

Graduate Diploma in Professional Police Practice

LEVEL 6 - 40 Credits

**Workbook title: Competency Based Workbook 1
(DHEP)**

(SOUTH WALES POLICE, GWENT POLICE AND UWTSD)

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FACULTY OF BUSINESS AND MANAGEMENT PUBLIC SERVICE PROGRAMME

Module title: Policing in the Workplace 3 (DHEP)

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 Graduate Diploma 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)
- Problem Solving
- Evidence Based Policing
- Maintaining Professional Standards
- Public Protection.

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/aqh-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.

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.

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.

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 document to insert your text / answer within each section of this workbook;
- You should upload your completed document as a saved pdf file 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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	Bibliography	
Task 5	Development Plan	Equivalent 1000 words
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Task 1

Relevant areas of the National Policing Curriculum:

Understanding the roll of a constable

Guidance:

Focussing on your initial 6 months of learning and since being attested as a Police Constable, **discuss and compare** 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:

When I applied for the position of Police Constable, I was aware of the level of stress involved in the role. I knew that I will be dealing with situations where I will have to make adequate decisions under pressure and in very tight time frame. I also knew that I would find myself in situations where there is imminent danger and risk for me, and possibly for members of the public, and it would be down to me to handle the situation and manage the risk.

According to the Health and Safety Executive (HSE, 2020) 17.9 million working days were lost to stress, anxiety or depression in 2019/ 2020.

As expected during the first 6 months of learning at Vantage Point, the programme was very intense and included two exams. The first one about halfway through the program and the second one at the end of the six months.

This was my first involvement with the Policing, and everything was new for me, as opposed to some of my colleagues who have been Community Support Officers or Special Constables prior to joining the programme. I had some knowledge of Law, but the program required in depth knowledge of the Law in order to be qualified as Police Constable.

I also knew that the fact that English is not my first language will be an additional challenge during the program, as well as during my career. In my mind I was aware that I will have to put extra effort and work even harder in order to overcome this challenge and be able to graduate the program.

And last but not least, was the fact that I was joining the program at a stage of my life where I had a young family, including two children 3 years old and new-born baby.

Being a full-time employee and a part time Father, is a challenge on its own.

As a full time, employee and a father time was something I didn't have, and time for myself was pure luxury.

In this case it seems that statistic dose not support my opinion on the effect of having children on your career as study shows that only 14% of fathers say that having kids has harmed their career 47% of the men say that children had no impact on their work- life (Nolsoe, 2022).

Everything that I mentioned above, combined with the lack of time, meant that my stress management and coping strategies had to be carefully designed to suit my lifestyle.

My main coping strategy was spending some quality time with my family.

Most of the time that would be all of us going to the park or the playground for couple of hours and enjoying each other's company.

Staying at home and playing with my daughter is another way of relaxing and abstracting from the day-to-day problems and concerns. Because of her age and the wild imaginations children have, it's always a lot of fun playing together. I get to be "Daddy Pig" or a Dinosaur or sometime even a Superhero An hour playing, can wipe out days' worth of stress and gives me chance to bond with my children and as a parent that is really important for me. "Quality family time- sharing experiences and creating memories- gives children that sense of belonging they crave" (Gummer, 2018).

A family day out in the beautiful Welsh countryside is always a great option for spending a day off with my family. I found that going out, away from the hustle and bustle of the city life and being surrounded by nature and quietness is very relaxing and takes out a lot of the stress that I have accumulated through the week. I love the countryside and I enjoy it even more when together with my family. The curiosity of my daughter always fascinates me and keeps me busy, as I have to explain and identify every plant and bird, we come across.

My second coping strategy was having some Me time.

This will usually be one of few options, but my go to is a Movie night.

Movie night is always a great way to relax after a busy day. I try to have a movie night at least once a week and will usually include some popcorns (or a different snack) a bottle of fizzy drink and an ice-cream to go with the movie. It is effective coping mechanism especially when the movie is a movie you like and enjoy.

I do really enjoy a good comedy movie that can make you forget if you have had a bad day in the office and can cheer you up by utilising the power of laughter.

"Laughter therapy is a kind of cognitive-behavioural therapies that could make physical, psychological, and social relationships healthy, ultimately improving the quality of life" (Yim, 2016).

I always feel so much better after watching a good, funny movie or even animation movie that cheers you up by showing the funny side of everyday situations. I have noticed that the only side effect might be the occasional abdominal pain, should you laugh too much.

