

NATIONAL ASSOCIATION OF RETIRED POLICE OFFICERS



CHICHESTER BRANCH

SUMMER NEWSLETTER 2009

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ANNUAL GENERAL MEETING

89 members attended our AGM held at the Royal Norfolk Hotel at Bognor Regis, on 16th April 2009, which was slightly down on numbers from the previous year. As usual, the meeting was deliberately kept as short as possible to allow for a supper afterwards, and this again proved to be a very successful evening. Since the last AGM, Hugh Creed had resigned from the Committee, and the Chairman presented him with Life Membership of the Association in recognition of his valuable service over many years. We welcome John Paice who has replaced him on the Committee. In his report, Bob Davies announced that after many years, this would be his last year as Chairman and that he would be handing over to a new Chairman at the next AGM.

The full committee is as follows:

Chairman	Bob Davies
Vice Chairman	Barry Wiseman
Secretary	Les Mann
Assistant Secretary	Ken Whitfield

Treasurer	Keith Mates
Assistant Treasurer	Ian Arnold
Social Secretary	Carol Wiseman
Chaplain	Rev. Cannon Jo Gavigan
<i>Committee Members:</i> Barbara Collison, David Warner, John Paice, Lin Herbert, Mike Herbert, Steve Rolfe	

OBITUARY

It is with great sadness that we announce the passing of the following members:

Heather Bourne on 19th January. Heather was the widow of Clifford Bourne who served at Petworth

Ron Pulsford on 13th March. Ron was ex Met 'F' Division, and Hendon Driving School Instructor, (who taught Prince Charles to drive).

Jim Campbell QGM, aged 66 years, on 24th March. Jim joined us after leaving the Army, and served at Petworth, Bognor and Littlehampton.

Frank Sloggett on 3rd May. Frank served at Bognor as rural and station Sergeant and is survived by his two daughters.

TRADES AND SKILLS

Following retirement, member Peter Webb re-qualified as a locksmith, his trade before joining 'the job'. He is a member of the Institute of Certified locksmiths. He has offered Narpo members half-price on all work. Contactable on 01243-600890 or 07786-813862

A member south of Chichester who does not wish to advertise was a shopfitter (not lifter) in his previous life. He offers furniture restoration and repairs. Details with the Secretary.

WELCOME

We welcome the following to the Branch as new members:

Cliff and Julia Holman of Midhurst as Additional Members, Full members at North Sussex, Cliff served at Midhurst before moving to Horsham.

Tim and Enid Pilbrow of Pulborough as full members. Tim is an East Sussex man having served at Danehill Rural Beat, he was at Pulborough for several years from where he retired.

Ian and Ann Smith of Chichester. Ian served at Midhurst and Chichester.

Sally Campbell of Eastergate, to whom we offer sincere condolences on the passing of Jim.

TRAVEL TIP.

When going on holiday, instead of using tiny weak padlocks on suitcases, try using nylon ties. They are cheap and can be threaded through the eyes of zip fasteners, to be cut off on arrival at your destination. Mark them in some way, say with a felt-tipped pen and you will know instantly if someone has interfered with your luggage. You will also know that nobody has put something in your case that shouldn't be there, so you can answer with confidence when asked "Has anybody put anything in your case?" (I've since been told this is compulsory when entering the USA)

TRAVEL INSURANCE.

Some of you will have found that as one gets older, holiday insurance spirals in cost. Here are a couple of suggestions;-

Intune Contactable on 0800 022 3192 or www.intunegroup.co.uk,
Intune is a subsidiary of Help the Aged.

