



National Association Of Retired Police Officers



Chairman. D. Medhurst

38, Ashdown Avenue,
Saltdean, BN2 8AH

01273 300698

e-mail davidandsuem@hotmail.co.uk

Brighton and District Branch

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www.bdnarpo.co.uk

Sec. G Cosham,

19, Rye Close,
Polegate, BN26 6LT

01323 484024

e-mail grahamjohncosham@btinternet.com

Services for Retired Members/ Sussex Police Charitable Trust*

If a Police Officer or member of staff was a member of Sussex Police Charitable Trust* when they retired, they will remain a non-contributing member of the Trust for life. As such the following services of the Trust are available to them. If you are not sure if someone is a member, please get in touch with us and we can find out.

(*Before 2012, SPCT would have been known as Sussex Police Welfare Fund or Sussex Police Staff Welfare Fund).

Support, Advice and Guidance:

Our Trust Advisers can meet with our retired members in a place of their choosing in Sussex to provide free, confidential advice, support and guidance on any issues they may have. This includes, but is not limited to, housing, finances (including a benefits check and support with applications), health and wellbeing, accessing care and support services and signposting to other organisations if needed. We can also give this support over the telephone or via e-mail if that is more convenient.

Financial Assistance

Our members can apply for financial assistance in the form of non-repayable grants when in times of need, hardship or distress. Things we have been able to assist members with in the past include the cost of counselling, travel and parking expenses for hospital visits, alternative therapy treatments, accessing housing, accessing legal advice and specialist equipment. This list is by no means exhaustive, so if there is an unexpected expense that someone is struggling with, please do get in touch to discuss with us.

Recuperative Breaks

We own a three bedroom bungalow in Dorset, which members of the Sussex Police Charitable Trust can use for recuperative purposes. It is free of charge in line with the Trust's charitable object of supporting its members in difficult times. 'Recuperative' taken in its broadest sense includes individuals and families who are affected by physical or mental illness, injury, disability and infirmity; bereavement; family difficulties; work related problems and trauma. There's a short application form that members need to complete to apply to stay in the bungalow. We can support members with completing this if needed. (PD says, I've been here, it's brilliant.)

Referrals:

If you know of someone who may benefit from our services, please get in touch with us on the contact details below.

People can also contact us directly to access our services.

Sussex Police Headquarters, Church Lane, East Sussex, BN7 2DZ 01273 470101 extension 540703.

email : spct@sussex.pnn.police.uk Website : www.sussexpolicecharitabletrust.org

Scouting Volunteers Required. John Easton writes:-

"I am seeking your assistance as volunteers in the Scouting movement of East Sussex. I have recently taken over the role of County Commissioner for East Sussex Scouts. We are in need of some fresh blood into the organization across the County, in particular in the Brighton and Hove, Hastings and Seaford/Newhaven areas. The people that I am looking for need not to have had any scouting experience, in a way that maybe an advantage. The roles are mainly about managing and directing people, something that we as Police Officers were well able to do whilst serving in the Force. We will provide full training in the roles that we need to fill; the commitment is as onerous as you would want it to be. You can be assured that your services to the organization would be extremely appreciated, and I am sure you will feel fulfilled in helping the youth of East Sussex. Although I have specified certain areas of the County my request is open to all areas of East Sussex. If you think that you might fit into this role, but need more information please visit our website <https://www.eastsussexscouts.org.uk/> or contact me in the first instance at eastsussexcountycommissioner@gmail.com."

State Pension top up – Less than 3 months left to apply

State Pension top up lets those who reached State Pension age before 6 April 2016 boost their State Pension income by up to an extra £25 per week in return for a lump sum contribution. The extra amount is index linked, guaranteed for life and in most cases inheritable by a spouse or civil partner. The scheme is open for a limited period, until 5 April 2017. For details visit www.gov.uk/statepensiontopup (*Read the material well before going further*)

A CENTURY OF SERVICE - RECENT HISTORY REQUIRED (From NARPO HQ)

As you will know, we have commissioned an author/researcher to research NARPO's unique history, in preparation for our centenary in 2019. A good response for material has been made already but more information, documentation, photographs etc. are required particularly in relation to the more recent history of NARPO and its Branches, from 2000 onwards. So if you have any documents, artefacts and photos relating to NARPO's history, in particular since 2000 please do get in touch with the author/researcher Angela Buckley at: angela@angelabuckleywriter.com

A career on T.V?

