

FEDERATION



West Midlands Police Federation

June/July 2024



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WELCOME

Welcome to the June/July 2024 edition of **Federation** - the magazine for members of West Midlands Police Federation.

We are always on the look-out for good news stories so please get in touch if you have something to share with colleagues. It does not have to relate to your policing role - though we are definitely interested in hearing about what's going on around the Force. Do you have an interesting hobby or perhaps you are involved in sport locally, as a player, a manager, a coach?

Just get in touch and let us know.

We would also be interested to hear what you would like to see featured in your magazine.

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Give every officer the option to carry a Taser now



By **Rich Cooke**, chair of West Midlands Police Federation

A slightly different chair's intro' from me for this edition. Instead of my usual round-up, I'm once again renewing my calls for every police officer who goes out on the streets in the UK to carry a Taser if they want to. It's also my personal belief that all officers should be armed, as part of a longer-term strategy - and I've made my feelings on this quite clear. However, I recognise that at the moment it is, politically, very unlikely, so I'll save that argument for another day. For now, let's stick to Taser.

Discussions around whether cops should carry a Taser are often made to seem complex. It's not, it's about the will to do this and providing the money. It's this simple: carrying a Taser could save a life. The life of a police officer - the very police officers who continue to put their lives on the line and at risk, to protect members of the public. I struggle to understand why it's still being questioned, to be honest.

I believe that providing many more police officers with a Taser is now an urgent necessity - not only for the sake of our members, but it's a vital step towards enhancing public safety and maintaining law and order in a balanced manner. Carrying a Taser should not only be encouraged, but we should also move towards it becoming a mandatory piece of equipment for new recruits and optional for any other officer.

Ensuring officer protection

The argument for all officers to carry a Taser is gradually gaining momentum and it's easy to see why.

It's no secret that police officers find themselves in unpredictable, dangerous and

sometimes vulnerable situations on a frequent basis - especially here in the West Midlands, which has the highest rate of knife crime per 100,000 of population in England and Wales. Without adequate means of protection, officers are at greater risk of injury or worse, they could be murdered. Recently, we've seen spontaneous incidents in which four colleagues have been sprayed with a noxious substance and another shot at and injured with pellet guns; this is of course in addition to the more traditional methods of physical assault we've seen. A few years ago, I was headbutted and contaminated by my assailant's blood during an arrest. The physical effects of such attacks are immediate, but the psychological impacts last much longer and are compounded by the regular failure of the courts to deliver appropriate justice and retribution.

Firearms provide a high-level means of protection, from virtually all possible threats. Their use is - and should be - a last resort. We badly need more armed support so that all appropriate incidents, including anywhere there is a known threat from persons with bladed articles, as per authorised professional

“ **CARRYING A TASER SHOULD NOT ONLY BE ENCOURAGED, BUT WE SHOULD ALSO MOVE TOWARDS IT BECOMING A MANDATORY PIECE OF EQUIPMENT FOR NEW RECRUITS AND OPTIONAL FOR ANY OTHER OFFICER.** ”

practice (APP) guidance.

Unfortunately, all too often Taser is seen as a substitute for police firearms. It is not and the Federation is absolutely clear that any practice or situation where Taser officers are used to plug shortages in trained firearms support is unacceptable. No unarmed officer should be despatched to a known bladed weapon threat. The fact that they are regularly being, according to evidence from our members, is a cause for deep concern.

Taser is not a panacea. The recent horrific injuries suffered by our Metropolitan Police colleagues at an incident in Hainault, London, demonstrate both the effectiveness of Taser (with the suspect being eventually disabled by Taser), and the inherent vulnerability of unarmed officers attending such incidents. Juxtapose the resolution of this incident with that of the recent horrific murders in Sydney, Australia - where no officer was hurt and a single armed officer ended the murder spree with her sidearm - reinforces the point that the call for Taser should not be seen as a solution to serious violence, but a necessity for everyday policing.

Sadly, we're seeing more and more incidents which have resulted in either a police officer or a member of the public being seriously assaulted - many of which, could have either been prevented, or the narrative fundamentally changed for the better, had the officer been carrying a Taser.

It's not just me that feels this way - let's look at the figures. According to the 2020 and 2018 Police Federation of England and Wales (PFEW) National Demand, Capacity and Welfare Surveys, 58 per cent of respondents revealed they wanted access to Taser at all times while on duty, with 68 per cent of officers reporting they would like more access to Taser than they had.

Similarly, the 2019 PFEW and LBC National Taser Poll revealed that 89 per cent of officers said they would want to routinely carry Taser if they were given the appropriate training. What's more, 81 per cent indicated that routinely carrying a Taser would make them feel safer.

The 2019 National Police Chiefs' Council (NPCC) Report (fifteen years on an analysis of Taser) found that Taser is associated with fewer injuries to both officers and subjects than police dogs, baton, irritant spray or physical confrontation. Similarly, in 2020, a report by the College of Policing showed that drawing, but not discharging Taser, was associated with a reduction in the likelihood of officers being assaulted and/or injured.

It seems that members of the public also share my views, with 71 per cent of those who responded to a public opinion survey on Taser in 2016 considering it acceptable for police



officers to carry a Taser when on patrol.

And finally, evidence was given in the 2021 NPCC Taser STRA, which indicated that officers are nine times less likely to be assaulted if carrying Taser. As mentioned, four of our own officers here in the West Midlands found themselves fearing the loss of their eyesight, having been sprayed in the face with an unknown substance. Fortunately, they are all recovering - physically, maybe, but mentally, I have no doubt, the impact will be long-lasting. What would have happened if these officers had each been carrying a Taser? Nothing, perhaps. But what if it changed everything? What if, had the officers been carrying a Taser, they would not have become four more victims to add to the ever-increasing number of officers being assaulted?

Unfortunately, this isn't an isolated incident. Every week, news breaks that once again, another police officer has been assaulted. In October, I visited officers based at Handsworth after being horrified to watch a video shared on social media of officers being attacked when they tried to make an arrest. Some officers were punched and bitten, with a passer-by actually lifting a bicycle over his head and bringing it down on top of one of their heads. Would the offenders be as confident carrying out such assaults if the officers had been carrying a Taser?

Assaults on officers should not be expected or accepted

Assaults on officers aren't anything new. I, myself, have been punched, kicked, headbutted, spat on, bitten and a victim of verbal abuse many times in the course of my career, and most colleagues have it worse. It does not deter us, for the most part, from coming to work every day, we get hardened to

it, and to some degree, we tolerate a lot more low-level violence than we may know. This does not make it acceptable, and even more vital that law and policy reflect that. The day we say it is 'part of the job' is the day we allow ourselves to be devalued by society. I will never accept that for my colleagues.

The reality is though, the world we live in is changing. While we enjoy the confidence and respect of the silent majority, a virulent minority are presenting an increasing threat, fuelled by the constant unjustified bad-mouthing of policing in sections of the media. That, coupled with the increasing use or possession of dangerous weapons in our cities, is a dangerous cocktail. Depending on their location, some of our officers are quite literally putting themselves on the line each day - not knowing if they will be going home injured or contaminated to their loved ones that evening.

