

# NATIONAL ASSOCIATION OF RETIRED POLICE OFFICERS



## NORTH SUSSEX BRANCH

### OBITUARIES

I regret to report the death of the following retired Sussex Police Officers:

On 16 September 2009 of **Dennis Hicks** aged 75 years. He leaves a widow Eileen Hicks. Letters of condolence and/or Donations to the British Heart Foundation in memory of Dennis may be sent c/o the Funeral Director - Arthur W Bryant, Morwenna Court, Princes Street, Bude, Cornwall, EX23 8AT. Telephone number 01288 352282.

**George William Jerram** 75 years passed away in his sleep on Friday 25 September 2009. He leaves a widow Bridget Jerram to whom all letters of condolence may be sent via the Funeral Director: Skinner & Son, 145 Lewes Road, Brighton, BN2 3LG. Telephone Number 01273 607446. Donations to St Peters & St James Hospice in memory of George may be sent c/o the Funeral Director, details as above.

I regret to inform you of the death of **George William Savage** aged 89 years, one of our branch members who passed away on 5 October 2009. George leaves a widow Mona, to whom all letters of condolence may be sent via the Funeral Director - Masters & Son Ltd, Lewes Road, Lindfield, Haywards Heath RH16 2LE. Telephone number 01444 482107.

Donations in memory of George to benefit the Sussex Police Charity Trust can be sent via the Funeral Director - details above.

Yet again, sadly no service details of these former officers were provided by Sussex Police.

**Footnote from Secretary:** A cash donation has been sent to the Sussex Police Charitable Trust via the Funeral Directors in memory of George.

## **DEATHS OF SERVING OFFICERS**

It is with great sadness and deep regret that I have to advise you that Sgt **Richard (Dick) Bexhell** died tragically on Sunday 30 August at the Conquest Hospital, Hastings. He leaves a wife and four sons.

Dick joined Sussex Police in 1987 and spent many years working as a detective on CID at Hastings and later the Child Protection Team based at Battle. On promotion to Sergeant in 2008, he was posted to Hastings Professional Development Unit as part of the student officer training programme.

Dick is described by friends and colleagues as "a dedicated professional, a wonderful person, warm hearted, dedicated to his family and a true gentleman". He loved football, was a keen Chelsea supporter and was actively involved in coaching and refereeing children's football.

He will be greatly missed by all that knew him and our thoughts and prayers are with his wife and family at this time.

It is with great sadness that I have to advise you that PC **Caroline Dugdale** passed away on 16 September 2009.

Caroline joined Sussex Police in 1993 and spent most of her career at North Downs (formerly Weald and Forest Divisions), with brief periods at Brighton and HQ Training between 2002 and 2003.

Following the diagnosis of her illness, Caroline moved to a trainer's position at Haywards Heath and played a key role as part of the North Downs training team. During her career, Caroline had been an active member of the BPA and spent much of her own time supporting the local community.

Amongst her many qualities, Caroline will be remembered for her enthusiasm, commitment and passion for policing. Her love for her family shone through and was evident to all who knew her.

Our thoughts are with Caroline's family and friends at this difficult time and in particular her husband Ricky and her two young daughters. A book of condolence will be available on the intranet shortly.

**Martin Richards**  
**Chief Constable**

## **ANNUAL CONFERENCE**

Two issues which may be of particular interest to you were:

Conference decided not to renew the contract with Care First. The debate covered what should be done next and the NEC will be looking at creating a standard of welfare delivery to be made at Branch level with central support. More to come on this issue I think!

One of the guest speakers at the conference was the Rt. Honourable David Hanson MP the Minister for Police. He talked about Home Office Circular 46/2004 regarding the review of ill health pensions. He expressed some reservations about the way in which the circular was being implemented in some forces. He stated that he had instructed his department to conduct a review of the guidance and he hoped to publish the findings in 3 to 4 months.

I have written to the minister and in light of what he said at conference asked him to consider suspending all current and future reviews until he has received the result of the review and hopefully published the findings and issued relevant guidance.

**Watch this space!**

## **SOCIAL EVENTS**

May I remind you of the next two events on our social calendar?

1. Dog Racing Night at Hove on Thursday 12 November 2009, meet at 6.30pm. Cost is £17.50 and this includes entrance fee, Race Card and Three Course Meal. This is a really enjoyable evening and you never know you might recoup your costs on a few winners.

Those interested please send cheque for £17.50 per person payable to Jill Donaldson at 9 Hazelwood, Gossops Green, Crawley RH11 8DY or she can be contacted on [donaldson@lineone.net](mailto:donaldson@lineone.net) or 01293 523037.

