

# National Association of Retired Police Officers

## Eastbourne and District Branch

### Spring 2016 - Quarterly Newsletter

Welcome to the Spring Newsletter. There are a number of matters that I wish to bring to your attention.

The AGM will be taking place on Tuesday 19 April 2016 at the Fishermen's Club, Royal Parade, Eastbourne BN22 7AA. A finger buffet will be provided together with a raffle. I have invited Ian Potter, our National President, as our guest speaker. Ian has accepted. Please support this meeting and discover what is happening nationally. If you wish to put questions to Ian please let me know, so, in fairness, he has a chance to research the topic. This will not restrict questions that you may wish to put to Ian on the night.

At last year's National Conference, the National Executive Committee (NEC) put forward a motion to radically change the national rules. Following a very close vote, the motion was rejected. The NEC planned to put an amended set of rules to Conference again this year. However, this has been deferred until 2017. I have received the 'first draft' copy of the proposed rules which will be discussed at the next General Committee Meeting. The NEC promise that there will be full consultation with Branches through the Secretaries and Chairs. The proposed new rules will be published in due course in NARPO News. If you wish to know more about these proposed rules, please let me know.

We are still looking for a Treasurer. As most of you will know, Eric Reed, who currently holds this post, now lives in France. As I have stressed previously, we cannot operate without a Treasurer. I, like many of you, would not wish to see this branch fold or amalgamate with another branch. If you wish to know more about this post, please let me know. I promise that the Treasurers duties are not an odious task.

Details of the Spring Lunch are set out later in this Newsletter. Please let Mrs Caroline Place know as soon as possible if you wish to attend. Guests, of course, are very welcome to this and all our events.

If you or your spouse are house bound or in residential care or in hospital, and would like ex-colleagues to pay a visit and are happy for this to be included in the Newsletter or by email, please let me know. I appreciate that there is a risk factor to this especially if it indicates that someone is living alone at home. I would be willing to act as a link and pass on details such as addresses etc. to those who wish to visit.

I appreciate that NARPO is the last thing on the mind of members whose spouse/partners are seriously ill or have passed away, but I would very much appreciate being kept updated whether or not NARPO can help.

Many of you will have already received some of the contents of this Newsletter by email. Unfortunately, about a third of our members are not on line hence the repetition.

Most of us 'on line' are inundated with companies offering discounts etc. However, these three may be of interest. [www.emergencyservicesdiscount.com](http://www.emergencyservicesdiscount.com) telephone 01942 527 480; [www.staffdiscountspolicefederation.org](http://www.staffdiscountspolicefederation.org); and [www.timeout2enjoy.co.uk](http://www.timeout2enjoy.co.uk) telephone 0116 2697218. I obviously cannot endorse these companies.

Our thoughts are with the people of Belgium.

And finally, I have returned as the editor of the Newsletter.

### **New Members**

I wish to welcome the following new members to our Branch and hope to see them at our future Social Gatherings:

Barry and Daphne Massey – (Ex-Sussex)

Ray and Elaine Netts – (Ex-Sussex)

Tim Guyton – (Ex-Sussex)

Stephen and Janet Westwood (Ex-Mets)

David and Amylea Toole – (Ex-Thames Valley)

Harry Harrison – (Ex-Sussex and transferred from North Branch)

Chris and Kim Clinch – (Ex-Sussex – Additional Members from Chichester Branch)

Nigel and Carol Kemp – (Ex-Sussex)

## Obituaries

### *Eastbourne*

**Tom Cranmer**, aged 91, passed away on 29 January 2016. He joined East Suffolk Police in April 1947 and transferred to Sussex on 1 May 1962. He was promoted to Sergeant and served at Bexhill until his retirement in April 1974. He was an active member of Eastbourne & District NARPO and was a regular 'toast master' at our lunches.

**Rodney Ash** passed away unexpectedly on 10 January 2016. He was 72.

Rodney joined the East Sussex Cadets on 2 May 1960 and the regulars in January 1963. He retired in the rank of Chief Inspector in August 1993 having served in the Traffic Division for 20 years and 6 years as a Sub-Divisional Commander at East Grinstead. On retiring he took up the post of Sussex Police Firearms Officer at head-quarters. I understand that at one time his ambition was to hold the record for the longest serving officer/civilian in Sussex.

### *Brighton*

**Roy Field** aged 86 years, passed away unexpectedly at his home in Three Bridges, Crawley during the afternoon of Thursday 4 February 2016. Roy originally joined the Brighton Borough Force. He also served at Crawley and Gatwick where he was the Divisional Commander retiring in 1984 in the rank of Chief Superintendent. Roy was awarded the QPM in 1983 and after leaving the service he moved to Oman to work as a government adviser. He and his wife Margaret returned to the UK in 1992 and moved to Crawley.

