

The National Association of Retired Police Officers

Derbyshire Branch



NARPO – The voice of Retired Police Officers

Summer 2023 Newsletter

Who's Who?

Branch Committee Members

| | | |
|---------------------|----------------------|--|
| President | Rachel Swann, QPM | |
| Chairman | Dave Ashley | |
| Vice Chair/Facebook | Ian Louch | |
| Secretary/Treasurer | Sean Murphy | 07586 347179 mailto:derbyshire@narpo.org |
| Finance Manager | Keith Gibson | |
| Website Manager | Pete Wise | |
| Committee member | Richard 'Doc' Watson | |
| | Ron Taylor | |
| | Paul Gibbons | |
| | Ivan Taylor | |
| | Julia Fearn | |

At the recent AGM held at Morley Hayes, two long standing members announced their retirement from the committee. Gordon Lambourne and Tony Roddis both decided that after many years of loyal service to the branch it was time for them to step aside. Their resignations from the committee were accepted and Chairman Dave Ashley paid tribute to their time and service in the Branch. In lieu of gifts they both asked if a donation could be made to Ashgate Hospice and the meeting unanimously supported this suggestion.

These resignations do of course leave a couple of vacancies in the Branch committee which we would seek to fill over coming months. We want the branch committee to be representative of the overall membership in terms of ethnicity, gender and age and ensuring that all areas of the county are represented. If you would like to know more and can spare a few hours every three months or so, please contact either Dave Ashley, Ian Louch or Sean Murphy for more information.

At the same meeting, the chairman, Dave Ashley, gave notice of his intention not to stand for re-election in 2024.

Newsletter Editor

We would be very interested to hear from anyone in the Branch who might have the knowledge and the time to help out our Secretary, Sean, by putting together the Branch Newsletters. At present this is done by Sean but we would be interested to hear from anyone who would be interested in taking over this role. The Newsletter normally comes out twice per year, one edition of which also acts as the Annual Report. (This newsletter is an addition to the regular number.) If you have any ideas on the content or layout etc of the newsletter and would like to get involved please contact Sean or Dave. Thank you

Branch Bank Account Details for making ANY payments to the Branch

Payment by bacs is the preferred payment method of the Branch. Please use your name as a reference. Payments should be made to:

Account Name; Derbyshire NARPO
Account Number; 80597408
Sort Code; 60-14-15
Account Address; National Westminster Bank
19 Dale Road, Matlock, DE4 3YA

Any payments made by cheque should be forwarded to Sean Murphy.

Welfare matters!

***Congratulations, you've retired!
So, what happens now?***

One of the main responsibilities of NARPO is the welfare of its members. In fact this is laid out in Rule 2 (a) of its Constitution which reads:- *"The objective for which the Association was established is to safeguard the rights of members and to promote measures for their welfare, with particular regard to pensions."* Whilst NARPO nationally has the prime responsibility for the issue of the Police Pension, increases to it and anomalies within the rules, at a Branch level the issue of "welfare" is looked at more widely and on a more personal level.

For most people the act of retiring from the “force”, either the Derbyshire Constabulary or elsewhere, is seen simply as taking the next step in life’s journey and has no adverse effect upon their physical, emotional or mental wellbeing, whilst for others this can be a highly traumatic event in their lives. Others may well have had ongoing issues prior to and/or at the time of their retirement. In some cases, these issues may well have contributed to their decision to leave the force.

NARPO in Derbyshire sees as a priority the task of identifying members who, for whatever reason may be struggling to come to terms with retirement, or who having already retired are facing other issues adversely affecting them and possibly their loved ones. As an organisation, we do not have the expertise, experience or qualifications to even attempt to diagnose what is happening to people in this respect. What we do have though is a large number of ex cops – men and women - with the experience of dealing with people in distress or facing major difficulties and traumas in their lives. Many of them I am sure would be more than willing, even enthusiastic, to put their experience and knowledge to good use in assisting their fellow retirees. Many may already be doing this in their own private way, talking to mates who perhaps are facing illness or suggesting a way forward for someone with a problem etc.

We want to harness this experience and enthusiasm by identifying NARPO members across the county who are willing to do this on a slightly more formal basis, under the remit of NARPO. We would like to talk to potential volunteers about this, what would be required of them, how they would communicate with the Branch committee etc. If you would like to know more about this potential role, then please email me at dave.ashley782@hotmail.co.uk Thank you.

Health and Welfare – What’s on offer to NARPO members at present

Although once you retire you may feel as if you are on your own in respect of health and welfare, there are actually a number of organisations and systems that are still available to you. Below is a brief note about some of them. In subsequent editions of the Newsletter, you will find further, more detailed information.

