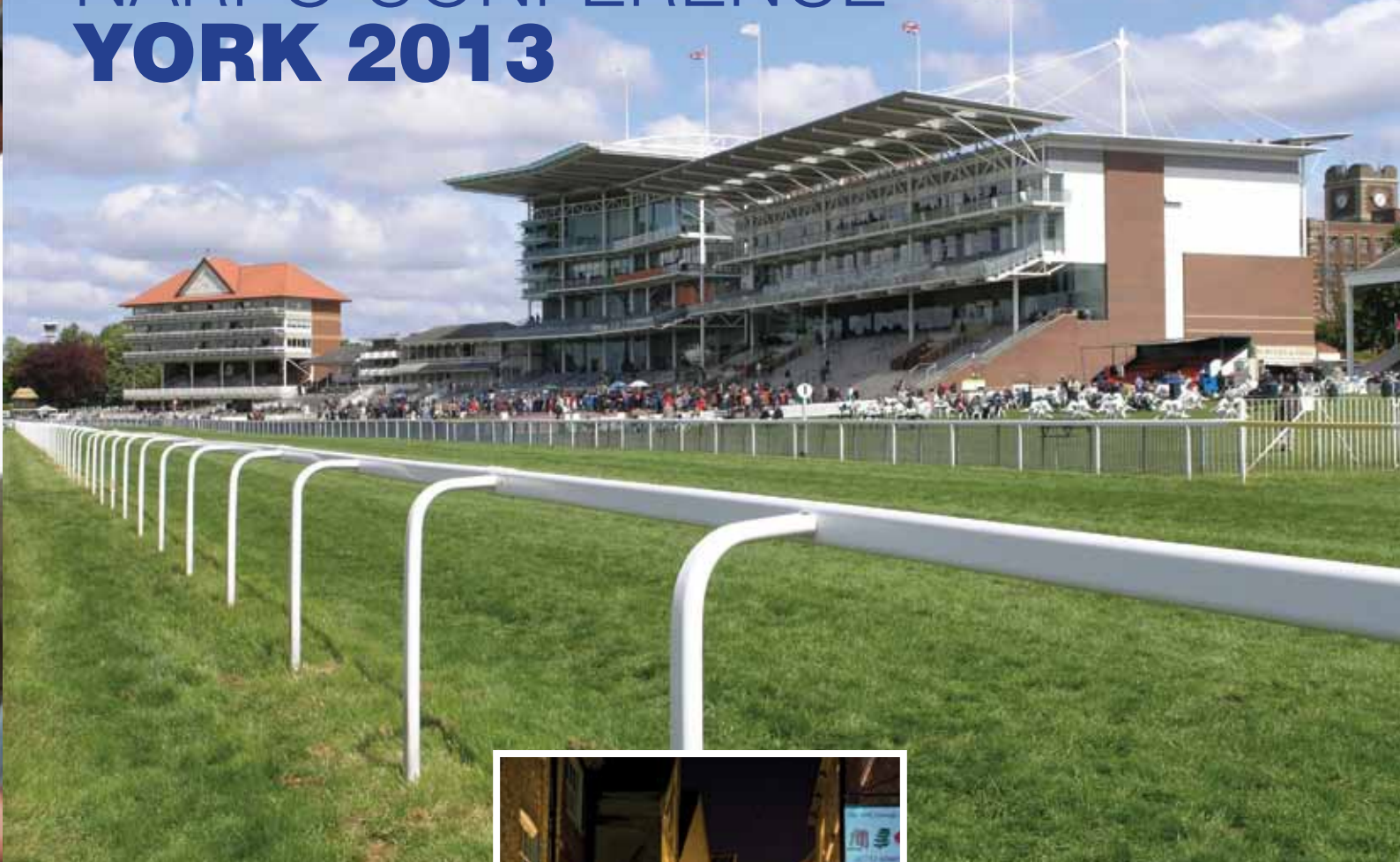




NARPOnews

THE MAGAZINE OF THE NATIONAL ASSOCIATION OF RETIRED POLICE OFFICERS

NARPO CONFERENCE YORK 2013



NARPO - the voice of retired police officers

'To safeguard the rights of members and to promote measures for their welfare, with particular regards to pensions'



Independent Financial Advice

Exclusive offer for NARPO members

Are you thinking about releasing funds from the equity in your home?

Raising funds from your home using Equity Release could be one of the most important decisions you make in your life. Our advisors have been advising NARPO members for many years and in recent years have arranged a substantial number of Equity Release plans.

We only recommend plans covered by the Equity Release Council (ERC) and we never use pressurised selling techniques.

We can help you decide if equity release is right for you

For something as important as Equity Release we will always fully review your financial circumstances to make sure we fully understand your objectives and the options available to you before making a recommendation to proceed.

We only charge a fee if you go ahead with the Plan and even then we usually refund some or all of the commission we receive from the lender to you to offset this. The precise amount of any fee will depend upon your circumstances.

Our minimum fee is £1,250 upon completion of the plan.

This is a Lifetime Mortgage or a Home Reversion plan. In order that you understand the features and risks, we will always provide a personalised illustration following consultation.

The Financial Conduct Authority does not regulate tax advice.



To find out more about Equity Release and book a FREE no-obligation appointment with one of our professional advisors call us on

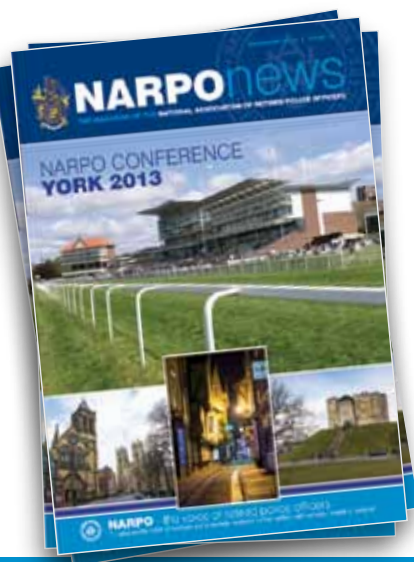
0845 600 8996

CHECK THAT THIS MORTGAGE WILL MEET YOUR NEEDS IF YOU WANT TO MOVE OR SELL YOUR HOME OR YOU WANT YOUR FAMILY TO INHERIT IT. IF YOU ARE IN ANY DOUBT, SEEK INDEPENDENT ADVICE.

Retirement Planning • Savings & Investments • Inheritance Tax Planning

Police Mutual Assurance Society Limited (PMAS) is an incorporated friendly society. Police Mutual Insurance and Financial Services Limited is a wholly owned subsidiary of PMAS registered in England & Wales No. 4560462. Registered office of each company is Alexandra House, Queen Street, Lichfield, Staffordshire WS13 6QS. Calls may be recorded and monitored for training and quality purposes.

inside



Front Cover:

NARPO Conference was held at York Racecourse where delegates and guests enjoyed a pre conference dinner which was followed the day after by a lively and informative conference. Our thanks go to the staff at York racecourse and to the local York NARPO Branch.

Mailing Information

It is important that you notify NARPO HQ of any changes to your address as soon as possible. Please quote your membership number which is printed above your name on the envelope in which NARPO News is delivered. **Tel: 01924 362 166**



Opinions expressed by authors and services offered by advertisers are not specifically endorsed by the Association.

The Editor reserves the right to refuse or withdraw advertisements at his discretion and does not accept liability for clerical or printer's errors, although every care is taken to avoid mistakes. Advertisements in **NARPO**news are accepted by the National Association of Retired Police Officers only on the understanding that the advertisers warrant that the advertisements do not contravene the Trade Description Act 1968, the Sex Discrimination Act 1975 and the Business Advertisements

Designed & Produced by © **Wilson Design House** 2012. www.wilsondesignhouse.com

(Disclosure) Order of 1997 and confirm to the British Code of Advertising Practice. Articles contributed by the editorial staff may not be reproduced without permission in writing from The Editor.

NARPONEWS is published by The National Association of Retired Police Officers (NARPO),

info **NARPO House, 38 Bond Street, Wakefield, West Yorkshire WF1 2QP. Chief Executive Officer. Tel: 01924 362 166 Fax: 01924 372088 Email: hq@narpo.org**

For further information about NARPO, its services, branches and approved advertisers, please visit our website at www.narpo.org

To facilitate a prompt reply when contacting the office by email, please quote your membership number or postcode.



05

Message from the editor



07

Vice President's address



17

Conference Farewell & Welcome



35

Post-Traumatic Stress Disorder

09

Readers Letters



17

Retirement, what retirement?

18

What's on



20

Conference Matters

24

A Vision for the Future

34

Poets Corner



37

Book em



40

Members' small ads



42

NARPO supplies



WE PRICE CHECK OUR CARS EVERY DAY!

NOW OFFERING
BRAND NEW
63 REG CARS



YOU'RE
SURE TO FIND
THE IDEAL CAR!

WITH UP TO

4,000
CARS

TO CHOOSE
FROM

Hassle Free, Risk Free Car Purchasing
for Narpo Members and their Families

START
SEARCHING
NOW AT OUR
NEW WEBSITE!



NARPODRIVE

narpodrive.co.uk

Cars shown for illustration only. Autosave, Trax Park, Doncaster, DN4 5PD

Or Call **0845 122 6921**

Editor's message

Conference 2013

It was with a real sense of shock and sadness that we learned of the sudden death of Pat Evans, the much loved and well respected wife of the then President of NARPO Eric Evans, following a short stay in a local hospice only a week before our Conference this year. This, of course, meant that Eric was unable to preside over his final Conference as President but also meant that many of us who would have liked to show our respects at Pat's funeral were prevented from doing so as the funeral was held on the same day as conference. National Executive Committee member Lawrence Wright and his wife Susan represented the Committee at the funeral, which was attended by many friends and colleagues of Pat and Eric. I know that Eric and his family have been grateful to receive support and messages of condolences from many NARPO colleagues and were particularly touched by the many kind remarks and personal tributes to Pat, who will be greatly missed by family and friends alike. Conference paid its respects to Pat and other NARPO colleagues who had passed away during the year.

Conference was held this year at a new venue for NARPO, York Races. The venue attracted the highest number of delegates that we have had at Conference for some considerable years. The venue catered very well for the needs of the delegates and Conference itself seemed to react positively to this new location. Sandie Wilde took the chair at Conference and presided over a lively and informative conference.

A panel discussion and question time in the morning was moderated by the television presenter John Stapleton and featured colleagues from other pensioner organisations Neil Duncan-Jordan from the National Pensioners Convention, Brian Sturtevant from the Public Services Pensioners Council and Malcolm Booth from the National Federation of Occupational Pensioners. The topics covered were pensioner benefits, the proposed new single tier state pension and care costs. All the topics were relevant to older people and are likely to feature in all political parties considerations in the lead up to a General Election in 2015. A lively question time followed a brief presentation by panel members.

In the afternoon John Stapleton introduced Kevin Hurley, the Police and Crime

Commissioner for Surrey and following his brief presentation there was a further lively question time debate involving the delegates.

Throughout the day delegates appeared to be engaged with the business of Conference which was due in no small part to the professional and efficient way it was chaired by Sandie Wilde. The feedback from delegates has been encouraging and we are hoping to improve on this Conference next year at Brighton with the involvement of the Live Group in our preparations, communications and presentation of the event.

Although this year was the last for Eric Evans as President, he has remained on the NEC as one of our representatives in Wales. It was however the last conference as NEC member for our Midlands representative Fabian Taylor. Fabian will be remembered on the NEC for his thoughtful interventions and his understanding of the Rules of the Association. He is replaced on the Committee by Mark Judson.

Roland Smith

At the eve of Conference dinner we celebrated our 30 year association with Roland Smith, now part of the Police Mutual group. Nigel Smith, formally of Roland Smith, and largely responsible for instigating the partnership and for managing the company during the major part of our relationship with the company was invited out of retirement to be our guest. Opera d'Amici performed during dinner to the delight of delegates and guests to mark the occasion.

In renewing our partnership with Roland Smith we are committed to continuing to exclusively promote the Roland Smith insurance products, particularly house and car insurance, in return for the financial benefits we receive from the company which include support for our contacts courses targeted at welfare representatives within the organisation.

President of NARPO

Following the resignation of Eric Evans as the President of NARPO, an election took place at the post conference meeting of the NEC for the vacant post. Following a ballot conducted in line with the usual practices of the NEC, Ian Potter was elected President for the coming year with Brian Burdus his Vice President. Eric, who will continue to play his part on the



committee, should be congratulated for his time as President and I am sure will play his part with others on the committee in supporting the new presidential team.

Pension Indexation

The Consumer Price index for the month of September has been published and is 2.7%. The September CPI figure is the current figure used to increase police and other public sector pensions in April next year for those eligible for an increase.

It is also part of the 'triple lock' for the basic state pension. The triple lock includes inflation (CPI), wage increases or 2.5%. The state pension should be increased by the highest of these figures next year and the CPI figure of 2.7% is the highest so should be used for the state pension also.

Hillsborough

The IPCC have now commenced their interviews of retired police officers in relation to this enquiry. The Police Federation has agreed to support those of its former members who were involved at Hillsborough and who may be caught up in the enquiry. Access to that advice can be obtained, for former South Yorkshire officers at Hillsborough@polfed.org

Former members of other forces who need advice should consider contacting the Federation Office of their former force and their local NARPO Branch

If you have a question / information which you think is relevant you can bring it to the attention of the IPCC by sending an email to their dedicated email address: Hillsborough@ipcc.gsi.gov.uk or ring the dedicated Hillsborough phone line which is 0300 200 0003 and it will be answered personally by one of their dedicated Hillsborough team. Further information can be found on our website 'Notices' page.

Best wishes

Clint Elliott - Chief Executive

WORKING ON AFTER THE FORCE

Problems with your new employer - need legal advice?

Call our dedicated employment specialists for an initial free, confidential discussion. Get your questions answered.

We'll help you to stand up for your rights.

SUPPORTING YOUR FAMILY

Are you dealing with the constant challenge of making the most of your finances?
Putting off writing a Will?
Need help with planning for care home fees?
Facing matrimonial or financial challenges?

Our combined team of legal and financial experts is available to offer support and advice today.

FIGHTING BACK

Do you know your rights as a patient?
Need legal advice on medical accidents - a misdiagnosis - care of an elderly relative - negligence by GP's - medical negligence - A&E care - birthing injuries & fatalities.

We all have the right to proper care and treatment and sometimes we need to fight back.

SPECIAL LATER LIFE RATES FOR NARPO MEMBERS

Find out more about us at www.pattinsonbrewer.co.uk

LATER LIFE LINKS

We are delighted to be able to offer a 'one stop' shop of Later Life services for NARPO members and their families.

Pattinson and Brewer Solicitors are proud to have acted for the Police Federation of England & Wales and its members for over 30 years. To be able to offer a special dedicated service to retired police officers and their families is an honour.

Our specialist teams are ready to help. We've been champions of justice since 1890.

**FREE LEGAL HEALTH CHECK**

To book a confidential discussion with a solicitor:

call **0845 567 1890**

or email:

laterlife@pattinsonbrewer.co.uk

Vice-President's Conference Address



Let me start by saying how sad we all are that the President cannot be here, and of course the reason he can't. For those few people that are not aware, Pat Evans the delightful wife of our President, Eric Evans, passed away a few days ago. Pat was a lovely, vibrant lady, as those who knew her will agree.

She was the President's wife, a role she enjoyed and indeed revelled in. Not only was she an excellent hostess, but she was also a good friend to all of us here on the platform, and we feel her loss.

Eric has been on the NEC for 10 years, and President for 5. I am not breaking any confidences when I tell you that he intended to stand down this year as President. Unfortunately, events have overtaken him, but he would be the first to appreciate that life and Conference must go on, so here we are. He will be here in spirit, and I am sure all our thoughts are with him and his family today and in the future. I am sure you will all agree that Eric has been an excellent President, representing us well for 5 years, as well as continuing with his Branch work. You will see him again, as he has been elected by No.7 region to represent them on the NEC for the next 2 years.

So, we have a role model in Eric of someone who has contributed to the positive impact of pensioner involvement in working life since he retired.

Yet, it would appear that, not content with the Winsor recommendations and the attack on frontline police officers pay and pensions, the Home Office may now be turning their attention to us retired officers. If you have been following it on Police Oracle, you will see that they would like to place restrictions on employment for former officers. This coming after compulsory redundancy for some is causing some concern. There is some suggestion that they are concerned about corrupt relationships between former police officers turned private investigators and the Force.

It does appear strange that, on the one hand we have officers forced to retire, and on the other a police service and private sector desperate for their skills, yet we have politicians keen to restrict their employment? It is even stranger when you think that the government are asking older people to be active and work longer, threatening to further increase state pensionable age and decrease pensioner benefits.

So, after a career in which you have your business interests regulated and so many restrictions on your personal life, you are now told that, on retirement you will not be able to use the skills you have acquired as police officers.

How can they deny retiring police officers opportunities in areas where their skills and expertise are valued? We should, like any other citizen, be able to use these skills in our post-policing careers.

We have many members still working in policing and the security industry, and this industry employs large numbers of retired police officers. What are they going to say about any restrictions? Where will they draw their workforce from? Many police forces employ former police officers because it is cost effective, as they already have the skills and experience they require, and can enter the workforce with a minimum of induction and training.

Those retiring in the next couple of years gave their details and these have been forwarded to the secretaries of branches to chase up.

The Strategic Planning Group still wishes to encourage you to liaise with your Federation Branches, and if possible, promote the first year free membership scheme. If the Federation Branch does not agree, this can be done by you, depending on the month they retire, by giving them the twelve months or part of it free, before you are required to pay a precept. With the changes to the Police Service and pay and pensions, it may be difficult to recruit members to NARPO in years to come, and we have to be aware and ready for it.

Can I now turn to Conference. Whilst we feel that your attendance at Conference helps to maintain awareness and effectiveness, and we are keen to retain our traditions and good practice, you will have read in the Annual Report that we are looking to generate a more modern image. With this in mind we have engaged the services of The Live Group, whose representatives are observing today and will work with us subsequently to improve and assist us in providing the best vehicle possible to assist you and your members in the work of NARPO.

Along with our efforts to maintain essential tradition, alongside modernisation, it will not be lost on any of you that as well as our website, we have our Twitter and Facebook pages, so the work by the Live Group will not simply be directed towards our work at Conference, but also to help make our work even more attractive to younger members.

Which takes me neatly to the important initiative of Succession Planning? It is important that we try to get our younger members involved and standing by to take over. I know it is difficult but it has to be done. This also applies to the reserves to the NEC. You must know when you stand that you can be expected to take over at short notice, because you may find yourself in the position I am in today.

I opened my address by sharing bad news, although Pat and Eric Evans represent all that is good about service to others. The good news is that NARPO thankfully, is full of such people, a lot of whom are sitting here today. But, we are none of us irreplaceable.

Take this as a clarion call if you will, to find more wonderful people like yourselves. I ask you to go and identify, recruit and mentor your successors. We have achieved so much and will achieve more, but we must pass it on to those who will follow.

In the meantime thank you, all of you, for continuing to care, for continuing to work unselfishly. Thank you for your support today, Enjoy the rest of Conference.

Sandie Wilde MA - Vice-President



Worth investigating



4x2 = ^{FROM} **8,995*** 4x4 = ^{FROM} **11,095***

You do the maths

Receive either a 5-year, 60,000 mile extended warranty or a 3-year service plan free when you quote **NARPOD1** at your local retailer

Model shown is Dacia Duster Access 1.6 16V 105 4x2 from £8,995.



DACIA
GROUPE RENAULT

www.dacia.co.uk/vehicles/offers/narpo

The official fuel consumption figures in mpg (l/100km) for the Dacia Duster range are: Urban 27.2 (10.4)-49.6 (5.7); Extra Urban 40.3 (7)-61.4 (4.6); Combined 35.3 (8)-56.5 (5). The official CO₂ emissions for the range are 185-137g/km.

*Prices shown include delivery to dealer, number plates, 20% VAT, 12-month Government road fund licence and £55 first registration fee. Prices shown are Manufacturer's Recommended Retail Prices, which apply to new Dacia vehicles when ordered by 31 December 2013. Choose from either 5 year/60,000 miles Dacia extended warranty or 3 year/36,000 miles Dacia Service Plan. Warranty/Service Plan applies from first date of registration and expires on the first of the two limits reached. Warranty offers on-going protection from mechanical and electrical failure after the standard manufacturer's warranty has expired. Service Plan covers the manufacturer's minimum maintenance programme and excludes wear and tear and general maintenance items not required as part of standard service. The warranty/service plan is not transferable to another vehicle, but should the vehicle be sold while warranty/service plan is still active, the remaining cover transfers to the new owner. Offer available on orders from 1 September 2013, registered by 31 March 2014. No cash alternative. To be eligible for this offer, you must show your NARPO membership card at time of purchase.

