



NARPO NEWS

THE MAGAZINE OF **THE NATIONAL ASSOCIATION OF RETIRED POLICE OFFICERS**



Signs of Hope and Positivity

We launch our first photography competition

LIFE:
Staying safe on social media

WORK:
Going back to the Job

LEISURE:
DIY restaurant kits



Police Mutual ISA

An offer not to be sniffed at.

FREE Alpha Pup or £10 Amazon.co.uk Gift Card* when you take out a **Police Mutual ISA** before 28 February 2021.



Choose a **FREE** Alpha Pup or £10 Amazon.co.uk Gift Card* when you take out a Police Mutual ISA



The Police Mutual ISA makes it easy to save regularly, little and often. It's also a Police-friendly place to save a lump sum, up to your ISA allowance of £20,000 in the 2020/21 tax-year. In other words, it suits however you'd like to save your money.

Once you start, you get the sweet feeling of knowing you're investing in your future. Start today with a lump sum of £100, or set up a direct debit for just £30 month.

Things to think about

- The Police Mutual ISA is a Stocks and Shares ISA
- The value of your investment can go down as well as up
- As there are no guarantees on this investment, when you take your money out you may get back less than you originally invested
- Police Mutual ISA is designed to be a medium to long term investment, held for 5 to 10 years or longer
- The maximum age at which you can apply for the Police Mutual ISA is 85

Start saving today Visit [policemutual.co.uk/isa](https://www.policemutual.co.uk/isa)

Call 01543 441 630

We're open from 8.30am - 5.30pm Mon-Fri

***Offer ends on 28th February 2021. Terms & conditions apply. Visit www.policemutual.co.uk/saveisa.**

If you choose the Amazon.co.uk Gift Card, please also see Amazon terms at www.amazon.co.uk/gc-legal.

Northern Ireland (NI) residents are excluded from the promotion.

Police Mutual is a trading style of The Royal London Mutual Insurance Society Limited. The Royal London Mutual Insurance Society Limited is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. The firm is on the Financial Services Register, registration number 117672. Registered in England and Wales number 99064. Registered office: 55 Gracechurch Street, London, EC3V 0RL. For your security, all calls are recorded and may be monitored.



LIFE after the Police

WORK after the Police

LEISURE after the Police

Welcome note

Welcome to our first edition of 2021.

Finding ourselves in another national lockdown in England and Wales is not where we wanted to be at the start of this new year. However, with glimmers of spring on the ground and in the air and continued encouraging news around the global fight back against COVID-19 we'd like to think our members continue to feel hopeful.

In this issue we have news from around our branch network as well as ideas and advice to get you through this latest lockdown. These cover everything from looking after your mental health to ideas on how you can treat yourselves despite the restrictions.

We also launch our first ever national photography competition - about which we are very excited!

You will already have noticed that the packaging of this latest issue is different. We will be using the paper envelopes going forwards. These are fully recyclable and provide extra privacy for our members.

Opinions expressed by authors and services offered by advertisers are not specifically endorsed by the Association.

The Editor reserves the right to refuse or withdraw advertisements at his discretion and does not accept liability for clerical or printer's errors, although every care is taken to avoid mistakes. Advertisements in NARPOnews are accepted by the National Association of Retired Police Officers only on the understanding that the advertisers warrant that the advertisements do not contravene the Trade Description Act 1968, the Sex Discrimination Act 1975 and the Business Advertisements (Disclosure) Order of 1997 and conform to the British Code of Advertising Practice.

Articles contributed by the editorial staff may not be reproduced without permission in writing from The Editor.

NARPO News is published by The National Association of Retired Police Officers (NARPO).

NARPO News is delivered to you as part of a package of NARPO membership benefits, including goods and services we offer when you join and continue to be a Member. How we do this, and process your personal information, is contained in our Privacy Policy, which is available at www.narpo.org. You can also request a hard copy from NARPO HQ.

For further information about NARPO, its services, branches and approved advertisers, please visit our website at www.narpo.org

To facilitate a prompt reply when contacting the office by email, please quote your membership number.

Designed & Produced by © Wilson Design House 2021. www.wilsondesignhouse.com



17

£500
Camera World
voucher
to be won



28



35

- 05 President's Review
- 06 The Chief's Briefs
- 10 News
- 14 Readers Letters
- 17 2021 NARPO Photography Competition
- 19 Going Back to the Job
- 20 Westminster Round-up
- 22 Benefits Update
- 25 Why it's good to have a plan
- 26 A step-by-step guide to keeping yourself safe on Social Media
- 28 Out of Africa
- 30 Looking after your Mental Health during Lockdown 3.0
- 32 What's Cooking
- 35 The Greatest Policeman?
- 36 6 of the Best DIY and Restaurant Food Boxes
- 38 Your Legal Rights
- 40 Holiday Lettings 2021
- 44 Book'em!
- 47 2021 Gardening Trends
- 51 Computer Know How
- 52 Time Out
- 52 What's On
- 54 Kia Stinger

Mailing info

It is important that you notify NARPO HQ of any changes to your address as soon as possible. Please quote your membership number which is printed above your name on the envelope in which NARPO News is delivered. **Please telephone 01924 362 166**



NARPO House, 38 Bond Street, Wakefield, West Yorkshire WF1 2QP

Tel: 01924 362166 Email: hq@narpo.org Website: www.narpo.org



Fred. Olsen Cruise Lines

MEMBERS
DISCOUNT
— UP TO —

**10%
OFF***

CRUISE WITH FRED. OLSEN

NARPO members who are existing Fred. Olsen customers can benefit from a tempting discount of up to 10% off, with a 5% NARPO discount in addition to their 5% Oceans Loyalty Club discount.

