whether they're in uniform or not, whether they're a volunteer or not, is putting their life on the line – but also when they're off duty too, as we've seen here.

"Tonight is a reflection of those who have actually found themselves in these situations and taken some really brave action.

"I think, after 37 years [in policing], I reflect on the people I've crossed paths with. Tonight is very humbling, because it makes me think of all those people who are out and about every day, putting themselves out there for the safety of our communities, and it makes me very proud."

SCOTT REFLECTS ON 'ONCE IN A LIFETIME' DOWNING STREET RECEPTION

Scott has described attending an exclusive reception at No10 Downing Street as a 'once in a lifetime opportunity'.

He joined other nominees at the special event hosted by the Home Secretary Shabana Mahmood, where officers recognised for acts of exceptional courage and dedication were brought together ahead of the national awards ceremony.

Scott's nomination follows his brave actions while off-duty, when he intervened during a dangerous incident involving a knife-wielding man in Barningham.

While driving home from a football match with his 15-year-old son, Jayden, Scott became aware of a disturbance unfolding nearby. After seeing a man armed with a knife threatening others, Scott called 999 and monitored the situation before stepping in when the risk to the public escalated.

“I REALLY ENJOYED MY TIME IN DOWNING STREET. THE FOOD WAS GREAT, THE DRINK WAS GREAT - LITTLE CANAPÉS AND DESSERTS.

Working alongside a member of the public, Scott helped disarm and restrain the man, keeping the situation under control for around 20 minutes until on-duty officers arrived. Throughout the incident, Scott's focus remained on preventing further harm and protecting those around him.

He was joined by his wife as he made the trip to the capital. Reflecting on the Downing Street reception, Scott said the experience was something he would never forget.

"I really enjoyed my time in Downing Street," he said. "The food was great, the drink was great - little canapés and desserts.

"It's a once-in-a-lifetime opportunity for me, once in your career if you're lucky."

The reception also provided an



Bravery Award nominee (right) and wife, Hannah outside Number 10.

opportunity for Scott to share the occasion with those closest to him, including his wife.

"It was great being able to share this day with colleagues, and my wife as well," he said. "It's great to have the opportunity to bring my wife along."

For Scott, one of the highlights of the event will be hearing the stories behind the nominations from officers across the country.

"I'm really looking forward to learning all about the other stories from fellow officers and colleagues across the country," he continued.

Scott also took a moment to reflect on the role his son Jayden played during the incident. After remaining calm under pressure and providing clear updates to the police control room, Jayden received a Chief Constable's Certificate of Appreciation for his actions.

Scott said he remains incredibly proud of his son and was pleased he could share such a significant moment with him.

"This award is as much for my son as it is for me," he said. "I'm still so proud of his actions that day. It was great for him to see me at work - perhaps he will be a police officer one day.

"I'm a very proud parent."

As she prepares to bring a distinguished 37-year policing career to a close, Suffolk Chief Constable Rachel Kearton is taking on one final challenge before retirement - joining hundreds of colleagues on the Police Unity Tour.

Rachel will ride with the Norfolk chapter this August in honour of officers who have lost their lives in the line of duty.

RETIRING SUFFOLK CHIEF CONSTABLE TO RIDE POLICE UNITY TOUR

Despite describing herself as 'a casual runner, not a cyclist at all', she said taking part felt like the right opportunity to recognise the sacrifices made by the policing family.

"I've never done the Police Unity Tour before, but it felt like a good opportunity to recognise the sacrifices and the opportunities that our workforce put themselves through every single day," she said.

"It will be a challenge. It will be hot, and it will hurt. But I'm building up my training, and I'm looking forward to being part of it."

The annual event sees police officers, staff and supporters cycle from across the country before coming together for the National Memorial Day at the National Memorial Arboretum, paying tribute to colleagues who made the ultimate sacrifice.

Riders will be raising money for Care of Police Survivors (COPS), a charity that supports the families of those who have died in the line of duty.

For Rachel, the ride will carry particular significance. She will wear a memorial band in honour of PC Cheryl Lloyd, a Suffolk officer who was killed on duty in June 2005.

