



**Hastings &
Rother
NARPO**



**Chris Reeves-Fowkes
Vice-Chair**



**John Levett
Secretary**



**Karen Paine
Treasurer and Newsletter**

Phoenix News



Issue 7

July/August, 2024

A Message from Dave Newnham

I have had the privilege of serving as your Chairman since the Branch 're-grouped', and it is safe to say that the Branch is now in a sound financial position with a solid membership base.

I have decided to resign from my position as Chairman with immediate effect. (My personal view on the direction NARPO is headed and the practices being adopted, as such, will not permit me to carry on the role with a clear conscience. It is therefore time to hand over the reins.)

I leave you in the safe and capable hands of Chris R-F.

Thank you for the friendship you have shown me over the past couple of years and also for the support and understanding I have received from some of you since making my decision.

Back to the allotment and finding that 'elusive pot of gold'!

Stay safe, and all the very best,

Dave

Secretary's Report

Firstly, I would like to say a big 'thank you' to Dave Newnham for all his hard work and support as our Chairman. I respect his decision but I am personally sad to see him leave. If it hadn't been for Dave transferring from the Brighton Branch and agreeing to step in as chairman the branch would have almost certainly closed. I am also grateful to Chris Reeve-Fowkes for stepping up.

The IT system 'supersleuth' provided by HQ remains an issue and if any member is not receiving emails from me, please contact me asap as there have been more than a few glitches. All of you who are on email should have received the Phoenix News via email as well as by post.

The buffet lunch at the Robin Hood in June was well attended and the committee are grateful for all the positive feedback we have received. As usual the spread was excellent and the staff at the Robin Hood really looked after us. A big thank you must go to our social secretary Ken Walker who arranged things and is busy sorting out more social events.

Best wishes

John



NARPO Website:-
www.narpo.org

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Janet Mileham

Did you know ...?

The History of Jelly Babies

The sweets were invented in 1864 by an Austrian immigrant working at Fryer's of Lancashire and were originally marketed as 'Unclaimed Babies'. By 1918 they were produced by Bassett's in Sheffield as 'Peace Babies' to mark the end of WW1.

Our next meeting is at Hornsye Sports Club, at 1pm on Wednesday 4th September, 2024. There will be a free buffet and raffle. We will have several speakers from our chosen charities and from Sussex Police Charitable Trust.

Watercolour Painting

I have been learning to paint using watercolours for several years now. I used to go to workshops with a local artist (Kerry Bennett) and did online tutorials with Paul Clark who also does workshops at Bodle Street.

I have been following Geoff Kersey for a while now. Subscription is £13.99 but as far as I know, Paul Clark is free on YouTube. It's very relaxing and you can do the tutorials at your own pace. These are a few of my efforts from the tutorials



(I can see many faults in all of them!)

If anyone knows of any other tutorials online or locally—I'm sure some of our members would like to know about them. I'm quite sure other members paint or have other artistic talents they would also like to share.

Best wishes

Karen



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Social Events

Just a reminder that the visit and shows below are booked and hopefully they will appeal to some members. Obviously we need to know numbers and sort payment asap, so if your'e interested please let me know.

Harvey's Brewery Tour

18:30 hours

Thursday 12th September 2024

Coach times to be confirmed

Pickup / Drop-off points Hastings and Bexhill

Cost £20. (To be paid in advance)

I have also provisionally booked two theatre trips as follows:-

1. **"THAT WILL BE THE DAY"**. Al Murray. Comedian. (Known as the pub landlord)

Location the Congress Theatre, Eastbourne

24th October, 2024. Starts at 7.30 pm

2. **"WALK RIGHT BACK"**. The Everly Brothers tribute - featuring all their top hits

Location The Congress Theatre, Eastbourne 26th October, 2024 Starts 7.30pm.

Ticket prices will be subsidised by our Branch for both shows.

The cost per member will be £20. (To be paid in advance)

Members will need to make their own travel arrangements to the theatres.

If you are interested in any of these events please contact **Ken Walker** (dkw4125@gmail.com / **07454 799911**) as soon as possible. The theatre tickets have been reserved for a limited time and will be allocated on a first come first served basis.

Regards

Ken

Incorporation Update

On 1st July 2024 NARPO ceased being a Friendly Society and has now started trading as a limited company (Company number 15415367). We have now become a branch of this company and will now be called 'The National Association of Retired Police Officers Hastings and Rother Branch'. As a Branch we are now getting instructions from HQ on how we are required to operate. There will be an extra burden on our Treasurer Karen so that we comply with all the rules laid down by HMRC. Unfortunately, the training for the Treasurer role is only now being rolled out despite the fact that the company has already began trading and that training, as I understand it, will only be a limited web session. One can only hope that the paid officials at HQ recognise that it is unfair to significantly increase the burden on Branch officials all of whom are unpaid volunteers. We await to see how things develop but my personal view is that the new company is on trial with me.