Readers letters



info You can post your letters to: **Readers Letters. NARPO House, 38 Bond Street, Wakefield, West Yorkshire WF1 2QP.**
Or by email to **depceo@narpo.org**

Oath of Allegiance

The cartoon by Jedd in Issue 74 regarding the 'Newest Intake of new police chiefs' was brilliant, although I thought he could have included some of the 'Loony Party' candidates, but it did put in motion a train of thought about the subject.

I assume that successful candidates would be obliged to take the 'Oath of Allegiance to Her Majesty, Her Heirs and Successors', but not the 'Oath of a Constable' as they would be in a managerial role only. The office of 'Chief Constable' would then be Americanised to 'Chief of Police'.

I would expect that the tenure would be 3/5 years after which time they would return to their countries of origin.

The 'Oath of Allegiance' is for life so the person would still be subject to UK law, extradition etc.

If you doubt this, can I remind you of a certain William Joyce who we would listen to during WW2 broadcasting, on behalf of the Nazis from Germany, and known as 'Lord Hawhaw'.

After the war he stood trial at the Old Bailey on treason charges, was found guilty and sentenced to death.

Joyce was an American citizen but at one time was a journalist for an English newspaper (I believe it was 'The Times'), and for a brief time had held a British passport of this purpose.

It was deemed that he still had a duty of allegiance to this country and was therefore guilty of treason.

Something for any candidate to think about.

George Oliver

featureletter

The Good Old Days

Several letters recounting police adventures "in the good old days" (May issue) revived old memories. In particular Bob Fisher's account of the firearms response where he was issued with a .48 (.45 possibly?) revolver but with .22 ammunition. We had none of the expensive, complicated resources in use today not even personal radios. How we muddled through, I don't know, but we did somehow. Individual discretion was used in place of the top heavy bureaucratic management which seems currently to be in place.

I recall in 1961 chasing my first felon in and out of the side streets and "jiggers" of Liverpool to utter exhaustion having lost or thrown my staff, torch, helmet and overcoat

en route (I'd have lost the radio too, if I'd had one). Panting, and almost crying with frustration, who appears later holding the felon, who was more knackered than me, by the scruff of his neck, but the officer on the next beat. Common sense, discretion; a buck, running at night must be arrested in Liverpool. A mistaken arrest would have been sorted with the same discretion and common sense. That officer was, I believe, Bob Fisher Con. 101 B whose only grounds for arrest at the time was a "buck" running.

Now the lads have cars, radios, I pads, Blackberries, Tasers, and all sorts of wizardry, but no one on the beat, let alone the beat next door. I wonder if they're missing a trick? Baby and bath water seem to wander into the mind somehow.

I wonder if "jigger" (back alley), and "buck" (young male, likely C.R.O. number holder) are still in common by Liverpool "scuffers" (Bobbies)?

Monty Slocombe

Ex Liverpool City and North Wales

Praise for Linder Myers

I have recently had recourse to use the services of Linder Myers for a Breach of Contract case which, to say the least, was very involved and took a long time to resolve.

Initially their representative was Edward BOOTLAND, a first class solicitor with a good grasp of the case. Unfortunately he had a heart attack and died about halfway through the protracted case.

The case was taken over by a newly appointed solicitor Scott BIRCHALL, who although young in years, was extremely professional and clearly a young man with a great future in the legal profession. He worked under the guidance of a partner in Linder Myers, one Peter Kaye, who again was very professional.

The Company provided Mr Simon HILTON from Chambers and he was extremely good with an immediate grasp of the case.

After many months the case was settled out of court to the satisfaction of myself and my wife.

The service provided by Linder Myers was first class throughout, giving good advice as and when required and keeping in constant touch throughout.

They provided great service at a very reasonable fee and I'm thankful I saw their advert in NARPO News. I would recommend their services to anyone in need of legal advice or service.

Dennis Care

Ex Sussex. Retired

Readers letters continued...

Highways Agency

I would like to thank Mr Leonard (letters issue 74) for giving me a full account of the workings of the Highway Agency and his role as a 'Traffic Officer' and I would ask that I would be allowed to respond to his comments.

Having read his letter I am in no doubt that when the events he refers to take place he and his team may have a role to play, but having talked a good job, I and other ex-traffic police officers know that the incidents he mentions (including breakdowns) do not take place every day, and there can be times when there are no calls coming in, so as the Highways Agency are unable to carry out law enforcement what do Mr Leonard and his colleagues do with their time and tax payers money?

Maybe he could enlighten us. I was pleased to see that Mr Leonard agreed with much of my original letter.

D.A. Cross
Ex Lincolnshire

War Pensions Oyster Card

While reading the August edition of NARPO News, I noted the article regarding disabled persons railcard and thought I might be of assistance to any of your Members who are in receipt of a "War Pension".

If a person is in receipt of a "War Pension" he is entitled to be issued with an oyster card, under the Veterans Concessionary Travel Scheme.

This Oyster Card is issued to persons living outside the London area and permits the holder to travel free on buses, underground and DLR within the London area.

Application can be made to:-
TRANSPORT TRADING LTD, Ttl Scheme,
Admail 4121, London, SW1P 1AT. or by
telephone to 0845 331 9872

I hope this may be of assistance to some of your members who may not know about this scheme.

James Purdie
Ex-Lothian and Borders Police

Gold Medal Diaries!

Please award yourselves a gold medal for the 2014 diary.

I retired in 1986, so my first diary was 1987.

I always carry little notes and sentimental items inside the cover of my diary. I also add post it adhesive slips at strategic points to jot down info, dates given to me from time to time.

This year the missing outer cover caused me to create a brown paper extra cover, behind which I tucked my bus pass and items as above.

Now with the new 2014 Spirolux diary you have achieved the ultimate in diaries.

Mr W. Murray
Forfar

RE: The Good Old Days

Having read Bob Fisher's account of 'The good old days' I was both amused and transported back to my own good old days in the early 1970's when I was a young beat officer in Camberley. I remember a time when there existed a great deal of fun and humour in the job, when you were often being 'tuned up' by your colleagues, which was then considered character building. In the spirit of this ethos at 3am I was on foot patrol with a colleague during a particular quiet night duty. We were conducting a fruitless patrol of the local multistorey car park. I noticed two shopping trolleys lined up at the top of the down ramp on the first floor, as if on a starting grid. I immediately challenged my pal to a race to the bottom, in an attempt to stave off the boredom.

We started off, me in a Bejam trolley, him in a Tesco's one. Un-beknown to me the Bejam trolley had large wheels and tyres whilst the Tesco's one did not. He ground to a halt within a few feet, whilst my trolley plummeted down the slope at break neck speed, too fast for me to leap out!

My helmet and radio fell off as I accelerated towards the exit barrier. I struck the barrier with my chest snapping it off. I was winded and thrown backwards onto the ground shocked and stunned. All I could hear was my mate who had collapsed to the ground gasping and crying with laughter.

The next day I went to see the car park

manger (a good mate of mine) to fess up, and make good the repair (50 pence for two metal bolts). He laughed so much, and was so amused that he insisted on paying the 50 pence out of his own pocket.

A little while later I nicked a skin head kicking down a large section of the car park wall, so consider I made restitution in my own way!

Chris Elliott
Retired Ex Surrey/Met

Parking Scams

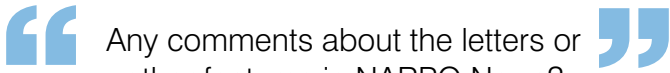
In reply to Nev Metson letter about parking scams. My other half - overstayed at a car park only by a few minutes. We received a NIK with a letter stating that the car and had been caught by the ANPR that covers the car park and it had over stayed, and the fine was £45, if paid within 14 days if not the fine would rise to £90. We ignored the first letter and after the 14 days was up a second letter duly arrived telling us the fine had increased to £90.

I politely wrote to the company thanking them for their information that my other half had over stayed in their car park. I pointed out that information and evidence were two entirely different things. As the car had been clocked going in and going out by ANPR there should be photographs of any parking infringement. I asked them to send copies of the evidential photographs and I will send a cheque by return, surprise surprise they sent a letter back saying the matter had been disregarded and no further action will be taken.

We have another town centre car park here that is watched over by ANPR and now it has a parking attendant as the car park has nice new wording on their notices (albeit in very small letters) that you are not allowed to leave the confines of the car park on foot, so you can only visit Maplins, Staples, KFC and Pizza hut. The warden then runs (yes runs) over to the offending divers vehicle and whacks on a ticket, before the driver has got more than 30 yards outside the confines of the car park, for the offence of leaving the confines of the car park!

Now this is British Justice at its very best.

S Wake
Ex Surrey



Any comments about the letters or other features in NARPO News?

If you have no time to write a letter why not e-mail your views to **depceo@narpo.org**



Historical investigations

During the past few years, I have followed with interest the observations being made mainly in the media concerning the apparent Police ineptitude in conducting abuse allegations from as far back as the 1960's and the role of those involved in the investigations following the tragic deaths of 96 Liverpool fans at the Hillsborough Football ground in 1989.

I clearly recall being on duty on that fateful Saturday and my staff having to deliver 'death messages' to the families living in our division.

It was a constant cause of frustration to many of the Detectives I was working with during this period, that the Crown Prosecution Service would not accept observations made in statements from ALL witnesses that were not relevant to the offence(s) being heard by the courts. Often, we would find ourselves in Court giving evidence, only to find that some of the content of statements was regarded as 'not relevant', or 'prejudicial and not probative'.

It was then the decision of the prosecution to redact parts of statements and not the Police.

In 1994, I was appointed the Senior Investigating Officer into a historical abuse committed over a number of years at Local Authority homes in the Merseyside and Cheshire Police areas. As we uncovered the extent of the abuse, I was mindful that since my appointment to the CID in 1967, the prosecutions department (now the CPS) would not prosecute ANY offence of indecency unless there was independent corroborative evidence.

The very nature of the offences we were investigating meant that such corroboration was not to be found. Fortunately, we were supported by senior case workers in the CPS and an excellent Prosecuting QC, who fully appreciated the difficulties we were facing. However, when faced with the evidence from seriously disturbed victims, they felt that by showing to the Court the consistency of the abuse by named individuals, this would be acceptable corroboration. We were then able to successfully prosecute some serious offenders and secure lengthy prison sentences.

Since my retirement from the Police Service in 1998, I have worked closely with a number of news agencies and became seriously concerned that when reporting high profile offences, the main objective was to 'make good telly', irrespective of the sensitive nature of the crime being reported upon and the accuracy of their observations.

From my following of the current investigations regarding the activities of Jimmy Saville and others, I can understand why in some cases, the authorities failed to act in the manner that would be expected in to-days climate. This observation must NOT be regarded as an excuse for their conduct.

I continually find it frustrating that current Senior Police Officers fail to offer the public any understanding of the Police role in historical investigations and how they were the subject of close and often frustrating direction by the Courts and the CPS. Perhaps they are more concerned with the current public image and do not want to engage in a debate over events they have no knowledge or understanding of.

I wait with interest to hear the outcome of the current investigations being undertaken regarding the role of all those involved in these events.

Take care and many thanks for the excellent work you all undertake on behalf of NARPO members.

Albert Kirby QPM
Retired Detective Superintendent
Merseyside Police

Injury Award Help

I am writing to you today to bring to your attention the exemplary help and support I have had from NARPO and specifically Mr Steve Edwards, Deputy Chief Executive Officer.

Over the past 3 years I have been seeking information from my former force regarding the calculation of my injury award and have been liaising with Steve for information regarding the regulations. He has been supremely patient in explaining the interpretations with regard to my own case. He always responded promptly to my (all too numerous) emails and telephone calls.

The process has necessitated me seeking the help of the Pensions Advisory Service and ultimately The Pensions Ombudsman. Steve supplied me with the relevant documentation to strengthen my complaint to them and kept me updated with new case law such as that of Howarth and others.

I am pleased to inform you that I have now been reviewed and my injury award banding has been increased.

The "Pensions" section on your website has been a fantastic resource for the regulations and case law and now contains much of the information which I have found to be so useful.

A grateful NARPO member

Police Cycling Test

My motivation in writing to you is twofold:
a) I hope to promote interest in a very worthy cause and hopefully inspire readers to become Helpers and
b) to tell you of a truly amazing coincidence.

After the death of my beloved husband Frank Jenkins who served 32 years in Liverpool City/Merseyside Forces, I was drawn to an advert outlining a pilot scheme for the Marie Curie organisation. The role of the Helper necessitates visiting terminally ill patients in their own homes for three hours weekly. I was 81 years old when I applied and thought I may not be accepted, not so, after an interview and two full days training with several other Volunteers, I was 'matched' with a Client. Our M.C. Manager has an amazing aptitude and judgement when arranging the 'matches'

My client and I had much in common and we both enjoyed the time we spent together. I also visited her in the Hospice. On one of my visits to the Hospice she was sleeping. I noticed one lady did not have visitors and I was unsure whether I should speak with her.

After ten minutes I approached her and asked her if she would like my company. She told me she was a widow and thought her deceased husband had sent me to her as it would have been their 57th wedding anniversary that day. She was happy to talk about him, telling me he died in his mid-sixties and he had been a Fireman stationed at Essex Street in Dingle, Liverpool. I was able to tell her that I knew it well as my husband was in the Police Force and stationed at the next door Police Station and I had met my husband there on my first day in the division. I was very shy and it was very daunting walking in to a Canteen packed with males eating breakfast. I looked down to avoid eye contact and bumped into Frank!

I mentioned the comradeship between the Police and Firemen to the lady, who immediately replied her husband had been friendly with one Officer whom he helped to play tricks on the new recruits in the early hours of the morning when they were on night Duty. After a few minutes she said his name

Readers letters continued...

was Jenkins she thought for a further minute or two and then said "Yes it was Frank Jenkins"!

I was stunned. At that time (1953) each Division had a "Cycle Bobby". Many of the Recruits were interested in being selected for this role and enquired how to apply. Jokingly they were informed it was necessary for them to pass a test before they could be considered - the Test would take place when they were on night duty. It involved the applicants riding around the block at speed and again very slowly. They all took it very seriously and were eager to learn if they had performed well. Then they went through a skid pan which the Fireman provided. One of the Inspectors was in on the joke and congratulated them on their performances. Of course this all occurred during their meal break.

An old Colleague whom I meet up with at an annual Cadet Reunion on hearing my narrative immediately said "That's a story for the NARPO magazine" The National Email address is www.mariecurie.org.uk/helpvolunteer a short Video can be viewed giving all the necessary information.

Another plus is we have made new friends despite the disparity in our ages. We meet with our Peer Groups regularly and exchange experiences.

From the 1st April this year this service ceased to be a pilot scheme and is now a Core Service.

Molly Jenkins
Merseyside

RE: The Good Old Days

The letter entitled 'The Good Old Days' in the August issue tells us that the first police officer to die by gunshot wounds was William Jump, of the Lancashire Constabulary who died as a result of a gunshot wound in June 1862, in Smallshaw near Ashton under Lyne.

However there was an officer killed before him - Constable James Bright who died on 14th August 1848 in Ashton under Lyne. He was on duty during a protest and riot by Chartists in Bentinck Street. He was first stabbed in the thigh by a pike, and then shot in the chest by a man with a pistol, the chest wound causing his death.

The Manchester Times reported that one of the bullets from the pistol 'struck a small brass button, of the shape used for braces, but we believe one of those upon his vest, and bear-

ing the name of the township; the outer rim of this button was forced in, and when he was examined in the Red Lion kitchen it fell from his person, with a piece of the mangled flesh adhering to it.

One of the two brass buttons at the back of his coat was missing, and this, it was afterwards found, had been struck by a slug, broken from the shank, projected through the uppermost corner square of a bedroom window in the King William, a public house kept by Mr Bryan Taylor, and opposite to the Red Lion. This distance could not be less than 30 yards. Mrs Taylor was standing at the window, preparing for bed when the button came through the square, just making a hole sufficient for its passage, and fell upon the table. It was originally round, but has been beaten nearly double by the slug, of which it bears marks'.

One of the slugs which passed through Constable Bright's body hit a waiter by the name of Shawcross, who was on his way home from work when the shot was fired. The bullet hit him in the lower leg, but fortunately did not cause him a serious wound.

The police carried out many enquiries and arrested many of the Chartists who had taken part in the events of 14th August 1848; eventually a man named Joseph Ratcliffe was charged with Constable Bright's murder and appeared at Liverpool Assizes on 15th December 1848.

The jury heard evidence that Ratcliffe and two other men were with Constable Bright, indeed Ratcliffe expressed his regret at having stabbed the officer with a pike. Evidence was also given that Ratcliffe had left the murder scene and called at a friend's house where he changed his clothes and disguised himself before fleeing the area. He was arrested while trying to leave the country on board the Ocean Monarch, just before the ship sailed.

The jury found Ratcliffe guilty of the murder, and was sentenced to death. This sentence was later commuted to transportation for life, and he was transported to Australia aboard the William Jardine convict ship on 30th April 1852. Constable Bright is remembered on the Roll of Honour at the GMP Museum, along with all the officers who have died on duty from all the forces which make up what is now the GMP area.

The museum is open every Tuesday from 1030 to 1530, and the Roll of Honour can be seen by all our visitors.

Mary Randles
Museum Volunteer, Salford Branch

Retirement Park Homes

My wife and I are trying to down size towards a complete retirement.

My wife has set her heart on, for a quiet life, a retirement park home. We have visited places in Cumbria, Shropshire, Lancashire and Cheshire, viewing some lovely places. She was smitten by a place in Cumbria overlooking fells and the sea. I cannot help suspecting that there must be some pit falls.

Do any NARPO members have any experience of living in park homes?

Any advice would be welcome at crozier-d@o2.co.uk

David Crozier
Ex Cheshire

RE: Unusual Sightings

In the November 2012 edition of the NARPO magazine, I asked for any officers that might have been involved in unusual sightings or strange experiences to contact me.

I would like to update the readers and tell them that I received a good response from a number of officers. They included (1950) a report from a retired Special Police Constable from Kent who was with other officers when they saw three black disc shaped object moving over in formation over Minnis Bay, Birchington-on-Sea.

A report from a retired Superintendent, of nine lights seen moving in formation over Gillingham in 1966.

A retired PC from the Nottinghamshire Constabulary told of an object that had landed in 1976.

Reports from retired Wiltshire Officers about what they had seen in the 1970's.

A report from a Police Sergeant of a mysterious green globe seen by a London family, important enough to send a motorcycle officer to Fylingdales, Yorkshire the next day with the report.

A retired Detective Inspector from Oxfordshire whose Police car struck an invisible object and ended up pointing the wrong way at Kidlington in 1978.

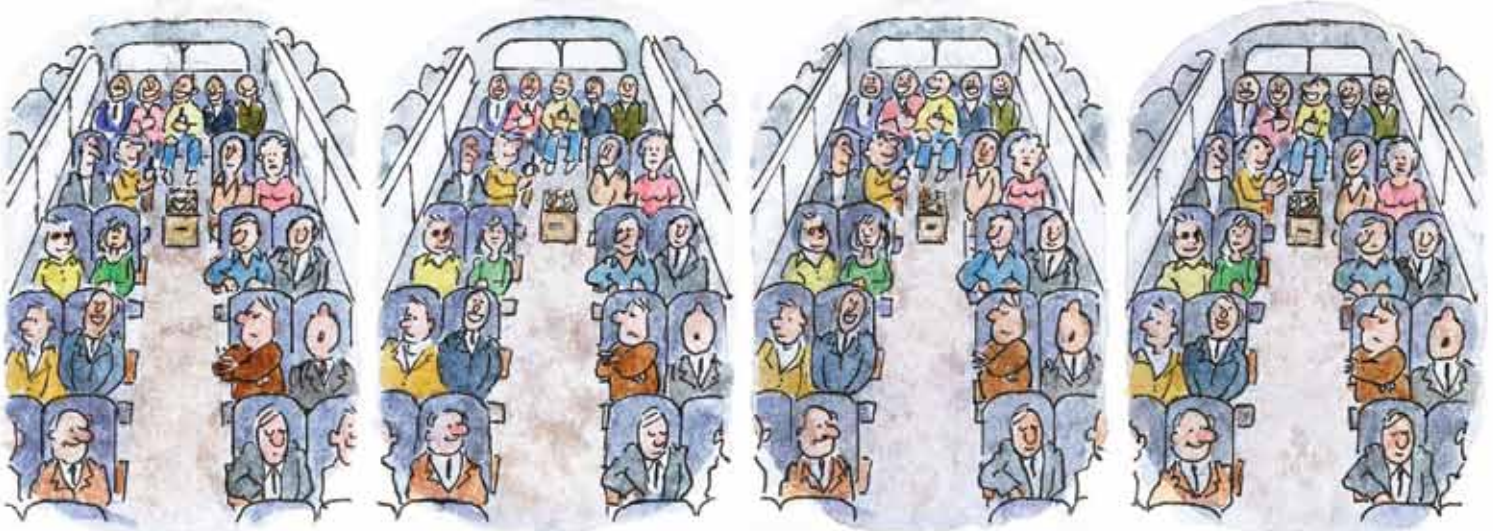
Other reports included an account of ball lighting when a cadet on duty was lucky not to have been killed while carrying out lollipop duties many years ago.

