SUPPORTING MATERIALS

POLICE FEDERATION + OSCAR KILO

DETAILS FROM THE LAST TWO ANNUAL NATIONAL POLICING WELLBEING SURVEY COLLATED BY OSCAR KILO UK IN 2019 AND 2020.

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THE VISION BOARD FORTIS CREATED WHEN PITCHING THE IDEA OF KEEPING THE PEACE PODCAST TO OSCAR KILO UK AND HUMBERSIDE POLICE FEDERATION.

EVERY EPISODE FROM EACH OF THE TWO SERIES CAN BE LISTENED TO HERE.

VISION		
What is your purpose for creating the podcast? Which positive change should it bring about?	To create a podcast called Keeping the Peace that inspires and informs officers, staff and the public, by creating a conversation and narrative capturing people in the Force - experiences, stories and the realities. It will inspire understanding of self, others and wellbeing including ideas strategies, tips and coping mechanisms and creating a more informed narrative relating to being a member of	
TARGET GROUP	**NEEDS**	**PODCAST**	**GOALS**
Which market or market segment does the podcast address? Who are the target customers and users?	What problem does the podcast solve? Which benefit does it provide?	What makes it stand out? Is it feasible to develop the podcast?	How is the podcast going to benefit the organisation/listener? What are the overall goals?
The market is the whole of the Police Force across the UK and those connected to it, either directly or indirectly - regardless of rank and role. The target customers are front line Police officers, Police staff members, new recruits when on boarding, specials, officers who are looking to move department or progress through the ranks and when on boarding in to specialist and difficult to fill roles as well as, potential future cops and staff as well as those transitioning to retirement. Also helping to support the changing perceptions about policing for the general public. Building public confidence allowing them to have a greater understanding of the challenges and dangers, both physically and mentally, that police officer and staff can face.	The podcast enables an accessible, contemporary and creative way of supporting the Bluelight Wellbeing Framework and the Wellbeing agenda (and planned comms) of Oscar Kilo therefore being part of a wider agenda and supporting people across the UK. The benefits are, that it is accessible at any time, portable, an intimate way of communicating with the listener directly and for sharing ideas. Podcasts are convenient and easy to consume. Once subscribed to a podcast feed, new podcasts are automatically downloaded as soon as they are available. Podcasts are a cost effective tool and eliminate other costs associated with other forms of communication. Due to COVID19 there has been an increased demand for podcasts and it is important that this one is of a high standard and is continually engaging.	The type of issues officers can face can be some of the most difficult and challenging in society - they have the potential to see the best and the very worst of humanity, whilst trying to lead 'normal' lives. The podcast is specifically about being in the Force and the personal stories, perspectives and ideas of the individuals within it. The style is conversational rather than a formal interview style, informative but also entertaining and personal. It can be delivered within different series, so that there is a resource that can be used for specific needs and areas within the Force. Topics (with creative titles) can range from mental health, trauma, loss, death, self-care to engaged leadership, from resilience to healthy lifestyles, finances and physical health and many topics in between, as identified by Oscar Kilo. It can create a resource too, for new recruits, and those who may be struggling with their wellbeing	The benefits are that it will make a difference to people who are listening - strategies, effective coping mechanisms giving real 'food for thought', a realistic picture of the Force with ideas, perspectives and information whilst also demonstrating some of the humour and fun that is used in the Force, so it is an entertaining listen. This promotes Oscar Kilo and the wellbeing message in a new way that compliments the existing offer. It also shares learning gained in the work that Fortis are continuing to do therapeutically and in training within the Force. The overall goals - - to have a podcast that people really want to listen to because they learn something and it leaves them with ideas to reflect on and apply, and a range of perspective and stories that are new and interesting to them

