

APPENDIX A – WELLBEING ACTIVITY

Act.	Activity	Additional Activity for PCC	Detail
1	Mental Health Peer support Uplift across Alliance	Yes	Train 60 New Peer supporters in each and 10 peer supervisors as part of the model The Peer Support Scheme is to ensure all Police Officers and Staff within Dorset Police, who are suffering from any level of a deterioration in mental wellbeing, are treated with fairness, respect and understanding, so that they feel fully supported
2	Mental Health Peer Support SharePoint site	Yes	Upgrade cost to Peer support site to meet GDPR and other requirements
3	Regular Resilience building workshops across the Alliance 18-19 (Year 1)	Yes (as pilot will stop without this funding)	2 year plan to continue 1 workshops a month for 25-30 people for 10 months.
4	Treadmill Programme – DP to put 6 additional treadmills across the gyms.	Yes	DP to put 6 additional treadmills across current for current gyms and gyms just being set up.
5	Health & Wellbeing group Initiatives – Wellbeing Funding which can be bid for to run small local wellbeing initiatives	Yes	To support a range of initiatives identified by Departmental Wellbeing Groups in support of the strategy objectives. This is accessed through a formal bidding process managed through Health & Wellbeing governance structures.
6	Line Manager Mental Health Training Pilot	Yes	Pilot 2 types of line manager mental health Training to identify which provides the best training and information. This pilot will help inform how this type of training may be rolled out across the Force in the future.

7	Virgin Pulse –Global Challenge	Yes	100 day Staff Fitness Challenge, inc. Fitbit tracker. 100 day fitness challenge for teams of 7 with access to fitness platform for the year. The focus is on physical activity, nutrition & sleep over the 100 days, with participants surveyed on their health and wellbeing before and after the challenge.
8	Promotional Materials and Ancillary costs	Yes	Water bottles, H&W Booklets, welfare booklets, posters for ¼ themes. Peer support material and promotion of 5 ways to wellbeing
9	Alliance Mental Health Conference 9 October 2018 (Exeter racecourse)	Yes	Hold a conference across Dorset, Devon & Cornwall as part of the programme to develop an Alliance mental health plan. Cost of speakers, food & Venue
10	Wellbeing member of Staff in Dorset.	Yes	Additional full time member of staff in Dorset for Wellbeing delivery.
11	Extending Psychological Health Monitoring DP to frontline officers in Poole (phased approach/ pilot & evaluation)	Yes	The force already provide this service, but extending to additional roles. 90 Officers and PCSO's in Poole (cost of sessions, admin support and additional psychological support anticipated to be needed)
12	Extending Psychological Health Monitoring DP to general CID officers in Bournemouth and 1 squad within the Winfrith control room. (phased approach/ pilot & evaluation)	Yes	The force already provide this service, but extending to additional roles. 30 CID officers in Bournemouth & 30 control room staff from 1 squad who are not currently receiving this (cost of sessions and additional psychological support anticipated to be needed)
13	Mental Health Nurse/ Additional mental health resource (Welfare Officer) in DP	Yes	Additional Welfare/ psychological nurse Support for 1 year in Dorset
14	Silver Cloud Health (recognised online services mental health support programmes)	Yes	A 1 year pilot across the Alliance to provide access to confidential online Mental Health support programmes for 600 individuals plus in force training to assist with the launch

15	Trauma Risk Management Programme (TRiM) TRiM Practitioners Training & CPD event across the Alliance	No but will keep TRiM fit for purpose in Dorset	To provide support to officers and staff following traumatic incidents. 16 new TRiM practitioner's across both forces & to provide CPD events in both forces.
16	Menopause conference in both forces and SPOCS across Alliance	Yes	To provide follow up events from last year and train up SPOCS to provide additional support and awareness.
17	Evaluation of programmes	Yes	To ensure where appropriate independent evaluation can take place
18	Core Muscular Skeletal Pilot in Dorset	Yes	Proactive programme of work to improve muscular skeletal issues and improve core strength Force Fitness Instructor is a trained musculoskeletal practitioner, and will provide support to those in need. To reduce sickness for this particular issue.
19	13 Individuals through a Level 2 Gym Instructor course in DP	Yes	To support the force's health and wellbeing strategy ensuring staff, officers and volunteers have access to specialist support and advice.
20	Conference expenditure to ensure updates on developing national picture	Yes	This will allow attendance by key individuals to ensure we are kept up to date with developing national picture and the College of Policing wellbeing events.
21	Wessex Heartbeat to carry out physical assessments on 100 staff twice over a 12 month period	Yes	To give the chance for 100 staff to be assessed and partake in different programmes to try and improve their health and fitness over a year.