



NARPO NEWS

THE MAGAZINE OF THE NATIONAL ASSOCIATION OF RETIRED POLICE OFFICERS

November 2024 | ISSUE 120



CONFERENCE

Torquay 2024

FEATURES

Christmas Finances

DIY Santa Decoration

Festive Outings



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Welcome

Welcome to Issue 120 of NARPO News; our festive November edition. This issue provides a round-up of the Conference 2024, held at the Torquay Riviera Centre. Our annual conference offers a valuable opportunity for branches across England and Wales to collaborate on shaping the future of the association, bringing together representatives to discuss key issues.

Also within this issue is a big focus on Christmas, with a range of exciting features to help you make the most of the festive season. Inside, you’ll find recommendations for top events to visit during the holidays, perfect for getting into the festive spirit, as well as two delicious, easy-to-follow festive recipes that are sure to impress.

Additionally, we’ve included a brilliant DIY Christmas project to inspire your creativity and add a personal touch to your holiday celebrations. On behalf of everyone at NARPO HQ we truly hope you enjoy this latest edition of NARPO News and wish you a joyful and relaxing festive season.

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Summer, or what we had of it, is over and Autumn is upon us and our work picks up apace.

President's Review

September and October have been particularly busy for us. September began with our annual Conference which this year was held in Torquay. It was not sunny but very, very wet. However, within the conference hall itself, all went well.

This year was the first year that delegates who could not attend in person could, instead, appoint proxies to vote on their behalf and we achieved reasonable numbers who took advantage of the opportunity.

We used an external company that made all the preparations and pre-loaded the proxy votes onto electronic voting machines. In the event, delegates experienced no difficulties using them which quickly and efficiently and produced the results of the votes cast.

We hosted a meeting between ourselves and representatives of the Scottish Retired Police Officers Association, the Northern Ireland Retired Police Officers Association and the Garda Síochána where we were able to agree on issues which affected all of us and on which we can cooperate with our mutual benefit.

We also held a meeting with the Police Federation and attended the Superintendents Association Conference where we were able to explain the benefits of NARPO membership to their delegates.

At our regular meeting with the joint members of Later Life Ambitions and Connect (our Parliamentary advisors), we made firm proposals to progress meetings with senior and influential members of Parliament. Later we attended as guests at LLA member, the Civil Service Pensioners Alliance Conference.

Looking at our progress, we have already had several meetings with Dame Diana Johnson, the new Police Minister, and have diary meetings with several other Members of Parliament to progress our claims, especially the implementation of the Police Covenant and the

We also held a meeting with the Police Federation and attended the Superintendents Association Conference where we were able to explain the benefits of NARPO membership to their delegates.

Widows Pension for Life Campaign and have already arranged a drop-in at Parliament for MPs of all parties on 20th November to meet with several widows who have been adversely affected by the current pension rules.

Of course, finance is the major stumbling block for all these issues and of other matters we raise regarding pensions and pensioners. By the time you will have received this copy of NARPO News the Autumn Statement (budget) will have been presented and we will all know what is in store for each of us. We have arranged a meeting to follow with our LLA members to consider how we should react to it.

Two other events which I was privileged to attend were the Memorial Dedication to Sergeant Matt Ratana who was shot and killed in the Custody Suite in Croydon, South London, four years ago and, later that week to the National Police Memorial Day in Glasgow. Both events were very well attended and moving ceremonies. We hope to include further details of both in the next issue of this magazine.

So, may I now sign off by taking this very early opportunity to wish you and your families and very Happy Christmas and a peaceful, prosperous 2025.

Richard Critchley
President

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Let NARPO Corporate and Gold Partners Harvey Howell Solicitors help you and your family settle your private affairs. We offer NARPO members and their families a free private consultation to answer some important questions for you.

DO YOU HAVE A BASIC/FREE/DIY WILL - IS THAT REALLY GOOD ENOUGH?

You might have put a **BASIC WILL** in place - **OK** - but these often just repeat what the law says anyway if it leaves everything to the surviving spouse and then the children.

What about care home fees, probate fees, bankruptcy, children of previous relationships, looking after vulnerable children or relatives, guardianship of children and grandchildren, claims against the estate by unhappy relatives, stealth taxes through probate registration charges - the Chancellor trying to get the government's hands on your or your family's inheritance - **THERE ARE MANY PROBLEMS TO CONSIDER.**

WHAT DO YOU NEED TO THINK ABOUT?

- // Will the new government hit bereaved members' families by cashing in on inheritance "to support the public finances" - where there is £500 billion deficit due to the pandemic and fuel crisis!
- // Many homes and therefore planned inheritances for children and grandchildren are being lost to pay for care - can you do anything about this? We can help guide you through this complex area of law.
- // What if you or a member of your family loses the ability to make decisions for themselves due to an accident, stroke or dementia? No-one can access their bank accounts, pay bills or even decide on their medical treatment, including where and how they are treated and whether or not they have to live in a care home. These decisions are taken out of your family's hands - we can help your family have the final say through Lasting Powers of Attorney.
- // What if your children divorce after your death? Do their ex-spouses receive money your children inherited from you? This can be prevented.
- // Estranged children or other relatives can make claims against an estate even if you have made a Will - we can help prevent that.

- // Don't leave your estate to family members with a disability or additional needs who will lose their benefits or those who are vulnerable perhaps with drugs, gambling or alcohol problems who might lose it - put it in trust for them.
- // Don't give your house away, for example, to your children whilst you are alive - what if they die, go bankrupt, divorce or fall out with you? You are homeless. We can sort that out.
- // Are you unmarried with a partner? Dying without a Will distributes your estate in accordance with very old law which dictates how much family members receive. Unmarried partners receive nothing and, beware, your children's inheritance is administered by their surviving parent with whom you may no longer have a good relationship.

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Readers Letters

Nostalgia Behind the Wheel

A former detective from Lancashire has taken a trip back in time behind the wheel of a rare police sports car – the type he first drove way back in the 1960's! John Clark was re-united with the MGA Roadster at the Lakeland Motor Museum in Cumbria. The Museum exhibit was one of a small number of MG's supplied to the Lancashire Constabulary for traffic patrol and training duties over 60 years ago. John drove one of the fleet during his Advance Driver Training in 1962.



"They were happy days!" says John who joined the police in 1956, "It was a beautiful car back then and it's still a beautiful car now!"

"They had only just come out when I first got behind the wheel of one of them so they were brand new. It's hard to believe they are now a museum piece – time flies!"

John, originally from Lossiemouth in Scotland, only joined the police following a dare with a mate when they saw a Lancashire Constabulary recruiting bus while visiting a football match in nearby Elgin. "We both decided to do the entrance exam there and then and passed" he says. "I never saw the football match!"

He went on to become a senior detective, served with the Regional Crime Squad and was awarded the Lancashire Constabulary's William Garnett Cup for Bravery – after capturing an armed criminal following a roof top chase. He ended his career as a Chief Superintendent in Lancaster. He retired in 1986 and still lives in Darwen near Blackburn. He remembers the MGA Roadsters fondly. "When we first arrived at the police driving school, we saw all these officers sitting in them with their sunglasses on smiling!" says John. "I was well over 6 feet tall, so it was something of a squeeze to get in. But they were lovely cars to drive. It was a bit

NARPO Members

If you joined the Airwave Study during your police career, please read this article from the Airwave Health Research Tissue Bank: www.narpo.org/airwave-health-study-update-2024/

easier to get behind the wheel back then than it is now I'm in my 90's!"

The engine was known to be temperamental, but the cars could go from 0-60mph in 12.2 seconds – reasonably quick for that era and good enough to keep in touch with many lawbreaking motorists. The top speed was 110 mph and they did 27 miles per gallon. In Lancashire, the MGA Roadster police cars were divided into white (A Class) and black (B Class) contingents. They had uprated running gear that was similar to the 1600 Deluxe model but with drum rear brakes instead of discs and bolt on steel wheels. After his retirement from the police, John went on to become Superintendent of Darwen Market for many years. Serving in the police is a family tradition. He met his wife, Megan, at the police regional training centre in Warrington. They had two sons and a daughter – all of whom went on to serve in the police force! He's also a grandad and a great grandad.

Pete Clark
East Lancashire Branch

Survey Participation Invitation

Having retired from policing in 2023, I am currently conducting doctoral research in collaboration with the National Police Chiefs' Council and Northumbria University.

My study focuses on stressors potentially affecting well-being outcomes in Senior Investigating Officers (SIO's) within the workplace. This includes impact factors such as the unpredictability of work demands, prolonged tours of duty, passion for the job, the ability to detach and recover outside of work, and peer support. Despite growing attention on police officer well-being, this area remains critically under-researched. Please visit my engagement website www.markdimelow.com for fuller information around the project research aims and objectives.

In the earlier phases of this research, I engaged with academics and strategic leaders within policing, to compare existing theories with the realities faced by contemporary investigators.

I am inviting current and retired SIO's to participate in two short, anonymised online surveys, spaced two weeks apart. This work is part of a broader study aimed at developing

evidence-based understanding to provide feedback to the NPCC, with the goal of informing the debate and improving working conditions for currently serving SIOs.

"The SIO role is extremely challenging and demanding, with extraordinarily high levels of risk and accountability. There is a lot of expectation and pressure to cope with the various demands and deliver a successful outcome." Cook and Tattersall (2010, p.31) noted.

If this resonates with you, and you are willing to participate in a couple of short surveys, please contact me via the QR code, the website contact page, or mark.w.dimelow@northumbria.ac.uk and I will provide the required link to the National SIO Well-being Survey to enable you to be involved.



Mark Dimelow
Cleveland Branch

Hearing Star

May I add my name to the many satisfied NARPO members who have already benefited from the expert assistance of 'Hearing Star's' Kevin Howlett and Marie Jensen. I am incredibly impressed with both the first-class service I've received, and for the marvellous hearing aids I've recently purchased from them.

Everything about the whole experience, from initial contact and home consultation, through the expert testing and honest advice given, to the receiving of my new aids, and finally the checking to make sure I am happy with the performance of said aids, has been amazing! At last, a morally ethical company that cares more about its client's happiness than simply 'making a fast buck'.

And thank you, for all the 'letters' you've published in the NARPO magazine, recommending 'Hearing Star' to your members. I would have been in danger of having missed this chance to seriously enhance my life, had you not.

Wendy Martin
Humberside Branch

Remembering Airmen of WWII

My contribution is with regard to the article relating to the 'Cannock Chase German Military Cemetery', submitted by Mark Judson.

As the aircraft crashed down, after anti-aircraft fire, onto an important railway line there was little time to conduct a full examination of the crash site.

The urgent repair of the railway damage was imperative and was carried out. The bodies of three air crew who were killed in the crash were removed from the wreckage and the crater was filled in and the rail track rapidly re-laid.

The bodies of these airmen were subsequently buried in the Commonwealth Graves site at Thornaby cemetery, North Yorkshire, and items recovered from the debris offered identification of:- Pilot - FW Joachim Lehnis of Denzig, born 18.8.1918, Observer:- LT. Rudolf Maternof Paderborn, born 20.8.1917 and Gunner/Mechanic:- OBFW

Heinrich Richter of Hirschberg, born 16.7.1911.

On 26th November 1997, sewerage works were being carried out near the site which resulted in the Dornier aircraft being unearthed, once again. A full examination of the site was carried out and the remains of a fourth airman and additional items were found in the wreckage.

Following forensic tests these remains were found to be those of Heinrich Richter, whose name was ironically carved onto a headstone of one of the graves in Thornaby cemetery of one of the originally found airmen, in the belief that Heinrich Richter was one of the three airmen recovered from the wreckage in 1942.

Further enquiries revealed that the Dornier crew consisted of the Pilot:- FW Joachim Lehnis of Denzig, born 18.8.1918, Wireless Operator:- UFFZ Hans Manake of Berlin, born 26.4.1918, Observer:- LT. Rudolf Matern of Paderborn, born 20.8.1917 and

Gunner/Mechanic:- OBFW Heinrich Richter of Hirschberg, born 16.7.1911.

The headstone, bearing Heinrich Richter's details, was removed and replaced with a new headstone, having been commissioned, bearing the details of Hans Manake, and placed upon the grave. The burial of the remains of Heinrich Richter took place on 14th October, 1998 with the initial headstone being positioned accordingly.

A contingent of members of Richter's family and representatives of the Luftwaffe attended, together with 46 UK. Military Association Standards being paraded and a Bugler sounding the Last Post and Reveille as a salute in respect of a Military Serviceman.

Richter had two brothers who also lost their lives in WWII.

Tony Longstaff
Cleveland Branch

Identifying Police Force Uniform

Dear Colleagues, I am a retired officer from the West Midlands Police and a member of NARPO. I am helping a friend to try and establish the force that he served in. The attached photograph is of Lenoard Wadham and I would be grateful for any advice you may give to help identify the force the uniform refers to.

Grateful for anything you can suggest.

Robert Turton
Birmingham Branch



New Members for Fostering Panel

I sit as a panel chair for the Fostering Service in Shropshire and an independent Fostering Agency, plus I sit as a panel member for another independent panel. The panel is ideally representative of the community it serves and as such is always in search of new members, particularly men. On the three panels I sit on I am the only male!

I am certain this is not unusual

nationwide and therefore thought perhaps some of my retired colleagues (both women and men) might be interested in providing their experience and insight to help with the very important and responsible duty of scrutinising applications of foster carers?

Peter Boshier
London Metropolitan Branch

Behind the Scenes at the Olympics

Paris 2024, the thirty third Olympics and my fourth (look out Sir Steve Regrave).

I was working with a fantastic team assisting American media NBC get their sports desk crews around Paris and all Olympic venues. We were accommodated throughout in the delightful town of Roissy en France on the outskirts near Charles de Gaulle Airport. The town is infamous for and has a memorial to the 25th July 2000 Concord crash.

