



CUMBRIA NARPO NEWS

SPRING 2025

Message from the Chair



Greetings all. I hope this edition of the newsletter finds you well. Myself, Secretary and committee members continue to work towards the welfare and wellbeing of our members. Please feel free to contact us if you have any concerns regarding yourself or members known to you. My pet project at the moment is to establish a protocol for the attendance of uniform officers at

funerals taking nothing away from Eddie Lightfoot's stalwart efforts. I have spoken to David Allen PCFC about this and he assured me he fully supports the idea. I hope to get something in place with him at the AGM.

Moving on to lighter matters we feel social interaction is important. It's great to meet colleagues and old friends. With that in mind we are subsidising this year's meals and trips. See further on in the newsletter for full details. If you haven't been to a lunch for some time or indeed never been be assured that they are informal gatherings with no speeches and ample time to chat before during and after the meal.

Hope to see as many of you as possible during the year

David Drinkald.

Prostate Cancer

One of our members posted a precautionary tale regarding needing to get tested for prostate cancer, this is a summary of tale – since having several PSA (Prostate-Specific Antigen) blood tests, and each time the level has

been above normal, resulting in furthermore intrusive examinations, however these tests proved normal. Advice from the GP was to have further tests in 6 months. However, on the advice of a locum doctor after testing a referral was made to a Urologist with a recommendation that an MRI scan be performed. The scan showed abnormalities on both lobes of the prostate and an immediate biopsy was booked.

Despite many re-assurances to the contrary, prostate cancer was diagnosed, albeit it was in the early stages which meant that it is curable. It is important that members who think they may be in a situation similar should request from their GP a PSA test to check. Do not be fooled by the non-appearance of symptoms. Further from this information I had already been in touch with Mr Farron MP for the Kendal area who has supported regular testing for prostate cancer and the lack of facilities of treatment centres in the south of the county.



On 11 November 2024, during a debate in the House of Commons on

the Budget's impact on rural affairs Mr Farron asked the following:

“We must also bear in mind that some of the longest and most unacceptable waiting times for cancer treatment are in rural communities. We very much welcome the £70 million for radiotherapy that was announced just before the Budget—much to Mr Speaker’s chagrin—but will the Secretary of State bear in mind that 3.5 million people in the country, most of them in rural communities, live in radiotherapy deserts? Half of us will have cancer at some point in our lives, and half of those people should receive radiotherapy treatment, yet barely a quarter of them do. One reason for that is that communities such as mine are just too far from that treatment. Will the Government ensure that some of that money goes towards providing satellite units in Kendal and other parts of rural Britain?”

I have spoken to Mr Farron since he asked the question and assured him of our support in this matter and he in turn has agreed to keep me informed of any progress in trying to get a radiotherapy department in the Kendal area to service the South of the county. It is unacceptable that people may have to travel from the Barrow area to Preston for treatment however excellent that treatment is.

When meeting with Ministers or MP’s in my role as Vice President I will be raising this issue whenever I can.

Kate Rowley, Vice President NARPO

Clever People Die Sooner if they have Dementia

“Phenomenon discovered by scientists shows those who spend longer in education deteriorate faster” Sunday telegraph 26 January 2025

People who spend more years at school or in education are likely to deteriorate from the neurodegenerative disease faster according to the biggest study of its kind, dubbed “cognitive reserve paradigm”.



A person's cognitive reserve is their brain's ability to cope and keep working, including in the face of diseases such as dementia and Alzheimer's

Research found that paradoxically, these patients go downhill faster if they do get a diagnosis.

Many brilliant minds have been hit by dementia, although there is limited information on affected individuals in the public domain. Experts believe it is because people of higher intelligence are more resilient to cognitive decline and able to function for longer without signs or symptoms of the disease onsetting.

Dementia is one of the leading causes of death in the UK. These are just

some of those who have been affected – Terry Pratchett – British author, Dame Iris Murdoch – novelist and winner of the Booker and Whitbread prizes, Robin Williams – Oscar winning actor, Lorna Spode – BBC Musician. Alzheimer's research UK encourages people to keep mentally active throughout life to boost their brain health.

Now when I cannot remember a name or something I've done I will remember that I could possibly live longer because I didn't have a brilliant mind.

Obituaries

Des Byrne

Stewart Rawes

Barbara Bateson

Kathleen Bottomley

Thank you for your service and rest in peace

CUMBRIA NARPO AGM

**WEDNESDAY 12 MARCH 2025
IN PENRITH RUGBY CLUB
COMMENCING 10.30AM**

Those attending include, the national president of NARPO, Mrv Richard Critchley, the CEO of NARPO, Mr Alan Lees and the Cumbria Police Fire and Crime Commissioner, David Allen

If you have any questions you would like to ask of the national representatives or our Cumbria committee, please come along. It's informal and all members are welcome. Lunch is provided - sausage and mash

Winners of the First Cumbria Membership Lottery

The first membership lottery has been drawn and the lucky recipient of £100 for full members is Mr Ian Darcy from the South of the County
The winner of our widow/widower members prize of £50 is Mrs Fitzpatrick from Penrith

Dates For Your Diary



4 June

Lake trip on Derwentwater. Cost £5 each. You can join this trip from any part of the county.

13 August

Visit to Beamish Open Air Museum. Price £25 which includes travel and entrance.

Wednesday 26 February 10am

Coffee morning at Burneside

Meals

Greenhill Hotel 2 March 2025

Starter

Prawn, Apple and Walnut salad
Leek and potato soup
Melon Parisienne – honey water, Galia, berry compote with plumb sorbet

Mains

Roast topside of local beef and trimmings
Roast farmyard turkey with trimmings
Oven baked cod loin with a vintage cheddar, bechamel sauce
Mediterranean vegetable strudel with spicy tomato sauce
All served with seasonal vegetables

Desserts

Trio – vanilla panna cotta with raspberry coulis, sticky toffee pudding with butterscotch sauce, strawberry and passionfruit meringue with vanilla cream
Coffee and mints

Glass of wine , ed, white or rose or a soft drink.

The Old Mill Bardsea 20 March 2025

Starter: Tomato and basil soup or prawn cocktail.

Mains: Sausage and mash
Salmon steak with parsley sauce
Potato roullade

Dessert

Apple crumble
Blackcurrant and amaretto cheese cake
Sticky toffee pudding
Glass of wine - Red White or Rose or a soft drink

Booking form

Greenhill Sunday 2 March 2025
Commencing 12.30 for 1pm

Name number attending

Please make your choice
Starter prawn soup melon
Mains beef turkey cod Strudel

If you wish to dine with friends, please indicate their names and we will try to accommodate

£10 per person
Cheque enclosed for £ amount BACS to

Bardsea Thursday 20 March 2025
Commencing 12.30 for 1pm

Name number attending

Please make your choice
Starter
Tomato and Basil soup
Prawn cocktail

Mains
Cumberland sausage and mash
Salmon steak
Potato roulade
Desert
Apple crumble
Blackcurrant and amaretto cheese cake
Sticky toffee pudding

£10 per person

Please return your choice of meal to – email - cumbria@narpo.org
and BACS payment to NatWest 60 04 30. 05880556
or by post with payment to Secretary 19 St Edmunds Park,
Carlisle CA2 6TS