

BSc (Hons) Professional Police Practice

LEVEL 4 - 40 Credits

Workbook title: Competency Based Workbook 1 (PCDA)

**(SOUTH WALES POLICE, GWENT POLICE AND
UWTSD)**

Learner name: Klaudia Angelika Mielniczuk

Learner's University Registration Number:

FACULTY OF BUSINESS AND MANAGEMENT PUBLIC SERVICE PROGRAMME

Module title: Professional Police Practice 1 (PCDA)

Workbook Guidance

Please read these notes carefully; they provide essential information.

What is the workbook for?

The purpose of this workbook is to enable learners to demonstrate and provide evidence of how they meet the learning outcomes set by the College of Policing, for the BSc programme. Essentially, you are being asked to outline your experiential learning based upon your theoretical understanding in a range of operational situations.

Area of Professional Practice covered, (called elements in your module descriptor):

- Wellbeing and Resilience
- Communication Skills
- Managing Conflict
- Valuing Difference and Inclusion
- Criminal Justice
- Decision making, discretion
- Conducting Investigations
- Criminal Justice (Managing offenders)

You may wish to use the same incidents as you've outlined in the Occupational Competence Portfolio.

How should the workbook be presented?

Blank electronic copies can be found on Moodle of this workbook. You must submit this document electronically therefore it is important that you save your work regularly and upload the final typed version through Turnitin on Moodle.

Word count policy can be found in chapter 7 of the Academic Quality under section 7.7 (this applies to presenting work above and under the specified word count).

(https://www.uwtsd.ac.uk/media/uwtsd-website/content-assets/documents/academic-office/agh-chapters/chapters---en/Chapter_07_Assessment-Taught_Programmes_Pages_72-79-UPDATED-05-11-2019.pdf)

Reflective practice is a core aspect for your workbooks and although there is a variety of useful resources on Moodle, there is one particular book, that is specifically based on reflective practice in policing, here is a link to one chapter from Selina Copley's Reflective Practice for Policing Students:

https://moodle.uwtsd.ac.uk/pluginfile.php/298870/mod_resource/content/1/Reflective%20Practice%20for%20Policing%20Students%20-%20Selina%20Copley%20Chapter5.pdf

How is the workbook assessed?

Advice and support about the completion of this workbook will be provided by university staff as part of your initial training day. Your tutor constable and in-force

training staff will not be involved in assessing or marking your workbook after it has been submitted.

Dates of workbook submission will be made available during the initial training day and posted on Moodle.

Once submitted your workbook will be assessed and marked independently.

Confidentiality

It is important that no individual can be identified either directly or indirectly from the information in the workbook. Therefore, you must:

- adhere to guidance in the Student Handbook about unfair practice and plagiarism;
- not identify individuals including witnesses, victims or offenders by name;
- not write information that enables any individual to be identified indirectly through the description you provide. This includes references to names, colleagues, places (including hospitals, schools, town, villages, streets) specific incidents which were high profile and could be identified due to past publicity, other professionals or any other personal information including medical or other conditions;
- take personal responsibility for adhering to confidentiality rules.
- not include any dates of any incidents or anything that specifically identifies an actual incident.

Please be aware that any content that is deemed to be inappropriate, disrespectful, or abusive will not be tolerated. Following review of any content of this nature the information will be shared with the employer of the student responsible.

The content of this workbook should be your own work. Do not allow anyone else to see your work or use your work for their own submissions.

Should any health and wellbeing concerns be raised because of disclosures made by the student within this workbook, the employer of the student will be informed.

NOTE

Your workbook will be submitted electronically via Turnitin on Moodle. Guidance on this is in the Student Handbook.

Remember that the workbook is YOUR responsibility you must not rely on the assessor or anyone else to pick up any confidentiality breaches as this is your work and you must accept full responsibility for confidentiality. Meeting all the confidentiality requirements is very important.

