

# NARPO

## NORFOLK BRANCH NEWSLETTER



### CHAIRMAN'S NOTES

I will start by thanking you all who sent myself and Helen cards and emails thanking us for the Centenary event at Thursford. I am pleased you all enjoyed it. The program went like clockwork and I note that you would like to do something like it again. Events like this cost a lot to put on, but I am sure in the next year or two we can arrange something. I find it good when people who have heard about it say they wished they had come. Perhaps next time, the fact that you missed out this time, will give you more impetus to apply.

West Norfolk Christmas Lunch **has sold out**. I had members requesting places as far back as August. Whilst this is good and shows its popularity, I am sorry for those who missed out, but there is another that Ian Taylor is arranging at Elsing maybe those members who missed out will support that one. I hope to be there.

If you have any ideas for dinners or any other social events, please get in touch with me. NARPO will subsidise events to keep costs down to members.

As Remembrance Sunday and Christmas approaches, we remember those whom are no longer with us. I shall be representing our branch at various events.

May I on behalf of the NARPO Committee wish you all a very Happy Christmas and a good year in 2020.

If anyone of you would like to join the NARPO Committee, please make contact and join us at the next AGM.

Stan Watkinson  
Chairman.

### OCTOBER 2019

Helen Wickens. MBE

Secretary / Treasurer

8 Yare Close

Caister on Sea

Norfolk

NR30 5RR

01493728166

07793846524

Norfolk Narpo

Secretary E-mail:

[Norfolk@narpo.org](mailto:Norfolk@narpo.org)

Norfolk Narpo

Website:

[www.narponorfolk.org](http://www.narponorfolk.org)

### NARPO NORFOLK BRANCH AGM 2020

#### **NOTICE OF NEXT ANNUAL GENERAL MEETING:**

**THURSDAY 12TH MARCH 2020 - 2pm**

We hereby give notice that the Annual General Meeting of the Norfolk Branch of NARPO will take place at Dereham Football Club, Aldiss Park, Dereham, Norfolk NR20 3PX - at 2.00pm. There is ample car parking and tea and coffee will be available from 1.30pm so please come along and hear what your Committee have been doing in your name throughout 2019.

The Treasurer will of course present the accounts.

### IN MEMORIAM

Malcolm CHAMBERS, Ken BURTON



## IMPORTANT NOTICE

At the Narpo Norfolk Branch AGM held in March of this year, (2019), the meeting was informed of two factors that will affect the Branch in the future. The first was that Helen Wickens has given notice that she will give up the post of Secretary/Treasurer at the 2020 AGM, and secondly that the post of Secretary/Treasurer would be split to create two separate posts, Secretary and Treasurer. This second item was agreed by vote of the members at the AGM Meeting.

It is part of the Rules of the Narpo Constitution that each Branch has to have a Secretary and a Treasurer. Therefore it is imperative that these two posts are filled in order for the Norfolk Branch to continue to operate for the benefit of the Norfolk members. This means that the two new posts **will have to be filled** in order for the Branch to continue to function after the AGM.

Therefore your Committee have decided that at the Norfolk Branch Annual General Meeting to be held at the Football Club, Aldis Park, Dereham, Norfolk on **12th March 2020**, the Meeting will be called upon to elect a new Secretary and a new Treasurer.

Notice is hereby given to any *Full Member* of the *Norfolk Branch* who would wish to have their name put forward for either of these posts to please make a written application to Helen Wickens, Secretary/Treasurer, before **19th January 2020**.

If there is more than one person who applies for either of these posts then a secret ballot will be held at the AGM on 12th March to decide who will fill the post of Secretary and of Treasurer.

If you want more information of the requirements and responsibilities of either of these posts please contact Helen Wickens or Stanley Watkinson, who will be more than willing to explain what will be required of you.

Helen is contactable on the details on front page of this Newsletter

Stanley is contactable on [stanwatkinson1@btinternet.com](mailto:stanwatkinson1@btinternet.com) or 01553 636629

## CENTRAL AREA CHRISTMAS LUNCH

SATURDAY 7TH DECEMBER 2019 - 1PM

THE MERMAID INN, ELSING

The Central Area Christmas Lunch is being organised again this year by Ian Taylor.