"It's exceptionally poignant," she said. "Suffolk is a family Force. We're a close-knit policing community, and because of that, I know so many of our officers and staff personally. Many of our people have parents, brothers, sisters or children who also work for the force."

"Being able to ride in memory of Cheryl is a very special opportunity."

In fact, it was Cheryl's sister, Sue Brace



MBE, who initially encouraged Rachel to sign up to the ride.

Rachel explained: "We were both attending last year's National Police Memorial Day and we were innocently discussing the Police Unity Tour, when Sue suggested I do it. And here I am, signed up and ready to go."

The emotional impact of the tour extends beyond remembering one colleague.

"I've reflected a lot on the other people I've lost along the way. I've worked in four police forces during my career, and I've lost colleagues in each of them," she continued.

"Part of the emotion is thinking about all those times they went out on duty, and some of them didn't come back."

She believes the event helps reinforce the connection between senior leaders and frontline policing.

"I'll be in pain, being supported by fellow Chief Constables, as well as officers and staff who deal with different challenges every day. I won't get through this ride without the team around me," she said.

Rachel has led Suffolk Police since

September 2022 and said the timing now feels right for both her and the organisation.

"I think everybody has the right time to retire, and it has to be the right time for the organisation as well," Rachel said.

"There are lots of long-term projects already underway, particularly around digital technology and future capability, and they now need someone who can see them through over the coming years."

As for life after policing, she has no firm plans.

"The plan is not to have a plan," she laughed. "I'm looking forward to getting to Christmas, spending time with family and friends, and not feeling conflicted by work issues."

"I'll probably look at doing something else during 2027, but for now I'm looking forward to a proper break."

"But I retire with complete confidence as a Suffolk resident that I will continue to be looked after. There are some fantastic leaders coming through who will do a brilliant job taking my place."

Before then, however, her focus is firmly on completing one final challenge alongside colleagues from across the policing family.

"It will be emotional when we ride that final mile," she said. "But it will also be a reminder of just how special and unique policing is, and of the people who continue to serve every single day."

“I’VE NEVER DONE THE POLICE UNITY TOUR BEFORE, BUT IT FELT LIKE A GOOD OPPORTUNITY TO RECOGNISE THE SACRIFICES AND THE OPPORTUNITIES THAT OUR WORKFORCE PUT THEMSELVES THROUGH EVERY SINGLE DAY.

MENTAL HEALTH ABSENCES UNDERLINE URGENT NEED TO TACKLE PAY AND RECRUITMENT, SAYS CHAIR

Suffolk Police Federation says the number of officers taking sickness absence for mental health-related illness underlines the urgent need to address police pay and the recruitment and retention crisis.

During 2025/26, 181 Suffolk Police officers were off sick with depression, anxiety, stress or post-traumatic stress disorder (PTSD).

That is the same number as 2024/25, according to Police Oracle, which obtained the figures in a Freedom of Information request.

Branch chair Darren Harris said: "The link between these figures and police pay can't be ignored. The salary of police officers has fallen by 20 per cent in real terms in the past decade - which, of course, will be having a negative impact on our hardworking members.

"Most recently, we heard that the [latest pay award was 3.5 per cent](#), less than the Police Remuneration Review Body's (PRRB) recommendation of 3.9 per cent, which does almost nothing for restoring pay."

Highlighting how the retention and recruitment crisis places increasing

pressure on officers who remain, Darren added: "If police pay isn't restored, we will not continue to keep officers in the job - whether that's with officers off sick, leaving for better pay opportunities or taking early retirement."

Darren noted that the biggest group of officers leaving policing are those with between nought and five years' service: "In this day and age, we can't rely on passion and commitment alone. Officers deserve pay that reflects their jobs."

He continued: "Capacity is at its maximum and resources are low, which means officers who are staying at work are then burning out and going off with stress and anxiety because they're working themselves to the bone.

"It's a double-edged sword. You're losing officers from both directions, which just exacerbates the problem. I think it is all interlinked, and the Government just isn't listening."