The Police Treatment Centres: These are located at Harrogate, Yorkshire and Auchterarder, Scotland. They offer residential physiotherapy, remote physiotherapy outpatient appointments and a retired wellbeing programme during retirement. You need to join at £4.50p per month to take advantage. Check their website www.thepolicetreatmentcentres.org for details.

Health Assured

Retirees from the Derbyshire Constabulary continue to have access to all the services of the Force’s Employee Assistance Provider, **Health Assured** for up to 3 months following their retirement date. There is a free, confidential, 24-hour helpline available to support you and your immediate family through any of life’s issues or problems [0800 028 0199](tel:08000280199) for three months following retirement. If you felt this service may be appropriate for you or for someone you know but you need further information, just contact me at dave.ashley782@hotmail.co.uk.

Police Care UK

Police Care UK is a charity for serving and veteran police officers and staff, volunteers, and their families. They are independent of the police service and are funded entirely by donations and fundraising. They receive no money from government or forces for their work. You can access practical, emotional and financial support that is confidential and impartial by submitting a referral for you or someone you know to [Police Care UK](http://www.policecareuk.org)

Mutual Welfare Fund

You have to be a member of the fund from when you joined. However, the object of the fund shall include the provision of welfare benefits to members and pensioned members. All payments are 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.

The Derbyshire Benevolent Trust

This is an independent organisation offering welfare and benevolent services and facilities for its members and their families. Their services are exclusively available to serving Derbyshire police officers and police staff and to retired members of Derbyshire Constabulary. If you are not a member or would like further information, go to their website www.derbyshirebenevolenttrust.com

Members Page!

Where are they now?

We have all asked the question, "I wonder where s/he is now and what s/he is doing?" Well, this is the first article in what we hope will become a regular feature helping to bring back memories of past colleagues, perhaps not seen in years. For this to become a regular feature in future editions of the Newsletter, will need contributions from members to make it happen. This one is from Retired Constable 656 Alan George Barstow. Alan now lives in Sweden and I caught up with him whilst trying to update his email address and phone number (by post) for our records. This is what he has had to tell me: -



George Barstow



The Miners Strike!!

"Life here in Skåne, Sweden is very good. I love the fact that there is little traffic on the roads (the traffic in the UK now scares the hell out of me whenever I venture back). The downside, though, is that Swedish motorists cannot drive, they have no road sense nor driving skills. The number of times you meet one, in a world of his own, driving towards you on your side of the road, are too numerous to mention. You need your wits about you at all times.

I occasionally manage to look at various police Facebook sites, such as Not Narpo North; DC Collars (Derbyshire Constabulary Collar Numbers); and Pannal Ash Dishforth PTCs. I love to see that many of my old colleagues frequently post on these sites. It keeps me up to date with things.

Out here in Sweden I do love cooking some good old fashioned Derbyshire favourites (all out of necessity) by making my own Derbyshire oatcakes (a must for a proper breakfast) curing and cold-smoking my own bacon, making my own pork-and-tomato sausages, baking decent bread cobs and making utterly delicious pork pies and sausage rolls. The smells prompt the locals to come sniffing around whenever I've got my apron on, and they love all these Derbyshire specialities.



I also have a large workshop and studio on the ground floor of my house, which in the past has been used as a cow-shed, a blacksmith's forge and a cobbler's shop. I now use it to do a spot of woodworking (house-name signs are a long-time passion) and artwork. I also paint portraits in oils, do linocuts prints and draw scraperboard pictures.

I am also still a keen birdwatcher and have recently started to photograph many of the 84 bird species that I have recorded so far in and from my garden. Being bored is not on my agenda and I frequently find there are insufficient hours in the day to achieve all I want to. When I was out birdwatching last summer, I saw this gorgeous Beautiful Demoiselle damselfly on some reeds in my favourite stream. I hadn't seen one before so I was quite excited to photograph it.



It's perhaps important to show that living in a strange country that has weird and arcane customs doesn't mean that you have to give up on the things you like. I may be absent but I'll always be a Derbyshire lad at heart. Around eight years ago, Sean Murphy asked me to write an article about how and why I moved to Sweden and he published that in a NARPO

newsletter. A number of old colleagues got in touch with me as a result of that article. Perhaps the same will happen again.

Best wishes from Skåne,
George (ex-656).
Alan George Barstow
olafbloodaxe22@gmail.com

What's on Socially?

