



**Hastings &
Rother
NARPO**



Dave Newnham
Chair



Chris Reeves-Fowkes
Vice-Chair



John Levett
Secretary



Karen Paine
Treasurer and Welfare

Phoenix News



Issue 2

July, 2023

News from our Chair

Firstly I know that all our thoughts and best wishes are with Grahame Brown and his family. We are there for them all if they need us.

Modes of communication with our members is an on-going problem, as it is with other Branches. Newsletters and e-mails have sufficed in the past but maybe we could/ should consider a Branch Facebook group or website (I realise that no one -system will cover all of our members' needs). Just a thought and we would welcome your feedback at our next meeting 7pm Wed 26th July 2023 at Homtye Park with a free buffet and Quiz. There will be a short update from the Committee then plenty of time to chat and swing the blue lamp. All members and partners welcome.

Enjoy the sunshine and stay safe.

Cheers Dave

Our Secretary—John Levett

Hi All,

Well, it's now a year since we got the Hastings and Rother Branch up and running again, despite the resistance of NARPO HQ who I think saw it as an opportunity to move towards having a single Sussex NARPO Branch. It was clear from the vote they made us have that they vast majority of our members wanted to remain as an independent branch. The good news is that the Branch is in a health state and we have over 200 members but we are always looking to get in new members so please spread the word. We are in a healthy financial position, which moving forward we as a Committee would like to reduce the balance and increase spending on social events.

Admin-wise I now have the vast majority of members' emails which makes life easier but if you are still not receiving my emails, please let me know. The Phoenix newsletter will now be going out quarterly thanks to the efforts of our treasurer Karen Paine. There is some duplication in emailing the newsletter and posting it but the mail drop is done by HQ (at a very reasonable price) and they have to send it to everyone in the Branch.

Since our last meeting me and the other Sussex Branch secretaries had had a meeting with the Chief Constable Jo Shiner who is keen to build stronger links with NARPO which is encouraging going forward.



The trip to RHS Wisley unfortunately had to be cancelled due to low take-up. If any members have any ideas for other trips, please let me or any other members of the committee know.

Lastly, if any member wishes to attend any of our Committee meetings, they are welcome if you let me know. We do not circulate minutes of Committee meetings but if you want to see them just email me and I will forward them to you. The same applies to the financial accounts which have just been examined by an independent Accountant.

Best wishes

John

Welfare and Treasurer

I haven't much to report in terms of Welfare except that we as a Committee would very much welcome Carers or relatives if any members have mobility issues and are unable to attend meetings or lunches etc without being accompanied. There will of course be no extra cost involved.

Please do let us know if you think anyone would benefit from a visit or signposting to various organisations.

It occurred to Dave and myself that some of you may not know me or my background.

So ... I joined the Metropolitan Police in 1978 and spent all of my service at Catford Police Station (PD) in South-East London. I was a van driver and loved every minute of it. I left to have my family, but after a nasty horse riding accident when I was airlifted, I was seen by the CMO who decided my career in the Service had ended. I served for 9 years. After the children went to school, I retrained and went to University for 4 years to become a Primary School Teacher in Bexley, Kent and more recently in Sussex. I retired in 2017. Although I loved teaching, the best years of my working life were spent at Catford. I appreciate most of you have all served your 30 years and I have great admiration for that (mixed with a hint of jealousy!) The Met is a very different beast to the County forces. My son is currently serving as a Sergeant in the Met in the Violent Crimes Taskforce and I am so proud of him.



Best wishes to all,

Karen

Handy Hints from Janet Mileham

When storing salad leaves in the fridge—place a paper towel in the bag to absorb moisture and the contents will last longer!

Place a fridge magnet over the outside door lock of your car in winter and it will keep the lock from freezing.

Q: What's green and hard? **A:** A frog that lifts weights!