Ensuring every officer who goes out to serve the public has a Taser is now the bare minimum they should be entitled to expect. It would be a mark of respect, trust and show the confidence of higher-ups that often felt lacking. The current reluctance to provide a Taser to all appropriate colleagues is letting us all down. Fundamentally, we need the Government to provide clarity to the chiefs and commissioners that it is no longer an individual operational decision for each force, it is a mandated piece of equipment every officer is entitled to, subject to minimal necessary qualification. Protect the protectors - and make carrying a Taser mandatory for new recruits and any more experienced officer who wants one.

For now, keep safe and please, look after yourselves.



OFFICER IN LINE FOR NATIONAL BRAVERY AWARD

‘He almost certainly saved mine and my sister’s lives that day’

Glenn Brabham is in contention for a hat-trick of Police Bravery Awards after courageously rescuing two elderly women trapped underneath a car back in October 2023.

A West Midlands Police Federation member has been thanked by a 76-year-old woman whose life he saved in a car accident last year.

PC Glenn Brabham's heroics have seen him nominated for a national Police Bravery Award after already picking up local and regional titles in recent months.

In further recognition of his actions, Sharon Bovington has made her gratitude known to Glenn for rescuing her and her sister, Sandra Holloway, 81, from underneath a car that had accidentally reversed into them in a car park.

"I can't recall much of what happened as I was knocked unconscious by the car, but I have been told we would have been crushed even more if it wasn't for Glenn. In my opinion, he deserves a medal," said Sharon.

Glenn, who was not sure if the elderly women were even alive when he was initially called to the scene of the incident, courageously manoeuvred himself underneath the car and remained there for over five minutes, managing to remove one of the ladies from beneath the unstable vehicle.

The second woman was then brought to safety with the assistance of fire and ambulance teams who arrived on the scene at a later point, before both were taken to the Queen Elizabeth Hospital in Birmingham.

"It was just down to instinct," said Glenn. "My first reaction would be to help anyone in such a dangerous situation, not least the elderly. I thought about my wife's nans, and the fact that the two women would probably be grandmothers themselves.

"They both seemed in and out of consciousness, but I wanted to reassure them and let them know they were safe in case they could hear me. At the same time though, I was aware there was a car over all three of us that I couldn't disturb."

The sisters, who were due to go on holiday to the Lake District shortly before events unfolded, are continuing to make good recoveries from a catalogue of injuries, including a broken leg, partly-broken spine and crushed pelvis in Sharon's case.

"I'm like a Meccano set with all the titanium fixing me back together," Sharon continued.

"I thought we must have gone on the holiday and been injured in a coach accident, so I couldn't understand why I was in Birmingham. It took a while for it to sink in."

Meanwhile, Glenn is set to attend the



PC Glenn Brabham and his wife Becca at this year's West Midlands Police Federation Bravery Awards.

national Bravery Awards ceremony in London on 11 July in what could be a third and final award win for his efforts. After clinching the bravery award for the Sandwell area in January, he was named overall winner at the inaugural West Midlands Police Federation Bravery Awards later that month.

The 42-year-old shared his delight at the ongoing acknowledgement: "The sense of honour I feel keeps growing more and more, going from local to regional, to national like this. You obviously don't join the job for awards, but I can't help but be proud.

"It feels surreal for me that my work will be recognised on a national level. I'm absolutely over the moon to be nominated.

"These last few months have just made me proud to be a police officer, to be honest."

Joining Glenn at the ceremony will be his wife, Becca, with their two children set to make the trip down to London in support of their life-saving father too.

Also in attendance will be West Midlands

Police Federation chair Rich Cooke, who believes recognition of the constable is fully justified.

"We continue to be extremely proud of Glenn's actions that day. He showed impeccable bravery to risk his own life for the two women," said Rich.

"Of course, like most police officers who receive these awards, Glenn remains extremely modest and humble. However, he fully deserves these wins and nominations.

"Everyone here at the Federation wishes him the best of luck at this year's National Police Bravery Awards."

Despite never meeting face-to-face with Glenn, Sharon remained intent on ensuring her appreciation was clear to the officer.

She ended: "I think he almost certainly saved mine and my sister's lives that day. I just hope he knows how grateful we are.

"We can't thank Glenn enough, and everyone else who has helped us and looked after us."

PCC urged to tackle low officer morale

Newly-elected Police and Crime Commissioner Simon Foster.

Tim Rogers, secretary of West Midlands Police Federation, highlights the pressing need for action following a survey citing 88 per cent of officers reported low morale and a significant lack of respect from the Government. As the newly-elected Police and Crime Commissioner Simon Foster embarks on his second four-year term, the call for a strategic approach to investment and addressing the impact of funding deficits becomes increasingly vital.

West Midlands Police's newly-elected Police and Crime Commissioner (PCC) is being urged to get behind police officers and do everything in his power to combat low morale within the Force.

The call comes from West Midlands Police Federation secretary Tim Rogers who was speaking after Simon Foster was successfully elected as PCC following this year's elections which took place on 2 May.

Mr Foster, the Labour Party candidate, received 327,844 votes, beating Conservative Tom Byrne who received 241,827.

"I would urge Mr Foster to use this second term of office to do everything in his powers to tackle the low morale that is having such an impact on police officers and the Force as a whole," said Tim.

"The Federation's latest pay and morale survey revealed that 88 per cent of our Federation members felt morale in the Force was low or very low and 58 per cent felt their personal morale was low or very low.

"In addition, 96 per cent said they do not feel respected by the Government and 97 per cent said the way the Government treats policing has impacted on their morale. Other

factors affecting morale included how the police are treated by the public, pay and benefits, workload and responsibilities, and pensions.

"In recent years, we have witnessed a decline in proactive policing and officers are increasingly afraid to use their powers and initiative for fear of complaints and facing a more arbitrary misconduct process.

"During Mr Foster's first term in office the fate of more of our precious stations which will now close was sealed, making us less accessible to the public we serve and further damaging the critical links we need with our communities. We appreciate there are no easy choices, but we must have the infrastructure - both bricks and mortar as well as human, tutors constables, for example, to support the

influx of new recruits."

The Force is coming to terms with being placed in special measures by the inspectorate and this too has had an impact on officers.

Tim added: "We fully appreciate that some of these issues are not in the PCC's hands, but there are areas that he could look at that would go some way to boosting morale and making officers feel that their hard work and commitment to serving their communities is appreciated.

"We would welcome the opportunity to sit down with Mr Foster to discuss his plans for tackling the current crisis in policing and getting behind officers more. We would, of course, be happy to share our own ideas for how he might do that.

"But, first and foremost, we need a long-term strategy for sustained investment in policing and we hope that Mr Foster may be able to use the voice he has been given by being elected as our PCC to press home the need for politicians to address that."

Mr Foster, who was first elected as PCC in 2021, will serve four years in office.

On being re-elected, he said: "The only honour and privilege greater than being elected by our fellow citizens is to be re-elected by your fellow citizens."

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'Knife crime investment is a drop in the ocean'

Federation branch chair Rich Cooke has criticised the Government's recent investment in combatting knife crime as insufficient, calling it a 'drop in the ocean' compared to the problem's vast costs. Highlighting the severe human, psychological and economic impacts of knife crime, Rich stresses the need for long-term investment in policing and the criminal justice system.