Thanks for reading I can be contacted on johndawn1@sky.com or by telephone 0121.445.0340

John Hanson
Retired Police Officer West Mids
Publisher of Haunted Skies Volume 7 (1978-1979)

ANNUAL OUTINGS

RETIRED OFFICERS' **ANNUAL OUTINGS**—
—THOSE TRADITIONAL COACH TRIPS TO...



LONDON...

BLACKPOOL...

BRIGHTON...

SCARBOROUGH—



—ARE BECOMING MORE AND MORE...



JEDD



.... **ADVENTUROUS!**

WordShop

Benefits update

State Benefits

- The Department for Work and Pensions (DWP) has announced that the benefit cap is in place for all affected claimants and fully implemented. From now on anyone making a new claim will be assessed to see if the cap applies. Those benefits included in the cap are:

- Bereavement Allowance
- Carer's Allowance
- Child Benefit
- Child Tax Credit
- Employment and Support Allowance – except when in the Support Group
- Guardian's Allowance
- Housing Benefit (except for households in Supported Exempt Accommodation)
- Incapacity Benefit
- Income Support
- Jobseeker's Allowance
- Maternity Allowance
- Reduced Earnings Allowance
- Severe Disablement Allowance
- Widowed Parent's Allowance/
Widowed Mother's Allowance/
Widow's Pension

Any benefits not listed above are not included in the cap.

You will be exempt from the cap if you, your partner or a dependent child is entitled to Working Tax Credit (and you/they have claimed). Alternatively, exemption is given to claimants receiving any of the following benefits:

- Disability Living Allowance/Personal Independence Payment
- Attendance Allowance
- Employment and Support Allowance (if claimant is in the Support Group)
- Industrial Injuries Disablement Benefit
- Armed Forces Independence Payment
- Armed Forces Compensation Scheme
- War Disablement Pension
- War widow's or widower's pension

- Universal Credit (UC) was extended to six additional Jobcentres from October, as part of its progression. Branches in Hammersmith, Rugby, Inverness, Harrogate, Bath and Shotton will begin to take new claims for UC, in addition to the four 'pathfinder' (trial) areas (Tameside, Wigan, Oldham and Warrington).

UC will eventually replace Income Support, Income-based Jobseeker's Allowance, Income-related Employment and Support Allowance, Child Tax Credit, Working Tax Credit and Housing Benefit. Budgeting loans will also be abolished, with an advance payment of UC substituted for the loan. It is expected that the transfer of claimants receiving those benefits being replaced will be complete by 2017. If you are in receipt of any of the benefits being scrapped, you will receive correspondence explaining when and how you will be affected in due course – there is no need to take any action, but please do remember to report any changes of circumstances in the usual way to avoid overpayment of benefit which you may then have to pay back.

- The process of inviting existing claimants of Disability Living Allowance (DLA) to make a claim for Personal Independence Payment (PIP) began on 28 October.

The charity Turn2Us has produced a range of informative factsheets on the subject of PIP. To view the factsheets, visit the website www.turn2us.org.uk.

- The Department for Work and Pensions (DWP) has now ceased making any form of pension or benefit payment by cheque. As planned, the use of cheques in making payment was scrapped in July, with the majority of claimants receiving payments directly into their chosen bank, building society, credit union or Post Office card account.

In addition, the Government launched 'Simple Payment', an alternative method of making payments to people who are unable to manage an account, with particular focus on making the system accessible for carers who need to be able to collect payment on someone's behalf. For more information on how Simple Payment works, visit www.gov.uk/simple-payment.

- Changes to the calculation of Local Housing Allowance (LHA) came into force on 1 September.

Each local authority's rent officers will calculate the authority's LHA rates by using the lower of either:

- The 30th percentile of available rents (the financial point at which 30% of the rents in an area are below the amount and 70% are above it); or
- The previous year's LHA rate increased by 1%.
- The new LHA rates will be confirmed on 15 January 2014, with yearly rate changes following each January.
- There is now a requirement in force for people claiming Winter Fuel Payment and living in Switzerland or European Economic Area (EEA) countries outside the UK to demonstrate a 'genuine and sufficient' link to the UK. This move comes ahead of proposals to restrict the payments to prevent those living in warm countries from getting this benefit.

From Autumn 2015 a 'temperature test' will apply, ruling out payment of Winter Fuel Allowance to anyone living in a place where the average winter temperature is warmer than the average winter temperature in South West England (the UK's warmest region). As a result, payments to Cyprus, France, Gibraltar, Greece, Malta, Spain and Portugal are expected to stop from winter 2015/16.



- The appeals process for State benefits and child maintenance cases has now been updated. In the first instance, a claimant wishing to dispute a decision made by the DWP must ask for a 'mandatory reconsideration' of the decision, rather than lodging an appeal immediately. Following the reconsideration, if the claimant is still unhappy with the reviewed decision, they must then appeal directly to Her Majesty's Courts and Tribunals Service (HMCTS). This is known as 'direct lodgement'. It is hoped that this change will encourage individuals to supply enough relevant information and evidence with their original claim.

In addition to this change in the process, the DWP has agreed to introduce a time limit for the return of appeal responses to HMCTS. This limit will stand at 28 calendar days for benefits cases and 42 calendar days for child maintenance cases.

General

- The Association of British Insurers (ABI) has launched a new tool aimed at helping those purchasing an annuity to get the best possible deal with their retirement savings. Known as the Annuity Window, the service will encourage users to shop around and maximise their yearly pension income by looking at what is available to them across the market.

Over 400,000 people buy an annuity each year, and the tool is compulsory for all ABI members, with specimen annuity rates being provided from 24 companies. The specimen rates will be demonstrated using 12 fictional customer profiles which can be used as a guide. A survey carried out last year showed that more than 50% of 65 year olds have a health or lifestyle condition that could make them eligible for an enhanced annuity. Despite this, only

4% of people who took an annuity with their existing pension provider chose an annuity that reflected this, and therefore paid them more money.

- Insurance company CPP has announced a refund scheme for up to seven million people who were mis-sold card and identity protection products. However, the scheme will only go ahead if enough affected parties vote for it to proceed. CPP began the voting process by sending out letters to policyholders at the end of August, notifying them of the scheme. Those affected were asked if they want the scheme to go ahead - this is a legal requirement, for which the closing date is 5pm on 31 December 2013.

If enough parties vote for the scheme to be put into operation, CPP will write to policyholders again to ask if they would like to be considered for a refund. At this point, anyone wishing to request the refund will need to complete a claim form (enclosed with the letter). The deadline for return of this completed form is 31 July 2014.

- The Government and the insurance industry have agreed to put a limit on the amount homeowners will have to pay to purchase home insurance if they live in a flood risk area. Known as Flood Re, the agreement will begin in 2015 and the cap will be linked to the council tax band of the property in question, so that homes in bands A or B will not face premiums of more than £210, while

those in band G will see a limit of £540 applied.

- Latest figures for the Government's workplace pension auto-enrolment exercise show that only 9% of those auto-enrolled into a workplace scheme have chosen to opt-out.
- The Pensions Advisory Service (tPAS) has launched a new 'web chat' tool on their website at www.pensionsadvisoryservice.org.uk. The tool allows users to interact with pensions experts for guidance.
- The Money Advice Service website now features an interactive tool on the area of workplace pensions advice. A series of questions help the user to explore the facts of having a workplace pension, and it looks at the changes brought about by the Government's auto-enrolment plans. Visit www.moneyadvice.org.uk and click on the 'tools and resources' tab in the green banner at the top of the page.

If you have a benefits query you can contact Wordshop direct quoting your NARPO membership number:

Email: sbc@wordshop.co.uk
Fax: 01935 812800 or
Post: Benefits Information Consultant, Wordshop, 7 Tilton Court, Digby Road, Sherborne, Dorset, DT9 3NL.

Now there's an easy way to help you avoid stroke and heart disease

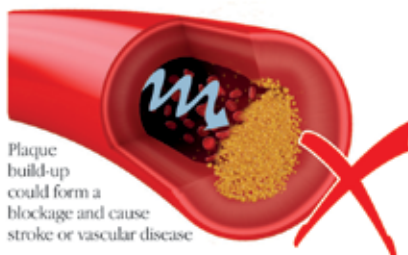
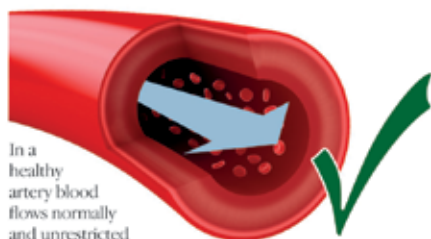
2 FREE tests for every reader

Retired Police Officer Screening package:

£129
SAVE £141

In most cases, there are no warning signs before a stroke. Yet, according to the **World Health Organisation**, 80% of strokes can be prevented. Your Health Report includes tests that help check your risk of stroke and heart, liver and kidney disease – often called 'silent killers' due to their lack of warning signs.

Blocked arteries – help reduce your risks...



Take action before it's too late

75% of people with peripheral arterial disease (PAD) will suffer a stroke if left untreated. As you age, fatty deposits known as 'plaque' can build up in your arteries increasing your stroke risk. Yet your simple 'PAD' check uses painless sensors placed on your arms and legs to help detect your risk.

Reduce your risk of blood clots, vascular dementia & stroke

You may have no warning signs but may be affected by a condition called Atrial Fibrillation, which can lead to blood clots forming in your heart's chambers. If untreated, clots could enter your blood stream and may increase your vascular dementia and stroke risks. Your heart rhythm test, read by a cardiac specialist, will check your risk.

Take control of your health

Your checks cover a range of conditions, but if you are particularly concerned about stroke, it is worth noting that your risk doubles every decade after the age of 55.

No warning signs

Your 16-page Health Report report explains your 53 readings in plain English rather than medical jargon. The focus is on conditions

that, if the risks are spotted early enough, you and your GP can do something about.

Your quick & easy way to stay healthy

Your checks take place at a convenient local centre – you should find one around 10 minutes from your home or work. Your screenings also won't take long – the time-consuming work is undertaken after your screening by our cardiac specialists and laboratory experts. Your personal health report will then be sent to you within 21 days. As Mr and Mrs Coker from Essex said,

"Both Ken and I were delighted with the Bluecrest staff – overall much better than the company we used last time! We were so impressed with our reports, as were our doctors when we took them along to discuss the findings. Ken's had further tests since, as some of his results were abnormal, but he's now on medication and we're both in great health."



53 medical readings included in your package covering:

- **Stroke and Heart Rhythm Specialist** check for risks of blood clots forming in the chambers of your heart
- **Kidney Disease** This can cause no symptoms in its early stages but increases risk of heart attack or stroke.
- **Liver Disease** In England this has risen by 25% in less than a decade.
- **Iron Deficiency** This can cause tiredness and shortness of breath. Left untreated it can make you more susceptible to heart and lung complications.
- **Bones** We measure your calcium and phosphate levels to assess your risk from bone conditions.
- **Inflammatory Arthritis** High levels of uric acid can lead to kidney stones.
- **Body Composition Scan** This measures levels of dangerous visceral fat that can build up around your vital organs. It also measures your hydration levels, muscle mass, bone mass and metabolic rate and age, giving you a fuller picture of your overall health.

Don't wait until it's too late

Many serious illnesses can be prevented if you take action early. Take control of your health and call **0800 652 2287** or **01903 255612** now, quoting code **P1386** to claim your discount.

Tests are quick and painless, and you'll only need to remove your shoes and socks



BLUECREST
HEALTH SCREENING
Live Long • Live Well



Call 0800 652 2287
or 01903 255612

Quote: P1386

Lines open 8am-8pm, 7 days a week
When calling please remember to quote
P1386 to receive your discount plus
2 FREE health screenings.

www.bluecrestscreening.com

| Your Key Health Checks | WAS | NOW |
|---|------------------|-------------|
| Artery check for stroke & heart disease | £70 | £43 |
| Preventive tests for liver and kidney disease, iron levels, gout, diabetes and bone and muscle health | £70 | £43 |
| Specialist cardiac check for blood clot Atrial Fibrillation risk | £70 | £43 |
| 10-year heart disease risk assessment | £30 | FREE |
| Body composition scan and biometric analysis | £30 | FREE |
| Discount for retired police officers | SAVE £141 | |
| Special NARPO Package Price | £270 | £129 |

If you need to cancel or re-arrange before your appointment, just call us. Bluecrest Health Limited, Caravelle House, 19 Goring Road, Goring, BN12 4AP

Retirement - what's retirement?

It's amazing isn't it how time flies - a sign you are getting older they say!

I have been meaning to put pen to paper for a while now and have eventually managed to get around to it as like so many of you reading this magazine I have found that "retirement" doesn't mean you have more time to do things for many of us it means less!

I wanted to tell my story as I feel that I am so lucky to have been able to fulfil the plans I had made as I was coming up to retirement, and wanted to encourage those of you out there that have perhaps not taken the opportunities that retiring at a relatively young age can bring.

I joined West Midlands Police at the earliest possible age for a regular officer, I was exactly 18 and a half in June 1980 when I went off to Ryton PTC, never giving a thought to pensions and retirement. Of course starting at 18 1/2 meant that I would be "retiring" at 48 - a leadership course towards the end of my career had me sat there gloating at the end of the first day as everyone had to go away and develop some action points to progress their career, asked why I was smiling like a Cheshire cat I said there's no point I won't be here much longer - so what are you going to do then? I hadn't really thought about that, I knew I loved animals - especially dogs and was

particularly passionate about assistance dogs, but when I actually sat down to think about what the future might bring it got a bit scary! After sitting down with my Inspector at the time I realised I needed to plan - I decided I wanted to work for an assistance dog charity - I was already a volunteer for Hearing Dogs for Deaf people and The Dogs Trust but hadn't really got any qualifications. So I did some research and got an interview to do a Btec Level 3 Diploma in Animal Management at Solihull College and was lucky enough to get a place on the course. September 2010 saw my life change completely.

At the start of the second year we started compiling CV's and doing introductory letters and learning how to look for suitable employment. I fell across an advert for a job with Guide Dogs for the Blind at the end of January 2012 "Mobility Team Support Worker for Birmingham Mobility Team" it was an admin role and I fulfilled the criteria so for the experience as much as anything I completed my application form and realised just how many transferrable skills you gather in 30 years working for the Police! I was really lucky to be offered the job and started working for Guide Dogs in April 2012 and finished my College course at the same time.

I have since gone on to become the teams Community Engagement Officer which I absolutely love - it involves going out raising awareness about Guide Dog services, supporting Guide Dog Owners who have been refused services or access to premises due to having a dog with them, campaigning re things such as Dog Attacks, media liaison and involvement in fundraising and volunteer recruitment.

Guide Dogs couldn't survive without it's volunteers, nationally we have only approximately 1000 paid staff and around 11,000 volunteers. The service receives no government funding and cost almost £50 million to run last year - the lifetime cost of a Guide Dog is £50,000 and we have around 4,500 working partnerships that we support.

The Birmingham Mobility Team covers Herefordshire, Gloucestershire and Worcestershire and I would love to hear from anyone in those areas who would like to get involved - our website <http://www.guidedogs.org.uk/supportus/volunteering/> will explain in detail our work and the roles available. Our team are specifically looking for a branch co-ordinator in Malvern and Ledbury, a treasurer and speakers in Gloucester, general volunteers in Cirencester, puppy walkers in the Cotswolds, Birmingham, Worcester and Gloucester areas, and schools ambassador's and collection box co-ordinators in all areas. Please contact me if you would like to know more on 08453 727434 or email susan.bushell@guidedogs.org.uk

Even if you are not in our team area please contact me because our other mobility teams across the Country will also be in a similar position and love to hear from retired police officers.

Sue Bushell
Birmingham Branch

Conference Farewell And Welcome

Conference saw the retirement of Midlands Region NEC Representative Fabian Taylor after 10 years loyal service.

Fabian's wisdom, wit and indomitable style will surely be missed. [Fabian is pictured with the female members of the NEC.]

The NEC welcome the new Midlands Region NEC Representative Mark Judson and look forward to Mark working with the NEC.



What's on?

Dates to remember for your diary



info You can email your
'What's on' details to
depceo@narpo.org

PRESTON AND DISTRICT AGM

Tuesday 11th March 2014 at 730pm
Longton Bowling Club

NARPO PRESIDENT Ian POTTER attending.
Hot Pot supper provided all members are
encouraged to attend.

Herts A and E Division Reunion

If you have ever served in the old "A" or "E" Division then you are invited once again to spend a few pleasant hours in the company of your colleagues and their partners for the annual 'Retired Officers Party'.

Venue: The Hertford House Hotel, 1 Fore St., Hertford, Herts SG14 1DA (Downstairs – there is a lift)
Time: 19.00

Date: Thursday, 5th December 2013
Cost: £5.00 per person (to include a buffet & glass of wine on arrival)

The event will be subsidised by the "Herts Police Central Sports & Social Club" and we hope you will be able to attend.

Please make your cheques payable to: JF JONES, and send to the overall organiser; Mr Fraser Jones, 8 The Finches, Hertford, Herts, SG13 7TB, as soon as possible.

If you require further information please contact Fraser: frasersroom@gmail.com
Or 07595 389795

THE FLYING SQUAD OFFICERS ASSOCIATION

The AGM and next reunion will be held on Tuesday 25th February 2014 at the following venue,

Weatherspoons Public House, Pendrel's Oak, 283-288, High Holborn, London, WC1V 7HP.

The AGM will commence at 5.00pm followed by the reunion commencing at 6.00pm.

Entry by ticket only (to be purchased through the Devon office below) at a cost of £12.00 (members) and £15.00 (non-members and guests).

Tickets from:

The Flying Squad Officers Association,
Devon Waters [Level 1], Durrant Lane,
Northam, Devon EX39 2RL.

Wolverhampton County Borough Police



Wolverhampton County Borough Police was continuously in being to serve the people of Wolverhampton from 1848 to 1966. In 1966 it was amalgamated into the West Midlands Constabulary, which in turn was amalgamated into the West Midlands Police in 1974.

It was noticed earlier this year that no record or memento of the City's own Force existed amongst the Memorabilia in the Mayoral Suite at Wolverhampton Civic Centre. The Mayor, Councillor Christine Mills, agreed to the presentation of a shield bearing the name and dates of the Force, together with a framed history between 1848 and 1966.

The shield and history were presented to the Mayor and her consort on 1st May this year, in the presence of sixteen former members of the Borough Force, some city councillors and the current head of Wolverhampton Division of the West Midlands Police, Chief Superintendent Neil Evans.

The attached photograph shows the shield being presented by former Superintendent Mike Collins, with former Superintendent Joe Davies wearing the Constable's uniform with which he was issued on joining the Force in 1946. Also pictured are Chief Superintendent Evans, and the sixteen members of NARPO and their wives.

The shield and history are now placed in the Mayoral Suite appropriately alongside a memorial to the Borough Fire Brigade.

A plaque was dedicated in "The Beat" at the National Memorial Arboretum in 2007, to the members of Wolverhampton Borough Police and the West Midlands Constabulary, as reported in NARPO News.

Mike Collins
Wolverhampton County Borough Police, West Midlands Constabulary and West Midlands Police (Retired)

Southend on Sea Branch

will be holding their annual White Helmet/ Christmas get together at:

Southend Police bar on Friday 13th December 2013 from 1pm.

For further information please contact Peter Yorke-Wade, Branch Secretary on 01702624217 or e-mail peteryorke-wade@sky.com

2014 BEXLEYHEATH REUNION

Thursday 6th February 2014

7.00pm - 12.00

Bexleyheath CIU Working Men's Club, Royal Oak Road, Bexleyheath, Kent DA6 7HG
020 8301 3511

Tickets £7.00 pre booked,
£10.00 on the night

Applications from Don BARTLEY
don.bartley@btinternet.com
'Homelea' 154 Birchwood Road,
Wilmington, Kent DA2 7HG
01322 662245, 07944 536280
or

Tony BROOKE - tony@southlondoncoroner.org or anthony.brooke2@ntlworld.com 07833 707016
Cheques made payable to Bexleyheath Metropolitan Police Social Club.

The Queens Gallantry Medal - Help Needed

Since its institution in 1974 the Queen's Gallantry Medal has been awarded on 1,042 occasions, which includes 37 posthumous awards and 19 second awards.

For Exemplary Bravery is a new book being compiled by Nick Metcalfe MBE QGM, it begins by providing the reader with a short history of United Kingdom gallantry awards, primarily those awarded for non-combatant gallantry. It explains in detail, for the first time, why the Queen's Gallantry Medal was instituted and why the Royal Warrant was amended in 1977 to allow for posthumous awards. It explores the relationship between the Queen's Gallantry Medal and other awards for gallantry in the Honours Systems of the United Kingdom, Crown Dependencies, British Overseas Territories and Commonwealth Realms.

