

Wellbeing magazine – South Yorkshire and Me

Introducing a quarterly magazine focusing on South Yorkshire Police related wellbeing stories, advice and learning.

First published

9 July 2024

Updated

31 July 2025

Key details

| | |
|--------------------------|------------------------------------------------------------------------------------------------------|
| Stage of practice | Untested |
| Purpose | Organisational |
| Topic | Leadership, development and learning Wellbeing |
| Organisation | South Yorkshire Police |
| HMICFRS report | PEEL 2021/22: Police effectiveness, efficiency and legitimacy |
| Contact | Kay Fitzgerald |
| Email address | kay.fitzgerald@southyorkshire.police.uk |
| Region | North East |
| Partners | Police Health services Voluntary/not for profit organisation |

Key details

| | |
|--------------------------------|------------------------------|
| Stage of implementation | The practice is implemented. |
| Start date | September 2022 |
| Scale of initiative | Local |
| Target group | Workforce |

Aim

To provide current and relevant information to support the physical and mental wellbeing of staff.

Intended outcome

The intended outcomes of South Yorkshire and Me are to:

- improve the wellbeing of staff
- improve wellbeing support to staff
- inform staff of the availability of wellbeing support and advice
- reduce staff absence

Description

South Yorkshire Police (SYP) recognise the importance of wellbeing and as part of the force approach they have introduced a quarterly magazine that can be accessed online or in hardcopies. The magazine has been running for nearly three years and focuses on South Yorkshire content from staff and support networks intended to support other colleagues.

The magazine is funded through the core communications budget. The editor and lead is an operational officer. Their role is to organise a content meeting in preparation for each publication and uses events such as Ramadan to help shape its content.

The magazine is well received by staff and as a result they regularly have staff volunteering. This shows they are willing to share their personal wellbeing stories for the benefit of others. The

magazine contains support network contacts, along with other South Yorkshire related stories.

Overall impact

The magazine has been running for nearly three years and continues to generate lots of discussions and support for staff. The magazine is well received by staff and the editor regularly receives positive feedback.

In terms of impact, it's not possible to show it has delivered all the desired outcomes, however it can be shown staff are more aware of the support available to them.

The fact there are regular volunteers to share their wellbeing stories, demonstrates the value they see in giving their time to develop articles.

Numerous officers have contacted to thank colleagues for sharing their stories. South Yorkshire Police are about to send out a survey to officers seeking further feedback.

Learning

- the benefits of an operational officer being the editor has ensured the focus in supporting operational staff
- keeping the magazine focused on South Yorkshire has seen more engagement from staff
- early planning for forthcoming publications is essential
- ensure a rotation of staff from the force are involved in developing the content to get a broader depth of content
- use forthcoming national or local events to help plan content

Copyright

The copyright in this shared practice example is not owned or managed by the College of Policing and is therefore not available for re-use under the terms of the Non-Commercial College Licence. You will need to seek permission from the copyright owner to reproduce their works.

Legal disclaimer

Disclaimer: The views, information or opinions expressed in this shared practice example are the author's own and do not necessarily reflect the official policy or views of the College of Policing or

the organisations involved.

Tags

Wellbeing