

National Association of Retired Police Officers



**DERBYSHIRE BRANCH
2022**

CONTENTS

- 3. Foreword.
- 6 Officers and Committee Members
- 7. Chairman's Report
- 8. Mutual Welfare Fund Report
- 8. From our Secretary
- 9. Annual General Meeting - Agenda
- 10 NARPO Coach trips 2022
- 11 Coach Trip Booking forms
- 12. Income and Expenditure Account
- 13 Balance Sheet
- 14 New Members of NARPO
- 14 Sports Club.
- 15 Dates for your Diary
- 15 In Memoriam
- 16 May Branch Lunch
- 17 Prostate Cancer UK – Ambassador Andrew Picken.

SUBSCRIPTIONS

Subscriptions became due in January, 2023. For full members the annual subscription has risen to **£24-60**. This is due to the rise in CPI of 10.1% in September. The good news is that our police pensions will see the 10.1% rise in our pensions from April, 2023.

Would members who pay by cheque or direct debit, if they have not done so already, please send their cheques (payable to **Derbyshire NARPO**) to the Secretary, Sean Murphy, 34 The Delves, Swanwick, Alfreton, Derbyshire DE55 1AR. **or** update your bank with the new payment. You can pay by 'bacs' at: National Westminster Bank Plc.
Branch sort code: 60-14-15 Branch Account No. 80597408. 19 Dale Road, Matlock,
Derbyshire DE4 3YA. **Make sure you put your name as reference.**

NARPO FOREWORD



It gives me immense pleasure on behalf of Derbyshire Constabulary and as your Branch President to open your Annual Report. It is hard to believe that it has been a year since I last updated you on what has been happening in the Constabulary and I am pleased to be able to share with you the magnificent work that has taken place over the course of this past year.

As ever you will no doubt be aware that policing nationally and locally has continued to face a number of challenges, many of which have featured in the media. However, we continue to meet these challenges head on, determined to deliver the highest level of service to our communities.

Since my last update there has been a number of changes in my Chief Officer Team. We now have a new Deputy Chief Constable, Simon Blatchly who has joined us from Northamptonshire Police, along with Temporary Assistant Chief Constable James Abdy who has moved across from South Yorkshire Police. We have also recruited a new Assistant Chief Officer, Andrew Price who previously headed up Digital Forensics in the East Midlands collaboration. Many of you will know Michelle Shooter who has been in Derbyshire all of her service. I am pleased to say she successfully completed the relevant national assessment processes and in January this year became our substantive and permanent ACC for Local Policing and Operations. I am extremely pleased with the new additions to my team and know that each and every Chief Officer is committed to ensuring that Derbyshire Constabulary is the best it can be enabling us to protect our communities from harm.

I would firstly like to update you on the progress the Constabulary has made in relation to the Government's Police Uplift target which set policing the challenge of recruiting an additional 20,000 police officers across forces nationally. The three-year programme has now come to an end and Derbyshire has been able to benefit not only from meeting our target of 283 new officers, but from a temporary extra 54 officers on top of that due to the enormous success of our programme. We were able to apply for extra funding because we had so many candidates wanting to join us here in Derbyshire, meaning we helped to make up the national shortfall from forces who were not meeting their target. The normal recruitment needed in any given year to replace people retiring or leaving and keep us at establishment still needed to happen, meaning 598 officers had to be recruited overall. This was in addition to recruitment also needed for Special Constables, PCSOs, Contact Management and other staff roles.

This is fantastic news for the organisation meaning that we have more officers than we have had for many years helping us to keep our communities safe.

The force is focused upon an ethos of ‘One Derbyshire’ where we are proud to work as one team to the highest standards. ‘One Derbyshire’ represents consistency, efficiency and a team spirit as part of our family force approach. Being ‘One Derbyshire’ is about seeing the bigger picture, understanding the purpose of what we are trying to achieve and working in a united, joined up way that pushes our organisation forward, benefiting our communities and making Derbyshire safer together. I know going back to basics is often spoken about.

However, the basics have changed significantly over the past few years. Instead, I want us to be brilliant at the basics – to do our job well. It’s what the public expect and deserve.