Laughter therapy comes as an alternative to the more traditional treatments. It is a treatment that can have wide positive effect on one's mental health and overall wellbeing. It does not require much in terms of preparation, and it does not involve specialised equipment which is why it now gains popularity in the medical community (Yim, 2016).

I have always used cinema/movies as a coping mechanism but recently I've read an article regarding a new therapeutic technique called Cinematherapy. Relatively new technique utilised by more and more psychotherapists, as a technique that aims to help people work through their life issues by watching movies.

Cinematography utilises motion picture to provide support and help patients with the acceptance of a condition. Clients can learn through watching how the protagonist utilises different coping strategies and how he uses coping skills along his journey in the film (Frederick 2011; Lampropopoulus, 2011; Kazantzis, 2004; Deane 2004)..

I have never thought about that, but more I think more I agree with the fact that a movie can be used as therapy, and we are all using it as therapy without even realising.

From the above-mentioned coping strategies my choice for most effective on and the go-to is always having some quality family time. From all the strategies it is the most rewording as it helps you create strong bonds with other family members. It helps build the so important Father- Son/Daughter relationship that is important for the parents and vital for the child.

(1100 words)

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.

Critically assess the incident including social and legislative contexts and any relevant cultural, ethnicity and language issues.

Reflecting upon your incident evaluate the theories and models underpinning conflict models in policing.

2000 words (+/- 10%: *include your actual word count at the end of each section*)

ANSWER:

It was on my second night shift, when me and my tutor left the station in a marked police car. While driving in the area I noticed a vehicle that was driving with higher speed (exceeding the speed limit) in residential area, and after noticing our presence the driver started driving erratically. At that point I decided to stop the vehicle and carry-on checks of the vehicle and the driver.

Upon following the vehicle for a while and observing the manner of driving I decided that I will have to stop the vehicle as I was concerned that the driver might be under the influence of drink or drugs. In order to stop the vehicle, I utilised Section 163 of the *ROAD TRAFFIC ACT 1988*, which gives uniformed Police Officers the power to stop vehicle.

When the suspect stopped his vehicle, he stepped out and headed in my direction. When he was closer to my car, I was able to see him better. He was of a large build and visibly upset. He was shouting something, but I was not able to hear clearly what he was saying. I asked him to present his Driving licence or an ID in accordance to Section 164 of the *ROAD TRAFFIC ACT 1988*.

The suspect agreed to provide his driving licence, and I followed him to his car. There was someone sat in the passenger seat and two girls seating at the back of the car.

The suspect then started running away from me which made me even more suspicious that he was up to no good. I started running after him and shouted "STOP" to which he reacted by stopping and turning around towards me. He started shouting abuse and threats towards me while pacing around and clenching his fists. At that point I knew I must make a decision to what my response will be, as I did not want to lose control over the situation.

I would lie if I say that I was not scared as I know that, feeling scared in situations like this is perfectly normal and natural way of the human body to deal with highly stressful situations.

I wanted to ensure that I take the best approach in the situation, without getting to a point where it becomes physical, and violence and force used. In order to do so I decided to use the BOGEE conflict model.

I ensured that I am standing in sufficient distance from the suspect and made sure that there is nothing on my way, no obstacles behind me should I need to back off. I had to consider that purely because of the size of the suspect and the fact that I would not be capable to take him down on my own if need be.

He started walking towards us and saying - "I will have one of you" and clinching his fists.

I pulled out the canister of irritant spray (PAVA) that I had on my utility belt and aimed it towards him, whilst shouting "Get back".

I was backed up by my tutor who is a TASER trained officer. He drew his TASER and aimed it towards the suspect.

Being equipped with TASER during a high-risk incident is of great importance as the presence of the device itself can deter most people.

Statistic shows that Taser was used in 17,000 incidents in 2017/18 and it's gone up to 32,000 incidents in 2019/20 which is nearly doubled. TASER training is now available to more officers due to its efficiency (Lockwood, IOPC, 2020).

According to analysis conducted by College of Policing (COP, 2020) 90 out of 109 people from the reviewed cases, were described and reported by the officers as being aggressive and violent. Over third of them have been found to be in possession of a weapon at the time of the incident.

The suspect then made few steps back, but he was still shouting threats.

I decided to step back couple of steps in order to give the suspect a bit of space, while making the distance between myself and him even greater.

That gave me a bit of time to think and assess the situation and decide on my next move and gave the suspect a bit of time as well.