You will find a copy of the menu and application form on the next page of this Newsletter.

The Cost will be £18.50 to Members and £22.50 for Guests.

As always there are a limited number of seats available and Ian has said that he has had strong interest already, so book early.

If you wish to attend, or need more information, please contact Ian on the following:

Mobile: 07721 535193

E-mail: [iantaylor508@btinternet.com](mailto:iantaylor508@btinternet.com)

Closing Date 17th November 2019

## CENTRAL AREA CHRISTMAS LUNCH 2019

### APPLICATION FORM Closing Date 17th November 2019

Name and Address of Member.....

.....  
Name of Guest(s).....

Please choose from the below menu, the starter, main and dessert of your choice.

PLEASE PUT **ONE** TICK BESIDE THE DISH OF YOUR CHOICE FOR EACH PERSON.

#### Starter:

Smoked Salmon & Prawns, Rose Marie sauce and brown bread and butter  
Sliced Melon with black forest cured ham drizzled with raspberry and balsamic coulis  
Crispy Halloumi cheese on salad with lemon dressing and artisan bread  
Chefs red pepper and vine tomato Soup with rustic bread roll  
Duck Orange and Cognac pate with rustic warm roll  
Crispy Wedges of Brie with brown bread and butter

#### Main:

Norfolk Turkey stuffed with duck and gammon with Dereham chipolata sausage and gravy  
Chefs crunchy crackling belly Pork served with Mermaid apple and apricot dressing  
Special Xmas crusty top Pie, tender Beef with port, juniper and cranberry gravy  
Crispy pan fried Salmon fillet finished with Cointreau and garlic herb butter  
*(All accompanied by crispy roast potatoes with bacon bits and winter vegetables)*

Mermaid Tart. Our own Walnuts, Stilton, Cream and Red Onion topped paprika (v)  
*(Accompanied with crispy roast potatoes, parsnips and winter vegetables)*

#### Dessert

Dann's Chocolate Orange, Mince Pies and Vanilla Ice Cream with mango coulis and wafers  
Hot stem Ginger pudding with ginger sauce and brandy custard  
Warm Chocolate Sponge Brownie with ice cream (gluten free)  
Traditional Christmas Pudding with brandy custard  
Italian Lemon Cheesecake with lemon dressing  
Dena's tipsy winter fruits and liqueur Trifle

Please print off a copy of the application form, tick your preference, enclose a cheque made out to "Norfolk Narpo" - £18.50 per member and £22.50 for each Guest and send the

Application Form and Cheque to:

**Ian Taylor, 13 Wensum Drive, North Elmham, Dereham, Norfolk. NR20 5HL**

**Please note closing date of 17th November 2019**

If the event is oversubscribed, all cheques will be returned to those who missed out.

All applications will be dealt with on a first come, first served, basis.

## LIGHT THE LAKES

Dave Bull, member of our intrepid Monthly Monday Walkers has brought the above event to our notice. Below is the front page of the “Light The Lakes” website. If anyone out there is interested in getting involved in the 2020 event then please contact Dave Bull, (details below).

“The father of Light the Lakes, retired PS Ian Davis, organised the first event on 28th April 2012, where some 594 Police Officers, colleagues and friends climbed Wainwright Peaks in the Lake District to raise money to support the orphaned children of murdered Surrey DC Heather Cooper. The event raised in excess £30,000.

Since then Light the Lakes has become an established event in the climber’s diary where Police Officers, colleagues and friends climb Wainwright peaks in the Lake District to raise money to support COPS (Care of Police Survivors) who relentlessly work to provide peer support and access to counselling services to help surviving family members rebuild their shattered lives. They have helped hundreds of police families devastated by the loss of a loved one who died on duty.

The Vision has always been to cover all 214 Wainwright fells to light a flare in honour of our fallen colleagues. The 2012 event was the foundation Ian Davis laid for Light the Lakes with the ambition of completing all 214 Wainwright Peaks. In May 2015, Ian announced he was stepping down from organising the main event and Vinny Wagjiani continued organising the event with a strong team, keeping the legacy going with his sight on getting all 214 Peaks covered.