West Midlands Police Federation chair Rich Cooke has described a £3.5 million Government investment in tackling knife crime as a 'drop in the ocean' compared to the cost of the problem.

Rich said the human, psychological and economic impact of knife crime was enormous.

He said: "£3.5 million is a drop in the ocean compared to the scale and cost of the problem.

"Each murder and serious injury caused by knife crime has a devastating human cost, potentially fosters generational trauma, as well as having serious economic costs running into millions of pounds.

"Knife crime itself costs the country massively on all levels, but that cost is not currently matched by the investment."

Rich was commenting after the Government announced £3.5 million funding for the research, development and evaluation of new technologies which can detect knives carried from a distance and hand-held or body-worn systems which can be operated by individual officers.

It comes during Sceptre (mid-May), the national policing intensification week for knife crime led by the National Police Chiefs' Council (NPCC).

Rich said there was an element of cynicism around short-term initiatives as he called for

long-term investment in the police and criminal justice system.

"While in isolation it may be good, colleagues and I see this sort of initiative and harbour a deep cynicism of any short-term initiative," he said.

"Policing is under-resourced, hostage to the decades-long feast followed by famine approach to recruitment, investment and infrastructure," he said.

"The criminal justice system is crumbling for the same reasons, and now we see the spectre of persistent and violent criminals being released 70 days early to ease overcrowding in prisons due to the failure to build spaces."

He added: "The only serious approach is a commitment to wholistic long-term investment in the police and criminal justice system.

"It's why we've called repeatedly for a royal commission on policing and cross-party consensus to secure sensible long-term investment."

Rich has been a vocal campaigner on knife crime, and has long called for a ban on the sale of thinly-veiled marketing of weapons to children and young people who are vulnerable to crime and exploitation.

He renewed the call as he urged courts to

get tougher on knife crime offenders.

"On the sale and supply of vicious weapons, we've called for a ban on online sales in addition to a cast-iron plain packaging and marketing requirement across the whole range of weapons – and there are many.

"At present, all I see is politicians shying away from the real, bold solutions required.

"Until they get real about this, the carnage we've seen on the streets will continue."

Rich added: "All knife crime offenders should go to prison in my view but currently the system is so weak even 60 per cent of repeat offenders are not jailed.

"It is a farce, and it's the ordinary public and police who bear the scars."

Commander Stephen Clayman, national knife crime lead at the NPCC, said of the Government announcement: "Tackling knife crime requires a range of tactics working with our partner organisations and understanding where policing can best add value.

"We welcome the announcement of additional investment in knife detection technology which is one of the many tools we use to keep our communities safe."

Home Secretary James Cleverley said: "Knife crime ruins lives and recent tragedies show there's a lot more to be done to take these dangerous weapons off our streets.

"That's why we're taking a joint approach and announcing further measures to tackle these heinous crimes.

"No technology can replace the presence of officers on our streets but, as criminals develop new strategies towards crime, so must we.

"New technologies are already revolutionising how we fight crime and we are going even further to give police the solutions they need to keep us safe."



Fed member part of President's honour guard

Dedicated West Midlands PC Paul Davies shares his profound pride and privilege in providing a guard of honour for U.S. President Joe Biden, as well as participating in several poignant ceremonies, paying tribute to fallen colleagues and supporting grieving families while representing police officers worldwide.

A 'proud' police officer who spontaneously provided a guard of honour for Joe Biden, the President of the United States, has told how privileged he feels to have experienced 'such an honour'.

Paul was one of three volunteers representing West Midlands Police Honour Guard during this year's National Police Week (12-18 May), in Washington, USA.

During their time in America, the trio were asked to provide a ceremonial guard for the President at a public ceremony organised to remember police colleagues who had died.

"It was the final event we attended and, just after, President Biden turned up, an official asked us to come to the front and provide a guard of honour for him," explained 57-year-old Paul.

"The entire thing was completely unrehearsed but it was equally as amazing. I couldn't believe it really, I felt very privileged."

Paul, along with PCs Rhys Hodben and Raj Kanth, joined thousands of others - including officers from across the globe - to honour fallen officers who had died in the line of duty.

He added: "We stood across from the coaches that the families of fallen officers were

travelling on, and saluted them. We then greeted the families, and escorted the women - arm-in-arm - to their seats."

Their trip started at Washington's Ronald Reagan Airport where they were given the responsibility of greeting grieving families flying in from across America.

"We lined the route for families as they arrived at the airport and assisted them with their baggage," Paul explained.

"It was very emotional. These were complete strangers who really appreciated us being there. It was amazing for the police to have such a huge presence."

The following evening a large night vigil took place at the Capitol in Washington which

involved thousands of families paying their respects to fallen relatives.

Paul added: "Thousands of candles were lit in memory of fallen officers, while music was playing. It was incredible."

"And loads of people were coming up to us, including many children, wanting to speak to us or take our photo."

Paul said that if he gets the chance to attend America's National Police Week next year, he will.

"If I can do it again, I will - without a doubt," he said, adding: "We were made to feel so welcome, and you can't help but get swept up in the events that took place. It was a fantastic week."

Father-of-two Paul, who has been part of the Force's honour guard for around eight months, says it is his way of 'giving something back' and 'honouring fallen colleagues'.

The honour guard represents the Force at award ceremonies, passing out parades and civic events. Over the last year, it has been deployed to 60 events, all of which are done on a voluntary basis.

“ WE LINED THE ROUTE FOR FAMILIES AS THEY ARRIVED AT THE AIRPORT AND ASSISTED THEM WITH THEIR BAGGAGE. IT WAS VERY EMOTIONAL. THESE WERE COMPLETE STRANGERS, WHO REALLY APPRECIATED US BEING THERE. IT WAS AMAZING FOR THE POLICE TO HAVE SUCH A HUGE PRESENCE.

'Proud' Federation member presented with King's Police Medal

West Midlands Police Federation member John Price has expressed his pride in receiving the King's Police Medal, presented by HRH The Princess Royal at Windsor Castle. The prestigious honour recognises John's significant contributions to enhancing digital forensics within the Force. Reflecting on the event, John shared his delight in discussing policing and his military service with Princess Anne.

A West Midlands Police Federation member has spoken of his pride at being awarded the King's Police Medal.

Detective Sergeant John Price KPM received his award from the Princess Royal at an investiture at Windsor Castle.

He said: "Princess Anne presented my award and we had a conversation for a couple of minutes.

"We spoke about policing and digital, and also a bit about my military service that I've done previously. It was lovely."

The King's Police Medal is awarded to members of the police service in all four nations of the United Kingdom for a specially distinguished record in police-specific services of conspicuous merit, according to the Cabinet Office.

John's award recognises his leading role in enhancing digital forensics.

He was joined at the ceremony by his partner Laura Russell and his children Callum and Olivia.

"It was a fantastic day," he said. "Not just for me but also for my partner and my children. For them, it was such a great experience, and for me as well."



Detective Sergeant John Price receives King's Police Medal at Windsor Castle.