Pre Olympics, the crews were out capturing the flavour of France, the restaurants, the style and the people. This additional filming, or 'B roll' would get sent back to the States as fill in TV during the games. Once the games commenced it was full on coverage of events and news stories surrounding them. Fantastic stadiums like the Stade

de France were show pieced, while other areas were adapted in prime locations, for example the beach volleyball. Obviously security was a major factor for the event with mutual aid being provided to the French from all over the world.

The French have their own selection of public protection in the forms of Gendarmerie, National Police, CRS Police, Municipal Police and Campagne d'intervention, who were all in full display.

This was another wonderful opportunity to be involved in a world class event that ultimately showcased France and gave the world a feel good opportunity to support their participants.

Andy Amos
Hertfordshire Branch



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News

Stories from across the NARPO branch network and our partners

Police Superintendents' Association Conference

In September, NARPO President Richard Critchley, Vice President Kathleen Rowley QPM and CEO Alan Lees attended the annual Police Superintendents' Association Conference, a key event in the policing calendar. The conference brings together senior leaders from the policing community, government officials, and partner organisations to discuss critical issues affecting forces.

During the event, they had the privilege of meeting and introducing themselves to the Policing Minister, Dame Diana Johnson, discussing NARPO's role and the importance of ensuring officers receive continued support post-service.

Also photographed at the conference was Peter Moore from The Police Treatment Centres, where Alan Lees proudly serves as a Trustee. The conference provided an excellent platform to engage with key stakeholders, build relationships, and highlight NARPO's ongoing efforts to enhance the well-being and support

of retired officers across the country.



East Kirkby Aviation Centre

On the 18th June 2024, Lincolnshire NARPO branch members and guests had a memorable day out at the East Kirkby Aviation Centre.

Known as 'Bomber County' - this is one of several WW2 heritage sites. In addition to a guided tour of the exterior of the famous Lancaster known as 'Just Jane', we experienced a close encounter of the aircraft on a taxi run.

John Marshall
Lincolnshire Branch



Life Membership

I recently had the pleasure as a past Secretary of Chester Branch of presenting Life membership of NARPO to Diane Smith. During my citation I pointed out that Diane joined NARPO in 2005 and has been an active member ever since. Diane became our Treasurer at the 2007 AGM. Diane remained as Treasurer for the next 10 years until 2017.

The then treasurer had to give up the position in 2022 and Diane stepped into the breach again from 2022 until our recent AGM in 2024. Diane is now supporting the new treasurer until he gets to know the ropes. Over and above her treasury duties Diane has organised numerous excellent trips to the Theatre and supplied many cakes and sandwiches to our AGM's. We also know that Diane is a very active Church member, doing voluntary work for them and her local community.

This is a well-deserved accolade for a very well-respected colleague.

Frank Hough
Chester Branch

Life Membership

Members of Berkshire branch spent a lovely afternoon boating on the Thames and found time to present Maurice "Mo" Baker with Life Membership.

Sarah Lutterloch
Berkshire Branch



Kent Police Staff Open Day

On Saturday 29th June 2024 Kent Police held a staff open day for friends and families of serving and retired officers, including serving or retired civilian staff.

Members of Kent NARPO were invited to attend and take part in the days events.

Committee members from Maidstone and East Kent branches helped to run the stand assisted by items supplied by NARPO HQ corporate support.

The day went well and we were fortunate that the weather was kind to us.

We were visited by many current serving and retired officers and civilian staff. It is likely that some of those who visited the stand were impressed enough to join NARPO. The

photo below shows members of the Maidstone and East Kent committees.

John Fulton
Kent (Maidstone & District) Branch



Hertfordshire Branch 70th Birthday Celebration and Life Membership Award

On Tuesday 11th June the Hertfordshire Branch organised an anniversary lunch at Aldwickbury Park Golf Club, Harpenden to celebrate its 70th birthday.

Back in the day it seems that the Branch held an annual reunion dinner to recall its formation in 1954. Annual dinners have long since ceased but following a successful lunch at the same venue in 2019 it seemed fitting to mark the occasion in similar style.

The lunch was attended by 130 members and included the Branch President, Chief Constable Charlie Hall QPM who gave an interesting presentation on the development of the new Police HQ at Welwyn Garden City and spoke enthusiastically about the legacy that the members present had left behind for their successors.

This also seemed to be the right time to present a Life Membership Award to the Branch Secretary, Andy Wright. Chairman Colin

Westwood reminded the gathering that Andy joined the Committee in 2006, was Chairman between 2007 and 2011 and has held his current post since then. At the recent AGM Andy presented his 13th report as Secretary and as well as managing the administration for a Branch with over 1000 members, he organises two social events a year and attends as many NARPO related activities as he can. His wife Gerry helps him as much as possible and was presented with a bouquet in recognition of her support. Following the Chairman's citation, the Chief Constable presented Andy with his Life Membership framed Certificate and lapel badge.

The combination of the anniversary lunch and the presentation to Andy Wright made the lunch a very successful and enjoyable occasion, much appreciated by all who attended.

Colin Westwood
Hertfordshire Branch



Police Charity Golf Day



The 2nd Police Charity Golf Day took place at Fairhaven Golf Club, Lytham St Annes on Friday 28th June 2024.

The event, which was the idea of three retired Lancashire police officers, Richard Hoyle, Chris Horn and Mike Gledhill, involved refreshments on arrival, 18 holes of golf, dinner and a charity auction. Steve Kindon, the former Burnley and Wolverhampton Wanderers footballer was the guest speaker and presented the prizes. Each year the participants, play for 'The Peelers Trophy', which is a police truncheon, mounted on a plinth, carrying the names of the competition winner.

Numerous prizes were donated for auction including:

- 5 day General Access pass for two at the Lytham Festival 2024.
- 2 nights B & B at either Harrogate or Aucterarder Police Treatment Centres.
- 2 nights B & B at St Michael's Lodge, Langho.
- Numerous 4 ball tee times at both local and regional golf clubs.
- Restaurant vouchers.
- Individual golf lessons with 5 local golf professionals.

This year, The North West Police Benevolent Fund (BEN Fund) and The Police Children's Charity, were the supported police charities. The amount raised was £1750 (£875 to each charity).

For further information please contact Richard Hoyle on 07753 604452 or email rickhoyle@blueyonder.co.uk

Richard Hoyle
Blackpool Branch

10th Anniversary of the Weekly Tea/Coffee Morning

Back in September 2014, a friend and ex colleague contacted us to say he was now wheelchair bound and getting 'stir' crazy in his apartment. We arranged to pick him up and go to the Piazza in Bedford town centre for a cuppa.

He enjoyed it so much we agreed to do the same the following Wednesday.

This went on for a few weeks with ex colleagues passing by stopping by to say hello and ending up joining us.

This grew to about 10 of us over a few weeks. It was now getting into October and getting cold, we noticed that Tom our friend had gone slightly blue. Because of the number we had to find somewhere that would be able fit us in.

First, we tried the library, then because we had grown in number, it was the garden centres that we turned to. They were and have been very accommodating through the years. So now with 135 members wishing to



be emailed each week, (not all come but want to know what's happening and where we are going). Normally its around the 25 or so mark. We have now got Beds, Cambs, Herts, Met and BTP, attending along with several lady members. We have organised lunches and Christmas Dinners along with trips.

So, on the 4th September 2024, we held an Afternoon Tea to celebrate us being 10 years old.

60 plus attended as the photo shows below.

Here's to another 10years. If anyone reading this article wishes to join us, please email me, georgefouhey@gmail.com

George Fouhey
Bedfordshire Branch

Enjoy the Ride

On 26th June 2024, we held the 4th Yorkshire police memorial ride which was well attended by officers from all areas of Yorkshire. Some beautiful motorcycles on view and a chance for retired and some serving officers to get together. This year it was held at the motorists cafe in Sherburn in Elmet which was a wonderful venue, the staff were also very welcoming.

NARPO members are increasing at this annual event with everyone welcome, whether on a motorcycle or in a car. The event is our way of

remembering colleagues who have passed.

This year the chosen charity was Yorkshire air ambulance. The funds for this charity are growing and we hope to hand over a sizeable cheque from the Blue Knights motorcycle club at the end of the year.

Anyone wanting to join our club can make contact through me or Steve Bolton, as we say. "Enjoy the ride"

Neville Duke
Huddersfield Branch



Life Membership

At the AGM of the East Kent Branch of NARPO on the 22nd of April 2024 the Chief Constable of Kent, Tim Smith, presented Branch Chairman, Bob Pollard with Life Membership of NARPO.

Bob joined Kent Constabulary in 1970 becoming a Federation Rep and retiring in 2000. Bob then became A NARPO rep and advanced to Chairman ably aided by his wife Dottie.

Their commitment to helping others is well recognised and the life membership richly deserved by both.

Tony Bartlett
East Kent Branch



Dyfed-Powys Members Meet the Police & Crime Commissioner

At the beginning of September Mr Dafydd Llywellyn, Police & Crime Commissioner (PCC) for Dyfed-Powys accepted an invitation to meet members of the branch.

The meeting took place at Carmarthen Quins RFC where Mr Llywellyn explained that the role of a PCC is to be the voice of the people and to hold the Chief Constable to account for how he / she discharges their functions. The aim of all PCC's is to ensure the delivery of an effective and efficient police service within their force area.

A wide range of topics were discussed during the morning including

the level of frontline policing, response times, centralisation of resources, recruitment / retention of officers and establishing good practice relating to the death of a retired officer.

It was agreed that the meeting had been extremely worthwhile with a candid exchange of views. It is hoped that a similar event will be held north of the force area in the near future.

Photo: Left to Right - Phil Addicott (Secretary), Mike Benbow (Chair), Dafydd Llywellyn (PCC)

Hugh Colley
Dyfed-Powys Branch



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You Wouldn't Believe It

Anecdotes from down the years

Drainpipe Heist

Attending a disturbance at a local pub in Swinton, Rotherham one evening, I managed, after a struggle with quite a strong guy, to get him outside and handcuffed to a drainpipe. I went back inside the pub to get a few details but when I returned to my prisoner, he had gone ... and so had the drainpipe!

Frank Matthewman
Rotherham Branch



Budgie Butter Rescue

Having read my old friend Chris Binns budgie story in issue 119 of the magazine, it reminded me of my budgie story, also in the late 70's, just a short distance from Chris's story.

Late one evening I was dispatched to a flat behind Queens Road Police Station, Bradford to a distressed elderly lady. The nature of the problem wasn't known.

Having got to the flat I saw the lady approaching the door on her zimmer frame. She opened the door, clearly upset and pleased to see me.

The lady (I'll call Mrs Polly) had a budgie. She let the budgie fly round the flat every day, but on this occasion, she couldn't get him back in the cage (I'll call him 'Peter'). It seemed that 'Peter' had got a food pellet stuck in its throat and was coughing and spluttering round the room leaving Mrs Polly in a panic.

She had rung an 'on call' vet for advice and he'd said she needed to get a blob of butter on the end of her finger and try to get it into the budgie's mouth to dislodge the pellet. Obviously with her disability she couldn't get near him. So, this is what I was faced with. Having had a budgie called 'Peter' as a child, I was clearly the man for the job!

So, I caught Peter, got some butter on my finger, got it into Peter's mouth and seemingly dislodged the pellet/obstruction. I got Peter back into his cage and left. Mrs Polly was happy. Another satisfied customer (long before the 'how did we do texts!').

Some months later I was approached by the 'community affairs' Inspector. He asked if I remembered going to see 'Mrs Polly', to which I replied 'No'. He said 'It was about a budgie'. I said, 'Oh yes I remember'.

He then said, 'Well she was so happy about what happened that she wrote a letter to Channel 4 (who had a weekly programme aimed at people with disabilities) and the editor loved it so much, he wants to do 'a reconstruction'!

'What' said I.
Anyway, it happened. He came up from London, and we reconstructed the scene. NOTE: No budgies were harmed in the making of this reconstruction!

He just wanted 'and here's a bit of

good news...' to put out at the end of the programme.

So, I 'taped' the programme and watched my 5 minutes of fame. No idea what the programme was called, no idea where my VHS tape ended up and no one I know will have seen it! My 5 minutes of fame was consigned to the annals of history. Still, we had a satisfied customer. What the public don't see.

Paul Spencer
Keighley Branch

Like Mother, Like Son

In the early 1970's whilst in charge of the Carmarthen Sub Division I attended the scene of an accident on a Saturday morning where a lady driver from a village in Pembrokeshire had failed to negotiate a sharp left hand bend and collided with a car travelling in the opposite direction. Prior to my arrival the lady driver had been conveyed to the local hospital.

On the following evening, I was asked to attend a road accident involving a police officer. At the scene I found that a young man from the same village in Pembrokeshire as the lady involved the previous day had failed to negotiate a sharp left hand bend and collided with the police officer's car. Fortunately there were no injuries.

On remarking about the coincidence to the young man he replied "Yes I know, that was my mother. I was on my way to sit with her in the hospital". Both the mother and son later pleaded guilty to the offence of driving without due care and attention.

B Jones
Dyfed Powys Branch

Double Pranked

It was the first night at Number 1 District Police Training Centre, Bruche. A Sunday evening in the Spring of 1972 and the start of 13 weeks of initial training for I Class, Intake 427. At that time I was a Lancashire Constabulary Officer.

We were settling into our rooms and unpacking. Everything was put on hold when a very pleasant Inspector came in, introduced himself as the Duty Officer and invited my colleagues and I upstairs to the lounge where we were gathered together for a meeting with

the Centre Padre or Chaplain.

The clergyman who was dressed in his cassock and surplice made us most welcome and after a few minutes he invited us to join him in prayer. Following his lead our group fell to our knees and respectfully put our hands together for a few minutes of prayer and meditation.

The silence was broken after a minute when a Sergeant marched in and identified himself as the genuine duty officer and accused the Clergyman and the Inspector to be fakes. A practical joke. We were all to be punished regardless of our

innocence and at 7am the following morning we were to parade on the drill square in gym kit for an early morning session of PT. We were each issued with official warnings.