Darren said the recruitment challenges had forced changes to the routes into policing in an effort to get new officers operational more quickly, but he said this would not solve the problem on its own.

"They need to look at the whole picture," he said, adding: "Why are people off with stress and anxiety? Why aren't people staying?"

"Until those questions are properly addressed, the pressures on those who remain will only continue."

Nationally, a record 19,443 officers were signed off with stress, depression, anxiety, or PTSD in 2025/26, a rise of 9.5 per cent on the previous year.

Police Oracle said it was the fifth year in a row the number has gone up, and was 209 per cent higher than when it first ran the survey 13 years ago.

Andy Rhodes, director of Oscar Kilo, the National Police Wellbeing Service, told Police Oracle: "We need to look at workloads and work design. People don't mind being busy if it's purposeful work that they think has value, but there's a lot of bureaucracy involved in policing, and that can be very stressful to deal with."

He added: "You look at the number of officers who are now deployed in public order and mutual aid; the issues the police are dealing with are putting a massive strain on them. Rest days are there for a reason. You can't look at a 45% burnout rate and just say, 'Well that's policing'. We've got to call it out."

“CAPACITY IS AT ITS MAXIMUM AND RESOURCES ARE LOW, WHICH MEANS OFFICERS WHO ARE STAYING AT WORK ARE THEN BURNING OUT AND GOING OFF WITH STRESS AND ANXIETY BECAUSE THEY'RE WORKING THEMSELVES TO THE BONE.



FEDERATION CONDEMNS 'OVERNIGHT' CUTS TO POLICE PENSION

Police officers in the 1987 Police Pension Scheme are facing an immediate reduction in the lump sums they receive at retirement, following a sudden change to commutation factors.

The change was triggered by a Treasury decision to increase the SCAPE discount rate, with revised commutation factors issued today and applied with immediate effect.

Commutation factors determine how much cash an officer receives if they choose to give up part of their annual pension at retirement.

Under the new factors, officers retiring from today will receive almost 5 per cent less lump sum for the same amount of pension surrendered than an officer retiring last week. That change is expected to cost police officers thousands of pounds each.

The Police Federation says the speed and timing of the change means some officers retiring now are being hit without warning, despite having received retirement quotations or benefit illustrations based on the previous factors only weeks earlier. That means officers may have already made financial decisions based on those figures.

The Federation has confirmed it is seeking independent advice on the scale and justification for the change, and on

whether those who received recent quotations could take legal action because of financial detriment.

John Partington, Police Federation National Secretary, said "After decades of service, the 'thanks' retiring officers get is this: government quietly shaving cash off a hard-earned retirement overnight. It's a blatant case of picking the pockets of police pensioners, and we will not let it stand."

Suffolk Police Federation secretary Ben Hudson said he was in contact with chief officers regarding the issue.

"I am assured that they will do all they can to provide as much information as they can to our members," said Ben.

"I have been reassured through my communications this morning with the assistant chief officer that he and the Force are doing all they can to work with XPS to identify officers who will be immediately affected by these changes and will do all they can to support and assist these officers in the coming weeks and months.

"I would urge members who are looking to retire in the next few months to review the NPCC's FAQ's <https://policepensioninfo.co.uk/wp-content/uploads/2026/05/NPCC-SCAPE-discount-rate-changes-FAQs.pdf>.

"As a branch, there is nothing we can immediately do to assist members with this matter as we, like you, await further details of this unexpected HM Treasury decision."

HAVE YOUR SAY: PAY AND MORALE SURVEY NOW LIVE

Members are being encouraged to complete the annual Pay and Morale Survey to ensure their views help shape future wage negotiations.

Suffolk Police Federation chair Darren Harris said the annual Police Federation of England and Wales survey provided members with a chance to express their views on the pay settlement.

His comments come after he criticised the Government's decision to award police officers a 3.5 per cent pay rise, despite the Police Remuneration Review Body (PRRB) recommending a higher increase of 3.9 per cent.

The survey also provided PFEW with the evidence it relies upon when making the case for fairer pay and improved conditions, Darren said.

