



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

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: Michael Rodda_____

Learner's University Registration Number:

2134439_____

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.

Contents:

Workbook	Area of Professional Practice	Word count
Task 1	Wellbeing and Resilience	1000
Task 2	Communication Skills, Managing Conflict, Valuing Difference and Inclusion	1500
Task 3	Criminal Justice, Valuing difference and inclusion	1500
Task 4	Decision making and discretion, Conducting Investigations and Criminal Justice (Managing offenders)	1500
	Bibliography	
Task 5	Development Plan	500
	Total	6000
	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:

During the initial 2 months of training, I understood there was an important for stress management and coping with that stress and building resilience and to minimise future stress, I will reflect upon the methods of re-balancing work and home life and eating well which is used to develop resilience and cope with the stress, I will reference my research and my reflection will be done using Borton's Reflective Tool.

Upon starting my career with the South Wales Police, I encountered my first obstacle: the prospect of education, which I had not dealt with in a long time. As a person who has never enjoyed formal education and has prior dismay, I knew it was important that I implement a method of dealing with the stress before it became an overwhelming factor in my life.

I have found at prior times in my life where stress played an important factor is to first identify that the stress had occurred or is building up, using the Borton's Reflective Tool, you can identify those moments have happened or happening using the simple WHAT, SO WHAT, NOW WHAT this enables you to identify what is going to trigger stress and allow you to anticipate it and build resilience.

I found the best way to cope with stress was to realise that it will happen and that I can't avoid it and the best thing I could do was to combat the many affects that come along with it listed on Harvard School of Public Health as sleep deprivation, anxiety, depression and many physical issues (digestive problems, headaches, back and neck pain, weight gain, lower immune system) (Harvard School of Public Health, 2020) if I could reduce the symptoms that came along with the stress I could reduce how bad it would affect me, I found the best method that combated the most systems was to implement a healthy eating regime that work alongside my busy life style.

Diet can play a massive role in management of stress, a correctly balanced diet can help support a healthy immune system, which in turn provides an extra boost of energy so when a stressful situation does happen, there is research shows that certain food can help regulate cortisol levels in your body which plays an important role within your body.

The Cleveland clinic describes those effects as:

- Regulating your body's stress response.
- Helping control your body's use of fats, proteins and carbohydrates, or your metabolism.
- Suppressing inflammation.
- Regulating blood pressure.
- Regulating blood sugar.
- Helping control your sleep-wake cycle.

Your body continuously monitors your cortisol levels to maintain steady levels (homeostasis). Higher-than-normal or lower-than-normal cortisol levels can be harmful to your health. (Cleveland Clinic, 2021)

With the right balance of nutrients and eating the right foods this helped me keep the scales balanced so I could build better resilience to stress.

The second side to stress is more of a mental protection Mindfulness.

Mindfulness is described by the NHS as:

Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing.

Some people call this awareness "mindfulness". Mindfulness can help us enjoy life more and understand ourselves better. You can take steps to develop it in your own life. (NHS, 2018)

Mindfulness is the practice on what is happening inside your body and head and also the outside, minute by minute, if you lose focus on what's happening inside your mind you can become quickly overwhelmed regardless on how well you eat and sleep, being mindful of your thoughts and mental health can help your body adjust and prepare for what could be a tough time, it can help you identify patterns on the lead up to stress and help deal with it better.

As stated further on, on the NHS website:

Awareness of this kind may also help us notice signs of stress or anxiety earlier and deal with them better.

Mindfulness-based therapies are recommended by the National Institute for Health and Care Excellence (NICE) as a way to treat less severe depression. (NHS, 2018)

There are different ways of being mindful one of the ways is to pick a time of day to spend a short amount of time to let your mind wonder it can be in the car on the way to work or leaving work however if don't keep control of your thoughts they can lead to lots of worry's to crowd your mind, being mindful of your thoughts isn't a way to get rid of thoughts but to know they are there and they will come and go in their own time.

