

# NARPO

**NORFOLK BRANCH NEWSLETTER**  
*Of service to those who served*



## CHAIRMAN'S REPORT

As 2022 comes to a close I would like to thank the NARPO Committee for all their work during the year. We had some enjoyable outings. The Broads' day with Suffolk was a great success and the Norwich Treasure hunt likewise. We are now planning our Christmas lunches. We have 4 this year so something for all members. Those who have not previously joined us please consider and join at least one of them. NARPO subsidises the meal so this is a cheap day out and a good chance to meet old colleagues.

We look forward to events in 2023. If anybody has ideas as to what we could do please let me know; the Committee will consider how viable it is. We will no doubt join with Suffolk as this helps make the numbers up and makes the cost per member less.

May I on behalf of the Norfolk NARPO Committee wish you all a Happy and enjoyable Christmas and a Happy New Year I look forward to meeting NARPO members in 2023

Can you make Helen's Christmas happy? She reminded me we still need a Secretary please contact myself or Helen if you would like to offer your services. Best wishes to all

Stan Watkinson  
Chairman NARPO Norfolk Branch

## NATIONAL NARPO CONFERENCE

With the sad news of the passing of Her Royal Highness Queen Elizabeth II on the eve of the National Conference in Torquay, a decision was taken by the national Executive to cancel Conference as the country entered a period of national mourning.

All business on the agenda will be carried forward to next year when Conference convenes on Friday 8th September 2023 in Blackpool.

## NORFOLK BRANCH Annual General Meeting

It is our intention to hold a normal AGM on Thursday 16th March 2023 starting at 2.00pm. The venue will be Aldiss Park Football Club, Dereham, which has car parking and is all on one level for the less mobile of our Members. All are welcome.

## IN MEMORIAM

It is with sadness we announce the death of the following:

Steve Thacker, John Clabon, Martin Jewkes, Gerry Allen, Bruce Appleby,  
Martin Read ( Essex)



Oct/Nov 2022

Helen Wickens MBE

Secretary

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## **“Maintaining mobility and independence”**

For anyone facing problems with their mobility or that of a family member, the first stage is an honest conversation. No one wants to feel vulnerable or disabled, but not dealing with it might lead to serious issues. It's sometimes possible to be referred for assessment by a GP, NHS physiotherapist or a social prescriber, available at some surgeries. Many aids/adaptations to daily living can be provided through the NHS and social services, such as bath steps, handrails, walking frames, kitchen devices and alarms to alert contacts for those living alone, who have mobility problems. A referral to the Falls clinic and to the scheme organised through NHS physiotherapists, whereby supervised gym sessions are designed to improve a range of movements. Some of these require a moderate financial contribution, some, such as stairlifts, may be eligible for partial grant or low-cost payment plans. Where a person needs help with their day-to-day activities such as meal prep, personal care, "Attendance Allowance" may be payable, this is a government payment, not subject to financial means testing, that is designed to help with extra costs of becoming more independent on family members or carers, this is currently at the lower rate of £61.85 per week or £92.40 per week at the higher rate. If an individual is under state retirement age, then that person may be eligible for personal independence payments, mobility allowance and or a mobility scheme car, subject to medical screening/assessment. If you are caring for someone you too may be eligible to claim a Carer's allowance" currently £67.70 per week.

Age UK have an excellent website [www.ageuk.org.uk](http://www.ageuk.org.uk) with a wealth of useful facts and a most helpful on-line benefits calculator. They also sign post to other possible sources of support such as Alzheimer's Society, Age Concern, RNIB and The Norfolk helpline is 0300 500 1217 or the national number is 0800 678 1602 where lines are open 8am to 7pm, 365 days a year.

Police Care UK, a national charity, helps serving or veteran police and their families. They too have an excellent website [www.policecare.org.uk](http://www.policecare.org.uk). The police rehabilitation centres are once again accepting retired officers, if they join the scheme (currently £5 monthly subscription).

More locally, The British Red Cross have a mobility equipment loan scheme which is very reasonably priced, or they have an online shop where aids can be purchased, and any profits go to fund the work of the Red Cross.

Also, we at your local branch can make a welfare grant to assist in making life a little more comfortable when life becomes a little more challenging. We can make immediate small grants up to £200. Anything more has to go before the Committee

An example of such a grant is when a member is in hospital for a period of time and their partner can not drive and a grant could assist with taxi fares. We don't make grand gestures, but small kindnesses can be very much appreciated.