Dyslexia and other special circumstances

If you have any condition that you feel may affect your ability to deal with any part of the programme, please see the Student Handbook for further guidance. The University has a Student Services Unit that may be able to help but ***it is the learner's individual responsibility to contact them.***

Guidance:

- *Your workbook must contain the items specified in the table below (clearly identified and in the order given);*
- *You should use this particular document to insert your text / answer within each section of this workbook;*
- *You should upload your completed document as a saved pdf of this workbook; if this is not possible then a Worddoc file is acceptable. Do not send a scanned file from a photocopier, an apple.dot file, or a Microsoft publisher file as Turnitin will not be able to assess them despite you being able to upload them.*

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	Confirmation of Confidentiality and Plagiarism <i>This is confirmed by submitting through Turnitin</i>	

Task 1

Relevant areas of the National Policing Curriculum: Wellbeing and Resilience

Guidance:

Focussing on your initial 6 months of learning and since being attested as a Police Constable, outline the coping strategies you have applied to develop resilience and minimise stress.

1000 words (+/- 10%: include your actual word count at the end of each section)

ANSWER:

In this essay I will be discussing the coping strategies I have used to manage my stress and to minimise it and how I have developed resilience. I will also discuss what stress is, what effects it can have on a human mind and body and how it can affect your health and why it is important to build resilience as a police officer. Throughout this essay I will be using the Gibbs model for reflection (Mind Tools, 2022).

Mind (2022) explains what stress is and how long-term stress can affect our physical health. Stress is the way we react to difficult situations or when we feel that we are threatened. Mind (2022) also argues that a small amount of stress can have a positive impact on us, as such that it may make us feel energized or motivate us to complete tasks, so what stress is good for us? According to Scott (2020), there are two types of stresses, the good and the bad. The stress that is referred to as the positive one is called “eustress” that we experience during being excited, it makes our hormones rise. During this our body does not experience threat or fear. Scott (2020) explains that it is this stress that makes us feel alive and excited. She then explains the second type of stress, the negative one which is “acute stress” this comes when a surprise arises and our body needs to respond to it, this kind of stress isn’t serious if you quickly find a way of relaxing and getting rid of the stressor. I can really relate to those studies whilst working as a police officer especially when it comes to the motivational side of things, when I have a big work load on and deadlines to complete them it motivates me to work harder and to concentrate on the tasks that I have been given.

Cherry (2019) explains that when our body responds to acute stress our sympathetic nervous system reacts to a release of hormones which include adrenaline, this can then make our heart rate increase, blood pressure go up and our breathing to elevate this then prepares our body to face the danger within our environment and will determine whether you will fight or flee. Another “bad” stress called the chronic stress as explained by Sharon and Kandola (2022) is a type of stress that puts pressure on our bodies for a long period of times. It can have different physical and mental symptoms and can also increase the risk of illnesses which can impact a person everyday life, those include headaches, feeling helpless and like you’ve lost control, anxiety, high blood pressure, sleeping difficulties etc. Whenever I have had very long and stressful periods throughout my life, it always reflected in the quality of my sleep and the ability to fall asleep quickly. I tend to stay awake a lot longer when I am stressed out which then leads me to being more tired the following day, it almost feels like I have gotten myself into a cycle of the stress leading to other problems, this cycle can be hard to get out of without managing my stress first.

According to NHS (2022) there are many ways to managing your stress, the most important one is being able to recognise what is causing you to be stressed and knowing that if you don’t take action to manage it, it may lead to your problems getting worse. Feeling out of control is often the main cause of stress therefore NHS (2022) argues that the act of being able to control

your stress is empowering and helps with finding a solution for yourself to get better. Other ways of coping with stress are staying active as that can lead to clearing your thoughts. Mayo clinic (2022) explains that exercise pumps your body with endorphins, it is also linked with helping your cardiovascular and immune system. Mayo clinic (2022) also argues that regular exercise can elevate your mood and help you unwind which leads to better sleep.

This then leads to the question of what is resilience and why is it important?

