



SUFFOLK  
CONSTABULARY

Citizens  
in policing

SUFFOLK SPECIALS

CASE STUDY



## SC Hazel Wenden

Special Constable Hazel Wenden is based in the East of Suffolk supporting the Response teams within that area. Hazel joined as a Special in June 2019 and has become a valued member of the team she supports.

“I wanted to volunteer as a Special Constable because I have always had a real interest in policing and becoming a police officer. Unfortunately I was unable to facilitate doing the full time role due to having young children, so I decided to join the Special Constabulary to gain an insight into policing and become involved in it that way.”

Hazel balances her Special duties alongside being a mum and also her part time staff role within the Force.

“I try to volunteer my time as often as I am able, ranging anywhere from 20-90 hours per month.

I am currently fitting most of my shifts around school hours and have built up a great rapport with other officers.

I have gained a huge amount of skills and experiences, to name just a few: Conflict management, mental health training, First aid and Personal Safety Training.

I work alongside numerous partner agencies such as the Fire service, Ambulance service, social services, as well as departments within the Constabulary such as; custody, dog handlers, traffic

officers, and firearms unit.

I have gained a huge amount of experience engaging with members of the public and diffusing difficult situations.

I would absolutely recommend volunteering for the constabulary as this has given me a huge amount of satisfaction and value. I also believe it helped me obtain my paid staff role within the force.

I enjoy the fact that every shift is different and it's great to be out and about within the community and engaging with the public.

Volunteering for Suffolk Constabulary has most definitely changed my life! I was a stay at home mum for a number of years before applying to become a Special Constable and it gave me a purpose other than being a mum to my wonderful children.

Being a Special Constable has given me self-worth, confidence and value at a time when I needed it the most. I have realised my full potential and gained a huge amount of experience and skills. I absolutely love every moment of being a Special Constable.”

If you would like to find out more about becoming a Special Constable like Hazel, please email:  
[specialsandvolunteers@suffolk.police.uk](mailto:specialsandvolunteers@suffolk.police.uk)