# Metropolitan Police Officer Found Deceased Following Distressing Meeting with Manager



Metropolitan Police Officer Nicola Forster, 45, was found deceased at her home in September 2022, one month after a notably distressing meeting with her manager, Inspector Hayley Webb. Forster, who had been managing post-traumatic stress disorder (PTSD) stemming from her frontline work during the Grenfell Tower fire in 2017, reportedly felt increasingly targeted by her superior, an inquest at Bedfordshire Coroner's Court revealed.

Forster's mental health declined significantly following a negative performance review which was brought up by Insp Webb during their meeting. Police Federation representative, Sergeant Timothy Clarke, characterized the meeting as the most upsetting of his 20-year career, describing it as inappropriate given Forster's vulnerable state. Forster, who served as a safety training officer at Hendon Police College in North London, had confided her mental health struggles to Insp Webb but was instead criticized for her work performance during the meeting.

Sgt Clarke expressed regret for not asking to halt the meeting, noting its highly distressing impact on Forster. Forster’s partner, Amy Popple, testified that Forster grew very emotional about being told her team had no confidence in her. Additionally, Forster had revealed to her colleague, Liz Hockley, that her request for an occupational health referral in February 2022 had not been fulfilled by Insp Webb.

In an email to Hockley, Forster conveyed feeling victimized and unsupported by her organization, describing a sense of being discriminated against. She mentioned feeling like a "target" and criticized Insp Webb for compelling her staff to discuss her performance issues.

Coroner Emma Whitting stated: “The evidence suggests there was a link between workplace difficulties and the decline in her health prior to her death.” The inquest continues to investigate the circumstances surrounding Forster's death.