Our priorities for this year very much remain the same, to fight crime, bring offenders to justice and proactively protect the vulnerable. These really are why we are here and I know that these priorities in essence reflect our purpose and demonstrate our commitment to those in our communities whom we serve.

Many of the challenges that policing has faced this year have been closely linked to standards and professional behaviour. Although it is the Metropolitan Police Service that has predominantly been in the headlines, we all know that this affects confidence in policing nationally. We need trust and confidence in us to police effectively. We are not immune from some of the behaviour reported, here in Derbyshire. The Deputy Chief Constable is leading on culture and standards of behaviour for the force to ensure that our culture is one that we can be proud of and one that the public can trust. There is no place within our force for behaviour that falls below the high standards that we and the public expect, and we will ensure that we have a culture that calls out any behaviour that does not meet this standard. We have an excellent Vetting Team in Derbyshire Constabulary who work really hard to ensure that we recruit those individuals who will represent Derbyshire to the highest of standards.

This year we have also held a number of Chief Constable Roadshows across the force helping us to connect more closely with our workforce, provide them with clarity regarding standards of professional behaviour and update them on the many changes and improvements that the force has made over the last year. We have also used these roadshows as an opportunity for the organisation to shape and decide upon a new set of values for the force. Having values is really important, for us as individuals, in our teams, as an organisation and so that the public understand what we stand for, so this has been excellent for the organisation to be able to choose their own values, ones that mean the most to them.

This past year has seen the force make a number of improvements across the organisation. We have created a new Crime Investigation Management Team focussed upon tackling crime at the front end helping to remove excess demand from our front-line officers. We also have seen the introduction of a new policing model and the creation of a Crime Directorate and have a crime allocation policy ensuring that we have the right people with the right skills investigating the right crimes. To support the extra officers recruited we have invested in our fleet with the purchase of an additional sixty vehicles across the force. We have purchased laptops for all frontline officers which is a huge investment but extremely worthwhile as it allows them to remain out in our communities without the need to return to the station to complete administration tasks. The Force has seen the creation of a newly formed Neighbourhood Acquisitive Crime Team dedicated to investigating burglary and robbery and has already seen some excellent results.

As you all know and understand, policing is an incredibly difficult and challenging role, no day is ever the same and you never quite know what you are going to be faced with at the

start of your shift. That is why wellbeing is so critical to our organisation and remains a priority for us. Derbyshire Constabulary is made up of so many different individuals, all with diverse needs and that is why their wellbeing is so very important to me. We need our staff to feel healthy, happy and supported and that is why we continue to work really hard on ensuring that wellbeing is an absolute priority for the force.

We have developed a force wide strategy that covers many different areas such as, financial wellbeing, stress management, mental health resilience, psychological risk management, trauma and disaster management along with a number of trained health and wellbeing champions. We really are committed to providing as much care and support to our staff as we can.

That is why I really do value the support that NARPO offers, not only to our retired officers but to our policing family in general. This ongoing support is absolutely welcomed by all of us. I know at times Derbyshire police officers and staff find much of the negative narrative that exists around policing difficult to deal with, on top of what is already a very challenging job. However, they remain committed, resolute and continue to work hard to provide a high level of service for our communities.

I offer all officers and staff retiring from the force an exit meeting where I am able to properly thank them for their service. At these meetings I always take pleasure in handing the officers a NARPO folder and highlighting to them the importance of colleagues staying connected.

Thank you for the support that you give to them.

We remain committed to tackling our challenges head on and driving continuous improvements to deliver an excellent service to our communities.

I hope that you have found this update helpful, and I wish all of the NARPO members the very best for the next year ahead.

Rachel Swann QPM

Chief Constable

OFFICERS AND COMMITTEE MEMBERS

PRESIDENT:

The Chief Constable Rachel Swann QPM

VICE PRESIDENTS:

Deputy Chief Constable - Simon Blatchley OBE.

