

# This Is Me, Video Production

## Fife Division – Police Scotland

### Partnership Case Study



**POLICE SCOTLAND**  
Keeping people safe  
**POILEAS ALBA**

**Fife Health & Social Care Partnership**  
Health Promotion Service  
Workplace Team

Fife Division of Police Scotland supports the force’s health safety and wellbeing through a range of established initiatives, approaches and services.

The ‘This is Me’ initiative encourages workers to share their stories, experiences and go – to tips to maintain and improve Division health & wellbeing.

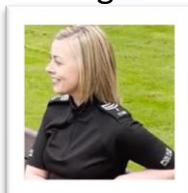


You are not alone.

- 8 Police Stations Fife wide
- 800 workers (Police & Staff)
- Inclusion & Equality Officers
- Wellbeing Champions
- Wellbeing Group Meetings
- Advisory Panel
- Quiet Rooms
- Outdoor Spaces & Physical Activity
- Wellbeing Intranet

Workplace Team supported the development of a lived experience [video](#) contributing to the ‘This is Me’ project. The video features a Division Community Sergeant & describes a period of personal illness as well as the journey to recovery - giving appreciation to the support from Division colleagues and peers:

- empathy and compassion
- access to rehabilitation services
- enabled continued attendance at work through tailored reasonable adjustments.



***The Sergeant encourages Division colleagues to reach out for support, if they need it.***

Fife Division of Police Scotland are mindful of the importance of force health, safety and wellbeing - demonstrated by the wide ranging availability of resources and approaches to support, improve and sustain it.

**218 video views since video release on ‘Time to Talk’ Day in February 2024...**

*...I’m not sure you will ever realise the impact this message will have had on people...  
...you will have encouraged others that may be struggling for whatever reason to seek support...*

**Force Feedback:**

*...it just takes brave people like you to put themselves out there and be a bit vulnerable and share their story. I really admire that!*

*I found your story quite emotional and can totally understand how big an impact that would have had on you...  
Well done for putting yourself out there and being someone people will look up to...*

**Workplace Team continue to provide tailored advice and guidance which meets the force’s local health, safety and wellbeing needs and priorities.**