

POLICE CONSTABLE – STUDENT WELLBEING RESOURCES

WELLBEING TEAM

The Wellbeing Team are there for informal support, support you through difficult periods, provide wellbeing guidance and signpost to wider specialist provisions.



Where do I go for wellbeing support?

Where do I go for student and tutorship support?

LEARNING AND DEVELOPMENT – TUTOR HUB

The Sgts and PEQF trainers are there to guide you through your tutorship and support with learning opportunities to develop your skills as Police Officers, whilst in the Tutor Hub and out at stations.

CARE FIRST

Is our 24/7 Employee Assistance Programme, for mild symptoms of distress and for individuals going through difficult life events.

MANAGEMENT SUPPORT

Your Line Managers are your first point of contact for everyday support, informal support, job role and workplace concerns.

POLICE FEDERATION

Is the is a staff association for all police constables, Sergeants, and Inspectors (including Chief Inspectors), They are available for all your work-based queries.



UNIVERSITY TUTORS

University tutors can support you through your student journey, whilst studying at the University. Tutors will provide support for students on a regular basis and hold sessions at the Tutor hubs for support.



STUDY AND ASSIGNMENT SUPPORT

UWTSD support students' development, with various workshops, study guides and 121 appointments.



MELO CYMRU

Melo contains information, advice, and self-help resources to help you look after your mental health and wellbeing.

CHALLENGES OF STUDENT LIFE

This is a safe space where you can interact with students who may be experiencing the same challenges as yourself.

COPPER POT & POLICE MUTUAL

Copper Pot and Police Mutual provide financial services exclusively for service Police officer and staff.

STUDENTS LEARNING ACCOUNT

Your student learning account is accessible at all times, it will help you manage your deadlines and keep up to date on your course information.

FOR FURTHER SUPPORT AND GUIDANCE AND SUPPORT:

Gwent Wellbeing Team
Wellbeing@gwent.police.uk

UWTSD

studyskillsdistance@uwtsd.ac.uk

University Tutor

peqf.team@uwtsd.ac.uk.