Assistant Chief Constable Michele Shooter

T/Assistant Chief Constable James Abdy

Assistant Chief Officer Andrew Price

Chairman: David Ashley 01773 823357

Vice Chairman: Ian Louch

Secretary/Treasurer: Sean Murphy 01773 609043

Financial Manager: Keith Gibson

Committee Members

Richard Watson Ron Taylor

Ivan Taylor Pete Wise

Julia Fearn Paul Gibbons

Membership:

Full: 1241 Life Members: 5 Hon: 3 Widows/Widowers: 166 Associate Members 13

Additional Members 8 Total number of Preceptable Members: 1241 Total: 1428

CHAIRMANS REPORT

Over the last twelve months the Branch has been very active with various social activities in Derby, Ripley, Chatsworth, Chesterfield and Hayfield. The Branch has subsidised these events, resulting in them being very well supported by members. This has not been the case with some of the coach trips that we had arranged, with numbers down considerably on previous years.

It seems to have been a long wet winter but looking out of the window I see that the sun has decided to make one of its rare appearances. Perhaps heralding the arrival of some sort of spring. With that in mind the Branch committee has been busy over recent times planning and preparing for the year ahead. You will find details of all these activities elsewhere in the newsletter. Have a good look at them and see if you can come along to some of them, meet up with old friends and possibly even make some new ones.

At a national level, there has been a lot of time and energy devoted to the question of whether NARPO nationally and at a local level needs to consider becoming an incorporated organisation. The main reason for this discussion seems to hinge around the fact that under our present constitution all members could be found equally liable for any debts incurred by the organisation, in circumstances where perhaps we were sued for breach of some legislation (data protection, employment rights etc.) Being incorporated would eliminate this problem. Nothing has been decided as yet and a lot more discussion and research will no doubt be undertaken before a decision is reached.

The Annual General Meeting is being held at Morley Hayes this year on Sunday, 14th May. This is your opportunity to have your say about the organisation and running of the branch. Come along, have your say and have a free buffet as well.

I would like to take the opportunity provided here to thank our Secretary, Sean Murphy, for all the work that he undertakes on behalf of the Branch. For three months from January to March this year I took over his role as he and Eileen set off on an extended holiday cruise. To say that I was pleased when he arrived back and resumed his normal duties, would be very much an understatement. I really didn't realise how much work lands on his desk more or less every day. And, just to make my life even more interesting our webmaster, Pete Wise, became unavailable to carry out any updates to the website during the same period. I am pleased to say that Pete is now feeling much better and has been able to resume his normal duties. Thanks to both.

Our Financial Adviser, Keith Gibson, has given notice that he would like to step down from this role in the not too distant future. My thanks to Keith for all the work he has done keeping our finances on track over recent years.

The Branch Committee has recognized that we need to have a level of resilience in all areas of Branch activities (Treasurer, Webmaster, Secretary etc.) and so we have been advertising for members to come forward if they feel they can assist in any of these or indeed any other roles.

Dave Ashley

MUTUAL WELFARE FUND

The last meeting of the MWF was on the 8th November, 2022. As of the 30th September, 2022 the fund stood at £2,091,060. The fund is managed by Sarasin and Partners on behalf of Derbyshire. The next meeting is on the 16th November, 2023.

The objects of the fund shall include the provision of welfare benefits to members and pensioned members. All payments will be at the discretion of the MWF Committee.

Members are assured that in circumstances of hardship the Welfare Fund may as always be approached for assistance, either directly or via the Secretary at Derbyshire@narpo.org For more information please contact the Secretary.

As we are talking about welfare, if any member finds that they need any assistance from financial, emotional or any other problem that life throws at us due to work, family, medical or bereavement. Reach out to us and we will endeavour to help or advise where possible.

FROM OUR SECRETARY

This is my 13th Annual Report and I hope that you continue to find it of interest. I would like to thank the assistance afforded to me by NARPO, XPS, Police Federation and Headquarters.

Headquarters have started sending out '**III Health Retirement Pension re-assessment forms**' to those on ill health pensions. This is due to the **Public Services Pensions Remedy** which comes into effect on the 1st October, 2023. This will not affect your pension and depending on what scheme your pension was granted, you will have the option to stay or change and you may find you get an increase. Do not worry I am assured that it will not affect your current pension, they cannot take this away. So, when HQ send you '**Consent to access your medical records**' form, do not worry just respond.