Not a good start to the course!
At 7am the following morning as instructed we were ready for action, dressed in gym kit and about to walk from the Block to the Drill Square only to find out that we had been fooled twice as it was revealed that the Duty Sergeant was also fake'.

Bernie Swift
Merseyside Branch

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NARPO Conference 2024

This year's NARPO Conference was a significant event, marked by discussion on membership issues and ongoing efforts to improve welfare and recruitment.



Thursday 5th September 2024

The 2024 NARPO conference officially commenced on Thursday evening with a black-tie event at the Torquay Riviera Centre. Delegates from across the country, along with their guests, gathered for an evening of networking and a three-course dinner. As everyone settled in, NARPO President Richard Critchley took to the stage to deliver a warm and heartfelt welcome to all in attendance. In his opening remarks, he expressed his gratitude to the delegates for their ongoing dedication to NARPO's mission and extended a special thanks to the Mayor of Torbay, Councillor Hannah Stevens for her attendance.

After dinner, attendees celebrated the remarkable accomplishments of NARPO members over the past year with the annual Honours video, which highlighted the exceptional contributions of members both during their time in the police force and in their subsequent endeavours.

The evening continued with the announcement of the winner of the 2024 NARPO Photography Competition. A heartfelt congratulations to Bryan Griffiths for his stunning photograph of Twr Mawr Lighthouse.

A special thank you to our prize sponsors, Fred Olsen Cruises and Parkdean Resorts. Paul Leonard, from the Sheffield Branch, was the lucky recipient of a Wildlife & Culture of the Scenic Scottish Isles Cruise, and Belinda Elliott, from the Derbyshire Branch, received a £300 Parkdean Voucher.

The 2024 NARPO conference officially commenced on Thursday evening with a black-tie event at the Torquay Riviera Centre.

Friday 6th September 2024

The NARPO 2024 Annual Conference took place on Friday, September 6th, 2024, featuring a day packed with discussions, updates, and decisions relevant to the association and its members.

At the start of the conference, President Richard Critchley opened the proceedings by welcoming the delegates and noting important housekeeping matters, such as the election of scrutineers.



Presidents Address

The President delivered a formal address, reaffirming NARPO's core mission, which is to safeguard the rights and welfare of retired police officers, particularly in relation to police pensions. He highlighted NARPO's purpose of ensuring that whenever members are in need, the organisation is ready to offer support.

The President reflected on the past year, describing it as the busiest and most significant year in NARPO's 105-year history. He detailed the transition to incorporation as a limited company, a decision made at the 2023 conference with an overwhelming 76% vote in favour. This legal shift, finalised on 1st July 2024, provided additional financial protections for members while maintaining NARPO's core structure. He thanked the NEC, advisors, and staff for their unwavering support in ensuring the smooth transition.

The President also touched on broader political changes, emphasising NARPO's proactive political engagement, including meetings with key politicians across party lines and the ongoing partnership with the Later Life Ambitions group to address issues such as pensions, social care, and digital exclusion.

Additionally mentioned was the ongoing progress of the Police Covenant, which aims to ensure comprehensive welfare for retired officers. He noted the involvement of CEO Alan Lees in representing NARPO at the Police Covenant Oversight Board, sharing the key findings from the "Transitioning into Retirement" survey launched by NARPO in February 2024. This survey, initiated to gain a deeper understanding of the retirement experience of the NARPO membership, garnered a massive response from over 3,000 members, offering invaluable insights into the challenges and opportunities faced. The President highlighted that the survey was part of NARPO's commitment to offering better support to members as they navigate the transitional period of retirement.

Additionally, the President recognised the loss of Brian Burdus, a former NARPO President and NEC member, and welcomed Chris Morgan as his replacement. He also introduced Steve Wilcock, the newly appointed Deputy CEO, and Melissa Colbeck, the new Business Support Officer, acknowledging their contributions to the association.

He noted the involvement of CEO Alan Lees in representing NARPO at the Police Covenant Oversight Board, sharing the key findings from the "Transitioning into Retirement" survey launched by NARPO in February 2024.

Annual Report and Finances

Alan Lees, the CEO of NARPO, presented the Annual Report for 2023, providing an overview of the organisation's activities, achievements, and challenges over the past year. This was then followed by Treasurer Richard Atkinson, who presented the Accounts for 2023, offering insights into NARPO's financial health, expenses, and revenues, ensuring transparency and accountability.

Rule Changes

Delegates reviewed two important resolutions regarding changes to the Rules and Articles that were agreed upon at the 2023 conference. These changes aimed at improving the governance structure of NARPO. Both Rule changes were passed.

Resolution on Minimum Subscriptions

A resolution, proposed by the London Branch, addressed the minimum subscription fees for membership. This was discussed extensively by delegates. The resolution lost.

Membership Suffrage Resolution

Another special resolution from the London Branch focused on membership suffrage, proposing changes to voting rights within the organisation. This resolution lost.



Police Covenant and Welfare

The afternoon session began with a video presentation from the National Police Wellbeing Service Director, Andy Rhodes, discussing the role and future of the Policing Covenant.

The next segment featured a presentation on the Befriending initiative undertaken by the London Branch, led by Tim Mann. This scheme is designed to address the issue of loneliness among NARPO members, particularly those who may feel disconnected in retirement. The aim of the initiative is to foster meaningful connections by pairing members in need of companionship with fellow NARPO members who volunteer their time to offer friendship and support. Through regular phone calls and visits, the Befriending initiative helps

The survey highlighted significant gaps in support for retiring police officers, with 71% reporting they received little to no help in preparing for retirement and 95% receiving no further support from their forces post-retirement.

to reduce isolation and improve the overall well-being of participating members.

CEO Alan Lees presented the findings from NARPO's "Transitioning into Retirement" survey, which gathered responses from over 3,200 retired officers. The survey highlighted significant gaps in support for retiring police officers, with 71% reporting they received little to no help in preparing for retirement and 95% receiving no further support from their

forces post-retirement. Key concerns included mental health issues, feelings of abandonment, and a lack of financial guidance. Many respondents praised NARPO for providing crucial post-retirement support, particularly through social connections and welfare services. The findings will shape NARPO's future welfare strategy, enhancing collaboration with police forces and advocating for better transition processes under the Police Covenant.



Membership Determination Resolution

A special resolution from the NEC (National Executive Committee) regarding membership determination was debated. This required a 75% majority to pass, sparking important discussions around eligibility and inclusion. This resolution lost.

Membership Appeal Resolution

Another special NEC resolution focusing on the process for membership appeals was introduced and debated. This resolution lost.

NEC Elections

The elected reserves for the NEC were officially noted as per the Annual Report, with conference bidding farewell to outgoing NEC members and welcoming the new NEC members who will serve in the coming term.

President Richard Critchley officially closed the conference, thanking all attendees and participants. He also announced that the 2025 NARPO Conference would be held at the Winter Gardens in Blackpool on Friday, September 5th, 2025.

Closure of the Conference

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This year's NARPO Conference was a significant event, marked by discussion on membership issues and ongoing efforts to improve welfare and recruitment.

Law as you need it

Our lawyers specialise in all areas of personal legal services. As leading experts in their field, they offer tailored advice and support.

Medical negligence experts

If you've suffered an injury or illness due to medical negligence, our industry leading solicitors are here to help.

We offer 15% deductions to NARPO members and their families instead of the standard 40%-45% high street deduction rate. This means you get to keep as much as your compensation as possible.

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- Brain injury claims
- Cancer claims
- Spinal injuries
- Surgical error claims

This list is not exhaustive*

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Annual Accounts 2023

Balance Sheet

	2023	2022
Fixed Assets		
NARPO House	128,474	128,474
Building Adds B/fwd Additions	215 87,705	215 0
Less: Depreciation	-2408	-215
	85,512	0
Furniture, IT and Equipment B/fwd Additions	122,562 5,072	119,279 3,283
Less : Depreciation	-120,720	-87,556
	6,914	35,006
Coat of Arms	7,200	7,200
Ceremonial Chains of Office	5,877	5,877
Investment at Cost		
Hawkridge House (Property)	520,000	520,000
Aviva Investment	40,385	37,323
Brewin Dolphin	373,524	356,525
Tilney Bestinvest	1,021,983	1,040,845
	1,955,892	1,954,693
Current Assets		
Stocks for Resale	3,102	1,625
Sundry Debtors and prepayments	147,503	113,839
Current and Deposit Accounts	263,422	420,661
NARPO Paypal		25,918
Close Bros Fixed Term Investments	1,148,926	1,103,265
Cash in Hand	38	129
	1,562,991	1,665,437
Current Liabilities		
Sundry Creditors and accruals	177,635	122,367
Corporation Tax		
	177,635	122,367
Net Current Assets	1,385,356	1,543,070
	3,575,225	3,674,320
Accumulated Fund		
Balance as at 1 January	3,674,320	3,329,253
Surplus for the year	-99,095	345,067
	3,575,225	3,674,320

Income and Expenditure

	2023	2022
Income		
Precept (40%)	766,796	698,188
Affiliates Subscription	2,934	7,919
Hawkridge House Net Rent	17,926	16,606
Sale of Supplies	-12,599	-11,005
Sale of Diaries	15,237	10,857
Commissions/Royalties	121,356	102,157
Advertising	239,961	217,010
Taxed Dividends (Gross)	24,251	25,862
Aviva Interest	7,419	6,167
Bank & Close Bros Interest	53,171	12,517
THIG Schemes	21,667	55,000
Profit on Sale of Investments	-	20,039
Gains on Investments when marked to market value	91,157	253,151
Investment Property Revaluation	-	232,824
Legacies and Other Income	7,392	7,605
Branch Income	16,939	15,705
	1,373,607	1,670,602
Expenditure		
NARPO News Printing	438,572	427,801
Advertising and Promotion	52,719	16,605
Printing and Stationery	7,909	9,630
Postage and Telephone	14,667	22,139
Office Expense	31,052	31,265
Training - Officers and Access to Support	39,801	46,504
General & Water Rates	7,310	6,818
Insurance	12,956	11,706
Salary Costs (Gross)	268,932	197,070
N.I. Contributions	26,170	13,871
Pension Contributions	19,969	16,053
Staff Recruit/Consultancy/ Train	8,352	12,810
Computer Expenses	85,059	78,444
NEC Expenditure/Regional Meetings	82,291	92,937
Conference Expenses (net of expenses)	98,416	115,006
Incorporation costs	57,550	-
Audit	29,842	15,024
Parliamentary	37,924	36,160
Professional Expenses	115,582	130,952
Depreciation	35,357	37,280
Sundry Expenses	59	59
Bank Fees	1,208	2,401
Donation	1,005	5,000
Excess of income over expenditure	1,472,702	1,325,535
	-99,095	345,067

Members of the National Executive Committee and Sub Committee Appointments

2024/2025

Chairman of the NEC & President of NARPO

Richard Critchley

Vice Chairman of the NEC and Vice President of NARPO

Kate Rowley QPM

Chief Executive

Alan Lees (Appointed)

Deputy Chief Executive

Steve Wilcock (Appointed)

Financial Controller

Parsons (External)

Internal Auditor

Nick Burrows

Conference

Kate Rowley QPM - Conference Co-ordinator
Angela Calvert - Conference Administrator
Melissa Colbeck, Sophie Maxwell, Steve Wilcock

Training

Brian Haley - Training Officer
Dickie Bird, Paul Hayes & Richard Jones - Deputy Training Officers

Welfare Co-ordinator

Brian Haley - Welfare Co-ordinator
Phil Van Tromp - Deputy Welfare Co-ordinator

Rules & Constitution

Dickie Bird, John Birkenshaw, Mark Judson, Bob Mabbutt & Allen Orchard

Secretariat

Nick Burrows, Robin Michaelides, Bob Mabbutt, Kevin Moore, Phil Van Tromp, Richard Critchley

Finance

President, Vice President, CEO, Dep CEO

Age UK

Representative Kevin Moore

Wales Seniors Forum

Paul Hayes & Richard Jones

NEC Members

Post Conference 2024

Region	Office Expires	Region	Office Expires
No 1 North West	Robin Michaelides - Wigan & Leigh Kate Rowley QPM - Cumbria	No 5 South East	Dickie Bird – Essex Colchester & NE Kevin Moore - Eastbourne
No 2 North East	Richard Critchley - Wakefield John Birkenshaw – Leeds & Dist	No 6 South West	Brian Haley – Wiltshire Allen Orchard - Dorset
No 3 Midlands	Mark Judson - Staffordshire David Jeans - Birmingham	No 7 Wales	Paul Hayes – Cardiff Richard Jones – Denbigh
No 4 Eastern	Bob Mabbutt - Northamptonshire Chris Morgan - Lincolnshire	No 8 London	Nick Burrows - London Phil Van Tromp - London

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

Benefits Update

Pensions, Tax and Benefits

- On 30 October, Chancellor of the Exchequer Rachel Reeves will deliver the autumn budget, accompanied by a full fiscal statement from the Office of Budget Responsibility. The budget will set out the government's planned spending and revenue gathering going forward.

- The full new State pension is likely to increase by almost £9 to £230 a week from next April – equating to £11,962 a year – as a result of the 'triple lock', latest wage growth figures have suggested.

- Five 'legacy' benefits are being retired with Universal Credit taking their place as the DWP attempts to simplify the benefits system. Income Support, Income-based Jobseeker's Allowance, Housing Benefit, Working Tax Credit and Child Tax Credit will eventually be replaced by Universal Credit.

- Vulnerable households will receive support for the cost of essentials this winter, as the DWP has announced an extension to the Household Support Fund for the next six months.

- The Scottish government has expanded their pilot to seven new local authority areas for new claims to Carer Support Payment, their replacement for the DWP's Carer's Allowance for eligible citizens living in Scotland. Further information, including the pilot areas and how to claim, can be found on mygov.scot

- Thousands of people missing Home Responsibilities Protection on their National Insurance record could boost their State pension for free. Some parents who claimed child benefit before 2000 are missing out on State pension payments they are entitled to because of gaps in their National Insurance records but may be able to top up their State pension. You can check if you're eligible online: www.gov.uk/home-responsibilities-protection-hrp/eligibility

- The Pensions Dashboards Programme (PDP) has confirmed that gov.uk's 'One Login' will be the identity service provider for anyone using the dashboards service. One Login ensures users only have to prove their identity once and can use this proof to access other services they use. This means users who have already registered to use government services through One Login will not have to prove their identity again when registering to use the dashboards service.