**Richard Myddleton** passed away on Thursday 4 January 2016. Richard joined the Brighton Police in 1957. He served 'on the Beat' from 1957 to 1963; the Vice Squad in 1964; and the Traffic Division from 1965 to 1987. Richard retired on 31 March 1987.

**David Jenkins** passed away on the 19 January 2016 aged 82 years. David joined East Sussex Constabulary on 2 May 1961. On retirement, David held the rank of Detective Sergeant on SOCO.

**Ken Hunt** on 20 January 2016 aged 84/5 years of age. Ken was not a NARPO Member but will be known to a large number of ex-Sussex Officers. He retired in the rank of Chief Inspector some years ago and served in East Sussex, Crawley, Horsham and Gatwick.

### **Bert Simmons**

Bert joined Brighton Borough Police on 26 August 1954 and retired as an Inspector in Sussex Police in 1979. Upon police retirement, he worked for a period of time within security at Selfridges and also as a civilian member of staff with Essex Police.

### *Chichester*

**Tony Lowther** aged 76 years, leaving a widow Gillian to whom he had been married for over 50 years. Tony joined the West Sussex Force in 1967 and served at Crawley before moving to Chichester in 1970. He worked on CID, Commandos and the Regional Crime Squad before returning to uniform patrol at Bognor Regis and Arundel, where he retired in 1995.

### *Flint House*

**Lyndon Filer MBE**, after a period of illness.

I received the following from Flint House:

"There would be no history of Flint House and The Police Rehabilitation Centre in Goring without Lyndon, who was CEO from 1988 until he retired in 2011. Lyndon saw the Centre through from when it officially opened in 1988, and as it metamorphosed into what you will see today, oversaw and led the many changes and people involved in the 24 years of his position as the Chief Executive. Lyndon masterminded the three extensions to Flint House, the building of Flint Fold and the last 25 bed extension programme completed in 2012. Under his leadership the Centre became a "centre of excellence" for the treatment and care of sick and injured police officers. The trustees, staff and residents owe him a huge debt of gratitude for his energy, commitment and personal contribution to the life and work of the Centre from its early days in 1988 to 2011.

The management & staff of Flint House wish to pass their condolences and prayers to Lyndon's family at this time a time of great sadness."

Our condolences are with their family and friends.

## AGM Tuesday 19 April 2016

As mentioned above, the AGM is being held on the first floor at the Fishermens Club, Royal Parade, Eastbourne BN22 7AA. There are no bar facilities in this function hall so if you wish to purchase liquid refreshment please do so from the main bar.

The following Committee Members have informed me that they are willing to stand for another year. **Keith Bowman** (Chair), **Kit Bentham** (Vice-Chair), **Eric Reed** (Treasurer - until we find a volunteer replacement!), **myself** (Secretary), **Mrs Edna Osborne** (Auditor), **Ray Woolston** (Social Chair), **Mrs Liz Gardner** (Welfare), **Peter Head**, **Nick Dimmer**, **Brian Hinsbey**, **Caroline** and **Tony Place**. We are always looking for 'fresh blood' so if you are interested in becoming a Committee Member, please let me know. Meetings are held quarterly.

The Social Committee have also informed me that they are all willing to stand again this year. **Ray Woolston** (Chair), **Caroline** and **Tony Place**, **Mrs Jo Townsend** and **Jan Steedman**. If you would like to join this 'little band' with your fresh ideas, please contact Caroline or myself.

## West Sussex Constabulary Reunion

The Bi Annual Reunion of the former West Sussex Constabulary will be held on Sunday 16th October 2016 at Worthing Golf Club, Links Road, Worthing BN11 9QZ 12.30pm for 1pm. A buffet will be provided which includes tea or coffee at a cost of £16 per person. There will be a payment bar as organised in the past and members will be contacted in due course with full details of the event. If any member who has not previously received details of the Reunion and would like to attend, please contact Tony Matthews, e-mail address **t-matthews3@sky.com** who will send the appropriate details.

## Zika virus – advice for members of Sussex Police Federation Group insurance scheme.

This virus, has now been identified in a number of Caribbean and South American countries including Barbados, Bolivia, Brazil, Colombia, Dominican Republic, Ecuador, El Salvador, French Guiana, Guadeloupe, Guatemala, Guyana, Haiti, Honduras, Martinique, Mexico, Panama, Paraguay, Puerto Rico, Saint Martin, Suriname, the US Virgin Islands, and Venezuela.

