



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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Task 5	Development Plan	Equivalent 1000 words
	Confirmation of Confidentiality and Plagiarism Confirmed by submission through `Turnitin	

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.

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 ~~supposed~~ ^{suppose} some of my colleagues who have been CSO 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 PC.

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

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.

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- 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 really effective coping mechanism especially when the movie is a movie you like.

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-behavioral therapies that could make physical, psychological, and social relationships healthy, ultimately improving the quality of life. Laughter therapy, as a non-pharmacological, alternative treatment, has a positive effect on the mental health and the immune system. In addition, laughter therapy does not require specialized preparations, such as suitable facilities and equipment, and it is easily accessible and acceptable. For these reasons, the medical community has taken notice and attempted to include laughter therapy to more traditional therapies."

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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.

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

"In the study of Fredricks (2011) and of Lampropoulos, Kazantzis and Deane (2004), it says that the use of motion pictures may also provide clients with support and acceptance on the condition, facilitate emotional relief, information gathering, problem awareness, preparation for action and allow clients to learn different coping skills and strategies from watching the protagonist's journey throughout the duration of the film."

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.

(975 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:

- DESCRIPTION OF THE INCIDENT

~~The incident~~

Proactive stop of a vehicle, following observation by me and my tutor. The vehicle 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 we decided to stop the vehicle and carry-on checks of the vehicle and the driver.

- REFLECTION

Upon stopping the car, the driver has alighted the vehicle in aggressive manner, and he made his way towards our marked vehicle. He was shouting and swearing and his ~~demeanour~~ ~~domineer~~ was aggressive, and he was visibly intoxicated. We followed him to his car where he was supposed to present his ID but at that point, he started running away from us trying to flee the scene on foot. My tutor shouted STOP and we started running after the suspect. When he stopped, he was visibly agitated and started threatening violence towards us.

There was another four people in the vehicle one of which a male who came towards the suspect. The suspect kept making threats towards us and adopted fighting stance, which changed our approach, and I drew my PAVA and my tutor drew his TASER. Following a few minutes of aiming at the suspect and further usage of tactical communications, the male became ~~compliant~~ compliant, and I was able to secure him in handcuffs.

The male was required to provide roadside breath test, which he failed and was arrested. He became aggressive again, threatening violence and pushing and pulling from the officers. Further leg restraints were applied in order to secure the suspect and safely place him in the van to be conveyed to custody.

Stopping the vehicle

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In that case, after observing the erratic manner of driving of the vehicle as Police officers we knew we have to take appropriate actions. We have utilised the powers given to Police Officers by the ROAD TRAFFIC ACT 1988 – 163 – Power to stop vehicle. The driver of the vehicle complied and pooled over. He was then required to produce driving licence in accordance with 164 ROAD TRAFFIC ACT 1988.

Use of force and managing risk.

At the initial contact the suspect was verbally abusive and visibly agitated and aggressive. We approached him in a calm manner, and we tried to clearly explain what is happening and why we have stopped the vehicle.

Both with my tutor relied on our verbal communication to manage the situation, but unfortunately the level of intoxication of the suspect meant that we needed different approach. Alcohol and Drugs are mind altering and can change the perception of the subject and there is higher risk they might not be compliant.

We have utilised our tactical communications in order to deescalate the situation and reduce the risk. Unfortunately, that didn't give the expected results and we had to reevaluate our response.

At the point where the suspect started threatening us and he went to adopting fighting stance and clinching his fists, we knew that further use of force might be needed in order to manage the risk and threat.

I drew my PAVA and aimed at the subject as he started walking towards us with clinched fists. At the same time my tutor drew his TASER and gave verbal warning to the suspect. After a few minutes of tactical communications whilst still aiming towards the subject, we managed to gain some compliance and I handcuffed him to the back.

Handcuffing is another use of force which was necessary and appropriate in this instance as we needed to do our best to safeguard ourselves, the suspect, and the members of the public in the situation.

Unfortunately, the suspect became very aggressive and agitated following his failure of the breath test and him being arrested under Section 5 of the ROAD TRAFFIC ACT. He then became very aggressive and was resisting through the whole time, shouting, and threatening the officers. In order to proceed with the arrest and to secure the suspect at the back of the van we had to utilise the leg straps and the subject had to be carried by the officers to the back of the van.

During this incident I was following one of the conflict models used by the police forces across the UK. The model is known as the BUGEE model.