General

- The cost of a first-class stamp is to rise by 30p in October – the fifth increase in less than three years. The price goes up to £1.65 as of 7 October, while second-class stamps will remain at 85p.

- The government has unveiled plans for a new Renters' Rights Bill. The bill will introduce enhanced tenant rights and protections, including the power to challenge unreasonable rent increases, and will see the practice of rental bidding wars come to an end. The bill will also make it easier for tenants to keep pets, end the blanket bans for those on benefits or with children and will abolish Section 21, also known as 'no fault' evictions.

The full new State pension is likely to increase by almost £9 to £230 a week from next April – equating to £11,962 a year – as a result of the 'triple lock', latest wage growth figures have suggested.

- The government is urging all those across the UK who use a physical immigration document to take immediate action to transition to an eVisa. All visa holders who live in the UK and use a physical immigration document to prove their rights can visit gov.uk/eVisa to access their eVisa.

- By April 2025, all visitors who do not need a visa will need an electronic travel authorisation (ETA) to travel to the UK. An ETA costs £10 and permits multiple journeys to the UK for stays of up to six months at a time over two years or until the holder's passport expires – whichever is sooner.

- A new government consultation will investigate introducing regulations for third-party services in the energy retail market. Energy brokers and price comparison websites will be among those set to be held to account by a new regulatory regime, to provide better protections and save money for consumers and businesses. The proposals are a response to an increase in individuals being scammed by unregulated brokers and other third-party intermediaries.

- The Driver and Vehicle Standards Agency (DVSA) is warning that scammers are sending text messages about fake DVSA parking penalty charges. The text messages warn that failure to pay the fine could result in a driving ban, an increased fine or even a court process. The DVSA does not issue or deal with parking fines, so if you receive a text like this, you can safely ignore it. You can report scam texts to the National Cyber Security Centre for free by forwarding it to 7726.

- The Energy Secretary has committed to a consultation by the end of the year to boost minimum energy efficiency standards in private and social rented homes by 2030, potentially lowering energy bills for millions of households. Currently, private rented homes can be rented out if they meet Energy Performance Certificate E, while social rented homes have no minimum energy efficiency standard at all.

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

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Post: Benefits Information, Consultant, Wordshop, 7 Tilton Court, Digby Road, Sherborne, Dorset, DT9 3NL

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Westminster Round-up

Conference season has been and gone, the first of the new parliament and one that brought a range of moods and emotions for the political parties.

The Liberal Democrats were the first of the major parties to hold their event, spanning 14 – 17 September in Brighton. Fresh off a hugely successful general election campaign where they gained 64 seats, the mood at the party's conference was jubilant.

Leader Sir Ed Davey delivered a speech outlining ambitions for his party to be the "biggest champions" of the NHS. He promised to do this through a focus on boosting community services, reiterating the economic and social importance of preventative solutions to healthcare - something he suggested would save taxpayers' money in the long-term.

Sir Ed also focused on bolstering social care, criticising the Government for not mentioning carers in the King's Speech, and arguing that more should be done to recognise the contributions of carers to society. The Lib Dem leader's repeated references to social care provision suggests that the party's manifesto calls for a national care service and increased social care funding will be sustained into the future.

Speeches throughout the conference were highly critical of the Conservative Party, with deputy leader Daisy Cooper slamming the party for leaving the nation's health services in a terrible state, and consistently breaking policy promises.

Sir Ed Davey rounded the conference out with a call to "consign" the Conservatives to the history books in upcoming local elections – aiming to build on the party's election gains in Tory heartlands and place his party as "constructive" opposition to Labour.

The Labour Party Conference in Liverpool followed, the party's first whilst in government for 15 years. As with the Lib Dems, the party had every reason to be positive following their resounding victory in the general

election – winning a majority of 174 seats. Despite this, there was a distinct lack of 'buzz' among the delegates. A number of reasons were cited including the grim Liverpool weather, fatigue after a relentless few months and a series of unforced errors by the new government on senior ministers' receipt of gifts including clothes and football tickets.

Despite this, key Labour speakers drilled home a sense of optimism with positive change a theme woven throughout keynote speeches from Keir Starmer, Rachel Reeves and Angela Rayner. This was perhaps most apparent in the speech of the Prime Minister. Outlining his ideas for a mission of "national renewal", Starmer said that we must rediscover "who we are as a country, reigniting a sense of pride and ambition for the future".

All three Labour figureheads also claimed that difficult decisions would be necessary to fix a Britain they say has been left broken by the Conservatives. Starmer was clear that tough choices would be made to reverse the "decimated" state of UK finances, public services and communities.

Despite this, Starmer and his Labour colleagues promised that Labour would lead Britain through this period and into a more prosperous future. This included on pensions, as the Chancellor noted in her speech that the retention of the triple lock would see the state pension rise by an estimated £1,700 over the course of this parliament. Reeves, like Starmer, was also keen to stress that she will take tough decisions in order to fix the economy – with both placing cuts to winter fuel payments in this category.

Controversy around this decision was ever present at the conference, with the Unite union expressing "outrage" that their motion calling on the Government to reverse the cuts

moved from Monday to Wednesday – the last day of the conference. When the union's motion was eventually presented, it won by a very narrow margin.

Whilst this was not binding, it indicates dissent on the matter within the Labour Party – and Richard Burgon MP, who was suspended by Labour for voting against the government on keeping the two-child benefit cap, said Starmer should respect the conference's vote.

The Conservative Party conference in Birmingham was dominated by the then four leadership hopefuls jockeying for position and gladhanding hard in the hope of picking up vital support.

Each remaining leadership candidate received just 20 minutes on the conference stage to make their case. Despite the party's hammering at the July election this format caught the attention of the political class ensuring more interest than might otherwise be expected in a party of just 121 MPs. At time of writing Kemi Badenoch, James Cleverly, Tom Tugendhat, and bookies' favourite Robert Jenrick remain in the race with MPs set to whittle the field further before two candidates go out to the party membership for a final few weeks of desperate stump speeches and events. The final result of the leadership contest will be announced on the 2nd of November.

With discussions around pensions arising at all major party conferences this year, it is clear that current policy towards those in later life, particularly cuts to winter fuel payments, is a contentious topic. Later Life Ambitions will continue to campaign across party lines to propose positive solutions to current policy predicaments – and fight for a fairer future for the growing group of UK citizens in later life.



Police Children's Fund

The charity that have helped over 4,000 children and young people

Police Children's Fund (formerly known as The Gurney Fund) is a grant-giving charity providing financial assistance to support the education, development and wellbeing of the children of deceased or medically retired officers from 22 contributing forces across England and Wales.

Since 1948 the charity has helped over 4,000 children and young people and today over 450 are in receipt of some form of financial assistance.

Police Children's Fund may provide financial assistance to children of:

- A serving officer who has died on or off duty
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- A medically retired officer where the cause is on or off duty
- A serving officer whose spouse has died
- Special constables where there has been a death on duty

We can provide a weekly allowance for families to use towards educational expenditure to include clubs/hobbies, books, school uniform and sports kit. Additional grants towards school trips, computers, driving lessons, school holiday activities and higher education may also be available.

Every beneficiary is eligible to receive celebratory gift payments such as birthdays and Christmas and can apply for a mental health support grant.

More information can be found at www.policechildrensfund.org.

You can also donate via our JustGiving page: www.policechildrensfund.org/donate.

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children's
fund.**



Life After the Job

My name is Christina and this is my account of how after 32 years of policing, I took a chance and invested in making my childhood dream a reality by becoming an airline pilot.

Even though two years have now passed since I started flying passengers I am still pinching myself to believe the reality each time I take my seat on the flight deck of the Airbus A321 for Wizz Air UK.

Aviation has been my lifelong passion, however, domestic and financial circumstances prevented me from making it my initial career path.

Instead, I set my sights on making a career in policing whilst indulging my aviation passion by completing a Private Pilot Licence course and using it to fly light aircraft to various airfields around the UK and France, something I still do today.

As Police retirement loomed ever closer I started researching the possibility of forging some kind of

second career in aviation, never for one moment thinking that Airline flying was a possibility for someone coming new to the industry in later life.

Having been encouraged to apply for a British Women Pilots Association Ground School scholarship in 2016, I was totally overwhelmed to receive the award and be able to use it to forge a new career path.

I applied myself to my studies and quickly completed the first six Air Transport Pilot Licence (ATPL) exams with first-time passes. However, life then threw a curveball in the form of a close family member suffering a critical illness. This forced me to pause my studies, but I was determined not to give up on my dream. In July 2018, circumstances allowed me to restart my ATPL exams from scratch, and by March 2019 I had proudly completed all 14 exams with good scores.

I had also seen that an industry wide shortage of qualified pilots was developing, so started thinking that just maybe I might be able to secure a piloting job.

There was now no stopping me and I moved straight into a combined modular multi engine/commercial pilot licence/instrument rating and multi-crew cooperation including upset prevention and recovery training course, which I completed in September 2019.

I now had all the qualifications required to apply for those coveted positions, and started submitting my CV applying wherever vacancies were likely to arise.

It was at this point that life once more produced further challenges in the form of two major UK airlines collapsing, flooding the market

when, in the space of a fortnight during November 2021, I obtained my Flight Instructor Rating and accepted an offer of employment as a first officer for Wizz Air UK.

Despite the curveballs, I have thoroughly enjoyed every aspect of my journey, which has tested me to the limit whilst enabling me to fly a range of aircraft from the little single engine Piper PA-28 up to the Airbus A320/A321 family. I have met some amazing people along the way, who have inspired me when times are tough and helped me remain determined to achieve my goals. I have also learned that the tried and

This resilience started to pay back when, in the space of a fortnight during November 2021, I obtained my Flight Instructor Rating and accepted an offer of employment as a first officer for Wizz Air UK.

with experienced pilots, just prior to COVID-19 arriving to completely change the worldwide aviation landscape once more.

I continued to revalidate my hard-earned ratings whilst remaining 'job ready' by conducting flight experience sessions on a Boeing 737 fixed base simulator. Although not quite what I had initially planned, the simulator job was great fun, allowing me to share the passion of aviation whilst keeping my skills current.

This resilience started to pay back

tested T-D-O-D-A-R (Time, Diagnosis, Options, Decide, Assign, Review) decision model used in aviation (similar to the Police NDM wheel) can be effectively applied outside the flight deck to pick up the pieces of life's ever-changing circumstances and make an appropriate decision on the way forward.

One thing that has become abundantly clear is that many of the core competencies exhibited by Police Officers and staff are readily transferable to other careers and



in the case of aviation helped me answer those tricky "Tell me about a time when..." interview questions concerning Communication, Workload Management, Situational Awareness, Knowledge, Application of Procedures, Problem solving and Decision Making. Perhaps unsurprising then that I found myself to be one of four pilots at Wizz UK who had made the change from a previous career in policing.

My practical advice for those embarking on a similar journey is:

- Remember that everybody's pathway is different and sometimes life tries to trip you up, but work hard, remain focussed and positive, accept assistance and keep going!

- Keep the core competencies for pilots in mind and whenever you do something that demonstrates a strength in a competency then be sure to make a note of the event so that you can recount it when asked.

I hope that, by telling my story, I can demonstrate that becoming an airline pilot can be a reality for those who commit 100% to a mid-life career change and chase their aviation dreams. I have also found from my experience with Wizz Air UK that forward-thinking airlines actively embrace a diverse workforce, creating a supportive environment where everyone feels that sense of belonging, whatever their background. It has been a tough but enjoyable journey so far, and I am loving this new life and the learning that continues every day.

Christina Carver
Gloucestershire Branch





Creating Publiccard

Turning Loss Into Purpose

Five years ago was the worst day of my life. I lost my brother and my best friend, known widely as PC Andrew Harper, or to me, just Andrew.

I felt compelled to do something positive in his memory, so that it wouldn't feel completely in vain. Initially I felt I had shoes to fill, so I began doing a number of ride-alongs with the police (through which I met my now wife) and I began training to become a special constable. With the onset of the pandemic stopping training, I had time to reflect and came to realise that this path would be an emotional challenge I wasn't sure I could endure. I later made the difficult decision not to return to training.

I remained part of a police family, with my wife, brother-in-law, and mother-in-law all serving, alongside many of Andrew's friends. Through daily conversations, I realised there was no free-of-charge discount service for the emergency services in the UK. As someone who has spent a decade building websites as a hobby, and still looking for a way to give back, I thought about how I could change this, making it completely free for members.

I wanted to create something that would benefit all those who have dedicated themselves to public service and giving back, often earning less as a result. I expanded the idea to include the entire public sector, ensuring companies could still provide exclusive offers for emergency services or military users if they wished. This flexibility, I believe, will attract more businesses, resulting in better offers for everyone. And so, Publiccard, the UK's free discount card for public sector and charity workers, was born.

In 2023, I began building the website, and by August 2024, we

officially launched. Traction has been strong, with 150 companies onboard and 2,000 members registered by the end of September. Our offers range from well-known brands like Debenhams, Tefal, Jet2Holidays, and Nutribullet, to smaller businesses like Hearing Direct, MyFlowers, and airport parking companies, such as Purple Parking. Over the coming months, we plan to onboard many more companies, and as our membership grows, we will be able to bring even better savings to our users.

Data security is a key focus. Our user credentials are handled by AWS, the world's largest cloud computing provider, and we've implemented best-practice security protocols to protect our members' privacy.

I'm deeply grateful to the police

community - both past and present - who inspired Publiccard. I hope you'll find value in our platform, whether you're saving on everyday purchases or planning ahead for the holiday season. Verification is normally via work email, but NARPO members can follow our direct link below for automatic approval.