Hastings & Rother
NARPO

Phone: 07554521629
E-mail:
hastingsrother@narpo.org



NARPO Website:-
www.narpo.org

Members' News

Old Bexhillians and Warming Up The Homeless

It's funny the twists and turns life takes - especially for us retired Police Officers. I left the Job in 2008 and moved to France. For various reasons we didn't settle and returned in 2010 "No -no regrets".

Moving back to Bexhill I had a couple of part-time jobs until I had a bit of a hiccup in the heart area. As a way of returning to fitness it was suggested that I tried Walking Football. Hating all things football I popped along and there was a bunch of grumpy old men having a great time. I was hooked. After several weeks the lady running the sessions had to retire due to health problems and somehow I ended up as club manager and decided to go for it and build the best club we could. At the time we had 15 members playing once a week. We now have about 100 players on the email list and regularly have 25 to 30 at one of the four weekly sessions. We not only accommodate fun sessions but we also have two teams competing in the East Sussex league (Which I started). OBWF are sitting on top of the tree and The Atha are holding their own lower down. The cup season is on us and we will be competing in the Sussex Cup as well as the national cup. There are also tournaments throughout the summer. In fact the only time we stop is over Christmas. We have a great social side with Quiz nights, Vineyard visits, Off Road Mountain {Electric} Biking, 10 pin bowling. Golf, BBQs we are sponsored by 1066 Harolds Hogroast and, several players have formed a band so we get cheap but great food and music. We even had the pleasure of Chris RF taking us Clay Pigeon shooting. In all we are very social and fulfil the Motto of WFA in FULL. "Fun Fitness and Friendship".

Apart from all the fun we raise lots of money for local charities. So far this year we have raised over £300 for the food bank. £600 for WUTH and not so local we paid £560 for a disaster shelter in Turkey.

This brings me nicely on to **Warming Up The Homeless**. (WUTH)

This is a Charity run by Trudy Hampton and her husband Dennis both ex-Job. The aim is to feed, clothe and give shelter to people sleeping rough. This includes displaced people fleeing from violent relationships as well as families who have had their homes repossessed and are living in very basic conditions. My first delivery was to a family of four who had been made homeless and were living in one room with shared facilities on Hastings seafront. I handed over a bag of groceries and the father was in tears. Very humbling.

I have just taken a microwave, fridge freezer, pots and pans, crockery etc to a young woman suffering from MS, she has fled a violent relationship and has been through several shelters before being allocated a small flat for her and her two girls. The following week I took her a food parcel and she said that she was very grateful but was hoping to get some benefits so could pay us back. I often work with an Iranian Christian who has fled his country under the threat of death. A lovely man who has nothing. He didn't want charity so helps out and is getting help from us. We do feed the homeless on



Hastings & Rother
NARPO

Phone: 07554521629
E-mail:
hastingsrother@narpo.org



NARPO Website:-
www.narpo.org

Our President
Gordon Message



A warm welcome to
our new members:-

Mark Bright
Paul Casey
Tom Curties
Michael Essien
Craig Wenbourne
Steve Mosley
Rob Morland

Members' News

the streets of Eastbourne and Hastings regularly serving up 1000 hot meals a week. We do more than this though we have access to medical and other agencies to try and keep them healthy and safe. Our aim is to get those, that are able, back into full employment and living in a safe environment.

We have people from all walks of life helping and there is a role for everyone. We have teams sorting out the donations, making sandwiches, and serving in the shops. There are the outlook teams who take the food to the streets. Home Chefs who cook the food, (one of these is a serving Police Officer).

My role is just one day a week. I take donated stock to the charity shops, and food parcels to those in need, (recommended by social services and other agencies). I collect donations from members of the public and many supermarkets.

So if you have some spare time, drop me a message and I will take you down and introduce you. Either to WUTH or Old Bexhillians Walking Football.

Mick Davies mickdavies48@gmail.com or 07961008743

Gallery

Old control room at Bexhill Police Station in Cantelupe Road



Robin Hood Lunch in May



Please feel free to let us know of your memories of first days at Hastings & Rother!