- Be prepared to back off
- Use of effective cover
- Give space and time if possible
- Early negotiation
- Evacuate immediate area

The main aim of the method is to give us time and space, to assess the risk and plan our actions during incidents with fast changing risk factors.

- INFLUENCING FACTORS

The suspect was requested to provide preliminary test as we had reasonable grounds to suspect that he was driving the vehicle while under the influence of drink. This was in order to prove whether any offence had been committed.

As the incident was police witnessed, we had the grounds to require the test and we proceeded with the test.

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 accident.

"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.

The final estimate of fatalities for 2019 is broadly in line with the last few years, and is not statistically significantly different from 2018 at the 95% confidence level."

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"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."

- LEARNING

NDM is the main decision-making tool used by the Police forces across the UK. Since the beginning of my career in Gwent Police the importance of using NDM in our day to day decision making was repeatedly explained.

As Police Officers, we often find ourselves having to make decision under stress and in limited time frame, and the 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.

His level of resistance and hostility towards us was changing as well, and we had to adjust the level of our response in order for us to stay in control of the situation.

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. We then combine this information with the initial information we gather on arrival at the incident, and we use it in our decision making.

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.

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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.

Throughout the incident me and my tutor were trying to manage and mitigate the risk for ourselves and for the subject.

That meant we had to stay in control despite the dynamic situation and use the powers and policies available to us 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.

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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."

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."

Flight is usually the easy and safest way of avoiding situation that is on the brink of escalation and its very likely to end up in sustaining injuries.

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

All of the above means that in the described incident one has to work whiles fighting with his inner instincts of self-preservation and all the physical effects accompanying the fight or flight mode.

Once the subject was taken to custody and we knew he is well and safe, it was time for our debrief.

As a learner/ tutor team debrief is something we do after each incident we attend. It gives us the opportunity to summarise what went well, what went wrong, how did I do and what areas can be improved.

Despite being highly dynamic situation and despite the fact that the subject was highly intoxicated and was threatening violence, we managed to handle the situation with the right amount of force without escalating it to point where things are becoming physical.

I did use my tactical communications to deescalate the situation and when appropriate I had to use some of my appointments (such as PAVA).

At the end the subject 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.

- COULD I HAVE DEALT WITH IT BETTER?

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.

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Areas of improvement

- Space awareness and – keeping safe distance and bearing in mind the fighting arch
- Tactical communications – further work on my tactical communications especially with individuals under the influence of drink or drugs.

(2114 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:

- DESCRIPTION OF THE INCIDENT

A 999 report of assault made by female daughter who is the daughter of the assaulted elderly lady. The reporting person stated that her mother and herself have been assaulted by a known female who is the mother's neighbour. The assault consisted of a broken glass that has been thrown by the DP towards the reporting person and her mother, and threats made towards the mother prior to the assault.
The reporting person disclosed that the DP is suffering with her mental health, and this was not the first time they have had problems with her.

- REFLECTION

On arrival at the scene, 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.

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

As per the initial report they disclosed that it was the mother that first had altercation with the offender where she was in her garden on her own when she attempted to engage in conversation with the offender. The offender has not reacted well by shouting abuse and threats towards the elderly lady, who then made her way back into the property for her own safety.

She has then been joined by her son and her daughter who had tried to engage with the offender which has led to further escalation in the situation where the offender had smashed a glass mirror and had thrown pieces towards the victim and her brother.

The victim's daughter disclosed that she has been quite volatile in her use of language and her and her brother had ended up being in front of the offender's gate having a verbal argument with her.

The reporting person then disclosed that they have a CCTV recording of the incident and they presented it to me.

After reviewing the CCTV footage, I was left with the feeling that both parties are as bad as each other.

On the footage I was able to see brief glimpse of the initial altercation between the elderly lady and the offender which did not involve any assault but only verbal argument. Unfortunately, there was no audio recorded by the camera.

The reporting person then disclosed a phone video recording made by the IP'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 prove 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 years old boy all shouting at her and threatening her. At one point the male can be seen to push the vulnerable female with the recycling bin in self defence as she was walking towards him.

It was disclosed that the female suspect has just returned from a hospital where she had spent the last couple of weeks due to poor mental health.

Following the disclosure, I ran NICHE and PNC checks on the suspect which proved that the female is suffering with mental health.

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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 my options and the powers 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

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.

At that point I was faced by the negative side of having family members of the victim present during our attendance.

