

# Going equipped issue seven

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[Introducing the autumn/winter 2023 issue of Going equipped – a publication written for policing, by policing](#)

Going equipped 2 mins read

Welcome to issue seven of Going equipped. You will know by now that Going equipped is written by policing, for policing and I am delighted to see a range of ranks and roles – including both officers and staff from forces across the country – represented in our autumn/winter issue.

The articles in this issue include five things about the metaverse, a novel tactic for dealing with victims of trauma at the Royal London Hospital, a multi-agency approach to dealing with the fly-tipping of tyres, and the role of a local intelligence officer, highlighting the breadth of activity policing is engaged in.

There are two excellent long reads in this issue. The first focuses on the impact of shift work and the ways that fatigue can affect driving home from work. Many of us will know of colleagues who have lost their lives driving home fatigued after a night shift. This article explores the problem of 'sleep debt' and the work being taken forward by the National Police Wellbeing Service to help address the risks.

The second long read shares findings from research into mapping public space violence against women and girls (VAWG). This instrumental research shows that 50% of all harm caused by crime against women and girls is concentrated in just 0.48% of public spaces, offering thoughts as to why. It also provides a deep dive into the harm caused to girls aged between 12 and 18 that occurs between the hours of 3pm and 6pm after school finishes. This article will be of interest to those working on VAWG across all forces, as well as local policing and neighbourhood and crime prevention colleagues.

We have a diary insight into being the bronze commander at Operation Golden Orb in the run-up to the King's Coronation Concert at Windsor Castle. This issue also includes a fascinating Q&A with Temporary Deputy Assistant Commissioner Dr Alison Heydari as she takes up her new role leading the Police Race Action Plan, while our book review delves into the secret world of 'How Spies Think' by David Omand.

One of my favourite articles is the practice note about 'We've got HeART' from Merseyside Police, which describes a project initiated to reduce addiction and criminality through art. I found this approach inspirational, with the pride and passion of the team shining through. Please do have a read and see if something similar might work in your force.

Thank you to all who have contributed to this issue, particularly our writers, peer reviewers, editorial board members and our distributors who take copies into police stations across the country. As ever, we are always seeking contributors and peer reviewers, so if you have something to write about, or would love to get involved, please email the team at [goingequipped@college.police.uk](mailto:goingequipped@college.police.uk).

## Articles in issue seven

- [Using art to address substance misuse in Birkenhead](#)
- [Diary of a bronze commander for the Coronation](#)
- [My policing career Q&A](#)
- [Reducing fly-tipping in West Mercia](#)
- [Mapping public space violence against women and girls](#)
- [Working in intelligence – spotlight on a local intelligence officer](#)
- [Metaverse – five things you need to know](#)
- [Using a trauma-informed approach for serious violence victims](#)
- [How spies think – book review](#)
- [Shift work in policing and road safety](#)

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