Branch Coach Trips

For 2023 the Branch has just one further coach trip available this year. **Wednesday, 19th July, to York City Centre.**

As a result of the poor uptake of coach trips in 2022, the Branch committee has reluctantly had to increase the price of coach trips to £10 (non-returnable) for members with widows still going free. Any entry costs to venues will be additional to these prices. This is still excellent value for money. Should a trip be oversubscribed then members will be given preference.

Julia Fearn is the organiser of these coach trips and anyone wishing to go to York one is asked to complete an acceptance slip, found in the last Newsletter and repeated below. Payment can preferably be made by bacs or alternatively by cheque payable to "Derbyshire NARPO". Seats on the coach cannot be guaranteed until payment and entry fees (where appropriate) have been received.

The coach for York on 19th July will pick up at the following points:

- Outside the Premiere Inn, Full Street, Derby at 8.30am,
- The bus lay-by at Ripley Market Place at 8.50am,
- Slacks Coaches Depot at Matlock at 9.15am
- and finally, outside the Old Court House, West Bars, Chesterfield at 9.45am

Social Evening at Buxton

Following a break of several years brought on by the Covid pandemic, the Branch is now able to re-instate the very successful Buxton Social Evening. It will be held, as previously at Buxton Conservative Club, 3 – 5 Concert Place, Buxton, SK17 6EE. (It is just off the Market Place) It will start at 7pm on Friday, 28th July, 2023. Hopefully the weather will be kind to us for travelling. A free buffet will be provided as usual. If you live up in the north of the county, please put the date in your diary and try to join us for the evening. There will be a raffle during the evening for a local charity so feel free to bring a prize. NARPO Social evenings here have always been excellent in the past – a real opportunity to catch up with people you've not seen for a long time.

Please drop Sean Murphy an email or ring him to let him know that you are going – just for catering purposes.

If you would like to go to this event – or indeed any others – but feel a little nervous, either about travelling at night, turning up on your own or for any other reason, please just give me a ring on 07738 552178 and let me know the problem. I will then do all I can to try and come up with a solution. We don't want anyone to feel unable to join in at events like this for any reason when we might just be able to resolve it.

Social Evening at Chesterfield

And whilst talking about social events, we have also arranged a further social evening at Chesterfield. This is going to be held at Chesterfield Golf Club, Matlock Road, Walton, Chesterfield, S42 7LA. It will be on **Thursday, 14th September, 2023** starting at 7pm. As at Buxton there will be a free buffet for everyone attending and also a raffle for a local charity. Please let Paul Gibbons know if you plan to attend so that he can arrange suitable catering. The same message about wishing to attend but feeling nervous applies to this event also.

Sunday Lunch at Derby.

This is being held at Mickleover Golf Club, 95, Uttoxeter Road, Derby DE3 9AD 12.30pm. for 1pm on Sunday, 12th November, 2023. Please contact Ian Louch for more information.

1960's Cadets Re-union

Following a successful reunion of Derbyshire Cadets from the 1960's in 2022, Mick McElhinney has organised a repeat get-together of the same cohort for next year. The date will be Thursday, 23rd May, 2024 and the event will commence at 2pm (**Yes 2pm**) at Chesterfield Golf Club, Matlock Road, Walton, Chesterfield, S42 7LA.

A buffet will be provided (catering for any special dietary needs) including tea and coffee and to test your powers of recall there will be a 60's quiz. The golf club bar will be open.

The cost will be just £13, including £1 for quiz prize and tips for staff.

Those wishing to attend are asked to contact Mick McElhinney if they haven't already done so. His email address is mick_harrogate@btinternet.com



Scene from the 2022 Cadet Re-union

Quiz Time!

For some years, although she now lives out in Lincolnshire, a Derbyshire NARPO Branch member, Gillian Halliday, has been raising money for a most worthwhile Derbyshire charity and one that is close to the hearts of many members, Buxton Mountain Rescue (BMR). Gillian raises the money by writing and administering postal charity quizzes, which she does twice per year. The cost to have a go is just £1 or £1.40p if paying by PayPal. So far, she has raised almost £4,000 for Buxton Mountain Rescue using these quizzes. Gillian personally donates the prize money (£10 and £5) and the cost of all the administration out of her own pocket, so 100% of the monies raised is donated to BMR.

Her latest quiz, number 18, has recently been issued but it runs until 31st October, 2023 so you have plenty of time to work out the answers and return the sheet to her with the entry fee. In order to have a go at Gillian's quiz and at the same time support Buxton Mountain Rescue, just email her for application details at gillianihalliday@gmail.com or visit the Buxton Mountain Rescue website at <http://buxtonmountainrescue.org.uk/>