Join today for free at publiccard.co.uk/narpo to join instantly. It's 100% free and always will be.

Sean Harper



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Christmas Finances

With Christmas just around the corner, many people will be worrying about how they are going to be able to afford it.

Before starting to plan the perfect Christmas it's important to consider how much you can afford to spend and budget accordingly. Once you've set your budget, you need to ensure you stick to it. To help with this it's important to keep track of your spending. Budgeting apps are a good option to assist with this.

It may seem tempting to fund Christmas on your credit card, but before you do that think about the long-term effect of credit card debt. Instead of reviewing your budget in January, do it now. In that way, you will know exactly how much you have to spend this Christmas.

For many people the struggle is after Christmas when January pay day seems a long way off and living on credit or going into debt might seem a tempting way to get through. So, try to manage your finances now before the festive period starts to avoid the January blues.

Statistics published by the Bank of England estimates that a typical household spends an extra £800 in December, with many people buying Christmas gifts much earlier, in October and November, the total cost of Christmas for many families will be higher.

The earlier you start your Christmas shopping the more you can spread the costs and look out for sales and bargains. Before buying an item,



compare prices in stores and online to ensure you're getting the best price. You may even be able to get an item cheaper on Black Friday. You could also try using a discount code to reduce the cost of the gift.

When writing your Christmas gift buying list, consider a couple of questions. Do the people you love really need an expensive gift and would they be happy knowing you may have gone into debt to get the Christmas present? Talk to your loved ones about being on a budget and maybe agree not to buy for each other this year or reduce the amount you usually spend. For most people this relieves the burden of having to reciprocate your expensive gift and can be a relief if they are struggling with their Christmas finances too.

You may decide to make gifts for family members, these could include knitted or crocheted items, wooden or painted items, smellies, like bath bombs, or food items, like



Gifts of time are also a lovely option, this could be spending time together going for a coffee and cake, a walk and a picnic or watching a film.

jams or chocolates, which will be appreciated as they are so personal and special. You could consider Secret Santa, so you only buy a gift for one person rather than one for the whole family or group of friends, with a small maximum budget. Gifts of time are also a lovely option, this could be spending time together going for a coffee and cake, a walk and a picnic or watching a film. These could be given to others in the form of Christmas vouchers to be used during the following year. You may want to buy second-hand, either from a charity shop, car boot or online store like eBay, Vinted or Facebook Marketplace. Other alternative options of gifts are charity gifts or donations to good causes.



As well as gifts, the other expense at Christmas is food and drink. But for most of us, a lot of this extra food isn't wanted and when the diets start in January, it often ends up being thrown away. So, before doing your Christmas food shop, think seriously about the meals you will be making and what you realistically need and then stick to this list when you are in the supermarket. Think about food from 3 perspectives, your bank balance, your health, and the environment. Many supermarkets have Christmas saver schemes that allow you to save throughout the year to then spend on your festive food shop, which are a great way of spreading the cost of your festive shop.

Panic buying can be a problem for many of us as we get closer to Christmas, thinking we haven't brought enough, so stay strong and try to stick to your list.

As well as being the most expensive time of the year, for many it can be the most stressful and for others the loneliest. Here are some tips on how to reduce the stress Christmas may bring:

Plan - to reduce any unnecessary stress try planning ahead in the run up to Christmas and being careful not to take on too much.

Say No - you are not being selfish by saying "no" to some things or asking for some help.

Remember it's your Christmas too - so ensure you make some time for yourself.

Don't compare - it's easy to think everyone is having more fun and less stress than you are, especially if you are comparing your Christmas to those of family and friends, this is unlikely, others only tend to share the 'best' parts of the day.

Get outside - getting some fresh air and going for a wintery walk, even if it's only a short one, can really help with how you are feeling.

Eat & drink healthily - this can help to avoid energy lows that can influence your mood. Drinking too much alcohol can leave you feeling irritable and low. Alcohol can also play a big part in arguments and disagreements, so it's sensible to drink in moderation.

Rest - try to keep to regular sleep patterns as much as possible over the Christmas period.

If you're spending Christmas alone, have a think about what you want to do in advance. You may decide to curl up with a favourite movie, book yourself a getaway, or arrange to go out to lunch. You could also consider volunteering or hosting an elderly person nearby who is also alone.

Christmas can be a challenging time for lots of reasons. The best present you can give yourself is to prioritise your own wellbeing.



Festive Santa Decoration

Make a Festive Santa decoration with our handy step by step guide.



You will need

- A toilet roll tube
- Red yarn
- White Yarn
- Scissors
- Gold bead/button
- Glue gun & glue
- Cotton wool ball/stuffing
- Yarn needle



STEP 1: Cut your toilet roll tube into 4 equal rounds; set the other 3 aside. Prep your red yarn by cutting individual lengths of 44cm; remember to cut enough to cover the your section of tube. For a thicker hat, use more yarn/ thicker yarn.



STEP 2: Loop a strand of red yarn in half. Insert the loop into the toilet roll tube and using your finger to hold it in place, thread the other side of the yarn through the loop. Do this multiple times working your way around the tube until no more cardboard is on show and you have lots of dangling red threads.



STEP 3: Gather all the dangling threads of red yarn together and using another strand of red yarn, tie a knot so it forms a santa hat. Cut the dangling pieces of yarn to create a pompom on top of your santa hat. Leave it as fluffy or short as you like. Set aside.



STEP 5: Take the white yarn and wrap it round your thumb and forefinger multiple times until you have a thick roll of yarn to make a beard. Using a long piece of white yarn, tie a knot in the centre of the rolled yarn and leave the tails of the long piece of yarn attached (you will use this later to create the loop to hang the decoration). You now have the makings of a pompom!



STEP 6: Using a pair of scissors, cut the loops on the rolled yarn to create your santa beard.



STEP 7: Insert your cotton wool ball/a little stuffing inside the hat to ensure it keeps its shape. Then taking the long white yarn tail which should still be attached to the beard, thread this through the hat with a needle so it pokes out the top of the pompom on your hat. Ensure you're happy with the placement of the beard (you may need to fluff it up a little bit), then create a loop with the white yarn at the top of the hat and tie a knot to fix in place.



STEP 8: Finish by glueing on a gold bead/ button to give your santa a nose.

Your santa decoration is now finished; you can now make 3 more with the remaining toilet roll tubes!

hearing matters



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Supporting the welfare of NARPO members with first class hearing services.

Letter

Good evening Mr Lees

May I add my name to the many satisfied NARPO members who have already benefited from the expert assistance of 'Hearing Star's. I am incredibly impressed with both the first class service I've received, and for the marvellous hearing aids I've recently purchased from them.

Everything about the whole experience, from initial contact and home consultation, through the expert testing and honest advice given, to the receiving of my new aids, and finally the checking to make sure I am happy with the performance of said aids, has been amazing! At last, a morally ethical company that cares more about it's clients happiness than simply 'making a fast buck'.

And thank you, for all the 'letters' you've published in the NARPO magazine, recommending 'Hearing Star' to your members. I would have been in danger of having missed this chance to seriously enhance my life, had you not.

Kindest regards
Wendy Martin (Hull, East Yorkshire)

GENESIS^{AI}

World firsts made possible by Starkey's Genesis

The biggest leap forward in hearing aid technology in ten years occurred recently. Starkey launched Genesis and the next generation processor designed to replicate the physiology of the human brain and auditory system. Here are a few of the benefits possible as a result and we're expectation more with further development:

- 1: Industry's longest battery life
 - 2: 30% better speech in noise
 - 3: No circuit noise
 - 4: 20dB dynamic range of hearing
 - 5: IP68 waterproof standard
 - 6: EdgeMode+ three options in noise
- If you wear a hearing aid or think you need to, you can't ignore Genesis.

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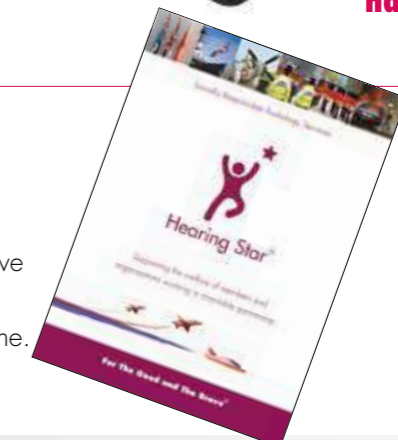
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Cote de Boeuf with Béarnaise

What's Cooking

A smaller gathering for Christmas still deserves something special. Cote de Boeuf is a single rib of beef, it's a very juicy and flavourful cut. The béarnaise sauce is a perfect companion with all that delicious, fresh tarragon.

Serves 2-3

Ingredients

For the filling:

750g cote de boeuf
150g butter
50ml white wine vinegar
1 small shallot, finely diced
1 small bunch tarragon, stalks and leaves separated and finely chopped
2 egg yolks

Method

Remove the cote de boeuf from any packaging, pat dry with kitchen towel and set aside to come to room temperature for 1-2 hours.

Add the vinegar, shallots, tarragon stalks and a few cracks of black pepper to a pan over a medium high heat and cook down for 2 minutes, then leave to cool.

Clarify the butter by melting in a pan over a low heat. Skim any solids off the

surface and discard and leave the butter to cool for a few minutes. The milk solids will settle at the bottom so pour off the yellow clarified butter leaving the white solids to be discarded. You should have roughly 100g of the clarified butter, keep this warm over a low heat.

Preheat the oven to 180°/160° fan/gas mark 4 and heat a heavy based frying pan over a high heat.

Season the beef generously with flakey sea salt.

Holding the steak with tongs sear the fat side down first to render all the fat, 2-4 minutes.

Turn the beef on its side and sear for 3-4 minutes, turn the steak and repeat on the other side.

Transfer the pan to the preheated oven. I recommend using a meat thermometer to check the internal temperature to cook the steak exactly to your liking. Next is a guide for the perfect temperature:

Rare - 45° to 50°, Medium rare - 50° to 55°, Medium - 55° to 60°, Medium well - 60° to 65°, Well done- 65° to 70°.

Start by cooking it for 8 minutes for rare.

Once it has reached the lower end of your preferred range remove from the oven and leave to rest in a warm place for 20 minutes, the internal temperature will rise during this time.

Place the vinegar mixture and the egg yolks in a tall, narrow container that fits your stick blender, blitz with the blender to combine.

With the stick blender on high, slowly drizzle in the clarified butter until all its combined in a thick, glossy sauce.

You can add a tablespoon of water at a time while blitzing it to loosen the sauce if you prefer it thinner. Stir in the tarragon leaves.

Slice the steak and serve alongside the béarnaise sauce.



Vegan Mushroom & Chestnut Wellington

What's Cooking

A decadent Christmas feast shouldn't be reserved only for the meat eaters, this vegan wellington makes a beautiful and absolutely scrumptious centrepiece that's full of classic seasonal flavours.

Serves 4

Ingredients

3 tbsp olive oil
1 large onion, diced
6 garlic cloves, minced
6-8 sprigs of thyme, leaves picked
1/3 whole nutmeg, finely grated
500g chestnut mushrooms, chopped
350g roasted and peeled chestnuts
50g walnuts
2 sheets ready rolled vegan puff pastry
1/2 tsp dijon mustard
2 tbsp oat milk

Method

Heat 1 tbsp oil in a large sauté pan over a medium heat. Add the onions and sweat down for 10 minutes, stirring regularly. Add the garlic, thyme, nutmeg and salt to taste and cook for a further 2 minutes.

Remove from the pan and set aside to cool.

Heat 1tbsp oil in the pan over a medium high heat and add half the mushrooms to the pan in a single layer, so they brown and don't steam. Cook for 5 minutes, remove from the pan to cool. Repeat with the last 1tbsp oil and the other half of the mushrooms.

Put the cooled onions and mushrooms in a food processor and add the chestnuts and walnuts, blitz into a chunky paste.

Preheat the oven to 200°/180° fan/gas mark 6.

Place the mushroom and chestnut mixture onto a large piece of cling film, shape into a log that fits the middle of the sheets of pastry. Wrap in the cling film to pack the shape tighter and place in the fridge to chill for 10 minutes

Lay one layer of puff pastry out on a parchment lined baking tray, spread the

mustard out into a thin layer in the middle of the pastry. Unwrap the mushroom and chestnut mixture and place it in the middle of the pastry. Brush the edges of the pastry with the oat milk. Place the other sheet of puff pastry over the top, press the pastry around the filling to push out any air. Use a fork to crimp and seal the edges. Trim any excess pastry with a knife and keep to the side. Brush the wellington with the oat milk then rest in the fridge for 10 minutes. You can use the excess pastry you trimmed to create decorations, like leaves for the top of wellington, place these on the wellington after you remove it from the fridge, brush again with the oat milk and cut a small steam hole in the top, in the middle.

Bake for 45 minutes, transfer to a cutting board and leave to rest for 10 minutes.

Slice to serve.



Embracing Winter in Your Garden

Essential Winter Gardening Tasks for the Colder Months

As the cooler weather sets in, many gardeners might be tempted to retreat indoors. However, winter presents unique opportunities for garden care and preparation. From nurturing wildlife to planning for next spring, here's how to make the most of your garden during the colder months.

Frost Protection

Insulate outdoor taps and pipes to prevent damage from freezing temperatures. Move tender potted plants to sheltered areas or protect them with fleece, hessian, or straw.

Compost Management

Turn your compost heap to ensure even decomposition. If you have the space, start a new bin while letting the old one mature. Remember to check for hibernating creatures before disturbing heaps.

Embrace Nature

Leave perennials untrimmed. Their dry leaves and stems provide crucial winter habitats for insects. Seedheads not only offer food for birds and small mammals but also add visual interest to the winter garden.

Turn your compost heap to ensure even decomposition. If you have the space, start a new bin while letting the old one mature.



Wildlife Care

Provide fresh food and unfrozen water for garden birds. Create simple bug hotels using wood, sticks, hollow plant stems, and pine cones to support beneficial insects.

