



IT'S OK TO ASK

1. What does the OK badge stand for?

The OK badge is symbol that a force is signed up to the Blue Light Wellbeing Framework and that they are committed to the health and wellbeing of everyone who works for them.

2. How does a force earn it?

The OK badge can be used by any force or individual within a force that has committed to improving the health and wellbeing of themselves and others. The guidelines and resources on the Oscar Kilo website will help to embed these principles.

3. Who should wear it?

Any individual of any rank or status can wear the OK badge if they are committed to improving health and wellbeing. Anyone who is advocating wellbeing should promote and wear the badge.

4. Is this about looking after frontline officers?

This is about all police staff.

5. Is this just another initiative?

This is an ongoing best practice framework that each force has been working with for the last two years. The OK badge is about showing that a commitment has been made to all staff and that your force is engaged with the National Police Wellbeing Service which means they are committed to building and improving wellbeing in your force.

6. How much does it cost?

There is no cost to individuals or forces. The National Police Wellbeing Service is centrally funded by the Home Office.

7. What does it offer me?

Resources, guidance and evidenced based information about health and wellbeing.

8. Who is it aimed at?

Depending on your role, Oscar Kilo has a different offering. It is primarily aimed at the organisation and a practitioner level so that those with a responsibility for wellbeing in your force have access to the best research, guidance, frameworks and resources to be able to create a really strong wellbeing offer that can be tailored to meet the local needs of your force.

As an individual, a line manager or just someone with a personal interest in wellbeing, the website in particular is a great place to go to see what support and guidance your force has access to and find out what's going on in other forces across the country. We also post news and blogs about various wellbeing issues that may be of interest to you and we're active on social media so you can join in any discussion we're having there.

There's a signposting area within the site so if you are looking for support yourself we can help guide you to some helpful places. We also have an online mindfulness course that has been designed by a serving police officer and a leading mindfulness expert so if mindfulness is your thing, you can access this and it's completely free.

'We offer several training sessions and workshops which are aimed at various different roles and ranks. Some of our courses include, Peer Support, line management and leadership skills for wellbeing, and positive psychology.

9. Why have I never heard of it?

Until the launch of the National Police Wellbeing Service in 2019, Oscar Kilo was very much aimed directly at wellbeing practitioners. We now have a much wider offer and so we'll be doing lots of work to promote the service, what it is and what it means for you.

10. How do I know what is available through OK and how I can get involved?

Everything we're doing is advertised and accessible via oscardkilo.org.uk or you can follow us on Twitter @OscarKiloUK and if you're a wellbeing practitioner in force or have job role responsibility for wellbeing, you can join our practitioner community on LinkedIn.

11. Who owns OK?

Oscar Kilo and the National Police Wellbeing Service is centrally funded by the Home Office. It is led by the Chief Constable of Lancashire Police under his NPCC portfolio for Wellbeing and Engagement and we're delivering the service working closely with the College of Policing.

12. What does success for OK look like?

We want to ensure that every member of the police service feels properly supported by their organisation and has access to the best possible wellbeing support available.