He said: "If officers are disappointed with this year's pay award, then I'd urge them to complete the Pay and Morale Survey.

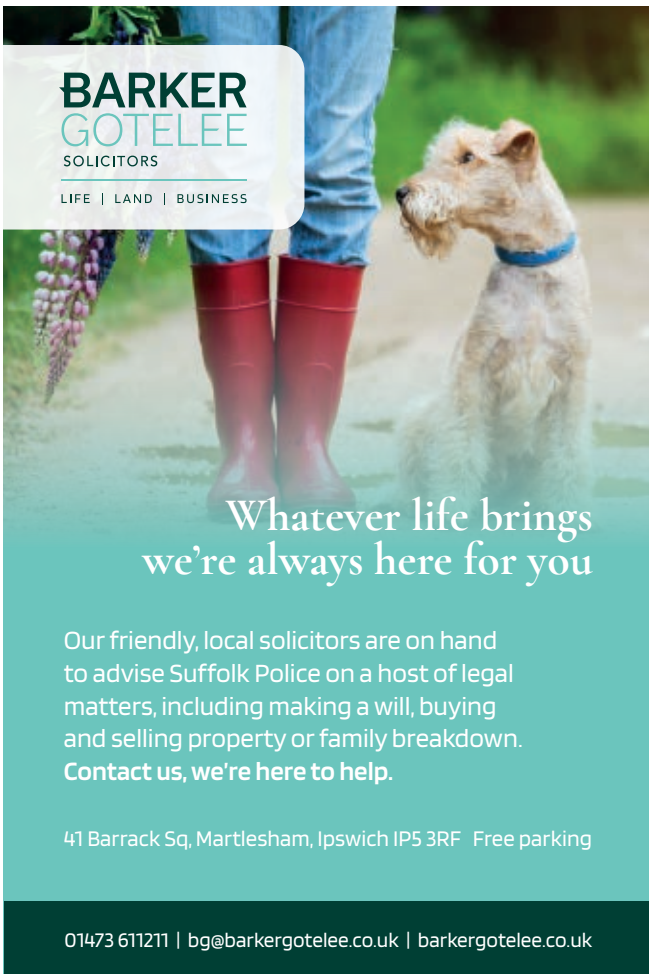
"The Federation's submissions on pay are built on the experiences and views of our members.

"We rely heavily on that evidence when making the case for better pay, improved conditions and greater recognition of the unique demands of policing.

"Whatever their views on their pay or the wider challenges they're facing, we need them to tell us.

"I strongly recommend every officer [read the foreword of this year's PRRB report](#) and reflect to see if any of the points relate to them. The more evidence we have, the stronger our voice becomes."

The survey is open now and closes on 10 August. [Click here to complete it.](#)



**BARKER
GOTEELEE**
SOLICITORS
LIFE | LAND | BUSINESS

Whatever life brings
we're always here for you

Our friendly, local solicitors are on hand to advise Suffolk Police on a host of legal matters, including making a will, buying and selling property or family breakdown.
Contact us, we're here to help.

41 Barrack Sq, Martlesham, Ipswich IP5 3RF Free parking

01473 611211 | bg@barkergotelee.co.uk | barkergotelee.co.uk

'IT'S BEEN A GREAT CAREER'

Janet Humphrey reflects on 40 years with Suffolk Police

A former Suffolk Police officer whose career has spanned major investigations, award-winning safeguarding work, and even as a receptionist, has celebrated 40 years of service with the Force.

Former PC Janet Humphrey joined Suffolk Police in October 1985 aged 21.

She had moved down from Redcar in North Yorkshire to stay with her best friend's family after deciding she did not want to go to university.

"I thought it was nice place to stand on my own two feet, but not that far away that I couldn't get home if I was in trouble," she explained. "I applied while I was sitting in their back garden in Ipswich."

"No one in my family had been in the police. I wanted to work with people and to help people, and that was it."

Janet served in a variety of roles during her police officer career from the control room to crime trends, from working with probation managing sex offenders to CID.

As a staff member after retiring as an officer, she was part of the major investigations team.