NARPO members that are new to Fred. Olsen Cruise Lines can save 5%, and that's on top of any current offers.



**For more information or to book please call 0800 0355 108
quoting discount code NARPO5**

*All bookings are subject to Fred. Olsen's (FOCL) standard terms & conditions, available on our website & on request. All prices quoted under the NARPO members discount offer are exclusive to qualifying members & their travelling companions only, members must quote their discount code at time of booking. Membership discounts cannot be applied retrospectively. Bookings must be made via the booking hotline number 0800 0355 108. Proof of membership will be required at the time of booking. Offers cannot be extended to any unrelated third party, are subject to availability and may be withdrawn or amended at any time without prior notice. From time to time FOCL may run special offers which cannot be combined with this discount, including selected group travel deals Fred. Olsen Oceans members are entitled to a 5% NARPO discount. Subject to the same terms & conditions, to be applied after the standard Oceans discount, where applicable. In this instance, Oceans terms & conditions apply. New to Fred. Olsen guests can also save 5% through their NARPO membership, subject to the same terms & conditions. Flights are excluded from any discounts. Offer ends 31/12/2021. E&OE.





We are now into 2021 which hopefully will be an improvement on most of 2020. The last year ended with a Christmas that was different to any that most of us have experienced but hopefully you managed to make the best of it.

President's Review

As I look back at the last year, I give congratulations and thanks to all the key workers in health, social care, service providers and Armed Forces.

The police service deserves special praise for all they have done to try and ensure people are kept safe during the pandemic. They are abused by those who think they are killjoys for explaining that those who congregate contrary to advice are not helping themselves or friends and families keep safe from this terrible virus and thus helping to weaken the NHS ability to save lives.

We are all in this together. NHS leaders have repeated their request for people to follow the guidance to help them continue their life saving work.

Also notable at the end of the year (and 11th hour) was that Brexit legislation has now been signed off and a deal done, but it will still be talked about for years to come as we attempt to move forward. We are yet to see what effect if any it will have on our pensions or day-to-day life.

Vaccines, now as I write we have three available (Pfizer, the Oxford Astrazeneca and now Moderna) and with the army being brought in to assist with

deployment, hopefully their use will mean the light at the end of my previously mentioned tunnel can shine more brightly.

My own latter part of 2020 has been very strange. Meetings either cancelled or still taking place virtually on Teams, Zoom and the like. Late September should have seen many of us in Lincoln for the annual Police Memorial Day service, but sensibly physical attendance was cancelled. I give thanks and congratulations to the Rev. Canon David Wilbraham MBE and those responsible for the production of a wonderful online service. It was especially poignant as days before we had the unlawful killing at Croydon of Sergeant Matt Ratana.

In November Remembrance Sunday was very different because of the pandemic. NARPO were unable to have representatives at the event as we usually do, however we had a wreath laid on our behalf to recognise and remember those who had made sacrifices in wars fought by the UK.

Steve Edwards CEO and I have had virtual meetings with Connect and other pensioner organisations (Civil Service Pensioners Alliance and the National Federation of Occupational Pensioners) to progress Later Life Ambitions. Items discussed included the need to ensure access to cash as more and more places insist on cards only, and conversations around work to improve housing choices for those in retirement.

I wish to thank all those at Wakefield who have kept things running on our behalf.

My final thanks are to all you members of NARPO for the work you have done on behalf of the membership throughout the difficult year that was 2020.

Brian Burdus
President

In November Remembrance Sunday was very different because of the pandemic. NARPO were unable to have representatives at the event as we usually do, however we had a wreath laid on our behalf to recognise and remember those who had made sacrifices in wars fought by the UK.



Well, it's a goodbye to 2020, a year that started off promising so much, but ended with us all having seen significant changes to our lives to combat the invisible threat of COVID-19.

The Chief's Briefs

As we say welcome to a New Year, let's all hope that the rollout of the vaccines proves successful and that our lives can get back to some sort of 'normal' later in the year, and who knows we may even be able meet others again!

I sincerely hope you all managed to enjoy the Christmas and New Year period and were able to spend at least some of it with your families and most of all that you remain safe and healthy.

