



Response Date:14/03/2024

2024/291 - Personal resilience

In response to your recent request for information regarding;

1. Does your force make information and guidance about personal resilience freely available to officers and staff?

Yes

If YES - then please give examples (e.g. websites, intranet, Wellbeing Services)

We have information about resilience on our Health and Wellness site. We have promoted the Oscar Kilo webinars on resilience. We provide one to one resilience support and more recently have started running one day resilience workshops for teams. Our Welfare Support Team have also provided shorter inputs to teams about resilience. We cover resilience on our Healthy Mind Training which all new recruits get. We also discuss resilience on our Inclusive Leadership Workshop for 1st and 2nd Line Managers.

2. Does your force provide officers and staff with specific training on personal resilience?

If YES -then please give examples.

If NO - is it covered in wider wellbeing training?

Is your Force intending to in the future?

Yes as per the above example.

3. Does your Force have a dedicated Staff Wellbeing Team/Service? YES/NO

If YES -please give brief details

If NO – Then what wellbeing provision is currently available?

Yes we do.

Our Health and Wellness Teams consists of:

Occupational Health Team (Dr, Nurses and Administrators, plus Counsellors and Physiotherapists)

Welfare Support Team (Mental Health and Welfare Lead plus three Welfare Support Officers)

Wellbeing Lead

Volunteer Chaplains

Force Physical Fitness Instructor

4. Does your Force have a dedicated staff wellbeing intranet site/website? YES/NO

If YES -please give brief details

If NO – Then what wellbeing provision is currently available?

Yes, we have an extensive Health and Wellness Sharepoint site. Attached is a document which summarises the support we have on offer.

THIS INFORMATION HAS BEEN PROVIDED IN RESPONSE TO A REQUEST
UNDER THE FREEDOM OF INFORMATION ACT 2000, AND IS CORRECT AS AT 13/03/2024

Wellbeing and Welfare Support at NWP - Overview



Double click the **Wellbeing icon** on your computer desktop for more details including external support