Sometimes people like to give the negative thoughts and give them a title such as “this is stress” or “here’s the thought of failing my next exam”. For me the mindfulness is the most important part of dealing with stress and building resilience, I have found over many years of dealing with stress at different points in my life I have found dealing with new stresses in life doesn’t overwhelm me as much as when I was younger, I believe this is due to controlling my thoughts and being mindful of my thoughts, and processing negative thoughts and disposing of them.

With the combination of eating correctly as best as possible like all things in life it’s not 100 percent perfect, but combined with the mindful side a slight mistake here or there would not matter due to resilience built up over time.

WORD COUNT 917

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:

A policing incident where I have played a significant role with a subject was during a Section 135 warrant execution, which allows police to take a person to a place of safety for a mental health assessment, the male in question had significant involvement with the police in the past including being a member of a criminal youth group operating in the area, that had been multiply complaints about the male in question where a visible path of deterioration was happening, the males father died when he was only 16 years old and left to fend for himself showing a decline in mental health, through submission of Public Protection Notifications the NHS mental health team applied for a warrant to take the male to a safe place in Neath Port Talbot Hospital.

During the initial moments where officers have discussed with the NHS mental team on scene what the outcome of this warrant is, and what state of mind the subject of the warrant was in. The male was in a state of paranoia believing authorities were after him trying to infect him with diseases and no one wants to help him they just want his home from him.

When I knocked his front door, the subject answered the door he was very apprehensive to open the door any more than a few inches when he seen officers standing at his door, I have asked the subject if we can come in to speak to him the subject has declined, and became standoff with his tone of voice, the subject tried closing the door, and I have placed my foot in the way of the door to not allow it to shut.

I believed the best way to help this situation become less hostile was to ask the NHS nurse to speak to the subject, hopefully make him more relaxed and open to the idea to leaving the house without any force needed, as they were concerned for his mental health, I have remained by the door with my foot still blocking the door from closing to show the subject this issue isn't going away and he needs to listen to the nurse trying to help him.

The nurse explained to the subject the reason why we were here today that they have become concerned for the decline in his mental health and they want to take him to hospital to evaluate him. The subject became irate at the idea that his mental health is anything but fine and he just wants his food delivery that is arriving shortly.

The subject became unwilling to listen to the NHS nurse any further I have decided to use a little more force to open the door wider so I could see the subject in a better light, I have asked the subject is he is willing to go with the nurses to Neath Port Talbot and he has refused, I positioned myself into the open doorway of the property and I have further tried explaining to the subject that everyone is here to help him and he needs to come with us.

The subject has questioned police being inside his home without permission and I have told the subject we have a warrant to be in the property if we need too, the subject has requested a copy of the warrant but become hostile in the process demanding everyone leave his property immediately and raising his voice.

My main concern with the increase in hostility is we were currently situated in the front hallway of the home with a lot of rubbished all over the floor with restricted movement and did not want it to escalate to physical conflict for myself, my colleagues and especially the subject as we were there to get him to safety in the hospital for mental health not for physical injuries which may have resulted if it became more than verbal. I have decided to step back from the subject to allow him space to feel more reassured and also for my own safety if the subject did become physically hostile, as time went on, I felt the subject was becoming more unstable as he started talking about, we were there to infect him and take his home and if we were really there to help him.