He was still pacing and shouting threats and I started to negotiate with him, explaining that he is not under arrest at that point, and he has not committed any offences as such. But should he act upon his threats he is facing criminal offence by assaulting an emergency worker.

Following that I instructed him to turn around and put his hands behind his back in order for me to place him in handcuffs.

I thought the use of handcuffs is proportionate and necessary in this instance as I could not risk the suspect harming myself or himself.

When I approached him to apply the handcuffs, I was able to smell alcohol in his breath.

After securing him in handcuffs I was faced with having to take decision on what my next action will be.

Based on the manner of his driving and the fact that I was able to smell intoxicant in his breath I decided to require him to provide Roadside breath test to establish if he is in the legal limit.

I took the suspect to the side of the road next to the marked Police vehicle and obtained sample of breath. As expected, the suspect blew over the legal limit and I arrested him under Section 5 of the *ROAD TRAFFIC ACT*.

The realisation of the fact that he has now committed an offence and he is facing a night in Custody cell and conviction, the suspect became very aggressive and agitated.

He started pulling and pushing trying get away from me. Me and my tutor had to take him on the ground and further restrain him in order to safely transport him to Custody unit where he can provide a sample of breath.

Following my observation of the manner of driving, where the car was swerving from lane to lane and the excessive speed in a 30 miles per hour area, I had suspicion that the driver of the car might be under influence of alcohol or drugs. Combining those observations with my observations of the behaviour of the suspect and smell of alcohol in his breath I had enough grounds to stop the vehicle and require Roadside breath test from the driver.

The Roadside breath testing was introduced in 1967 in attempt to reduce the drink driving offences as well as reduce the number of people killed in drink drive accidents.

“Final estimates for 2019 show that between 210 and 250 people were killed in accidents in Great Britain where at least one driver was over the drink-drive limit, with a central estimate of 230 deaths” (Department for transport, 2021).

When looking at the figures above, driving after having consumed alcohol should be a “No, No” for any driver. Unfortunately, the reality is different, and I see and deal with a lot of people committing driving offences following consummation of alcohol.

“Alcohol slows reactions and even very low amounts of alcohol will impair the skills needed for safe driving. It slows down the brain, impacting upon your judgement, reason, self-control and reaction times. Drivers feel a false sense of confidence, lose their inhibitions and are more likely to take risks. Evidence shows that drivers who have been drinking tend to focus more on the most basic activities, such as steering, and less on other key driving skills. This increases their risk of crashing” (Nidirect, 2015).

A study conducted by BMC Public health shows that alcohol intoxication can lead to significant deterioration in lateral control ($P < 0.0001$) and lane changing time ($P = 0.0058$, Cohen's $d = 1.57$) and affect Braking reaction time. The study shows that the subjects under influence of alcohol feel sleepier and they can feel change in their ability to drive a vehicle. (Lowrie, 2020; Brownlow, 2022).

The figure from the study clearly shows that alcohol can have major effect on the driving ability of one, significantly increasing the chance of them being involved in a road traffic collision.

As Police Officers, we often find ourselves having to make decision under stress and in limited time frame, and the National Decision Model (NDM) is the tool that allows us to do this decision making in any circumstance.

The NDM has in its centre the Code of Ethics, which means that as Police Officers when using the model for our decision making, we always have to act in accordance with the Code of Ethics.

In the above-mentioned case, it was the first time I had to use the NDM outside of the protected learning environment of my first six-month initial training.

The situation was constantly changing due to the subject being heavily intoxicated, which meant that he was very unpredictable.

Usually when attending an emergency call, we have the time to ask the Control Room to run checks on the subject and the address where we will be attending. This usually includes warning markers such as (weapons, firearms, ailments etc) as well as previous offending history, restraining orders, bail conditions, etc.

This helps us with the initial decision making in regards of the situation, as we usually have as much information initially as we can possibly get prior to attending the incident.

In the above-mentioned incident, we did not have this initial and crucial information which meant we had to rely on the information we can gather on the spot at the incident.

Risk management is one of the key responsibilities of anyone working for the emergency service.

As Police Officers we must manage the risk not only for ourselves and our teammates, but for the suspect and victim/victims and members of the public as well.

In the policing risk management means making decisions. Those decisions are often based on limited information/wrong information, in limited time frame and in dynamic situations.

That meant I had to stay in control despite the dynamic situation and use the powers and policies available to me at that point.