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 PPN to the relevant agencies.

On the way out we located the female suspect in her garden and she invited us 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.

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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 disclosed 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 stated that she was outnumbered, and she feared for her own safety and some of her actions were as self-defence.
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.
She did not feel happy in her house due to memories of incident that took place in that same house a few years ago.
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 dose not get involved in further incidents.

- INFLUENCING FACTORS

MENTAL HEALTH – since I joined the police, I now know that many of the incidents we attend and most of the offenders we work with have some sort of mental health problem.

In the above incident 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.

"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."¹

In 2018, there were 6,500 suicides registered in the UK², and in 2019, there were 5,691 suicides registered in England and Wales"

"Women between the ages of 16 and 24 are almost three times as likely (26%) to experience a common mental health issue as males of the same age (9%)."¹⁰

Women are twice as likely to be diagnosed with anxiety as men."¹¹

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- COULD I HAVE DEALT WITH IT BETTER?

When I returned to the victim's house and told the victim and her family that the suspect is not arrested, the victim suggested that we put the door through, gain entry and arrest her. I understand why they were upset and why they had high expectations towards the Police and police actions. I explained the facts and the limitations to our powers in order for our actions to be legal proportionate and accountable for, but they refused to accept it. My tutor then had to step in and provide further explanations in regards with legislations we have to comply with.
I did not manage to provide adequate level of reassurance to the victim and her family and my tutor had to interfere and provide further support.
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 DP to spend the night in Custody considering her mental health and the claim for overdose.

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—LEARNING

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.

The importance of providing reassurance to the victims and their family. Following an incident, the victims feel vulnerable, and they do have certain expectations towards the Police in regards of the actions and outcome.
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.

(1918 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:

DESCRIPTION OF THE INCIDENT

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A 999-call 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.

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REFLECTION

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Me and my tutor were the unit that was dispatched to attend the incident, and on arrival we 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.

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As with every call we attend, we must identify if any offences have been committed and what offences? This is necessary in order for us to know what powers and policies we 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 used it as a figure of speech during the heat of the moment.

The disclosure 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.

She then disclosed that since the incident one year ago, the relationship with her partner has been deteriorating and she has 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.

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

She added that her partner is having drinking problem as well.

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.

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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 victim's 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.

The male disclosed that he is upset from the fact that his partner had spent the night out and despite his attempts to contact her via phone and messages he could not get in touch with her, which had caused him to worry about her and the kids.

Later in the conversation he disclosed that she has had a relationship with someone else during a period when they have been separated, and that she has a child from him.

He seemed to believe that she is now seeing her ex- partner again and that is really upsetting for him.

He said that he only wants to know where they are going with their relationship and if they have any future.

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.

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.

INFLUENCING FACTORS

- Drugs

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 behaviors. 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 behavior has radically changed because of cocaine addiction can rediscover who they used to be. They can become the vital and compassionate person they were before they began abusing drugs. However, studies

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have shown that they are far more likely to enjoy recovery with the help of trained professionals in a treatment program designed specifically for them."

- ALCOHOL

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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 intensify 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.

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

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

COULD I HAVE DEALT WITH IT BETTER?

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 DP lives in a different address and during our interactions with him he provided the keys for IP'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 DP could possibly escalate the tension between them as he might put the blame for his arrest on the IP and potentially lead to further incidents.
- The reporting person to whom the DP 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 IP

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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.

LEARNING

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

- **Mitigating the risk** – 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. It must be hard for a victim to report her husband and father of her children to the Police knowing the way that will affect them.
- **Arrest is not always the best option** – 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.
- **Safeguarding** – Offering a 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.
- **Importance of keeping the victim up to date** – For a person going through a domestic violence incident the regular contact with the Police and regular updates provides reassurance that we care about them and their wellbeing. Keeping the victim aware of what is happening with the DP should they have been arrested can help them plan and safeguard themselves.

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(1966 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
<u>Welsh language skills</u>	<u>Signing to a Welsh language course.</u>	<u>Gwent Police</u>	<u>By the end of 2023</u>
<u>Taser course</u>	<u>Signing in for a Taser course</u>	<u>Gwent Police</u>	<u>By the end of 2023</u>

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.

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CONFIDENTIALITY and PLAGIARISM – confirmed by submission through Turnitin

Please sign to confirm the work submitted is your own work and has not been copied from another.

Signed: M. Mulla

Date: 14/11/2022