We also have a Committee Member on the Force Benevolent Fund.

If you think we can be of help to a member please speak to any one of the members of the Norfolk Committee and we will see what can be done.

The Secretary's details are at the top of this Newsletter.

## Events Held during the Summer of 2022

### The Queen of the Broads Boat trip and Hog Roast Saturday 23rd July 2022



Our Chairman Stan Watkinson organised this event again, however, this time the Suffolk NARPO Branch was invited to share in this trip on a 50/50 basis. The day was a tremendous success with 99 members and guests enjoying the cruise and excellent hog roast. Next year, for a change, Stan is looking at something else. See the 2023 Events article.

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### Walking Treasure Hunt Thursday 22nd September 2022

Jane Stevens, ably supported by her husband Richard (Dick), organised a walking treasure hunt in Norwich finishing at a pub (of course) This was a first for the Branch and was an extremely successful event. See what two participants, Janice and Carol also the winners of the first prize have to say:

“ Being Treasure Hunt Virgins it was with some trepidation that we set off for our first ever Treasure Hunt and NARPO organised event! Our first challenge was to find the meeting place... so armed with the instruction given as by the silver birch trees, north of the Forum we were grateful to see some smiling friendly faces on our arrival. We were all given our list of 61 clues and a hint to get us started “the answer could be on the wall, floor, behind you or across the road” ringing in our ears we headed off at intervals around the City Hall.

After much looking around, shaking of heads and back-tracking (we thought we would never get out of St Benedicts!) bumping into our fellow ‘hunters’ along the way and sharing the odd clue, we found ourselves in Tombland on question 61 (and very much looking forward to our pub buffet lunch) - we realised we didn’t know as much about Norwich as we first thought.

It was a fantastic day and judging by all the chatter and happy faces over lunch in the pub afterwards we were not alone in those thoughts. Our grateful thanks go to the hard work of the organisers Jane and Dick (Richard) Stevens. “

Janice Gaskin

Jane and Richard have already turned their minds to another one in the spring of next year.



## CHRISTMAS LUNCHES ACROSS THE COUNTY



### **Thursday 8th December 2022 - Organiser Brian Pincher**

**The Old Rectory, Crostwick, Norwich, NR12 7BG.** 12.30pm for 1.00pm. 2 courses £15 per head per member and Partner, including tea/coffee and a mince pie.

To book your place e-mail Brian Pincher at [b.pincher@btinternet.com](mailto:b.pincher@btinternet.com). Full payment needed in advance via BACS— NARPO Norfolk Branch—sort code 40.35.50 Acc No 61426680

### **Monday 12th December 2022—Organiser Stan Watkinson**

**The Anvil, Congham PE32 1DU,** 12noon for 12.30pm. There is a three course menu , starter, buffet main Course (Turkey or Roast Beef) followed by desert a choice from the large menu. Cost per head per member and partner is £11. Additional guests welcome at full price of £21.

Starters have to be pre booked at time of reserving your place (Make a note of your choice)

**1.** Tomato and basil Soup , **2.** Homemade Chicken Liver Pate served with onion chutney Toasted bloomer bread \*GF (no toast) **3.** Deep fried Mushrooms with Garlic Mayo Dip **4.** Prawn Cocktail plump prawns whole crevette bread and butter \*GF (no bread) **5.** Deep fried white bait served with Bread and Butter and tartare sauce **6.** Deep fried golden Breaded Scampi with brown Bloomer and tartare sauce

Payment by BACS to NARPO Norfolk Branch sort code 40.35.50 Acc No 61426680 Please use your Surname and K/L as reference. If you need to pay by cheque please contact Stan who will give you the address where to send it. An additional 50p will be charged for cheques to cover the bank charges. To book your place and to order your choice of starter please e-mail Stan; [stanwatkinson1@gmail.com](mailto:stanwatkinson1@gmail.com) or phone 01553 636629 Orders by 5th December.

Please note No dogs are allowed in the The Anvil except guide dogs.

### **Thursday 15th December 2022—Organiser Mark Scott**

**The Furzedown Hotel, North Drive, Great Yarmouth.** 12.30pm for 1.00pm. Same price as last year 2 courses £22.50 or 3 course £27.50. This will be discounted by £10 per head for Members and their partners.