Prune with Purpose

Roses: January and February are ideal for pruning most rose varieties. Cut back modern roses aggressively, while treating older types more gently. Always remove dead, damaged, or diseased stems.

Bushes and Fruit Trees

Winter is perfect for planting bare root trees and bushes (November to March). Prune apple and pear trees, as well as gooseberries and currant bushes. Just avoid planting when the ground is frozen.

Planning Ahead

Use indoor time to plan your spring garden layout, considering plant choices, composting areas, water collection, storage, and wildlife spaces. Late winter is ideal for propagating perennials if you missed the autumn window.



Winter-Blooming Plants for UK Gardens

Don't let the thought of Winter put you off planting in this season. Even in the coldest months, there are ways to add colour to your garden with these winter favourites:

- Snowdrops (Galanthus): These delicate white flowers emerge between January and March, often pushing through snow.
- Pansies: The perfect pot growing flower, some pansies have been bred to bloom in winter.
- Crocuses: Perfect for containers or naturalising under trees, crocuses bring bursts of colour in late winter.
- Hellebores: Also known as the Christmas or Lenten rose, these long-blooming perennials offer colours from white to deep purple.
- Winter Clematis: A perennial climber, this flower usually has a creamy white colour with a wonderful citrus fragrance.

By embracing these winter gardening practices and incorporating cold-season bloomers, you can ensure your garden remains vibrant all year long – even in winter.



Festive Outings

To Kickstart your Christmas



Christmas with The Salvation Army at the Royal Albert Hall London

Tuesday 3rd December

If you're on the search for a festive evening out, the Royal Albert Hall in London will be playing host to The Salvation Army for their annual Christmas Carol concert. The night will feature spoken word and live music from a range of performers, along with a few celebrity guests. Tickets range from £24 and friends & patrons of the Royal Albert Hall get priority booking.

Tickets available to book: <https://www.royalalberthall.com/tickets/events/2024/christmas-with-the-salvation-army/>

Blenheim Palace Christmas Light Trail Oxford

Fri 15th November – Wed 1st January

Why not take a trip to Blenheim Palace for their annual Christmas light trail? Imagine festive light displays as far as the eye can see, leading you right up to the Palace for a Christmas light display like no other. The trail lights up the frontage of Blenheim Palace and is a real treat for the eyes. The display features a range of LED lights, lasers and fire all set to your favourite song to boost the Christmas spirit. Plus, there are even more festive treats inside the palace for little and big kids alike. Book Tickets to attend here: <https://www.blenheimpalace.com/whats-on/events/christmas/>



Portmeirion Christmas Food and Craft Fair Wales

6th December – 8th December

You can't get more festive than a Christmas food and craft fair. The one at Portmeirion is happening during December at Portmeirion Village & Gardens, the perfect fairytale location. Showcasing the very best local food, drinks, gifts and entertainment, the forecast is Merry and Bright for all who attend. Make it a weekend away and book an overnight stay in the Hotel Portmeirion to fully immerse yourself in the Christmas spirit.

Find out more about the fair here: <https://portmeirion.wales/visit/whats-on/food-and-craft-fair>



Stump Cross Caverns at Christmas Yorkshire

Fri 15th November – Wed 1st January

Throughout December, the popular Stump Cross Caverns in Pateley Bridge, Harrogate are turning up the festive cheer this Christmas! Featuring enchanting cave adventures, Christmas movie nights, and the chance to meet Santa and his elves, Stump Cross Caverns is the place to be this Christmas. These festive experiences are ideal for families with little ones who want to create lasting memories in this truly magical environment.

Tickets are available to book for each event here: <https://stumpcross.digitickets.co.uk/category/50865>

The Grand Christmas Ball at Braxted Park Essex

Essex

29th November – 21st December

Pull out all the stops this Christmas and attend the Grand Christmas Ball at Braxted Park. You'll feel like stepping into a magical paradise as soon as you turn into the impressive driveway, with lights guiding you all the way to the party. Christmas at Braxted Park includes a festive themed drinks reception, canapes, luxurious three course meal and interactive evening entertainment so you can dance the night away with friends. Extend your stay and book one of their contemporary guest rooms or garden cottage, all of which include a complimentary bottle of prosecco. Dates & Tickets are available to book here: <https://www.braxtedpark.co.uk/christmas/>



Glasgow Christmas Lights Switch-on Scotland

17th November - 5-7pm

Kickstart your festive celebrations with the Christmas lights switch-on in Glasgow. Happening in George Square, the switch on will mark the start of festive celebrations in the region, with a sneak preview of the Pavilion's Beauty and the Beastie for lucky ticket holders. The event will feature live music and sing-alongs as we count down to the lights switch-on.

When the lights illuminate the Square, the iconic City Chambers is bathed in a 30 minute state of the art light show, featuring festive projections to delight visitors. Other events during the evening include the Style Mile Christmas Carnival, Santa Dash and Baby's First Christmas. Find out more about the event here: <https://www.glasgowlife.org.uk/news/christmas-lights-switch-on-to-kickstart-festive-celebrations-in-glasgow>



Police History Society

Rethinking the Stereotype of Parish Constables as Incompetent

Views of law enforcers before the modern police, particularly local parish constables, traditionally focuses on their contemporary portrayals in popular culture such as Shakespeare's 'Dogberry' in *Much Ado about Nothing*, or their caricature of the role by John Earle in 1628 who describes the constable as "a viceroy in the street" who "sits in his chair of state", "willing to arrest the drunkard for not standing in the King's name". This however is lazy history, comparable to a historian of the future writing about today's officers based on Hollywood depictions such as *Bad Boys* or portrayals in satirical publications such as *Private Eye*.

In fact, a more in-depth study of history shows that the opposite may well be true, and certainly in the view of Oliver Cromwell who told parliament that he envisaged his role of Lord Protector as akin to that of "a good constable set to keep the peace of the parish".

It is also possible to see petitions against the removal of parish constables in rural county areas, long after the establishment of the 'new police'. It took a change in the

law, with The Parish Constables Act of 1872 (all counties and towns had police forces by 1856) that the government ultimately forced the hand of areas still employing such roles - demonstrating there was still widespread interest in retaining them.

The role of the parish constable was supposed to be an annual civic duty amongst ratepayers in a community which was unpaid.

The role of the parish constable was supposed to be an annual civic duty amongst ratepayers in a community which was unpaid. It was therefore not necessarily a popular role, and those who could afford to, paid others in their stead. Often these 'substitutes' as they became known, maintained their role for many years at a time, being paid to do the work in the actual appointee's place. In this sense, they would have become very familiar in their parishes as 'the constable', and, as plenty of documented evidence demonstrates, became very professional in that role.

It can therefore be shown that, in rural areas at least, where village residents were known to one another, the parish constable remained a largely effective role. It was one which was regularly undertaken by people who became experienced in the role, who demonstrated competence at it, and were therefore appointed for prolonged periods.

A full insight into the role of the parish constable is upcoming in this year's *Journal of the Police History Society*, which will be published to members in November. Editions over 5 years old are freely available on the website www.policehistorysociety.com and now also on Google Books. To join the society, for £12 a year, please e-mail membership.policehistorysociety@gmail.com or write to the membership secretary at 4 Glenlea Close, West End, Southampton, SO30 3FD.

To join the Police History Society please contact: Membership Secretary, 4 Glenlea Close, West End, Southampton SO30 3FD or join online by visiting our website at www.policehistorysociety.com Registered charity 295540



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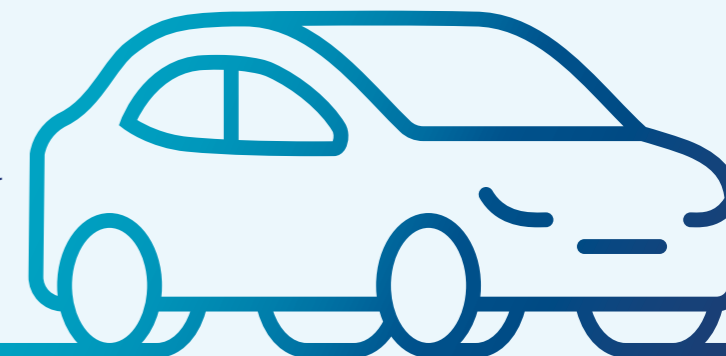
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Improving Your Financial Control

My last article for the NARPO magazine was written before we knew the outcome of the 2024 general election. Whilst we now know who won, what is less clear is what impact the new Government and their decisions will have on the personal finances of the UK Police Family over the coming years.

The new Prime Minister and the Chancellor have been very clear about the state of the public finances they have inherited, and the difficult decisions that will have to be made over the coming years. The Prime Minister has also stated that the budget at the end of October will see those with "the broadest shoulders bear the heavier burden". I'm writing this article a month before the budget and we have all seen and felt the drop in consumer confidence as many of us wonder whether we will be viewed as having "broad shoulders", and what changes this 'painful' budget could make to our finances.

I know the expression is that "nothing in life is certain except death and taxes", but I would add change to those two. There have been many changes to the personal finance world over my career; does anyone remember PEPs and TESSAs? Tax relief on pensions and mortgages has changed regularly and the possibility of reintroducing the lifetime allowance has come up for review again, just a year after it was abolished. My approach, which shouldn't be a surprise given the job I do, is to find out the facts about the changes but be as prepared as I can. By having a firm grasp of my family finances, I'm ready to make the most of tax-free allowances and any other sources of additional government contributions

or opportunities that are open to me or my family.

As I say to many Police Officers I meet, even when money is tight, it is worth ensuring that you and your family maximise your ISA allowances. Industry estimates suggest the number of adults who will pay tax on their savings interest will double to 6 million this year compared to last. Our emergency pots – the money we should put aside for the boiler service or car breakdown – must be accessible so the interest will be taxable; adults' longer-term savings can be tax-free up to £20k per person, plus for some, there is an additional £25 a month using the tax-free Friendly Society savings allowance. These products tend to include life insurance, so there may be age criteria eligibility. You can learn about Metfriendly's products for adults and children on our website at metfriendly.org.uk.

So, how to get a better grasp of your family's finances? If you read my previous NARPO article and took the quiz, you will know whether you are a "financial optimist", "scared of money", "a big spender", a "know-it-all" or a "balanced viewer". To me, you must acknowledge what kind of relationship you have with money in order to gain some degree of control.

This knowledge is important, as when winter approaches, our finances can be challenging. Even

in September, the shops are starting to fill up with Christmas stock; I have seen my first Christmas tree of the year at a recent conference venue, and my daughter has started to talk about potential Christmas presents (for her rather than me, I am sorry to say!) The pressure to buy the 'best gifts' is everywhere and reinforced by adverts. It can be hard to stick to budgets when such high emotions and temptations are involved.

So, to help you build a deeper understanding of your relationship with money, this quiz is aimed at helping you improve your overall financial control and develop your financial plan. Respond yes, no or not sure to each answer:

- Are you happy with your overall standard of living?
- Are you happy where you live, and can you afford it?
- Do you pay your credit card bills in full, on time, every month?
- Do you have enough income/pension to sustain your standard of living?

The areas where you answered no or don't know are, unsurprisingly, the areas that you'll need to address in financial plan. Even if you answered yes to some or even all of the questions, it's still worth thinking about what you can do to improve your financial situation.

For this edition, we'll discover ways

to boost your personal balance sheet!

There are many ways to save money and remember, it doesn't mean you have to go without.

Cut your Discretionary Spending

What luxuries can you do without? Where can you make savings? Make sure you are making the most of all the available deals – NARPO has some great member discounts on the website. Could you eat out less frequently or at a different time of day to get a better deal? Make sure you keep an eye out for apps that can help save you money – I am a big fan of Fork for discount dining in large cities; Too Good to Go is a useful app designed to reduce food waste by offering discounted food if you go to collect it - it's currently showing a roast dinner with all the trimmings for £3.49. If you travel by train on long distances and like the luxury of first class, Seatfrog is also worth checking out. Train companies auction empty first-class seats with upgrades starting from £5 on a trip from London to York. Bearing in mind this often includes the use of the first-class lounge and food and drink on board, there are some

real bargains to be had, although be careful not to get carried away bidding in the seat auction.

Look for Savings on Fixed Expenses

Such as utility bills or motor or home insurance – it's worth spending a bit of time making sure you are getting a good deal – you can easily check by using a comparison site like moneysupermarket.com or Compare The Market.

Boost your Finances

- Sell items you no longer need – not only will it help you declutter but it will also boost your finances. You can use online auction sites like eBay or Vinted, or visit physical stores like Cash Converters. Please be aware they may charge a fee.

- Consider renting a room in your house – You can find out more about rent-a-room on the gov.uk website. The rent-a-room scheme lets you earn up to £7,500 tax-free/year. The good news is that the tax exemption is automatic, so you don't have to do anything. If you earn more than this from renting, you must complete a tax return. This suggestion comes with the obvious caveats but as many firms are

promoting hybrid working, we know of many workers who are staying with friends/relatives a few nights a week and are unclear of the tax situation.

Make Sure You Get What You are Entitled to

Some people may not be aware of the benefits they are eligible for. For example, research found that 36% of homeowners over 65 had never checked their eligibility for state benefits. Make sure you are getting all the benefits and tax breaks you are entitled to. The Age UK or Gov.uk websites have benefit checkers and calculators to help you. If you prefer to discuss in person, visit your local Citizens Advice office – details on citizensadvice.org.uk.

In upcoming issues, we'll continue to explore techniques to help you improve your financial wellbeing and resilience. If there are any areas you would like me to cover, please email me at annette@mpfs.org.uk. For clarity, Metfriendly is not affiliated with any of the companies mentioned.

Stay safe

Annette Petchey
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Your Legal Rights with Affinity Resolutions

Know your Rights

Data is one of the most valuable personal items we own and with the speed of technological advances, our data is now everywhere. This unfortunately makes it easier to be scammed or for criminals to use our data for nefarious purposes.

I have written previously about ways to protect ourselves from scam callers, and in this column, I want to explain how we can check what data an organisation holds, and the steps we can take to have the data amended or removed.