BBC One's 'How To Stay Young' with presenters Dr Chris Van Tulleken and Angela Rippon, is BACK and we are on a mission to make you look and feel younger. Have you retired in the past couple of years? Do you sometimes wish you could feel younger? Could your lifestyle be healthier? Would you be willing to take part in a project which will inspire the public to make healthier choices? If so, then this is the opportunity for you! We're looking for people, aged 35 -70, who want to have a healthier lifestyle to take part in an exciting new project. The aim is to make people feel younger, look younger and live a longer, healthier life. For an application form and to find out more please send your name, age and contact number to: howtostayyoung@bbc.co.uk

From BBC Studios Factual Entertainment Development team.

We're currently at the very first stages of developing an exciting series all about people who have not made it home to their loved ones for Christmas for one reason or another. All people who have given up their Christmas day – possibly the most precious day of the year - to help others. The idea is to give them back the Christmas day they once lost. We are looking for hear stories from people who missed a Christmas in the 60s, 70s and 80s. If anyone does have a story they would like to share it would be great to have their name, contact/branch details, the date of the Christmas missed and any reasons why. Rose Mooney, Assistant Producer, BBC Studios | Factual Entertainment Development Team
T: 03030807011 E: rose.mooney@bbc.co.uk

‡ Obituaries ‡

I regret to inform you of the deaths of:-

Daniel Donald CLIFFORD 83yrs, on the 1st January 2017. Daniel joined the Sussex Police in 1959. He served as a uniform officer in Bognor, Arundel, Petworth, his last posting being at Handcross where he was promoted to Sergeant. He retired in 1985.

Bryan Victor ORFORD, who died in Graves Memorial Hospital, Ontario, Canada on the 23rd of January 2017. He was 82. Bryan served in Hastings Borough Police from 1965 to 1968, and then the Sussex Constabulary. He worked in various roles at Hastings until his retirement on the 1st of December 1991.

Ray WAKE, aged 80 years, on Friday 20 January 2017. Ray served as a PC/DC in Eastbourne throughout his service from 1974 to 1994. He was the brother of Terry Wake a member of Eastbourne & District NARPO.

Geraldine Margaret BROWN, 96yrs, on the 23rd January 2017. Geraldine known as "Gina" was the wife of the late Frank Aubrey Brown a former Chief Constable of Norfolk in the 1970s. She was a member of Brighton NARPO.

DON'T FORGET THAT YOU CAN RECEIVE OBITUARY NOTICES BY E-MAIL MUCH SOONER THAN BY THIS NEWSLETTER, AND OFTEN WITH MORE DETAILS THAN I CAN INCLUDE. JUST CONTACT colin.crookes@virginmedia.com

SOCIAL

Theatre trip to Kinky Boots, on Wednesday 19th April.

The promotional blurb on the internet says 'Since **winning the 2016 Olivier Award for Best New Musical**, Kinky Boots is the **winner of every major Best Musical award** and is the hottest show in town! **With songs by Grammy® and Tony® winning pop icon Cyndi Lauper**, this fabulous musical celebration is about the friendships we discover, and the belief that you can change the world when you change your mind. Kinky Boots takes you from the factory floor to the glamorous catwalks of Milan. Charlie Price, played by David Hunter, is struggling to live up to his father's expectations and continue the family business of Price & Son. With the shoe factory's future hanging in the balance, help arrives in the unlikely but spectacular form of Lola, played by **Olivier award-winner Matt Henry**, a fabulous performer in need of some sturdy new stilettos.' (This is based on a true story; so they say).

Full details were in last month's newsletter. If you haven't booked, don't delay!! See you on the coach.

For a booking form contact p.dacey@btinternet.com or contact Ray direct at ray.castle1@yahoo.co.uk or 01273 551349

And finally...feeling brave this month (Oh so stupid of me!!!!!!)

1. Behind every angry woman stands a man who has no idea what he said wrong!
 2. Every time you speak your mind to your wife, you should remember that every word will be recorded and used for training and quality purposes!
 3. Arguing with a woman is like reading the T&Cs of a software contract.
- In the end you have to ignore everything and click 'I agree'