To register an interest please contact Mark on [mark.scott91@ntlworld.com](mailto:mark.scott91@ntlworld.com) or 07771937156 and he will forward to you a menu and payment details as pre ordering is required

### **Thursday 15th December 2022—Organiser Ian Taylor**

**The Railway Arms, Station Road, North Elmham.** 12.30pm for 1.00pm. There is a three course menu with a choice of courses. Three course cost £25 with a £5 reduction per course not ordered. This will be discounted by £10 per head for Members and their partner.

To book your place contact Ian on [iantaylor508@btinternet.com](mailto:iantaylor508@btinternet.com) or 07721535193 and he will forward to you a menu and payment details. Orders MUST be placed by the end of November.



## **POLICE ARBORETUM MEMORIAL**

We have received the below letter from the Chair of Trustees to the Police Arboretum Memorial which explains the next phase of this project, a digital memorial. They seek the views of the widest audience as they embark on a consultation period to help shape the future development.

Please read the letter and complete the survey

*Dear Colleague*

*I am writing to you as Chair of the Police Arboretum Memorial Trust. It was the Trust that built and created the new UK Police Memorial at the National Memorial Arboretum in Staffordshire that was dedicated in July 2021 in the presence of King Charles III (at the time HRH the Prince of Wales).*

*It has always been the Trust's ambition to develop a Digital Memorial that was accessible to those who cannot visit the Arboretum to complement the physical Memorial. This online tribute will extend policing dedication and commemoration to a wider national and international audience.*

*As from Monday, 17th October 2022, the Trust embarks on a major engagement and consultation programme to help us shape the future development of the new Digital Memorial. I need your help and support by completing an online survey and promoting this with your family, friends and colleagues.*

*You and others can participate and contribute to the consultation process by completing the survey at <https://www.surveymonkey.co.uk/r/G83P5YW>*

*Please share this link with family, friends and colleagues, and on any social media channels that you may use.*

*The survey will take less than 10 minutes to complete but will allow us to shape the future of the Digital Memorial by obtaining the views and opinions from many diverse audiences.*

*I really appreciate all your help and support. The physical Memorial at the Arboretum is extremely popular attracting hundreds of thousands of visitors per year. As we embark on the next stage of this project – the development of the new Digital Memorial – we want to ensure that it is just as popular and becomes a fitting tribute to our police service. The views and opinions of our supporters and donors, together with the policing family and the wider population will help us achieve that.*

*Kind regards*

*Martin Hewitt*

*Chair of Trustees*

*Police Arboretum Memorial*

## EVENTS IN PLANNING FOR 2023

**The second Walking Treasure Hunt**—following the success of the first event, another walking treasure hunt is being planned for the late spring.

Organiser Jane Stevens

**Bure Valley train trip with lunch** - to have a break from the Broad tours cruise and hog roast, enquiries are being made to organise a train trip with lunch.

Organiser Stan Watkinson

**Waveney Stardust river Cruises for the less mobile Members and friends** - arrangements are being made to hold up to 3 River cruises, each taking 10 people. The boats and moorings are all disability friendly and wheelchairs have easy access.

Organiser Helen Wickens

As we progress the above events, we will keep you informed of the dates, costs etc. and we will keep our fingers crossed that you will support us

## Member Discount Schemes

1. **Blue Light Card**—This is a discount service for the emergency services, NHS, social care and armed forces, providing the members with thousands of amazing discounts online and on the high street. For just £4.99 members can register for 2 years access to more than 15000 discounts . To register go to <https://www.bluelightcard.co.uk>.
2. **Staff Discounts UK**—They have now joined forces with NARPO to offer some amazing local and national offers across the UK and Ireland. They initially worked closely with the Police Federation.  
For more information go to <https://www.staffdiscountspolicefederation.org>

## 2023 NARPO Annual Subscription

The **annual** subscription for 2023 will be £24.60 (previously £22.32) and will be collected from the January Pension payroll. The NARPO Rules state that the increase in subscriptions will be in line with the annual reporting of the CPI published in September of each year and this figure was 10.1% . In September 2021 it was 3.1%. This equates to a 19p increase per month or just less than 5p per week. The annual subscription will be deducted from the January Pension.