Now, she is still serving Suffolk Police on the front desk at Force headquarters. Janet said: "It's amazing to have been with the Force 40 years."

"When I joined, I'd only been to Ipswich once. I didn't know anybody, I couldn't drive and I didn't even have a bank account. Looking back now, I think how did I manage 40 years?"

"But it's been a great career."

It was her work supporting women involved in prostitution that she said the most enjoyable of her career.

Following the investigation in 2006 into the murders committed by serial killer Steve Wright, Janet joined a multi-agency team supporting women involved in street prostitution.

Working with partner agencies, charities and health professionals, the team helped women leave prostitution and rebuild their lives.

She said: "I went to a few locations on that inquiry, including the Matrix in Norwich, which supported women out of prostitution through the health system."

"I thought it was a great thing and



Janet with her British Empire Medal.



PC Janet Humphrey in her first year of policing.

wondered why we didn't have it in Ipswich.

"I wrote a report to the senior investigating officer at the time saying why haven't we got something like that for our women?"

"Three or four months later I got a call from the DI, and he said we're building a team in Ipswich to give women routes out of street prostitution and I want you, and another police officer, to be part of that multi agency team."

"I went on that with my friend Gemma Wallace and for 10 years we did that."

"It was the best 10 years of my career. We were helping women make the choice to leave prostitution and giving them the support they needed to build a different life."

The team's remit expanded to tackling off-street prostitution and human trafficking, and Janet received an award from the British Association of Women in Policing for her work.

Janet, who was a PC or DC throughout her policing career, retired after completing 30 years as a police officer, before joining Suffolk Police's Major Investigation Team as a civilian investigator where she supported complex investigations and vulnerable witnesses.

Life then presented Janet with an unexpected challenge. Four years ago, she was diagnosed with an aggressive form of

breast cancer, requiring a mastectomy and six months of chemotherapy.

But rather than stepping away from helping others, she has used her lived experience to help others, raise awareness and to fundraise.

She organised fashion shows at Police Headquarters, raising around £20,000 for the Blossom Charity, which supports people going through personal difficulties.

Janet has also raised money for Norfolk-based charity Little Lifts, which provides thoughtfully handpicked gift boxes to people affected by breast cancer.

She is now an ambassador for Cancer Support Suffolk, a welfare officer with the National Association of Retired Police Officers (NARPO), and continues to support others affected by cancer.

And her policing and community work was recognised last year with the award of the British Empire Medal.

Janet's passion for policing also runs in the family, with one son now serving as a police officer and another working in the Force Control Room.

Janet said: "I think I'm one of the first female police officers in Suffolk to go all the way through 40 years."

"And now working on the front desk I absolutely love what I do."

"I've done everything I want to do. It's been a great career."

"If nothing else this past 40 years has shown that an ordinary person, whoever they are, whatever their rank, can make a difference and be rewarded."

“ IF NOTHING ELSE THIS PAST 40 YEARS HAS SHOWN THAT AN ORDINARY PERSON, WHOEVER THEY ARE, WHATEVER THEIR RANK, CAN MAKE A DIFFERENCE AND BE REWARDED. ”



SECURE YOUR DREAM HOME WITH US!

SPECIALIST FEE-FREE ADVICE FOR POLICE AND THEIR FAMILIES

Feeling overwhelmed by
your first home purchase?

Remortgaging causing
you concern?

Worried about saving
your deposit?

Uneasy about your
credit score?

Need step-by-step guidance
through the mortgage process?

Confused about how
much you can borrow?

WHATEVER THE HURDLE, WE'RE HERE TO HELP

At Police Mortgages, we understand every step of the home-buying journey and take pride in supporting our clients from start to finish. Whether you're a first-time buyer or looking to remortgage, we offer clear, honest advice tailored to your unique needs.

OUR ADVICE IS ALWAYS FEE-FREE



Book your free
appointment now and let
us help you secure your
future with confidence

**BOOK YOUR
APPOINTMENT
TODAY HERE**



SPECIAL CONSTABLE'S INCREDIBLE ACTIONS SAVE FAMILY'S LIFE

A Special Constable who rescued a family trapped inside a refrigerated lorry with dangerously low oxygen levels says he is proud to volunteer for Suffolk Police.

