



NARPO Bulletin (Merseyside Branch)

www.narpo-merseyside.org.uk

Winter 2020/2021



From The Chair

Well things have not improved much since we last spoke and indeed both the weather and Covid cases have got worse. Whilst one can hope the wet weather will balance out as winter progresses who knows how Covid will progress. The good news, as I write this bulletin in early November, is that the levels of Covid in all areas of Merseyside are showing a decline however sadly it has not been enough to stop us all going into a stricter National Lockdown. As you read this we should, hopefully, be out of the National Lockdown and that it will mean in some way or other you will all be able to celebrate Christmas. Perhaps special short-term dispensations may come into play. If you would like to be able to use one of the many options to visually contact your family and friends over the internet or mobile device and you are not sure how to do it then please drop us an email and we will try to help you out.

Whatever happens please do remember that Covid is not person friendly and you do need to continue to ensure you observe the rules in relation to social distancing and the like. Sadly, my experience of being out and about is that far too many people of all ages are not thinking Covid and just carry on as normal.

I had hoped to tell you how the Chief Constable and I had managed to celebrate the 100th birthday of one of our widows. She would have been 100 on December 1st but at the end of October she tested positive for Covid and was transferred to hospital from her Care Home. Sadly, she died peacefully in her sleep the following day.

In the last edition I mentioned that the restrictions placed on funerals do mean that we are not able to attend all the funerals of our late colleagues to show our respects and I would ask again that you just might find a couple of minutes to think of them and their families. I recently attended the funeral of a close relative and it was so upsetting that you were not able to comfort those close to you in the normal way. We have had to refuse requests for use of the Narpo Drape as our policy since Covid came on the horizon has been not to make them available for safety reasons as we do need to ensure that the drapes do not carry any traces of Covid. We are currently looking at how we might make them safely available. I am sure you would appreciate that we have to be sure that everything we do in relation to Covid has to be correct and if any doubt exists, we must err on the side of safety.

Some good news though the ONS have now published the Consumer Price Index (CPI) for September 2020 and this stands at 0.5%. This as you know will mean your pension will increase by the same figure in April. Contributions to NARPO will also be increased by the same amount and the new rates will be circulated in due course. It will still be exceptional value for money when one considers what is available to you. Why not have a look at the National web site at www.narpo.org for the full details. You have every chance perhaps of saving yourself some money by using one of the many members services available.

On the subject of web sites, I am pleased to announce that the new redesigned Branch web site is now be up and running at www.narpo-merseyside.org.uk. Please do have a look and tell us what you think and indeed if you have any ideas for future content then please do contact us. The old site has served us well but was becoming very dated in both its layout and security. The new site hopefully is easier to view and navigate around and is mobile device friendly. On the technical side it is fully compliant with the latest web site guidelines. The committee continue to meet and whilst we had hoped that the November meeting would have been a face to face meet up it was not to be and we had to resort to Zoom again. Virtual meetings serve the purpose of carrying out branch business but they are no replacement for real meetings.

Whilst the planned social events for this year had to be cancelled due to Covid the Branch are still looking at events for 2021. The Danny Cruise and Christmas Markets trips have already been rescheduled. Let us hope whatever is finally arranged will be able to take place and you are at last able to have some face to face contact with your colleagues even if, as likely, some restrictions will still apply. Sadly, the Police Carol Service at the Liverpool Parish Church in December has already been cancelled. I know that many of you attended last year for the first time and expressed a wish to attend again. It is a wonderful event in the Police Family Calendar alas another victim of Covid.

In closing this not so jolly and briefer than normal column may I wish you and your families the very best for Christmas, however you are able to celebrate it, and sincerely hope that the New Year allows you to move back to some normality. In the meantime, please remember we are here for you so if you think we can help then please do contact us and please be careful and stay safe.

Malcolm Parry

November 2020

Eddie-torial

UPDATE FROM THE POLICE TREATMENT CENTRES BY PATRICK CAIRNS – CEO

Latest "cruise news" – another two cancelled. Next scheduled for June 2021. Here's hoping!