John joined the service in 1998, initially with the British Transport Police, before transferring to West Midlands Police in 2001.

He has worked in a number of teams, including neighbourhood policing, CID, tackling acquisitive crime, counter-terrorism, and has been working in digital forensics since 2016.

His work has included developing the role of digital crime scene manager to provide on-the-spot digital advice to officers

investigating serious crimes and ensure potential evidence is gathered at the earliest opportunity, the Force said.

This included the introduction of digital scene triage - 'digivans' - which provides faster and easier access to tools and technology to examine digital devices at any location.

John said: "After 26 years of policing, I felt really proud to be nominated and receive the KPM."

Fundraiser moved by 'powerful' London Marathon

Running for the British Heart Foundation, fundraising Federation member Dean Marriott dedicated his race to his friend Paul, who died following a cardiac arrest last June. The challenging moments of the marathon, particularly near the end, were overcome with the thought of Paul spurring him on. Finishing just under his target time, Dean credited the support of the cheering crowds and the emotional boost from seeing his friend's family along the course.

Sergeant Dean Marriott says the memory of his late friend pushed him over the finish line as he lived out one of his life's goals at the 2024 London marathon.

After years of unsuccessful ballot applications, 51-year-old Dean ran the Marathon through an official charity entry of the British Heart Foundation. The sponsorship was in tribute to one of Dean's closest friends, Paul Shepherd, who suddenly passed away after a cardiac arrest last June.

Throughout their friendship, the pair shared an enthusiasm for running, and Dean's experience of long-distance races, together with a comprehensive training plan, saw him complete the event in an impressive and inspired finish time.

Amid seemingly endless crowds who willed him on with praise and encouragement, the feat was also not without its punishing moments, Dean revealed.

"The toughest part by far was mile 25, right near the end. My legs felt like lead by this point," he said. "I thought about Paul, hoping he would give me something to see me through."

As Dean held his pal close in mind, he looked over his shoulder to see his prayers had



Sergeant Dean Marriott with wife Jenny and son Charlie.

been answered.

"I saw someone dressed up as Scooby-Doo about to overtake me - there it was, 'Sheps' telling me to get it back together.

"There was no way I was letting myself be outdone by Scooby-Doo," he laughed.

The full effect of this surge in motivation would not reveal itself until the marathon's conclusion, nevertheless. The expected finish time on Dean's Garmin sport watch was set at

three hours and 57 minutes, but this was behind his real-time pace, meaning he was inaccurately led and unknowingly at risk of falling short of his target.

In an amazing stroke of luck, he received his official finish time of three hours, 59 minutes and 31 seconds and realised he had fortuitously finished in just under four hours.

He added: "Clearly, it was a good job I began to speed up when I did. A target was



Dean with Paul's wife Becky.

never the driving factor for me in all of this, but once it was in my head that I was on track to finish in under four hours, I would've been disappointed not to have achieved it – and you couldn't get much closer either way!

"The support from the crowds really helped drive me forward, too. It was honestly so powerful to hear my name being shouted like it was. You almost get a few free seconds of running where nothing hurts, and you just feel like you're floating on air."

Shared friends of Dean and Paul, who met at a baby group in 2010, were dotted around various points throughout the marathon's course, as well as the latter's wife, Becky, and sons, Jake and Archie. Although not able to see the family immediately afterwards, Dean

shared an emotional embrace with the trio when he broke off to the track's side-lines during the race.

Also proudly in attendance on the day were Dean's own wife, Jenny, and son, Charlie.

Post-marathon, Dean headed to the reception for British Heart Foundation runners to more adulation, presented with a stirring round of applause as he arrived.

"The Heart Foundation reception was fantastic. I soaked up all the attention and then got my hands on whatever buffet food I could find," he said.

Having seen his JustGiving page raise more than £4,600 for the charity, Dean has shared his appreciation for the generosity of

donations from family, friends and policing colleagues.

"The amount that has been raised is incredible. Even the people who knew Paul but don't necessarily know me, I am so grateful for everyone's kindness whoever they may be.

"It means so much to me and his family." Without an extended rest period to enjoy, the sergeant spent just one day off before returning to work.

"Of course, it's fair to say I was sore, but I didn't want to let myself go into a self-fulfilling prophecy of thinking my body couldn't do anything. I was too busy reliving the buzz of the marathon – I couldn't get over it.

"As someone who tried to enter so many times and would be almost a bit relieved when I'd find out I was unsuccessful, I can now say it is so worth it. If anyone is contemplating it, within the police or outside, you should go for it.

"Any marathon is amazing, but if you're lucky enough to get a spot on the London Marathon, it will be one of the most emotionally moving things you will ever do."

Federation members can still donate to Dean by visiting his [JustGiving page](#).

“THE SUPPORT FROM THE CROWDS REALLY HELPED DRIVE ME FORWARD, TOO. IT WAS HONESTLY SO POWERFUL TO HEAR MY NAME BEING SHOUTED LIKE IT WAS. YOU ALMOST GET A FEW FREE SECONDS OF RUNNING WHERE NOTHING HURTS, AND YOU JUST FEEL LIKE YOU'RE FLOATING ON AIR.

An 'unforgettable' trip to the Big Apple

A team of West Midlands cops have recently returned from the trip of a lifetime to New York, having helped raise more than £5,600 for a children's cancer charity by running a half-marathon in their police gear.

As well as tackling the 13-mile course around Central Park - wearing police uniform from the waist up, teamed with running gear - they also ran a further 5km the following day in memory of fallen New York Police Department (NYPD) officers.

The half-marathon took place on Saturday 18 May, raising money for J-A-C-K.org and awareness of neuroblastoma, a rare cancer that affects children, mostly under the age of five.

Fed member Jamie Murphy, who played a key role in organising the Big Apple adventure on behalf of the local officers, said the entire trip was 'unforgettable' from start to finish.

“IT WAS GREAT TO REPRESENT BRITISH POLICING AND BETTER STILL, RAISE MONEY FOR A GOOD CAUSE.”

The PC said: “This is the 19th year the charity J-A-C-K.org has been going over to New York and raising money for children with cancer - they call their fundraisers and supporters the 'Jack Pack' and now I know why. It felt like we were exactly that - a pack of cops, not only from across the UK but from America, together as one, big pack. It was incredible.”

J-A-C-K.org was inspired by Jack Brown, who died at the age of seven from neuroblastoma following a three-year illness. Both his mum and dad were detectives in the Met.

“I really like doing things for charity and this is a particularly good cause - it raises money for poorly children but it has a policing connection, with both Jack's parents being



PC Jamie Murphy, branch chair Rich Cooke and PC Ewan Partridge.

cops,” added Jamie, who has already set his sights on organising next year's trips for the 'West Midlands Jack Pack'.

“Not only did we manage to raise more than £5,600 (the West Midlands Police Officers) for a fantastic cause but I could see how much everyone on the trip got out of it too,” he continued.

“I'm definitely keen to play a part in getting a pack together for next year's event, it's just a matter of actually organising it all. Everyone and anyone is more than welcome to get in touch with me if they're interested in joining us.”