Simon Ward received a merit from the Force for his 'outstanding initiative and quick thinking' in saving the lives of five people, including two children aged three and five.

Posting on his social media, Simon said he was 'surprised' to receive the award.

He added: "Frontline policing teams do extraordinary things daily, silently, without fuss, moving onto the next job as I did that day.

"However, I appreciate an organisation that takes the time to recognise and, more importantly, I am glad I found that trailer unit."

“IT WAS A BIT OF LUCK AND A BIT OF POLICE NOSE. IT'S FANTASTIC WHEN YOU GET RESULTS LIKE THAT.

In November, he responded to a report that people were trapped inside a refrigeration trailer.

Acting on limited information, Simon followed his instincts and checked out a logistics park near Newmarket.

There were hundreds of trailers on site, but Simon spotted one that seemed out of place.

He said: "I banged on the back of the door and got a bang back, opened it up and there were five people in there.

"They reckoned they had about 30 minutes of oxygen left.

"It was a bit of luck and a bit of police nose. It's fantastic when you get results like that."

Simon, a former Apache pilot in the British Army, is now a National Police Air Service helicopter pilot in his day job covering Suffolk, Norfolk, Essex, Bedfordshire, Herefordshire, and Cambridgeshire.

In his own time, he is a Suffolk Special Constable and has volunteered nearly 10,000 hours.

He said: "I left the military and felt like I wanted to do something that bridged the gap and kept me in public service.

Special Constable Simon Ward.



"It worked at the time, and while I've changed jobs now, it gives me that sense of purpose."

And while Simon has been recognised for his life-saving actions, he is absolutely clear about what motivates him to be a Special.

"I just love finding bad guys," he said. "I understand when people say they love helping their community, but getting bad people off the streets is the best bit for me."

Simon said that after eight and a half years as a Special, he still loves the role.

"I've been really fortunate with Suffolk because I've managed to get extra qualifications so I'm an advanced driver, I'm TPAC trained, I'm trained in Taser," he said.

"I massively love being part of the team and delivering on what the team needs to go out and do.

"I'm valued as a team member, and then

I'm able to deliver what they all do. There's no sitting at the sideline or just helping where I can, I'm fully immersed, and that's really rewarding."

Branch chair Darren Harris has praised Simon for his "heroic actions", saying his quick thinking and bravery highlight the vital contribution made by Special Constables.

"On that day, Simon's instinct, determination and commitment to his role undoubtedly saved several lives," said Darren.

"Special Constables give up their own time to support policing as volunteers, which is truly remarkable. They are a vital asset to our Force, and we are incredibly fortunate to have them.

"Simon is an absolute credit to Suffolk Police and represents the very best of those who volunteer to serve our communities."

A photograph showing two people, Emma Arthurs and Matt Paisley, sitting in the front of a white van. Emma is in the driver's seat, wearing a blue polo shirt with 'ICE Federation' on the sleeve, glasses, and has tattoos on her arms. Matt is sitting next to her, also in a blue polo shirt. They are both smiling at the camera. The van's interior and the view through the windows are visible.

Federation representative Emma Arthurs with branch vice chair Matt Paisley in the wellbeing van.

FEELS ON WHEELS GOES THE EXTRA MILE FOR SUFFOLK POLICE FEDERATION MEMBERS

What began as a vehicle supporting community engagement has evolved into one of Suffolk Police Federation's most successful welfare initiatives.

Bringing practical support, wellbeing advice and meaningful conversations directly to members across the county, 'Feels on Wheels' has become a familiar sight at police stations and welfare events.

Delivering everything from a hot drink to vital health checks, financial guidance and welfare support, the wellbeing van has clocked up a good few miles since its launch 12 months ago.

And for Emma Arthurs, Suffolk Police Federation's full time Federation

representative and wellbeing lead, the van's success has exceeded all expectations.

"Our vision has always been to engage with our members," she said. "What's happened is it's grown beyond that. People want to engage with us, and that's been fantastic to see.