Based on research at the Royal Mint, the design of the medal, the artists involved and details of the medal's production are also examined. The original artwork for the reverse design is revealed, as are alternative designs proposed for the ribbon.

At the heart of this book are the stories of extraordinary bravery that earned the Queen's Gallantry Medal. Each recipient is detailed and all of the published citations are included, with explanatory notes, personal recollections of many of the recipients and the details of their other awards and medals. Also included are

citations never before published. It is well illustrated with pictures of the recipients, images from the scenes of the incidents where they reacted so gallantly and full colour photographs of many of their medal groups. A series of appendices provides first-hand accounts of the events behind some of the citations.

The author has had an incredible response from recipients of the medal and the families of posthumous recipients but would like to ensure that every recipient who wishes to contribute may do so. Nick Metcalfe may be reached by email: nickmetcalfe@queensgallantrymedal.co.uk

Updates on the book's progress may be found at its Facebook page: <https://www.facebook.com/pages/For-Exemplary-Bravery/593804713964754>



The best remote control garage door available

The Stowaway Automatic roll-up garage door



- Automatic roll-up system - remote control
- The ONLY UK manufacturer of the Stowaway
- Tailor made to fit your garage
- Compact design - creating more space
- Wide range of colours now available
- Fully insulated, high security

Freephone **08000 811 900**

*Subject to status. Written quotation on request. Licensed Credit Brokers - Huddersfield FC11 4LN

Send to 'Freepost Continental'

Name

Tel:

Address

Post code

Quote ref: NARPO 2

CROCODILE
garage doors • security shutters



Conference Matters

Members Of The National Executive Committee 2013/2015

The Chairman & Chief Executive are ex-officio members of all sub-committees and working parties

NEC Appointments

At the post conference meeting of the NEC the following appointments were agreed:

Chairman of the NEC and President of NARPO

Ian Potter

Vice Chairman of the NEC and Vice President of NARPO

Brian Burdus

Chief Executive

Clint Elliott QPM (Appointed)

Deputy Chief Executive

Steve Edwards (Appointed)

Financial Controller

Sue Ward (Appointed)

Internal Examiner

Tony Storry

Urgent Business Sub-Committee

Chairman, Vice Chairman, Chief Executive

Conference Arrangements Sub-Committee

Steve Edwards, Pat Gates, Nick Hartfree, Margaret Morgan, Kate Rowley QPM, Terry Storey, Tony Storry and Sue Ward

Pension and Welfare Reform Sub-Committee

Brian Burdus, Steve Edwards, Eric Evans MVO, QPM, Lynne Haydon, Terry Storey and Tony Storry

Police Dependents' Trust

Sandie Wilde MA

Training Officer

Graham Alexander

Age:

UK: Representative Brian Burdus
Pensioners Forum Wales: Margaret Morgan
Reserve: Eric Evans MVO, QPM

Misconduct Sub-Committee

John Carrington, Jackie Cole, Mark Judson, Margaret Morgan and Lawrence Wright

Training Sub-Committee

Graham Alexander, Brian Burdus, John Carrington, Jackie Cole, Pat Gates BSc, Terry Storey and Sandie Wilde MA

Strategic Planning Group

Brian Burdus, Jackie Cole, Steve Edwards, Pat Gates BSc, Nick Hartfree, Mark Judson, Kate Rowley QPM, Sandie Wilde MA and Lawrence Wright

Secretariat Sub-Committee

Eric Evans MVO, QPM, Lynne Haydon, Mark Judson, Tony Storry and Lawrence Wright

Rules Revision Sub-Committee

John Carrington, Eric Evans MVO, QPM, Lynne Haydon, Mark Judson and Lawrence Wright

Public Service Pensioners Council

(External Appointment)

Vice Chairman: Clint Elliott QPM

Council Members: Clint Elliott QPM, Eric Evans MVO, QPM

National Pensioners Convention

EC Member: Clint Elliott QPM

Reserve: Steve Edwards

Council Members: Brian Burdus, Nick Hartfree, Margaret Morgan and Lawrence Wright

External Examiner: Sue Ward

Age Platform Europe

Council Member: Clint Elliott QPM

No 1 Region - North West

Kate Rowley QPM - Cumberland

2014

Sandie Wilde MA - Manchester

2015

No 2 Region - North East

Terry Storey - Harrogate & Skipton

2014

Tony Storry - Cleveland

2015

No 3 Region - Midlands

John Carrington - Wolverhampton

2014

Mark Judson - Staffordshire

2015

No 4 Region - Eastern

Brian Burdus - Nottinghamshire

2014

Lawrence Wright - Cambridgeshire

2015

No 5 Region - South East

Graham Alexander - Eastbourne

2014

Ian Potter - TVP Berkshire

2015



No 6 Region - South West

Lynne Haydon - Exeter & District
Pat Gates BSc - Bristol

2014
2015

No 7 Region - Wales

Margaret Morgan - Gwent
Eric Evans MVO, QPM - Gwynedd

2014
2015

No 8 Region - London

Jackie Cole - London
Nick Hartfree - London

2014
2015



The Roland Smith raffle raised £362.89 in memory of Pat Evans for St David's Hospices, thanks to all those who took part. The Hearing Star raffle raised £330 for the National Police Memorial Day.

Annual Conference 2013 - Result Of Motions

Motion 1
Rule 18/Annex3

Suffolk
Carried

Amendment

Wakefield
Carried

Motion 2
Rule 28

London
Carried

Amendment

Nottingham
Carried

Reserves To The Nec & Misconduct Appeal Committee (MAC)

No 1 Region - North West

| | | | |
|-----|--------------|---------------|------|
| | John Bamford | Rochdale | 2014 |
| | John Charles | Wigan & Leigh | 2015 |
| MAC | Frank Wooley | Wigan & Leigh | 2015 |

No 2 Region - North East

| | | | |
|-----|----------------|------------|------|
| | Mike Thornton | Humberside | 2014 |
| | Anne Newstead | Doncaster | 2015 |
| MAC | Joseph Bradley | Harrogate | 2015 |

No 3 Region - Midlands

| | | | |
|-----|--------------|---------------|------|
| | Paul Snape | Wolverhampton | 2014 |
| | Steve Groves | Walsall | 2015 |
| MAC | David Jones | Wolverhampton | 2015 |

No 4 Region - Eastern

| | | | |
|-----|---------------|------------------|------|
| | Bob Mabbutt | Northamptonshire | 2014 |
| | Frank Gregory | Derbyshire | 2015 |
| MAC | Eric Bussey | Norfolk | 2015 |

No 5 Region - South East

| | | | |
|-----|----------------|---------------|------|
| | Ahmed Ramiz | North Sussex | 2014 |
| | Keith Bowman | Eastbourne | 2015 |
| MAC | David Marchant | TVP Berkshire | 2015 |

No 6 Region - South West

| | | | |
|-----|----------------|-----------------|------|
| | Brian Thornley | Dorset | 2014 |
| | Brian Reed | Wiltshire | 2015 |
| MAC | David Long | Gloucestershire | 2015 |

No 7 Region - Wales

| | | | |
|-----|---------------|-------------|------|
| | Phil Hopkins | Dyfed Powys | 2014 |
| | Derrick Parry | Denbigh | 2015 |
| MAC | Alan Greaves | Cardiff | 2015 |

No 8 Region - London

| | | | |
|-----|---------------|--------|------|
| | Timothy Potts | London | 2014 |
| | Nick Burrows | London | 2015 |
| MAC | Ronald Friend | London | 2015 |

Make bathing a pleasure again with Premier Care

FITTED
IN JUST
1 DAY*



The Rejuvenate makes it easy to enjoy safe, stylish showering. It has been specially designed to fit in the space of your old bath so it will blend perfectly with your bathroom.

**Fitted in just 1 day*.
no hassle, no fuss**

Every shower comes complete with a choice of seats, trim and grab bars, a chrome soap basket and an easy glide riser rail. The all-in-one shower unit also has built-in plumbing for fast, effortless installation to transform your bathroom in **just one day.***

Reduce bacteria growth by over 99% with PremShield

PremShield® works continuously to inhibit the growth of bacteria, mould and mildew that can cause stains, odours and deterioration to your shower. Our exclusive microbacterial protection will not wash off or wear away – keeping your Vitalise shower fresh and clean.

EXCLUSIVE protection

Our microbacterial protection inhibits the growth of bacteria and mould for better hygiene.



Coloured trim to match your decor

White tile-effect panels with no grout, so no mould which means less cleaning for you.

Slip-resistant flooring

With separate drying area and slip-resistant finish for extra safety.

Lowest ever access

Step in safely with extra low 1 1/2" entry.

Please send me a FREE brochure NN005N

Title First Name Surname

Telephone

Address

Postcode

Post today (no stamp needed): Premier Care,
FREEPOST BM4591, Redditch, B97 6BR

We may use this information to contact you about our products and pass it to suitable third parties to contact you about their products and services. Please tick the box if you do not wish to receive information from us or third parties Please refer to our privacy policy for further details.
www.premierbathrooms.co.uk/privacy-policy *Dependent on fit.

Call **FREE** for your **FREE** brochure,
our lines are open all day, every day

0800 280 0282

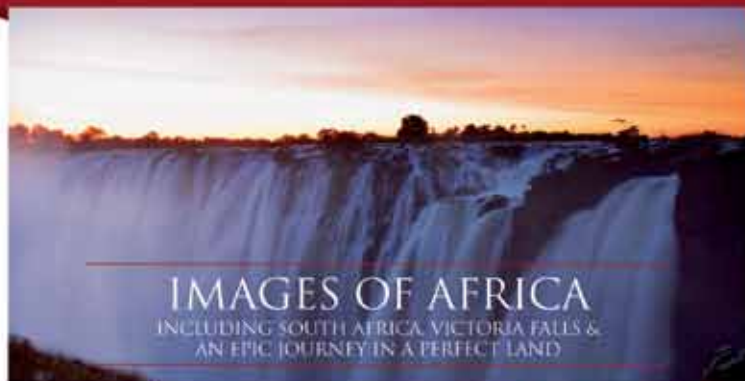
Visit www.premiershowers.co.uk

Premier Care
in Bathing

Please quote
reference
NN005N
when you call

WORLDWIDE EXCLUSIVE TOURS

FOR NARPO MEMBERS DESIGNED BY OFF THE BEAT



IMAGES OF AFRICA

INCLUDING SOUTH AFRICA, VICTORIA FALLS & AN EPIC JOURNEY IN A PERFECT LAND

DEPARTING 10 FEBRUARY 2015

Early Booking Essential

On the very southern tip of Africa lies a large land whose generous endowment on the natural beauty front provides plenty of ticks on most travellers' desirable destination wish-lists. South Africa's pristine beaches, majestic mountains, great quantity and variety of animal and plant life make it an obvious and compelling travel destination.

To enhance your experience, we have included the legendary Victoria Falls and an unforgettable 3 Night Cruise on the Chobe River which boasts the largest population of wildlife to be seen in Africa. Here you will marvel at Africa's best: - Elephant, Lion, Buffalo, Giraffe and Hippo.

ENCHANTED ISLANDS OF GALÁPAGOS

DEPARTURE 02 APRIL 2015



We have just returned from another magical, incomparable, and incredible journey to the 'Islands of Galápagos. Volcanic in nature these isles are home to a myriad of wonderfully strange and abundant wildlife. Giant Tortoises meander distant highlands, pre historic iguanas sun themselves on pitch black lave rocks, flightless cormorants and tiny penguins dart through crystal clear waters, while graceful red-billed tropical Frigate Birds screech across the sky. Each day you will set out to explore remarkable ecosystems as you inch past lounging sea lions, and discover pink flamingos in hidden lagoons.

Celebrity Xpedition is undoubtedly one of the most luxurious vessels in the islands 'offering fine accommodations for just 98 guests etc. - THIS IS NO ORDINARY JOURNEY THIS IS TRULY A JOURNEY LIKE NO OTHER - 2015 may seem an age away but it is really essential that you book 18 months in advance.

PRE TOUR PERU ALSO AVAILABLE VISIT 'www.cruisegalapagos.co.uk'

VOYAGES TO THE HEARTLAND OF

AMERICA

Cruise the Mississippi River with the American Queen Steamboat Company from Memphis to New Orleans

DEPARTING 06 NOVEMBER 2014



There's no more unique way to enjoy a Mississippi river cruise and experience the history, heritage and culture of America's heartland than a voyage aboard a genuine steamboat like the American Queen. Stroll through charming towns and vibrant Mississippi river cities. Join us on the American Queen on this incredible journey from Memphis to New Orleans and all points in between.

We look forward to welcoming you aboard as you experience the heartland of America as never before—from the decks of the grand, elegant Steamer American Queen.



VIKING
RIVER CRUISES

Exploring the World in Comfort

SPECIAL EXCLUSIVE OFFER TO NARPO MEMBERS BOOKING THROUGH OFF THE BEAT - 01606 330958

In addition to the £750 per person early booking incentive discount offered by Viking River Cruises - OFF THE BEAT are offering an ON BOARD CREDIT for NARPO MEMBERS of up to £100 per person for all bookings received for the 2014 programme. Note that Viking may reduce the £750 per person incentive at any time but Off the Beat will guarantee the additional on board credit.

TO REQUEST A MORE DETAILED ITINERARY WITH PRICES PLEASE CALL OFF THE BEAT TRAVEL ON 01606 330958 OR EMAIL info@offthebeat.co.uk and supply your NAME AND FULL POSTAL ADDRESS



CALL US NOW ON 01606 330958
FOR A FULL ITINERARY OF THESE
INCREDIBLE JOURNEYS

ATOL PROTECTED 10645

A Vision for the Future

The Strategic Planning Group (SPG) of the National Executive Committee (NEC) of NARPO is currently undertaking work to assess the state of the Association at this present time and for the future.

The Group has involved itself in research of a number of practices and procedures which were considered worthy of review and recommendations have been accepted by the NEC and some changes to practices and procedures have taken place and are reported under the relevant headings as shown below.

The Group have reviewed the structure of NARPO and make no recommendation for change at this time as regards the Headquarters and NEC structure and operating arrangements.

Branch Structure

In each of the 111 branches there is an elected Chairman, Secretary, Treasurer and various numbers of committee members some of whom are designated specific local titles with responsibility for social, welfare and other arrangements. The vast majority of these elected members are unpaid volunteers.

It has been noted that many branches have experienced difficulty in finding sufficient volunteers to occupy committee positions and even more difficulty when trying to fill the principal officer posts. It has also been noted that this situation has manifested when elections to the NEC become due.

The Group believe there is a need to develop succession planning at both Branch and Regional level and propose to investigate this possibility.

In 2008 the SPG identified the need for branches to adopt a "One Force One Voice" policy where more than one branch exists within a force area. That single voice can be one or more designated

individuals or an appointed group which has been delegated the authority to speak with the force management or other group on behalf of all members located in that particular force area. It also provides a single point for return contact.

The NEC stand by the policy of "One Force One Voice"

There is an undoubted fear of amalgamation which can be allayed by discussion and education.

An amalgamation will not necessarily mean the closure of a branch which may still be able to retain a certain identity, its own committee structure, branch money, membership and the delivery of social and welfare services on a local level to its members whilst the main or hub branch is responsible for the matters of national administration etc. In branches where amalgamations have taken place a central committee is often formed by representatives from each of the smaller branches.

The "local" nature of all branches is the bedrock of our Association and will always remain so but an amalgamation of branches within a single force area will not necessitate any loss of local identity.

Amalgamation offers vast improvements in communication, administration, financial reporting, subscription collection, precept payments, scale of economy, time saving and avoidance of duplicity which can benefit the Association as a whole and branches.

It is the current stated policy of the NEC that there will be no forced amalgamations. The SPG believe

that the Association should move towards the creation of one central branch in each of the 43 police areas within England and Wales.

Technology

It is recognised that we now live in a computer world and that there is therefore a need for NARPO to be up to speed with technology.

The SPG promoted the need for every branch to have an e-mail address listed on the Branches page of the national website (www.narpo.org) through which any prospective member can make on-line contact with any branch. An on-line application form and thus the process for joining our Association has been created and now forms the bulk means by which new applications are received.

Alongside this advancement was the development of SuperSleuth (SS) as the administration tool for HQ and branches to manage membership data. The system provides a much more efficient means of recording membership details which are entered initially by HQ and thereafter can be amended at either national or local level thus avoiding duplicity and inconsistency and the saving of much time.

The use of SS as an administrative tool has been developed over the last couple of years and Branch Circulars are now published on the opening screen as is the updated Branch Handbook. The system will no doubt be further developed as time progresses.

NARPO has recently established a Facebook page (Narpo) and a Twitter account (@narpoHQ) which further enhances our technological footprint and will possibly appeal to some of our current members and certainly will enhance our image amongst the retiring officers of today.

The NEC will continue to press for every branch to use SuperSleuth. The SPG suggest that the NARPO technological footprint be enhanced whenever possible.

Image/Advertising

It became apparent some years ago that membership of NARPO is not the automatic step for many retiring officers and that there was some considerable ignorance about the Association amongst serving officers.

To reinforce the existence of NARPO, it was decided three years ago to promote NARPO at the Police Federation Conference and NARPO took a display stand in the Conference Exhibition Hall. It was at this event that the distinct lack of awareness of NARPO amongst serving officers became more apparent. The event was a measured success and the NEC agreed to repeat the process at future Conferences. An evening reception hosted by NARPO is held at the Conference to which a representative of every PolFed branch is invited and these have proved to be a considerable success.

The SPG believe that NARPO should continue to advertise by way of campaigns and attendance as exhibitors at the PolFed Conference and to issue press statements and submissions at appropriate times.

Membership

A drive to encourage serving officers to join NARPO during the later stages of their service as Associate members has been a feature of the PolFed exhibition stand.

A survey was conducted in 2011 to establish the feelings of our branches regarding the acceptance of such members and a majority of the responses were in favour of the initiative. It was felt that the appropriate time would be during the last 12 to 18 months of their service.

There were some branches which adamantly refused to accept them, which, whilst it is the prerogative of any branch committee to so decide (Note; it is a decision to be made by a branch committee as opposed to a branch Secretary) was seen as somewhat counter-productive and may well deter those serving officers who have

been refused membership from applying when they do actually retire.

The advent of further changes to conditions of service, periods of employment, pensions regulations, police staff categories, Serious and National Crime Agency status and other such pressures will no doubt impact further on our rules.

The SPG recommend that the drive to encourage serving officers to become Associate Members of NARPO during the last 12 to 18 months of their service be continued and that Branches should be encouraged to accept them. The SPG to commence a comprehensive review of the categories of membership of NARPO as defined within the current rules with a view to future proofing them so as to reflect the present and future changes to police officers conditions of service.

Conference

The SPG in consultation with the Conference Arrangement Committee (CAC) have driven changes in the way in which we conduct our annual conference and has seen the inclusion of structured debates led by a facilitator and a reduction in the number of outside speakers. This has been an attempt to make the event more meaningful and interesting and of value to those attending.

There are still a considerable number of branches who do not attend our annual conference, indeed, there are many who never respond to conference communications, a matter which will be further addressed later in this report. It is important to understand why branches do not attend the event and there is some difficulty in asking them to explain why that should be if they cannot be bothered to tell HQ that they are not coming anyway!

It will also assist the CAC in planning future Conferences if a review were to be conducted to cover all aspects of our annual Conference.

It is suggested that the SPG should undertake a comprehensive review of Conference.

Accounting

There is a requirement within our Rules for each branch to submit a statement of accounts and a reconciled balance sheet to HQ each year and this return should include any additional or supplemental accounts held by such branch (such as a social fund or lottery fund etc.) The format in which these accounts are submitted is various in both content and quality and essentially each of the 111 received are different. This was considered by the SPG to be less than an efficient process which was most time consuming for our Financial Controller and a piece of work was undertaken to suggest a better way forward.

The result has been a recommendation from the SPG approved by the NEC for a software accountancy package called "QuickBooks" to be purchased on behalf of any branch wishing to accept the offer together with support provided by HQ.

The first offer was accepted by 61 branches and will now be repeated by an announcement at Conference 2013 when it is hoped that many more branches will seize the opportunity to make the required process wholly more efficient.

The SPG recommend that all branches be encouraged to accept the offer of the "Quickbooks" software.

Communication

In any large organisation it is essential that a high standard of communication exists and that this should be both from top down as well as from the bottom up.

The NEC and HQ communicate to branches by way of Branch Circulars (BC) which contain general information, convey a specific message or ask for a specific response. From time to time non BC communications may be distributed on a regional or national level such as questionnaires or surveys.

