

# Cumbria Narpo newsletter

## Spring / Summer 2020

### Opening remarks from the Chair

11<sup>th</sup> March was the second Annual General Meeting of the Cumbria Branch having joined the Cumberland and Westmorland with Furness branches. I am delighted to say that I was re-elected as the Chair of the Branch a position I really do enjoy and can say that all has gone well since the amalgamation. Although life hasn't been easy as our national database has undergone many changes and updates with still more to come under the reorganisation of the membership database.

As you will see from our obituary section we have lost many friends since our last newsletter, which is always sad, but our members tell us that they appreciate being kept informed if former colleagues die. As you will appreciate in many cases spouses played a vital role in an officers police career and were known to many of the Cumbria police family as the serving officer so we have therefore decided to continue reporting their deaths, if we are notified. Narpo Cumbria send out obituary notices by email and sympathy cards by post to the family of every deceased officer or family member even if those it refers to were not members of our association. We don't discriminate between member and non-member but feel their colleagues would wish to be informed should they have passed. We receive many email replies with kind words and memories of the person no longer with us.

David Drinkald, Chair

**Coronavirus** – we have been asked if we have any advice that can be circulated to our members but quite honestly there is loads of advice and warnings from all areas – health, government and the media which is updated day by day, but possibly the advice that is always given is **WASH YOUR HANDS REGULARLY, STAY IN AND STAY SAFE.**

### Local matters

#### 2<sup>nd</sup> Annual General Meeting of the Cumbria Branch

The second Annual General meeting of the Cumbria Branch took place on 11 March 2020.

The four executive positions were returned unopposed and are as follows:

Chair – David Drinkald

Secretary – Kate Rowley. Kate is also the No 1 Region representative on the National Executive Committee of Narpo

Vice Chairman is Martin Pickering and Assistant Secretary is Adrian Mason.

Bob Johnston was nominated onto the committee which is now a healthy 21 persons from all over the county.

The notes of the AGM are on our website as is the full list of committee members.

### Pensions

Useful information from Martin Blackburn

I don't think that the service would be of interest to officers who retired, never worked again and just have their police pension; but as I retired relatively young, I have had a number of full-time and part-time jobs since then. As a result, I have 4 pension pots and my telephone consultation was very useful in deciding what to do with them, whilst being as tax beneficial as possible.

This service may be of interest to members? It's a government run advice service for your pension. Advice is free and there is an option of either a telephone or face-to-face consultation.

<https://www.pensionwise.gov.uk/en>

### Health issues

I am obliged to some of our members who have recently been receiving treatment for Prostate Cancer. Now thankfully well again. We understand that this together with Breast Cancer are not matters everyone wishes to talk about but felt that they are of such importance we should devote space to basic information in our newsletter.

## Prostate Cancer

# Are you at risk of prostate cancer?

Most men with early prostate cancer don't have any symptoms. That's why it's important to know about your risk.

**1 in 8 men**  
In the UK, about 1 in 8 men will get prostate cancer in their lifetime.

**Over 50 years old**  
Prostate cancer mainly affects men over 50 and your risk increases with age. The most common age for men to be diagnosed with prostate cancer is between 65 and 69 years.

**Family history and genes**  
You are two and a half times more likely to get prostate cancer if your father or brother has been diagnosed with it, compared to a man who has no relatives with prostate cancer. Your risk of getting prostate cancer may also be higher if your mother or sister has had breast cancer.

**Ethnicity**  
Black men are more likely to get prostate cancer than other men, and at a younger age. In the UK, about 1 in 4 black men will get prostate cancer in their lifetime. If you are a black man, your risk may increase once you're over 45.

**Speak to our Specialist Nurses**  
**0800 074 8383**

**PROSTATE CANCER UK**

The Initial test for this is a simple blood test which most men will put up with. However, if the result shows further checks are necessary that's when most "bottle out"

A digital rectal examination DRE (or exam) is used to see if you might have a prostate problem or prostate cancer. It involves your doctor or nurse feeling your prostate through the wall of the back passage (rectum), this can be conducted at the GP's surgery or it might require a hospital visit.