"Originally, the van was used as a complementary vehicle at community events, benefiting the public. Now it's been repurposed to benefit our members, and it's become so much more than we imagined."

The van has been modernised with new plug sockets, USB charging points and other practical upgrades thanks to support from the Chief Constable. While Suffolk Police Federation has invested in

two Tassimo coffee machines to ensure members can enjoy a quality coffee while taking a well-earned break.

Over the past 12 months, Feels on Wheels has supported 12 welfare tours across Suffolk, visiting officers at events including the Ipswich Town v Norwich City and Norwich City v Ipswich Town football fixtures, while also travelling across the county for men's health campaigns and wellbeing initiatives.

One of the Federation's priorities has been to make support more accessible by bringing services directly to officers rather than expecting them to seek help themselves.

Working alongside financial wellbeing organisations including Serve and Protect and No1 CopperPot, the Federation has helped officers better understand savings options and improve their financial resilience.

The welfare van has also welcomed Force charity co-ordinator Angie McGlone,

“OUR VISION HAS ALWAYS BEEN TO ENGAGE WITH OUR MEMBERS,” SHE SAID. “WHAT’S HAPPENED IS IT’S GROWN BEYOND THAT. PEOPLE WANT TO ENGAGE WITH US, AND THAT’S BEEN FANTASTIC TO SEE.”

who has raised awareness of the Police Benevolent Fund and Flint House.

"Welfare isn't just about mental health," Emma explained, who believes wellbeing is about far more than mental health alone.

"It's physical health, financial wellbeing and looking after yourself every day. Sometimes it's as simple as reminding people to apply sunscreen or encouraging them to have a health check."

One of the initiative's most significant successes came when members had access to the cancer prosthetics. This awareness led to two individuals receiving cancer diagnoses.

"Those conversations potentially changed lives," Emma said. "That's why taking welfare out to people is so important."

The van has also supported the Federation's 'Spill the Beans' campaign, travelling across the county to encourage conversations around men's health, while welfare dogs are pencilled in for visits to provide an additional boost to morale.

“ SOMETIMES A SWEET CARMEL LATTE FROM THE WELFARE VAN IS ENOUGH TO START A CONVERSATION. JUST ONE CONVERSATION CAN MAKE A HUGE DIFFERENCE.

Looking ahead, the welfare van will also support the launch of a memorial bench later this year, further strengthening connections across the policing family.

Reflecting on the programme's growth, Emma said one of its greatest achievements has been the relationships it has helped to build.

"I've met so many people across different departments and networks," she said. "It's gone from increasing Federation visibility to connecting us with professionals, charities and organisations who all want to help our members."

Emma's own cancer journey has reinforced her determination to promote proactive wellbeing across the Force.

"Cancer gave me opportunities to push on doors I would never have opened," said Emma, who was diagnosed with the disease in 2017 and has since been given the 'all clear'. "It's taken a really bad situation and allowed me to create something positive. I've made friends as a result of this club that I've joined."

She also credits the support of fellow



Emma Arthurs (second from right), alongside Federation members while out with Feels on Wheels.

full-time Federation representatives Ben and Darren for helping turn the vision into reality.

"Being a full time Federation rep, having the support of Ben and Darren hasn't just helped me, it's helped increase the Federation's reputation."

Although some aspects of policing remain outside the Federation's control, Emma believes even the smallest gestures can have a lasting impact.

"We can't fix cancelled rest days," she said. "But we can make someone's day a little bit better."

"Sometimes a sweet caramel latte

from the welfare van is enough to start a conversation. Just one conversation can make a huge difference."

Ultimately, she says the initiative reflects why she joined policing in the first place.

"I joined the police to help people," Emma said. "That hasn't changed. It's just, my audience has changed."

"Now I help police officers so they can continue helping the community. Happy cops come to work, and that's why welfare matters. We need to be proactive, keep building these networks and keep bringing support to where our members need it most."