It doesn't seem a lot like Christmas. Very little to look forward to unlike in previous years. No pub? No grandchildren? No parties? The only species celebrating will be turkeys as less of them will end up on the table this year!

Recently Committee Meetings have been held virtually via ZOOM, adequate but not the real thing. I therefore once again approached the good graces of our Chief Constable Andy Cooke and from February 2021 we will meet in the Covid-secure environment of the Merseyside Police Academy, Mather Avenue. Once again, we are more than grateful to Mr. Cooke.

At the risk of appearing repetitive, I now access Facebook early every morning in case any of our members have died and the sad news posted. Facebook posts can be distressing for families and very awkward for me when I have talk to them.

It is pleasing to report that pre-retirement seminars are back up and running and staged at Mather Avenue. This will no doubt assist in recruitment of new members. I represented NARPO quite recently and was impressed with the set-up leading to my approach for use of the facility.

Members wishing to contact me should bear in mind that if they do not reach me on the office number 0151 777 4332, I am generally available on the mobile 07505 477162. In theory they should interconnect but if I happen to be in a black spot e.g. Hightown or thereabouts this does not always happen.

It only remains for me to wish you and your families a very Happy Christmas and All The Best for 2021 whatever it may bring.

Welcome New Members

Robert Moss, Craig Ewart, Patricia Barnett (widow), George Phillips, Jonathan Kent, Michael Moore, Jean Fraser (widow), Peter McIntosh, Ian Douglas, David Coughlin, Mark Freeman, Martin Curran, Patricia Roughley (widow), David Paxton, Sandra Roe (widow), Lana Sayle (widow), Alison Stevens, Lynda Blair (widow) Audrey Makin (widow), Carolyn Dunn (widow)



Social Activities

Social events this year did not quite happen as we hoped! The coach trip to the Bruges Christmas Market in November has been re-arranged for next year and everything else put on hold. Stay safe through the Winter, Lorna and Ruth are looking forward to seeing you at an Afternoon Tea when it is safe to meet up again, and even another Luncheon could be arranged. If/when we come out of all this, perhaps we should have some sort of "big bash?"

I last wrote a short article for the Merseyside NARPO readership in August of this year, and you will all be relieved to hear that 2 articles from me in 4 months will be the exception rather than the rule going forward. The last article was very much COVID-19 focussed, and I must admit that I had hoped that we would be on the edge of returning to normality by this time in November, but all of us will now already know that this is very far from the case, as we enter Lockdown Part 2. My last article focussed on the work that we had been doing remotely from the PTC during the first lockdown and some of the challenges that we had faced with our fundraising, and then without making any promises, trialed the re-opening of the Centres which we were hoping was going to happen soon. I was both pleased and relieved to deliver on this aspiration and we re-opened our door to patients on Monday 7 September.

For the time being and in order to balance the patient numbers and allow social distancing, we are only operating both of our centres at 50% of their normal capacity. We also have a series of COVID secure measures in place such as one-way systems, regular handwashing stations, and when everyone is moving in the centre, they now must wear a mask or face covering. All our treating clinicians are also wearing full PPE when they treat patients to protect both them and of course the patient. If you had suggested to me 12 months ago that this was where we were going to be I would have thought you were living in cloud cuckoo land and suggested that would significantly degrade the patient experience at the PTC, but I think that all of us are now getting used to this new situation, and getting on with it, and the more we see it, the less strange it appears to be. Most importantly from my perspective is that we are all, both employees and patients making this new situation work as well as we can, and the patient feedback on their stay at the PTC has been incredibly positive, and our police patients are still getting real benefit from their stays with us.

The second National Lockdown brought more bad news for the country, and it would have been the easiest thing for us to have closed the PTC to patients at that moment. However, we felt that if we did so, we would not have re-opened the centres again before 2021, and we were acutely conscious that our police patients needed the services of the PTC, particularly those serving officers who had worked throughout the whole of lockdown. So for now, the PTC remains open, I very much intend to keep it that way if I can do so in a safe and secure manner, and we will continue to treat our police patients as we have always done.

