

National Association of Retired Police Officers Eastbourne & District Branch

Autumn 2017 Newsletter

Welcome to the Autumn Newsletter. I've published it a few days early because Sue and I are off to our beloved Crete again for a couple of weeks, to, hopefully, soak up the last of the sun before SAD (Seasonal Affective Disorder) hovers over my head!

I attended the Annual Conference at Scarborough on 8 September 2017 together with Keith Bowman (Chair), Kit Bentham (Vice Chair) and Eric Reed (Treasurer) all as delegates and representatives of our Branch; with our respective spouses attending as Observers. The New rules were passed, with several minor amendments, and became operative the following day. These new rules will affect our current Branch Rules which will need to be re-written and agreed to at our next AGM in April 2018. The full rules can be found on the NARPO website narpo.org. Hopefully, they will be published in the next NARPO News for those members without the internet. If this is not the case, and you wish to receive a copy, please let me know.

The theme of the Conference was 'Caring for the Future' with speakers from National Care Association, Police Mutual, Age UK (York) and Affinity Solutions. NARPO, nationally, work with these and other similar organisations concerning issues of health, social care, wellbeing, pensions and benefits. What must be remembered is that many of these organisations, including NARPO, rely very heavily on volunteers.

Brian Burdus, No 4 Eastern Region, has been appointed as the National President and Richards Critchley, No 2 North East Region, as Vice President.

Keith Bowman is now one of our two 5 South East Region representatives on the National Executive Committee (NEC). I'm sure you will join with me in congratulating him on this appointment. Our other representative is Ahmed Ramiz from our Sussex North Branch.

NARPO currently has 89,525 members nationally which includes Full, Widow/er, Life and Associate Members.

Nationally, the organisation has assets (if I have read the balance sheet correctly!) of approximately £3 million. The total held by Branches is a staggering £2.4 million; making a total of £5+ million.

Our outgoing National President, Ian Potter, has served in this post for four years, and was one of our two 5 South East Region representatives on the NEC. During Ian's resignation speech (which was his personal opinion and not necessarily that of the NEC) he brought up the subject of the amalgamation of smaller branches into larger county based branches. This has been successful in other areas. Our branch has fought against amalgamation but I feel that it is very much on the cards. As I've mentioned previously, the national rules state that every branch must have a Chair, Secretary and Treasurer, who are Full Members of NARPO. If we cannot meet the criteria, our branch could fold. I have been your secretary for 5 years and have no intention of serving 17 years as did my predecessor, the late Gerry Humphrey. If you are interested in taking up one of these posts ie Chair, Secretary, Treasurer or Welfare Officer, to ensure the continued existence of our branch please contact me – WITHOUT OBLIGATION!

I am updating the branch's email contact addresses as several have recently been rejected by the 'post master'! Would the following members please send me an email at narpo-secretary-eastbourne@hotmail.co.uk so I can update my records?

Ray Netts, John Ward, Mike Simmonds, Dick Barton, Steve Dumbleton, Tim Guyton,
John Bishop, Nigel Kemp, Dave Goffin, Chris Hillaby, Ray Girling, G Deacon,
Greg Allcorn, Colin Taylor, David Reed, Don McCrudden and Andrew Hobbs.

While on the subject of emails, if you are still receiving the Newsletter by post and wish to receive it by email, please let me know...it saves on Branch funds! If there are any spouses/partners who would like to receive the Newsletter directly to their own email address, please email me.

I would also ask you to let me know if you change your address details or marital status so I can update local and national records. In the case of bereavements, I often have to rely on fellow members or the local paper for such notification. This is not satisfactory and on occasions has caused me embarrassment when I've phoned the 'widow/er' only to find that the member is very much 'alive and kicking'!