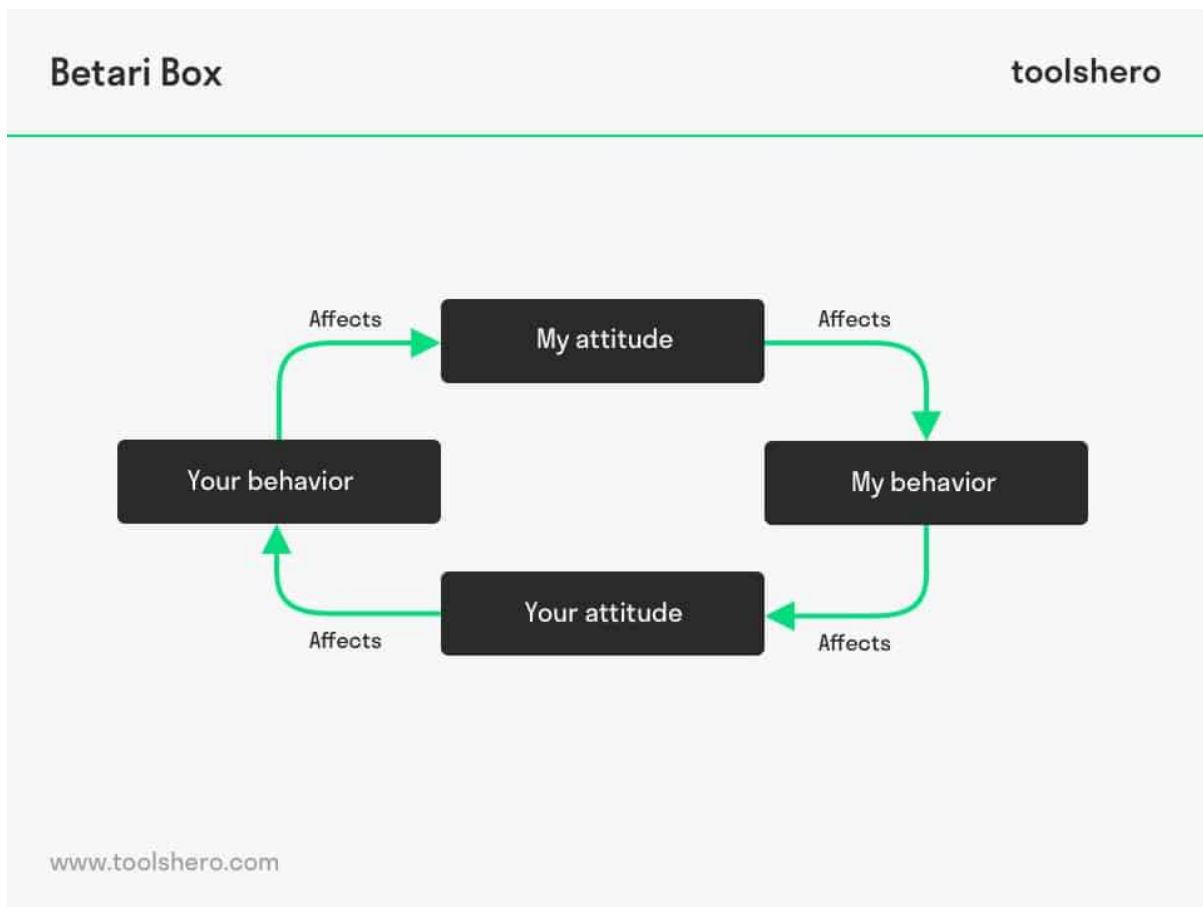
I have decided at that time to step forward quickly towards the subject with my colleague and grab one arm each, not to cause alarm but to ensure if he does lash out at us we were in positions of control and could restrain him if we needed, I also believe with this positioning I hoped the subject would understand that we were serious about him leaving the home but without using overwhelming force.

I hoped by limiting the use of force to just holding his arm he felt he was still in control, I continued verbally trying to convince the subject to leave the house with us and he started bringing up he doesn't want to leave, at this point he started tensing up, I have raised my voice at the subject explaining that he is leaving the property I have decided at this point to force him out of home as hasn't lashed out at officers but his body language and tone were becoming more frantic.