To read more you can go to the NARPO website www.narpo.org. The password (with no spaces) for the members' pages can be found in the hard copy of this newsletter

Have we got your up-to-date address and contact details? Have you moved house or changed your internet provider? If you have, you can email me at Derbyshire@narpo.org or phone me and I will update your records.

The website www.derbysnarpo.co.uk and Facebook is being well used by members. Thanks goes to our webmaster Peter Wise and vice chair Ian Louch for setting them up and monitoring the sites. Peter had an operation just before Christmas and as a result wasn't able to update the website, slowly but slowly he has resumed his position and we wish him a full recovery. Tony Roddis and Gordon Lambourn are retiring from the Committee after many years of service, we thank them for their assistance and wish them well in their retirement. Would you like to be a Committee Member? Please contact the Secretary for further information.

You will see from the '**In Memoriam**' page that it has been another sad year where we have lost members and their spouses. Our thoughts are with their families. Contact me on 01773 609043 if you have a bereavement and I will contact all the Police departments on your behalf, i.e., pensions, headquarters, mutual welfare etc. as it can be a very daunting task at this sad time. NARPO have produced a 'bereavement booklet', which is available on our website www.derbysnarpo.co.uk under 'Useful Information'.

We have organised two coach trips on the 7th June to RHS Gardens at Harlow Carr, Harrogate or/and Harrogate Town for non gardeners and a trip on the 19th July, to York City Centre. Please see the booking page.

I mentioned previously about joining the Civil Service Sports Club. Check it out online. Have you thought about getting a '**Blue Light**' card at <https://www.bluelightcard.co.uk> Cost £4.99 for 2 years. I got 10% off a pair of trainers, which has nearly paid for itself. NARPO has recently teamed up with the County Shop and we have free access with our membership. There is one in Long Eaton and Doncaster area. These shops are where you can buy in bulk items near to sell by dates. Worth a look.

Sean Murphy

ANNUAL GENERAL MEETING

The AGM will be held at 3pm., Sunday, 14th May,2023 at The Pavilion, Morley Hayes Golf Club, Morley, Derby DE76QA

Agenda

1. Welcome
2. Apologies
3. Absent Members
4. Minutes of the last Annual General Meeting.
5. To receive the Annual Report for 2022
6. To receive the Statement of Accounts and Balance Sheet for 2022
7. Election of Officers and Committee
9. President's address.
10. Welfare
11. Sports Club
12. Annual Conference 2023
13. Any other business

Followed by a finger buffet tea. Please let me know if you are attending for catering purpose only.

Anyone wishing to raise any matter under '**Any Other Business**' is requested to give seven days' notice to the Secretary by emailing him at
Derbyshire@narpo.org

NARPO COACH TRIPS 2023.

Wednesday 7th June, 2023 - RHS Garden, Harlow Carr, Harrogate

Wednesday 19th July, 2023 - York City Centre

Cost will be £10.00 for full members, non-returnable. Widows are free, (coach only).

Please note, in the event of a trip being oversubscribed, members will be given preference. Entry costs relate to both members and non-members.

RHS Gardens, Harlow Carr, Harrogate £11.35 (group rate) RHS members free. or Harrogate

York City

Times of departure and pick up points for both trips:

0830 at Derby, 0850 at Ripley, 0915 at (Slacks depot) and 0945 at Chesterfield.

Anyone wishing to go on any of the trips please complete the acceptance slips on the opposite page together with cheques made payable to **Derbyshire NARPO or pay by bacs** (using your name as reference) and return to: **Julia Fearn**, or contact the Secretary if you haven't got her details.

Seats on the coach will not be guaranteed unless the appropriate amount plus entry fees have been received.

Pick Up Points:

Derby – Outside Premier Inn, Full Street, **Ripley** – Bus Lay-by Market Place., **Matlock** – Slacks Coach Depot. **Chesterfield** – Outside the Old Court House, West Bars.

COACH TRIPS BOOKING FORMS.