2. Christmas Dinner at Crawley College on Thursday 10 December 2009, 6.00pm for 6.30pm. Cost is £22.50 per person and those interested should send a deposit cheque for £10.00 payable to Crawley Central College to Jill at the above address. I would remind everyone that places for this event are limited so place your bookings as soon as possible. For those who have not been to previous Dinners at the college they are first class and excellent value for money.

Finally for your information the proposed Day Trip to Portsmouth did not get off the ground due to lack of support.

## **BURNS NIGHT – SATURDAY 23 JANUARY 2010**

### **From Colin Moules Branch Treasurer:**

Following the success of our previous events held at The Hickstead Hotel, I am pleased to announce that we are all systems go to repeat, or even better it next year.

The venue is booked, the menu agreed, and now I have pleasure in inviting you to place your orders for tickets.

2009 saw a decline in the number attending, but despite this 51 of us had a thoroughly enjoyable evening with all that fine food and good company provides.

The cost for the 2010 event will be £40 per head to include a five course dinner and the provision of three bottles of wine per table. Despite a small increase, this is the first for three years; this still represents excellent value for money and must be expected in the recent and prevailing financial climate.

I will be writing to all that attended this year, but would point out one small change from the booking process of this year. I must ask for **payment of tickets with order.** Cancellations can be made up to seven days before the event (by 16<sup>th</sup> January) but after this date we can not make any refunds. A booking form is attached to this newsletter. Tables will be arranged to seat ten at each so if you are coming as a group let me know.

Lastly, accommodation, as with this year, rooms will be available at the Hotel at £80 for a double room with breakfast. Single rooms are available. To make a reservation please contact the hotel on 01444 248023.

We look forward to your company.

### **PATROL**

The Sussex Police have decided that Patrol, the force newspaper will only be published internally. A great shame for those of our members who like to keep tabs on what is going on.

Along with other branches this news letter will continue to spread the word about all the usual items of interest. Just how we circulate it is currently under review but you should get your copy this month either by email or by post as usual. If you have an email account but currently receive a copy by post please let Adam have your email address.

## **RECRUITMENT INITIATIVE FOR NARPO POLICE ADVANCED DRIVERS**

### **SPECIALISED DRIVING POSITIONS**

#### **Robbie Gethin Associates**

#### **BMW Championships 2010 to be held at Wentworth Golf Club**

**Sunday 16<sup>th</sup> May – Sunday 24<sup>th</sup> May 2010**

We are looking to recruit Advanced Qualified Drivers for some specialised driving work starting in 2010. Robbie Gethin Associates has been working within the sporting arena, and more specifically the golfing world, for over a decade ensuring a high quality service for our clients associated with the professional tour circuit.

Robbie Gethin Associates will be managing a team of highly trained drivers to ensure the ongoing safety and efficiency of a professional courtesy car service for the BMW Championship 2010. We are looking to recruit retired traffic division officers as well as any ex officers with any advanced driving qualifications.

The role of the successful applicant during the week will be working as one of a team of fellow drivers responsible for collecting professional players and VIP's from the major London airports, and ensuring their safe onward connection to their accommodation. Once the players are on site the service for the tournament week necessitates the players being transported between their respective accommodation and Wentworth Golf Club. The end of the week will require airport drop off's in a mirror to the start of the week. The hours will be carefully managed and we will be operating a day based shift system.

The BMW Championships is a premier opportunity to showcase their newest motor vehicles; so successful applicants must be prepared to undertake some homework on the latest BMW technologies. Our clients require premium standards of efficiency and safety. Punctuality and a smart well-dressed appearance will be in line with BMW's brand image.

If you think that a position as part of the team driving for this event would be suitable for yourself please contact us via phone 01903 885296, or email to request an application form at [mail@robbiegethin.com](mailto:mail@robbiegethin.com) for the attention of Nicholas Gethin.

**MR and MRS ANGRY**



Is something annoying you? Feeling angry and frustrated? Want to let off steam? Then this new column is for you. Don't keep it bottled up, let off steam a frustration shared is a frustration halved.

For example the following has come in from Graham Ellis who has given permission for us to share it with you.

Dear Friends,

I am going to rant, its not often I do this but I have been living with this for eight months now and I rant not to illicit sympathy but to assist any poor soul who might find themselves in a similar situation and are near to their wits end because of "the system".

If you get bored by this old fool's rant and don't want to carry on reading this please delete it, I won't love you any less.

About eight months ago I was diagnosed with atrial fibrillation with a heartbeat of 132 beats a minute, could be dodgy causing the blood clot and one could have a stroke or heart attack and the next thing is your friends are doing the slow march behind your coffin.

Anyway, my GP being one of the best sent me straight away to the Princess Royal at Haywards Heath where I was admitted and kept in overnight and injected with clot busting drugs and with other medication the heartbeat was brought down to normal and I was discharged with prescribed beta blockers and digoxin and warfarin.