I will use the method of Betari's box model to describe whether there was a necessity for use of force;

Betari's box is described by Toolshero as "The foundation of the Betari Box model pertains to the idea that human behaviour influences one's own attitudes. One person signals and interprets the behaviour of another and that forms the start of the cycle. After all, people act based on other people's behaviour; it influences the actions the other takes. This, in turn, influences that person again." (Mulder, 2022)

The diagram below illustrates gives a good visual display of the meaning of those words.



The idea behind the Betari Box is that your attitude and behaviour will have effect on the subject or victim behaviour and attitude will come to affect you and it will be an endless cycle of escalation.

There were potentially three outcomes from this interaction with the subject which were based upon my attitude and the attitude of my colleague if we arrived at the property with a negative attitude and immediately used force to enter the property and then used further force to remove the subject from the property, our attitude and behaviour would have caused the subjects behaviour and attitude to escalate and would have affected us resulting in us to further escalate and the level of force would have become potentially hostile resulting in injury for us and the subject.

With the level of attitude I displayed when we arrived at the property it reflected in my behaviour and I believe the subject picked up on that as he was not overly hostile and that reflected in his behaviour which meant my attitude was unaffected by his resulting in the situation not escalating, it was a result of him becoming unhappy with the situation which has caused him to become more hostile towards me, which resulted in my attitude changing to become more resistant and more assertive, and I believe by noticing the changes in his

attitude and behaviour, allowed me to get ahead of him in the cycle to get him under control.

If I had arrived at the property with a very dismissive attitude and lack of care, it would have reflected in my behaviour and this would have resulted in the subject's attitude being affected and he would have had complete control over the situation and allowed his behaviour to overwhelm the situation.

My Reflection on this situation and the methods used for effective communications were verbal, non-verbal and active listening skills.

I believe by talking to the subject in a calm manner but assertive I hoped for the subject to listen to me and leave his home on his own freewill, when he shows signs of resistance I moved onto non-verbal communication by using my body language and to physically block the door of the property from closing, by using active-listening skills I listened to what the subjects issues were and tried to address them for him allow him some control over the situation, I believe I used the three communications methods to the best of my ability, I believe it keep the situation which could have turned bad at a level where we remained in control, and allowed to detain the subject into the custody of the Mental Health Team, with as little as force used, I believe this was in within the core principles of a police officer, even though he was a subject in this case he is also human being meaning he should be treated as such and no needed force should be used, the subject was removed from the property using enough force where he has received no injuries and was allowed to go into the care of the NHS mental health team.

WORD COUNT 1515

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:

The situation I am going to explain and reflect upon is a Domestic Incident between ex-partners and their daughter, victim has a restraining order against her ex-partner for unplanned visits to her property and for approved visitation to see their daughter, at this particular incident the subject had attended the victims house which was pre planned to spend some time with their daughter, the victim had decided to go visit a friends house while the subject was left with their daughter, while the victim was out the subject has caused criminal damage to the objects inside the house including slashing the bed mattress smashing objects and writing offensive words in blood across the walls, has then contacted his sister to go pick him up and have taken his daughter in the car and left the property without informing the victim.

I have followed the victim codes which is set out by the government, which is described as "The Code of Practice for Victims of Crime (Victims' Code) sets out the services and a minimum standard for these services that must be provided to victims of crime by organisations (referred to as service providers) in England and Wales." (GOV.UK, n.d.)

When the victim has returned to her home, she had noticed the blood on the walls and her daughter did not greet her, she has then contacted the police regarding this information and has left the property to find her daughter, and returning home finding her daughter in the car with the Ex partner at her sisters address upon further contact with police she had over 100 phone calls from an unknown number, she has

answered one of these calls and her Ex partner has spoken to her about rearranging her face he has also contacted her new partner and sent an illicit image to him, she has also received a voicemail from an unknown number with threats to harm.

I have attended the address from the original incident and observed the damage to property and the words written in blood on the walls, I have sat down with the victim and asked her to recount what has happened, I have then taken a Witness statement from her, and offered her the opportunity to provide a Victim person statement which allows her to put her feelings across to the subject about how she has felt.