Branch chair and keen runner Rich Cooke joined this year's team of fundraisers, and said



From left to right: PCs Nicole Emiliou, Charlotte Kirwan, Harriet Boxley, Jamie Murphy, Ewan Partridge, Chris Greaves, Paige Gartlan and Sergeant Rich Evans.

both the event and overall trip were 'amazing to be part of'.

"While I've been running for some time, this is something new and different," he explained, adding: "It really was amazing to be part of. Jamie did a brilliant job, there was so much to organise and sort out."

The West Midlands officers were joined by colleagues from the Metropolitan Police, British Transport Police and Police Scotland, with more than 100 cops taking part in the main event.

"I'm very proud of the whole team," he said, adding: "It was nice to be part of an event that involved so many colleagues, not just from the West Midlands but from across the world. We talk about policing being one big family and you could definitely feel it during that trip."

"It was great to represent British policing and better still, raise money for a good cause."

Rich explained how the officers were made to feel 'so welcome' by their American peers.

"The NYPD made us feel so welcome, they really did roll out the red carpet for us," recalled Rich, who said the 5k memorial run was a particular highlight for him.



PC Chloe Gilmore and four NYPD officers.

Kicking off at Ground Zero, the memorial run takes place in honour of all NYPD officers who have died in the line of duty.

"It was there that we met some of the

family members of those officers who were killed during 9/11," continued Rich, "From runners to families, there were hundreds, if not thousands, of people there that day. It was very poignant."

Echoing Rich's comments, PC Charlotte Kirwan said the event made her feel 'very proud' to be a police officer.

"I felt so honoured to be there," the

Continued on Page 16

“ IT WAS NICE TO BE PART OF AN EVENT THAT INVOLVED SO MANY COLLEAGUES, NOT JUST FROM THE WEST MIDLANDS BUT FROM ACROSS THE WORLD. ”

COPS RAISE THOUSANDS FOR CHARITY

Continued from Page 15

22-year-old added.

"I remember thinking to myself, what a fantastic organisation to be part of. And to be surrounded by so many incredible people, from both the UK and New York so it just felt like one big family, whatever force you were from."

Charlotte said that although the half-marathon was tough, it was worth it for the cause they were raising money for.

Among the other runners was also Sergeant Rich Evans, who - despite having only taken part in 'fun runs' in the past - managed to clinch the title of 'fastest in his age group' in the memorial event, after completing the run in 21 minutes and five seconds.

“ I REMEMBER THINKING TO MYSELF, WHAT A FANTASTIC ORGANISATION TO BE PART OF. AND TO BE SURROUNDED BY SO MANY INCREDIBLE PEOPLE, FROM BOTH THE UK AND NEW YORK SO IT JUST FELT LIKE ONE BIG FAMILY, WHATEVER FORCE YOU WERE FROM.

"I'm not a marathon runner, I only started running a few years back," said the 50-year-old.

"Of course, I was chuffed that I'd won a medal, it was just really important to have taken part in both the memorial run and the half-marathon. Not only to remember our fallen colleagues during the memorial event but to raise money for an extremely good cause too. Charities like J-A-C-K.org sometimes fall under the radar, so it's vital that we get their name out there and help them to raise as much money as possible."

For Rich, he said one of the most memorable moments was placing a wreath at Ground Zero, the place in which the World Trade Center once stood before they were devastatingly bombed in 2001.

Fellow runner PC Chloe Gilmore also took home a medal, after winning the title of 'fastest British female' and 'second fastest law enforcement runner' in the memorial event.

"Every single day over there - every snippet of the experience - was phenomenal," said 42-year-old Chloe.

"From the moment we stepped off the plane, we were made to feel like VIPs, the team



Medal winners Sergeant Rich Evans and PC Chloe Gilmore.



Members of the West Midlands 'pack' at Ground Zero, New York.

over in New York couldn't do enough for us."

As well as both running events, the team spent a shift with the NYPD, where they were given an insight into the life of an American cop.

Speaking about spending time at work with the NYPD, Rich Evans recalled: "A shift

with the NYPD was amazing - I would recommend it to anyone if they ever get the opportunity. It gave us the chance to gain an understanding of how policing works over there."

You can still support the West Midlands team by donating via their JustGiving page.

'Fill out forms yourself or put your claim at risk'

Police officers are being urged to fill out their own accident reports to prevent claims from being dismissed due to inaccuracies. Patrick McBrearty, the Federation's health and safety lead, stresses the importance of officers personally completing post-incident forms after near misses or on-duty accidents. His warning follows concerns from a solicitor who noted that inaccurate reporting often leads to case dismissals.

"Please fill out accident reports yourself or risk having your claim dismissed", warns the Federation's health and safety lead.

Patrick is urging members to follow up on any near misses, and on-duty accidents by completing their own post-incident forms, rather than a colleague doing so.

His calls come after he was contacted by a solicitor - who works closely with West Midlands Police Federation and other branches supporting officers - who explained that cases are being dismissed due to inaccurate post-incident reporting.

"Ultimately, if you have an accident or a near miss, then you must complete all post-incident forms, including the near-miss reports and e-safety forms - at the earliest

possible convenience," said Patrick.

"If you cannot, for whatever reason, fill out the form yourself, you need to get a copy of the reports ASAP so you can verify, challenge or change the information and ensure it is all accurate."

When a West Midlands officer is assaulted, a 10-point plan is followed, which involves the incident being investigated - with the same care, compassion, and commitment as an assault on a member of the public. The plan states that reports must be filled out by the supervisor. It also states that 'to achieve a

successful prosecution, the best evidence must be presented.'