EHIC Plus on 0845 055 5222 or www.ehicplus.com offers an unusual angle. Offered by the Medical Screening Company, it is underwritten by a Lloyds syndicate and offers reasonably priced European travel insurance in parallel with the European Health Insurance Card (EHIC). The EHIC card has replaced the E111 and is required to obtain help at state run hospitals. EHIC Plus adds insurance for private ambulances and repatriation, as well as the usual possessions insurance. There is no upper age limit. EHIC Plus advise that many tourist hotels are in league with private ambulances, that take customers to private clinics in the first instance. They say that people should make it clear that they have only an EHIC and insist that they are taken to a state hospital. If you don't have an EHIC, they are free to obtain, the Post Office has application forms, or go direct to www.ehic.org.uk.

Please note that these are only suggestions and that we accept no responsibility for any pesky little problems that arise, should anyone take up these suggestions.

EXPIRED EHIC CARDS

And on the subject of EHIC cards! The EHIC card is a government scheme giving the cardholder free or discounted treatment in state-run hospitals in the EU or Switzerland. Why have they expired? The EHIC card replaced the E111 in September 2005, and until March 2006 cards of 3 year

and 5 year duration were issued to spread expiry dates. Now nearly 3 million have run out and only 250,000 have been renewed. It is important for emergency treatment, it means you get identical treatment to that country's citizens. It does not replace travel insurance and only works in state hospitals.

And still on this subject – if you are planning a holiday in the Channel Islands, did you know they are not part of the European Union? (I didn't). On 1st April this year the longstanding reciprocal health services agreement with them was terminated. Visitors to Jersey, Guernsey etc., will continue to have free access to treatment in Accident and Emergency Departments, but must pay for all further treatment, which will include admission to the hospital. Therefore the EHIC card is of no use and it is essential to have travel insurance if going to any of the Channel Islands. Apparently the Channel Islanders wanted to continue the reciprocal agreement, our Department of Health did not. Yet something else to blame our Government for!

A DARWINIAN DILEMMA

A zookeeper was doing his rounds one day when, at the monkey house, he came upon a monkey sitting on a branch with a copy of the Bible in one hand and Darwin's *'On the Origin of Species'* in the other. The zookeeper asked the monkey: "What on earth are you doing sitting there with those books in your hands?" The monkey Replied: "I'm trying to discover if I'm my brother's keeper or my keeper's brother".

CAR INSURANCE

If you are still working! Please check the details of your car insurance to confirm that you have cover for "commuting to and from work" I have information from a

member that a friend of his had a slight bump in the car park at work and when he processed the claim he was told by Elephant.com, that commuting was extra and he was not covered! Worth a check!

LET HIM DIG

An old man and woman were married for many years, even though they hated the sight of each other. When they had a confrontation, screaming and yelling could be heard deep into the night. The old man would shout, "When I die, I will dig my way up and out of the grave and come and haunt you for the rest of your life!" Neighbours feared him. They believed he practiced black magic, because of the many strange occurrences that took place in their neighbourhood. The old man liked the fact that he was feared. To everyone's relief, he died of a heart attack when he was 98. His wife had a closed casket at the wake. After the burial, she went straight to the local bar and began to party, as if there was no tomorrow. Her neighbours, concerned for her safety, asked "Aren't you afraid that he may indeed be able to dig his way up and out of the grave and come back to haunt you for the rest of your life"? The old woman put down her drink and said, "Let him dig. I had him buried upside down"!

HAVING A KIDS PARTY?

David and Tina Newnham, members of Worthing Branch, offer quality bouncy castles for hire ranging from toddler to adult size to NARPO members, families and friends, at a reduced price. They are members of the British Inflatable Hirer's Association, the recognized trade body and have public liability insurance. All castles are regularly cleaned and inspected. A free delivery, erection and collection service is provided. Prices start as low as £45 daily with special rates for shorter periods. Half

day rates are also available. See their website on www.boingboingcastles.co.uk

SUSSEX POLICE CHARITABLE TRUST

Some of you may have met one or both of the two Liaison Officers employed by the Sussex Police Charitable Trust, and based at the 'Health and Wellbeing Unit' (Yes, I know)! at Police Headquarters, Lewes. David Lloyd (who covers West Sussex) and David Thomas (East), do fantastic work on behalf of the members and cannot be praised highly enough for their efforts. They have produced their Trust Liaison Officers Annual Report for 2008 which gives figures in comparison to the year 2007. The following is an extract which may be of interest to you, and will give you an idea of what support is available to members should it be needed, *just by making a telephone call.*

