

## ***How the Jersey Honorary Police Welfare Service can benefit you***

Everyone is unique with individual needs; therefore the Welfare Service tailors any support required to your own personal situation. We all appreciate how difficult it can be to concentrate on our work when we have worries that are nagging away at the back of our mind.

The Welfare Service recognises that making that first call can often be very daunting, however, it may be the first step to addressing a situation that is causing concern.

You may simply need someone to listen to you if you are struggling to cope. We can help you to try and manage an immediate crisis, begin to get some sense of control of the situation, and help manage the way you may be feeling.

### ***It's good to talk***

The first line of help could be to talk to a colleague, Parish Connétable, Chef de Police or your HPA Rep. By talking to someone who is prepared to listen, the problem may be resolved quite quickly. There are times, however, when you want to talk to someone else, someone not close to you, especially, if the problem is a complex or sensitive one.

### ***Advice and Support***

The Welfare Service is here to assist and support with a wide range of problems, which may arise at home or work. Attending tragic incidents, health and bereavement are all things that can overwhelm us and make us feel that we can't cope in our usual way. This could affect our work and colleagues, making supervisors concerned.

Talking your problem through with someone who won't judge or tell others allows you to explore your situation and your feelings about it. This can help put everything into perspective, help you find a way through and allow you to feel in charge again.

### ***Referral and Confidentiality***

The Welfare Service will treat all problems on a personal and confidential basis. If the problem requires specialist attention, a referral to another agency may be suggested with your agreement. Perhaps, you may decide to approach the agency yourself or do so with the help of your own Doctor – the choice is yours.

### ***Family and Friends***

Honorary Police work routinely involves exposure to incidents that can affect all personnel and adds pressure to what is already a demanding job. Problems at work can spill over into home life and cause upset in relationships.

Your partner could be finding it difficult to understand why this is happening; perhaps you haven't found the opportunity to tell them. This is the time when you might need someone's help, someone who has the time to listen.

### ***Your Welfare Service***

The Welfare Service consists of a range of people, all who perform their welfare role on a voluntary basis, and are there for you at a time of need.

**The States of Jersey Police Welfare Adviser / Counsellor, Mark Lamerton, is available to Honorary Police Officers for confidential post-incident advice and psychological support.**

The Welfare Service is also supported by Deacon **Brendan Flaxman** who can be contacted via the SOJP on Telephone **612133**.

## *How Confidential is the Welfare Service?*

Confidentiality is central to the service we provide. Subject to certain exceptions, everything you tell us remains confidential. No information, including whether you have been in contact with the service is passed to any other individual or agency, without your explicit permission.

The only possible exceptions to this are:

- ❖ Where the person providing the welfare service is compelled by a court of law
- ❖ Where there may be a serious risk of harm to you or to a third person.

## *“Where to find that extra help”*

Centenier David Curtis  
Email: [david.curtis@posh.gov.je](mailto:david.curtis@posh.gov.je)

Centenier Danny Scaife  
Email: [danny.scaife@posh.gov.je](mailto:danny.scaife@posh.gov.je)

Mark Lamerton  
Work Tel: 612600  
Email: [m.lamerton@jersey.pnn.police.uk](mailto:m.lamerton@jersey.pnn.police.uk)

Brendan Flaxman  
Work Tel : 612133  
Email : [b.flaxman@jersey.pnn.police.uk](mailto:b.flaxman@jersey.pnn.police.uk)

Please keep this leaflet  
for future reference

## *Jersey Honorary Police Welfare Services*

*“When you need  
some extra help”*



*A confidential support and advice service is available for all Jersey Honorary Police Officers. There is always someone available to listen, therefore, please use our services.*