Our partnership with Wainwrights Beer has strengthened and they continue to be our main sponsor for the event and help drive it to be the best it can be. Our support extends beyond Wainwrights and we are pleased to have a number of supporters that go the extra mile to make this event happen and we are seeing year-on-year growth in attendance. The 2019 event was exceptionally successful in that we covered 208 peaks with over 1500 participants and with it being the clearest night climbers were able to see many peaks around them being lit. Light the Lakes has fostered a hunger in people to find an inspirational peak for their next challenge.

Whilst the team may have changed over the years, the passion and determination to remember those we have lost in the Police service has not. Lighting those peaks is a time of reflection for our Police family. Many of us have lost friends and colleagues and Light the Lakes gives us a chance to continue to remember them by lighting that blue flare.

The Police family are of course also part of their local communities and Light the Lakes is therefore an event for everyone. In 2019 we saw parents and children camping up on the fells, whilst friends and family members climbed alongside their police colleagues.

This year Light the Lakes has teamed up with a local charity called Freedom Wizard who will allow those who are no longer able to visit the fells under their own steam – to be accompanied in one of their all-terrain-chairs, making this event accessible to a much wider group of people”.

Here’s a link to the website - <https://lightthelakes.org.uk/about/>

Interested? For more information contact Dave BULL on [dcandjb@hotmail.co.uk](mailto:dcandjb@hotmail.co.uk)

## Rotary : Great Britain and Ireland

Rotary is one of the world's largest and most successful global membership and humanitarian service organisations, with 1.2 million members in over 200 countries.

We have been contacted by Malcolm Goodson with the following request:

“For the past 30 years I have been in Rotary both at Club and District in various roles. I am about to take the Chair for Membership within my Club but this applies to all Clubs in Norfolk. Would it be possible to place a small piece in the Newsletter inviting retired Officers to visit a Rotary Club in their area?.

Responses could come to me in the first instance.

Best regards

Malcolm”

If you are interested in Rotary please contact Malcolm Goodson on:

[malcolm@goodsons.force9.co.uk](mailto:malcolm@goodsons.force9.co.uk)

## ANNUAL POLICE CAROL SERVICE

Wednesday 18th December 2019 - 6pm

St Peter Mancroft Church, Hay Hill, Norwich

The following is a message from Chris Eldridge

“I know a lot of the police pensioners and colleagues ask about this service that we unfortunately can't advertise as much as we used to. Is there any chance of getting a few lines on the next NARPO news to let everyone know of this years arrangements?

We are breaking with tradition by not going to the Cathedral and holding it at **St Peter Mancroft in Norwich on Wednesday 18<sup>th</sup> December starting at 1800hrs**. Afterwards there will be tea and mince pies as usual and the service will be shared with our colleagues from the other emergency services.

Thanks

Chris”

For more information contact Christopher Eldridge

[chriseldridge53@outlook.com](mailto:chriseldridge53@outlook.com)

## EMPLOYMENT OPPORTUNITY - Invigilator

Notre Dame High School, Norwich, is an 11-18 year old, highly successful and oversubscribed Roman Catholic school.

Our Examinations Office is looking to recruit some invigilators to join their busy team.

This is a very important and rewarding role, invigilating exams at GCSE and A Level. Exams take place throughout May and June, but additional mock exams are held in November and January.

Applicants need to be reliable, flexible with their availability, especially during May and June, have good attention to detail, ability to remain calm under pressure and would enjoy working within a school environment.

No previous experience is required and full training will be provided.

Currently the pay is £10.28p/h.

Join us at Notre Dame and benefit from:

- a culture which values respect, honesty and kindness;
- an outstanding quality of relationship between pupils and teachers, and between pupils themselves.

For an application form and further details including a job description and person specification, please email the Examinations Manager Mrs Lorna Thompson at [lthompson@ndhs.org.uk](mailto:lthompson@ndhs.org.uk)

**Closing date: Friday 15<sup>th</sup> November**

Notre Dame High School welcomes applications from members of minority ethnic communities and those with disabilities. The school is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. Enhanced DBS clearance is required for appointment to this post.