It is quite absurd that the HQ of our Association cannot obtain a response to every communication from every branch. This would not be tolerated in the police service or in any business or

enterprise and there is an urgent need for this situation to be addressed.

It perhaps emphasises that 111 branches is far too great a number for the efficient administration of our Association and that matters addressed elsewhere may need to be addressed sooner rather than later if NARPO is to be considered "fit for purpose".

The SPG to establish the reasons for a lack of response by branches to communications from HQ and to investigate and establish mechanisms to improve the situation.

In concluding, it should be acknowledged that many facets of our Association retain a "status quo" whilst others are under a constant process of review or are receiving specific attention at this time.

The SPG have looked at many aspects of our Association in the recent deliberations and some have been dismissed as being "Unachievable" whilst others were considered as "Aspirational" and

will no doubt feature again in future debates and thus have not been included in this report.

The SPG have identified that their main area of work in the coming years will be focussed on the following topics

- Succession Planning for Branch Officials and NEC Representatives
- A review of branch expansion/non-expansion
- A comprehensive review of the categories of membership
- A review of Conference
- To establish the reasons for a lack of response to communications by branches and to investigate and establish mechanisms to improve the situation

We would welcome your views on these topics and indeed on any aspect of NARPO and what you think can or should be done to enhance our image and better equip us for the future.



IDS UK is passionate about providing quality healthcare information to Healthcare Professionals and their patients. As an IDS UK field team member you will play an important role in the distribution and display of leaflets and posters within GP surgeries and pharmacies.

As a dynamic company we have field team vacancies that frequently arise across the country. To register your interest for these roles, and for further information please click on careers at www.ids-uk.com

KEY INSTALLER

Regular, Part-Time

The role requires strong DIY and administration skills, WI-FI and printer access, use of a mobile, a good size vehicle and access to a dry storage area.

FIELD SERVICE REPRESENTATIVE

Regular, Part-Time

The role requires strong administration skills, WI-FI and printer access, use of a mobile, a good size vehicle and access to a dry storage area.

Successful candidates will benefit from generous daily rates of pay plus mileage and expenses.

Slater & Gordon Lawyers.
Still proud to be part of your police family life.



Exclusive
Discounts for
NARPO
members

National law firm service at local prices.

Divorce after retirement can be extremely complicated especially when you have taken your lump sum and your primary source of income is your pension. The family law team at Slater & Gordon Lawyers, formerly RJW, have over 15 years' experience dealing with police pensions and work alongside Slater & Gordon's specialist team of children lawyers who are experts in advising parents and grandparents on child residence and contact. So no matter your circumstance you can be reassured that you are getting the best possible advice.

Our dedicated team offer NARPO members:

- Up to 30% off current hourly rates
- A hour free initial consultation
- A fixed fee divorce & dissolution service

Call Slater & Gordon Lawyers.

0808 175 7978

slatergordon.co.uk/narpo

Family Law Services:

- ▶ Police Pensions on Divorce
- ▶ Divorce & Dissolution
- ▶ Child Residency & Contact
- ▶ Separation agreements
- ▶ Finances on separation
- ▶ Civil Partnership
- ▶ Cohabitation
- ▶ Domestic Violence
- ▶ Pre and Post nuptial agreements
- ▶ International Divorce
- ▶ Family Mediation
- ▶ Wills & Probate

Offices Nationwide:

Birmingham, Bristol, Cardiff, London, Manchester, Milton Keynes, Newcastle, Sheffield, Wakefield & Edinburgh*

*associated office.



FORMERLY
Russell Jones & Walker

Insurance news

NARPO Home and Car Insurance - now available for your family members

At Roland Smith we're proud of our exclusive 30 year association arranging insurance for members of NARPO. Over this time we've come to know what NARPO members really want from their insurance, and we're pleased to be able to now offer our outstanding service and great products to families of NARPO members.

This means partners, brothers and sisters, grandchildren and children of NARPO members can now enjoy the benefits of NARPO car and home insurance.

Our unique insurance promises

Our members have told us what they want from their insurance and we've used this to create our five insurance promises, which come as standard with our policies, giving you peace of mind and great value for money.

We promise you that...

1 We'll never have automated responses and endless buttons, just friendly, helpful expert insurance advisers on the end of the phone.

Our team of 70 experienced staff, based in Liverpool, won't keep you waiting – they answer eight out of 10 calls within just three rings. They know all about insurance for the Police family, with 60% of them having been with us for over 10 years. If you need more time to think or understand your policy, they'll never rush you to make a decision.

If you have to make a claim, our dedicated staff handle things quickly and efficiently so you can get back to normal fast. We know emergencies don't always happen during office hours, so our claims service is available 24/7.

2 We'll be clear and transparent about the costs of insurance with no hidden admin fees if you make changes to your policy.

With some insurers the price quoted is rarely what you actually pay. Some charge up to 29% APR if you want to pay for your premiums monthly. Some charge extra if you want to make simple changes to your policy, like changing your car, moving house, or getting married. Some charge you for cancelling your policy.

We don't think any of that is fair, which is why we won't charge you extra.

3 We'll serve the Police family and work harder than anyone else to get you the best tailored solution for your needs.

Our customers love the way we work which is clear from the feedback we get:

"May I just say that in the 3 years I have been involved with your company there is no organisation I would rather contact than Roland Smith. The people on the other end of the phone could not be more helpful and polite, well done." (Mr P, via letter)

4 We'll offer you exclusive deals on your insurance through working in partnership with UK leading insurance providers.

We know how important it is for you to have the right insurance – and the cost of not having the right cover. We price specifically for members of the Police family, so you can make sure you get the level of cover that's right for you.

NARPO members on average, save £94 on Car Insurance and £95 on Home Insurance when switching*

5 We'll offer a set of unique member benefits to say 'thank you' for being part of the Police Service

We're passionate about Police welfare and understand that finances are just part of your overall wellbeing. As a Roland Smith customer, you're joining the Police Mutual Group and have access to a range of valuable member benefits. For instance our Member Care service offers free, practical support and advice for anyone who may be experiencing serious illness, chronic health conditions, bereavement or disability.

The service offers a confidential and independent care advisory service provided by qualified, experienced nurses, giving you someone to turn to for guidance when things are tough. To find out more about the full range of member benefits, visit the website at policemutual.co.uk.

Time to switch to us?

Right now if you switch your car or home insurance to us, we could save you money and we'll even pay any cancellation fee up to £125.

Plus, for every new car insurance policy you purchase from 25 October 2013, and with a start date before 31 December 2013, you'll receive £25 M&S vouchers. Full terms and conditions of this offer are available on request by emailing info@rolandsmith.co.uk

These offers are also available to family members of NARPO including partners, brothers and sisters, children and grandchildren.

For a stress-free and competitive quote, call our friendly team of experts on 0845 758 5878.

*Average premium savings of £94 and £95 is based on 16% of NARPO policyholders who provided their existing premium and took out their Car and / or Home Insurance with Roland Smith between 1 January and 21 June 2013.

Police Mutual Assurance Society Limited (PMAS) is an incorporated friendly society. Registered Office address: Alexandra House, Queen Street, Lichfield, Staffordshire WS13 6QS. Roland Smith Limited is a wholly owned subsidiary of PMAS registered in England & Wales No 01073408, registered office: 1st Floor, India Buildings, Brunswick Street, Liverpool, L2 0XH. PMAS and Roland Smith Limited are authorised and regulated by the Financial Conduct Authority. For your security, all telephone calls are recorded and may be monitored.

Pay for funeral costs in advance to save loved ones money

A funeral plan freezes funeral costs at today's prices, saving loved ones both money and worry



Retirees are being hit harder than most, with the cost of living showing no signs of slowing down. However, there is one cost that's rising faster than inflation rates – the cost of a funeral.

Funeral costs have more than doubled in the last 10 years and have been rising faster than RPI inflation, and rates of interest on savings, as the chart below shows. Dignity, the UK's leading provider of funeral plans tell us that in 2012, the average cost of a funeral was £3,516 and by 2017, they predict that this cost is set to increase to almost £5,000[†]. So, even if you think you've adequately saved enough to cover funeral costs today, it's unlikely to be enough when the time comes, potentially leaving loved ones with an unexpected bill.

You can protect against rising funeral costs by paying in advance with a Guaranteed Funeral Plan from Dignity. You'll never fall short with a plan from Dignity as it guarantees to cover the costs of a traditional cremation funeral at today's prices. So, however much funeral costs may rise in the future, you can rest assured that once the funeral services in your plan have been paid for, you or your family will not have to pay any more. You can also gain peace of mind knowing that your funeral will go ahead exactly as you wish, as the plan lets you take care of the arrangements in advance.

Guidance and support when they will need it most

When the time comes, your family will only have to make one phone call to put the plan into motion.

They won't have to worry about guessing what type of service you wanted, as you will have outlined your wishes in advance. This means they can concentrate on adding their own personal touches. A local Dignity owned or approved funeral director will be guided by your plan and will assist your loved ones with the arrangements, providing compassionate support and guidance to help them through the difficult time.

A funeral plan from the UK's leading provider

In 1985 Dignity introduced the first funeral plan into the UK and since then more than 520,000 people have made financial provisions in advance with them, which is more than any other provider. They have a longstanding reputation for care and attention, which is why they're Roland Smith's preferred funeral plan provider.

You can also rest assured that the money you pay for the Guaranteed Funeral Plan will be held securely. Your money is paid in to the National Funeral Trust – a totally independent Trust Fund that is managed by some of the most respected names in the financial industry.

And there has never been a better time to take out a plan. Rising funeral costs mean that Dignity will have to increase the price of the Guaranteed Funeral Plan on 1 December 2013. So taking out a plan before this date could save you as much as £204[†].

“As the cost of a funeral increases each year, we decided to take advantage of today's price for a funeral, which we can only hope, will be in years ahead.”

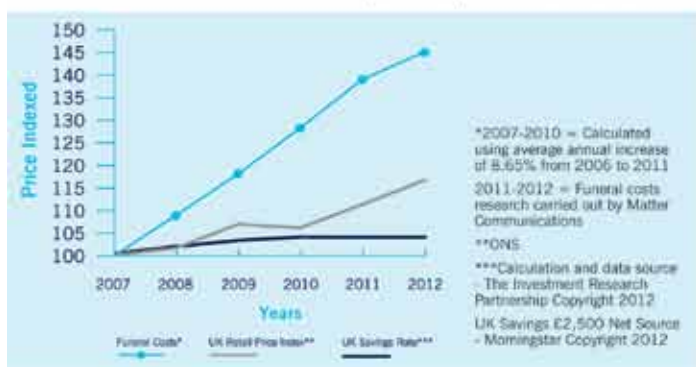


Mr Hoddy, West Sussex

“I purchased the Dignity Funeral Plan because I thought it would make things easier for my son to deal with all the arrangements in the event of my death. Also, by doing so now, we would save money, as costs keep rising.”



W Spencer, Bournemouth



[†]The average cost of a funeral has risen from £1,580 in 2000 to £3,516 in 2012 – an average increase of 6.89% per year. If costs continue to rise at this rate a funeral would cost £4,906 by 2017.

[†]Cost saving is based on price increases effective from 1 December 2013.

Request your free information guide

For your free guide about the Guaranteed Funeral Plan from Dignity, call Roland Smith on

0151 236 4511

A few minutes now could save you and your loved ones so much expense and worry in the years ahead.



Roland Smith
A Police Mutual Company

Roland Smith Limited, registered address: 1st Floor, India Buildings, Brunswick Street, Liverpool L2 0XH. Registered in England & Wales No. 01073408. Roland Smith Limited is authorised and regulated by the Financial Conduct Authority and is a wholly owned subsidiary of Police Mutual Assurance Society Limited. Calls are recorded and may be monitored. The Guaranteed Funeral Plan from Dignity is regulated by the Funeral Planning Authority not the FCA.

SUPER-SOFT MOLESKINS

100% COTTON MOLESKIN TROUSERS & JEANS

£35 EACH WHEN YOU
BUY ANY TWO
(WAS £70 EACH)

We are delighted to offer NARPO News readers a unique opportunity to purchase any pair of moleskin trousers or jeans from our superb collection for just £39.95, or buy any two pairs for only £70 and save £50 on the rrp.

These luxurious soft 100 per cent cotton moleskins are just the ticket whether the occasion calls for a smarter look, or is a more relaxed affair. Choose from our moleskin jeans or trousers, with five autumnal colours in each style. Featuring a subtly-striped pocket lining, these trousers ooze panache. All Samuel Windsor clothing includes a 30-day no quibble worn or unworn guarantee.

Available to order in leg length 27", 29", 31" and 33" and waist sizes 30" - 48".

TROUSERS

AUBERGINE

DENIM BLUE

GARNET

BEIGE

OLIVE

JEANS

BROWN

DARK NAVY

EMERALD

RUST

SAND



DENIM BLUE - TROUSERS

Samuel Windsor

tailored quality ~ outstanding prices

**SPECIAL READERS OFFER
AVAILABLE FOR A LIMITED TIME ONLY**

0871 911 7044* QUOTE
33669

*Calls cost 10 pence per minute from a standard BT landline. Calls from other networks and mobiles may vary.

www.samuelwindsorshoes.co.uk/33669

Post to: Samuel Windsor (33669), PO Box 87, Brecon, LD3 3BE

| | COLOUR | QTY | LEG | WAIST | TOTAL |
|-----------|--------|-----|-----|-------|-------|
| Moleskins | | | | | |
| Moleskins | | | | | |
| P&P | | | | | £5.45 |
| Total | | | | | |

PLEASE DO NOT SEND CASH. Offer subject to availability. Please allow up to 7 working days for delivery. If you are not completely satisfied with your purchase then return the item to us within 30 days, worn or unworn, and we will refund you, no questions asked. Any unsuitable item can be returned using our returns service - details supplied with every order.
PLEASE NOTE A SIGNATURE IS REQUIRED ON DELIVERY.

33669

I enclose a cheque for £..... made payable to **SAMUEL WINDSOR**

OFFER (33669) Please write your name and address on the back of your cheque.

Alternatively, please debit my Visa/Master Card/Switch/Maestro card:

Mr/Mrs/Ms: Initials: Surname:

Address:

Postcode:

Tel No:

Card No:

Switch Issue No:

Valid from date:

Expiry date:

Security Code*:

*Last 3 digits on back of card

NARPO LEGAL SERVICES

Linder Myers offers discounted legal services to NARPO members and their families.



LINDER MYERS
SOLICITORS

LEGAL • NATIONAL • INTERNATIONAL



We are proud to offer NARPO members and their families specially tailored legal services at reduced rates.

Linder Myers Solicitors also provides other legal services as below. Please contact us to discuss your requirements and we will be happy to help.

- Corporate Commercial
- Commercial Litigation
- Commercial Property
- Employment
- Trusts and Estates
- Family Law
- Residential Conveyancing
- Medical Negligence
- Occupational Disease
- Personal Injury
- Regulatory and Compliance
- Training Academy

FREE INITIAL CONSULTATION

☎ 0844 984 6448

✉ narpo@lindermyers.co.uk

🌐 www.lindermyers.co.uk/narpo

SPECIAL OFFERS:

- Fixed fee conveyancing at £369 + VAT and disbursements on all properties under £500,000 (this price is for registered absolute freehold properties) (for leasehold, unregistered & newbuilds an additional fee of £150.00 plus VAT will be incurred) On all transactions there will be a £50.00 plus VAT charge for the Stamp Duty Land Tax (SDLT) admin fee.
- Free basic Wills with no hidden charges
- Divorce and contact issues with discounts off standard rates
- Lasting Powers of Attorney at fixed rates

Questions from Members



Frustrated with your computer? Just ask us and we will help

iOS 7 update for Apple devices

In September Apple released an update for its mobile devices, an update to iOS 6 called, you guessed it, iOS 7. The new update features an upgraded interface, with individual elements given a flatter design and then layered to create an immersive feeling of depth. Control centre swipes up from the bottom of the screen and gives quick access to features like calculator and torch, and the notification centre which slides from the top of the screen is much improved.

The update is available via iTunes or your settings app now – but make sure before you commit you definitely want to upgrade - it cannot be undone once you do so.

Windows 8.1

For those of you running Windows 8, there will be an upcoming treat this October with an 8.1 update from Microsoft. This update addresses a lot of concerns with Windows 8, such as re-adding a Start button, allowing more flexibility in how metro apps are positioned on the start screen, and greatly improving search.

Looking for a shortcut?

Try these key combinations to get the job done quicker.

Printing - hold the CTRL key and press P. (On a Mac it's the CMD key and P)

Saving - hold the CTRL key and press S. (On a Mac it's the CMD key and S.)

Selecting everything - hold the CTRL key and press A. (On a Mac it's the CMD key and A.)

Copying an item - hold the CTRL key and press C. (On a Mac it's the CMD key and C.)

Pasting an item - hold the CTRL key and press V. (On a Mac it's the CMD key and V.)

Undoing a mistake - hold the CTRL key and press Z. (On a Mac it's the CMD key and Z.)

Problems with your broadband?

Try these troubleshooting tips.

Firstly, ask yourself the basic questions – is everything plugged in? If you use a dialup connection, is the phone free of messages and can you get a dial tone? If you use wireless, is the wireless on your computer switched on and connected? Many laptops actually have a physical switch for the wireless near the power switch or on the front of the machine. This needs to be on in order for wireless to work.

The next thing to try is to switch off and back on your ADSL modem/router (such as a BT home hub, or whatever device your ISP supplies you). The switch off and back on will reboot the device and its software and often fixes the issue. Next, check your ADSL filters are plugged in to each telephone and router around the house, and if you have any spares try replacing them. The ADSL filter looks like this:

Sometimes, using another machine on the telephone line can cause interference or "noise". For instance, having a faulty fax machine on the line may cause interference, so try unplugging this or any other extra devices to see if the situation is improved.

Failing that, not much else is left but the broadband equipment and possibly the phone line itself – especially if nothing in the house works with broadband. At this point placing a support call with your ISP is a good idea, and if you tell them the steps you have already done they will appreciate it and also be aware that they are dealing with someone technically minded. In my experience this makes an ISP support desk more likely to go the extra mile for you and fix the problem.



WARNING !!! Fake Tech Support?

Sound familiar? We've had a lot of members come to us saying they have been cold called by a company going by a variety of names, and pretending to offer IT support because their computer is showing errors. They usually tell you to run the windows event log, point out the warning triangles (of which usually occur naturally) and then kindly offer to make everything fine if you settle a very inflated bill. Figures seem to vary from just under £100 to several hundreds for what amounts to nothing but theft. Members report that callers often sound like they are in a stressed environment with lots of noise around them, and get very rude if questioned.

This is a well known scam that has been going on for years now, operated overseas where cybercrime laws are non-existent. The only thing you can really do if this happens is to terminate the call. Remember: if someone calls YOU trying to sell you a service or tell you something is wrong and that you need to pay to fix it, you are never under obligation to take that service.

Send your email queries to narpo@bc-group.co.uk and one of our IT Consultants will reply to your mail in layman's terms

COST PRICE HEARING AID BATTERIES

Hearing Star offers a hearing service in the best interests of members of all organisations in charitable partnership. That means we pass on genuine cost savings direct to members.

A BOX OF 60 HEARING AID BATTERIES FOR £8.25+VAT^{+ P&P}

Just how much do you save?

Boots (David Ormerod Hearing) half price battery "Priority Club"

£1.70 per card or £17.00 per box.

Hearing Star price is £9.90 including VAT, so you save a massive £7.10

This price is open all NARPO members, even if they have not purchased hearing instruments through the NARPO charitable partnership with Hearing Star. As we do not sell to the general public, please ensure you have your NARPO number to hand the first time you telephone to place an order.

A box contains
10 x cards
of 6 batteries

If I don't hear well this Christmas?



Few members want a hearing aid for Christmas, so put off taking that first step to call us. If this festive season you find yourself struggling to hear your loved ones, we have a helpful incentive to take the plunge. **Starkey Laboratories are supporting us** for the first three months of 2014, by providing a hearing aid remote control **without charge** for every pair of wireless hearing aids purchased. Have full control of your instruments without the need to draw attention or touch your ears.

Amplifon Prices Sky High!

The recession has made little difference to the price of hearing aids on the high street. Many have gone up!

A NARPO member has recently provided us with a written quote. £3,450 for two GN Resound Alera 7 wireless Receiver in-canal style (RIC) instruments.

Hearing Star's charitable partnership entitles NARPO members to purchase comparable technology at just £2095.

This means a saving of £1,355. If members take advantage of the support opposite, you can even avoid an additional £1.50 Amplifon charge for a remote control.

NARPO Charitable Partnership

An exclusive members' hearing aid service



Hearing Star

Did you know that there's no need to pay high street prices for hearing aids? As a NARPO member you can avoid the brand, product and price lottery and receive **genuine** value and service through the NARPO Charitable Partnership with Hearing Star.

Only the very best 16 channel technology, with the option of wireless technology. Many benefits include a personal service with all appointments carried out in the comfort and privacy of your home.