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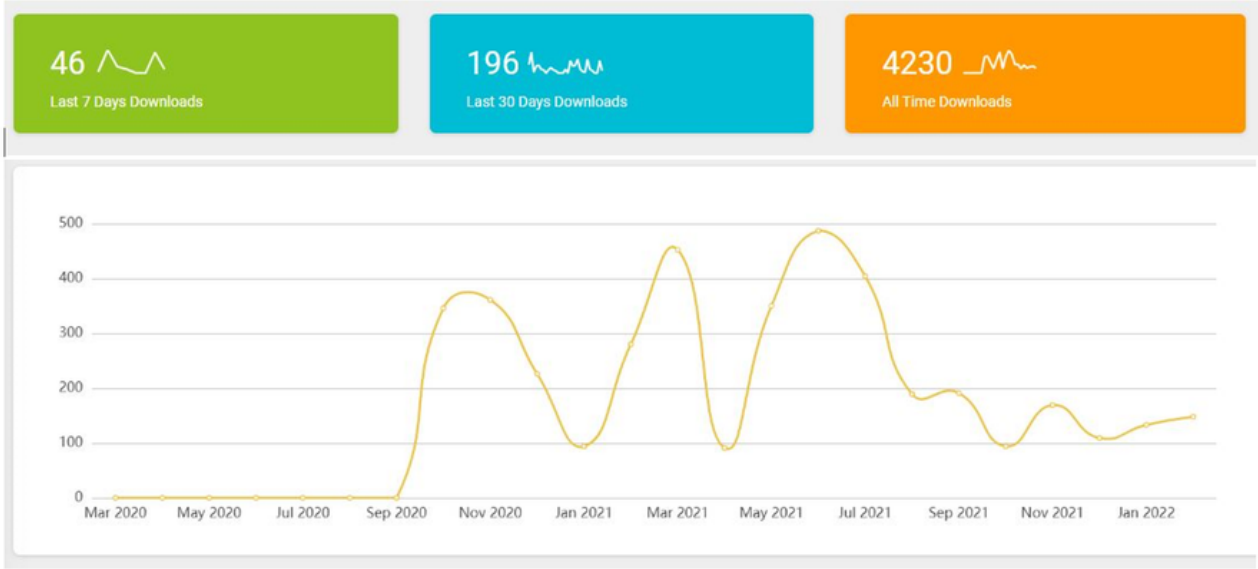
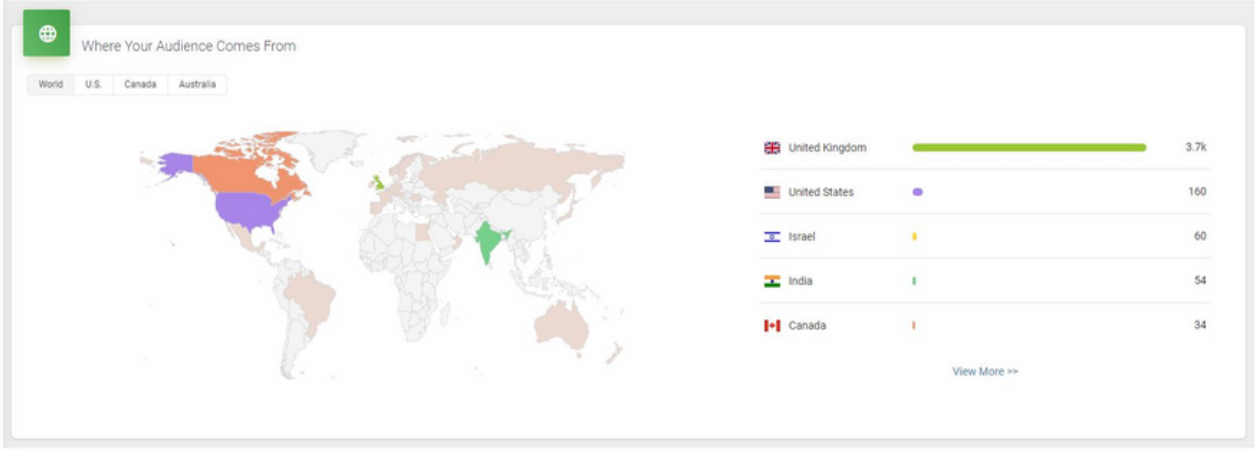
A GRAPHIC DEPICTING HOW THE PODCAST - KEEPING THE PEACE - HAS BEEN RECEIVED AND WHERE.





SUPPORTING MATERIALS

TEDX TALK + VIDEO EVIDENCE

A SELECTION OF THE VIDEO COVERAGE FORTIS THERAPY & TRAINING HAS SECURED OVER RECENT YEARS FROM ALEXIS' TEDX TALK TO HAPPIFUL MAGAZINE, PODCASTS AND OK UK WEBINARS ...