All the decision making in order to manage the risk, was based on the NDM and the 10 principles of Risk Management provided by the College of Policing.

As this was my first dynamic incident involving threats and abuse towards me from the subject, it was good example in how important it is to control your own feelings and emotions and not let them dictate your actions or judgement and decision making.

It probably sounds easy, but when you find yourselves in situation like this your brain is programmed to react in certain ways when under threat.

It is known as the “Fight or Flight” (acute stress response), and for someone who has never been in situation where they are under threat of violence, the usual response will be Flight. Fight or Flight is the nature’s way of protecting the body from danger and it was first described in the 1920s by Walter Cannon.

“The fight or flight response, or stress response, is triggered by a release of hormones either prompting us to stay and fight or run away and flee,” explains psychologist Carolyn Fisher, PhD. “During the response, all bodily systems are working to keep us alive in what we’ve perceived as a dangerous situation” (Fisher, 2019).

Without you even telling it what to do, your body is assessing what’s going on around you and determining your options on how you most likely could survive the event.

As Police officer, flight is rarely the answer and, in most cases, it is the fight mode that you must work with.

At the end the suspect was secured and taken to custody without suffering any injuries (a couple of bruises when he was taken to the ground), me and my tutor were all well and with no injuries. And the main goal was achieved as well – a drunk driver taken to Custody and not on the road where he can cause harm to himself or to someone else.

I had a couple of critics from my tutor.

- The way I approached the subject to apply handcuffs on. As I was standing in his fighting arch exposing myself.
- I didn't double lock the handcuffs which means that they can tighten during the movements of the subject, and that can cause discomfort or in some cases injury.

I was happy of my performance during the incident. I managed to stay composed, and I didn't let my emotions to lead me and affect my decision making.

I learned a lot from the incident, and I gained confidence for the next time when I would be dealing with similar situation.

(2137 words)

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

Critically discuss a policing incident that you have attended and critically explore how you dealt with competing issues law, social issues, culture and language.

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.

2000 words (+/- 10%: include your actual word count at the end of each section)

ANSWER:

While on a shift with my tutor a 999 call came in. The report was of an elderly lady assaulted by a neighbour with whom she has had a verbal argument. The lady said that she is now with her family who are supporting her. She mentioned that the neighbour is suffering with mental health and has returned from hospital stay a few days ago.

I firstly went to the victim's house where she had her daughter, son and her grandson supporting her after the incident. The elderly lady lives on her own in the house and has her family coming over regularly to ensure she is well.

I asked the victim and the reporting person to explain what had happened in as much detail as they can remember.

The elderly lady said that she was in her garden on her own when she had started talking to her neighbour, who has been in their garden in that time.

Unfortunately, the neighbour had started shouting abuse at her, threatening violence. Concerned for her own safety the elderly lady had ran away back into the house and called her son and her daughter.

Considering her age and the fact that she lives on her own, the actions of the elderly lady did not surprise me.

There is common assumption that elderly people are more fearful of crime and vulnerable to adverse neighbourhood conditions than younger people. This believe is based on studies that have been conducted 1960- 1970s. On the contrary, recent studies have shown that

younger people are as fearful as the elderly, especially in disadvantaged areas (Köber, 2022; Oberwittler, 2022; Wickes, 2022).

The elderly lady had phoned her family who have come to comfort her. Unfortunately, they have then decided to take matters in their own hand by going to the suspects address and having argument and altercation with her.

During our conversation it was mentioned that the suspect suffers with mental health, and she is known for having mood swings. This was described as having "Good and Bad days".

I knew that there are several conditions that can lead to severe change in mood, such as bipolar disorder and Cyclothymic disorder which is characterized by fluctuating mood.

Severe mood changes can occur due to an underlying medical condition or can be triggered by certain things such as stress, medications, sleep habits and significant change in life (Silver, 2018).

Whilst I was talking with the elderly lady, her daughter said that she has a video recording of the second incident where the family had gone to the suspects home.

To aid my decision making during the incident I utilised the National Decision Model, which is a primal tool for the Police in the decision making during an incident.

The model is suitable and can be use in any situation and the decision maker can use it to structure a rationale for what they did and why they did it, during an incident.

It also aids Managers and supervisors to review decisions and actions taken by the officers during an incident.

The model has in its core, the Code of ethics, which is the binding centre of the whole model (College of Policing, 2014).

As per the National Decision Model (NDM) used by the Police I wanted to gather as much information in regards with the incident, and I asked if I could see the recording.

