



**Cardiff Branch
Welfare Newsletter**

Email:
Cardiff3@narpo.org

NARPO Cardiff Branch

Welfare Newsletter No.5

A warm welcome to all our members to this, our fifth newsletter.

Previous newsletters can be found on our website under the 'Health and Welfare' section.

I would like to take this opportunity to thank those of you who kindly voted for me at the recent NARPO awards under the category of welfare officer. Although I did not win, I am appreciative of your consideration and support.

Some of you would have recently been contacted by committee members regarding your personal data. The reason for this is to ensure we have accurate and up to date information for all our members.

This is important when assistance is requested/required by any of our members or their families when they are going through difficult times, especially following a bereavement.

We know that over the passage of time the ageing process will present some of us with personal challenges either physically or cognitively (or both) your up-to-date information helps to avoid any unnecessary delay. It also ensures that as a branch, we are legally compliant with the General Data Protection Regulations (GDPR).

If you move address or your contact details change, can you please inform our Membership Secretary (Mr Brian Tucker) Cardiff2@NARPO.org

This newsletter will focus on the mental health issues.

The intention is to provide some general information that might be helpful in identifying a variety of support networks that may be able to offer practical support or advice.

OSCAR KILO UK

Confidential Mental Health Crisis Line

If you're at crisis point or feeling suicidal, help is available via their confidential, independent helpline: 0300 131 2789 (Available 24/7). This has been developed by Oscar Kilo – The National Police Wellbeing Service Crisis Line was launched in 2025 for staff and officers in England and Wales.

This helpline has been extended to support anyone who has left policing and is experiencing a mental health crisis or suicidal thoughts.

Support is available regardless of former role, length of service, how long ago an individual left policing, or the circumstances surrounding their departure.

Further information can be found at:

<https://narpo.org/confidential-mental-health-crisis-line/>

<https://www.oscarkilo.org.uk/crisis-line>



Police Care UK

It is common to experience a series of challenging incidents, one after the other, or just a single incident that has a lasting impact.

For some, the traumatic impact on their mental health can either be immediate or delayed.

In some cases, the delay can be many years or decades.

Police Care UK is a charity for all policing, providing confidential support to serving and retired police officers and staff, and their families, when they need it, for life.

For further information, contact 0300 012 0030

<https://policecare.org.uk>

Flint House

Flint House provides a blend of rest, learning and peer connection that creates a holistic experience for patients.

Flint House provides a break from routine. Allowing you to focus on self-care and making meaningful changes.

The 5-day residential programme is run by experienced mental health professionals who understand the nature of policing and the impact it can have.

Remember, if you are making regular donations to the charity, you can make an application to attend via their website.

<https://flinthouse.co.uk>

Tel: 01491 874 499

I hope you have found this information helpful.

Stay safe and well.

Steve Bartley

Welfare Officer.

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