Our local Branches continue to provide invaluable support and advice for our more vulnerable members throughout these difficult times, and I am extremely grateful to Branch Secretaries and Committees whose work often goes unheralded. Others however are using the pandemic to try and 'scam' others and the Chartered Trading Standards Institute (CTSI) has received evidence of fraudulent messages being sent to the public informing them of a new dose of the Covid-19 vaccine. People are being sent a text message claiming to be from the NHS which informs the recipient that, "we have identified that you are eligible to apply for your vaccine." The message ends with a link to a website mocked up to look like a legitimate NHS platform. The website requests personal details, including name and address and banking details. The CTSI has said "this is the latest in a series of scams themed around the pandemic in circulation since last March. With the UK vaccine rollout underway, scammers have modified their

scam to consider this new development." Adding that; "The vaccine brings great hope for an end to the pandemic and lockdowns, but some only wish to create even further misery by defrauding others. The NHS will never ask you for banking details, passwords, or PIN numbers and these should serve as instant red flags. Do not provide any information to the scammers, but please also report suspicious messages to Action Fraud, or if in Scotland, Police Scotland, as this provides intelligence and assists authorities in combating scams."

Brexit agreement

2021 now sees us as a 'sovereign state', with the withdrawal from the European Union now complete. Part of the Brexit deal which went through ahead of the 31st December deadline included access for individuals to reciprocal healthcare cover and uprating of state pensions.

Broadly, the deal provides for a protocol which means that the UK and EU Member States will be able to take into account relevant contributions paid into each other's social security systems, or relevant periods of work or residence, by individuals for determining entitlement to a state pension and to a range of benefits. The Government state the Protocol also provides for the uprating of the UK State Pension paid to pensioners who retire to the EU.

The Protocol also means that where the UK or an EU Member State is responsible for the healthcare of an

individual, they will be entitled to reciprocal healthcare cover. In addition, the Protocol will ensure necessary healthcare provisions similar to that provided by the European Health Insurance Card (EHIC) scheme continue. This means individuals who are temporarily staying in another country, for example a UK national who is in an EU Member State for a holiday, will have their necessary healthcare needs met for the period of their stay.

You can also now apply for the new UK Global Health Insurance Card (GHIC) instead of an EHIC. You do not need to apply for a GHIC if you already have an EHIC. Your EHIC remains valid in the EU until it expires. You can apply online at: www.ehic.org.uk

Wellbeing in retirement

Police officers dedicate their lives to keeping the public safe, but sometimes their duty has a detrimental impact on their personal mental health and wellbeing. It is often only when individuals have retired from service that mental health and wellbeing issues start to arise. Whilst support for active police officers has rightly improved in recent years, the provision for retired police offers remains insufficient and is heavily reliant on charities.

We are calling for a more structured system of support, so that retired police officers are not left to struggle on their own. We believe this should be available through the National Police Wellbeing Programme, Oscar Kilo, and are calling for it to be extended to retired police officers. We have already had discussions with the National Police Chiefs Council lead, Chief Constable Andy Rhodes, to ask for this Programme to be extended, and are calling on the Government to provide the necessary support. The Government should also ensure that police charities are adequately resourced to deal with the growing demand from retired police

“this is the latest in a series of scams themed around the pandemic in circulation since last March. With the UK vaccine rollout underway, scammers have modified their scam to consider this new development.”

In challenging times, you need to be side by side with someone you can trust

The Metfriendly Lump Sum ISA

4.2%¹ Average annual return over 10 years

Get an extra **BONUS** on us

Invest or transfer at least £10,000 before 30 June 2021 and we'll give you an

Additional 1% promotional bonus*

We're Metfriendly. Side by side for your financial life, in and beyond the Met since 1893

We were established by volunteers within the Met to help widows of colleagues, and retiring officers. Although many of our members originally came from London, many of our new members come from the rest of the UK. We understand the risks you face and the worries your families deal with on a daily basis. That's why we stand side by side with you, making it our priority to provide products tailored to the needs of the UK police family.

Established - We've stood side by side with the police family since 1893

Dedicated to you - Investments designed for the unique needs of the police family before and after retirement

Greater protection - Your policies are protected by the Financial Services Compensation Scheme (FSCS) for Insurance products. This means that there is **no upper limit** on the amount protected, unlike the FSCS Deposit and Investment schemes which are limited to £85,000 per person per company

Putting members first - Our dedicated Member Services Team are highly experienced in handling police family finances and look forward to your call



Act now to make the most of your money

- Call us today on **01689 891454**
- Apply online at metfriendly.org.uk/lumpsum
- Email us at enquiries@metfriendly.org.uk

*T&Cs apply. See metfriendly.org.uk for details

¹ Average annual growth over the last 10 years as at 01/07/20 for our Lump Sum Stocks and Shares ISA.

Past Performance is not a reliable guide to future returns - see www.metfriendly.org.uk/why-metfriendly/past-performance/ for latest returns.

Metropolitan Police Friendly Society Ltd is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority (Firm ref No. 110026).



metfriendly
save, invest and protect

officers suffering from mental health and wellbeing issues.

We recently responded to the consultation on the Police Covenant and we were pleased to note that it will be extended to retired police officers and their families. This is due to be enshrined in law later this year and we await further detail on this, but what is clear is that mental health and wellbeing support for retired police officers remains an unaddressed issue, which requires urgent action from the Government on this to support the entire police family.