Coach trip to RHS Harlow Carr. Harrogate Wednesday 7th June, 2023.

I wish to book..... seats.

I/We will meet the coach at.....@.....am.

I enclose remittance of £cheques payable to **Derbyshire NARPO or by bacs.**

Cost: £10.00 members, widows free, non-members £15.00 (*coach only*)

Name.....tel. no.....

Address.....

Names of any guests.....

£11.35 (Group discount rate) to be paid at time of booking, unless RHS member who are free, please advise.

Members wanting to visit Harrogate only – no cost.

Coach Trip to York. Wednesday 19th July, 2023.

I wish to book seats.

I/We will meet the coach at.....@.....am.

I enclose remittance of £cheques payable to **Derbyshire NARPO or by bacs..**

Cost £10.00 members, widows free, non-members £15.00 (*coach only*)

Name.....tel. no.....

Address.....

Names of any guests.....

Costing of Trips

Due to the poor uptake of the coach trips last year and the increase in fuel costs, the committee have taken the decision to raise the cost to £10. (non-returnable)

NATIONAL ASSOCIATION OF RETIRED POLICE OFFICERS

**INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31ST DECEMBER 2022**

<u>INCOME</u>	2022	2021
Subscriptions		
XPS	25,154.64	24,732.00
Direct from Members	<u>894.41</u>	<u>469.58</u>
Close Bros. Interest	483.34	483.34
TOTAL INCOME	26,532.39	25,684.92
<u>EXPENDITURE</u>		
Committee Travel/Meetings	1,072.60	663.80
Subscriptions to NEC (Precept)	11,082.13	10,851.84
Branch May Lunch	1,185.80	0.00
Less Member's cont. & refunds	767.00	<u>0.00</u>
Christmas Lunch	2,922.12	2,025.00
Less Member's cont. & refunds	<u>1,998.00</u>	<u>1,289.00</u>
Trips	3,886.00	0.00
Less Member's cont. & refunds	<u>1,299.90</u>	0.00
Social Events/Raffles	3,174.20	1,239.00
Less Member's cont. & refunds	<u>450.00</u>	2,724.20
Presentations/Donations/Folders		245.00
Committee Expenses with Guests/Hospitality		22.29
AGM Refreshments	825.00	0.00
Less contribution from Harvey Howell	<u>100.00</u>	725.00
National Conference	2,457.30	2,167.89
Website		750.00
Annual Report	42.19	34.14
Newsletter	48.08	23.10
Refund of Subscriptions	89.28	43.20
ADMINISTRATION		
Honoraria: Chairman/Secretary/Financial Manager	4,750.00	4,750.00
Postage, Stationery, Telephone etc.	295.39	201.61
Computer Maintenance/Upgrade	0.00	74.99
Professional Charges	200.00	200.00
Corporation Tax	91.77	93.10
Zoom Meetings	143.88	168.39
TOTAL EXPENDITURE	28,668.13	22,273.73
Surplus of Income over Expenditure	(2,135.79)	3,411.19

**NATIONAL ASSOCIATION OF RETIRED POLICE OFFICERS
DERBYSHIRE BRANCH**

BALANCE SHEET AS AT 31ST DECEMBER 2022

	2022	2021
Close Bros.	0.00	30,208.97
National Westminster Bank	50,916.47	22,819.12
Petty Cash	8.78	32.90
	50,925.25	53,060.99
Less Creditor	200.00	200.00
Net Assets	50,725.25	52,860.99
Represented by Accumulated Funds		
Balance as at 1 st January 2022	52,860.99	49,449.80
Surplus of Income over Expenditure	(2,135.74)	3,411.19
	50,725.25	52,860.99
Balance as at 31 st December 2022		

The above accounts have been prepared and presented by K Gibson, Financial Manager, Derbyshire Branch.

Examiner's Report

I have examined the above accounts of the Derbyshire Branch of the National Association of Retired Police Officers for the year ended 31st December 2022, and confirm that these are in accordance with the books, records and information as supplied by the Financial Manager.

