

Essex Chelmsford NARPO News

COMMUNICATION - WELFARE - SOCIAL

Dear Members,

Our Branch website is at www.narpo.org/branches/chelmsford

You will find lots of information about the Branch including the latest newsletters and updates as well as details of forthcoming events.

You can also link to the main NARPO site which has a wide range of useful information at www.narpo.org

Select areas of the main website will now require a log in. The password is XPOL1919

Dear Members,

You will see our social secretary's update below, but I would like to encourage you all to attend our Christmas Get Together on Saturday 10th December at the ESPA Clubhouse at Headquarters between 12 noon and 3pm.

This is an excellent opportunity to meet up with old friends/colleagues and have a good old catch up whilst being entertained by our talented member Paul Clancy.

I am hoping to see a good turnout which will encourage our new social secretary, who has been working extremely hard to organise events for you. Several members have already indicated attendance at this gathering so please register your interest to narposocialsec@gmail.com

I look forward to meeting you there.

Social Secretary Update

Dear Friends

As Christmas rapidly approaches it is a good time to review events so far and look forward to planning for 2023.

Our two branch visits to The Tower of London, Ceremony of the Keys in August and October went well and four new dates are set for next year. Such a historic venue for this oldest of British military

ceremonies is a great evening out.

Not forgetting the The Keys, the Yeoman Warders Bar, to rest and refresh between events.

I will mention again the new dates below and invite you to indicate your preference.

Rest assured I will circulate nearer each date and explore the hire of transport if there is sufficient support for those who don't fancy public transport.

On 18th November our first coach trip to the delights of Ely Christmas Market in Cambridgeshire was held. The weather was kind with only a light breeze to remind us it is winter but 29 brave souls embraced the challenge.

Being my first time in Ely I was impressed with the historic site and the impressive size of the cathedral. Most of the inside of the cathedral was set out with numerous stalls and two outside markets in a similar manner.

Plenty of gifts, food and drinks being available and the city market and shops providing additional exploring. We made our weary way home and apart from a short delay on the M11 were back in Chelmsford by 7pm for well-earned rest.





Looking forward to our last social event of the year, the Christmas Get Together on Saturday 10th December rapidly approaches. Being held at the ESPA Clubhouse at Headquarters between 12 noon and 3pm.

The branch is supplying tea, coffee and Christmas fayre and even some mulled wine.

The bar will be open for something more stronger unfortunately at your expense.

Our resident magician Paul Clancy has kindly offered to give some close up magic displays to confuse and bewilder !

If you fancy the catchup please just drop me a email so I can ensure sufficient Christmas fayre is available.

To the Future

As to 2023 and beyond I have received many suggestions for future events and am actively looking at developing them.

The Tower of London, Ceremony of the Keys has been booked for these dates. All Tuesdays and further updates will be circulated in the new year.

28th February, 30th May, 29th August and 28th November.

I am happy to take your preferred dates and as ever fairly flexible in changing your dates but each group is limited 20 attendees.

As to other events I am waiting for available dates to be published for The Magic Circle shows and visits to their London theatre and museum. Good for early New Years coach trip.

Likewise many members have expressed an interest in visiting the UK National Police Memorial at the National Arboretum, Staffordshire and I am waiting for relevant dates.

More locally a trip on a Maldon based river barge, a summer BBQ/Hog Roast at EPSA and a visit to IWM Duxford are all being explored.

I would also like to think we could look at more informal catchups such as breakfast or lunchtime meetings, pub walks or the like. Hopefully developing some form of pick up system for members who may be not so able or mobile.

Finally I will make mention of my attendance at the Remembrance Sunday Ceremony at the Cenotaph, London on 13th November.

Representing our branch and joining 35 other NARPO members from around the country we joined the ceremony in Whitehall and after the service, marched (and I use that term loosely) past the Cenotaph onto Horseguards Parade.

It was a truly humbling experience both at a personal level and as a NARPO member. Highly recommended when the opportunity presents itself again.





I thank you all for supporting me in the role and for attending our events arranged.

As my experience and knowledge expands I still invite ideas and feedback so I can make our social side of the branch more enjoyable and inclusive.

Regards

Pat Mahoney
NARPO Chelmsford-Social Secretary

Widows Pension for Life - Appeal Update

HM Courts and Tribunals Service have confirmed the hearing will be live-streamed. To watch the live stream please [click here](#). For more information, please see the [attached](#).

Christmas Music Events - Chelmsford, December 2022

Caprice Christmas Nowell

Chelmsford Cathedral, Chelmsford, CM1 1EH
Sat 3rd December 2022

A traditional start to the Christmas period with Christmas classics, audience participation and novelty fun pieces

<https://www.ticketsource.co.uk/whats-on/chelmsford/chelmsford-cathedral/caprice-christmas-nowell/e-oxpoz>

Essex Police Choir and Band

So why not join our band and choir at 7.30pm on Saturday 17 December at Christchurch in New London Road, Chelmsford CM2 0AW for a great evening of singing and music?

<https://www.essex.police.uk/news/essex/news/news/2022/november/christmas-concert/>

Warner Late Deals

We have received a bumper set of last-minute offers – there are 42 different choices!

Please see [here](#).

They cover the period 28th November to 16th December so anybody wanting a break before Christmas could get a very good deal

Kind regards

Mandy

Mandy Zoffo-Iley
Meadway Leisure/Time Out 2 Enjoy

Metfriendly Update

Please see latest offers [here](#)

Care Quality Commission - Tell Us About Your Care

Disabled people, those living with a long-term health condition and their families now have the opportunity to help shape the future of services in England by sharing their experiences of the NHS and the care system with the regulator for the NHS in England – The Care Quality Commission (CQC). We've received outstanding responses to previous requests for feedback to the CQC and would like to take the opportunity to give those unable to respond at the time the chance to share their experiences of the NHS and care services.

The CQC are asking that you share with them, in confidence, your experiences through their [Tell Us About Your Care](#) programme. It allows you to provide the CQC first-hand with your experiences – during hospital stays, GP and dental visits, accessing care services, etc. You can also do so anonymously. The simple to complete [questionnaire](#) will ask you for details of the establishment and to describe your experiences as a user of their services.

The Tell Us About Your Care page can be located [via this link](#). Once you have completed the questionnaire, we ask that you share this email with your family and friends so that they too can offer their own experience.

If you are unable to complete the survey online, please call us Monday – Friday on 0330 995 0400 and choose Option 1 (afternoons are quietest) and we can complete the survey for you and send your response to the CQC on your behalf.

Don't miss out on this opportunity to be a key provider of evidence to help shape the [future of your care](#).

Kind regards

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That's all for now

Kind Regards
Sue Heaton
Secretary Narpo
Chelmsford Branch