*Wireless technology available as a £100 per aid option, where required.

The Hearing Aid Lottery

It could be YOU
throwing money away!



TWO TOP OF THE RANGE 16 channel instruments are **£1895** in any style

For your copy of our latest 2013 brochure call Marie: 0800 03 23 771

NARPO@hearingstar.org.uk www.hearingstar.org.uk



Marie Janson

Money matters



Guide To Long-Term Care

In the May edition of NARPO news we published an article on long-term care. Such was the interest in this subject that we've decided to produce an updated, slightly more detailed version for this edition. If you would like to discuss any of the information provided in this article, please contact Roger Parker on 0845 600 8996 or email advice@pmas.co.uk

Increasing life expectancy ought to be a cause for celebration; however, while many people are living longer they are not necessarily doing so in good health. A retirement spent solely on cruise ships or golf courses is only the outcome for a lucky few. Most people will suffer lengthy periods of poor health in later retirement. As a result, long-term care is becoming an increasing and pressing need for many.

The Cost of Care

The costs of long-term care are significant and have risen ahead of inflation for many years. As an example, the 2012/13 Laing & Buisson Care of Elderly People Report showed average care home fees in the North West of England standing at £24,336 a year while in the South East they are £30,888 a year, rising to £31,096 a year in London. Being cared for at home is even more expensive, with full-time nursing care costing in excess of £100,000 per year. As such, paying for care can quickly eat into a lifetime's worth of savings.

Help from the State

Two years after the 2011 Dilnot Commission's report into long-term care costs in the UK the Government outlined its plans for long-term care funding. The original Dilnot Commission was set up to try and bring about a system whereby people could have some certainty about their long-term care costs.

The reality is that the original Dilnot recommendations have been watered down. The Commission recommended a lifetime cap on long-term care costs of £35,000 to £50,000 but instead costs will be capped at £75,000 from April 2017. The Government's new measures also raise the level at which people can receive state assistance. At the moment, only those with total personal assets

– including the family home – of less than £23,250 receive any help from the Government. The new proposals suggest this should rise to £123,000 from 2017. The Government has also recommended a ceiling for 'hotel' costs such as food and accommodation. From 2016 people in residential care are expected to pay a contribution of £12,000 yearly towards general living expenses with the state helping out after that.

Being Assessed for Care

Although there are moves afoot to change the current system, for the time being the local authority is obliged to assess every individual who requires care. This means determining the extent of the care they require and the best place for that care to be provided, regardless of income.

Financial Assessment

When assessing an individual's 'personal assets' the local authority will look at most conventional sources of capital and income. Capital might include bank or building society accounts, national savings, stocks and shares and an individual's home. An individual's home may be ignored, however, if a dependant spouse or other family member is still living there. Income would include pensions and income from a buy-to-let property or from savings and investments. Certain assets are disregarded, including the value of certain life policies and annuities, plus some compensation payments held in trust.

Other Government Allowances

Other allowances that may be available to individuals to support their care needs are:

- Attendance allowance: This is a non-means tested benefit for pensioners who need help with basic tasks such as eating or washing
- Personal expense allowance: This is a weekly personal expense allowance restricted to those individuals whose personal assets are below the threshold for state help

- Registered nursing care contribution: This is paid directly to the nursing home and covers nursing care, rather than hotel costs. Care homes should be able to outline how it is accounted for in their fees

Ways to Help Cover the Cost

Care home costs can be difficult to quantify over the long term, especially because it is not easy to predict how long an individual will spend in a home. While the average time is just two and a half years, around one-eighth of those people going into a care home live for a further eight years or more.

The bill for the average person may therefore be some £50,000 to £60,000 expenditure and could run into hundreds of thousands of pounds for others, potentially using up almost all of the capital built up over a lifetime. Once private funding is exhausted, individuals will be reliant on state funding, which may not be as generous and they could therefore be forced to take a drop in the quality of their care.

Individual Assets

It is important to ensure all an individual's sources of income are used to maximum effect. This will include state, company and personal pensions, income from investments and other savings. It may be that investments can be redeployed to generate a higher level of income – for example, moving away from growth to income-generating equities. It may also be possible to let out all or part of the family home to prevent it being sold.

Specific Products

'Immediate care plans' – also known as 'immediate needs annuities' – act like conventional annuities in that policyholders pay a one-off lump sum in return for an income stream for life. However, they are adapted to the needs of long-term care so, if the income is paid to a care provider, it will be free of tax. For some people, it may also be appropriate to use schemes such as equity release to access some of the capital built up in their home.

Power of Attorney

Once individuals reach the point of entering a care home, they are often not in a position to prudently manage their own finances. A Power of Attorney allows someone to make decisions on an individual's behalf and it is worth ensuring this is in place well before it is likely to be needed. It is important to consult a solicitor in this regard.

Police Mutual Assurance Society Limited (PMAS) is an incorporated friendly society. Police Mutual Insurance and Financial Services Limited is a wholly owned subsidiary of PMAS registered in England & Wales No. 4560462. Registered office of each company is Alexandra House, Queen Street, Lichfield, Staffordshire WS13 6QS. Calls may be recorded and monitored for training and quality purposes.

Poets Corner

Show off your passion for poetry



info You can email
your 'Poems' to
depceo@narpo.org

The Police

I have been where you fear to be
I have seen what you fear to see
I have done what you fear to do
All these things I have done for you.

I am the man you lean upon
The man you cast your scorn upon
The man you bring your troubles to
All these men I've been to you

The man you ask to stand apart
The man you feel should have no heart
The man you call the man in blue
But I'm just a man, just like you.

And through the years I've come to see
That I'm not what you ask of me
So take this badge and truncheon too
Will you take it? Any one of you?

And when you watch a person die
And hear a battered child cry
Then do you think that you can be
All the things you ask of me.

Anonymous

No Balls

What would we do without a ball?
No Golf, no tennis, not much at all
Football & Cricket would have to go
Snooker and Billiards, oh what a blow

Rugby just, would be allowed
The only game to draw a crowd
No Football stars on Saturday night
No one around to pick a fight

And on the other side of town
No 'Rupert Bears' to wear a frown
No talk of par of hit how far
No handicap or 19th Jar

The cricket match would have to change
No fielders there to re-arrange
No ball to hit, oh what a shame
They'll have to find another game

And what a 'Racquet' there would be
On Court no 'Love' or 'Fault' to see
What would two people do all day
If bat and ball they could not play.

Such a world would be a fright
With sportsmen wandering day and night
To find a game that they could play
They'd get in everybody's way

Eric Robinson

Constables Prayer

O, gentle Lord! Keep the daylight watch
with me.

As I begin my tour of duty, I ask Your
protection from all mental, physical and
spiritual harm.

Sustain me with the knowledge that I am
doing Your work, endeavouring to keep
peace among Your people.

Help me to be just as I enforce the law
without prejudice or favour to anyone.

May I be courageous but not reckless in
carrying out my duties.

Let me respond to all calls with haste
realizing that so many are dependent on
me for life and safety.

Support me with your consoling power
when I am tempted to think no one really
cares and that I am taken for granted.

Sustain in me the conviction that so many
thousands do care and are grateful for my
presence.

Grant that I may be loyal to my partner and
my fellow officers, and that I may back
them up effectively when called upon for
assistance.

Lord, I ask that I may return safely, after my
tour of duty, to my loved ones and those
who love me.

I pray that I may be a good and
honourable constable, and after my tour of
duty is over here on earth, may I enjoy the
peace and happiness of heaven that You
have promised to those who serve
you well.

Amen.

**Adapted from a prayer by
Rev. Robert F. Grady (1924-1989)**

10 Beat - Dixon Lane

In days gone by it was easy to see
Why Dixon Lane was the place to be
You could buy anything from ham on
the bone
To ale and porter to a slide trombone.

You could always hear the barrow boys
Shouting their wares above the noise
Each stall was set out carefully
Displaying goods for all to see.

Flowers in season all in full bloom
Looking colourful in evening gloom
The granite stone of the market hall
Seemed to tower over all.

Of the many folk who worked the lane
Big Ada is a memory plain
She coveted her pitch like no other
And no one gave her any bother.

The market Bobbies job was tough
No wonder at times he cut up rough
He quickly saw justice done
A clip round the ear wasn't much fun.

Wind, rain, snow or blow
The traders were there with wares on show
At the end of the day the lane was swept
At cleaning up they were all adept.

A pint of ale then went down a treat
Before going home to put up their feet
At night the lane was a different place
Traders vanished without a trace.

Out came the ladies of a different trade
Some whose beauty had begun to fade
From shadows they appear just like that
To passing men they try to chat.

The beat man walks his measured pace
All is quiet there's a smile on his face
He shines his lamp on each locked door
Checking property is one hell of a chore.

Dixon Lane is still there today
But its face has changed in many a way.

**Graham Highfield
Retired Sheffield and South Yorkshire**

Poets Corner continued...

info You can email
your 'Poems' to
depceo@narpo.org

The Village Bobby

With all this talk of urban crime that blights our city streets,
There's often little mention of more pastoral retreats,
As though our rural hamlets lay untroubled and immune, With
open doors and windows on a sunlit afternoon.

For those of us who live here, it's a far cry from the truth, We
have our own invaders and that element of youth Without
respect or honour for the worthy and the wise Who contemplate
retirement with suspicion in their eyes.

So is it any wonder that we dwell upon the past When the local
village bobby held the situation fast?
He lacked the skills of Poirot or of Doctor Watson's chum But the
job for which we paid him was appropriately done.

He didn't crave technology to know the good and bad, The idle
rogue, the reprobate, the decent, honest lad, He'd little need for
subterfuge or a large, persuasive stick
When a hand upon the shoulder was enough to do the trick.

He'd get to know his people and he'd get to know his patch,
More tuned to crime-prevention than the numbers he could
catch, He lived and worked among them without a place to hide.
Oh, yes, he wore the uniform, but they knew the man inside.

He'd get to know the farmers, with his bike against the wall, Just
a cup of tea, a social chat, an amicable call,
But he'd warm the seeds of willingness to tell him what they'd
seen Of anything that failed to match normality's routine.

It wasn't 'them and us', back then, we all were in the force, An
unappointed back-up squad of limitless resource,
We walked the local bobby's beat in that enlightened day,
Yet, just when he was needed most, we found him whisked
away.

No more the wave, no more the smile or meeting-place of
hearts, Just faceless, fleeting panda cars en route to foreign
parts,
No more the local ear to bend with matters of concern
And, in a while, the good-intentioned left the bridge to burn.

And, once that bridge was gone, despite the jargon and the
toys, The public's new perception was of traffic-chasing boys
Who lacked the old-time wisdom and the time to be a friend,
Now the partnership was over, the alliance at an end.

You'll rarely see a copper, now, a long a country lane,
It's not his fault, he does his best but money rules the game,
And so they buy computer links and fail to understand
That the finest link they ever had would shake you by the hand.

Now, when the evening shadows fall and problems cause a flap,
You make a phone-call, say your prayers, and hope they've got
a map, And, down the road, they'll pass a house their seniors
ought to know, That's where the local bobby lived, those many
years ago

**Written in 1995 by a resident of a
Cheshire Home in Cornwall.**

Post-Traumatic Stress Disorder, The Help is out there

Former Northumbria Police Officer Robert Aynsley suffered PTSD after he was almost fatally stabbed apprehending a car thief. He slowly rebuilt his life with the vital support of charity Talking2minds. Robert tells his story.



On May 5 2001, whilst a service officer with Northumbria Police I suffered multiple, life threatening stab wounds whilst trying to apprehend a car thief. Despite all the odds, due to my own actions, skilled paramedics and surgeons I survived – the offender received a 15 year sentence. Despite surviving, little did I know that I was to become a victim and prisoner of Post-Traumatic Stress Disorder. PTSD not only severely affected my life and day to day activities, but also saw me isolating friends and most importantly my own family. I was living constantly on edge, had frequent flashbacks and nightmares and felt totally consumed by thoughts of the attack.

The only relief I had was drink, to numb my thoughts and feelings, which just added to my problems. In addition I was offered counselling, which although I accept was well intentioned, further damaged me; it forced me to relive the experience time and time again, which for me, only made matters worse. As time passed I learnt to live in isolation and silence plagued by constant PTSD negative thinking.

About a year ago the offender was released after ten and a half years. That triggered a massive resurgence of PTSD symptoms culminating in a virtual breakdown. It was at my lowest that I came across the charity Talking2Minds – set up by a former SAS soldier it works mainly with servicemen but has uniquely recognised that there are others suffering PTSD especially in the emergency services, so they have opened their doors to all.

In December last year I attended a four day course and wow what a fantastic and life changing/saving experience! It is run by practitioners who have themselves been through PTSD – the 'real' experts. There are no course fees and it taught me to let go of so much and use positive thinking to move on and start to live again.

The trauma is always going to be there but I no longer choose to let it rule my life in such a negative way. I also have the support of Talking-2Minds, and if I ever feel I need some positive support I can simply pick up the phone feeling no sense of shame or embarrassment for not coping.

As police officers we deal with trauma on a daily basis and often feel it is a weakness to show any affect. I no longer blame myself for not coping and life is so much better for all. I would encourage any officer, serving or retired suffering with PTSD to look up Talking2Minds, make those positive steps and give them a call.

Rewarding Service

NARPO is well aware that there are retired police officers still working in policing and the security industry and they have every right to do so. This is not the full extent of the range of occupations followed by former officers but it is a significant employment opportunity for many. At a time when many officers have been forced to retire yet the service and private sector is desperate for their skills, it is strange that many, including some politicians, appear keen to restrict employment opportunities for retired police officers. This is particularly hard to understand at a time when Governments are asking older people to be active and work longer as they threaten both to increase the age before which state pension becomes payable and decrease or means test pensioner benefits. It must surely be a restrictive employment practice to deny retiring police officers opportunities in any industry but particularly in areas where their skill and expertise are valued. That must include policing and the security industry. After all, those who wish to work in the Police and in many other occupations are likely to have to go through a rigorous selection procedure and many will be using specific skills and experience attained during their time in the

police, which would be difficult to find in the more general public. We are sure that police forces, which employ former officers, do so because it is cost effective, recognising that those skills and experience save training and other costs. In addition former officers are invariably ready to be productive in their new role immediately. Former officers, who have retired, will have paid 11% of salary throughout their service to become entitled to a pension and will be paying tax both on the pension and any salary paid to the benefit of the Exchequer. We are regularly being asked the question about former officers working in retirement but both the need to work and the need for forces to employ former officers is a direct consequence of Governments' actions. In addition, the need for older people, like retired police officers, to work longer is also a direct result of Governments' actions. It would in our view be grossly unfair to restrict any particular sector of people from obtaining jobs in any sector of employment for which their skills are appropriate, as seems to be in the minds of some in respect of retired police officers, for no other reason than their previous employment.

Post Code Pensions!

The Government have recently completed an overhaul of police pensions but appear to have ignored the administration of the payment of those pensions. What retired police officers find is that they are subject to a post code lottery in respect of the payment of their pension, which is still centred on their individual force and whoever administers the scheme on behalf of the force. This leads to a combination of policy and practices decisions, which means that what is in reality a single scheme, is being subject to various interpretation of, on occasions, the simplest of criteria applicable to the efficient administration of the scheme. This has led to a considerable number of problems involving maladministration of the scheme leading to both inappropriate decisions in some cases and wrong payments in others.

The Home Office were more active in the past in trying to ensure that the police pension scheme was subject to similar interpretation across all forces but over recent years the value and legality of some of that advice has been brought into question, leading to reluctance on the part of that Department to offer detailed advice. This has not been helped by the reduction of resources at a time of significant challenges for the Department driven by the Government' pace and extent of changes in policing. NARPO believe that the time is right to give some careful consideration of how best to manage the administration of the police pension scheme to ensure a fair, accurate and even interpretation of the scheme in respect of all retired police officers, who have contributed to the scheme.

Whatever life throws at you NARPO Legal will help to protect you.

As a NARPO member you receive FREE personal injury advice and representation.

NARPO appointed solicitors, Thompsons will ensure your claim is properly valued and that you get the right compensation. You keep 100% of your compensation, there are absolutely no legal fees.

You can claim for:

- Any personal injury (at or away from work)
- Road traffic accident injury
- Holiday accident injury*

Members also receive the following at reduced rates:

- Will writing service
- Conveyancing service
- Criminal law advice (free initial consultation)
- Probate & Inheritance tax advice and trusts
- Lasting Powers of Attorney advice

Members also receive the following at highly preferential rates:

- Reduced rate will writing service
- Reduced rates for conveyancing & probate
- Reduced rates for clinical negligence

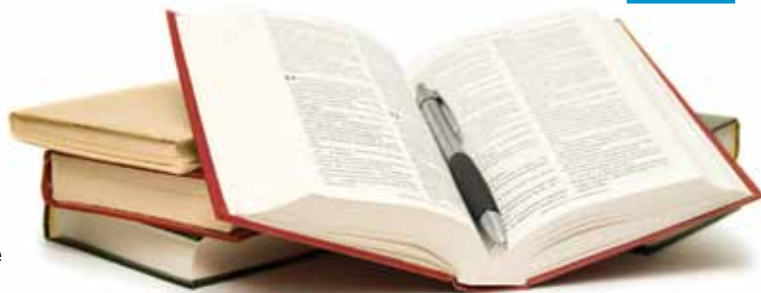
**For more information call
NARPO Legal on 08457 125 495**



T THOMPSONS
SOLICITORS
STANDING UP FOR YOU

Limited exclusions and terms and conditions apply.
*Accidents outside of the UK are covered where claim can be pursued in the UK courts.
Thompsons Solicitors is a trading name of Thompsons Solicitors LLP and is regulated by the Solicitors Regulation Authority.

Book'em!



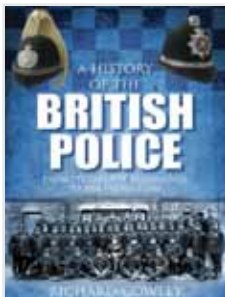
info **Ordering books:** Please do not ring the NARPO office to order books. Please visit your local book store and quote the ISBN number listed - they will then order the book for you.

A History of British Police

By Richard Cowley

Having expelled the Norse invaders from his kingdom, Alfred the Great wanted to ensure that it remained peaceful and law-abiding. He therefore appointed a shire reeve for each county, who was responsible for maintaining the King's Peace. As the population grew, magistrates and parish constables would become the main weapons in the fight against crime, and, as the Industrial Revolution changed the nature of society, the organised constabularies that we know today began to evolve, most notably with Robert Peel's establishment of the Metropolitan Police. Richard Cowley's history of the British police charts its development from the Anglo-Saxon reeves to 'Blunkett's Bobbies' (community support officers) and, unlike most such accounts, does not focus on a specific area, but includes the whole country. This is essential reading for anyone interested in the history of the policing and crime in Britain.

Available at amazon: ISBN-13: 978-0752458915

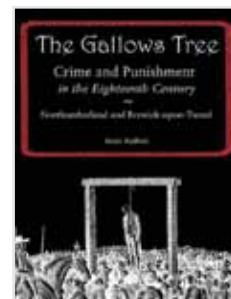


The Gallows Tree

By Barry Redfern

Northumberland in the eighteenth century was a wild place, where gangs of hardened criminals roamed the countryside awaiting their chance to prey on the vulnerable and unwary. Long distances between isolated settlements did not deter the men, many of them unpaid, who rode the length and breadth of the county to catch the wrongdoers and bring them to justice. Barry Redfern, retired Chief Superintendent, Northumbria Police, turns his detective's eye on astonishing real life stories of murder, robbery, high treason and counterfeiting and investigates the hangings, brandings, whippings and other punishments meted out to criminals. At a time when even a used handkerchief was a valuable commodity, the sheer desperation and poverty of some offenders is evident. Just sometimes the long arm of the law could be merciful!

Available at Amazon: ISBN-13: 978-1857952131



Safecracker

By Michael Fowler and Giles Brearley

Safecracker follows the life of Sheffield born, Albert Hattersley, arguably, Britain's most notorious Peterman.

Working for London Crime Lord, Billy Hill, Albert made headlines, carrying out some of the most audacious safe-blowing jobs, this country has known.

Albert worked with all the top London gangsters, and his exploits made him so notorious that he became the top target of The Regional Crime Squad and The Security Services. Now 90 year old this is the first time Albert's story has been told. Michael's website www.mjfowler.co.uk



ISBN: 978-1-907636-49-3. Verite' Publishing. E-book: Milo Publishing.

The Final Game

By Jason Michael

Britain is about to be flooded with a massive influx of cocaine and the gang of brothers behind the scheme will stop at nothing to make themselves multi-millionaires.

Can the police, particularly Detective Constable John Ridge, stop them?

The answers are all in The Final Game an unusually realistic debut novel based on a lifetime of policing by Brighton author Jason Michael.