(What is Resiliency, n/d) Explains that being resilient doesn't mean that you don't experience pain and difficulty, it means that you are able to cope with the challenges that you are facing and you're able to work through those emotions by building trust in yourself, it also argues that when you are faced with those situations you should allow yourself to feel those difficult emotions whilst knowing that those difficulties and feelings will pass. Being resilient allows you to accept the situation and adapt to it. In my opinion that is one of the most important skills a police officer can have, as when you are faced with difficult situations, you must adapt and reflect on yourself and your work.

Chochlaki (2022) explains that being resilient is a skill that helps us cope with stress and any traumatic events that may have happened to us. She argues that the skill of being resilient is adapted to everyone and can be neutered as there isn't a fit for all way to develop resilience. I agree with this as I have experienced this first hand. My partner's way of building resilience and managing stress was through talking whereas this does not work for me, and I prefer to reflect by myself in writing a journal and taking time out of my day to go outdoors or do physical exercise and this helps me clear my mind and reflect on what I have done this time and what I could do better if similar situation arise.

Taking everything that I have researched into consideration, coping mechanisms to reduce stress and build resilience are vital for everyone, especially those that work in jobs which require a lot of adaptation and involve a significant amount of stress. Being able to manage and recognise when we are falling into a chronic period of stress could have a big impact on our physical and mental health. On reflection I have decided to adapt the way I cope with stress and will now implement more exercise into my daily routines because of the positive impact it has on your mental and physical wellbeing, it seems that by doing this I will find it a lot easier to unwind, relax and face any challenges with a clearer mind. When I tried to read books to unwind, it did not work for me as my mind was too engaged in thinking about my problems.

Word count : 1097

Task 2

Relevant areas of the National Policing Curriculum:

Communication Skills, Managing Conflict, Valuing Difference and Inclusion

You must choose a policing incident involving conflict in which you played a significant role with an offender/service user/victim and reflect on what happened.

Give a brief description of the incident including social and legislative contexts and any relevant cultural, ethnicity and language issues.

Review the fundamental elements of effective communication used (verbal, non-verbal, active listening skills, open and closed questions, building rapport and negotiation skills).

Describe the process for determining whether the use of force was necessary in a conflict situation (including any theories or models underpinning the causes of conflict within policing interventions – e.g. Betari's Box, The Drama triangle, Emotional versus rational brain) and provide a reflection on the outcome of the incident.

Your reflection must illustrate your understanding and application of core principles of ethics, equality, diversity and human rights, as well as any relevant Code of Practice considerations, culturally sensitive practice and language preference.

1500 words (+/- 10%: include your actual word count at the end of each section)

ANSWER:

In this essay I am going to speak about how managing to understand someone's situation and needs can help us with building a rapport with someone in a conflict situation and how it leads to a more positive outcome of the incident.

My colleague and I were called to an incident which involved a female that was under the influence of alcohol, she had gotten into a heated argument with two males whom she was partying with beforehand. One of the males called the police due to female becoming aggressive and escalating a situation. The female was from Portugal and was not fully fluent in English. When we arrived at the scene the female was acting erratically and would physically resist being removed out of the house, at this point myself and my colleague decided that it was for the best to place her in handcuffs for her own safety and the safety of others around us, this wasn't a light decision as we didn't want the female to escalate her behaviour but we also have a duty of care and had to make sure that the female doesn't commit any offences by harming anybody around us. Because I did not want the female to sustain any injuries or commit any further offences, I said to the female that if she stops resisting I will place the handcuffs on her at the front rather than the rear as it will be more comfortable for her.