## EMPLOYMENT OPPORTUNITY - Delivery Driver

### *Nurtured In Norfolk*

#### Job Description

Nurtured in Norfolk is an established company based on the outskirts of Dereham, we supply: Micro Cress/Baby Vegetables, Pea Shoots, Edible Leaves and Flowers to a range of wholesalers and Michelin Star Restaurants in the London, Evesham and Bolton areas.

To cover absenteeism and holidays we are looking to recruit some adhoc drivers.

Previous experience is necessary. Current forklift licence required.

Rate: £8.80per hour. Paid on a monthly arrangement

Shifts are on a rota system:

First shift 8.30am start with finish approximately 9.30pm

Second shift 4pm start with finish approximately 2am

Third shift 10.30pm overnight to 12noon on a rota basis

These shift run on a four day week basis and average approximately 50 hours per week.

We are only looking for drivers who are flexible enough to do mix of shifts not just morning or afternoon ones.

The casual driver will:

- hold full driving license
- hold forklift certificate
- be flexible as to working hours and days
- be able to load the van manually as well as using a forklift

To apply for this casual job please send us your CV.

Wendy Cousins <[wendy@nurturedinnorfolk.co.uk](mailto:wendy@nurturedinnorfolk.co.uk)>

## [NARPO MONTHLY MONDAY WALKS](#)

Just a quick reminder that we hold a monthly Monday walk each month, on a month to month basis

The next one is planned for Monday 25th November 2019.

Starting at Happisburgh Beech Road Car Park - 10.30 sharp.

The walk is about 8 miles across country lanes, fields and tracks. The whole route is flat but muddy in places, so if you are thinking of walking with us wear boots and gaiters, (or Wellies).

If you want more details contact:

Gus Williams on 07774037611 or [mjwilliams171@outlook.com](mailto:mjwilliams171@outlook.com)

## [A GENTLE REMINDER](#)

If you have changed your e-mail address, or come to that any of your contact details, in the last few months and have yet to let us at Narpo know, then please send the change to:

Gus Williams on 07774037611 or [mjwilliams1712@outlook.com](mailto:mjwilliams1712@outlook.com)

If you do not let us know of any changes you will not receive any contact from us at Norfolk Narpo or from Narpo HQ at Wakefield.

**So, give us an update!**

**Thank You.**

## [ACCESS TO SPECIAL OFFERS TO NARPO MEMBERS](#)

NARPO HQ (Wakefield) often send us details of special offers available to Narpo Members

These take the form of an e-mail from a company and an e-mail link to access the information.

I am unable to transfer the content of this link onto this newsletter, but you can get access to this information via :

<http://www.narpo.org.uk/index.php/member-services.html>

## [NORFOLK NATTERS](#)

The next "Norfolk Natters" will be held on:

[Friday 22nd November 2019 - 6.30pm](#)

White Horse Public House

Trowse, Norwich. NR14 8ST

Food is available and you should let know if you intend eating.

Contact Brian Pincher on:

07795507421 or [bpincher@btinternet.com](mailto:bpincher@btinternet.com)

## **BBC STUDIOS**

I am working at the BBC on a project aiming to capture testimonies by people who lived through or fought in World War Two. Naturally due to the time passed, we are limited on the amount of people we can talk to, but we want to speak to as many people as possible in order to gain as wider perspective as possible of WW2.

We have been talking to societies and associations who are in contact with veterans, but we are keen to find even more people who perhaps haven't talked about their experience before, so we are reaching out to lots of people to spread the word.

I was wondering if you knew of any local associations or groups which might be able to help us, or if you knew of any veterans or people who lived through the war who might be willing to talk to us about their experience. If they are interested, we would either call them, or send a letter or email, to talk about what they remember, and then if they are keen we would record their testimony.

I would really appreciate any advice you might be able to offer us, and do please feel free to call me if you would like more information.

Many thanks,

**ELLA WOOD**

RESEARCHER

BBC EVENTS

1 TELEVISION CENTRE | SECOND FLOOR | ZONE C | 101 WOOD LANE | LONDON | W12 7FA

M: +44 (0)7738 887 834