

NARPO

NORFOLK BRANCH NEWSLETTER



CHAIRMAN'S NOTES

Thank you to all who sent me emails and Christmas cards following the Christmas Lunch at Congham Anvil, which again was a sell-out. I would also like to thank Ian Taylor for organising a Christmas lunch at Elsing Mermaid and again selling out. We have an offer from the licensee at Congham Anvil which I would be pleased to have your views on. The Anvil does not open normally on a Monday but the Licensee has offered NARPO the use of the Anvil solely for its Christmas Lunch on a Monday. This will mean we have sole occupancy of both the function room and the public restaurant. He will split the group 50/50, and this will give us much more room and able to cater for everybody, before I accept please let me have your views. Some of you have said the present arrangement is too packed so having the whole place to ourselves will alleviate this and allow for more spacing and allow me to increase the number of those attending.

The Narpo Committee has approved me to subsidise a buffet evening at the Anvil at Congham, I have yet to set prices and a date, but it will probably be mid-July. Ian Taylor is looking at arranging a Hog Roast at Swaffham Rugby Club we need to keep both event dates apart so when we get further along with arrangements, we will then set dates. Again prices and dates to be arranged for this event.

We are always pleased to receive your items for publication on things you are doing. Please keep these brief and to the point, when describing and wording it. Our Newsletter is printed at Wakefield and we are restricted to the number of pages we can print without incurring extra postal costs. As you are no doubt aware, postage goes by weight. Wakefield uses a contractor for printing and distribution, so we have to keep within their limits. The editor has the right to edit or amend items you send for publication.

I look forward to seeing many of you at the AGM on Thursday 12th March.

Stanley Watkinson. Chairman, Norfolk Branch.

FEBRUARY 2020

Helen Wickens. MBE

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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.

IN MEMORIAM

Alfred Percy ANDERSON, Ian LAKER, Richard HOWARD, David PARDON,
Dudley James BENNS



IMPORTANT NOTICE

REPLACEMENT OF BRANCH SECRETARY AND TREASURER

In the last Newsletter you were informed that our current Secretary/Treasurer, Helen Wickens MBE, has given notice that she would leave the post at the 2020 AGM. You were also informed that the Branch Committee had decided to split that current post of Secretary/Treasurer, into two single posts, Secretary and Treasurer.

Members were invited to apply for these posts to Helen Wickens or Stanley Watkinson by 19th January 2020.

On 20th January 2020 there had only been one person apply for each post:

Jane Stevens for the post of Treasurer and Gus Williams for the post of Secretary.

As there has only been one person apply for each post, the Branch Committee made the decision to offer these posts to the above persons, and they have accepted, and it is hoped that the changes will be ratified at the AGM. They will take over responsibility of Treasurer and Secretary after the AGM held at Aldiss Park on Thursday 12th March 2020.

Volunteers Required—The National Stalking Helpline

Background: The National Stalking Helpline is run by Suzy Lamplugh Trust. Suzy Lamplugh Trust is the UK's pioneering personal safety charity and leading stalking authority, established in 1986 following the disappearance of 25-year-old Suzy Lamplugh whilst at work. We work towards creating a society in which people are safer - and feel safer - from the prevalence of stalking, harassment, aggression and violence, achieved through Supporting people; Education; and Campaigning. Our stalking helpline advice and advocacy service offers support and advice to thousands of victims of stalking every year.

Helpline volunteer job description: We are looking for dedicated, enthusiastic and empathetic volunteers to respond to emails from victims of stalking. Full training will be given so previous experience in these areas is not mandatory.

Skills required:

- Excellent writing skills
- Empathy
- Be able to commit to one day a week (around 6 hours) for at least 9 months
- Be able to attend the Helpline training dates

Familiarity with databases is desirable

Helpline's opening hours are: Monday – Friday 09:30 – 16:00 except Wednesdays when we are open 13:00 – 16:00.

What support/training will you receive?

Volunteers will receive training in providing support via email, criminal and civil legislation relating to harassment and stalking, domestic violence, stalker typologies, personal safety and helpline policies and procedures. Volunteers will work alongside a Helpline Advisor every shift for support and debriefing purposes, and will have regular 1-1's for support.

What will you get in return?

- Comprehensive training in issues surrounding stalking and harassment.
- Making a difference by playing an active role in supporting people affected by stalking and harassment.
- An opportunity to learn and develop valuable transferable skills.
- Gain valuable experience in the charity sector.
- Become part of a fast-growing and respected service

Expenses will be reimbursed in line with Helpline policy.