During 2008 the Trust Liaison Officers made 515 (450 in 2007) home visits to Sussex Police Pensioners, Widows and Widowers over the age of 78 years. They made 363 referral telephone calls resulting in a further 106 (96) home visits. There were 10 (6) applications for assistance to the Charitable Trust. They referred 119 cases onto other agencies, and liaised closely with other agencies on 224 occasions. Joint funding was obtained on one occasion, with other funding being secured for a further 37 clients. Invariably, the referral cases are time consuming due to their complexity and involve multiple visits and multi-agency involvement/solution. In consultation with the Trust Secretary, the Trust Liaison Officer role continues to evolve. During the last twelve months the demands on the Trust Liaison Officers' time and expertise has increased greatly due to operational changes in the Health and Wellbeing Unit. There is now minimal input from the Unit in relation to pensioners, so the pensioner service is

almost exclusively provided by the Charitable Trust. They are becoming the primary point of contact for all pensioner related queries, and anticipate this demand will increase as the expertise of others diminishes. This has changed the direction of the Liaison Officer role, with an example of this being where they are notified of a death. Initially, the role provided for a home visit to a recently widowed spouse after the funeral. The Liaison Officers now deal with all aspects, except the force announcement. This includes initial contact with the bereaved to ascertain the details for the force announcement, liaising with the Funeral Director, WSCC Pensions and the Health and Wellbeing Unit, in addition to providing ongoing support to the bereaved, as required. The current work priorities are referred cases, new clients, clients living alone, vulnerable clients and listed visits. The Liaison Officers role continues to develop and regular contact is maintained with NARPO through the six Sussex Branches and also via the quarterly meetings of the NARPO Sussex Coordinating Committee.

Footnote: As I write, sadly David Lloyd is currently off sick and expected to be so for a little while yet. David Thomas is deputising in his absence. We wish David a speedy recovery.

MORE FACTS AND FIGURES

In Sussex there are 3,168 Police Pensioners, including widows and widowers. 1,791 are members of one of the six Sussex NARPO Branches. Chichester Branch has grown during the last year and membership is currently:

225 Full members,
49 Additional Members,
40 Widows/widowers,
1 Associate member
7 Life members,
Making a total of 322

Interesting isn't it! Is everyone still awake?

THE STATE PENSION.

In April it increased by 5% due to last year's high inflation. Future years depend on September's RPI rate; and currently it is almost zero! So if there's deflation, will pensions be cut? Thankfully no, the rules *currently* say the state pension's guaranteed to rise by at least 2.5%, even if the RPI is lower. That could be good news as growing pensions and falling prices should in theory make us all better off! Bet it doesn't work like that though!

THE ECONOMY

Gordon Brown, Alistair Darling and Peter Mandelson are flying to a world economic summit. Peter looks at Alistair and chuckles: 'You know, I could throw a £50 note out of the window right now and make someone very happy.' Alistair shrugs his shoulders and says: 'Well, I could throw five £10 notes out of the window and make five people very happy.' Gordon says: 'Of course, but I could throw ten £5 notes out of the window and make ten people very happy.' The pilot rolls his eyes, looks at all of them, and says: 'I could throw all of you out of the window and make the whole country happy.'

SAVE THE WORLD.