Kenneth R Cope, ICPA,
Certified Practicing Accountant.
9, Amber Heights, Ripley, Derbyshire, DE5 3SP
23 March 2023

New Members of NARPO

Mrs. Maureen Louch widow of Insp John Louch	Elizabeth Lesley Littlewood
Paul Frederick Edwards	Vanessa Louise Burns
Gareth John Meadows	Kevin Morrissey
Paul Watson (Associate) Essex	Peter David Harley
Avril Marian Stewart	Hilary Gilbert
Lisa Jane Bailey	Mrs. Minnie Greatorex widow of D/Sgt Phillip Greatorex
Anne Louise Winchurch widow of ex Pc Michael Christopher Winchurch.	Philip Robert Lee
Adrian Michael Pegg	Matthew John Hill
Rosa Antoinette Redman nee Defilice	Manjit Sangha
Catherine Anne Copestake	James Hamilton Robinson
Michael Robert Hutcheson	Wayne Andrew Neal
Carol McDonald	Nicholas Robert Pitt
John David Bowman	Stuart Lomas
Andrew David Small	Robin Leslie Gray
Paul Markham	Paul Simmons
Barry Bacon	Mark Stephen Preston
Graham Stuart Prince	Mrs. Monica Ann Woodcock widow of Sgt Barry Woodcock
Stephen Pont	Sharon Wright
Darren Jeffrey Parkin	Kemal Mehmet
Mrs Gwendoline Green widow of Insp Brian Green	Cathy Malbon-Clarke
Mrs Sarah Louise Beesley widow. (Metropolitan Officer)	Stephen Jon Platt
Ian Wimbush	Mrs. Caroline Tracy Anne Flint widow of C/Supt Roger Flint
Darren Paul Belfield	Mrs. Glennis Anne Morris widow of Pc Trevor Morris.
Anthony Hall	James Donald Sergeant
David John Tapp	
Brian Derek Bilby	
Jason Robert Clark	
Stephen Christopher Winnard	

Sports Club

The last meeting of the Sports Club by 'Teams' took place on the 8th November, 2022 and the next meeting is due to be held on the 16th November, 2023.

There are currently 2612 members including retired members.

The Sports Club is now a Limited Company as reported in the Annual Report for 2019.

Corporate tickets are available for numerous venues from Chatsworth House, Crich Tramway to Imperial war Museum

To obtain tickets please email - HQ.CentralSupport@Derbyshire.Police.UK Tickets can be booked out up to 60 days in advance. Also look at our website.

Sean Murphy - Sports Club Rep

Dates for your 2023 Diary

14th May, 2023	Annual General Meeting, Morley Hayes Golf Club
25 th May, 2023	Branch Lunch at Morley Hayes Golf Club
7 th June, 2023	Coach trip to RHS Gardens, Harlow Carr, Harrogate.
19 th July, 2023	Coach trip to York City Centre
28 th July, 2023	North Div Social, Buxton Conservative Club

In Memoriam may they rest in Peace

Mrs. Valerie Joy Bushell wife of ex Pc (1105) Keith Bushell	Ex Sgt (101) Leslie Oldham
Mrs Patricia Ann Hardy wife of ex D/C/Supt Andy Hardy	Ex Sgt (1116) John Field
Pc (413) Graham Walters	Ex D/S Dennis Rodgers
Mrs. Gwendoline Audrey Pheasant widow of Pc Sidney Pheasant	Ex Sgt (127) Ian Carter
Ex Insp (26) Richard 'Dick' Henry Smith	Ex Pc Trevor Morris
Ex Insp (725) Michael Bown	Ex D/s Harold 'H' Robinson
Ex DC Edith 'Beau' Eccles-Walker	Ex Pc Stephen Robert Pickles
Mrs. Patricia Kathleen Domleo wife of ex Pc (851) Jim Domleo	Mrs. Joan Vaines widow of C/Insp Archie Vaines.
Ex C/Insp (164) Peter Whitworth	Ex Pc (666) Kenneth Catton.
Ex C/Supt Roger Flint QPM	Pc (315) Donald Wesson
Ex Pc Edward Law	Pc (50) Geoffrey Selby-Sly
	Mr. George West husband of Pc (1773) Louise West

NARPO BRANCH LUNCH
Thursday, 25th May, 2023 12.30 for 1pm.

