



South Wales

POLICE
Federation

Last chance to submit your nomination for the federation elections

The Closing Date for Nominations is Saturday 17th February 2018 at 23:59

for more information go to the swpf website or contact Steve Trigg or Clare Biddlecombe on the details below



www.swpf.org



Members,
be the voice of your
colleagues
Stand for election now



To find out more goto : <http://www.polfed.org/aboutus/3731.aspx>

Contact your local branch board for more information

JBB Chairman Steve Trigg - **07968 268434**
strigg@swpf.polfed.org

JBB Secretary Clare Biddlecombe- **07717654288.**
cbiddlecombe@swpf.polfed.org



www.swpf.org

‘Heb fy nghynrychiolydd Ffederasiwn efallai na fyddwn byth wedi dod yn swyddog heddlu’

Astudiaeth Achos Aelod: Andy Morris, Heddlu Llundain

Ar ôl gwasanaethu gyda thri heddlu, dod yn arolygydd a chynrychiolydd Ffederasiwn – does dim amheuaeth bod Andy Morris wedi mwynhau gyrfa amrywiol a llwyddiannus mewn plismona.

Ond gallai fod wedi bod yn stori wahanol. Roedd yn gadét yn Heddlu Llundain yn yr 80au hwyr a roedd ei ddyfodol gyda'r heddlu mewn perygl.

Esboniodd Andy:

“Roeddwn i'n dod o'r Cymoedd, yn ifanc, naïf, yn ffyddiog o bawb ac eisiau helpu pawb.

“Gofynnwyd i mi ai'r heddlu oedd y swydd gywir i mi oherwydd fy mod yn rhy neis.

“Roedd yn anodd, doedd gen i ddim teulu ac at bwy fedrwn droi? Dydy dynion ddim yn hoffi cyfaddef eu bod yn fethiant.”

Newidiodd pethau diolch i gynrychiolydd Ffederasiwn a oedd yn dipyn o 'arwr' yn ôl yr Arolygydd Morris.

“Sicrhaodd y Ffederasiwn nad arna i oedd y bai, dim ond achos o 'dyma beth sy'n ofynnol'. Mi wnaethon nhw roi help ac arweiniad i mi, roedden nhw'n fy nghefnogi a rhoi cymorth i fi ar yr adegau gwaethaf.

Trefnodd fy nghynrychiolydd gyfarfod cytbwys rhwng fy uwcharolygydd a newidiodd y cyfarfod hwnnw bob dim.

“Dyma ni 30 mlynedd yn ddiweddarach a rydw i'n Arolygydd. Felly, hon oedd yr yrfa i mi – ond onibai am y Ffederasiwn ni fyddwn wedi medru mynd yn fy mlaen a gwneud y pethau da dw i wedi eu cyflawni.”

Yn 2015 daeth yr Arolygydd Morris yn gynrychiolydd Ffederasiwn ei hun.

Dywedodd:

“Dw i wedi gallu elwa o fy mhrofiadau a dagnos empathi gyda phobl sy'n cael amser anodd.”

Allech chi fod yn gynrychiolydd Ffederasiwn? Am wybodaeth ar sut i fod yn gysylltiedig ewch i www.polfed.org/repstwork

‘The Federation helped me keep my job - so I became a rep to help others’

Case Study: **Rebecca Smith**

Have you had tough times in the job but come through the other side? If so, then becoming a Federation Representative could be a way to use that experience positively to help others.

PC Rebecca Smith may have lost her job with Derbyshire Police if not for the Federation, and now she wants to give something back.

She explains: “When I first joined the force I had some issues around a blood condition that they were aware of when I applied for the job. Once I became a probationer they decided that they didn’t like the medication I was



on, they didn’t like the medical problem and, basically, they wanted to get rid of me! “The Federation supported me through that and backed me up. I got to keep my job. Now I want to help people that may be going through

similar situations.” Rebecca has been impressed by the opportunities to learn and develop as a rep: “There’s so much information you’ll never learn everything, but luckily there are lots of people you can ask. I’ve been doing it a year so far and it’s been really, really good – really interesting.”

Having been helped by the Federation, Rebecca knows first-hand that good reps can make a difference.

She adds: “I’ll keep going with this, keep learning and maybe become a lead on something or maybe become a full time Fed Rep on day, who knows?”

Could you be a Fed Rep? Find out how you can get involved at www.polfed.org/repsatwork