Well, maybe we as a group can't save the world from becoming a desert, but at least it is possible to stop the Government from getting a bit of *your* fuel tax. Here are a few economy tips to remember:

Save fuel by looking well ahead, just like we were taught. Drive smoothly and avoid heavy braking. Try to feather the throttle at cruising speeds. If you have a fuel computer, it is amazing to see how low it is possible to get your fuel consumption, just by delicate throttle work. Limit drag, by removing unnecessary roof racks. They say that leaving a window open up to 55mph has the same effect as using air-con

above that speed. Even unnecessary weight affects fuel consumption, so why drive around with a full fuel tank and a boot full of rubbish? Check your tyres. We tend to fit and forget these days, but low tyre pressures have a remarkable effect on fuel consumption. Usually, too, good quality tyres tend to give better fuel consumption than cheaper brands. Think about what you are doing. The best consumption is obtained at steady speeds, making motorways the most economical way to travel. Remember, though, that doing 55mph uses 25% less fuel than 70mph. So, whilst we can't save the world, we can save some pennies and provide our passengers with a nicer experience, too.

GET UP TO SEE IT!

At five minutes and six seconds after 4.00am on the 8th of July this year, the time and date will be 04:05:06 07:08:09.

2010 NARPO DIARIES

NARPO Diaries are available free of charge once again, please let the Secretary know, *as soon as possible*, if you require one. Contact details at the top of front page. So that I can send off orders, the closing date will be 21st JUNE 2009, after that you're out of luck!

POLICE FEDERATION WEBSITE

The Sussex Police Federation website now has a Narpo page accessible as follows: www.sussexpolfed.org/about/narpo.htm

We have been offered the facility of putting our newsletters onto the site, which I intend to do. You will also be able to read other branches newsletters – Horsham and Brighton are already on. The website also has a 'Member Services' area that carries certain offers, some of which are specific to serving officers, but most of which are available to retired officers as well. That area requires a username and

password to access it. The Joint Branch Board have agreed that Narpo members should have access to this part of the website on the understanding that a degree of security over the distribution and use of the username and password is exercised. Our thanks to The Police Federation in Sussex for allowing us this facility. Contact the Secretary for details.

AUTUMN SOCIAL

By popular demand, our Autumn Social this year will once again be a concert, featuring the return of the Southdowns Musical Society. Those of you that have seen them perform at previous events will know what a very professional outfit they are, but if you haven't seen them, this will again be a very good evening and is recommended. There will be a fish and chip supper to follow, and you are welcome to bring your own drink (there is no licensed bar). The venue is Westmeads Community Centre, Bognor Regis, at 7.30pm on Saturday 26th September. Friends of members will be most welcome. Please return the form at the end of this newsletter to Carol together with your cheque and S.A.E. *The closing date will be the 10th September 2009.*

COMMUTATION LATEST

Following the announcement of the Judicial Review Decision, the Home Office has not appealed the decision in respect of the backdating of the new commutation factors. We are advised that the appropriate circular has been prepared by the Home Office to provide Pension Departments with guidance and instructions as to what to do now. We understand those members, who will now be within this new backdated period, should be contacted by their Pension Departments automatically once they receive the Home Office correspondence. This may however, take some time to

process. It is our understanding that the date of commencement of the new factors resultant from this court decision will be confirmed as 1st December 2006.

CRUISING

Is anyone interested in a cruise in late April 2010 to the Norwegian Fjords? If we can get sufficient numbers, Carol will try to negotiate a discount for members. No flying is involved, the ship is the 'Marco Polo' which sails from Tilbury. Depending on numbers a coach will be organised to get there. The cost should be from around £650 pp. The trip is seven nights, full board and (important on a cruise I'm sure you will agree) includes all tips. At less than £100 per night for all the food you can handle, plus all entertainment and first class accommodation, this is good value! As usual with cruises, the price is for an inside cabin, but upgrades are available at additional cost. As the ship seems to sail mainly at night, a porthole doesn't seem too important. We need to know if anyone is interested in joining us before time and money is spent on research. For those who are interested Carol will make further details available. Please return the form at the end of the newsletter, or contact her on 01243 827402 by 20 July to register your interest. More information on the cruise on www.southquaytravel.com/cruises.