I am sorry to say that we are not any further forward in terms of setting a date for when we can re-start B&B stays, but when we have one, we will let everyone know as soon as possible.

The final piece of positive news before I sign off, is that our New Clinical Service Wings at Harrogate are continuing to grow and develop and of course 4 months further on from when I last wrote an article, and we can now see the shape and size of the structures both inside and outside the building. The construction industry has been exempted from Lockdown 2, so the new wings still remain on track for completion in Spring 2021, and I know that the new facilities and the extra 20 bedrooms will be much in demand at this point as we are hoping to return to greater capacity and some sense of normality.

That is about it from me, so many thanks for your continued support, I hope you and your loved ones stay safe, and I hope to see many of you at the PTC in 2021.

Patrick
Patrick Cairns

Widow(ers) Draw August 2020 Winners

Roseanne Noonan, Dorothy Salmon, Lillian Green, Carole Fowewe-Holt, Sheila Anne Brown, Maureen Ann Mayne, Susan Lee, Barbara Powell, Joan Evans, Sarah Doyle, Belinda Nelson, Diane Bridson, Christine Edgar, Marjorie Hayes, Eileen McAuley, Florence Owens, Sylvia Sanders, Doris Ursula Thwaites, Catherine Vasey, Kathleen Williams, Barbara Baldwin, Margaret Elizabeth Rimmer, Gillian Gibb, Christine Hooley, Jacqui Dolan

Widow(ers) Draw November 2020 Winners

Mary Booth, Mary Burke, Gwenfyl Lloyd Haynes, Hazel Mullard, June Scott, Esther Ann Vaughan, Lorna Williams, Thelma Mulrenan, Monica Norton, Lillian Coulthard, Philomena Preston, Patricia Clarke, Eunice Soden-Barton, June Irene Cowin, Christine Edwards, Mamie Johnson, Glenis Pattison, Marian Case, Irene Callaghan, Norah Thompson, Maureen Kefford, Margaret Rose Jones, Jean Grace Walley, Lisita Baker, Dorothy Salmon



2020 Years Ago!

Police Care UK

(Vice-Chair Christine Parkinson Reports)

In early September between lockdowns, I attended an informative and interactive course, run safely and effectively at a city centre hotel, by staff from Police Care UK (formerly The Police Dependents' Trust).

Police Care UK exists to provide practical, emotional and financial support for those who suffer physical and psychological harm because of their policing role and helps serving and former officers, staff and volunteers as well as their families. Help is independent, confidential and is supported by donations and fundraising, none of which is provided by Government or police funding.

Amongst other things, Police Care UK provides:

- Practical information relating to debt, staying well at work, family matters, bereavement, physical and mental well-being etc.
- Access to a confidential care line for counselling or psychotherapy when appropriate
- Funding for house adaptations and mobility equipment
- Support for those who need to leave the service early
- Educational bursaries for children entering further/higher education
- Respite breaks for families

Police Care UK support Police forces, groups and associations to develop initiatives to improve health and well-being in policing. Their work is independent of the police and government and is confidential and accessible.

As well as accessing services, there are volunteer opportunities within Police Care UK in the following roles:

- Peer supporter - providing support based on an individual's own experiences
- Ambassador - promoting awareness of the work of Police Care UK
- Support - providing emotional and practical support by signposting and assessing individual needs.

If you would like to learn more the following contacts details are available:

Website: policecare.org.uk

Email: hello@policecare.org.uk

Telephone: 0300 012 0030

Chief Constables Christmas Message



2020 has been a year filled with uncertainty and challenge and it was more important than ever that we worked as One Team to support and protect our communities. During this time, that One Team belief was truly tangible between the force and NARPO with the offers of assistance from members being very much appreciated.

So, as we take time to reflect on this past year, I would like to thank to all members of NARPO who continue to support us in all that we do. For an association that is committed to bringing people together, despite the difficulties faced this year, I know that NARPO will continue to support its members.