The virus spreads to people via the bite of an infected mosquito and may produce mild symptoms which include localised irritation, a skin rash, muscle and joint pains, headaches and conjunctivitis. These symptoms are usually mild and can last for 2-7 days, and, as with other insect-transmitted diseases, the best form of prevention is protection from bites by conventional means like insect repellents and covering exposed skin if a person is particularly susceptible to biting insects.

Whilst symptoms are usually mild, travellers who are pregnant, or planning to become pregnant, should consult their GP or other healthcare professional, on the advisability of travelling to an affected area, because advice varies from country to country and is evolving and changing day by day.

If a pregnant passenger is medically advised not to travel to an area affected by the Zika virus, they should in the first instance contact their travel agent or tour operator to see if the holiday can be re-arranged or deferred to a later date.

Claims for cancellation of trips which are already booked, will, subject to medical evidence, be viewed sympathetically.

## Social Events

(1) **Shepherd Neame Brewery** - Wednesday 13 April 2016 - This includes a visit to the brewery with free time in Faversham. This is a full day trip. The inclusive cost is £26.50 each. (Unfortunately, the closing date for this trip has past. However, if you are interested, please contact Caroline Place AS SOON AS POSSIBLE.)

(2) **Pashley Manor Tulip Festival** - Tuesday 3 May 2016 - This is held at Pashley Manor Gardens near Ticehurst. The following is from their web-site: *"In late spring 30,000 tulips, from palest pink to nearly black to brightest red, create dazzling mantles of colour in every flower bed, pot and border at Pashley. With over 100 varieties of tulip on show visitors can enjoy colour themed displays of demure lily flowered and romantic peony flowered blooms, the exotic plumage of parrot tulips, exquisite fringed tulips with edges that seem feathered with frost, the bold, fresh, green stipes of the viridiflora varieties, the cheerful abundance of multi-flowered styles and, of course, the elegantly curved classic tulip shape in many hues. Complemented by forget-me-nots, pansies, bellis and newly emerging perennials, the sheer volume and fantastic colour of the tulip display is mesmerising to the first time and returning visitor alike. The Tulip Festival was initiated to celebrate the 400th anniversary of the tulip's arrival in Europe from Persia and, now in its twenty-second year, has become an extremely popular annual event held in association with Bloms Bulbs, winners of 64 Chelsea Gold Medals."* This is a full day, and, subject to numbers, will be for NARPO members and guests only. The inclusive cost is £19.75 each.

(3) **Thames Cruise** – Monday 13 June 2016 - This cruise is from Runnymede to Windsor and includes a light Ploughman's lunch. This is a full day trip. The price is £35 each.

If you are interested or wish to know more about any of the above, please contact Caroline Place on 01323 846000 or email: [tonycaroline@btinternet.com](mailto:tonycaroline@btinternet.com)

**Please book your places as soon as possible. Numbers are restricted.**

(4) *Spring Lunch at the Hydro Hotel* - Friday 20 May 2016. This is a very enjoyable bi-annual social gathering with an excellent three course meal and raffle. If you are single or widowed but do not wish to attend this lunch alone, *please* invite a friend/s to join you. The cost this year is £20 per head. The menu is as follows:

### **Starter**

Caramelised Vegetable Soup or

Pressed marinated Seafood Terrine wrapped in Leek, Red Lentil and Pimento Vinaigrette.

### **Main Course**

Ale Braised Medallions of Beef, Toasted Crouton, Mushroom Duxelle or

Breast of Chicken with Spinach Mousse and a Dolcelatte Cream Sauce

### **Vegetarian**

Aubergine, Tomato and Brie Bake with Basil and Pine Nut Dressing.

### **Dessert**

Exotic Fruit Roulade with a Passion Fruit Sauce or

Individual Lemon Tart with a Raspberry Coulis or

Cheese and Biscuits.

Please complete the pro-forma at the end of this Newsletter and send it to Mrs Caroline Place at 26 Medway, Hailsham BN27 3HF. If you wish to sit with a particular group or member, please indicate this on the pro-forma and the Social Committee will endeavour to ensure that this happens. Alternatively, you can email Caroline. Please ensure that you include the details as set out on the pro-forma.

Payment for all events can be made by internet transfer (BACS) to NARPO Social Account **Sort Code 52 41 00 Account No 40312755** using your **surname and initial** as the reference. If you wish to pay by cheque please make it payable to Eastbourne & District NARPO and forward it to Caroline.

*Friends and guests are most welcome.*

### **Senior Moments**

I received the following from Senior Moments:

“With the support of Polegate Town Council, who have hosted similar successful events in previous years, we are holding a coffee morning and information fair with activities, entitled “Senior Moments” in St John’s Church Hall, Polegate, from 10am to 2pm on Saturday, 16th April 2016. Come along to celebrate later life, and to learn about services for older people living in Polegate and beyond, with particular emphasis on staying safe. Tea, coffee and cake will be served all day and there will be a light lunch served on a first come first served basis - ALL FREE!  
We look forward to seeing you.”