We have got the support of several MP's and Parliamentarians in relation to this matter, and they continue to push this issue wherever possible. Indeed, there was a recent Westminster Hall debate on this topic tabled by Greg Smith (Con, Buckingham) in which The Parliamentary Under-Secretary of State for the Home Office, Victoria Atkins stated that it was "absolutely right" that the mental health and wellbeing of the police is a priority. She noted the Government's £7.5 million investment in a new national police wellbeing service, which launched in April 2019 and is designed to ensure that support is available for police before, during and

We recently responded to the consultation on the Police Covenant and we were pleased to note that it will be extended to retired police officers and their families.

after a traumatic incident. She stated that the Government is committed to ensuring that the Police Covenant has a meaningful impact on those working within or retired from policing roles.

We will continue to campaign on this extremely important matter whenever and wherever the opportunity arises.

Widows Pension for Life

As reported in the last edition our claim is now lodged at the Administrative Court in Manchester. However, since I penned those comments the Secretary of States solicitors have applied to have the claim struck out pursuant to rule 3.4(2) (a) of the Civil Procedure Rules, on the ground that it discloses no reasonable grounds for being brought and/or on the ground that it is an abuse of process of the Court. Obviously, our legal team do not agree with that and have made our case clear. The solicitors representing the Secretary of State have now agreed

that their Application to Strike Out the claims must and should be heard by a High Court Judge, or if not available, certainly by a Senior Circuit Judge who has appropriate approval to determine High Court matters and claims. They have also agreed that their Application will likely take a day for the Court to determine. That being the case, the parties respective legal teams are now in the process of liaising with the Court in Manchester with a view to trying to fix an appropriate date for the Hearing, and as matters stand now the likelihood is that the Defendant's Application will be fixed for some time in March. It looks like they will try and drag the process out as long as possible but, we will keep providing regular updates as matters develop.

That's all for now folks but here's hoping things pick up and by the time of the next edition in May, things may have got closer back to 'normal'. ■



Cruise in England

Take a serene and secure staycation

- ✓ 4-Star hotel boat in the Cotswolds Severn Vale
- ✓ Comprehensive and advanced Covid-19 security
- ✓ Visit new places daily. Cruises from 3 to 7 days
- ✓ Traditional English cooking, special diets welcomed
- ✓ Includes food, drink, tours & more–no hidden extras
- ✓ Moorings close to tours or transport provided
- ✓ Cosy twin cabins–climate control, windows, ensuite
- ✓ Parking available. Coach and train stations nearby
- ✓ Low deposit, protected payments, insurable holidays
- ✓ Small & caring company – rave reviews

Free Brochure: Call 01452 410 411
Video Tour and Testimonials
www.englishholidaycruises.co.uk

Protect your loved ones and plan ahead this New Year

Dignity Promise – Peace of mind for you and loved ones

A Dignity Prepaid Funeral Plan is becoming an increasingly popular way to plan ahead.

As a valued NARPO member you can benefit from an exclusive £100 cashback offer when you take out a Dignity Prepaid Funeral Plan[†].

Why a prepaid funeral plan makes sense

Taking the proactive approach of buying a Dignity Prepaid Funeral Plan means you can help protect yourself and your loved ones against rising funeral costs by freezing the cost of the services in the plan at today's price. You can also help avoid the extra stresses by planning ahead to sort out the funeral arrangements in advance by recording your personal wishes, specifying as much or as little as you like.

Financial security can give you complete peace of mind

The money you pay for your plan is paid directly into the National Funeral Trust where the money required for your funeral is looked after until its needed. The Trust is legally separate from Dignity, so no one from Dignity has access to the money in the Trust. The Trust Fund is managed by some of the most respected names in the financial industry. The Trust report is published annually and available on request.

Dignity Promise – If you pay for your plan over more than 12 months, and pass away before you've finished paying for it, Dignity will cover the balance. Your family will have nothing further to pay for the services included in your plan[†].

Peace of mind for you

- You can relax, knowing you've had the foresight to take care of your funeral arrangements in advance
- Your wishes are clearly stated in your plan and you have the confidence of knowing that an experienced, well-respected funeral director will be attending to every detail

Peace of mind for your family

- One call to Dignity is all that's needed to set your plan in motion
- Dignity deals with the Nominated Funeral Director directly to ensure they receive payment for the services in the Plan
- As part of your funeral plan, Dignity's free telephone bereavement advice and support service is provided for family members

Why choose a Prepaid Funeral Plan from Dignity with NARPO?



92.2% of families surveyed say Dignity met/exceeded their expectations**



24 hour support, 365 days a year for your loved ones



Nearly 1 million people have arranged their funeral in advance with Dignity**



Your money is secure – held in a completely independent Trust Fund



If you move house, your plan will move with you at no extra cost

As a NARPO member call today to request your free no-obligation information guide about the Dignity Prepaid Funeral Plan

0800 484 0245 quote RPO16ND



**Dignity plc Annual Report & Accounts 2019.

[†]Full details of the Dignity Promise are available at www.dignityfuneralplans.co.uk/promise

[†]£100 cashback from NARPO. The £100 cashback will be sent to you by cheque no sooner than 30 days from taking out the new plan.

All calls to 0800 numbers are free whether made from a landline or mobile. Calls may be recorded for monitoring and quality purposes.