Granary Loft and Mill Room, Morley Hayes Golf Club, Morley, Derby DE7 6QA

The cost will be **£27-00** for members, **£32-50** for non-members, widow members free of charge. If you wish to attend, please complete the slip below with your menu and seating choice together with your remittance no later than the 18th May 2023 to Dave Ashley.

Menu

Tropical Fruit Cocktail, pineapple sorbet lime syrup
Cod Fishcake, pea puree, tartar sauce, pea shoots.

Roast chicken breast with leek and bacon cream.
Daube of Derbyshire Beef in port and red wine sauce
Roasted Fillet of salmon with lemon caper butter sauce

Vegetarian option: Shallot tart, roasted feta with honey and thyme

All served with seasonal vegetables and chef's choice potatoes

Warm Apple pie and clotted cream
Warm Sticky ginger pudding, vanilla ice cream and toffee sauce.

Tea and Coffee with mints.

I will be attending the Branch Lunch and enclose a cheque payable to **Derbyshire NARPO** for £ or I have paid by **bacs**

Name 1.

Name 2.

Menu Choice

Starter.....

Starter

Main

Main

Dessert

Dessert

If possible, I/We would like to sit with..... (Every effort will be made to accommodate your request)

Prostate Cancer UK Ambassador – NARPO member Andy Picken

This story began in the autumn of 2018 when I was invited to attend the Staysure Tour's Travis Perkins Masters at the beautiful Woburn Golf Club as a guest of the organisers. The charity being supported during the course of the event was Prostate Cancer UK. They were running an awareness campaign providing Man of Men badges and a host of vital information to spectators and players. I had seen these badges on Sky Sports, worn by the football punditry team, but didn't really know much about the disease.

I am ashamed to say that I paid for my badge and the information booklet, popped them in my coat pocket and forgot all about it. The Man of Men scheme is a brilliantly conceived and executed. Like most men I don't really think about health-related issues.

A couple of weeks later, Golfshake were approached to support a media awareness campaign that was being created in partnership with Prostate Cancer UK. I volunteered to help reviewing the material with much more interest. The more I read and the more I subsequently understood about the disease, the more concerned I became. Both my parents had died of cancer and this increased my personal risk factors by 500%.

I wanted the articles to be the best that it could be but also wanted to be reassured about my own health prospects so made an appointment with my GP.

I was asked to provide samples of blood from which my PSA test was obtained, a screening method deployed to help detect the presence of prostate cancer. This produced a numerical figure compared against my age bracket and ethnicity. It was elevated above the normal level. A further check discovered abnormalities to the rear of the prostate itself. This led to a referral to the local urology clinic being supported by the highly experienced consultants based within it. Additional examinations, including a full body MRI scan revealed the presence of an ominous shadow requiring further investigation. This could only be undertaken by way of a mechanical biopsy. This multiple biopsy was completed under a general anaesthetic during a procedure that is completed as an outpatient.

On that day 129 men in the UK received the same diagnosis as me. You have Prostate Cancer. My early diagnosis has given me the best possible chance of a successful outcome. I have all treatment options open to me and I know exactly where the tumour is, its size and regular monitoring allows the medical experts to assess if anything is changing. This is a good thing! 1 in 8 men will be affected by this disease and no screening programme currently exists. If you are a man of colour the odds increase to 1 in 4.

Late diagnosis means that around 14,000 per year die as the cancer has the chance to migrate from the prostate gland and into other areas of the body leading to death. Most of these deaths are because those involved did not get checked out and the cancer was not discovered until it had already migrated.

If you are a man aged over 40 – or are concerned for a father, husband, partner - please take the time to read the material that has been prominently displayed on the Golfshake website. It has made such a difference for me. The risk checker on the site is very helpful.

One man dies of Prostate Cancer every 45 minutes in the UK. This is the time it takes to play three holes of golf.

**Prostate cancer is the most common form of cancer in men in the United Kingdom.
The key to a successful outcome is early identification, recognition and treatment.**