The initial treatment for this to bring the heart back into rhythm is cardioverting, placing pads on the chest and throwing the switch giving the heart a jolt, sometimes it works sometimes not then the treatment becomes invasive, but until then the treatment is maintained by medication, until the right dosage is found .

The medication causes depression, breathlessness, lethargy, tummy problems and a general feeling of doom and gloom, not me at all.

I have used every Buddhist mind technique I know and have spent a lot of time on my meditation mat, not having worked for eight months.

Two months pass by I go to see a cardiac consultant in Brighton at the RSCH, his registrar wants to cardiovert me, the consultant wants me to wait until September for a new drug to come out so they can experiment on me, knowing that I was reacting badly to medication, having once collapsed in my GPs surgery.

Nothing happens at Brighton and I am feeling abandoned and I hear no more for some time, so my GP refers me to the Queen Vic at East Grinstead where a cardiac consultant from Kings Hospital comes every week. In September this year I see this

gentlemen he takes control of the problem and in a matter of weeks I have appointments arranged for cardioverting which he agrees, and other treatments if necessary and these are about to happen.

Prior to this I have been in Hospital five times kept in twice and sent home with a higher dosage pill in my pocket, five doctors have agreed that I should be cardioverted but nothing has happened and I wonder how long this would have gone on if we had not gone for a second opinion at East Grinstead

The NHS is great, if they ever try and take it away I will fight for it, the treatment I have received from the nurses and doctors has been fantastic, if some of the more senior physicians were not I make no comment here, but somehow it does not seem joined up .

Thank goodness for my friends and my voluntary work other wise I would have gone wibble months ago, its been a hard slog, and at last things are happening, and their is light at the end of all this

My point is from what is beginning to sound like a selfish whine is never ever give up, these things only make us stronger so we can be of more assistance for others, but if you think the experts are wrong, ask questions, do some research and then quietly and without rancour voice your concerns. Don't let the situation control you, a caring expert will be flattered that you took the trouble to do that.

Rant over that's it, Love you all, Mega Hugs, Graham xxx

**Footnote from Secretary:** Graham has since had his cardioverting treatment at Brighton which has been very successful.

### **THE SECRETARY'S BIT**



Email Address: In last months newsletter I asked members to send me their email addresses if they wanted the newsletter sent by that media but having a senior moment I omitted to give my email address which is [adam.christie@sky.com](mailto:adam.christie@sky.com)

### **IN THE CHAIR**



Personal matter this month. Don't laugh! This is a serious request for help. I enjoy playing games – war-games and board games in particular. A friend who knows my interest very kindly gave me a 1988 Parker Board Game entitled Vendetta. Complete with all the components in a very good box with one minor exception. NO RULES.

I have tried every thing to try and get hold of a copy so P L E A S E if anyone out there has the game and can photo copy the rules for me I would be very grateful.

When I was very young in service a very wise older man said if you want to service in the service you need friends and a hobby, friends to hold your hand and lend an ear when it seems that the whole world is against you and a hobby where you can escape from the world into a world of your own. A refuge, he was a model maker and he introduced me to other model makers. In fact as time went on I was surprised how many of my friends were involved in model making of one sort or another.

That led me on to painting model soldiers and eventually to war-gaming and board gaming. I enjoy my hobby, getting angry at a politician who fiddles expenses is one thing. Getting angry, frustrated and down right dispirited when the unit you have spent loving hours on painting, basing and leading into a battle on the table top only to have them turn tale and run on move one after a throw of 1 on a six sided dice is precious, particularly if it happens to the other side.

Besides as the saying goes;

**Growing old is mandatory; growing up is optional.**

### **DID YOU KNOW!**

Wednesday 4 November 2009 is National Stress Day.

Gone on line and there is gentle music to calm you down and a light hearted game to help lower your stress level. I tried it and I have to tell you that I wound up stressed trying to burst the %\*&&!@ balloons and the smiley faces, and what was worse I didn't even like their choice of music.



As always the contents and views expressed in this newsletter are mine alone and do not necessarily reflect the views of the committee, the branch or its members. In other words the buck stops here.

**Ahmed Ramiz**  
**Branch Chairman**

**October 2009**

**BURNS NIGHT – SATURDAY 23RD JANUARY 2010**

**Ticket Order Form**

Name	
Address	
Tel. No.	
E-Mail	
Number of tickets required @ £40.00	
I enclose a cheque for the sum of	

Names of people in your Group

*Cancellations can be made up to seven days before the event (by 16<sup>th</sup> January) but after this date we can not make any refunds.*

Please return to: **Colin Moules**  
**Treasurer**  
**6 Holtye Walk**  
**Furnace Green**  
**Crawley**  
**West Sussex**  
**RH10 6QW**