The main responsibilities at this point was to allow the victim to have their say through a witness statement, at this time the victim did not need any support with interpretation or translation services, I have asked her if she wishes to attend court and if she has any time away coming up which will impact her attendance at court and I have recorded no leave of absence for the victim, I have explained the court process to the victim and any enhanced victim care and special measure she can apply for such as video link or screens to block the victim from view.

I have offered to refer the victim to Victim Focus which is a charity which works with the police service to offer support to victims after they have been involved in a crime.

I have recorded my interactions with the victim on the police systems called VU codes, VU01 is the victim assessment which specifies if the victim is entitled to enhanced services, I also have submitted VU02 which sets out a list of important victims requirements such as victims requirements for updates, if they accepted Victim Focus and if they require enhanced service, the final submission at this state is the VU03 is what kind of contact I have made. I have made a brief overview of what actions I have performed, I have also submitted a PPN (Public Protection Notification) which is submitted to the local authorities to allow them to support the victim, and includes questions asked to the victim which will reflect on the support given.

While reading my notes on the meeting with the victim I have reviewed my actions and decided a follow up interview with the victim is needed to complete any remaining actions, I need to do to support the victim during the initial phase, upon contacting the victim via mobile she has disclosed further harassment from the subject and a new recorded crime of malicious communications, I have made a note of what the victim has disclosed in a VU03 which is an update on victim contact I have performed and the arrangement to meet her for the interview, on each contact I have asked the victim if there is anything else we can offer her at this time.

On the college of policing website, they show their policing values contained in a PDF, they list the following values and pick the important part from each

- Transparency
 - We build trust with our colleagues, partners and communities by being open about what we have done and why we have done it and by keeping our promises so communities can rely on us when needed.
- Impartiality

- We assess each situation based on its own merits ensuring we are fair and consistent in our actions. We are clear in our rationale for the decisions or actions we take ensuring they are clear and evidence-based.
- Integrity
 - We need to build and maintain confidence with the public, colleagues and partners if we are to deliver a modern and effective police service. Doing the right thing is about becoming a role model and upholding public trust.
- Public Service
 - We are dedicated to work in the public interest, engaging and listening to their needs and concerns. We work to make sure that the public feel valued and engaged, which helps to build confidence in the police service. We are respectful to the needs and concerns of different individuals and groups.

(Competency and Values Framework for policing Overview of framework Better Professionals for Better Policing™, n.d.)

I believe I have been transparent through the entire process by telling the victim truths around certain aspects of the incident including how the criminal damage may be hard to prove in court due to the circumstances around it and I will best of my ability ensure I will put her complaint forward as best as I can.

I have been impartial throughout as the case is progressing, I have not had opportunity to speak to the subject as statements still need to be finished due to the victim being away on holidays but offered my fair and objective decision on what evidence I have been presented, the victim has been offered services everyone is entitled too, I have also listened to all opinions from my colleagues and victims.

My integrity throughout my tutorship has not been questioned as I believe I work everyday for the benefit of the public and not me own benefit, I believe I uphold the reputation of the police service thought my actions and behaviour, I have not shied away from conflict and demonstrated courage to do the right thing.

I work in the interest of public ensuring everyday understanding the needs of others and work in their best interest, I communicate appropriately and respectfully and aware of different needs of the different communities.

I believe I used all the values above with my victim to support her thought out by speaking the truth and not given the victim false hope, always shown respect, I have taken the considerations of my colleagues progressing through the crime to ensure I have done all I can for the victim so far.

Once the incident has progressed past the statement phase, I will progress onto arrest enquires for the subject, ensuring I follow the victim code by updating the victim to the outcome of the arrest and what route we plan on taking once a statement has been taken from the subject and what route the victim might want to follow.