Compelling reading, The Final Game charts how Ridge's style is hampered by his two immediate supervisors who seem determined to get rid of him. They have their way as he is suspended, but life goes from bad to worse as the drugs gang kidnaps Ridge's granddaughter. Can he get the investigation back on track?

Paperback £8.99, ISBN 978-178035-568-9



By Their Rules

By Roger A Price

'By Their Rules' is a debut crime thriller from retired DI Roger A Price. In it, a fictional government department - the special projects unit - is set up to eliminate the greatest risks to society; permanently. Ex-SOCA DS John Burrows, and ex-MI5 Operative Jane Lee are hired to go after those who consider themselves above the law - by operating outside the law. Roger draws from his fevered imagination and 32 years policing experience; where he has served on CID, Drug Squads, the RCS and the NCS, involved in covert operations around the UK and overseas. Finishing off back in Lancashire where he was in charge of a covert unit that received national acclaim for its removal of street level drug dealers. He is currently working on a sequel and hopes to have that published during 2014. Roger's website details: <http://www.rogerapriceauthor.com>

ISBN: 9781843867548. Pegasus Elliot MacKenzie Publishers Ltd. Cambridge, UK.



featurebook

Cock Ups in Cop Land

By David Johnson

Have you ever wondered what police officers get up to when they're not dealing with emergency calls? Well, wonder no more! David Johnson, a policeman for over 30 years, presents this collection of crazy-but-true stories of the hilarious antics performed by his insane colleagues during his time in the Merseyside Police.

With absolutely hilarious stories ranging from incidents occurring at court appearances and warning messages to coroner's courts and even sudden deaths, no one is safe from the insane behavior of our crazy boys in blue. So sit back and indulge yourself with this wonderful collection of laugh out loud true stories of cock ups in cop land.

This five star rated book is exclusively available on Kindle for £1.99.



Worth knowing

If it's interesting, we will let you know...

info You can email your 'Worth knowing' to depceo@narpo.org

Birmingham NARPO Members Celebrate Mayoral Success



Mayor and Mayoress of Solihull, Councillor Joe Tildesley and Mrs Joan Tildesley, hosted an afternoon Tea on Thursday 15 August attended by their predecessors, Deputy Mayor and Mayoress Councillor Ken Hawkins and Mrs Janet Hawkins, along with the Chairman of Lichfield District Council, Councillor David Leytham and Mrs. Jan Leytham-Gain.

Joe, Ken and David all completed thirty years service with the West Midlands Force but anyone who knows any of this group, knows that Joan Tildesley also completed a full thirty years with the West Midlands Force and that she was the real crime fighter! Joe and Joan are members of the Birmingham Branch, where Joe remains a member of the Management Committee, a recently appointed Life member and for those with longer memories; he was also the Deputy General Secretary at Wakefield for 18 months during 2002 -2004. Ken's involvement with politics started with his election in 2002; Joe was a little later following his election in 2007 and then David is the relative newcomer having been elected in 2011.

Just to add to the retired Police involvement, John Watson has now completed some 16 years as the Solihull Mayor's attendant,

having also completed a full thirty years with the West Midlands. He is also a member of the Birmingham Branch.

Photo showing: Left to right Councillor Dave Leytham, Councillor Joe Tildesley Councillor Ken Hawkins

You (or someone you know) could be owed £1,000's

With years of experience in the Payment Protection Insurance mis-selling business, we've claimed refunds for people all over the country. Having helped a number of serving Police Officers, we didn't want NARPO members to feel left out. Even now, with the widespread press coverage, a huge number of people still haven't investigated whether they have been mis-sold this insurance, and are due a refund. Many are even unaware that they had taken it out, whilst others felt pressurised into purchasing it. At Active Credit Reclaim we realise that some members of the public are a little daunted by the thoughts of dealing with a claim themselves.

Some are too busy, or cannot find any paperwork. If you have EVER had a credit card, bank loan or HP you may have taken out this insurance, and if it was mis-sold to you, the lender could owe you £1000's! We charge no upfront fee, and as long as you can remember which lenders you have borrowed from (current and historic), we will apply to them for details of all agreements you have held. If we can't find any evidence of PPI, we will advise you and there will be no fee to pay. If we find PPI on any of your agreements, we will contact you and deal with your claim from start to finish on a "No Win, No Fee" basis. You really have nothing to lose.

Here are just 3 of our recent successes for NARPO members:

- Mr S £8,979 refunded by Barclays (PPI on credit card)
- Mr F £11,237 refunded by Co-op Bank (PPI on personal loans)
- Mr S £13,000 refunded by First Direct (PPI on personal loans)

To find out more – call us on 01707 649 665

Remember, we are here to help YOU!

100th Birthday

On Monday, 16th September, several of the Avon and Somerset Branch Officers were invited to Headquarters at Portishead to help in the celebration of Fred Fishers birthday the day before as one of our members, who joined the constituent Somerset & Bath Branch on 23rd August, 1969, reached the grand age of 100. Fred Fisher retired from the post as the first Chief Superintendent in charge of the Bath Division, having taken over the reins from the Chief Constable of the Bath City Police which combined with Somersetshire Constabulary on 1st January, 1967.

Remarkably fit and active for his grand age, Fred enjoyed a conducted tour of the Headquarters communications facilities and was entertained



to a buffet lunch in the Chief Constable's office, with, of course, the Chief Constable, Nick Gargan, lighting the candles on the cake.

The picture shows Branch Chairman, Rod Deane, presenting Freddie with a small gift from the Branch. The Chief Constable presented their VIP guest with a unique plaque celebrating his 33 years police service in a different era.

THE PAYMENT PROTECTION INSURANCE SCANDAL

BANKS SET ASIDE CBILLIONS TO COMPENSATE MIS-SOLD CUSTOMERS

ARE YOU DUE A REFUND?

NARPO MEMBERS

IF YOU HAVE 'EVER, EVER, EVER' HAD A LOAN OR CARD

DO NOT DISREGARD!!

LET US FREE OF CHARGE INVESTIGATE YOUR POTENTIAL CLAIM. £1000'S???? TO GAIN - NOTHING TO LOSE. LOST / MISLaid PAPERWORK??? - DON'T WORRY, WE MAY STILL BE ABLE TO HELP!

WE CHALLENGE THE BANKS 4 U! HOW MUCH COULD YOU BE OWED?

CALL US ON 01707 649665 TODAY

ACTIVE CREDIT RECLAIM, 44 THE BROADWAY, DAVENHAM, POTTERS BAR, HERTS, ENGLAND. WWW.ACTIVECREDITRECLAIM.CO.UK
REGULATED BY THE FINANCIAL CONDUCT AUTHORITY

NO WORRIES!
Bath out - Shower in
FITTED IN JUST ONE DAY!*

NO MESS! NO FUSS!
NO RE-TILING!



Half height hinged door and panel option

STRUGGLE TO GET IN & OUT OF YOUR OLD BATH?

Designed to fit in the same space as your old bath, the Shower Module's unique construction enables it to be **FITTED IN JUST ONE DAY*** with **NO MESS, NO FUSS** and **NO RE-TILING** either!

- Easy clean tile effect - no re-tiling or mouldy grout!
- Easy access **NEW** lower step
- Optional seat and grab rail
- Assistance pole
- Slip resistant floor
- Built-in shelving

OVER 20,000
INSTALLATIONS IN THE UK

Available with full height sliding doors or half height hinged door and panel

SHOWER STANDING UP OR SITTING DOWN WITH THE OPTIONAL FOLD DOWN SEAT.

*Time based on straightforward fitting.



- Please contact me to arrange a **FREE** no-obligation Home Survey
 Please send me a **FREE** brochure on the Aquability Low Access Shower Module

53442

Name _____
Tel _____
Address _____
Postcode _____

AQUABILITY
LIFE. SAFE. BETTER.

Send to: FREEPOST RRGY-AHAX-AHSX, Aquability UK Ltd, Farnborough, GU14 0NR.

FOR MORE DETAILS AND FREE BROCHURE

FREEPHONE 0800 316 0110 Ask for Ext. 53442

Lines open 24 hours 7 days a week. Or return coupon to FREEPOST RRGY-AHAX-AHSX, Aquability UK Ltd, Farnborough, GU14 0NR. Or visit - www.aquability.com

A BENEFIT FOR THE RETIRED POLICE STAFF

www.partnersprogramme.co.uk

LOGIN: POLFED

YOUR ASSOCIATE PARTNERS DISCOUNT PLUS

0% APR Representative flexible finance

1 YEAR FREE INSURANCE
on selected Corsa models for 21-75 year olds!

- 1 Choose your car**
Select a new Vauxhall.
- 2 Choose your deposit**
Any deposit. We'll give at least £500 to get you started.**
- 3 Choose your term** **PLUS** Vauxhall Lifetime warranty
From 24 to 60 months. Lifetime 100,000 mile warranty. First registered owner.†



Offers end 16th December 2013, to find out more visit: www.partnersprogramme.co.uk
login: POLFED, call 0844 875 2448 or visit your Vauxhall Retailer.

associate partners
discounts for you and your family

www.partnersprogramme.co.uk

LIFETIME
WARRANTY 100,000 MILE



VAUXHALL

Official Government Test Environmental Data. Fuel consumption figures mpg (litres/100km) and CO₂ emissions (g/km). Vauxhall range (excl. Ampera): Urban: 14.4 (19.6) - 76.3 (3.7), Extra-urban: 27.4 (10.3) - 91.1 (3.1), Combined: 18.0 (15.7) - 85.6 (3.3). CO₂ emissions: 373 - 88g/km.†

Available on selected models, at participating Retailers. Refer to www.vauxhall.co.uk/offers. Finance subject to status. Terms and Conditions apply. Applicants must be 18 or over. Finance supplied by Vauxhall Finance, PO Box 6666, Cardiff CF15 7YT. **Vauxhall Deposit Contribution excludes ADAM, Mokka, Cascada and New Insignia models. Offers apply to Vauxhall Partners only. †First year insurance offer available on Corsa models excluding Expression, S, VXR, Design and Sting. The offer will cover the full premium (motor policy only) for drivers aged between 21-75. Drivers must have held a valid full UK licence for a minimum of 1 year. Only available through Vauxhall Insurance. Policies are underwritten by Agas Insurance Ltd. Other insurance specific Terms and Conditions apply. Offer available on orders or registrations before 16 December 2013. For Partners Terms and Conditions go to partnersprogramme.co.uk/legal-notice-and-privacy-policy. ‡Official EU-regulated test data are provided for comparison purposes and actual performance will depend on driving style, road conditions and other non-technical factors. †Vauxhall Lifetime Warranty covers lifetime ownership of first registered keeper, 100,000 mile limit. Terms and Conditions apply. Correct at time of going to print 24/09/2013.

Rental Ads

Members' Holiday Property Small Ads

England

CORNWALL - FOWEY

Izzyminx Holiday Homes fully equipped with everything you need for a quality holiday. Choice of: Seaview (2bed/2bath) and Captain's Lodge (4 bed/2bath). All within short walk of beaches, shops and pubs in town centre. Doggies welcome. Join NARPO colleagues who already love it here in fabulous Fowey. For further information visit www.izzyminx.co.uk or Tel: 07813 890768

CORNWALL - ST IVES

Detached 3 bedroom bungalow at Riviere Towns, Hayle, 100 yards from long golden sandy beach. Large lounge with TV/DVD. Kitchen with washer, dryer, fridge/freezer, microwave. Separate dining area, Sky 51" 3D TV, Spa bath, patio, BBQ. Sleeps 5. No pets or smokers. From £300 pw. www.cahayabintang.co.uk Tel: Christine or Fred 07840 761869 or 07853 106193 for booking and information pack.

COTSWOLDS - WATER PARKS

Privately owned - Fully equipped Lakeside chalet at Hoburne Holiday Park. 2 bed, sleeps 4+. On site: indoor/outdoor pool, bar/restaurant, play areas seasonal entertainment all inclusive. Great location to tour/fish/golf. Up To 30% discount on brochure prices for NARPO colleagues. For info pack call 07973639342 email: stu@mckie.co.uk website www.vaila.co.uk

CUMBRIA - NR CARTMEL SOUTH LAKES

Two - bedroom cottage (sleeps 4) with summerhouse and courtyard. Quiet village close to Grange Over Sands and Windermere. All amenities 5 minutes walk. New pricing for 2013, any week £299, exceptional value for a quality cottage. No pets or smokers. Tel: 0775 3258533 or 0161 4326667 for a brochure. Email: christineanderson53@hotmail.com

CUMBRIA-KIRKBY LONSDALE

Superior cottage enjoying central location hidden away in a peaceful courtyard. 3 bedrooms(1 en-suite), parking & garden. Newly renovated Chapel cottage boasts oak beamed ceilings, & an open fireplace along with contemporary decorative design. Ideal base to explore both Cumbria & The Dales. No smoking/pets. Tel:07968504065 www.chapelcottagekirkbylonsdale.com

CUMBRIA - Nr KENDAL SOUTH LAKES

Luxury, environmentally friendly 4* Bed and Breakfast, Situated in a peaceful, rural, wildlife haven. Egyptian cotton linen; goose duvets, heated bathroom floors, pressurised showers and beautifully comfortable beds. Using locally produced organic food and products to create imaginative dinners and breakfasts. www.west-barn.com Tel: 01539 766335

CUMBRIA - LAKE DISTRICT KESWICK

Hazeldene Bed & Breakfast Accommodation. Superb location convenient for town centre, Lake Derwentwater, Theatre and local walks. Clean comfortable spacious en-suite bedrooms. Private Parking. Free Wi-Fi throughout. Lovely views. See for yourself on our live webcams www.hazeldene-hotel.co.uk email: info@hazeldene-hotel.co.uk Tel: 017687 72106

DEVON - ILFRACOMBE

Self catering studio-flat; 250 yards from harbour, within walking distance of amenities/attractions. Sleeps 2-3; ensuite facilities. Fully fitted/equipped; TV/Radio/linen/electricity & central heating included. £125 - £250 per week. NARPO colleagues welcome. NO SMOKING/PETS. Tel:01271 866550 or email bollo58@sky.com

DEVON - OTTERY ST. MARY

Garden Apartment bed and breakfast, sleeps 2 non smokers. Private Patio. Own entrance. Parking. TV/DVD. Sorry no pets. Discount NARPO rate £50 per night - minimum 2 night booking. Additional property at Kereven, Brittany. Visit www.gardenapartment.org.uk Tel: 01404 815990/07921723695. Email: gardenapartment@btinternet.com

GLORIOUS EXMOOR

"A beautiful spot" 200 acre beef/sheep farm. AA&VB QIT FIVE STAR GOLD AWARD B&B for non-smoking grownups. Medieval farmhouse (1086) overlooking Exmoor National Park. 3 Quality en suite bedrooms. Full central heating and log fires. Excellent breakfast menu. B&B from £34. EM £18. Tel: 01769 550262 www.devon-bandb.co.uk

ISLE OF WIGHT

Retired Victorian railway station, nestled in the South of the island, converted into enchanting cottages sleeping up to 5+1. Large secluded gardens. Spectacular views of surrounding countryside with bridle paths and fishing nearby. Short breaks available. Pets welcome. View website for details: www.whitwellstation.co.uk 01983 730667

NORFOLK - WELLS-NEXT-THE-SEA

Choice of two stylish fully equipped Victorian Coastal Cottages - two/ three bed. Period features, wood burning stoves, furnished to a high standard. Close to Quayside, shops, restaurants and beach. Harbour / meadow views. Non smoking, pets welcome. NARPO discount. Phone 07976 720022 or visit www.norfolkdreams.com

NORTHUMBERLAND

Coastal cottage, Beadnell. Sleeps 4. Bedrooms: main double bed, 2nd 4' base, 3' above bunk. Bathroom: hb/wc/over bath shower. Lounge: twin settees, HD FreeviewTV/Video/DVD. Dining area: Fully equipped galley kitchen, washer/dryer. French doors to enclosed garden. Double drive. Non smokers. Tel: 07974 745624 email: dunesview_6@yahoo.co.uk

NORTHUMBERLAND - GATEWAY TO HADRIAN'S WALL

Peaceful 2 bedroom cottage sleeps 4. Rural situation in village of Greenhead. Panoramic views. Comfortable and well equipped. CH plus wood-burning stove. Heating, bedlinen, towels inclusive. Short breaks. Pet welcome. Only 5 minutes away from Hadrian's Wall. Perfect for relaxing or walking holiday. www.hadrianswall-stanegatecottage.co.uk Tel: 01697 747443

SHROPSHIRE

Luxury Pine Lodge on lovely quiet site close to Bridgnorth, Ironbridge and other local attractions. Fully equipped, 3 bedrooms, 2 bathrooms, sleeps up to six in comfort. 2 parking spaces, No smoking, no pets or children under 14. Contact Jane on: 01746 761622 or 0781 7244928. Email: jlet05@hotmail.com See www.virtualshropshire.co.uk/astbury

YORKSHIRE DALES

Recently refurbished two bedroomed self-catering cottage with panoramic views near to Hawes, is the ideal location to explore the Yorkshire Dales. SKY TV, Wi-Fi, heating/linen/towels included. NARPO discount. No smoking/pets Website www.thecoachhousehawes.co.uk Brochure Tel: 01969 667375

YORKSHIRE DALES

C16 cottage in Wensleydale, with beams and other original features, and log burner. Sleeps 4 in two bedrooms, one double, one twin. Warm, cosy and comfortable. Village location, ideal for walking. Well behaved dogs welcome. No smoking. 10% NARPO discount. 01954 202938 verityladds@hotmail.com Website: www.lightfoothouse.co.uk

Wales

ANGLESEY

Cottage, Farmhouse and Apartments for weekly holiday let, or short breaks, situated in and around historic Beaumaris, in area of outstanding natural landscape beauty. Sea/Mountain views, nearby beach, Pets welcome. 10% discount to all fellow NARPO members. www.cottagewales.com or ring Howard Roberts on 01248 490870

Advertise here...

If you wish to have an advert included in all four 2014 editions of NARPO News, which is delivered direct to the homes of over 80,000 members and included on our website, please send details of the ad [40 words maximum, excluding contact details] together with a cheque for £200 to us at NARPO House. Please make cheques payable to NARPO. Payment can now be made direct into our Bank Account using the following details: Sort Code: 08-60-01 Account No: 20263843. Please send advert and payment details by email to depceo@narpo.org

PEMBROKESHIRE

Cefn Du Holiday Cottages Pet friendly, Holiday Cottages and newly converted Barn, 4/5 star sleeping 2/8 with secure gardens set in 60 acres of beautiful countryside close to the Preseli Hills, the famous Pembrokeshire Coastal Walks and picturesque towns of Cardigan and Carmarthen. NARPO Discount. Contact John Myatt Tel: 01239 831530, virtual video on www.cefnduholidaycottages.co.uk email: info@cefnduholidaycottages.co.uk for further information and brochure.

Ireland

WEST CORK

Beautiful West Cork. Homely and privately owned S/C properties of quality. Outstanding beaches and scenery. Discounted ferry packages, under occupancy reductions, detailed colour brochures with personal recommendations to restaurants, traditional music, walking and fishing. Accommodation from £175 per week. Chris and Kathy Brown 01778 571968

Scotland

NESS ISLE OF LEWIS

Self-catering cottage sleeps 6. 1 double 2 twin rooms. Has DG and CH so nice and cosy in Winter. Equipped to a high standard. All linen provided. 10% discount for NARPO members. Phone 01851 810334 or email: marlyn@uwclub.net

Cyprus & Greece

CYPRUS - PAPHOS

Peyeia (Coral Bay). 3 bedroom villa in residential area. 2 bathrooms, communal pools, air con, TV, sleeps 4 adults and 4 children, airport 30 mins, beaches 10 mins, Paphos 20 mins. Visit website: www.villa-jacaranda.co.uk or Tel: Gordon Maxwell ex GMP on: 0161 339 4749

CYPRUS - PERNERA - PROTARAS

2 BEDROOMED APARTMENT IN GOOD LOCATION. Sleeps 6 comfortably. Furnished to a high standard. Balcony and communal pool. 5 - 10 minutes walk to beautiful beaches, good restaurants and bars. Car not essential. Airport pickup if required. www.apartment-joanne.co.uk Details: Anne Mulligan 01942 832760 or mob: 0751 8338355 Email: mulligan.mulligan@btinternet.com

France

BRITTANY

Renovated farmhouse in countryside, two bedrooms, King-size en suite shower room, second double plus single. Family bathroom. Large living area, tv, woodburning stove and kitchen. Large garden/BBQ. Excellent tourist base. From £250 - £550. For details contact Chris Smith 0033 987878399 or 07887744688. smithdavid-et-christine@wibox.fr

FRENCH RIVIERA

Between St Tropez/Cannes - Studio/kitchen/shower + aircon & TV. Unique position between lakes and sea on nature reserve. Beautiful views. 2 mins from palm tree beach. £275 to £450 pw. Fly Nice - Airport bus to Frejus 15e. Euro Star/TGV. Private car park. Tel 01430 441709 or email policebooks@aol.com NARPO member

LANGUEDOC

3 storey village house, double and twin bedrooms, sleeps 4, roof terrace. Near Pezenas, Beziers, Canal Du Midi. 20 mins to Med coast. Montpellier, Carcassonne 1 hour, Spanish border 1 1/2 hours. From £40 daily. Contact 01825 763164. NARPO member

NORMANDY

Newly renovated stone cottage, two bedrooms en-suite. Situated in beautiful Normandy countryside, 5km from the town of Mortain. £250 to £350 per week. www.laotourablere.com Alan & Isabel Hamilton Ward. Tel: 0116 2393081, e-mail: alanguard@btinternet.com

NORMANDY COLOMBAGE COTTAGE - LA PEPINIERE

Delightful, old half-timbered rural cottage, sleeps 6 in 2/3 bedrooms. Open stone fireplace, beams, exposed stonework. Enclosed garden, large parking. Only 65 miles from Caen in Lower Normandy on border with Loire. 10% discount NARPO members. See details on website www.normandycottage.net or telephone Sue Crossman 01670 361207.