The recording was made by the victim's grandson who filmed the reporting person and her brother in front of the suspect's gate. The male was holding a green recycle bin/caddy and they were both shouting and swearing towards the female suspect.

To me the footage disclosed by the victim did not proof the offence of assault but on the contrary, it undermined their case as on the footage you can see a vulnerable female in her garden and a group of two adults and a 17-year-old boy all shouting at her and threatening her.

As my final source of information, I have requested the Force Control Room to run NICHE and Police National Computer (PNC) checks on the suspect which proved that the female is suffering with mental health.

With that the first stage of my use of the NDM was completed and I moved to the next stage. I then moved to the second stage of the NDM which is Assessing threat and risk and develop a working strategy.

Based on the disclosure and the fact that the victim is currently with her family and planning to stay at her daughter's house for the night, there was no immediate risk for the victim or any members of the public.

I decided to attend the suspects house to try and take her account of the incident.

I was met by a support worker who work with the female and was trying to meet her as she was called by the female to provide support.

I did not get reply when I knocked on the door several times which led to my tutor ringing the female over the phone to ensure she is well and to ask if we can have a chat with her. The female stated that she is all right, just had a mental health episode and now she feels better, but she refused to open the door for us.

Her support worker seemed very concern about her due to her mental state at that time and the fact that she is probably quite upset from the incident.

Considering the fact that the female suffers with mental health, and she had just been involved in incident involving her neighbours I preferred to see her and make sure she is well.

I considered the powers and policies available to me, starting with gaining access to a property under *SECTION 17 PACE* – Saving life and limb.

To enter a property under section 17 *PACE* – saving life or limb – a constable has to believe that the person inside is in imminent danger, which in this case was not satisfied as we have had a conversation with the female over the phone and she stated that she is well, and she has no thoughts of self-harm.

Self-harming is often used by people suffering with mental health as a way to get short- term sense of release when dealing with painful memories or overwhelming situations.

Some people self- harm as a way to express something that they struggle to put in words (Mind, 2020).

I then considered entering under *SECTION 17(1)(b) PACE* – entering for the purpose of arrest. This Police power was not available to me on this occasion as it only applies for an indictable offence.

The disclosed offences by the victim amounted to low level common assault which is either way offence.

After exploring the powers available to me at that point and considering the available information I decided to go back to the victim's house and explain how the investigation is going to progress.

Due to the events that took places earlier and me being the Police officer they had high expectations towards myself and my actions.

I had to serve them the news that at that time I am unable to legally enter the property and arrest the suspect due to limitations in the powers available to me under the circumstances. The victim and her family were least to say disappointed from that news and I decided to further explain the exact legislations and the limitations they have. I then explained what steps we will take in order to safeguard them and provide them with reassurance that actions will be taken.

That strategy paid off as they were a lot happier, with better understanding and support for Police actions.

I provided a safety plan to the elderly lady to ensure her safety, and I offered further support by submitting a Public Protection Notice report (PPN) to the relevant agencies.

PPN is a document that allows officers to record and repot any safeguarding concerns that they might have identified during their attendance at an incident. Upon completion and recording of the rational by the reporting officer the report is than shared with agencies that can provide further support. This is necessary as the Police is not always the right agency to provide the necessary support, such as housing (College of Policing).

On the way out I located the female suspect in her garden and she invited me and my tutor inside the house where she can give her side of the story.

The female presented herself as quite vulnerable and disclosed taking overdose due to her feeling suicidal and upset from the incident.

Statistics show that In England in 2014, one in six adults had a common mental health problem: about one in five women and one in eight men. From 2000 to 2014, rates of common mental health problems in England steadily increased in women and remained largely stable in men (Mental Health Foundation, 2014).

At that point I was considering my options in dealing with the reported incident. I had the option of arrest for the offence of Common Assault or dealing with it in a different way. Considering all the evidence available to me at that time I decided that arresting the suspect and taking her to Custody Unit might not be the most suitable solution due to the victim's mental health and vulnerability.

According to report conducted in 2021 by the Association of Police and Crime Commissioners (APCC), in 2017 a total of 1,500 people suffering with mental health were detained and taken to Custody as place of safety. In comparison in 2020 the number of people detained and taken to Custody as place of safety is 159, which show significant reduction (APCC, 2021).

"Nobody suffering with mental ill health should be detained in police custody or in a police vehicle" (Townsend, Spurrell, 2021).