John

Our New Chair

As you are now probably aware our Chairman, Dave Newnham, has stepped down from his role with immediate effect.

As Vice Chairman, on the request of the other Committee members, I have stepped into the role of Chairman until the next AGM.

My history is I joined Sussex Police as a police officer in 1973, working at Brighton for 11 years, Petworth for 4 years including 2 years Duncton rural, then I came to Rother and Hastings in 1988. I retired as a police officer in 2003. I then continued to work for Sussex Police in a civilian role as a Case Director in Hastings from 2004 until 2011.

As Chairman, I intend to work with the rest of the Committee to provide all members of Hastings and Rother NARPO with the support you expect. I look forward to seeing you all at the next meeting.

Chris Reeve-Fowkes



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NARPO Website:-
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Our President

Gordon Message



New Members

Steve Chandler

Peter Sharpe

Dave Upjohn

Oh Lucky Me!

Just over a year ago I started a journey that turned into a roller coaster of an adventure that would take me to the very edge of my life and back again.

An early July morning saw me at Dover with some good friends to start a 4 day motorcycle tour in Belgium for a big get together and charity event in aid of Whizz Kidz (Specialist Wheel Chairs for disabled children)

I had not felt a 100% from the beginning, but I put this down to many of the things I often pick up from my grandkids or things like colds that are just floating about. After a wonderful few days away, things took a turn for the worse on the return journey. Whilst waiting to board the Euro train back to the U.K. I was quite nauseous and this persisted for the 40 or so minutes back to the UK. I was offered help by a couple of great friends within our group to either stay in a hotel and resume in the morning or to stay with a couple who live near Dover.

After refuelling I felt a bit better and it had now started to rain. So a good pal and I decided to get on and head off home. I had messaged my lovely wife Kim that I should not be too long now.

Some 20 or 30 mins into the journey home, my next recall was laying on the road beside an ambulance that had its side up protecting me from the rain that was now beating down. There were blues lights everywhere and the Paramedics were cutting off my clothes.

I later learned that I had lost control of my motorcycle due to a severe medical event and had collapsed on the bike. In a semi conscious state, I had gone off the road, down a steep bank into a nearby wood and crashed. My good friend was spectacular, as he came back and found me and called the emergency services. His presence of mind and quick actions saved my life. Like the scene from the film Gladiator, I seemed to float into the ambulance and was whisked away to hospital.

After a very short stay on a ward, I was transferred immediately to the newly built William Harvey Critical Care Unit as all my vitals signs had plummeted. From what my family told me they had a conversation with the specialist in charge and it was pretty much touch and go for the next few hours. I remember waking up 2 days later in a hallucinatory daze with a sea of faces looking down at me. Nurses and Doctors were kindly fussing around me and I could hardly move due to all the tubes, sensors and host of electronic gadgetry that were temporarily running my life for me.

The specialist in charge came to see me and explained what had happened. My body had basically shut down to protect itself from bacterial pneumonia that had got into my lungs and had been slowly thriving away. Apparently, it could happen to anyone, and is normally fought off by our immune systems. Mine is a little compromised due to medication I take, so it snuck in under the radar and had a field day.

The next few days were a fairly progressive path back to health, with amazing care, composure and tough love. The tough love came from those wonderful physio demons who had me doing all sorts of coughing exercises and a few days down the line walking up and down stair cases to get my strength back. When you have had tubes in your body running the show - it was really tough going. All my nurses were truly angels, coming from the UK and all different parts of the world - Zimbabwe, Poland, Romania, Uganda and all regions of Asia. Each morning my nurse for the day would write on a whiteboard beside my bed, their name, day and date and how the weather was doing outside. I will never forget one young nurse wheeled me to a lovely little garden just for Critical Care Patients and I felt so blessed to spend a few minutes out there in the warmth of the day. It was a small slice of pure magic for me.

Every day I was getting better and after a week I was finally told I would be discharged.

I tearfully thanked everyone for all they had done and I was handed a patients diary. My gosh it was so emotional as it had handwritten notes from members of staff, my family and nurses about my day to day stay in their hospital. I was so, so lucky that I did not break any bones or suffer any other injuries as my motorcycle took the force of impact and was written off with a cracked frame.

Once I was more mobile I revisited the hospital a few weeks later with my wife Kim and took a large basket full of goodies that she had put together down to the ICU staff as a huge thank you for all they had done. I have now made a full recovery and still enjoy my motorcycles as much as ever. I also know how lucky I have been and appreciate my life, friends and family far more, as well as knowing that there are a lot of good people out there doing tough and demanding jobs in the NHS.

Grahame Brown