



# CUMBRIA NARPO NEWSLETTER



**David Drinkald**

**Smiling!**

## THOUGHTS FROM THE CHAIR

Greetings all.

Welcome to our latest newsletter which I hope you find informative and interesting.

Firstly an appeal.

We are as a Branch increasingly relying on communication by email and I am sure that there are members who are on email that we are not aware of. I ask that if you received the newsletter by post and you have an email address that you contact Kate Rowley by email so she can add your email to our Branch database.

I hope you are coping with the lack of the Winter fuel allowance please keep yourselves warm and comfortable.

Next April the Police pension should increase by 1.7% based on September CPI. The State pension should increase

by the average earnings increase which I believe is around 4.3% but I'm not 100% sure.

As a committee we continue to work for our members especially with regard to welfare if you become aware of a member having health or other problems please let us know.

You will find a list of future gatherings and events elsewhere in the newsletter please consider taking part and catching up with ex colleagues.

Finally I hope it's not too early to wish you all a very merry Christmas and a happy new year.

Best regards David Drinkald.



From your Editor

(with his compulsory coffee)

Seasons greetings to you all

First a moan ! I really would like to get more Items for the Newsletter **YOUR Newsletter**

So please send me your tales of old etc.  
Send them to:

[narpojim@btinternet.com](mailto:narpojim@btinternet.com)

Our next publication will be in the spring after the two lunches (photos please)

When we will bring you a colleague's struggle with PTSD and how help is available

Jim Wilson



## **The adventures of the Three Amigos – West Cumbria:**

Hi, some of you who are on the old Faceache (Facebook) will have seen some of my posts over the past two and a half years, involving my travels with my two good friends Liz Hampson and Sue Ashburner, Aka “The Three Amigos”. It all started on a sad note in December 2021 when I lost my dear wife Isabel to MND. Liz and Sue, whom I have known, as did Isabel, for many years made contact and we arranged to meet for a coffee and chat. Our coffee catch updates continued on a monthly basis and we decided that we would Branch out.

Our first venture was to the Devils Porridge Museum, Nr Annan, from then on we have travelled on La-l Ratty, visited the Beacon (twice) seeing various exhibitions, (Titanic, Percy Kelly art), The Windermere Steamboat Museum, where we enjoyed a 40 minute cruise on one of the boats, Blackwell House, Windermere, Hadrians Wall (Chesters, The Roman Army Museum, Corbridge, Lanercost, Maryport Roman Museum)

In 2023, we left our shores, along with Graham, Liz’s hubby (we allowed him in as an associate Member) and took a trip to the Isle of Man, a grand trip out was had by all, trains, boats and horse drawn trams, along with fine food and of course the odd cheeky red.

Another trip was in June 2024 when we took off with Ryanair to France for a three day visit to the Normandy Beaches, an excellent trip, very moving experience as it was the 80<sup>th</sup> Anniversary of D-Day. We crammed a lot in but it was worth every minute, again fine food, fine wine and above all great companions. We have since done another “cruise” on Windermere, during which we set about planning our next venture beyond blighty, December it’s the Christmas Markets in Rothenber-uber-der-Tauber and Nuremburg.

Again, with the addition of Graham, we took a trip to Edinburgh for the Tattoo in August, well worth the effort and another ticked off our bucket list.

above all friends, Liz, Sue and of course Graham have been a tremendous help to me since the loss of Isabel, long may our adventures continue, so watch this space, if you can get out and do it then go for it. Many more lunches, the odd glass of the cheeky reds, loads of laughs to come I am sure.

***Cheers all, from Ray, Liz and Sue (The Three Amigos)***

### Email addresses

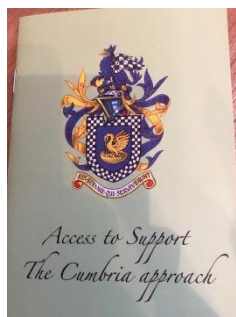
We have 205 members who **HAVE** an email address but have not registered to receive their Cumbrian newsletter by email which means we have to pay for printing and postage.

Some members are receiving both email copies and hard copies if that you, please let us know and we will rectify the situation.

We still have 241 members who have not registered an email address, if you have one please let the secretary know on [Cumbria@narpo.org](mailto:Cumbria@narpo.org) and we can include you on the mailing list.