Under the UK GDPR, an individual has certain rights.

Subject Access Requests

You have the right to ask an organisation if they are using or storing your personal information, and if they are, the reason for doing so, what the information is and for a copy. This will include any emails with your details, internal memos, telephone recordings, text or WhatsApp messages.

This right is called the right of access and is also known as making a subject access request, a SAR or a DSAR.

Anyone can make a SAR, and it is best to do so in writing. The organisation cannot charge a fee and has one calendar month to respond.

Right to Rectification

If you consider that the personal information is inaccurate, UK GDPR includes a right for individuals to have inaccurate personal data rectified or completed if it is incomplete.

Again, it best to make the request in writing and usually, the organisation has one calendar month to respond.

In certain circumstances an organisation can refuse a request for rectification, which is why this right is referred to as a "qualified right". If the organisation does refuse, they have to explain their reasons for doing so.

An example could be where a clinician decides not to alter medical notes which a patient considers to be inaccurate as the clinician believes this could affect treatment of the patient in the future. In this scenario, usually the clinician would be happy to add details that the patient has a different opinion without actually rectifying the notes.

Right to Erasure

The right to erasure is also a qualified right and is sometimes referred to as the right to be forgotten.

In 2014 a Spanish gentleman, Mr González took on Google as they refused to delete an article dating from 1998 which said his home was being repossessed to pay off debts. Mr González' concern was the article appeared if he was Googled and he felt was damaging to his reputation as he was now a successful businessman. Google refused to delete it, but the European Court of Justice agreed with

Mr González and ordered Google to do so. The right to be forgotten was subsequently adopted into GDPR in 2018.

As mentioned, this right is a qualified right and the organisation can refuse, but again must give their reasons for doing so.

An example could be where an organisation wants to keep details of the name and address of a member of a club who has been excluded for violent behaviour to ensure that the member does not rejoin in the future. In this scenario, the organisation would be justified in keeping the member's name and address and the reason for the exclusion but would have no reason to keep any other data which should then be erased.

If you decide to exercise your rights and are unhappy with the organisation's response or they do not respond within the statutory timeframe, then you can complain to the Information Commissioner's Office (ICO) which is the data protection regulator.

As this is my last column of 2024, together with my colleague Suzanne, I wish you all a Merry Christmas and a Happy 2025.

Bernard Seymour
Affinity Resolutions

To sign up to the free Affinity Resolutions legal advice newsletter and helpline please go to www.affinityresolutions.co.uk/join/ to register.

Paul's walking no longer an uphill battle thanks to **Turmeric+**

Walking is one of the most beneficial forms of exercise, and also one of the most underestimated in terms of wellbeing. It's a great way to reach the recommended level of physical activity needed to stay healthy without the toll to joints, ligaments and muscles.

When taking longer walks however, some of us can find it difficult. Paul Goddard, 66, a Nordic Walking instructor from Saffron Walden in Essex, swears by a product called Turmeric+.

'I decided to become a Nordic Walking instructor in 2009 and started walking 40 to 50 miles a week. Two years ago it became uncomfortable to walk distances that should have been easy for someone of my age and fitness

levels. I felt very apprehensive as walking is not only my passion, but my business.'

Paul continues: 'I started doing some research. I learned that turmeric could be helpful and bought supplements... and then stumbled upon Turmeric+.'

Curcumin, the active ingredient in turmeric, is difficult for the body to absorb, Some turmeric products offer high levels of curcumin but unless this is easily absorbed by the body, the higher amounts make little difference.

This is what led the scientists at FutureYou Cambridge to create Turmeric+ using the patented 'Curcuma Phospholipid Complex' formulation. It's 30 times more absorbable than standard turmeric. They also added vitamin C, which contributes to normal collagen formation for the normal function of cartilage and vitamin D, which contributes to the maintenance of normal bones and maintenance of normal muscle function.

'Soon after taking it I experienced that 'light-bulb' moment - I realised my knees felt like they used to. I take Turmeric+ religiously now. I walk around 200 miles a month and even my customers have remarked on my mobility.



'Walking is great for fitness as well as your mental health. Being able to walk easily has made a huge difference to my life and I feel fitter now than I did twenty years ago.'

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Please note that on certain dates or with high demand, we may use an alternative 4 star resort hotel of the same standard on the Puglia coast.



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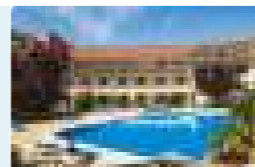
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- Excursion to Ronda and a walking tour
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- Twin/double bedroom with en-suite
- 7 buffet continental breakfasts and 7 evening dinners
- A glass of wine or mineral water included with evening dinners
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4 Star Antequera Hills Hotel is within walking distance of the town centre and has an outdoor swimming pool, its own gardens, terraces and bar. The well-appointed bedrooms are spacious and comfortable and have satellite TV, telephone, safety deposit box, mini bar and en-suite bathroom. Accommodation at the hotel is on a half board basis with breakfast and dinner included in the holiday price. Meals are taken in the hotel's restaurant and a glass of wine and mineral water are included with the evening dinners.

**Please note that named entrance tickets to the Alhambra Palace have to be booked by us no later than 10 weeks before the holiday departure date. Please also note that on certain dates or with high demand, we may use an alternative hotel of the same standard.



Food Tour of Sicily

A journey of flavours, history, and culture, revealing the true essence of this remarkable island.

Sicily is the Mediterranean's largest island and is a culinary treasure chest where ancient traditions blend seamlessly with diverse cultures. Each conqueror—from the Greeks and Normans to the Arabs and Spaniards—has left an indelible mark on its vibrant cuisine. Embarking on a food tour of Sicily is like traveling through time, savouring the flavours and stories that define this captivating island. This journey meanders through Palermo, Monreale, Corleone, Agrigento, Modica, Noto, and Ortigia, immersing in Sicily's culinary and cultural heritage.

Palermo: A Melting Pot of Flavours

The adventure begins in Palermo, the vibrant capital. Surrounded by mountains rising from the sea, the city reveals itself with its tree-lined avenues and golden limestone architecture. Palermo is a sensory delight, with bustling markets like Ballarò and Vucciria inviting us to their colourful stalls. Here, you can indulge in street food delicacies—arancini (fried rice balls), panelle (chickpea fritters), and sfincione (Sicilian pizza)—cooked fresh and allowing guests to experience the city like true locals.

Monreale Cathedral: A Historical Interlude

A short drive takes you to Monreale, home to the breathtaking Monreale Cathedral, where Norman, Arab, and Byzantine artistry coalesce. The cathedral dazzles with marble, carved wood, and golden mosaics that depict biblical scenes. After exploring, you can find a cozy bar and enjoy a Caprese panini and a glass of chilled white wine while soaking up the sun.

Agriturismo Experience: The Heart of Sicilian Ricotta

Venturing into the countryside to a traditional ricotta cheese farm. Watching the entire process, from milking the cows to savouring the creamy final product, deepens any appreciation for farm-to-table dining. Also partake in olive oil tasting, an enlightening experience that highlights Sicily's rich agricultural heritage.

Corleone: Beyond The Godfather

The journey continues to Corleone, a town steeped in both historical significance and cinematic lore. Known as the namesake of the Mafia family in "The Godfather," Corleone also houses the Anti-Mafia Museum, offering a sobering view of local efforts against organised crime. Indulge in homemade pasta at a local osteria, featuring traditional Sicilian flavours like fennel and sardines, and indulge in sweet cannoli.

Modica: A Chocolate Lover's Paradise

Modica, famed for its unique cold-pressed chocolate is a delightful legacy of Spanish influence. A visit to a local chocolatier introduces you to rich flavours, including tobacco paired with whiskey. As the sun sets, enjoy the atmosphere outside the stunning Baroque cathedral.

Ortigia: The Grand Finale

This culinary odyssey tour concludes in Ortigia, the historic heart of Syracuse. A maze of narrow streets and stunning architecture, and opportunities to savour fresh seafood while dining al fresco

A Family Affair with Tomatoes

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As part of our ongoing commitment to providing a quality product at a competitive price and considering member feedback, we are pleased to announce that any members wishing to join the Over 50's travel insurance scheme part way through the year, can now do so at a pro-rata rate.

This change has been introduced to make the pricing fairer for those customers joining the scheme later in the year as they are not benefiting from a full year of cover.



Save Big on Ford

NARPO Members Unlock Special Discounts with Motor Source Group

Ford is rated as one of the most popular car brands in the UK, with the Ford Puma becoming the best-selling car in 2023. This marks yet another milestone for a brand that has been a staple of British roads for decades. With a legacy built on affordability, reliability, and forward-thinking design, Ford has continued to win over drivers from all walks of life.

Motor Source Group are now making owning a new Ford even more affordable by welcoming the brand to their new car discounts programme for NARPO members, saving you thousands off your new car.

Ford's consistent success in the UK market can be attributed to several factors. Its long-standing presence in the UK—dating back over a century—has earned it a loyal customer base. Moreover, models like the Ford Focus, Kuga and Transit have become synonymous with dependability and practicality, helping to secure their place as a household name.

In 2023, the Ford Puma overtook other models to become the UK's best-selling car—a noteworthy achievement given the intense

competition in the automotive market. The Puma, a compact SUV, appeals to a wide variety of consumers, particularly those seeking the elevated driving position, spacious interior, and robust features typical of SUVs, but in a smaller, more city-friendly package.

With both petrol and hybrid engines, the Puma offers compelling options with sleek design, responsive handling, and advanced technology - including features like Ford's SYNC system, wireless Apple CarPlay and Android Auto, and comprehensive driver-assistance features. With Motor Source Group the new Ford Puma starts at just £22,545, with NARPO member savings up to £4,139.

Another of our top picks is the Ford Focus – a longstanding customer favourite too with its striking, sculpted front end, plus a host of next-level connectivity features, advanced EcoBoost Hybrid and optional PowerShift dual-clutch automatic technologies. Available through Motor Source Group, the new Ford Focus starts at £24,006, with exclusive savings of up to £6,506 for NARPO members.

We can't leave you without mentioning the highly anticipated revival of the Ford Capri. The new all-electric Capri blends iconic style with modern innovation and boasts an impressive 389-mile electric range (combined), a fast charge time of just 26 minutes and 0-62mph in 6.4 seconds! A coupe crossover with sports car soul and yours from £38,716, with Motor Source Group NARPO discounts up to £11,426.

NARPO members can also save on the new Ford Kuga, Mustang MACH-E, Explorer, Ranger, Transit and Tourneo with Motor Source Group. So whatever your car, or van, needs are, you'll be sure to find it with Motor Source Group!

Find out more at <https://police.motorsourcegroup.com/narpo> or call 01522 500 055.



Save up to £15,000 off your new car with Motor Source Group

- All makes and models available
- Part exchange vehicle welcome
- Finance options include HP, PCP & leasing
- Used cars and motorhomes also available



Quote NARPO for your new car discounts, leasing and used cars across all makes and models, including...



Call us on:
01522 500 055

Or visit www.motorsourcegroup.com/narpo



Images for illustration only. Prices and details correct at time of print. Discounts vary between makes and models. Some brands shown are available for leasing or used cars only. Average saving based on customer new car sales data 2023. Proof of eligibility required. Delivery times vary between makes and models. Forces Cars Direct Limited T/A Motor Source, is authorised and regulated by the Financial Conduct Authority (FRN:672273). We act as a credit broker not a lender. We can introduce you to a limited number of lenders who may be able to offer you finance facilities for your purchase. We will only introduce you to these lenders. We may receive a commission payment from the finance or hire provider if you decide to enter into an agreement with them. The nature of this commission is as follows: we receive a fixed fee per finance agreement entered into and we receive a volume bonus if the number of sales we achieve reaches a specific target. You can request for us to disclose the amount of any commission received. The commission received does not affect the amount you will pay under your finance agreement. You may be able to obtain finance for your purchase from other lenders and you are encouraged to seek alternative quotations. If you would like to know how we handle complaints, please ask for a copy of our complaints handling process. You can also find information about referring a complaint to the Financial Ombudsman Service (FOS) at financial-ombudsman.org.uk. 0924.



Computer know how

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

Send your email queries to NARPO@bc-group.co.uk
or call Nicky Kidd on 01369 706 656

Protecting Your Online Presence

The internet offers a wealth of opportunities for seniors, from staying connected with loved ones to accessing information and services. However, with these opportunities come risks, particularly for those who may not be as familiar with the latest technology. Safeguarding online presence is crucial to protect personal information and maintain privacy. Here are some essential tips and strategies for seniors to stay safe online.

Understanding the Risks

Before diving into the specifics of online safety, it's important to understand the potential risks. These include phishing scams, malware, identity theft, and privacy invasion. Phishing scams involve fraudulent emails or messages that appear to be from legitimate sources, aiming to steal personal information. Malware is malicious software that can infect devices, leading to data theft or damage. Identity theft occurs when someone illegally obtains and uses another person's personal information. Privacy invasion involves unauthorized access to personal data, often through social media or unsecured websites.

Staying informed about the latest online threats and safety practices is essential. Many organizations offer free courses on internet safety. Follow news from reputable sources about the latest scams and security tips. Participate in local or online groups focused on senior internet safety.

Protecting Personal Information

Safeguarding personal information is key to maintaining online privacy. Be cautious about sharing personal details like your address, phone number, or birth date on social media. Review and

adjust privacy settings on social media platforms to control who can see your information. Avoid accessing sensitive accounts or conducting financial transactions over public Wi-Fi networks.

One of the simplest yet most effective ways to protect online accounts is by using strong, unique passwords. A strong password should combine uppercase and lowercase letters, numbers, and special characters. Avoid easily guessable words like "password" or "123456". It's also a good practice to change passwords regularly and consider using a password manager to store and generate complex passwords securely.

Two-factor authentication (2FA) adds an extra layer of security, in case your password is found out. It requires two forms of verification before granting access to an account, typically a password and a code sent to your phone. Activate 2FA on all accounts that offer it, especially email, banking, and social media accounts.