The female was placed in the back of the van but was still shouting and refusing to engage with my colleague. I believe that this may have been influenced by the fact that he is a male and the altercation that she was involved in was between herself and two males, this could have had an impact on how she would behave towards my colleague. At this point my colleague and I discussed arresting the female for being drunken and disorderly which is being drunk in a public place whilst being disorderly (*Criminal Justice Act 1967*)

After having a discussion with my colleague about the situation and circumstances that we were faced with, I wanted to try a different approach and decided that I will attempt to calm the female down by having a conversation with her about other things first instead of just the incident therefore my colleague left to speak with others involved in the matter. At the time of making this decision I knew this wasn't going to be easy due to her consumption of alcohol earlier that evening. Francis (2019) conducted an experiment with people that were under the influence of alcohol, she concluded that the more intoxicated an individual is, the more their empathy was impaired which led to them not being able to understand the emotions of other people, undoubtedly this is why the female was struggling to understand the other parties involved and just wanted to get her point across, which led to a heated argument between the subjects involved.

I decided to build rapport with the female to establish her side of the story. (College of policing 2021) explains that building a rapport is very important and describes it as 'building a human connection' this encourages the other person to feel safer and be able to disclose any harm or vulnerability that they may present. At the time of the incident, I would argue that this is not the same when the person you are dealing with is under the influence of drugs or alcohol as their ability to think is affected by this, making it much more difficult, despite this I persisted.

This led to the female disclosing that she recently found out her father passed away resulting in her turning to alcohol as an escape. This led me to believe the female is currently vulnerable and needs help with managing her alcohol and her emotions. Alcohol is a depressant Alexander (2022) and although it can make you feel better in the short term, the long-term effects have significant impact on one's ability to regulate their mood. Considering this, I referred the female for help with a partner agency DAN 24/7 (n/d). which helps with alcohol misuse, this will ensure that the female gets the help that she needs and hopefully doesn't turn alcohol as an escape, which should prevent her from committing any further offences.

After building a connection with the female, I was able to listen to her side of the story and her worries. The female was still visibly upset and expressed that she feels she is being singled out in the incident because of her race. This was not the case; she was the only person placed in handcuffs as she was passively aggressive at the scene. By using ("Google translate" 2006) a tool that translates words and sentences from one language to another, to communicate words that she did not understand, I explained to her what is happening and why it is happening, and we came to an agreement that she will stay in handcuffs until she has calmed down.

Duffrense (2021) explains that in order to de-escalate a situation, it is important to focus on a person's feelings, this usually leads to a positive response as it makes a person feel that you understand their situation. The theory Beatrix box as explained by Farmer, C (2019) explains how your attitude has an impact on others around you. He talks about how often someone's behaviour is an expression of your personality and therefore a positive attitude will result in positive outcome.

Considering this at the time of the incident, I wanted to make sure that the female doesn't develop negative feelings towards myself like she has with my colleague due to being handcuffed by him, I wanted to get to the bottom of the problem and make sure that everybody involved was safeguarded. I also had to make sure that the female understood her behaviour was unacceptable and I didn't want her to think that she was in charge of the situation. Nollan (2023) argues that people can often take somebody's kindness for weakness and may not respect your boundaries. This was a problem when the female was not calming down, I started to feel like I was losing control of the situation therefore I knew I needed her to understand that I am in charge as it is my job to make sure that everybody involved is safe. I had to make sure that she knew if her behaviour persisted, she would end up being arrested. Afterall, I had grounds to make an arrest but wanted to use my police discretion to give her a chance, and I

didn't want the female to end up with a criminal record for making a mistake. This was also influenced by the fact that the aggrieved did not want to raise a complaint, all they wanted was the female to be removed from the area. The national decision model (College of policing 2019) guided me through the ability of making my decision to use discretion whilst considering the code of ethics (College of policing 2014).

This ensured that the female was treated fairly, and a right decision was made regarding how to deal with the incident.

In conclusion, I believe that the way I dealt with this incident was very beneficial for the female. Myself and my colleague conducted a welfare check on the female the next day. The female was very grateful and apologetic for the incident that happened the previous evening. I believe that it was the right decision as arrest is not always necessary, a police officer should exhaust all other options instead of taking away a human right to freedom as a first resort. I believe this also builds a positive relationship in the community, especially when all parties agree, and they understand that policing isn't just about making arrests but also its about making sure that a person gets the right help that they need. Going forward from this incident I am going to work more on my communication skills to develop them even further and in the future, I will consider using other resources that will help with translation, such as phoning a language line instead of using a google translate. This could help with de-escalation of the incident as the subject might feel like they are being more understood if they speak to a person that is able to understand their language. In the future I will also continue using the national decision model that I have talked about earlier as I believe it helped me with managing the situation in a way that benefited all parties involved, due to this I was more understanding of the female's personal situation.