'IT'S ALL ABOUT BEING SEEN AND HEARD'

Fed rep's commitment to members as 'conduit' between colleagues and Force

Eight years on from stepping into her Federation duties, branch workplace representative Claire Yates says she is thankful she listened to the colleagues who told her she would be an ideal fit for the role.

A vastly experienced constable, Claire was working on response in Ipswich when she decided to stand for election as a Fed rep with a chorus of support behind her.

She was almost two decades into her policing career at the time and had already shown an ability to lead and look out for her fellow officers in various capacities across Suffolk Constabulary, including as an acting sergeant and in the tuition of probationers starting out in the Force.

On multiple occasions, this had prompted those around Claire to tell her she was the sort of person they would like to see champion their best interests from a position of real influence – and in 2018, she decided it was finally time to act on this glowing endorsement.

"I think one of the main reasons I was told to consider becoming a Fed rep was because I've always been good at holding uncomfortable conversations with people in the Force – for myself and on behalf of other people," she said.

"I've always naturally felt compelled to do that, because I think it's important to act as a voice for someone else if they feel unable to use their own for whatever reason.

"The other side to it is simply wanting to keep the Force accountable, especially if there is an expectation that an officer simply won't question a decision or instruction, even if it goes against regulations. A culture which relies on that to manage people isn't right, so I've always been passionate about cutting that out where it exists."



Workplace representative Claire Yates.

And Claire has taken this proactive approach to another level in her capacity as a Fed rep, where she continues to be motivated by her dislike for unfairness, which she described as 'one of the very few things that I get genuinely annoyed by'.

She has provided vital help to branch members with the likes of flexible working arrangements, returning to work after long-term absence, grievances and general career advice, as well as in more formal settings such as post-incident procedures (PIPs).

For the 47-year-old, acting as 'a conduit between individual officers and the Force' allows her to realise ambitions of helping those who feel isolated in the profession.

"Policing is relentlessly challenging, and it demands a lot of resilience, self-belief and sacrifice – but if nothing else, I want to give

officers the breathing space or the platform to find that within themselves once more," she continued.

"For instance, if you've been out of work for a long time, the chances are you'll need a helping hand to get you back in. If this involves getting reasonable adjustments put in place, I am more than happy to negotiate that with the Force."

Currently a community beat officer in the Bridge area of Ipswich, Claire pointed out that her willingness to engage in difficult conversations does not always mean holding crunch talks with her employers.

Instead, she says there is often a much softer side to this capability – particularly when it comes to colleagues' wellbeing.

Providing branch members with outlets for their emotions has inspired much of her recent Federation work, which has included appearances out in the 'Feels on Wheels' welfare van.

She said: "Over the last few years, I have felt a much bigger Federation drive around wellbeing, which I have been proud to do my bit towards.

"No matter how hard it may be, mental health is a topic we must discuss and be open about. Thanks to the national Fed's work, we now have a much better idea of the numbers around suicide in policing, and it's everyone's responsibility to help tackle it.

"The welfare van has allowed us to take our care out to members – rather than waiting for them to come to us – and this provides regular opportunities for chats about anything that may be on their mind, big or small.

"It also gives us a chance to better inform officers who aren't fully aware of their entitlements and regulations, which can go a long way to preventing exploitation and improving wellbeing.

"For me, it's all about being seen and heard in policing, because no one wants to give everything to the job only to feel like they don't matter enough.

"As long as I am in this role, I will use it to stand by our members and do everything I can to make sure no one feels like this."

“POLICING IS RELENTLESSLY CHALLENGING, AND IT DEMANDS A LOT OF RESILIENCE, SELF-BELIEF AND SACRIFICE – BUT IF NOTHING ELSE, I WANT TO GIVE OFFICERS THE BREATHING SPACE OR THE PLATFORM TO FIND THAT WITHIN THEMSELVES ONCE MORE.



NATIONAL
POLICE
HEALTHCARE
SCHEME

3 months
FREE
for Serving
Officers
& Staff

Private healthcare for the Police family at not-for-profit rates

including **FREE** membership
of the Police Treatment Centres.

[**FIND OUT MORE**](#)

IN ASSOCIATION WITH:

SUFFOLK
POLICE
Federation