### **PPC Elections 5 May 2016 - UKIP**

The reason that I have included this item is because I was contacted by Mr Alan Thornton, the Campaign Manager for the local UKIP Candidate, Patrick Lowe, asking me to let our members know that UKIP are holding a meeting at the Fishermens Club 7.30pm 13 April 2016. (As they say on the BBC when products are mentioned – “there are other similar products available on the market”!)

### **A little humour....**

A group of NARPO members were sitting at a 'nosh & natter nite' discussing their ailments.

"My arms have got so weak I can hardly lift a glass of whisky" said one.

"Yes I know" said another. "My cataracts are so bad I can't even see mine. Did you get me another double?"

"I couldn't put a cross on the election paper because my hands are so arthritic" volunteered another.

"What? What are you all talking about?" shouted another as he fiddled with his hearing aid.

"I can hear" said a one of the woman "but I can't turn my head."

"I keep forgetting where I'm going or why I'm there" said another.

"I guess that's all part of the aging process" said one of the wiser members groaning as he nodded his head. The others nodded in agreement adding a few grunts.

"Hang on" said one of the more cheerful members "We should all count our blessings. Thank God we can all still drive."

### **And finally....**

Please do not hesitate to contact me on any NARPO matters. I hope to meet more of you at our meetings and social gatherings.

Enjoy the Summer,

My Kind regards,

*Bob Diplock*

Branch Secretary  
Eastbourne & District NARPO  
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# National Association of Retired Police Officers

## Eastbourne and District Branch

Annual General Meeting 7.15pm Tuesday 19 April 2016

Fishermens Club, Royal Parade, Eastbourne BN22 7AA

### AGENDA

- 1 **Opening of Meeting**
- 2 **Apologies for absence**
- 3 **Tribute to past members**
- 4 **Welcome to New Members**
- 5 **Minutes of last AGM held on 14 April 2015**
- 6 **Matters Arising**
- 7 **Reports**
  - (i) **Chairman**
  - (ii) **Secretary**
  - (iii) **Treasurer**
- 8 **Social Committee**
- 9 **Election of Officers**
  - (i) **Chair**
  - (ii) **Vice Chair**
  - (iii) **Secretary**
  - (iv) **General Committee**
  - (v) **Social Chair**
  - (vi) **Welfare Officer**
  - (vii) **Auditor**
- 10 **Election of Representatives for:**
  - (i) **Annual Conference Torquay 6 September 2016**
  - (ii) **Co-ordinators Meeting & No 5 Region Meetings**
- 11 **NEC Matters – Guest Speaker – Ian Potter - National President**
- 12 **Any other business**

**Closure of Meeting/Refreshments/Raffle**

# Spring Lunch Friday 21 May 2016

Please complete the pro-forma and send it to Mrs Caroline Place at 26 Medway, Hailsham BN27 3HF.

If you wish to sit with a particular group or member, please indicate this on the pro-forma and the Social Committee will endeavour to ensure that this happens. Alternatively, you can email Caroline but please ensure that you include the details as set out on the pro-forma.

Payment can be made by internet transfer (BACS) to NARPO Social Account **Sort Code 52 41 00 Account No 40312755** using your **surname and initial** as the reference. If you wish to pay by cheque please make it payable to Eastbourne & District NARPO and forward it to Caroline.

**Please clearly circle your choice – the full description of the menu is set out above**

Name.....Phone No.....

<b><i>Starter:</i></b>	Soup	Terrine	
<b><i>Main Course:</i></b>	Beef	Chicken	Vegetarian
<b><i>Desserts:</i></b>	Roulade	Lemon Tart	Cheese and Biscuits

Name.....

<b><i>Starter:</i></b>	Soup	Terrine	
<b><i>Main Course:</i></b>	Beef	Chicken	Vegetarian
<b><i>Desserts:</i></b>	Roulade	Lemon Tart	Cheese and Biscuits

Name.....

<b><i>Starter:</i></b>	Soup	Terrine	
<b><i>Main Course:</i></b>	Beef	Chicken	Vegetarian
<b><i>Desserts:</i></b>	Roulade	Lemon Tart	Cheese and Biscuits

Name.....

<b><i>Starter:</i></b>	Soup	Terrine	
<b><i>Main Course:</i></b>	Beef	Chicken	Vegetarian
<b><i>Desserts:</i></b>	Roulade	Lemon Tart	Cheese and Biscuits

I would like to sit with the following who are not listed above:

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