Why Hide the Repair? | Alexis Powell-Howard | TEDxBrayfordPoolWomen

1.4K views • 3 years ago

TEDx Talks

Alexis gives a different perspective on how our mental health can be viewed and puts forward the notion that, life will happen to us

Family therapy | Alexis Powell-Howard

39 views • 2 weeks ago

Happiful

What is family therapy? In this video, counsellor **Alexis Powell-Howard** tells us more about family therapy: what it is, knowing when

CC

i4b Podcast show with Alexis Powell Howard Full Episode

4 views • 2 weeks ago

i4b insight4business

A fresh perspective for Organisational Improvement with Business Owner, Psychotherapist, TEDx Speaker and Systemic ...

Duty of Self Care Webinar

303 views • 1 year ago

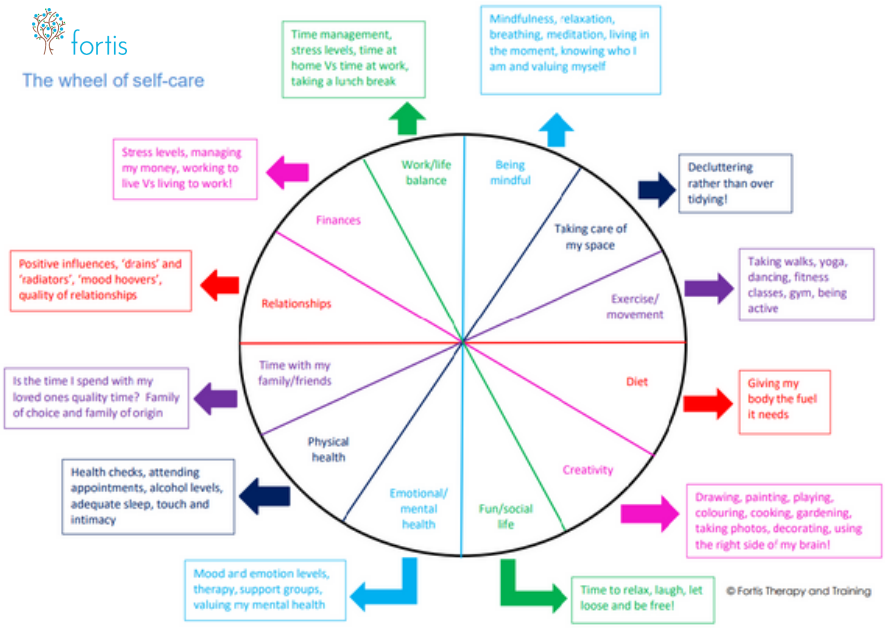
Oscar Kilo UK

The session is facilitated by **Alexis Powell-Howard** from Fortis Training and Therapy and looks at our levels of self care, how to ...

CLICK HERE FOR FURTHER OSCAR KILO UK WEBINARS...

SUPPORTING MATERIALS

THE FORTIS WHEEL OF SELF-CARE



Grounding Techniques

Look around you

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Tip – have something with you like a sealed Tea bag that you like the smell of, or a sweet that you can suck. This brings you back to your surroundings

Belly breathing

Breathe in through your nose and out through your mouth if you can,
Fill your whole diaphragm up with air
Breathe in for the count of 1 and out for the count of 3, or 3 and 5 or 7 and 11.
The outward breath is longer than your inward one.
Imagine you are breathing out all of the stresses and strains that you are feeling and breathing in feelings of calmness and control

Tip - You can do this anywhere at any time – try starting your day and ending your day using this technique

Safe place

Create a safe place in your head,
you can create somewhere in your imagination or you may have been somewhere that you can adapt
Imagine being there, the smells, the sounds, the sights,
you can choose to have someone there with you – who would it be?

Tip – imagine being in this place when you feel calm, so that you have had the capacity to create a safe place. Then, when you feel anxious or low, you can visualise being there and you know all the details and can immerse yourself in it

Rational thinking

Think about the situation you are in and rate your feelings (each out of 100%),
What are your main thoughts?
Can you identify the crux of your worries?
Think about evidence that supports that worry and then evidence that does not support it
Can you write down some more balanced thoughts and rate how much you believe them (out of 100%)
Write down the feelings you have now and rate them out of 100% - are they less than when you started?

Tip – have this in your phone, so that you can use this way of thinking when you are feeling anxious