

Oscar Kilo

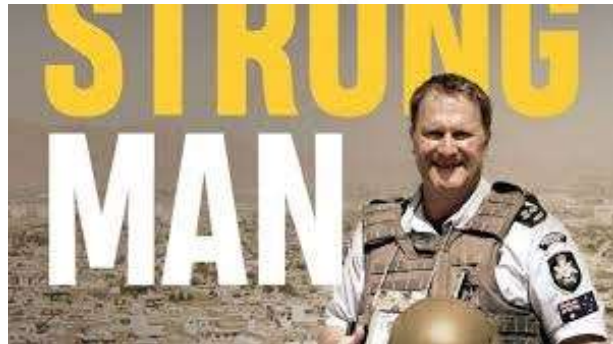
The National Police
Wellbeing Service

Serving over 200,000 Blue Light workers

How this all started.....

@IanHesky





SCALABLE



What have they taught us ?

AFFORDABLE



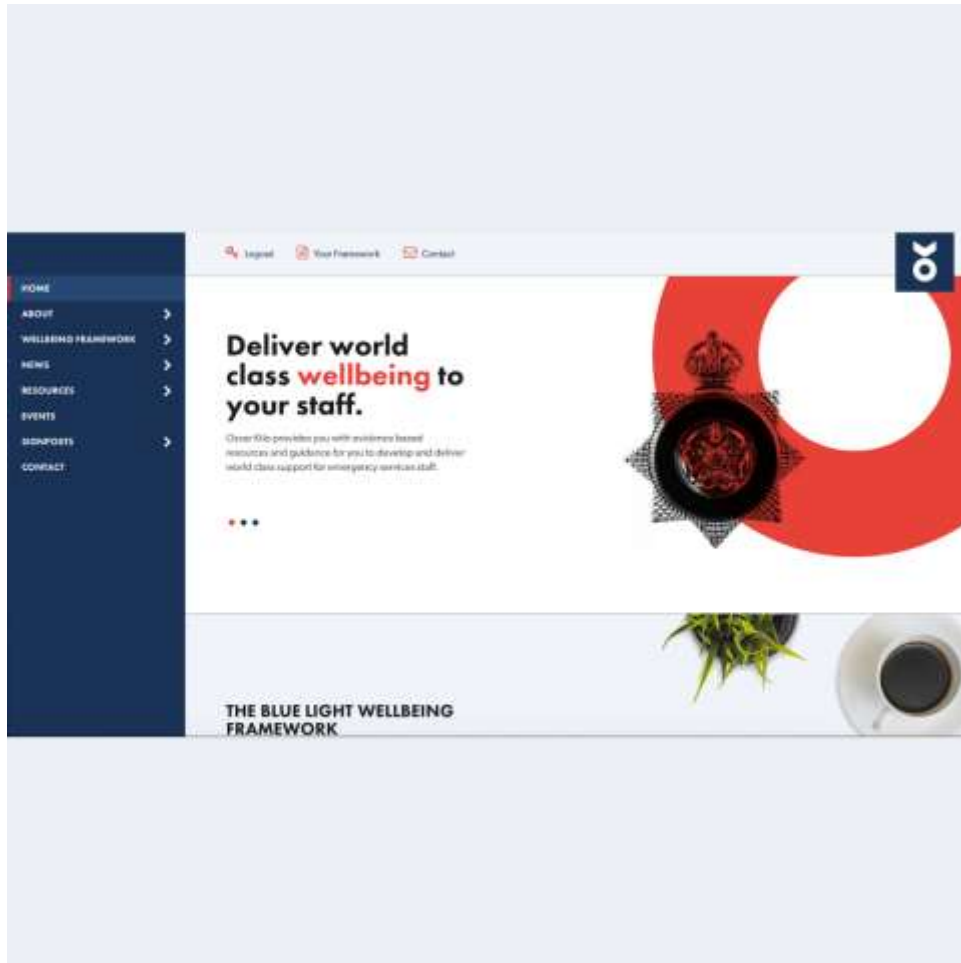
PERSONALISED CARE



The background features abstract geometric shapes in white and dark blue. A large white shape resembling a stylized 'Y' or a downward-pointing arrow is in the top right. A large white circle with a dark blue center is in the bottom right. The text is centered horizontally in the middle of the frame.

What have we done so far ?

Oscar Kilo





**"SOME PEOPLE
FEEL THE RAIN, OTHERS
JUST GET WET."**

Bob Marley

- Experiences shape attitudes
- Attitudes influence behaviours
- Judgmental
- Pejorative
- Personal
- Pessimistic
-and permanent?



The Eight Areas in our 'model of care'

Line Management

Trauma, Post Incident Support and Disaster Management

Psychological Screening

Individual Resilience

Executive Leadership

Wellbeing at work

Peer Support

Outreach Service

Wellbeing Vans – Outreach Service





But wait

What is the one consistent feedback ?



FOOD FOR THOUGHT



More information:

twitter: [@OscarKiloUK](https://twitter.com/OscarKiloUK)

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www.oscarkilo.org.uk