Word count: 1464

Task 3

Relevant areas of the National Policing Curriculum: Criminal Justice, Valuing difference and inclusion

You must choose a policing incident in which you played a significant role with an offender/service user/victim and reflect on what happened.

Give a brief description of a relevant incident including social and legislative contexts and any relevant cultural, ethnicity and language issues.

Explain and reflect on your responsibilities and procedures in line with the relevant Codes of Practice to support victims and witnesses through the criminal justice system.

Illustrate how policing values were engaged, as well as any other considerations including culturally sensitive practice and language preference.

1500 words (+/- 10%: include your actual word count at the end of each section)

ANSWER:

In this essay I will discuss an incident that was called in about a female that was aggressive towards pharmacy staff, myself and my colleague attended the call but when we arrived, the female was no longer at the scene. After speaking with the pharmacy staff, we established that the female was highly intoxicated, and she committed criminal damage. The female had a history of mental health issues and problems with abusing alcohol. In this essay I will also talk about how alcohol dependence affects people's brain and how it can link with someone being more aggressive after consumption of alcohol.

A definition of criminal damage is as follows: "A person who without lawful excuse destroys or damages any property belonging to another, intending to destroy or damage any such property, or being reckless as to whether any such property would be destroyed or damaged, shall be guilty of an offence. *Legal Guidance, Violent crime* (2022). The female involved in this incident met the criteria for criminal damage and did so by smashing the pharmacy window, she was fully aware that by throwing a brick at the window it would smash, threats were made before she did it advising the staff members that if they do not dispense her medication, she will smash all the windows. The female arrived there after the pharmacy closing time and was told that they were unable to dispense her medications for her, they advised her to take the prescription to an out of hours pharmacy which made the female even more angry and escalated the situation.

Buddy (2021) links aggression and alcohol together, he explains how abuse of it can lead someone to having increased aggression. He also explains how consumption of alcohol affects our cognitive function resulting in us not being able to control our emotions and anger how we do when we are not under the influence. Adams (2019) backs the idea that alcohol can make individuals become more confrontational when under the influence because of how the brains chemistry is affected by alcohol. He also argues that when people are provoked whilst drunk, they cannot think rationally as they don't understand the bigger

picture and the consequences of their actions, he also goes on to explain that when people get aggressive whilst drunk, they are more likely to get depressed from the consumption of alcohol due to misimpression of situations and other people's actions.

As police officers It was our responsibility to make sure that the victim feels that we are going to do everything in our power to make sure that they are safeguarded, in this instance this was very difficult as the victim did not want to press charges, he wanted the female to get the appropriate help for her mental health and for her to realise that her behaviour was completely unacceptable this meant that we could not arrest the female therefore in my eyes the victim could not be kept completely safe if the subject ended up having another episode and decided to cause more problems as at the time we have not yet spoken with the female and we did not know what state she was in and what her side of the story was.

When my colleague and I went to find the female at her home address, she was very aggressive to begin with as she thought that myself and my colleague are there to arrest her. Her initial response to us being there was very negative as she was convinced that what she had done was acceptable because she had problems with her mental health, she did reassure us that she will not be going back to the pharmacy as she has her medication. I decided that it was for the best to leave the female to sober up and to speak with her the next day as she has calmed down completely after having a conversation with me.

