

# Oscar Kilo

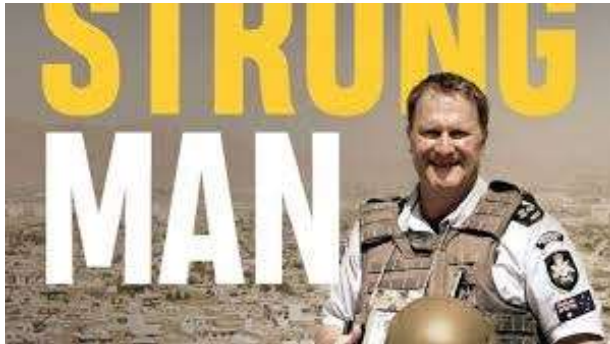
The National Police  
Wellbeing Service

Serving over 200,000 Blue Light workers

# How this all started.....

@IanHesky





# SCALABLE



What have they taught us ?

**AFFORDABLE**



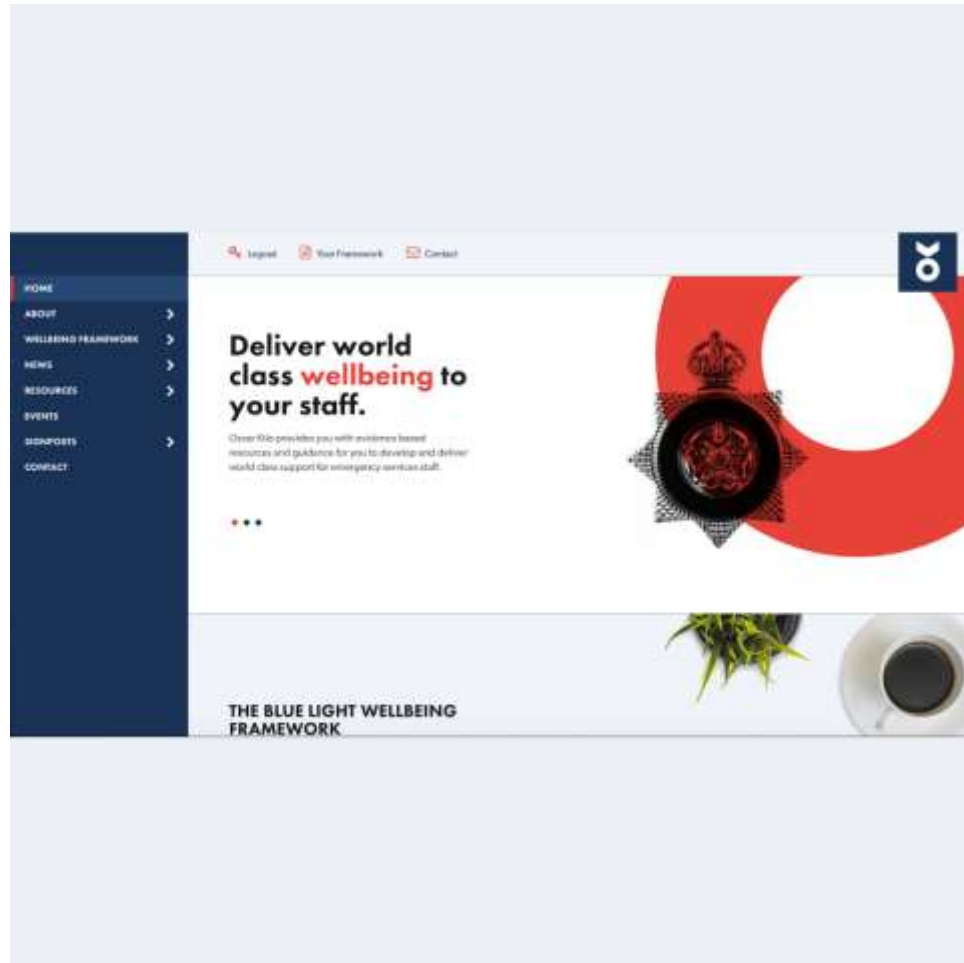
PERSONALISED CARE



The background features a dark blue field with large, white, abstract geometric shapes. On the right side, there is a large white circle with a smaller dark blue circle inside it. Above this, there are several white angular shapes, including a large triangle pointing downwards and other irregular polygons, creating a dynamic, layered composition.

**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](#)

LinkedIn & Youtube: [Oscar Kilo UK](#)

[www.oscarkilo.org.uk](http://www.oscarkilo.org.uk)