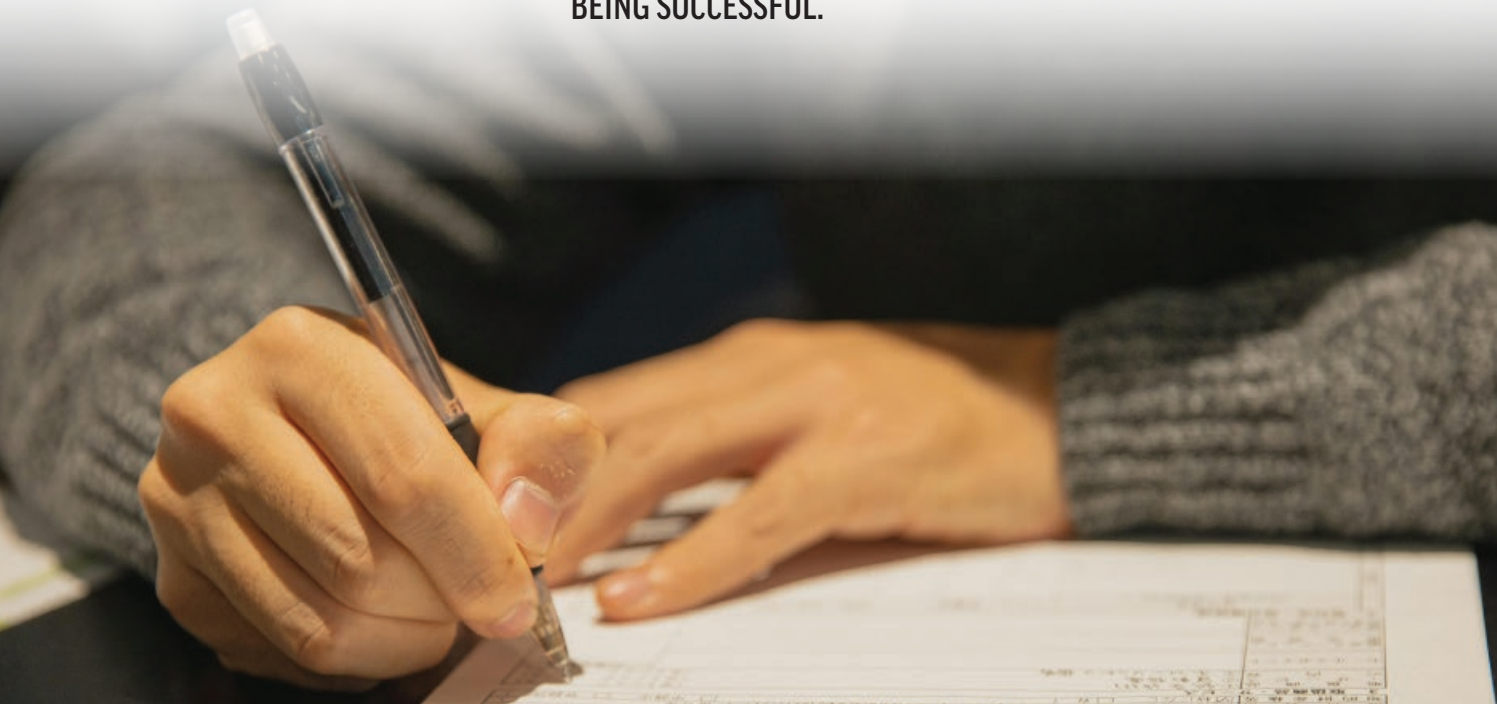
Patrick explained that it is becoming more common for colleagues or supervisors to fill out the forms on behalf of someone else when an accident or near miss occurs - without input from the officer involved - which can seriously impact the quality of the evidence presented during the investigation.

"I appreciate that the intentions of those completing a form on behalf of someone else are good because they are wanting to help out a colleague, however, what they might not realise is that by doing so, they can seriously impact that person's claim," continued Patrick.

"I'm not suggesting that they would be lying on the form, but we must remember that two people can have two very different accounts of the same incident.

"The report must give a real, honest and proper account of what happened to give a claim the best possible chance at being successful."

“ THE REPORT MUST GIVE A REAL, HONEST AND PROPER ACCOUNT OF WHAT HAPPENED TO GIVE A CLAIM THE BEST POSSIBLE CHANCE AT BEING SUCCESSFUL.



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Comprehensive cover with new private healthcare scheme

West Midlands Police Federation members can now sign up for a new private healthcare scheme.

Bluline is designed specifically for police officers, police staff and their families and is managed by police officers - who really understand the challenges you face when illness or injury strikes. Cover can be extended to include your partner and immediate family members for additional peace of mind.

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"Bluline provides peace of mind that your family are going to be given medical care or intervention if required. It is fabulous value for money as you cannot put a price on what they have done for my family."

"On every occasion the team were extremely helpful and professional. They made the authorising and organising of consultations, scans, operations and physiotherapy sessions stress-free."

"I am so glad that I am part of Bluline. My NHS waiting time for an initial consultation would have been over 40 weeks. With Bluline, I have had both my consultations and an operation within the space of four weeks, which has been amazing."



Bluline is a not-for-profit organisation so all funds paid into the scheme are used for the benefit of its members.

It is simple to join, with no medical examinations and minimal form filling.

[Find out more and apply online](#) or ring 01905 796 682.

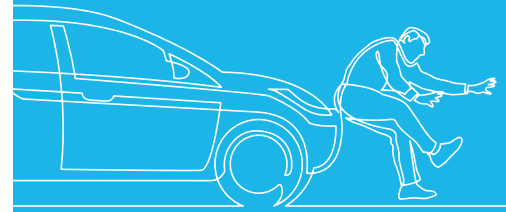


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- 2** Our lawyers will **assess your claim** and begin the process by contacting the insurers of the faulty party .
- 3** Our team will liaise with the police and witnesses at the scene of the accident, to **gather more information** to support your claim.
- 4** To support your personal injury claim, we'll need to **obtain medical evidence**. To do this we will need to, with your permission, access your medical records.
- 5** We will arrange for you to be **examined by an independent medical expert** who specialises in providing medical evidence in these cases.
- 6** Our expert solicitors will **keep you informed and supported throughout the whole process**. We'll ensure you have access to the best quality treatment and rehabilitation to maximise the chances of a full recovery.



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Years of trauma takes its toll on mental health

DS Ash Forster reveals the profound impact of decades of exposure to traumatic events on his mental health. Here he discusses his imminent early retirement, recounts harrowing incidents and emphasises the need for better mental health support within policing.

“Ultimately, focussing on work always got me through but, physically and mentally, my body can’t absorb any more.”

In this candid interview, Ash, who is a West Midlands Police Federation workplace representative, tells how he is months away from taking early retirement from the Force after years of exposure to trauma led to a post-traumatic stress disorder (PTSD) diagnosis.

“I was a probationary officer and one of my first jobs involved me being sent to an accident on the train line. Someone had thrown themselves in front of a train that had been moving at 100mph. I was 28 at the time and what I saw that day has lived with me ever since. No matter how much I talk about it, what I do or what therapy I have, nothing will erase those images from my mind. It still feels like that happened yesterday,” says Ash.

The 54-year-old joined the job in 1998, originally with Thames Valley Police before moving up to the West Midlands in 2002.

The majority of his career has been spent as a detective, with the father of a five-year-old admitting that frequent exposure to trauma and risk, and dealing with violence or violent offenders on a regular basis has had ‘a serious toll’ on his mental health and wellbeing.

“It was 2020 when I started to notice something was wrong. I had started to become very frustrated and angry and was eventually signed off work sick,” he explained.

“And that was when I was told I have PTSD and, to be honest, I was shocked. How could I

- someone who carried a ‘big, rufty, tufty’ mantra - have PTSD?”

He went on to have Cognitive Behavioural Therapy (CBT) and Eye Movement Desensitisation and Reprocessing (EMDR), two forms of psychotherapy that helped Ash process past experiences while coming to terms with his diagnosis.

“I struggled a lot to accept my diagnosis and I think that’s why I speak about it a lot more now,” he added.

Driven by his desire to help others, Ash became a Fed rep three years ago. However, due to the impact the job has had on his mental health, he has made the decision to leave the Force in November, when he turns 55.

“I have no other option than to leave - not only for my own wellbeing but for my family too. I have a five-year-old son, and my mental health is paramount to him. If dad’s not in a good place then he can feel it,” he continued.

“I’ll still have to work but I’ll be doing anything other than being in the police due to the exposure we see on a daily basis.”

Looking back on the trauma he has experienced, Ash said it impacts his personal life just as much as it does his time at work. He said: “Take the train incident, for example - I think about that scenario every time I get on a train and go to work most days. Nobody understands that unless they’ve experienced something similar.”