The following morning when the female sobered up and after everything was explained to her, she felt very disappointed in her actions and very grateful that the pharmacy staff did not want to take criminal action against her. I tried my best to speak with her in a way that she understood that we are there to help her, I spoke in calm manner and made sure that I was reassuring throughout that there is help available to her. I suggested to her other pharmacies that I know that dispense and deliver medication which would also save her the trouble of remembering to order it and leave the house when her mental health isn't great. The female was referred to a course that would help with her alcohol problem, she was happy to attend this.

The victim of this offence was extremely frightened and worried. During this incident he was verbally abused by the subject and had experienced homophobic remarks from the female. "Homophobia is an irritational dislike of, or prejudice against, people who are LGBTQIA+" Resnic (2022). Tamplin (2017) explains that alcohol can ignite people to express their prejudice by using violent hate crime, I think that this could have been the case with the female that we attended to as when we initially spoke with her the same evening, she admitted that she does not remember saying those remarks and it must have happened during her mental health episode where she lashed out with anger as she herself is in a same sex relationship.

Police must act, but we of course cannot force the victim give a statement therefore we decided to go down the route of restorative justice. "Restorative justice is the process of repairing harm caused by criminal behaviour. It involves communication between those harmed by crime or conflict and those responsible for it." College of policing (n/d). In research that was funded by the government in 2001 it was found that restorative justice works very well. 85% of people that were victims were satisfied with the process. It was concluded that restorative justice not only saves money by diverting people from prosecuting them but also has a big impact on the fact that people don't tend to reoffend. (*Evidence supporting the use of restorative justice* n/d). This statistic shows that restorative justice is an effective way to deal with certain situations, this ensures that not giving the female a criminal record was something that the victim felt very strong about, as he did not want her to go down the route of reoffending.

My colleague and I, had to make sure that when we speak with the female, she understood that she was very lucky that the victim did not want to press charges and that she needed to

reflect on her behaviour and apologise to the victim. The female also had to cover the costs of a new replacement window that she has caused damage to. I believe that self-reflection is a very important tool that can improve the way that we think and act on our emotions. Whatever the situation, and whether it went well or not so well, I think it requires a moment of reflecting. Davis (n/d) explains that by self-reflecting we can gain a better understanding of the way that we process our thoughts thus managing the way that we feel and react in different situations. This then has an impact on how we manage difficult situations and out stress.

Based on my experience during this incident and what I have researched during this essay, I am now going to reflect on this. This incident taught me how important it is to support a victim throughout our investigation and dealings with everybody involved as it gives them a lot of reassurance and they don't feel like they have been forgotten about. I have also learnt how important it is to understand other people's situations and to put yourself in their position just how the victim of this case did. Although he was very upset by the situation and what had happened, he recognised that the female was going through a very hard time and instead of criminalising her, he wanted her to get the help that she needed with her mental health. I think that by doing this selfless act, the victim really helped the woman going forward in life as her attitude and perception of the situation changed dramatically when everything was explained to her. This incident also helped me with understanding mental health more and how turning to alcohol can make people's mental health decline with regular alcohol misuse. If I was to deal with this situation again, I would go into it more open minded, I would consider the fact that different people react differently in challenging situations and be victim led in all instances.

Word count :1464

Task 4

Relevant areas of the National Policing Curriculum:

Decision making and discretion, Conducting Investigations and Criminal Justice (Managing offenders)

You must choose **a policing incident** in which you played a significant role with an offender/service user/victim and reflect on what happened.

Give a brief description of the situation including social and legislative contexts and any relevant cultural, ethnicity and language issues. **Reflect** on how you applied the National Decision Model (NDM) to assist in resolving this incident. **Consider** the role of discretion in the decision-making process.

Explain your responsibilities with regards to the provision of the CPIA when conducting this investigation including when managing the offender and suspects and recording and retaining significant information.

Illustrate how policing values were engaged particularly through an **analysis** of the potential impact of bias on the decision-making process.

1500 words (+/- 10%: include your actual word count at the end of each section)

ANSWER:

In this essay I am going to talk about an incident which I attended with my colleague that involved a 16-year-old female that was living in a supported living accommodation. The call that came through from the control room advised us that a female had gotten very upset and smashed up her room and threatened the care staff that if they came anywhere near, she would then harm them. Upon checking the police database, I found out that the female has a history of abuse and being moved from different care homes regularly.

