

# Ethical policing isn't just on the job, it's who we are

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Sergeant Stuart Ford shares what ethical policing means to him

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The [Code of Ethics](#) supports everyone in policing to deliver a service that is fair, ethical and can be trusted to make decisions in the interest of keeping people safe.

Sergeant Stuart Ford embodies the [Code of Ethics principles](#) as the Cycling Team Lead for City of London Police. Stuart leads his team to deliver a service that takes into account people's individual needs and requirements to provide the highest standards to the public.

The Code was developed with serving police officers and police staff like Stuart, based on evidence and first-hand experience to make sure everyone working in policing feels fully supported within their roles to ensure they are doing the right things, in the right way for the right reasons.

Outside of work Stuart is part of the [UK Police Unity Tour \(UKPUT\)](#) who raise awareness of those who have lost their lives on duty and fund raise to support their families. Stuart supports and encourages those involved, many serving police professionals, to improve their fitness and wellbeing.

Stuart recognises the pressures policing can have on mental health and how improving fitness can improve wellbeing, leading to a better service to the public.

*I think for the job that we do, there's quite a toll on our own mental health so I really push trying to help those people who are struggling and it's really nice to see when they are getting a bit fitter, and a bit healthier, the confidence builds, then when you go out and your dealing with the public, you're in a better mindset, then you will do a better job."*

**Sergeant Stuart Ford**

Stuart demonstrates that ethical policing isn't just whilst on duty, it's providing a public service every single day: "I'm not always on duty, but I'm always a police officer".

### Video Transcript

#### **Stu Ford**

I'm not always on duty, but I'm always a police officer. And I'm proud of that fact and there is a standard we should maintain. I'll always remember a colleague of mine I used to work with and everything he did, he did with authority, calmly, always taking into account people's individual needs and requirements. I'll always remember, someone being arrested and his attitude was very much, 'No, it's not nice for this person to go through this.' He always showed empathy towards the individual, never judge them. He just tried to do what he could to help that person, whatever the situation was. And I always remember seeing that officer and thinking that's the way to police. So when we are acting ethically, it sets that standard.

I think the Unity tour links in really well with the Code of Ethics and the ethical side of policing. This is police officers giving their own time to jump on a bike and go and do 200-plus miles over a few days. There's a lot of effort that goes into raising funds and it's all under the banner of policing.

#### **Wayne Savill**

Stuart and I first met back in the late eighties. Stuart came to work for one of the firms of lawyers I worked for. When I retired, I weighed a lot more than I do now. I was actually pre-diabetic and I needed to lose some weight. And Stuart had always extolled the benefits of cycling. So I saw it as a good way to improve my fitness.

His calm manner enables him to deal with people on a very personal level. He has to deal with the members of the public day in, day out and he seems to bring that same calm demeanour to dealing with people, especially in the cycling arena. He's a great encourager of other people, never derogatory to them and it shows in the way he cares about how people perform and get fit.

#### **Stu Ford**

I enjoy helping people improve on their fitness and wellbeing and I think for the job that we do, there's quite a toll on our own mental health. So I really push trying to help those people who are struggling and it's really nice to see when they are getting a bit fitter and a bit healthier, the confidence builds, then when you go out and you're dealing with the public, you're in a better mindset, then you will do a better job.

We all know that the police haven't had the best press over the last few years. But the vast majority of us want to do a good job, are ethical in what we're doing, have empathy towards the people we're dealing with. And it shows that police officers, like other people, are just human beings trying to do a good job.

## Ethics and values in practice

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Code of Ethics