Stepping back and looking at the modern-day policing system, Ash says better support needs to be in place for officers.

“Since I started back in 1998, things have changed - policing has changed, but the trauma is still there and will always be there. It’s just how the police support system copes with it that needs to be looked at more closely,” he said.

“Back 26 years ago, it was a predominantly male workplace and there was very much this, ‘don’t speak out due to feeling weak’ - talking about mental health didn’t happen. However, we used to go to the police social clubs and informally chat about the jobs we went to - without even knowing it, we were providing essential support for one another in an



Detective Sergeant Ash Forster in 1998.

informal debrief I suppose. That just doesn’t happen anymore.

“And worse, those social hubs and canteens have been taken away from us. These places are vital for cops - and can prove to be just as beneficial to our wellbeing as therapy or medication.

“All the treatment I received was either via the NHS or Federation - I personally, feel that the support could have been better from the Force, but my line managers were brilliant, which I am extremely grateful for.

“This is my personal journey - and the lack of support I received has definitely played a role in my decision-making process to leave the police this year. It is 100 per cent the right time for me to go.”

Being married to a fellow West Midlands officer, Ash says he is hesitant to take the job home with him.

“That’s the other thing, we have to be very careful who we off-load to,” he said, adding: “I don’t want to become a burden for my wife and family.”

Reflecting on his own experience, Ash is advising his colleagues to ‘speak up, share and talk about it’, if they are struggling with their mental health.

He ended: “I know it’s cliché but I need people to know that it’s OK not to be OK. Hopefully, sharing my story will encourage others to come forward and get the support they need too.

“There are lots out there, but that information and support isn’t necessarily easy to access within the police and waiting lists can be long - but that’s the reality of dealing with this problem and that’s why, I feel, the organisation needs to be even more supportive.”

“IT WAS 2020 WHEN I STARTED TO NOTICE SOMETHING WAS WRONG. I HAD STARTED TO BECOME VERY FRUSTRATED AND ANGRY AND WAS EVENTUALLY SIGNED OFF WORK SICK

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Daily rehabilitation for teenager with life-changing brain injury

A West Midlands Police Federation member has said her great-nephew is now back home from hospital after suffering a serious brain injury in a scooter accident.

Oly, the 13-year-old relative of PC Annie Yorke, was left with multiple neurological complications when he fell off his scooter in February. His injury saw him lose almost all use of his left side and struggle with his ability to speak and walk.

Since then, the teenager has made good progress, revealed Annie.

“Oly is doing well. His walking is getting back to normal, and he is much happier now he’s been back at home for a couple of weeks,” she said. “He is still doing daily rehab and is still dealing with all the fatigue from the brain injury – he gets tired very easily.

“Parts of Oly’s body are regaining strength but his left arm and hand in particular still need a lot of work.”

The next step in his recovery is a residential stay at The Children’s Trust in Tadworth, Surrey. The trust is the UK’s leading charity for children with brain injury and neurodisability and will provide Oly with specialist rehabilitation treatment.

Annie continued: “It’s looking like Oly will be able to make the move in June. He’s done so well so far but there is still a long way to go, and he’ll be in the best hands possible in Surrey.”

Money raised from a fundraiser has meant that his parents, Clair and Warren, have been able to take time off work to be there for their son around the clock. Total donations on the fundraiser’s online page have now passed £30,000. The fund was set up by Oly’s football team, Cadbury Athletic FC.

At least one of his parents, who are both self-employed hairdressers, were at Oly’s bedside for the full duration of his time at Birmingham Children’s Hospital, and it is intended that Clair will live with him in Surrey for the duration of his treatment.



In what is set to be a significant boost to the family, Clair’s continuous presence at The Children’s Trust eliminates the issue of a two-hour distance between the rehabilitation centre and their home in Kings Heath.

“The support for Oly has been incredible from everyone, including police colleagues of mine. His mum and dad never wanted him to be alone, and the amazing amount of money raised has meant he never has been,” said Annie.

“The kind of injury he suffered would have been scary for anyone, let alone a child – he simply needs his parents with him. The fact that he is also such a resilient, determined lad has meant his condition keeps improving.”

Annie added that with great resilience has

come a sense of impatience for her great-nephew.

“He gets frustrated that he can’t get better quicker. He is usually so energetic and outgoing, and just wants to get back to normal teenage life.”

The length of Oly’s stay at the trust is yet to be determined.

“Such generous donations will sustain them for a while, at least, but we still don’t yet know what the full extent of the injury is,” said Annie.

She ended: “He’s a strong boy, but he needs his parents with him every step of the way. Any further support would be appreciated so much.”

Federation members can donate to Oly and his family by visiting their [GoFundMe page](#).

Police Treatment Centres: free virtual information session

Have you ever wondered what the Police Treatment Centres (PTC) have to offer?

Well, now's your chance to find out. The PTC will be holding a webinar on 2 July, between 10am and 11am, giving information about the charity's work and also offering those who sign in the chance to ask their own questions.

Supported by voluntary donations from the police family, the PTC has two centres where its subscribing members can receive treatment following an illness or injury, with the aim of helping them return to better health.

The centres are St Andrews in Harrogate, North Yorkshire, and Castlebrae in Auchterarder, Perthshire. The charity also offers an online physiotherapy service.

Almost 4,000 members of the police family attend the two centres each year and most receive intensive physiotherapy. Others seek support with stress-related conditions or anxiety and depression as part of the PTC's psychological wellbeing programme.



[Sign up for the information session.](#)

To support fundraising for the centres, the charity runs a lottery with seven cash prizes, totalling £1,500 up for grabs. Tickets cost just £1 a month, with the winners being drawn on the 28th of each month.

Anyone can take part and you can buy more than one ticket.

[Take part in the lottery.](#)



Factsheet puts focus on mental health

A new factsheet has been put together by Police Mutual to mark Mental Health Awareness Week.

The factsheet highlights the fact that emergency service workers are twice as likely as the public to identify problems at work as the main cause of their mental health problems, but they are also significantly less likely to seek help when issues arise.

Tips for improving mental wellbeing are listed in the factsheet.

Mental Health Awareness Week is hosted by the Mental Health Foundation and ran from 13 - 19 May.

The theme this year was movement.

[Read the factsheet.](#)

Police Mutual has also released its regularly monthly factsheets:

- [Let's Talk Money: Probate](#)
- [Let's Talk Money: Funerals](#)
- [Women's Health Week](#)
- [Dementia Action Week](#)
- [National Walking Month.](#)





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If you haven't yet booked a holiday for this year, perhaps now's the time to check out the offers available to members through the West Midlands Police Federation Member Services partners.

There are a wide range of discounted holidays available – both home and abroad.

These include a selection of [colleagues' holiday homes](#) that are available for rent, such as [luxury cottages](#) in the Lake District, [a penthouse apartment](#) in Los Cristianos, Tenerife and [a penthouse apartment](#) in Florida.

Crusader Holidays also has a range of offers exclusively for police officers, such as:

- **Self-drive UK holidays in a variety of hotels to suit all budgets in city, country and coastal resorts**
- **Themed and entertainment breaks**
- **Special interest breaks which include tickets for special events.**

[Find out more about Crusader Holidays offers.](#)

Lovat Holiday Parks gives Federation members a 10 per cent discount on its holidays in some of Britain's most cherished beauty spots.