I decided instead of arresting her, to get some help in regards with mental health and prioritise her wellbeing following the disclosure of overdose.

An ambulance was arranged via the control room, and whilst I took her to safe place where she can wait for the ambulance whilst under observation of a family member.

She said that she felt intimidated by the elderly lady's family and by the fact that they have attended her address shouting abuse and threats towards her.

She said that she had spent the last two weeks in hospital due to her poor mental health and that she feels like she need further support in that matter.

During our attendance she was dusting the floor with chalk in order to be able to see the footprints of anything/ anyone who gets into the house whilst she is away.

I knew that a well-executed PPN needs to be submitted as well as referrals to social services and support agencies will be vital in order to provide support her and make sure she does not get involved in further incidents.

In the above incident mental health played huge role, as it was confirmed by everyone involved that the offender seems to be having "Good days" and "Bad days". When I spoke with her, she said that quite often she forgets to drink her prescribed medications which leads to degradation of her mental health and mood swing.

The statistic shows that women age between 16 and 24 are nearly three times as likely to experience a common mental health issue as males the same age. In percentage it's 26% female to 9% male. In a meantime self-harm in young women have tripled since 1993 (Mental Health Foundation, 2014).

Following the incident, I had a debrief with my tutor where feedback was provided in regards with my actions together with suitable advice on how to improve in future.

I have considered the option of arrest of the in this incident but taking into account the information I had at that time I decided that the necessity for arrest was not met in this

instance. I do not think it would have been beneficial for the suspect to spend the night in Custody considering her mental health and the claim for overdose.

The importance of correctly identifying and utilising the powers available to us during certain incident, in order for our actions to be lawful and accountable for.

During this incident I was doing this by running through the different powers and legislation together with my tutor, but it acts as an example for me on the considerations I need to have when taking decisions and utilising police powers.

Providing reassurance that we are listening to them, we are there for them and actions will be taken to safe guard them and bring offenders to justice.

Providing further support - submitting PPN and referrals to social services and relevant partner agencies to ensure the long-term support for the victim.

(2147 words)

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.

Critically assess a policing incident that you have attended, where you played a significant role with an offender/victim and reflect upon what happened.

Consider your use of the National Decision Making and the Code of Ethics and review whether this impacted upon your use of discretion, and whether the outcome achieved best evidence.

2000 words (+/- 10%: include your actual word count at the end of each section)

ANSWER:

While on shift with my tutor a 999-call came in made by a female, reporting that she has been threatened by her partner. He has told a third party, (her mother and her sister) that he is going to beat her up and kill her, as soon as she comes home. The threats have been provoked after the female had spent the night out with her friends, leaving her two children with her sister. The female and her two children were staying at her sister's property for safety reason, awaiting the arrival of the Police.

Me and my tutor were the unit that was dispatched to attend the incident, and it was yet another domestic violence incident.

According to the Office for National statistics (ONS) in 2021 the number of domestic abuse crimes recorded by the police in 2021 was 845,734. This figure shows an increase by 6% compared to the previous year. The increase might be driven by the willingness of the victims of such crime to actually report it (ONS, 2021).

Investigating domestic incident can often be very challenging due to them often developing behind closed doors, and with no independent witnesses.

Domestic abuse can have profound impact on mental health, 8% of women survivors of domestic abuse reported sustaining non- physical effects of the abuse (ONS, 2018).

When on route to the location I requested the Force Control Room to run the necessary checks on the address and the residents. When I arrived, I decided to visit the sister's address and speak with the reporting person as well as the sister to whom the threats to kill was made.

This was part of stage one of the NDM, utilised by me during the incident.

As with every call I attend, I started by identifying if any offences have been committed and what offences? This is necessary in order for me to know what powers and policies I have available to use and the ways of disposal.

From the initial call I knew that the offence of "Threats to kill" had been committed by the partner via third party.

In order for the offence of Threats to kill to be completed the person to whom the threats have been made had to fear that the threats would be carried out.

On arrival at the location, I spoke with the sister and asked to how the threats were made, via phone, other communication method or in person.

She said that the threats were made in person earlier that day and that she does not believe that he was actually going to do anything, but he has use it as a figure of speech during the heat of the moment.

The said by the sister meant that the initial offence of threats to kill was not completed and not committed.

I then spoke with the victim in order to gain a bit more information for the incident as well as any previous incidents involving her and her partner.

She disclosed that they have had a previous domestic incident about a year ago when she has had to contact the Police for assistance.