The doctor or nurse will ask you to lie on your side on an examination table, with your knees brought up towards your chest. They will slide a finger gently into your back passage. Every precaution will be taken to make it more comfortable. You may find the DRE slightly uncomfortable or embarrassing, but the test isn't usually painful, and it doesn't take long. (a few minutes)

If you are at risk, then get checked out **AS SOON AS POSSIBLE** early diagnosis usually means less problems later. For more information go to [prostatecanceruk.org](http://prostatecanceruk.org)

**Prostate cancer** is the 2<sup>nd</sup> most frequent cancer diagnosis made in men, as well as the 5<sup>th</sup> leading cause of death worldwide. Some scientists estimate that half of all men will have or have had **prostate cancer** by 2124. These facts are alarming and there is a strong need to talk and spread more awareness around the issue.

What is the **link between prostate cancer and bladder weakness**? How do we prevent prostate cancer, and how do we treat it? Below you will find the answer to these questions, as well as tips for managing **bladder weakness in men** and resources for supporting men's health.

**Prostate cancer and bladder weakness** go hand-in-hand. In fact, urge incontinence – or the frequent urge to go to the bathroom – is one of the first symptoms professionals identify when diagnosing prostate cancer.

Prostate cancer causes bladder weakness in the following ways:

- Cancer presses on the bladder and strains the urethra and urinary muscles.
- Cancer spreads from the prostate to the bladder. [Bladder cancer](#) makes up only 5% of new cancer diagnoses, but those with prostate cancer have an increased risk.
- Having said that, bladder weakness does not necessarily mean you have prostate cancer. There are various other factors that contribute to bladder weakness (and it's probably more common than you think). Ageing, obesity and side effects from medication can all have an impact.
- However, if you experience new or worsening issues around uncontrolled urine leaks, you should check with your doctor as soon as possible: early diagnosis leads to early treatment, as well as more positive outcomes.

If you are **over 50**, you should also talk to your doctor about **yearly PSA screenings**, a powerful and simple diagnostic tool.

## Prostate Cancer Treatment

Two of the most common **prostate cancer treatments** are [radiation therapy](#) and [prostatectomy](#), or the removal of the bladder. Both are known to cause **mild to moderate bladder weakness**, and here is why:

In radiation therapy

- The bladder and urethra receive radiation.
- Even though the bladder and urethra are relatively resistant to the effects of radiation therapy, they may become irritated during the radiation process. This irritation may cause leakage.
- With prostatectomy, the bladder gets pulled downward.
- The muscles around the urethra become irritated or damaged.
- Most patients experience leakage just after the process is finished. Men with damaged muscles around the urethra may have chronic mild leakage.
- But **prostate cancer does not necessarily result in bladder weakness**. In most people, the bladder and urinary muscles repair themselves in less than a year's time.
- There are several different ways of treating this condition now, injections followed by laser treatment. Is another successful treatment. Be guided by your GP but early diagnosis is essential.

### **Breast Cancer** - Save your life

At the Superintendents Conference 2019 there was a presentation by a serving Metropolitan Superintendent. She found a lump in her breast and has subsequently undergone surgery and treatment for breast cancer. Her message to the audience was that an early diagnosis could mean a much better chance of successful treatment. She pointed the audience to a site on [itv.com/Lorraine](http://itv.com/Lorraine) which shows how to check yourself for breast cancer and urged the audience to visit the site if not for themselves for friends and family who may be worried, they have the symptoms of breast cancer.

She was very positive and insistent that this doesn't have to be a life sentence; Lorraine is back at work as a police officer now.

### **Skilled Tradesperson/ Odd Job person**

If any of our members has used a skilled tradesman and they can recommend their work, please let us know and with the permission of the tradesman we will give details of how they can be contacted.