From luxury holiday homes and hot tub lodges, safari tents and shepherd's huts to camping under the stars, you'll find plenty of choice:

Padstow Holiday Village (Cornwall) - Luxury lodges and holiday homes which are a stone's throw from the National Trust's Bedruthan Steps, the Camel Trail, St George's Cove and numerous charming little Cornish villages.

Sun Haven Holiday Park (Cornwall) - Luxury lodges, holiday homes and shepherd's huts with hot tubs. Set in a sun-dappled wood, it is only a 15-minute walk to Mawgan Porth and its award-winning beach while Newquay's only 10 minutes away.

Parbola Holiday Park (Hayle, Cornwall) - Holiday homes, safari tents with hot tubs, and touring and camping. Nestled in 16 acres of mature grounds with wooded glades, this little luxury bolthole is the perfect spot to unwind.

Penmarlam Lodge Retreat (near Fowey, Cornwall) - Luxury lodges and hot tub lodges, Penmarlam places you near the picture-postcard nautical landscape of the Fowey Estuary, quintessential Cornwall.

Green Hill Farm Holiday Village (New Forest)

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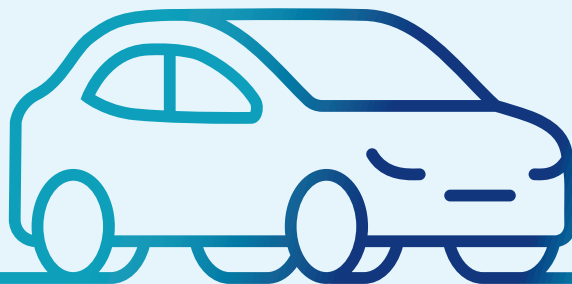
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National Dog Trials: Pair clinch award

Two West Midlands Police Federation members have spoken of their enjoyment at being involved in the National Police Dog Trials as their performances earned plaudits including a special award.

PC Mike Henry, together with Police Dog Archer, clinched The National Foundation for Retired Service Animals (NFRSA) Award for their 'outstanding enthusiasm and greatest determination' over the course of the four-day contest in Stirling, Scotland.

Mike, who became Archer's handler six years ago, has shared his delight at the win: "I was very surprised, I must admit because the standard of competition was very high. To receive the award is very pleasing and it shows how well and how hard Archer and I work together."

In what was their first experience of Police

Dog Trials, the 2024 Trials campaign has proven to be a resounding success for the duo after they were also named overall winners at the West Midlands regional round.

"A few times in the past, I've been encouraged by colleagues on dog units at other Force branches to go for it, and I'm so happy we did this year," Mike continued.

"A lot of the trial requirements are what we train for operationally anyway, but I have worked with Archer in my own time to polish up on our skills and get to those high levels you need. I've definitely found that you get out what you put in."

In among their success at the nationals, Mike, 44, admitted some nerves did creep in at various points over the four days – thankfully, only in his case, and not in German Shepherd Archer's.

"I've found with trials that you can put pressure on yourself to do well, but you have to channel those nerves and make sure they don't go down the lead to the dog itself. Archer was completely unfazed and did amazingly well.

"I'm so proud of him, to be honest. He's such a good boy, both in working life and home life. Our relationship is second to none – he looks out for me and I look out for him."

The constable reiterated his happiness at the pair's award win, paying tribute to the charity behind the prize.

"The NFRSA is a great cause. They care so well for animals who have given their lives to the Police Force, so I am even more honoured to win the award," he added.

Fellow German Shepherd, three-year-old Dredd, and his handler PC Harmesh Loi also did the Federation proud.

The trials, which took place between 20 to 23 May in Stirling, featured three testing phases: phase one assessed tracking, phase two focused on searching, and phase three scrutinised agility and obedience, with Harmesh and Dredd performing admirably throughout.

Reflecting on the experience, Harmesh said: "I fully enjoyed the nationals – they were stressful, but only because I wanted to do the best. It felt great to be a part of and to be joined by so many other passionate handlers.

"I've had Dredd since he was a puppy and he is just an excellent example of a working dog. His loyalty and affection towards me means we are able to have a super relationship and take on things such as performance trials."

Chief Inspector Dan Lowe, who oversaw the region's participation as the head of its dog unit, has praised both pairs of handlers and dogs.

"We are immensely proud of our entrants for their efforts last week. To get to the nationals is phenomenal, but to perform on the day is another thing altogether," said Dan.

"Archer and Dredd are not show dogs, but working dogs, and they have to be trained to very high levels to become police officers themselves, so I must give credit to Mike and Harmesh for their commitment.

"By being involved in these trials, they are showcasing the trade of police dogs and therefore the Police Force as a whole in an outstanding manner."

Dan also looked forward to next year's National Trials, set to be held in Birmingham: "We are very excited to host the nationals next year and to welcome dogs and handlers from all over the UK. If the standard is anywhere near what it was this year, then we are certainly in for a treat.

"I have seen that the Police Dog Trials community is one full of dedication and enthusiasm, and that should be celebrated within the Force. We can't wait to do exactly that in 12 months' time," he ended.



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Retirement seminars: book your place now

Members with three years or less to go until their planned retirement are being urged to attend a seminar hosted by West Midlands Police Federation.

The seminars are held monthly at Guardians House, the Federation's offices in Coventry Road, Sheldon.

The next seminars are being held on:

13 June
11 July
15 August
12 September
17 October
14 November, and
12 December.

Tim Rogers, secretary of West Midlands Police Federation, is urging officers heading towards their retirement to consider signing up for a seminar as soon as possible.

"We have been holding these seminars for some time and they always prove informative for those who attend," says Tim.

"They cover some of the obvious subjects such as the police pension schemes, taxation and the state pension.

"But, they also help those officers planning

a career beyond policing with help on CV writing, starting a business and identifying transferable skills.

"Other topics include investments and financial planning, asset protection and post-retirement schemes for police officers, such as the West Midlands Police Benevolent Fund."

They're aimed at members who are within three years of finishing their service and will be held in person at the Federation offices.

If you would like to book a place, please [email the Federation office](#).

Please include 'Retirement seminar' and the date you would like to attend as well as your name, work email address, personal email address, personal phone number, proposed retirement date and any dietary requirements.

Coffee and registration for each date will be between 8.30am and 8.45am. The seminars start at 9am and finish at 4pm. A meal deal lunch will be provided for members.

Parking is available nearby at the Morrisons car park, you just need to let their Customer Services team know your registration number and that you are visiting the Police Federation.



Feedback from past attendees

"I found the day was informative with each speaker outlining just what you needed to know in the simplest of terms on each topic. A 'not to be missed' seminar for those coming up to retirement." **PC Collins**

"A very useful and informative course which has made me give serious thought as to what to do with my pension money and how to protect it." **PC Tonks**

"An excellent forum and opportunity to help prepare for the transition to retirement."

PC McGoldrick

"Thank you, a really useful & informative day, well worth giving up a rest day for!!"

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