### Access to support

At our recent branch meeting a document relating to the National Guide to a Welfare Policy was circulated. It was felt that much of the document did not apply to Cumbria and therefore your committee decided to produce a more Cumbrianised version. This will be on our website, but members can have their own copy if they wish, should be printed October 2025.



### Subscriptions for 2025

The subscriptions for 2025 will be £26.76, as you will be aware this is taken monthly from your pension at £2.23 per month. If you do not pay through your pension, we send letters to everyone asking for payment by 1 January – if you forget you will receive a reminder in February.

### Raffle

At the AGM this year it was agreed that we should hold a raffle, one at Christmas and one in the summer. Don't panic it cost you nothing. We will enter all FULL MEMBERS into a draw and by the miracle of a computer a membership number will be drawn this will give the member selected £100 cash prize. We will also have a draw for additional members (such as our widows) who do not pay a yearly subscription to Narpo, the lucky number will receive a prize of £50. If like some lottery winners you do not wish publicity about your win this will be arranged.

### 2025 Conference

This will be held in Blackpool and members of your committee will be in attendance.

**Incorporated company** – Narpo are now an incorporated company governed by Company Law. Those members of the National Executive Committee are now Directors of the company. One of the Directors is our Secretary and No 1 Regional Representative Kate Rowley QPM.

### The CEO updated the Directors on the following:

- Widows/Widowers Pension for Life –. NARPO will continue its campaign with Connect and look to arrange a Parliamentary Drop In on 15<sup>th</sup> January 2025.
- Pensions remedy- there are ongoing discussions on McCloud and Remedy, particularly on RSS There are regular updates on these issue on the national website <https://narpo.org/pensions-challenge-update/>
- NARPO Pensions Board-. The next meeting will be 10<sup>th</sup> December. Ongoing issues regarding McCloud and Remedy, Representatives from Head of Police Pensions at NPCC and XPS will be attending the meeting.
- Budget- there could be an impact of the changes to Inheritance Tax for their families which receive a death in service gratuity. This is being progressed by the Police Federation
- CEO is part of the NPCC Pension Chat
- Pensions Board- MJ presented his paper on the NPCC proposal for a National Pensions Board . There were concerns that local Pension Boards, on which

NARPO may be represented, would lose their influence on local issues. The CEO had contacted and spoken with the NPCC lead on Pensions. At the moment, it is a proposal to be discussed by NPCC Chief Constables Council. If it were agreed, there would be a national Board, on which NARPO would have representation. This would strengthen NARPO's position nationally. In addition, the intention would be to have some local structures to deal with local issues. It was agreed that local NARPO representatives on local Pension Boards would ask about this proposal, as this may not be widely known. There will be the opportunity to ask the NPCC national lead when they attend the next meeting of the NARPO Pension Board on 10<sup>th</sup> December.

All items discussed at the meetings of the Directors are contained in the minutes of those meetings and are available on the Narpo website when agreed at the next meeting of the board. The next meeting will be held in Humberside on the 5<sup>th</sup> February 2025 and issues relevant to our membership will be reported on after that date.

#### **Obituaries since our last newsletter**

Mark Stevens  
George Brewer  
Alby Douglass  
Brian Scott  
Ruth Roy  
Stewart Wakefield  
Barbara Linass  
Robert McChlery  
Patricia Bewley  
Pauline McConnon  
Neil Smith  
Edward Trohear  
Thank you for your service to Cumbria Constabulary

#### **Dates for your diary**

##### **Sunday 2<sup>nd</sup> March 2025**

Lunch at Greenhill Hotel, Wigton price £10

##### **Wednesday 12<sup>th</sup> March 2025**

AGM Cumbria Branch – those attending will include the National President, the National CEO and the Police Crime and fire Commissioner. We have invited the Chief Constable but have yet to have his attendance confirmed.

##### **Thursday 20<sup>th</sup> March 2025**

Lunch at Bardsey price £10

##### **4<sup>th</sup> June 2025**

Boat trip on Derwentwater £5

##### **13<sup>th</sup> August 2025**

Visit to Beamish open air museum price £25 which includes travel and entrance

#### **Check out**

Travel Insurance for Narpo members, details can be found in Narpo News this is a very competitive product. If making enquiries you will need your Narpo membership number.

#### **Branch information**

If you want any information, please contact your branch [Cumbria@narpoo.org](mailto:Cumbria@narpoo.org) or ring 07968498941