So far these are people we can recommend in the **Carlisle area**:

Kitchen fitter (Joiner and Plumber) - Paul 07788995688

Electrician – Mike 07719323242

Computer – Home PC 16 Port Road, Carlisle 01228 514444

#### **For those in the west of the County**

Electrician - T.G Mattinson 01697321545

Heating and Plumbing - Colin Rumney 01697320267 m 07775804161

Plasterers - Graham & Cuthell (Paul Cuthell) 07884217643

Motor repairs - Daz Steele Autos 01697451300. m 07585550796

Skips, hard core delivery, chippings - Aspatria Skip hire 01697322965 m 07769601318

Upvc - W.S. Reid Joiners

Windows etc Mark Szandurski 01697320551

### **Applications and assessments**

Paul Turner - if anyone has questions on PIP forms, Assessments, Blue badge applications and disabled parking. I'm willing to help I am also a County Councillor and can help with plans for disabled parking at home or in a work environment [turwic@hotmail.com](mailto:turwic@hotmail.com)

### **Obituaries**

Peter Wakefield – Barrow and Headquarters

Ian Minto – Kendal and Bruche



of comments all of a positive nature as to how nice the drape looked over the coffin and many were surprised that we had such an item.

A photograph of the drape will be available on the Cumbria Narpo website but if anyone wishes to see the drape and does not have access to the website then let me know and I can send a copy of the photograph

### **Memorial Service**

The current pandemic which is evident in society has reached the point where social distancing must be respected to ensure the safety of all. Accordingly, we feel it is time to make the following announcement in respect of funeral services.

The current practice is such that the Chair and Secretary of NARPO try to represent the organisation at the funeral of colleagues who have died regardless of their membership of the organisation or otherwise. Their service to the Constabulary and their contact with retired members is something we feel should be remembered in their passing.

The death of a loved one is difficult at any time, but this is worsened by the Coronavirus and the restrictions placed on establishments such as churches and crematoriums by the closure or limited use of those buildings.

Many would wish to pay their respects to colleagues but find that the majority of funerals are restricted to family members only. This matter may become more restricted soon as the battle to defeat the pandemic intensifies.

NARPO intends to celebrate the lives of all our colleagues who have died in the past six months and are mentioned on the list of obituaries in the newsletter for March 2020. This significant celebration will take place in Cumbria, will include all those who sadly leave us during the period of isolation because of the virus, and will be ecumenical in its make-up to reflect the lives of those we have lost.

This celebration will be inclusive to the police family, as is the present case, irrespective of NARPO membership or otherwise.

A venue and date will be circulated to our members in due course. Meanwhile, we wish all our members health and happiness in these difficult times.

### **Cumbria Neighbourhood Watch Association**

As Chair of Cumbria Neighbourhood Watch Association, I circulated the following message on Cumbria Community Messaging which anyone can join.

'Yesterday, the government urged UK citizens to avoid all 'non-essential' travel and social contact, as the COVID-19 death toll reached 55 in the country.

People in the most at-risk groups, including over-70s, have been told they may be facing 12 weeks of self-isolation as a precautionary measure.

Government advice means that many people will be isolated in their homes for some time, some perhaps without support from family or friends. In this respect I would ask each of you to look out for your neighbours, especially those who may have no support and no means by which they are able to get to the shops for food and essentials.

There will invariably be a number of initiatives under way around the County, however, first and foremost we need to look after our friends and neighbours. Please consider how you might help or offer your assistance in making this situation as bearable as possible.

I would appreciate it if you could let me have details of any such work being done in your area so that I can share it with others who may be looking for inspiration and good practice.

Finally, I'd like to take this opportunity of wishing you all well for the future. It will take some time before we see light at the end of the tunnel, however, with the kind of community spirit I know exists especially after Storm Desmond we will pull through together.

Joe Murray QPM

### **Cumbria website**

When you have a minute have a look at our Cumbria website. We put any information onto the site which is relevant to Cumbria Branch. To visit go to the home page of Narpo then select branches and scroll down to Cumbria once opened you will be given a list of headings pick which one you want, and it will open.

### **Secretaries report**

The report from the Secretary for 2019 detailing the work of the Branch is available on the Cumbria website but if you would like a copy please contact the Secretary on [cumbria@narpo.org](mailto:cumbria@narpo.org) and we will send you one.

### **Widows pension - For Widower read widows**

#### **What am I entitled to?**

Widows are entitled to a Widows Ordinary pension under Reg. C1.

They are entitled to 13 weeks at full pension after the death. It must be said some forces have forgotten this in the past! The widow has claim from the force the officer served in.