Where are we?

We are based in Central London (due to the sensitive nature of the work we do, the location is only revealed once an applicant is successful).

Please send your CV and expression of interest to: volunteering@stalkinghelpline.org

For more info go to www.suzylamplugh.org

HUNTED—CHANNEL 4

Request from Molly Elmes, Assistant Producer, SHINE TV.

I am a TV Assistant Producer working on Channel 4's BAFTA-nominated television series *Hunted*. *Hunted* asks ordinary members of the public to turn fugitive and go on the run across a number of weeks. The fugitives are pursued across the UK by an elite team of expert hunters drawn from a variety of professional backgrounds including police, military, intelligence and security.

To find out more about the series, you can take a look on the Channel 4 website:

<https://www.channel4.com/programmes/hunted/on-demand>

We're looking for onscreen experts to form part of our hunter team. Over all our series, we have had a number of serving and former police officers take part. For example, our series consultant Kevin O'Leary is a former Detective Chief Superintendent with the Met. We have also had a former Detective Inspector, Chief Superintendent as well as a current Detective Sergeant with Kent police.

I would be very grateful if you could circulate this request for the information of members of NARPO.

If you are interested or for more details contact:

Molly Elmes Assistant Producer, Shine TV — molly.elmes@shine.tv or 02074836628

SHOP WELL FOR LESS—BBC TV

Request from Sophie Wells, Casting Producer, RDF Television

I am contacting you from RDF West, we make the hit BBC One series, Shop Well for Less. We are currently casting and looking for families and households to take part. The prime time series shows viewers how to spend without the splurge, helping to rein in spending but retain their lifestyle.

I was hoping you could share the attached flyer with everyone involved with NARPO. If any families/households are interested in finding out more they're welcome to contact me directly for more info.

Sophie Wells. sophie.wells@rdftelevision.com or 01179707601



DO YOU DESPAIR AT YOUR HOUSEHOLD SPENDING?
DO YOU WANT TO FIND WAYS TO SAVE MONEY AND SHOP SAVVY?

We're looking for people to take part in the new series of *Shop Well For Less?*

We're on a mission to prove that if you shop cleverly you could save a packet...

To find out more, please get in touch ASAP:
Email: shopwell@rdftelevision.com
Tel: 0117 970 7673 Twitter: @ShopWellForLess

Any information which you give us will be processed in accordance with our Privacy Notice, a copy of which is available on request

 

EACH

East Anglia's Children's Hospices (EACH) are looking for volunteers in Norfolk to support families in their homes (Help at Home service)

Caring for a child or young person with complex needs or with a life threatening illness can be physically and emotionally draining, takes a lot of time and can put so many extra demands on a family.

The aim of the Help at Home service is to put a caring individual into a family's home to provide everyday practical support such as cooking, cleaning, washing, ironing and gardening. There are so many families in Norfolk who would benefit, freeing up precious time for what really matters – spending time with their child and the rest of the family, making memories.

We are looking for volunteers to give just a little of their time whether you could spend a couple of hours a week or even an hour a month to help would be very welcome. We provide you with the necessary support and training, all you need to do is provide some of your precious time. If you would like any more information or to apply then please contact:

Kelty Haddock at kelty.haddock@each.org.uk or call 07714 560986.

Thank You.

NORFOLK NATTERS

The next Norfolk Natters will be held on:

Monday 2nd March 2020—6.30pm

The White Horse at Trowse

Reasonably priced food available

If you want to eat please let Brian know so he can warn the kitchen

Brian Pincher: b.pincher@btinternet.com or 07795507421

UPCOMING EVENTS

Stanley Watkinson is in the process of organising a Summer Buffet Evening for Western Area.

Date to be fixed.

To be held at The Anvil at Congham.

Stanley gives everyone interested, forewarning, that he will again be organising the Western Christmas Function in December. Date to be fixed.

To be held at The Anvil, Congham.

Watch this space for further details.

PHYLLIS OSBOURNE

CONGRATULATIONS

CONGRATULATIONS



Pictured above, on Friday 8th November 2019 at her Norwich Nursing Home, and celebrating her 100th Birthday, is Phyllis Osbourne, widow of Barry Osbourne. Barry was a Norfolk police officer, finishing his career at Wymondham Police Station.

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>

AND 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 mjwilliams171@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