NORMANDY, DOMFRONT

Delightful Warm Cosy Cottage by King Henry II's castle in nearby Medieval Heaven. Five-star reviews. Just for two, furnished as a lovely home, self-catering, fully equipped, central heating, log fire, beautiful meadow, amazing views. Restaurants, bars, cafes. Contact: Graham and Emily Swain. info@ourlovelyhomeinfrance.com. 02392 712344 www.ourlovelyhomeinfrance.com

NORMANDY – MANCHE

Three quality cottages set in peaceful Normandy countryside. Owl Barn (wheelchair access throughout) and Chestnut cottage, sleeps 4. Cherrytree Cottage sleeps 10. Perfect for Atlantic beaches, D Day locations, Bayeux, Mont St Michel, Golf, cycling and Normandy sight-seeing. Visit: www.bonhom.com Contact: Alan or Liz on 0033 233 471498

Italy**TUSCANY**

Stylish, Rustic and Romantic Medieval Village House situated in the foothills of the Tuscan mountain's. Stunning location with breathtaking panoramic views. Near Pisa, Florence and Lucca. Sleeps up to 6 people, but also great for couples. NARPO discount. Phone 07976 720022 or visit www.tuscanlife.eu

TUSCANY

4 Beautiful Villas set in 10 acres of picturesque Apennine Mountains. Suit couples or families. Stunning views of castle where Michelangelo was born. Heated salt water pool, Medieval Towns to explore, great local restaurants, peace and tranquility. NARPO Discount. www.villaditoscana.com Tel. 0785 122 0540 UK email freyaitalia@hotmail.com

SOUTHERN ITALY

Large apartment with private pool and garden. Sleeps 6. Part of a country house set in three acres. Close to Roman town of Alife, between Naples and Rome. Lots to see. Pompeii and Amalfi coast one hour away. £500 per week. Contact: Richard Horn on 07736 085865 or Giovanna Horn on 07801 658033 Email: thehorns@live.co.uk

Portugal**ALGARVE LAGOS**

Luxury Apartment, close to Meia Prai beach. 2 en-suite bedrooms, beautifully furnished, fully equipped kitchen, huge south facing balcony, fabulous sea views, short walk to Marina and town centre, car not necessary. Can help with travel arrangements. Tel: 01743 358772 or 07854 614450. Email: EConacher@gmail.com

ALGARVE – LAGOS

Delightful spacious "Highly Recommended" Apartment idyllic beachside location. 2 Twinrooms/2Bathrooms (NEW walk-in shower). All rooms have large sea/countryside view balconies. Easy stroll Historic Town, Marina, Restaurants. Enjoyable climate summer/winter. DISCOUNT - 2persons only. Personal meet/ greet. Travel assistance. View Brochure: www.ahoy-lagos.co.uk email: enquiries@ahoy-lagos.co.uk Tel: Angela 00351912137129 (will return call)

Spain**ANDALUCIA - COSTA DE LA LUZ**

Luxury 2 bedroom apartment sleeps 4 with shared pool in the historic town of Arcos de la Frontera, one of the Pueblos Blancos. Great for birdwatching, Moto GP golf and more. Discounts for NARPO members. Nigel and Diane Baker Tel: 01254 854275 or 07765 892 370 Web: www.arcos.me.uk

COSTA ALMERIA - TERREOS

Quality two bed apt, one en-suite in quiet gated community. Edge of village, near to beaches. Panoramic views from two large terraces. Large lounge, dining room, kitchen. Air-con, pool & tennis court. First class golf nearby. Car necessary. NARPO member. www.homeaway.co.uk/p845534 or TEL: 01535 272531

COSTA BLANCA - PANORAMAGOLF, VILLAMARTIN

Family, Golfing holidays. Ground floor apartment: 2bedrooms. 2bathrooms, fully equipped, satellite T.V. Garden. Wheel chair friendly. Sleeps6. Communal Pool. Restaurants, bars walking distance. 14 golf courses nearby. Airport transfers reduced green fees arranged. From £160 per week. peter.melvyn.hayward@gmail.com

COSTA CALIDA

Lovely 2 bedroomed penthouse apartment on Terrazas de la Torre golf resort, Overlooking large pool. The newest of the Polaris resorts providing a wonderful location for great holidays. Local attractions/beaches within easy reach. £150 – 200 p.w. Contact details: www.ruseinthesun.net or Tim on: 07834 371753

JAVEA, COSTA BLANCA.

Modern two bedroom apartment, balcony and roof terrace, pool, 200 metres to beach. Short walk to Port and Town. £320 to £395 per week. Also 6 to 8 bed Apartment in Port. www.xabiasurapartment.com Alan & Isabel Hamilton Ward. Tel: 0116 2393081, e-mail: alangward@btinternet.com

COSTA DEL SOL – NERJA

Over 100 Villa's and Apartments Nerja Region Studio apartments to 5 bedroom villa's with private pools; excellent client testimonials; check out website www.jj-nerjarentals.com or contact Joe Chadwick Tel: 0034 95 2528558 Mobile 0034 656461921 Email: micheal.chadwick@sky.com

MENORCA

Luxury villa with 3 air conditioned bedrooms sleeping 7. One bedroom en-suite. Large secluded garden, with pool and ample space for alfresco dining. Newly refurbished. 200 metres from the sea. References available and discount for NARPO members. Tel: 0208 449 7049 email petermrcrompton@hotmail.com

Canary Islands & Madera**LANZAROTE – COSTA TEGUISE**

Luxury one bedroom bungalow on quiet beachfront resort with 3 pools. Equipped with full kitchen, sat TV, WiFi, fans and safe. Restaurants, bars & shops nearby. 120 metres from beach. Tel: 01452 611873

TENERIFE – COSTA DEL SILENCIO

Seafront apartment. One bed frontline seafront apartment, (sleeps 4). Atlantic View complex, quiet area, Costa Del Silencio, English TV, washing machine. 2 Pools. Checkout: www.atlanticview.info for pictures, information and availability. £225 per week. Tel: 01278 760865 or email: jonmattick@hotmail.com

TENERIFE – LOS CRISTIANOS

1 bedroom luxury apartment overlooking heated swimming pool. Fully equipped including Sky TV/DVD, CD, Safe, Microwave etc. Two minutes walk (no hills) to beach, 10 minutes to Town Centre. Tel 01241 410081 or email m.drummond@blueyonder.co.uk

MADEIRA – FUNCHAL

Luxury 1 bedroom (king size bed), 5th floor sea view apartment. Fully equipped with many extras. 2 balconies. Lift. Private Parking. 5 minutes from harbour 10 from town centre. From £375 per week. Longer stays negotiable. No Smoking. Temperature sub tropical all year. Tel: 01227 794077. Email: lyngadd@btopenworld.com or www.luxurymadeirairapartment.com

Turkey**CALIS – FETHIYE**

Beautiful luxury 3 bedroomed detached villa with private pool. Air conditioned throughout. 2 bathrooms, sleeps 6 (8 using sofa bed). Situated in quiet residential area. 5 mins walk to beach. 35 mins Dalaman airport. From £575 pw. Transfers arranged. www.papatyavilla.com email: debbidinc@hotmail.com or Tel: 0774 0626 336.

North America**DISNEYWORLD - FLORIDA**

Luxury 4 bedroom, (2 en-suite), 3 bathroom villa with 2 lounge areas. 30ft lagoon shaped west facing pool and sundeck, surrounded by privacy hedge and overlooking open area. Games room, internet, six cable TV's etc. From £495 per week. NARPO member 01531 651723/ 07973 391431 for details, www.woodvillevilla.com for VIDEO tour with commentary. Email: colin@woodvillevilla.com

DISNEY - FLORIDA

Luxury 4 bedroom, (2 en suite), 3 bathroom villa, sleeps 8, in quiet gated community overlooking lake. Centrally located, 15 minutes from Disney, private heated, screened pool, games room, full WiFi, computer, cable TV and telephone. From £425 pw Contact Mark & Cath Smith on: silversmith414@gmail.com or 07557441961 Web: www.silversmith414.com

FLORIDA – DISNEY

4 bed/3 bath very popular luxury villa with private pool, free WiFi, games room, HDTV, PS2, DVD, High Chairs/ Cots located in Rolling Hills genuinely near Disney, Celebration, Old Town and Golf and with some of the best eating places on your doorstep. Discount available. Contact NARPO member on 01307 464422 or www.orlando-villa-vacations.com

FLORIDA – DISNEY

Luxury spacious 4 bed 2 and half bath villa, beautifully furnished. Large south facing private pool. 6 miles from Disney. Near to golf/tennis/restaurants and supermarkets. Accommodates 10, fully equipped with cot/high chair, TV's, DVD's and library. Prices from £400 pw. For colour brochure Tel/Fax: 0151 7260943 email: frnk.thompson@gmail.com Website: www.thompsonsfloridavilla.com

FLORIDA – DISNEY AREA

Spacious 4 bed 3 bath (2 en suite) family villa in gated community 15 minutes from Disneyworld. Private, screened, west facing pool, extended sundeck overlooking conservation area, 2 lounges, 42" flat screen HD cable TV, video, DVD, PS2. Wireless internet access, games room. Close to shops, golf, restaurants, from £525 p/w. 10% NARPO discount. Dave & Julie Hart Tel/Fax; 01924 251132. www.hartsvilla.co.uk

FLORIDA – GULF COAST VILLA

Spacious air conditioned waterfront villa. Sleeps 9 guests in 4 bedrooms. 3 ½ bathrooms (2 ensuite), 30' heated, screened SW pool, own dock, free wifi, 52" TV/ DVD. In deed restricted community on quiet cul-de-sac. Convenient for beaches and amenities. Contact Mick Savage, 01142 369002, for brochure or email: micksavage@talktalk.net or visit www.drakecourt.com for further details and availability.

GULF COAST – BRADENTON – SARASOTA

Fully equipped 4 bedroom villa that sleeps 8. Private south facing heated swimming pool overlooking nature reserve and small lake. Beach, shops, restaurants and golf courses nearby. Free unlimited WIFI. Either visit www.captivapalms.com Call: 07977 591926 or email: captivapalms@yahoo.com for more information

ORLANDO - FLORIDA

Heron's Flight. Luxury 4 bedroom villa – private, heated pool. Sleeps up to 10. Quiet setting overlooking lake – 15 minutes to Disneyworld. Close to golf courses, shops and restaurants. Internet access and free international telephone calls. Special NARPO prices start from £350 per week. Visit our website www.rentspringlakes.co.uk Tel/Fax: 01423 322564, email: info@cgcharwood.com

SIESTA KEY – SARASOTA

On the beach, wonderful views, spectacular sunsets. Luxury apartment, leather furnishings, fully air conditioned. 2 bedrooms, 2 baths, fully fitted kitchen, linens and towels, beach equipment. Cable TV, video-DVD library and games. Heated pool, shuffleboard. Safe swimming, great fishing, golf over 40 courses nearby. Tel: Geoff 01262 670417, email: geoffsplace@hotmail.com web: www.geoffs-place.com

West Indies**BARBADOS**

Situated St James near fantastic West Coast beaches and Caribbean Sea. Superb spacious one bedroom apartment, walk in shower room. Private sun terrace. Tropical garden large swimming pool bar/restaurant reception. Laundrette, WIFI. Near all village amenities, restaurants, shops, public transport. Tel: 01637 874716 check our website: www.beautifulbarbados.com

BARBADOS

Exclusive West Coast, St James. Spacious one bedroom apartment in private complex; tropical gardens, large pool. Beaches, shops, restaurants nearby. Ideal self catering or dining out. Details including flights from Roy Guy, Lancs/ GMP/ 01423 503054, or email thomasroyguy@hotmail.com

Rest of World**SOUTH AFRICA – Kruger National Park**

Guesthouse close to the KNP. Secure accommodation on an African Wildlife Estate. Ideal base for self drive or one of our All Inclusive Escorted Safari Tours (revised for 2013). Resident owner, ex Avon & Somerset. visit www.knobthornhouse.com contact dave@knobthornhouse.com

SOUTH AFRICA - Table View, Cape Town

Fully equipped two bedroomed bungalow, one twin/ one double, on gated community with private garden/patio areas. Easy access to Cape Town centre, Table Mountain, local shops and beaches, wineries and beautiful countryside. From £250.00 pw. For more information or to book contact Clint or Angie:- Telephone 01457878434 or canda@anicetingle.orangehome.co.uk. Website: www.ourcapetownhome.co.uk



The 2014 NARPO Diary

The 2014 Diary is of a superior quality to recent years and will be Spiral-bound, week to view, with a high quality cover. Please complete the form below and return to:

NARPO Diaries 2014, NARPO House, 38 Bond Street, Wakefield WF1 2QP. Please make your cheque/PO payable to NARPO.

- For UK members, diaries are **£2.50 each including VAT, postage & packing in the UK.**
- For overseas members Diaries are **£5.00 each including postage & packing.**

ORDER NOW!

ALSO AVAILABLE
NARPO A5 Desk Diary £3.00
 limited stocks please check with HQ before sending cheque.



Please send me 2014 Diary/ies at **£2.50/£5.00 each**

Cheque/PO for £ enclosed

(BLOCK LETTERS PLEASE)

Membership No /

Name

Address

. post code



NARPO Supplies



All NARPO items are exceptionally good quality and our aim is to keep prices as low as possible so that the Association is not financing part of the overall cost. All prices include VAT and p&p

1. Navy Baseball Cap £7.50

with NARPO and Ball and Claw logo

2. Stone Baseball Cap £7.50

with NARPO and Ball and Claw logo

3. Mahogany Plaque £42.00

Featuring the NARPO coat of arms in full colour. Please Note 5/6 weeks delivery period

4. Black Leather Credit Card Holder £5.80

embossed with NARPO in gold

5. Cuff Links £4.30

Round Face with NARPO Coat of Arms

6. Navy Shadow Tie £8.75

Coat of Arms as a shadow effect on the tie, with one Coat of Arms in full colour.



To order please send your order to: NARPO supplies, 38 Bond St, Wakefield, WF1 2QP enclosing a cheque/PO payable to NARPO.

Alternatively you can pay by Bank Transfer and email your order to hq@narpo.org Payment details: Sort Code: 08-60-01 Account No: 20263843

SEE WEBSITE FOR FURTHER ITEMS

NARPOnews - the voice of retired police officers

Time out puzzle 76

Compiled by Ted Dillely

Sponsored by NARPOdrive

...NOW over 1,000 cars on line to choose from and ready for delivery.



0845 122 6921
NARPODRIVE.CO.UK

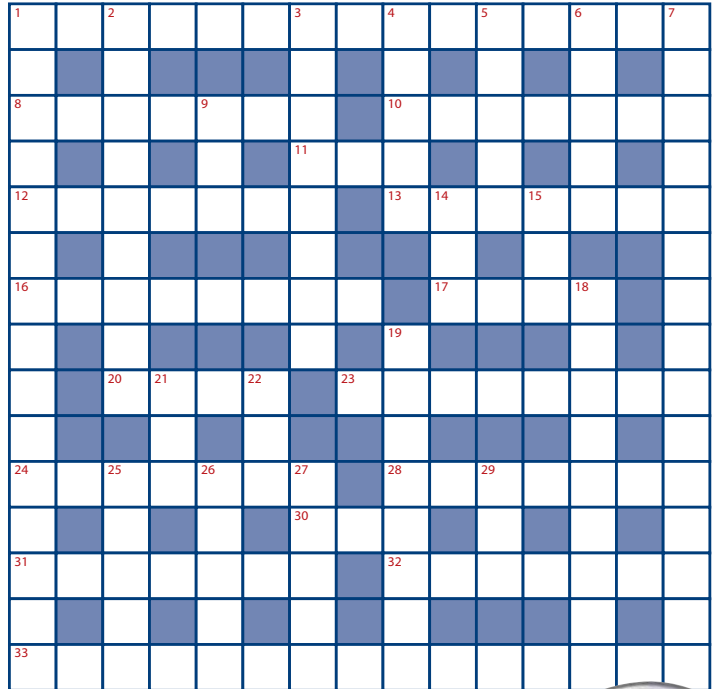
Win £75 M&S Vouchers - How to enter; Get on your thinking cap, complete the crossword and send it (or a photocopy) to: Time-out Puzzle, NARPO News, 38 Bond Street, Wakefield, West Yorkshire WF1 2QP by **16th December 2013**, with your name, address and membership number.

Across

1. Free-for-all country wrestling (5,2,5,3)
8. Hide (7)
10. Can a dog go as this? (7)
11. Name of the Thief of Baghdad as played on film by Sabu (3)
12. Gliding ballroom dance (3-4)
13. Gregarious mongoose with a tendency to stand on its hind feet (7)
16. V.I.P.s. (8)
17. Gaze in surprise (4)
20. Relating to the ear (7)
23. Kentish village near Westenhanger (8)
24. Email server (7)
28. Old division of a country (7)
30. Gilbertain princess (3)
31. 1936 film starring Greta Garbo and Robert Taylor (7)
32. Radioactive metal resembling aluminium (7)
33. Character in an unfinished Jane Austen novel, The Watsons (9, 6)

Down

1. Arts and Crafts style house with superb gardens near Kingswear (7,8)
2. Popular song from musical No No Nanette (3,3,3)
3. Street fighter (8)
4. Name given to a musical recording (5)
5. Cut in slices (5)
6. Pain in the neck (5)
7. 1957 film based on Mr Jame's Casting the Runes (5,2,3,5)
9. "He can't think without his ---" (Beckett) (3)
14. Urge on (3)
15. Immature (3)
18. Gainsborough's speciality (9)



19. Small bird who habitually runs head first down tree trunks (8)
21. Double this name for a drum (3)
22. Russian composer, one of a group called "The Five" (3)
25. Musical speeds (5)
26. Scottish town on the River Forth east Stirling (5)
27. Old term for a Lord, or even a King (5)
29. Prefix meaning updated (3)



Name: Membership No.: Telephone No.:

Address:

Postcode:

Crossword solution for issue 75

Across

1. The Lady Vanishes 9. Pelican 10. Chowder
11. Apprehension 12. Svelte 16. Arsenite 20.
Manicure 23. Milano 28. John Lockhart 30.
Torture 31. Tooling 32. Number Seventeen

Down

1. Top Hats 2. Eclipse 3. Ancient 4. Yonder
5. Accuser 6. Iron Ore 7. Hedy 8. Scrooge
13. Via 14. Lei 15. Emu 17.. Sum 18. Nil
19. Ten 20. Moreton 21. Closure 22. Rangers
24. Ink Horn 25. Avarice 26. Octagon
27. Rostov 29. Dram

Crossword Winner

Congratulations to Winner **David Hughes, Bloxwich Walsall**, for winning our 'Time Out Puzzle' in the last issue.



NARPO Car and Home Insurance

When you switch your car or home insurance to us, **we'll pay any cancellation fee up to £125.**

Receive
**£25 M&S
vouchers**
for every new car
insurance policy
taken before
31 Dec 2013[^]



Celebrating 30 years of NARPO car and home insurance

- Family members can now enjoy the benefits of NARPO car and home insurance
- Interest free monthly payments, and no admin fees for changes to your policy

Call us for a quote on:

0845 758 5878

and discover what a difference we can make.

Our car and home insurance are provided by RSA Insurance Group plc.

*Full terms and conditions of this offer are available on request by emailing info@rolandsmith.co.uk

Roland Smith Limited, registered office address: 1st Floor, India Buildings, Brunswick Street, Liverpool L2 0XH. Registered in England & Wales No. 01073408. Roland Smith Limited is authorised and regulated by the Financial Conduct Authority and is a wholly owned subsidiary of Police Mutual Assurance Society Limited. For your security, all telephone calls are recorded and may be monitored.