

# Last Line Of Defence

Summer 2026

## Wellbeing Is A Key Focus



**T**he Defence Police Federation provides a wide range of wellbeing support and practical tools for officers who are facing emotional or financial hardship – and this year it is introducing Financial First Aiders to give

over the past 18 years. She said: “Reflecting on those early days, the welfare support offered was often limited to a phone call or, if fortunate, a home visit for a chat and a cup of tea. While these gestures were undoubtedly appreciated,

more about meaningful support and guidance. Today, the Federation offers a range of products and services that boost officers’ emotional and financial resilience, while enhancing the Force’s wellbeing offerings.

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targeted help to members when they need it most.

Claire Batt, the Federation’s Wellbeing Lead since 2008, said there had been a massive increase in the support available to officers

they rarely provided the solutions or long-term support that members truly needed.”

Claire has dedicated her time to transforming the DPF welfare provision into something more impactful – less about tea and sympathy, and

One pillar of the support it provides is membership to the Police Firearms Officers’ Association (PFOA). Through this, officers can

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access physiotherapy for work-related injuries (only after Employee Assistance Programme resources have been exhausted); case-by-case support; and wellbeing weekends.

Officers can also get support and guidance to help them navigate financial challenges, as well as access to police-specific institutions offering financial products and services such as loans and mortgages.

The Federation provides wellbeing training for all Federation Branch Representatives, equipping them to better support members. And, for the first time this year, 'Financial First Aiders' will

be made available, offering targeted support to members facing financial difficulties.

Claire said the Federation was constantly striving to improve and expand its wellbeing provision.

This year, it will work closely with the Force on Operation Hampshire, which looks after the welfare of officers involved in assaults or traumatic incidents. And it is supporting the introduction of the MDP Peer Support Network and Welfare Support Officers, which will provide even more support to officers in need.

Officers can always speak to their local Rep or someone in the Federation for help, or visit the links below for extra support.



## General Support



Citizens' Advice Bureau:  
www.citizensadvice.org.uk



Police Firearms' Officers Association:  
www.pfoa.co.uk



MOD:  
MDP-Wellbeing - Home and Health and Wellbeing on the intranet  
call 0800 731 8629

## Financial Support



National Debt Line:  
nationaldebtline.org  
call 0808 808 4000



Police Mutual:  
www.policemutual.co.uk/talk-money



No1 CopperPot Credit Union:  
www.no1copperpot.com



Serve and Protect Credit Union:  
serveandprotectcu.co.uk

## Mental Health and Wellbeing Support



Andy's Man Club peer support for men:  
www.andysmanclub.co.uk  
email info@andysmanclub.co.uk



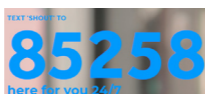
National Police Wellbeing Service (Oscar Kilo):  
www.oscarkilo.org.uk  
call 0300 131 2789



Mind's 'Local Mind' Support Network:  
www.mind.org.uk/information-support/local-minds/



Samaritans:  
www.samaritans.org  
call 116 123



Shout:  
giveushout.org  
text 'shout' to 85258

# Extra Support For Officers



The PFOA works in partnership with the DPF. For a number of years now the DPF has paid donations to the charity on behalf of its members, writes Mick Crozier.

Whilst all support is discretionary, over the years, the PFOA has provided support to DPF members, their spouses or partners and children.

That support has taken many forms. The most usual is counselling and or coaching.

We have also provided physiotherapy (for the member only), respite breaks and send out welfare hampers.

We also on occasion provided financial assistance, but this is not related to any debt or loss of income due to circumstances.

Over the past two years we started paying a bereavement payment to the surviving spouse or partner of any member who passed away whilst

serving and will continue to do so.

We have staff who have made outgoing calls to members and maintained contact with them whilst they are going through particular events.

A lot of the support we have provide is designed to dovetail with support that can be accessed via the DPF and the Force.

Further details can be found on the PFOA website: [www.pfoa.co.uk/](http://www.pfoa.co.uk/).

## Nominations Open For 2026 Awards

The Defence Police Federation Annual Awards are returning on Thursday 19th November 2026.

We need you to tell us who you think deserves recognition for their hard work and outstanding accomplishments. It's time to recognise the best of the best.

Do you know an Officer in the Ministry of Defence Police worthy of an Award for their bravery, being an inspiration to colleagues, for an outstanding investigation, policing excellence or

lifetime achievement?

The Defence Police Federation's Annual Awards Ceremony is a chance for us to celebrate some of the remarkable work carried out by members of the DPF.

The deadline for nominations celebrating our exceptional colleagues is midnight on 1 May 2026. The awards cover work carried out from 01 March 2025 to 1 March 2026.

For more information, go to: [dpf.org.uk/](http://dpf.org.uk/)

# PFOA Weekend Retreats For Members



**T**he PFOA are embarking on running weekend wellbeing retreats at The Hive, Epping Forest, Loughton, IG10 4AJ.

Those attending will enjoy their own private pod to sleep in for the two nights, campfires, looking at nature, yoga, breath work and nutrition inputs.

All food, light refreshments and bedding will be provided. There is parking available and there is a nearby train station. The retreats are for those

who would benefit from the various inputs and being in a relaxed safe forest environment.

We want you to relax, chat and enjoy the natural beauty of Epping Forest, whilst learning about nutrition, breath work and yoga to help you in day to day life and coping with the stress and strains of modern day armed policing. We will publish additional information and guidance on how to get involved once dates have been clarified.

## Delightful Wellbeing Retreat



### This testimonial is written by an attendee at one of the PFOA's wellbeing retreats.

**L**ast month, I was invited to take part in a wellbeing retreat organised and supported by the PFOA. This was a female only retreat held deep within Epping Forest.

The retreat took place over a weekend on a beautiful woodland site featuring individual private sleeping pods set around a campfire, as well as a main lodge that housed the bathrooms, kitchen and a large hall.

Thanks to the torrential rain, we spent most of our time tucked away in the lodge. There were eight attendees from various Forces, along with two forestschool facilitators and a PFOA wellbeing coach.

We arrived on the Friday evening to hot drinks

and a warm welcome. After introductions, we enjoyed a lovely homecooked supper.

All meals across the weekend were provided – wholesome, delicious and nourishing. While they're usually designed to be eaten around the campfire, the weather meant we made full use of the cosy lodge instead.

Saturday began with a wonderful yoga session, followed by a muddy walk into the forest led by our facilitators, Laura and Karen.

On returning, we were treated to a series of wellbeing sessions and meditation led by Helen, the PFOA coach. The day ended with crafts, oracle cards and plenty of conversation.

By Sunday morning, the sun finally made an

appearance. We built a fire, made bracelets and enjoyed a few group games. After yet another delicious lunch, we said our goodbyes and made our way home.

The retreat offered muchneeded calm, connection and time to pause. We are all guilty of rushing through life, and this provided a rare opportunity to stop, breathe and step away from daytoday responsibilities.

There was laughter, storytelling and an overwhelming sense of being cared for. If you get the chance to go – embrace it.

It's a wonderful experience shared with wonderful people. Just remember to pack your wellies and warm layers!