CENOTAPH PARADE

The Royal British Legion will as usual be organising the Ex-Service and Civilian Contingents attending the Parade and Service at the Cenotaph, Whitehall, on Remembrance Sunday, 8th November 2009. As last year, Narpo have been invited to send a contingent and have been allocated a total of 48 tickets, to take part in this unique national event, in the heart of London. Last year Hilary Fogarty represented us and you may remember her

report of the day in a previous newsletter. She described it as an amazing experience and is happy to go again this year if selected by Wakefield, but is prepared to give someone else from the Branch an opportunity to attend. For those attending, you will have to assemble not later than 10.00am on the day in Whitehall, You should be aware of the physical demands of standing in Whitehall for at least one hour and then marching for a distance of at least one and a half miles, possibly in inclement weather. A meal including tea and coffee will be provided for each member of the parade in the Peelers Restaurant at New Scotland Yard, If interested in this opportunity to take part, **please contact the Secretary immediately**, as places are obviously limited

SSAFA

If you are looking for an opportunity to do voluntary work for a charitable cause, The Soldiers, Sailors and Airmens Families Association already have a large number of retired Police Officers throughout the UK working on their behalf, but are looking for more! They are a welfare charity looking after the Armed Forces as well as the ex-Armed Forces and their Families. Over 50,000 calls for assistance are made to them every year and volunteers obtain over £20 million for the clients from a variety of Civilian and Military charities. SSAFA covers every village and town throughout the U.K. including Sussex. If interested, contact Mrs Ann Needle MBE, 1 Haywain Close Kingsnorth, Ashford, Kent. TN23 3QL. Tele: 01233 640797 or, e mail: peterbragg1@btinternet.com. OR contact the Branch Secretary of SSAFA Sussex- Richard Cossins,

Springfield', Blunt Way, Horsham, West Sussex RH12 2BL. Tele: 01403 275495. e-mail Sussexsec@ssafa.me.uk

A WEEKEND

Bob and Barry went on a fishing holiday. They loaded up Bob's motor and headed north. After driving for a few hours, they got caught in a terrible storm so they pulled into a nearby farm and asked the very attractive lady who answered the door if they could spend the night. "I realise it's terrible weather out there and I have this huge house all to myself, but I'm afraid the neighbors will talk if I let you stay in my house" she said. "Don't worry," Barry said. "We'll be happy to sleep in the barn. And if the weather breaks, we'll be gone at first light." The lady agreed, and the two men found their way to the barn and settled in for the night. Come morning, the weather had cleared, and they got on their way. They enjoyed a great weekend, but about nine months later, Barry got an unexpected letter. It took him a few minutes to figure it out, but he finally determined that it was from the solicitor of that attractive lady he had met on the fishing weekend. He dropped in on his friend Bob and asked, "Bob, do you remember that good-looking lady from the farm we stayed at, on our fishing holiday about 9 months ago?" "Yes, I do." said Bob "Did you happen to get up in the middle of the night and pay her a visit?" "Well, um, yes," Bob said, embarrassed about being found out "I have to admit that I did." "And did you happen to use my name instead of telling her your own? " Bob's face turned beet red and he said, "Yeah, look, I'm sorry mate I'm afraid I did. Why do you ask?" "She just died and left me everything!" And you thought the ending would be different, didn't you?...

**Please complete the following, where appropriate and forward to
Carol Wiseman,
6 College Close, Aldwick, Bognor Regis, West Sussex. PO21 5RR**

I/we are interested in a Cruise to the Norwegian Fjords in April 2010.

(Or telephone Carol on: 01243 827402)

Name.....

Address.....

Telephone..... **Closing date for replies 20th July 2009**

I/we would like.....tickets @ £9 each, for the Autumn Social at Westmeads
Community Centre, Bognor Regis at 7.30pm on Saturday 26th September 2009,

Name.....

Address.....

Postcode.....Telephone.....

Please make cheques payable to '**NARPO Chichester**' closing date for replies is **10th September 2009**, Tickets will be issued, **please include** a stamped, self-addressed envelope