News

Stories from across the NARPO branch network and our partners

NARPO Member Joins Chelsea Pensioners

Former soldier and Derbyshire NARPO member ex PC 1219 Edward (Ted) Fell has been measured up for his 'Scarlets' and marched off to join the Chelsea Pensioners.

The new home for the Royal Artillery veteran is the Royal Hospital Chelsea - the building in 66 acres of land that was commissioned by King Charles I in 1692 for retired soldiers. It is the home of the Royal Chelsea Flower Show and 300 specially picked red-coated pensioners like Ted.

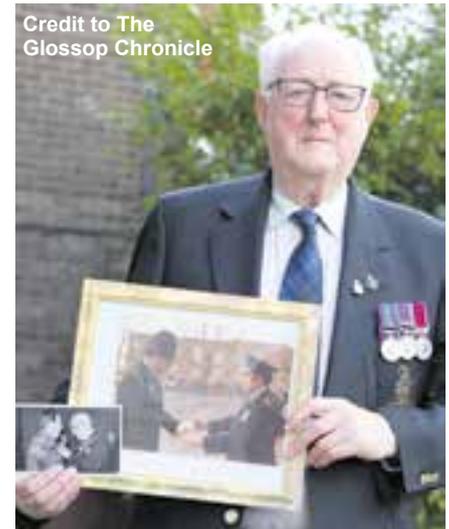


A soldier for 22 years, Ted joined the regular Army after his 12 months National Service in 1957 and left the Army in 1979. Ted was soon back in uniform, joining the Derbyshire Constabulary where he served for the next 16 years. He was stationed at Chapel-en-le-Frith, New Mills and Whaley Bridge, and was well respected by all those who had the pleasure to work with him.

Ted's wife died 2 years ago; he has kept close links to the Army and was chairman of Chapel-en-le-Frith Royal British Legion. He had been thinking of joining the Chelsea Pensioners for a couple of years, finally applying at the start of 2020. He spent four days there in May, looking over the establishment and facing an interview panel.

A short time later, a letter dropped onto the doormat of Ted's Chapel-en-le-Frith home. He was in, and on the 12th October 2020 Ted was on his way to his new life in Chelsea.

Derbyshire's Ian Louche recently caught up with Ted who told him he's settled in really well, has made a lot of new friends and is very proud to wear the



famous red uniform.

Ted has recently had the first part of the vaccine and will be having the second part in 12 weeks. He also said that when things get back to normal, guided tours will resume at the Royal Hospital and he is really looking forward to showing his ex-colleagues around his new home.

Police Memorial Trust launch new website

To mark the 15th anniversary of the building of the UK's National Police Memorial in 2005, The Police Memorial Trust are proud to announce the launch of their new website.

The specially built website gives a unique insight into the work undertaken by the Trust over the last thirty five years. They unveiled their first memorial in 1985 following the murder of Yvonne Fletcher in St James's Square, London.

It is a sad fact that the Trust have gone on to place a further forty nine memorials to a total of fifty five fallen British police officers.

The new website, www.thepolicememorialtrust.org, went live on Wednesday the 18th of November 2020.

The launch date was especially poignant in that it marked exactly fifteen

years to the day since P.C Sharon Beshenivsky was murdered in Bradford, West Yorkshire. In May 2009, the Trust unveiled a memorial to Sharon at the location of her murder.

The Trust's new website contains individual pages dedicated to each of the fifty five officers they have erected memorials to together with exclusive images of all the unveiling ceremonies.

Commenting on the new website The Chair of the Police Memorial Trust, Mrs. Geraldine Winner said: "The launch of our new website marks the fifteen years since Her Majesty The Queen opened



The National Police Memorial in The Mall in London."

She added: "The new website gives the families, the wider police family and the public a lasting historical record of the commemoration of the brave police officers who we have erected our memorials to."

Solved: The Mystery of the Pembrokeshire Helmet Plate

Last autumn, Mrs Jane Kimberley was using a metal detector in a freshly ploughed field near St Davids in north Pembrokeshire when she unearthed a piece of metal embossed Pembrokeshire Police and the number 48 in the centre.

Jane sought my help to find out more about her find and the name of the officer it originally belonged to.

The item was swiftly identified as the remains of a Pembrokeshire Police brass helmet plate. The force was formed in 1857 and the collar number of Constables and Sergeants was embossed in the centre of the plate – a practice that



continued until the early 1920's.

Research showed that between its formation in 1857 and 1920, number 48 was issued on just four occasions. By process of elimination, the finger of suspicion pointed to PC 48 Daniel Jenkins who served from March 1888 until April 1915.

So, did Daniel Jenkins serve in St Davids, Britain's smallest city? A trawl through the Pembrokeshire Police archives revealed that Daniel was stationed at St Davids from November 1904 until September 1910. How the plate, which lay undiscovered for 110 years, ended up in a farmer's field remains a mystery.

As webmaster for the branch website, I have accumulated a vast collection of Police photos including one taken in 1891 featuring a contingent of Pembrokeshire Police dispatched to Cardiganshire to help quell the Tithe Riots (the forerunner of a PSU)!

PC Daniel Jenkins No 48 is stood 2nd from the right (back row) complete with helmet AND helmet plate!!