I will also treat the subject with the rights and entitlements he deserves to ensure I stay within the values of a police officer and treat him in line with human rights and treat him no different or with no disrespect.

If the incident proceeds to court I will ensure the victims need and requirements are addressed to ensure she feels safe and confident to stand up in court if required, and to update the victim with any actions performed after the court case.

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:

The incident I have picked for this task is in relation to a domestic incident between two partners.

We received a call from a member of the public that he has been assaulted and injured by his partner during an argument in their home, the victim called the police after an argument he had with his partner which has resulted in him being punched and scratched by his partner and he's being mentally abused by him and financially.

The NDM (National Decision Model) is broken down into 5 stages and I will describe my actions at each stage

Gather Information and Intelligence

In this incident after speaking to both parties they have both disclosed injuries from each other, in a normal domestic violence situation there is normally one perpetrator and a victim however in this case both have been a victim to each other and both claiming self-

defence, so I have to use first of 5 stages of the NDM which is gather information and intelligence, I have referred to the police control room via radio, about past incidents the information I have been provided told me who the usual perpetrator and victim were I have considered this information to move onto the next stage, deciding which one to class as a victim and which one to class as the suspect, also a factor in play is which one phoned the police and made the original complaint, on this occasion we received two phone calls one from the now victim and his mother.

Asses threat and risk and develop a working strategy

The second stage was to asses the threat and risk previous information reports showed that the perpetrator had no other location to reside and to ensure the safety of the victim the plan was to arrest the perpetrator so we can safely and quickly interview both parties, the risk of leaving both males in the same household while we investigated could cause both parties to resume arguing and for the perpetrator to severely harm the victim.

Consider powers and policy

The police in South Wales police in relation to a domestic argument is that both parties must be separated to ensure no harm can come to each other, that may be relocating the one person to a family members home, or move the other person it can come down to who has 100% right to be at the home.

In this case neither had any other location to be while an investigation was carried out and I used my powers of arrest to take the perpetrator to custody to carry out enquires and to take statements and while keeping the victim safe.

Identify options and continuances

One of the options available to me was for the suspect to move back home to his family however they lived in England and he had a job in Wales, other option was to place the victim in an emergency housing for the night while we carry out enquires but the victim refused to leave his home, so no options apart from arrest was available to me.

Take action and review what happened

I have taken action to arrest the suspect and take him to custody, I have then returned to the victim to see how they are doing and to take a statement from the victim so I could effectively interview the suspect.

After taking the victims statement I have returned to the station to write up my actions so far, I have then returned to custody to interview the suspect so he can give his view of the situation, after finishing the statement I have returned to my station to review what has

happened and if there is any more actions required from me, one other enquire was the victims mother who had made a call to the police regarding the incident and what was disclosed to her by the victim, I have also done House to House enquires from the victims who could not offer any more evidence and could not provide any statement, I have then take action from all the evidence I have gathered.

Due to the fact both parties admit to harming one another both claiming self-defence and no witnesses able to provide any information relating to the incident and learning the perpetrator has a new home and will be moving shortly I have used discretion and decided not take any action in relation to the complaint and have offered the suspect and victim words of advice that the best thing that could happen for them both is to separate and go their own ways.

During the course of an investigation police officers must follow the CPIA (Criminal Procedure and Investigations Act) which is laid out on the gov.uk website which states

“This code of practice is issued under Part II of the Criminal Procedure and Investigations Act 1996 (‘the Act’). It sets out the manner in which police officers are to record, retain and reveal to the prosecutor material obtained in a criminal investigation and which may be relevant to the investigation, and related matters.” (Ministry Of Justice, 2020)

The main point of the CPIA is ensure any investigator in a criminal procedure must ensure all lines of enquires are followed regardless if the evidence goes in or against the perpetrator favour. In this case the body cam footage must be disclosed and any words uttered in relation to the complaint must be disclosed by officers from both suspects and victims, in this incident I believe it is very important as there is no clear evidence of who the suspect or victim are apart from information held by the police.