The incident had been, threats from her partner to cause criminal damage to property belonging to her and since then the relationship with her partner has been deteriorating and she have been thinking in ending the relationship.

A major role in her decision was played by the fact that her partner had told her that he is being using cracked cocaine for a few months.

Once addiction and drugs make their way into someone's life, they can have profound effect on their health as well as their relationship with the people they love.

Occasional use of drugs can often progress to addiction, obtaining and using the substance becomes the main focus point in one's life. Addiction leads to trust issues in the relationship and anger and abuse which often involves violence (Petterson, 2019).

As a mother she felt unsafe leaving her children alone with him, knowing that he is drug and alcohol dependant, and he might be using drugs Infront of the children.

She said that she does not want him in the house with her children and she wants him removed of the property as she fears going back to her own home because of him.

In order for us to remove person from a property legally, we needed to know who the owner of the property is or who is on the tenancy agreement if renting.

She confirmed that she is the only person on the tenancy agreement and that her partner usually leaves with his family at a different address, but he does have a key of the property and she would like to have the key back.

Following the conversation with the victim and having as much information in regards of the case as I could at that point, I went to the victims address to try and locate her partner. On arrival I located the male upstairs where he presented himself in quite aggressive manner.

The male was in process of gathering some of his belongings in a bag which showed that he is willing to leave the property willingly.

He was visually agitated and upset of the presence of police officers and kept asking why we are there.

I explained the situation and the report, and the allegation made from his partner and the necessity for the police to be present to ensure that situation does not escalate.

He seemed to believe that she is now seeing her ex- partner again and that is really upsetting for him and at that point all that he only wants to know where they are going with their relationship and if they have any future.

His concern that the victim is seeing her ex- Partner led me to think that jealousy might be playing its part in this case.

Jealousy is a reaction to perceived threat that can be real or in some cases based on imagined facts. Excessive jealousy can lead to depression, anxiety and anger in the insecure partner which can be dangerous and can lead to potentially abusive relationship (Stritof, 2022).

The fact that there were children present in the house during the incident and that the suspect is not the biological father of the children raised concerns in relation with the safety and wellbeing of the children.

According to research conducted by (Saflives, 2014) 62% of the children exposed to domestic abuse are directly harmed. Children are suffering physical and mental health consequences and displaying abusive behaviour once their exposure to domestic abuse has ended.

I have explained to him that she does not want him in her property which makes him a trespasser and he is to leave, leaving the key he has with us.

After he left the property, I returned to the first address and conveyed the female to her own address where we can have a discussion of what further help and support, we can offer.

During the second conversation she disclosed, voice messages from her partner where he can be heard making threats to attend her property and smash the house up.

This identifies his actions as the offence of "Threats to damage" to which we had evidence by the voice recordings send to her.

Domestic abuse can have devastating impact on the victim. Victims often experience fear for life as well as fear for their children's lives. They are often isolated from family and friends with limited social contact which in some cases leads to long term social difficulties. The emotional harm of domestic abuse includes loss of confidence and low self esteem (Braknell Forest Council, 2018).

The offence and the was explained to the victim followed by the ways of disposal should she decide to support police action.

The victim said that she does not want to make formal complaint against her partner, and she was not willing to provide statement or attend court.

The victim disclosed that her partner admitted to her that he is using Cocaine, and he has been using for few months.

She said that he hasn't been himself since he 've started using. She has noticed that he is quite short tempered and gets frustrated easily and sudden changes of mood.

Cocaine is highly addictive and widely used/ abused drug often seen in a white powder or oily white rocks form. The users of cocaine experience increased energy, elevated heart rate, flushing, euphoria and occasionally facial numbness.

The National Institute on Drug Abuse has published findings that indication the long-term abuse of cocaine can decrease the brain's ability to produce and recognize an important neurotransmitter called dopamine. Dopamine is the chemical in the brain that allows us to feel pleasure and recognize rewards for certain behaviours. As the receptors in the brain that are specifically designed to receive the dopamine fail, and as less dopamine is produced, the cocaine abuser may find it difficult to experience pleasant emotions at all. This can lead to them to feel tired, which can appear as laziness to others, and sad. In many cases, an individual whose behaviour has radically changed because of cocaine addiction can rediscover who they used to be (National Institute on Drug Abuse).

The victim disclosed that her partner is struggling to control his drinking habits, which combined with his use of recreational drugs is very dangerous.