Many thanks to Ross Mather (Facebook - Virtual Museum of Policing in Wales) and Tony Eden (Secretary, Pembrokeshire Police Association) for their help in solving this mystery.

Hugh Colley - Dyfed-Powys NARPO

Dorset Branch brings festive cheer

Dorset Branch currently has 1040 members of which 151 are widowers.

During this very difficult time our Branch, in line with the rest of the country, has had to cancel all our events. We would normally hold four coffee mornings, a formal AGM, three social meetings, breakfasts, curry evenings and a spring and autumn lunch, all of which are either free to members or subsidised by the Branch.

Unable to hold any of our normal events, this year the branch committee decided to contact all our widow members and send them a Christmas card and small gift.

Our social secretary started to organise this at the beginning of October by having Christmas cards showing a local Dorset scene printed by Netti of Melksham. To confirm the details held on the NARPO database, telephone contact was made with either the member or

their next of kin. In doing this sadly we identified that seven of our widows had died but we had not been notified and a number had changed address. Cards and a small gift were then either sent or hand delivered to all our widow members. This contact was much appreciated and the feedback extremely positive, showing our widow members that they are not forgotten. It also confirmed how important it is for the records to be kept up to date.

Over recent years our branch has introduced a number of initiatives to support our members. This includes free membership to Full members when they reach the age of 90. Birthday cards are



Dorset Branch's latest Christmas card design.

also sent to all our members when they reach the age of 80, 85, 90 and every year thereafter.

Norman Robertson - Branch Secretary, Dorset Branch

NARPO Cumbria Member pays tribute to Lockerbie Bombing victims



Many of us will remember the date of 21st December 1988 when 243 passengers, 16 air crew and 11 Lockerbie residents were murdered when the Pan Am flight 103 flying from Frankfurt to Detroit was blown up by a terrorist bomb. It remains the deadliest terrorist attack in the United Kingdom.

190 American citizens were killed in the attack and knowing that due to the coronavirus pandemic most US victims' families would not be able to visit Lockerbie to pay their respects Kath Bainbridge and her partner Heather decided to buy and lay a wreath at the Lockerbie Memorial on their behalf.

Kath says, 'We felt very humbled that we were able to visit this memorial on behalf of many others.'

Our wreath was laid on the black headstone as this person obviously had no family close by, but we did not want his death to be forgotten. RIP to all 243 you will not be forgotten'

Thank you to Kath Bainbridge and Heather - Cumbria Branch

NARPO Member and Veteran completes 100-mile Charity Challenge

Walking wonder Jeffrey Long, British Transport Branch Member has walked 100 miles, despite undergoing cancer treatment, to raise money for the Royal Air Force Benevolent Fund and the RNLI.

Eighty-nine-year-old Jeffrey, from Bingley, took on the challenge in 10-mile chunks, and had planned to finish in the summer. But his plans were delayed when he needed to take some time out following an operation on his hand to treat skin cancer. This is in addition to also receiving treatment for blood cancer, which often left him fatigued.

Jeffrey said: "It has been hard with the cancer operation. It is nice to get it done before Christmas and I am proud to have raised more than £2,000 for the charities."

Before greater lockdown restrictions were brought in, Jeffrey chose routes to pay tribute to two ill-fated RAF crews. He walked along the Leeds to Liverpool canal to Bradley War Memorial to pay tribute to a Polish crew who were killed in an aircraft crash during the Second World War. He also took an 11-mile route from RAF Linton-on-Ouse to the street



Photo: RAF Benevolent Fund

Pictured: Jeffrey Long setting off from RAF Linton-on-Ouse earlier this year.

in York where in 1945 an ill-fated Halifax bomber crashed soon after take-off from the RAF station killing 11 people.

Jeffrey still suffers with a back injury which ended his career as a paratrooper but he doesn't let that or his cancer diagnosis stop him stepping out for charity.

If you would like to support Jeffrey please go to www.virginmoneygiving.com/jeffreylongmbe2

NARPO Cumbria Members Join the 'Jabs Army'

Cumbria members have been assisting with various duties in locations within Cumbria where people have been receiving their COVID-19 vaccine, and within schools where lateral flow testing (LFT) has been taking place.

Cumbria Secretary Kathleen Rowley said, "volunteers were delighted to be able to help within the community and one described it as being like a war time spirit."

One NARPO volunteer commented: "I have never felt so humbled to be able to assist with this. The look of relief on some of the members of the public's faces after getting the vaccine nearly brought tears to your eyes. Some had travelled long distances in atrocious weather conditions, and they were all so grateful for any help or assistance."

The Cumbria Branch Secretary received the following from the Director of testing for Cumbria County Council;

"We are writing to you, with a personal thank you, following your involvement in the recent Lateral Flow Testing Pilot Programme across the secondary schools in Cumbria.

This has been an extremely

dynamic and difficult programme to coordinate and its success could not have been achieved without your support in identifying volunteers to resource the pilots in the schools and also volunteering yourself. The value that you and all volunteers have added in supporting the wider public safety strategy against this terrible pandemic has not gone unrecognised. You have played a significant part in this fundamental piece of work that has helped to keep our communities across Cumbria safer and gain an improved understanding of the virus.