Below you will find a number to ring because of the new system now within Cumbria Constabulary it is very difficult to get the right department if you do not know the extension.

A widow will get half of her husband's pension based on the Pensionable Pay. Many officers commuted part of their pension to receive a lump sum.

This brought the pension down to ½ (half) pensionable pay as opposed to 2/3 (two thirds).

The clever bit of the pension is that the widow's half pension is based on his original pensionable pay - as if the officer had never commuted. It works out at something like 15% more - enough to pay the income tax which the widow will now have to pay.

**REMEMBER** – the pension authority is the Chief Officer. The provider is XPS (formally Kier).

#### **Useful telephone numbers**

Headquarters pensions are dealt with by Alison Hunter tel 101 option 2, 49416

XPS – General enquiries 01642 727333, Tax officer enquiries 03002003300 (you may have a number to quote to get through to the right person)

## **NATIONAL MATTERS**

### **UK Police Memorial**

You may be interested to know that the UK Police Memorial have now got a live website recognising fallen colleagues and the Police Roll of Honour Trust have rebranded and updated their website. Both sites are excellent tributes to our fallen colleagues and deserve our support.

<http://digital.ukpolicememorial.org> <https://www.policememorial.org.uk>

### **Widows Pensions for life**

Suffice to say this is gaining pace, after seeking legal advice we are about to move onto the next stage which involves legal proceedings. At this stage we cannot report much more because of the sensitivity of the information but we remain hopeful that actions taken may prove of benefit to our widow/widower members.

### **Other Pensionable matters**

Pensionable matters have been updated in the Chief's Brief - Narpo News February issue page 4. If anyone would like the Pensions update in full please contact the Secretary and she will send details to you. The short version in the Chief's Brief (Narpo news) is informative.



## Recruitment Letters

As reported before Narpo have penned a letter to be sent out by XPS to all those in receipt of a police pension but for reasons better known to XPS they are dragging their heels, not refusing, just not doing anything. They are even ignoring messages sent by Secretaries and National officers. With the permission of the Chief who is the Pensions Authority, I wrote in April 2019, but I like the rest of the country except for the Metropolitan Police am still waiting for letters to be sent. Staffs from 3 region wanted to make a complaint at the last Pension Board meeting, but it was agreed that if the letters do not go out 1<sup>st</sup> March as promised, they will make an official complaint – 1<sup>st</sup> March has now come and gone! We are fortunate we have the support of our Chief Constable. All we can do is watch this space.

Narpo's membership stands at 92,000 but there is a possible membership of 149,000 out there.

**IF YOU RECEIVE A LETTER SENT BY XPS BUT YOU PAY ANNUALLY FOR YOUR MEMBERSHIP TO CUMBRIA NARPO THEN IGNORE THE LETTER. IF YOU ARE A WIDOW/WIDOWER AND ALREADY A MEMBER OF CUMBRIA NARPO THEN IGNORE THE LETTER. IF YOU ARE NOT SURE CONTACT THE SECRETARY 07968498941.**

## Services

**Travel Insurance** - you will have noted that this is set to go up. Over 60 -20%; over 70 – 30%; over 80 – 40%. They obviously cannot sustain the losses, which are probably caused by the fact that we have more older members, with health problems than younger. Not sure what the answer is, but they are looking for a new provider after this year.

**Motorfinity** no longer work with us, but **Motorsource** do.

## Narpo site

This is a link to the Narpo website where there is some item you may be interested in.

<https://www.narpo.org/category/notices/>

## LUNCHES AT GREENHILLS AND BARDSEA

**UNFORTUNATELY, THE LUNCHES AT BOTH GREENHILLS AND BARDSEA HAVE HAD TO BE CANCELLED DUE TO THE CURRENT SITUATION. THEY HAVE BEEN RE BOOKED FOR THE FOLLOWING DATES:**

**BARDSEA THURSDAY 3<sup>RD</sup> DECEMBER 2020**

**GREENHILLS SUNDAY 13th DECEMBER 2020.**

**Information regarding the menu for each venue will be circulated in the next newsletter due to be sent out October 2020.**