When arriving to the scene, I had to use my police discretion to determine what is the best course of action in this situation, having to keep in mind that the subject was a vulnerable child in care that is known to the police and other agencies and suffers with mental health problems and regular self-harm. Liddell (2022) explains that discretion is used by the police to determine a course of action whilst attending an incident. It gives an officer the power to use their knowledge and judgement to decide whether to make an arrest, issue a warning or take any other course of action that is appropriate in the circumstances. For a police officer that is using their discretion it is also vital that the national decision model is used throughout. College of policing (2014) explains that the main part of all decisions made by police officers is the code of ethics which is right in the middle of the national decision model, it is a model that all officers must use when making any decision as it covers their thought process and guides them with using their discretion.

The first part to the NDM is gathering information and intelligence regarding the call that you are attending. This involves any persons that have been reported at the scene and any warning markers that they may have. In the call that I have attended, gathering information helped me with the call further as I discovered that the female involved has been known to previously make off from the police and assault them, I had to make sure that I deescalate the situation as much as possible to avoid the female committing any offences against the police or harming herself whilst doing so.

Another part of the NDM is assessing the threat, here I had to consider things such as, making sure that the subject herself is safeguarded as well as the care staff. Making sure that she does not harm herself when we arrive, as she is known to self-harm in situations like this. There was also a threat towards myself and my colleague as I have stated previously, she has been known to assault police officers. I then had to develop a working strategy.

I considered the situation, females age and the circumstances and the powers and policies I could use in this instance, it led me to believe that the best course of action for everybody involved would be to arrest the female for a breach of the peace, the female was not calming down, she was screaming very loud and used threatening a language towards myself and my colleague. Trevelyan (n.d.) explains that breach of the peace is not a criminal offence therefore it is not punishable. This was ideal as I did not want the female to end up with a criminal record considering her age and circumstances, I wanted her to get the right help and support that she needed. The reason why I wanted to take the female for breach of the peace is to prevent her from causing further damage to the property, to make sure that she does not end up harming herself or anyone inside the property whilst she was suffering with her depressive episode. I also had the option to arrest her for criminal damage that she has caused to the property she lived in, but after speaking to the staff, they did not want to make a complaint about that, and they decided it would not be in her best interest to criminalise her for it. The biggest hurdle was yet to come during this as now it was the time to remove the female from the house without aggravating her further and making sure that she does not commit any offences against us which she would have to be arrested for.

I gave the young female two options, to either calm down and pack a few things that she may need to take with her and leave calmly without being handcuffed or if she does not calm down then we would have to restrain her and place her in said handcuffs. My main priority at this

point was to make sure that myself, my colleague, and the subject are all safe but unfortunately the female was not cooperating and became abusive towards me. At this point I did not want this situation to get out of hand any further therefore after considering my powers again, I made the decision to place her in handcuffs and to escort her to the van immediately which was a power I hold under S117 of PACE "the officer may use reasonable force, if necessary, in the exercise of the power." Police and criminal evidence act (1984).

When the young female was removed from her supported living accommodation and placed in the back of the van, she started calming down and talking to me about the problems that she had experienced. She explained to me that she does not get to see her grandmother very often and today was the day that she was meant to be going over to her house but due to staff shortages, her visit was cancelled again which made her very upset. The female felt that she did not get along with the staff there at the care home and the persons living there.

After building a rapport with the subject and gaining more understanding of the situation that she was in I decided to phone her social worker to discuss her being moved into another supported accommodation that would suit her needs more.

The social worker was unable to sort out the accommodation immediately but agreed to have a meeting with the female to discuss issues and put things in place going forward. Because there was no longer a breach of the peace and by using the national decision model that guides all my decision as a police officer. All parties that were involved in this matter were happy for the female to go back to her supported accommodation until other living arrangements were put into place, I no longer had the power and necessity to hold the female under arrest and I established with the female that she was not going to cause problems any more I decided that I had to de-arrest her.