Feedback from all school Headteachers and those that took part on the pilot has been extremely positive. The expertise, professionalism, flexibility and willingness of all involved in this programme has added real value to the safety of our communities and a real sense of support and contribution in the Cumbria wide fight against COVID-19."

Well done NARPO Cumbria!

If you are interested in voluntary opportunities which may be available through your local branch, please contact your branch secretary directly.



“Now the pressure’s gone, I can concentrate on the important stuff.”

You never know when you’re going to need legal advice. Slater and Gordon have been advising and supporting both serving and retired officers for more than 60 years, taking the legal stress away and leaving you to focus on what’s important.

For all life’s legal needs and with offices throughout the UK.

0808 175 7978

slaterguson.co.uk

Discounted services to NARPO members include: family law, free online wills, wills and probate and residential conveyancing. A discount code is required for the free online will and residential conveyancing service which can be obtained from your local branch or NARPO head office.

 **Slater
Gordon**
Lawyers

Readers Letters

Long Lost Family

Having read a story in the May 2020 issue of the NARPO magazine, I recently emailed the Wakefield NARPO office. The story was featured on pages 32/33 about Dorothy Eastwood looking for her birth mother and finally finding her in 2019.

I could relate to Dorothy's experience. In spring of 1951, my parents separated resulting in my 3 sisters and myself being taken into care. I was 7 at the time. My youngest sister was two years old.

Within months she was adopted, and we were not allowed to know where she had gone.

I was in care for over 9 years before I began to live independently.

Over the following decade I made various attempts to trace my sister Janis and finally found her in June of 2017. She is now called Janice and living in Hertfordshire.

On 12th August 2017 I travelled with my other 2 sisters to meet Janis, her husband and her 2 married sons in



My 3 sisters - from the left: Kathleen aged 77 in this photo. Janis (she was the one adopted as Janis, later Janice) aged 68 in the photo, me, aged 74 on date of photo and Carol aged 71 in this photo.

Nottingham about halfway between our two houses.

It was the first time in 66 years that all four siblings met again.

I don't think my story is unique and feel sure that other NARPO members may be searching for relatives. I would like to encourage others never to give up on their searches - after all it took me 66 years to find my youngest sister Janice.

Stephen Carter - Huddersfield Member

Abdominal Aortic Aneurysm (AAA)

A friend of mine sadly died recently from a ruptured AAA. He was 74 years of age, otherwise fit and healthy and showed no warning symptoms. The purpose of this letter is to draw attention to the National Screening Programme which has been set up to deal with this issue which poses a risk to men particularly between the ages of 65 and 74.

Men approaching 65 years of age will now receive a letter inviting them for a scan under the provision of the national programme. Men above that age can request a scan under the self referral scheme. The scan is pain free, consisting of an ultrasound examination, and non-invasive. The result is communicated almost instantly and should an abnormality be detected it can usually be corrected.

Should an aneurism rupture it is highly likely to prove fatal. Over 80% of such cases do end in death.

Following the loss of my friend I posted this information on our Branch Facebook page and was amazed how many people were unaware of the National Screening Programme. Some have already arranged appointments under the self referral scheme which is still ongoing despite the current COVID-19 restrictions. Whilst the highest risk group encompasses men between 65 and 74 there is no reason why anyone above that age band cannot request a scan.

To request a scan under the self referral scheme members need to contact their local screening centre by reference to the NHS AAA Screening Programme online.

Mick Brookfield -
Chair of Sheffield Branch

National Memorial Arboretum

I am a regular visitor to the National Memorial Arboretum and take part in several events in the year. Although it may sound like a Military memorial there are many others remembering people for a variety of reasons but mostly for the ultimate sacrifice.

One of the largest memorials is 'The Beat' which is 300 yards long and 30 yards wide with trees either side each one planted in memory of a Police Officer who has died or was killed while on duty or representing a Police Force. In the springtime 'The Beat' is one of the attractions at the NMA with Daffodils blooming either side.

There are other Police Memorials, the RUC GC, the RUC Special Constabulary, and the PSNI Memorials in memory of Police Officers who were murdered or killed during the troubles. As an associate member of the RUC GC I attend and take part in some of the remembrance events and I always say that I am a member of NARPO but there is no monument to NARPO at the NMA bearing in mind that many Police Officers fought and died during past wars.

It would be in the interest of many

should NARPO have some sort of involvement at the NMA. It is worth a visit with places to eat and drink apart from a modern conference centre.

It should also be noted that the UK Police Memorial is in the process of being built here, this is a multi-million pound memorial in memory of all Police Officers who have died while on duty, this is due to be opened in the Spring or early Summer – restrictions permitting.

Eric Rankin. B.E.M. -
Birmingham Branch

A Detective versus The Gestapo

Just recently a person in Britain sent me a copy of the February 2020 edition of your magazine. I used to be in the Met from May 1958 until November of 1964. I was in Germany working for the US Army in Frankfurt-am-Main, and later worked in Munich working in a factory making brakes for the German Railway.

In 1966, I emigrated to Canada and served in the Metropolitan Police here for over 30 years.