One important factor is during the course of the suspect interview they must be given certain rights including free legal advice, and for the interview to be visually recorded and retained for any reviewing agents, and for the suspects act to have merit upon the case.

All discloser given by the suspect or the victim must be presented to the defence to help them in their case if an incident goes to court and all information which is used by the prosecutor must be presented to the court to ensure nothing is hidden ensure a fair and unbiased case is carried out.

During incidents of domestic violence, a police officer can become severely biased towards the victim and could become blind to any evidence which might help the suspect prove their case of innocence, therefore a police officer must follow the policing values to ensure a fair decision-making process is followed, and the CPIA aids the officers in that.

During this incident after hearing the suspects view of the situation before arresting him and the victims view before I moved onto the investigating process, I did not become biased on my initial conclusion therefore I entered my suspect interview with an open mind believing the suspect opinion mattered and had value and merit.

One of the core values of policing is integrity, so I had ensure I upheld the reputation of the police force by making sure I followed the CPIA with my decisions I also had to be transparent in my actions to ensure I act upon feedback given by others on my decision making, and finally public service, I was working in the favour of the public and not the victim to ensure a fair process was followed until a decision had been made on all the facts and not just the opinion of the victim.

Through my unbiased opinion and weighing up the evidence presented by both parties it has resulted in a no further action due to no over whelming evidence in the victim's favour and the case having not merit in court or the public's interest, following the policing values I also believe there was no need for the suspect to remain in police custody longer than what was needed as all evidence had been gathered and the suspect had work in the morning and was unfair in this circumstance to detain him longer than needed.

I have presented my views to my management who have taken all the information and evidence I have collected and endorsed my opinion on taking no further action.

WORD COUNT 1374

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
Improve my ability to understand what crime has or has not been committed to ensure public confidence	By working with my colleagues and management to help me develop my understanding	Sergeant Myself	3 Months
Improve upon my OEL updates and written statements to ensure its professionally and correct written	By asking my fellow colleagues and sergeant what I could improve and how to improve my written work	Sergeant Myself	1 Month

Bibliography

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.

Harvard School of Public Health (2020). *Stress and Health*. [online] The Nutrition Source. Available at: <https://www.hsph.harvard.edu/nutritionsource/stress-and-health/>

Cleveland Clinic (2021). *Cortisol: What It Is, Function, Symptoms & Levels*. [online] Cleveland Clinic. Available at: <https://my.clevelandclinic.org/health/articles/22187-cortisol>

NHS (2018). *Mindfulness*. [online] nhs.uk. Available at: <https://www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/>

Mulder, P. (2022). *Betari Box theory*. [online] toolshero. Available at: <https://www.toolshero.com/communication-methods/betari-box-theory/>

GOV.UK. (n.d.). Code of Practice for Victims of Crime in England and Wales (Victim's Code). [online] Available at: <https://www.gov.uk/government/publications/the-code-of-practice-for-victims-of-crime/code-of-practice-for-victims-of-crime-in-england-and-wales-victims-code#introduction>

Competency and Values Framework for policing Overview of framework BetterProfessionals forBetterPolicing TM. (n.d.). Available at: https://d17wy4t6ps30xx.cloudfront.net/production/uploads/2017/09/Competency-and-Values-Framework-for-Policing_4.11.16.pdf

Ministry Of Justice (2020). *Criminal Procedure and Investigations Act 1996 (section 23(1)) Code of Practice Revised in accordance with section 25(4) of the Criminal Procedure and Investigations Act 1996 and presented to Parliament pursuant to section 25(2) of the Act*. [online] Available at: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/931173/Criminal-procedure-and-investigations-act-1996.pdf

CONFIDENTIALITY and PLAGIARISM – Will be confirmed through Turnitin.

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: _____ (Learner - Electronic signature or type name)

Date: _____