



**BEDFORDSHIRE POLICE**

Protecting People and Fighting Crime

*Together*

## **The Realities of a Career and Life as a Police Officer**



**Dear potential candidate,**

**Thank you for your expression of interest in joining Bedfordshire Police. Before you proceed with your application we feel it is important to expose to you the realities of a career and life as a Police Officer.**

## **THE DEMANDS**

- You will complete at least two years in a uniformed frontline role, responding to 999 calls and undertaking proactive patrols of your community.
- You will work a variety of shifts including nights, some 12 hours in length and also be working weekends. There is no guarantee you will finish work on time and should operational demands dictate, you will be working on your rest days.
- There is no guarantee to where in the county you will be posted to. This is not negotiable and can change at any time.
- You will deal with violent and difficult individuals and there is a risk of injury.
- Once you have completed your initial 16 week training and 10 week tutorship on division you will find yourself occasionally working alone on patrol.
- You will be expected to interview victims and witnesses of crime, completing investigative actions on a day to day basis. You will be interviewing suspects of crime and will be working to tight deadlines.
- You will deal with some of the most vulnerable members of the community including the elderly and children.
- You will often see and be involved in hostile incidents and be expected to maintain a professional approach throughout.
- You will be exposed to emotionally challenging incidents which can affect you in numerous ways including mentally and physically and you have a personal responsibility to maintain your fitness.
- You need to be able to work as part of a team, without judgement and discrimination. Everything we do involves members of our diverse communities, so it is important you have experience in dealing with them.

- As a police officer you are required to maintain standards in your private life – including use of social media – higher than expected than in other professions.
- Due to the nature of the role and what you will be exposed to, you must disclose any known form of previous or existing mental ill health. Failure to disclose could jeopardise your recruitment process however disclosure of this will not automatically disqualify you for selection.

## **THE REWARDS**

- You will be working in the UK's most challenging, rewarding and worthwhile careers that will enable you to achieve your full potential.
- As a police officer you will really make a positive difference to the lives of people around and you will be protecting local communities.
- You will be keeping people safe, bringing offenders to justice and reducing crime.
- Policing offers a diverse range of roles, including specialisms, and you have the opportunity to learn new and invaluable skills.
- You will train and work with inspiring colleagues and make friends for life.
- You will receive all the training you need to help you deal with challenges you will face safely, professionally and effectively.
- You will receive the highest standards of personal protection training to minimise the threat and risk of injury in your role of Police Officer.
- We have a duty of care to support you with your on-going health and welfare. We will help you develop self-awareness and coping skills so you can recognise the signs of stress and build good resilience. We do everything we can to look after you as an individual and we will continue to do this throughout your service.
- This is not a nine-to-five job. You will be challenged every single day. This is what makes it the most unique, challenging and satisfying career there is.

**If you're still interested in us, then we're interested in you.**