On behalf of Merseyside Police, I wish you and your families health and happiness this Christmas and for the coming New Year.

Obituaries

| Date | Name | Rank | Age |
|-----------------------|--------------------------|----------------------------|----------|
| August 2020 | | | |
| 12 th | Arthur Nicholas Barnett | Constable 1296 | 83 years |
| 14 th | Marjorie Florence Galvin | Widow | |
| 21 st | Celine Irene Knight | Det. Constable 1473 | 85 years |
| 21 st | Neil Naesland Jones | Chief Inspector | 77 years |
| 27 th | Michael Pickett | Superintendent | 79 years |
| 29 th | Kathleen Williams | Con. 52WP (LiverpoolCity) | 91 years |
| September 2020 | | | |
| 10 th | John Robert Fraser | Det. Constable 3764 | 77 years |
| 14 th | Peter Frederick Roughley | Inspector | 86 years |
| 16 th | Marie Gloria Callaghan | Widow | 67 years |
| 21 st | Christina Mitchell | Widow | 84 years |
| 28 th | Cynthia Wilson | Widow | 81 years |
| 29 th | Eileen McGhie | Con. 27WP (Liverpool City) | 78 years |
| October 2020 | | | |
| 9 th | Ivan John Sayle | Constable 2042" T" | 78 years |
| 10 th | George Edward Andrews | Sergeant 2100 | 83 years |
| 13 th | Brian Walker | Constable 1233 | 87 years |
| 14 th | Thurstan Baddeley | Inspector | 60 years |
| 16 th | Raymond Wakefield | Constable 1332 | 84 years |
| 18 th | Eileen Sullivan | Widow | 88 years |
| 21 st | Robert Bernard White | Det. Sergeant 1619 | 83 Years |
| 22 nd | Peter Dunn | Constable 2837 | 75 years |
| 26 th | Ernest Blair | Constable 3851 | 66 years |
| 26 th | William Joseph Roberts | Sergeant 2267 | 84 years |
| 28 th | Robert Ernest Bond | Sergeant 4321 | 74 years |
| 29 th | Thomas Arthur Makin | Detective Sergeant | 92 years |
| 31 st | Ida Holt | Widow | 99 years |
| November 2020 | | | |
| 7 th | Philip Johnstone | Det. Constable 2790 | 76 years |
| 10 th | Anthony Steele | Constable 5653 | 61 years |

And Finally



Ring out the old, ring in the new! It can only be better - can't it?

Currently we are banned from visiting relatives' homes, but Estate Agents can sell houses. I have put our "gaff" on the market and my son, and his family are viewing tonight at 7.00pm!

As you get older you will find that you only need 3 shops, Specsavers, Boots, and Greggs. Life is just specs, drugs, and sausage rolls!

Don't let them take your temperature when you enter a store. It's a scam! They are erasing your memory. Went in for bread and milk and came out with a case of Sauvignon Blanc.

Why do people order double cheeseburger, large fries, and a **DIET** coke?

Covid-19 Anti-Depressants

- 90 people in Church = 4 weddings and a funeral?
- Argentina is surprisingly cold. In fact, it borders on Chile!
- The Police now have authority to split up groups. Doesn't look good for The Rolling Stones!
- A bloke who completed a PhD in palindromes is now known as Dr. Awkward!
- At a recycling party you are required to bring a bottle!
- Is the Isle of Dogs the Isle of Man's best friend?
- Lollipop ladies make everyone cross!
- A preposition is not the right word to end a sentence with!
- At the birthplace of the man who invented the toothbrush there is no plaque!
- The inventor of the water jug died yesterday. Tributes have been pouring in!
- Is "an apple a day keeps the doctor away" one of Granny's myths?
- Is a dog trained to serve glasses of red wine a Bordeaux collie?
- There is a 14-day quarantine when you get home from Iceland. Is it the same for ALDI?
- How do you give up in a towel throwing contest?

Thoughts for the Winter

Brazilian footballers can't usually do puns about birds but Pele can!

"Dad's Army" is never shown in Upham – they don't like it!