Drinking alcohol whilst on cocaine can intensify the effect of the drug. It intensifies the feeling of euphoria whilst helping to ease the discomfort of the so called "coming down" effect.

According to report published by the European Monitoring Centre for Drugs and Drug Addiction (EMCDDA), 23% of people receiving treatment for powder cocaine addiction in 2017 were also receiving treatment for alcohol use disorder.

Using cocaine with alcohol creates new elements. One of the most powerful of these metabolites is called cocaethylene..

This product is stronger than either cocaine or alcohol alone. It increases toxicity to the heart, liver, and other major organs (Watson, 2020).

A decision to arrest the perpetrator was discussed by myself and my tutor and it might have been appropriate in this case as this is a domestic related incident.

Gwent Police treats domestic related incidents seriously due to the fact that they can escalate rapidly.

In this occasion there was a few factors that I took in consideration when taking decision not to arrest:

- The suspect lives in a different address and during our interactions with him he provided the keys for victim's property which meant he has no access to the IP's property.

He then left the property on his own free will stating that he just wants to know where he stands and where is their relationship heading.

- Arrest of the suspect could possibly escalate the tension between them as he might put the blame for his arrest on the victim and potentially lead to further incidents.
- The reporting person to whom the suspect made the threats to kill the IP, did not believe he is going to actually do it, but he uses it as figure of speech.
- No forthcoming complaint from the victim

For me the decision for mediation between the two parties was the right decision as it achieved the goal of mitigating the risk for the victim and her children whilst not further escalating the tension in their relationship.

Every domestic related incident I attend adds on to my knowledge and helps me build up my confidence in dealing with complicated domestic situations.

A main aim for me as response Police officer is mitigating the risk for the victim. This even more important as with domestic incidents on most occasions the injured party and the perpetrator are living in the same address.

We have to take into account the matter with feelings involved in most domestic related incidents. I found that quite often the injured party will regret contacting the Police and they will try to get back together with the perpetrator.

Ultimately arrest is the safest way to mitigate the risk for the victim in a short term. It has its place in the Police officer's arsenal especially so when there is no alternative available, as our main aim is to preserve life. If there is possibility of matter escalating and the offender reattending the victims address and causing harm arrest might be the only option.

Offering a Domestic Abuse, Stalking and Honour Based Violence (DASH) questionnaire and submitting PPN is vital and a must in order to understand the relationship and correctly evaluate the risk for the victim.

Making the necessary referrals to Social Services and the relevant support agencies in order to provide further support for the victim, ensuring her wellbeing. Providing appropriate safe plan in order to ensure that the victim is safeguarded in short term, and they are aware of the actions they need to take should the offender returns etc.

(2161 words)

Task 5

Personal Development Plan (PDP)

As part of your reflective process, please use this table to aid you in identifying the next steps for development.

This is equivalent to 1000 words towards the overall wordcount, please note this is not the actual number of words used in completing the table, the count reflects the thought and research behind it.

Area of Development	How it will be achieved	Who can provide support	Timeline
Welsh language skills	As an officer serving in Gwent Police, I think it is important to have knowledge of Welsh language. The area of Gwent where I work is mainly White Welsh population and according to (Census 2021) an estimate 6.9% of usual residents were born outside of the UK. According to the same study 29.5% of the people aged 3 years and over are able to speak Welsh language. It is of importance for me to be able to pronounce names of people, towns and streets correctly as it improves the public perception.	Gwent Police as my employer can support me in achieving this goal. My Welsh speaking friends, as they can help me practice the usage of Welsh language in a day-to-day basis. Specialised Apps and software, as in modern days it is easy and widely accessible to get resources in any area of development.	By the end of 2023 when it's the end of my probation period with Gwent Police.
TASER training (Conducted energy device)	Keeping myself, my teammates, and members of the public safe during an incident is of great importance to me and to any frontline officer.	Gwent Police can provide the necessary training required for me to be TASER trained. My family can provide with	By the end of 2023 when it's the end of my probation period with Gwent Police

	Being TASER trained and able to carry TASER during an incident can dramatically reduce the risk for everyone involved. According to NPCC as of September 2019 a total number of 30,548 officers are TASER trained out of 156,833 serving officers (NPCC, 2019). In 2019 the Chief Constable of Northamptonshire Police, announced his commitment to arming all frontline officers with taser. I believe that in near future taser training will be mandatory and integral part of the training for new Police Officers.	support during the course.	

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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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