I have been informed by the Social Committee that they are seriously considering dis-banding! They have endeavoured to arrange outings and social functions but unfortunately support is lacking from members and it has not made their hard efforts worthwhile. Thankfully, they have agreed to continue to arrange the Spring and Christmas Lunches and the 'nosh & natter nite'. I would like to thank the Social Committee, **Ray Woolston** (Social Chair), **Caroline Place** (Social Secretary), **Jo Townsend** (Treasurer), **Jan Steedman**, **Tony Place** and **Peter Head** for their hard work and enthusiasm.

I appreciate that it's not always good to look back, but when I first joined NARPO in 1997, the branch hired and filled a coach for the majority of their outings, often with a reserve list. The lunches at the Hydro were limited to 120 members on a 'first come; first served' basis with a limit of one guest per member! Recently, we've been lucky if the numbers for the lunches reach 60. What's happened?

However, the recent "nosh & natter nite" held on 19 September was supported by 40 members and guests. The presentation and history lesson given by Kevin Gordon on the Palace of Westminster was thoroughly enjoyable including a smattering of trivia! Did you know that before the Thames was controlled by the embankment, London consisted of numerous 'islands'? Any area which currently ends with 'ea' was originally an island. These included Chelsea, Battersea etc. I've tried to research this to confirm it but I have been unsuccessful! Another piece of trivia, but not to our Welsh countrymen, is that there are no Welsh Emblems in the Palace of Westminster as Wales was considered as part of England and not a country in its own right such as Scotland and Northern Ireland.

Kevin Gordon informed us that members of the public have free access to the House of Commons and House of Lords when these **are** in session. The advisable way of securing a visit is to arrange it through your own MP although this is not necessary. If you apply when the Houses are not sitting then you are likely to incur an entrance fee for a guided tour. I did a tour of both House when I was on my initial CID course at the Met Police College at Hendon many years ago!

Congratulations to Richard Burcham and Linda Woolston who each won a Members only £25 cash prize at the "nosh and natter nite".

Liz Gardner, our Welfare Office, and her volunteers do a grand job. If you feel that you could help in visiting members who have become hospitalised or homebound, please let me know and I'll pass your details to Liz. Liz's helpers include **Edna Osborne** (Uckfield area), **Drew Stewart** (Bexhill area), **Nick Dimmer** (Seaford area) and **Tom Hughes** (Hailsham area).

And whilst on the subject of welfare, one of our members, **Fred Riddle** has been admitted to the DGH Seaford 3 again with ulcerated legs. He would appreciate a visit from any friends or members to help brighten up his day! So, if you do have the time, or whilst visiting someone else could find time to say 'hello' to Fred; he would very much appreciate it.

A reminder to those of you who have not completed a service record; I would appreciate it if you would do so.

New Members

I would like to welcome the following new members and hope to meet them at one of our Social gatherings.

Keith Stoneman and Alice Wilkinson – Sussex
Grenville and Caroline Wilson - Sussex

Obituaries

Our Branch

Brian Hinsbey, aged 84 years, passed away on 9 September 2017. Brian Joined the Eastbourne Borough Police and served at Eastbourne and on Traffic based at Polegate. Brian was a Life Member and a very active member of our branch. He stood down from the General Committee and Deputy Welfare Officer in 2016.

June Hook, aged 90 years, passed away on 9 September 2017. June was a Widow member.

Non NARPO Members

Roger Foxtton, aged 81 years, passed away on Sunday 13 August 2017. I do not have any service record for Roger as he was not a NARPO Member. I have established that Roger joined the Eastbourne Borough Police and served at numerous Stations/Departments including Divisional Commander and Superintendent Training.

George Prout passed away on 26 August 2017. George joined the Eastbourne Borough Police and served in Eastbourne.

Richard (Dick) Stewart, aged 72 years, passed away in Spain. Dick joined the Eastbourne Borough Police and remained in Eastbourne for the majority of his service. He retired in 1989 in the rank of sergeant and moved to Spain in 2002.

Brighton Branch

Esmond Jago, aged 90 years, passed away on 4 August 2017.

