



Use this form to make a complaint  
about the police





# Who you can complain about



You can make a complaint about a police force, police officer, staff member, or volunteer.





# About your personal information



Cumbria Constabulary will keep your name, address and personal information safe.



We will put your name, address and personal information in our computer system.



If you want to know how we use your name, address and personal information, you can read a long Privacy notice.

You can see the notice on our website address:  
[www.cumbria.police.uk](http://www.cumbria.police.uk)



You need to give your name and address so you can be contacted in the future.

You do not have to write down any other contact details, but if you do, the person dealing with your complaint may be able to contact you more quickly.



# Filling in this form



Please use BLOCK CAPITALS when filling this form if you can



If you need help to fill out this form, you can phone us on 101, option 2, extension 60022

or

email us:

[psdadmin@cumbria.police.uk](mailto:psdadmin@cumbria.police.uk)



If you want, you can get someone you know to fill in the form.

You will need to sign the end of this form.



# What we need to know about you



What is your FIRST name?



What is your LAST name?



What is your date of birth?



Please put a tick in the box to show which title you would like

Mr

Ms

Miss

Mrs

Other



What is your address?



What is your postcode?  
E.g. CA10 2AU



What is your telephone number?



What is your email address?

If you do not have an email address, leave this blank



# Who you are complaining about?



Do you know the name of the person your complaint is about?

Yes  No

If yes, state name



What is their job?



What is their ID number?

Please leave this blank if you do not know the ID number



If you know the police station where the officer or officers work please write it here.



What is your complaint about?

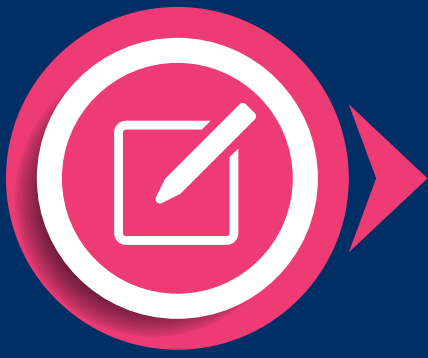
Please tick appropriate box

- What happened when you reported something to the police
- How you were spoken to
- Updates from the officer
- Your arrest
- Other - please tell us more here



Who was involved?





# Signature and date



All the information I have given in this form is true.

I understand that the organisation my complaint is about will see this information

Your signature



Date



# Ethnic Group

We want to be sure that we are treating everyone equally and fairly. The information you give here will not change the way your complaint is treated. Please put a tick in the box next to the group that describes you.

## Are you white?

- English / Welsh / Scottish / Northern Irish / British
- Irish
- Gypsy, Traveller or Irish Traveller
- Other White background

Tell us more

## Are you Black, African, Caribbean, or Black British?

- African
- Caribbean
- Other Black background

Tell us more

## Are you Asian or Asian British?

- Indian
- Pakistani
- Bangladeshi
- Chinese
- Other Asian background

Tell us more

## Are you Mixed or from a Multiple ethnic group?

- White and Black Caribbean
- White and Black African
- White and Asian
- Other Mixed/Multiple ethnic background

Tell us more

## Are you from another ethnic group?

- Chinese
- Other Asian background

Tell us more

- Not stated
- Prefer not to say



# Where you should send this form



## Post

Professional Standards Department  
Cumbria Constabulary  
Police Headquarters  
Carleton Hall  
Penrith  
Cumbria CA10 2AU



## Email

[psdadmin@cumbria.police.uk](mailto:psdadmin@cumbria.police.uk)