Phishing scams are a common threat among us, but they can be avoided with vigilance. Always verify the source of emails or messages by checking the sender's email address or phone number. Legitimate organizations will not ask for sensitive information via email or text. Be wary of urgent requests, spelling errors, or unfamiliar links. Installing and regularly updating antivirus and anti-malware software can help detect and block malicious content.

Regularly updating software is crucial for security. Enable automatic updates for your operating system, browser, and other software to ensure you have the latest security patches. Keep all applications, especially those related to security, up to date.

By incorporating these internet security tips into your online activities,

you can enjoy the benefits of the digital world while minimizing the risks.

It's never too late to adopt good security practices, and taking these simple steps will help safeguard your personal information and provide a more secure online experience. If ever in doubt, seek assistance from family members, friends, or local tech support services to ensure a safe and enjoyable digital journey.

BC Tech Q&A

Q "Why it is possible for some Windows 10 machines to be upgraded to Windows 11 or why some cannot be upgraded?"

A You may see a notification in your Windows Updates asking you to check if your PC/Laptop meets the requirements for

Windows 11. This appears on most Windows 10 devices, provided they have the latest updates installed. If this does not appear, make your there are no pending updates. By clicking Check Now this will run a program that scans the hardware of your device to determine whether or not Windows 11 can be supported. Reasons for Windows 11 not being supported on your device can vary but the most common is the device not being powerful enough. While the difference between 10-11 is marginal, 11 does require a more powerful processor so some models will not be able to accommodate this.

Time Out

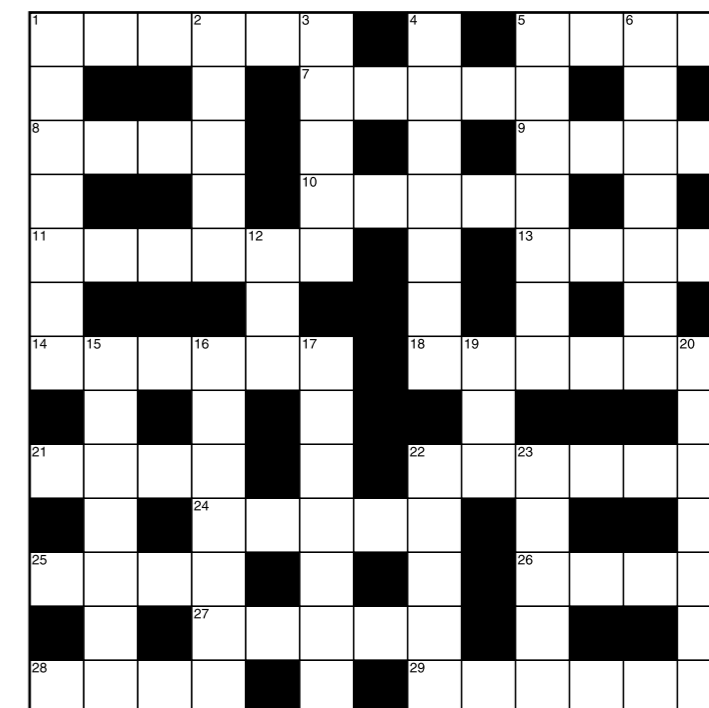
CROSSWORD

Across

1. Puzzle
5. Wharf
7. Spree
8. Inheritor
9. Bread portion
10. Not explicit
11. Film star dog
13. Serving platter
14. Join in half-heartedly
18. Ran rapidly
21. Printing fluids
22. Afraid
24. Remove completely
25. Grant
26. Injure with horns
27. Recurrent period
28. Legend
29. Torrid

Down

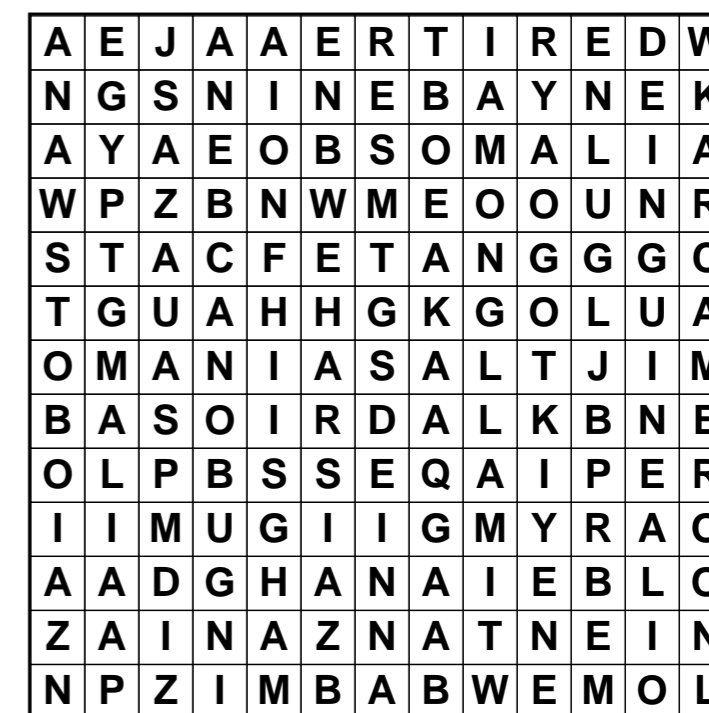
1. Expelled air
2. Disease agents
3. Higher than
4. Caught on barb
5. Crosses out
6. Absurd pretence
12. Sick
15. Yearly stipend
16. Implore
17. Increase in attractiveness
19. Rainbow shape
20. Frail with age
22. Genders
23. Debate



Answers on page 59

WORDSEARCH

- | | |
|----------|----------|
| ANGOLA | LIBYA |
| BENIN | MALI |
| BOTSWANA | NAMIBIA |
| CAMEROON | NIGERIA |
| CHAD | SENEGAL |
| EGYPT | SOMALIA |
| ERITREA | SUDAN |
| ETHIOPIA | TANZANIA |
| GABON | TOGO |
| GAMBIA | TUNISIA |
| GHANA | ZAMBIA |
| GUINEA | ZIMBABWE |
| KENYA | |



Answers on page 59

BOOK'em!



Crossing The Line

Author: Keith Dobson
ISBN: 979-8840242445

'Crossing the Line', a breathtaking and fast-moving action thriller, tells the gripping story of Jack Wallace and his arduous 5,000-mile journey to the dense and impenetrable Central American Belizean jungle.

There, he finds himself implicated in illegal trading between the military and the ruthless Sinaloa drug cartel following the brutal and savage murder of a soldier, he is captured and tortured, then escapes into the dense and unforgiving jungle to evade his pursuers, where his real fight for survival begins.



Maman

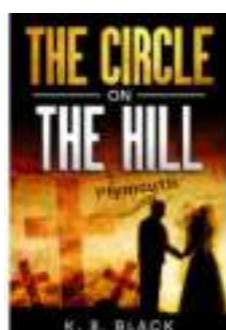
Author: F.E. Birch
ISBN: 979-8323111831

Maman is a gripping tale of family, loyalty, and most of all, truth and justice.

When you're caught in a system how can you trust anyone if you can't trust yourself?

Maman is a story of how those designed to protect and look after us don't.

Accused by professionals who are blind, deaf, and work in ignorance or worse – deliberate bias to get a conviction, DS Jo Armstrong has to fight for her reputation, her career and her family.



The Circle on The Hill

Author: K. B. Black
ISBN: 979-8871405154

Retired Detective Sergeant Keith Black uncovers the detail behind the executions of three marines on Plymouth Hoe in July 1797.

His analysis of records identifies one of the most serious events. Murder by the state, that brings a chill to the bones.

Robert Lee is recruited in Dublin and taken to Stonehouse Barracks near Plymouth where events leading to his demise begin along with other Dublin recruits.

A fellow traitor, a military frozen by the fear of mutiny on land and on sea.



Dickens' Characters In Rhyme

Author: Christine Burrows
ISBN: 979-8876143174

This book includes over 55 poems with full-colour, hand-drawn illustrations focusing on a selection of different fictional characters from the books of Charles Dickens. Each poem provides a short synopsis of each personality in order to leave a sense of who they were in poetic verse. A unique collection of unusual character profiles in poetic rhyme.

Dickens' characters are fascinating and their diversity inspired me to write this book. It has been a pleasure to put this poetry collection together.



Cop for This

Author: David Horrigan
ISBN: 9798320456249

Rhymes written with humour, based on writers experiences as a serving police constable.



Death at Dead Man's Stake

Author: Nick Oldham
ISBN: 1448314410

A life or death decision leads Sergeant Jessica Raker to swap the Metropolitan Police for trouble up north, but old enemies are on her tail...A split-second decision has life-changing consequences for Metropolitan Police firearms officer Jessica Raker when she fatally wounds the son of a notorious organized crime chief during a robbery in Greenwich – and discovers her husband has been having an affair.

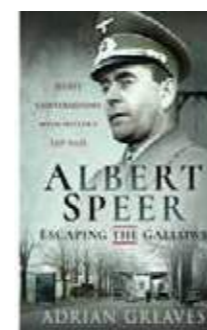
With her career, her marriage and her life in danger, Jess is sent back to her home town of Clitheroe in the Ribble Valley to take up a sergeant role in Lancashire police. But as she throws herself into dealing with a hostage situation up on Dead Man's Stake Farm and a body discovered in a reservoir on her first day, her enemies are plotting their revenge – and they're closer than she thinks.



The Box

Author: Dan Wheatcroft
ISBN: 979-8884392953

No flashes, no bangs, no explosions, no car chases, not even a slammed door. Just the high-pitched squeal, odd deep gurgle and long, slow whine from an increasingly malfunctioning toilet cistern. Welcome to Sutton Box, an occasionally visited small police post. Due to an ill-conceived attitude, it's now the working home of Merseyside's finest detective, Thurstan Baddeley, as he delves into the world of cold cases.



Albert Speer – Escaping The Gallows: Secret Conversations with Hitler's Top Nazi

Author: Adrian Greaves
ISBN: 9781399009539

Before joining Kent Police in 1970 the author served as an army officer in Berlin. A regular part of his duty was Guard Commander at Spandau Prison where several of Hitler's henchmen were serving long sentences, including Albert Speer – Hitler's Armaments Minister. They were the lucky ones who escaped the gallows after the allies' Nuremburg Trials.

Over a period of three years I got to know Speer very well and this book includes my 'unofficial' accounts of our meetings as 'notes made at the time'.



Our Boy

Author: Graham Philip Dix
ISBN: 9781805144229

Our Boy tells the incredulous story of a Coldstream Guardsman in World War Two. Using information from multiple sources, a story slowly emerged of friendship, bravery, deprivation, elation, and horror. The battles he fought in were some of the most gargantuan and bloody of the war in Europe. The book also details life at home where the family struggled to cope with the anxiety for their boy's safety, rationing, the blackout and all the hardships that come with war.



Evil Knows No Bounds

Author: Harry Giller
ISBN: 9781805144748

Women suffer the most as two men, seeking both revenge and money, involve the innocent and not so innocent in their evil crimes.

To combat a brutal organised crime group the police form an uneasy alliance with a shadowy team, led by the mysterious Cooper, as only they have the ruthlessness to take on the criminals at their own game. Drug dealing and prostitution proliferate, whilst dangerous foreign criminals launch their own takeover bid with dramatic consequences.

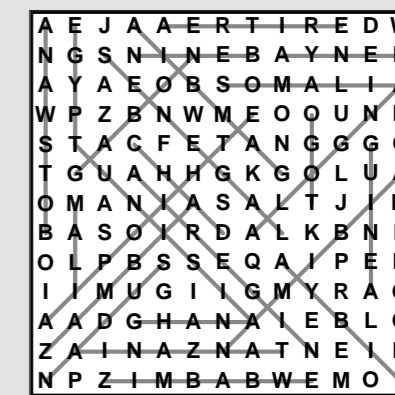
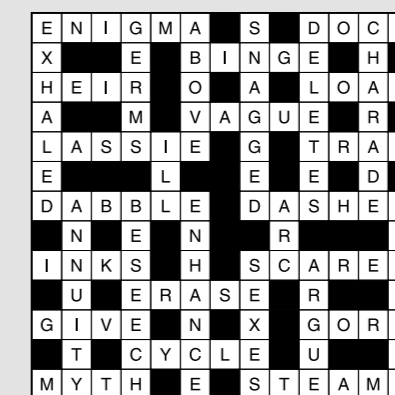
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All of the listed books are available via online retailers, or you could ask your local book store by quoting the relevant ISBN reference. NARPO does not stock these books.

Readers Corner

Following high demand, we are delighted to announce the launch of Readers Corner as part of the new NARPO website. For a small service fee, authors can now promote their published books online. Please send an email to businesssupport@narpo.org if you would like more information.

Answers for page 57



Transform your conservatory in just one day



2 FREE PANELS

*QUOTE NARPO1124

Is your conservatory TOO HOT in summer and TOO COLD in winter?

WARMER IN WINTER

"There is no doubt the conservatory is much warmer, and not darker either!"

David Birch, Chichester

TRANSFORMED CONSERVATORY

"We're so proud of our transformed conservatory that we have recommended Green Space to many of our friends and relatives."

Mr and Mrs Davies Somerset

COOLER IN SUMMER

"You could have fried an egg on the table in there in the summer, I now look upon the conservatory as a new room. It is quiet, restful and cosy."

Carol Doyle, Surrey

REDUCES ENERGY BILLS

"I've already turned the underfloor heating down. Lovely job guys, thank you!"

Anne Bird, Bristol

QUIETER IN BAD WEATHER

"For the first time we do not have to close the door to the conservatory when it rains to hear the TV."

Mr & Mrs Bailey-Webb, Warsash

"What a difference a day makes and yes, that's all it took to install."

Mr & Mrs Barber, Wells



For a free no obligation quote call

0800 65 25 157
[greenspaceconservatories.co.uk](https://www.greenspaceconservatories.co.uk)



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