Melvyn Linscer, aged 76 years, passed away on 31 July 2017

Hastings & District Branch

Annette Bennett, aged 69 years, passed away on 29 August 2017.

George Knapp, aged 85 years, passed away on 23 August 2017

Michael (Mick) Harris, aged 75 years, passed away on 23 August 2017.

Worthing & District Branch

Edward (Ted) Street passed away on Tuesday 8 August 2017. Prior to joining the Police, Ted Served in the RAF. In the mid 1950's he joined West Sussex Constabulary and served at Littlehampton, Lancing, Shoreham, Brighton Training Unit and Worthing. Ted retired in the rank of inspector in 1985.

NARPO CHRISTMAS LUNCH

This will be held at the HYDRO HOTEL on **FRIDAY 24TH NOVEMBER 2017** 12.30 FOR 1.15PM. The cost will be £21.00 PER PERSON and Guests are very welcome. The menu is set out below.

For those who have previously attended this event will know what an excellent social gathering this is. If you wish to join us please complete the proforma at the end of the Newsletter and return it to **Caroline Place, 26 Medway, Hailsham BN27 3HF as soon as possible** and no later than **3 November 2017**. Please do not leave it to the last moment as Caroline and her team have to organise table plans, menu selections etc which is very time consuming.

For members who receive the newsletter by email but cannot print the form, please send your choices to Caroline by post or email ensuring that you include the details requested on the form. Payment can be made by BAC (internet banking) or by cheque made payable to **NARPO Social Account**. Alternatively, you can send your details and selection by email to **tonycaroline@btinternet.com** followed by a BAC (internet bank transfer) to: **NARPO Social Account Sort Code 52 41 00 Account No 40312755 using your surname and initial as the reference**

STARTERS

Roasted plum tomato and red pepper soup, crème fraiche

Fanned honeydew melon, mango and vanilla salsa

Wild boar and orange terrine, toasted focaccia, port and red onion sauce

MAINS

Traditional roast turkey, peach, chestnut and thyme stuffing, wrapped chipolata, chateau potatoes and red wine jus

Slow roasted porchetta (pork), braised red cabbage, roasted potatoes, Marsala sauce

Pan seared fillet of salmon, stir fried vegetables, baby potatoes and a bois boudram Dressing

Baked goats cheese and red onion tart, mushroom potatoes, beetroot and tomato salsa

DESSERTS

Traditional Plum Pudding with amaretto sauce

Butterscotch profiteroles with Chantilly cream, toffee fudge ice cream

Raspberry delice, raspberry and crème de Frambois coulis

Warm mince pies with pouring cream and vanilla ice cream

Cheese and biscuits

Freshly brewed coffee and mince pies

Sussex Police Charitable Trust (SPCT)

The SPCT is available to ex-Sussex Police Officers only. If you paid into the SPCT (it was known originally as Sussex Police Welfare Fund/Sussex Police Staff Welfare Fund) whilst serving you will remain a member for life. SPCT gives Support, Advice and Guidance, Financial Assistance and Recuperative Breaks in one of their three bungalows in Dorset. If you are unsure whether you joined whilst serving in Sussex you can contact SPCT on 01273 470101 extension 540703 for confirmation.

NARPO Web Site

The National NARPO website (narpo.org) has been revamped and easier to navigate. New offers to members including new and used car sales, employment opportunities, white goods, insurance, holiday accommodation, mobile phone deals, to name a few, are constantly being added. It's worth a look!

AAA - Abdominal Aortic Aneurysm Screening

This is a reminder to those of you who are 65+ that you are entitled to a free AAA ultrasound scan. The scan takes about 15 minutes and is not 'intrusive'. It's similar to one for pregnancy! It detects any excessive swelling of the Aorta, which, if bursts, can prove fatal! The Aorta is the main blood vessel that runs from the heart through the abdomen to the rest of the body. If you have not had this scan I strongly recommend that you contact 01903 843834 to arrange one locally.