Wood et al., (2022) explains that when there are no longer any grounds for keeping someone under arrest, they must be released, and a pocketbook entry must be made which explains the circumstances of why the person was arrested and why they no longer need to be under arrest.

The last part to the national decision model is to review the situation. This is where it is important to reflect on what went well and what didn't. Briones (2016) talks about how the more times we review our decisions, the more likelihood of the information becoming a long-term memory as when we don't review things, we are very likely to forget them. This suggest that you are not able to learn from a mistake if you do not review and then reflect on it.

I believe that when you review your decisions and your work it ensures that all steps are taken to reduce the chances of the same mistake happening ever again. Reviewing our work is a learning tool that helps us improve how we handle situations. I believe that in this situation I made a good decision which ensured the safeguarding of all parties involved. The one thing that I would do differently is to try to build a rapport with the female sooner than I did in this situation, it might have avoided me having to put her in handcuffs which is important to me as a police officer as use of force is should always be a last resort as when people get injured during police contact it can be portrayed in a different way by the public that are passing or if worse injury has happened, it can have a big impact on how the media portray it to the public. As a police officer it is important to me that my actions do not have a negative impact on the way that the public portray the force and, I do not want the public to lose any more trust than they have already lost towards the police in recent years.

(Word count : 1497)

Task 5

Personal Development Plan (PDP) / Learning Plan.

As part of your reflective process, please use this table to aid you in identifying the next steps for development. This is equivalent to 500 words. Please note that this not the actual number of words you need to use, the wordcount reflects the thought and research you put into it.

Identified area for development	How it will be achieved	Who can provide support?	Timeline
Writing arrest statements to reflect what has happened in a situation as I sometimes struggle with making sure that smaller details that paint an overall picture are included.	I will achieve this area of development by writing in as much detail as possible and after making each statement I will ask my tutor or more experienced peers for their feedback on the statement, this way I will be able to improve the detail that I put into the work and understand what parts that I do are irrelevant and what I need to concentrate on more.	My tutor and team members. Online learning packages.	I would like to improve on this set by set, as with time I should be able to write very detailed and easy flowing statements. I would like to achieve this by the time I end my tutorship, I think that this is a fair and realistic timeline.
Case file building	By shadowing my tutor during my initial tutorship and gaining more knowledge on what is needed to go into what file. Doing my HUB attachment to gain bigger understanding of the importance and processes of building the files.	My tutor can give me guidance and his knowledge on files that we deal with daily. Other departments. Online guides created by the college of policing contain useful information that can give more understanding of specific files.	I would like to be able to complete basic files on my own by the time I reach the 5 th week of my tutorship. With more complex case files I would like to have a good understanding of them by the time I finish my tutorship. Realistically I understand that I will not be able to fully complete those files on my own without help and guidance straight away but that is the time frame that I am aiming for .

Making sure that my mental well being is looked after when dealing with difficult calls.	Reaching out to colleagues, family members and my partner. Looking into how I deal with the stressful situations and adjusting my coping mechanisms. Concentrating on my welfare on my days off. Leaving work at work.	Family, friends, work colleagues, myself.	As soon as possible.
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The bibliography should only include sources referenced within the workbook using the Harvard referencing system. Information about referencing in written assignments and how to avoid plagiarism can be found on Moodle. It is important that you are aware of the importance of ensuring that the work submitted is your original work.

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Recognition and Confirmation of the progress on the Occupational Competency Portfolio (OCP).

By signing the section below you are acknowledging your progress on O.C.P. This is recognised by the university as work that is fully supporting this module and is equivalent to 500 words towards the overall wordcount.

I confirm that I am progressing with the Occupational Competency Portfolio (OCP) in accordance to the regulations.

Signed: Klaudia Mielniczuk (Learner - Electronic signature or type name)

Date: 08/02/2023