Department for Works and Pensions Research Survey

The Department for Work and Pensions is currently conducting some research to improve the process of getting State Pensions. As part of this, DWP want to ensure that the services they make reflect the things people need when they get their State Pension. To help with this, DWP are asking if anyone who is approaching State Pension age or who has recently got their State pension would be interested in taking part in some research. This research will ensure that the services DWP make are useful and useable by all. If you'd be interested in taking part in research please contact Jill Pate on jill.pate@dwp.gsi.gov.uk

Job Opportunities:

APW Investigations

APW Investigations is run by David Herniman who is a retired Detective Sergeant from Thames Valley Police and a registered member of NARPO. One of the services provided by APW Investigations is the investigations of Road Traffic Collisions. One of their clients is a major insurance company who investigate injury / fatal road accidents. Due to their expansion APW require retired police officers to work on an ad hoc basis taking witness statements from the insured drivers and witnesses and attending accident scenes and completing locus reports. Fees will be discussed on application. If you are interested please email David Herniman directly at apw@apwinvestigations.co.uk and include a short CV.

Peel Solutions

Andy Smith is the proprietor of Peel Solutions. He is a retired Cheshire Officer and a member of Warrington NARPO. Peel Solutions specialise in finding employment for retired and former Police Officers. He states that he has a great relationship with the North West NARPO branch officials and they often circulate opportunities to their members. Peel Solutions have a number of vacancies for statement takers based in Eastbourne, Hastings, Littlehampton, Brighton and Crawley. If you are interested please contact Andy Smith on 0843 4559 999, mobile 07496520940 or email info@peelsolutions.co.uk

And finally...not that the Police now have the resources to respond but...

...the phone rang in the Front Office (for those of you who only know the Control Room, this was the local equivalent!). "Hello? I'm calling to report that a neighbour, Bob, at number 20, has a stash of marijuana hidden inside his firewood in his shed. You may have difficulty finding it as it's cleverly hidden." He gave the neighbour's address and hung up. The next day, the Sussex Drug Squad raided his neighbour's shed and bust open every piece of log but failed to find the drug cache. Once they left, Bob receives a phone call from his grassing neighbour. "Hey, Bob, did they go through all your logs?" "Yep, thanks" Bob replied. "Chopped up every one." "Great news" the neighbour replied. "Give it a few days and give them a call. Tell them that you haven't seen my wife for a few days but you saw me in the garden late at night with a spade. I want my vegetable patch dug over."

...OK, I admit, it's an old corny joke but have you tried to search the internet to find one suitable? It's harder than producing the Newsletter!

I appreciate the warning about nuts on food labels but I read this one on a product from a well known brand. "*Product will be hot after heating*"!

I have had to make a couple of alterations to this Newsletter after Sue proof read it so if you do find any errors I have to put my hands up and take the blame!

Do make a habit of visiting narpo.org for up to date national news and offers. Access to previous Newsletters and those published by other Sussex branches can be found by visiting the **Sussex Police Federation web site** and following the links to **Retired Police Officers**.

Do not hesitate in contacting me regarding any NARPO related matters.

I wish you all a healthy Autumn. For ex-Sussex members, not including September/October Police Pension, there are only two more payments before Christmas! I hope you all have a good one.

Kind regards,

Bob Diplock

Branch Secretary,
Eastbourne & District NARPO
Tele; 01323 761462

Christmas Lunch Friday 24 November 2017

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, member or guest, please indicate this on the pro-forma and the Social Committee will endeavour to ensure that this happens. A reminder for members who receive the newsletter by email but cannot print the form, please send your choices to Caroline by post or email ensuring that you include the details requested on the form. Payment of **£21** 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.....

Starter:	Soup	Melon	Terrine	
Main Course:	Turkey	Pork	Salmon	Baked Goats Cheese
Dessert:	Plum Pudding	Profileroles	Raspberry Delice	Mince Pies Cheese & Biscuits

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I would like to sit on the same table as:

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