I saw the film "The Great Escape" just after it was made. I also read the book of that name written by Paul Brickhall.

It is regarded as the bible of the event. It is far superior than the film. One thing Brickhall got wrong was that McKenna had been in the Met. This seems to be not the case. He was in Blackpool.

Henry Hall - Canada

Support Dogs

As a retired Police Officer (South Yorkshire & Met. Police) with plenty of time on my hands, I'm now able to explore one or two new horizons. I've recently started to engage with Support Dogs, a Sheffield based registered charity that offers support throughout the country. They don't charge for their services, but instead rely entirely on voluntary donations. They don't currently receive any government funding whatsoever, but specialise in three programmes;

Autism Assistance Dogs, for children aged 3-10 years of age with autism. These dogs are trained to provide safety for the child, reduce stress in social environments, and assistance with daily routines.

Seizure Alert Dogs, for people with epilepsy. These dogs are trained to provide a 100% reliable, 10-55 minute warning prior to the onset of an epileptic seizure, which enables them to get to a place of their choosing and take control of the situation.

Disability Assistance Dogs, the client's own pet dog is trained to perform tasks which are specifically tailored to their individual needs, examples of these tasks include; opening and closing doors; raising the alarm; fetching the post; loading and unloading the washing machine; assisting with dressing and undressing etc.

Support Dogs deliver an outstanding service, which is truly life changing for clients, their families, and the wider community.

I just wanted to share with your readers the amazing work they do.

The dogs deliver truly life changing outcomes, which simply have to be seen to be believed.

There are a number of ways people could get involved either via Zoom, and/or in person for those living within a reasonable commute of the Support Dogs HQ in Brightside Lane Sheffield;

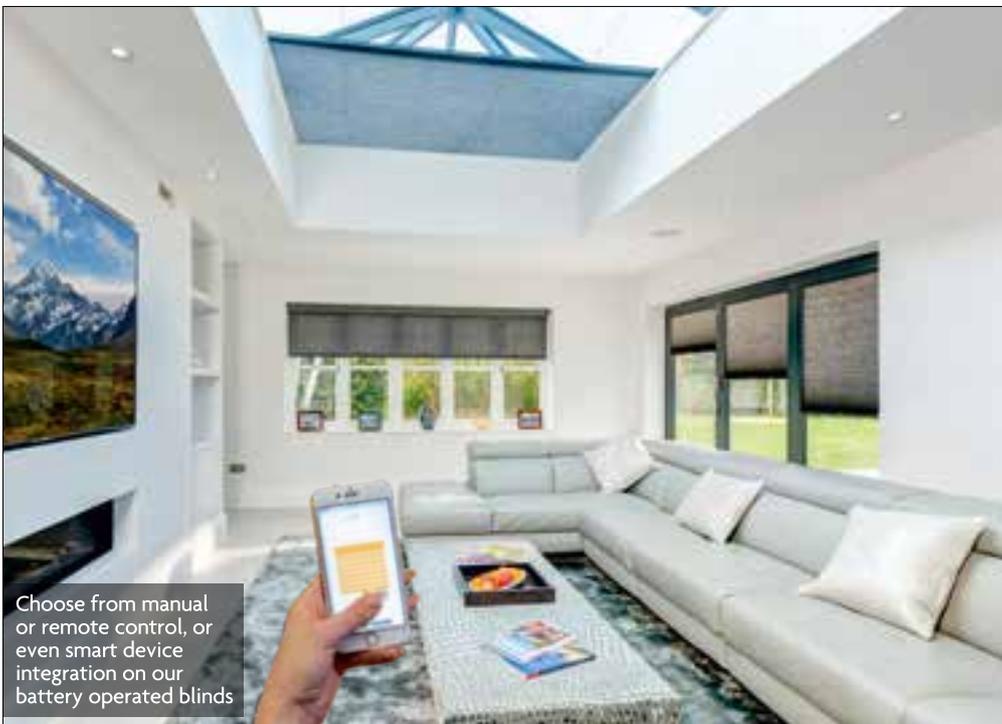


"Meet the Dogs" sessions. "Race Days", via Zoom. "Clever Paws" Quiz Nights, again via Zoom. "Golf Days" as and when COVID restrictions allow. "Mucky Pups walk", which normally take place in Endcliffe Park Sheffield over a distance of 5k, 10k and 15k routes. "Puppy Socialisers" for anyone willing to look after a puppy support dog in training full time over its first 12 months.

"Foster Carers" for anyone willing to provide evening and weekend B&B.

I know that COVID is currently taking its toll on our members in so many ways and hope the above provides a brief glimmer of sunshine during these very trying times.

Joe Royle - London Branch



Choose from manual or remote control, or even smart device integration on our battery operated blinds



up to **25% OFF**
our most popular blinds

Bright ideas for shading your home

Beautiful bespoke blinds for conservatories, orangeries, roof lanterns, gables and bi-folding doors

www.conservatoryblinds.co.uk **0800 071 88 88**

conservatory
BLINDS limited

Britain's favourite family-owned specialists

Choose your treat

when you get a Car or
Home Insurance quote†

+ £20 Cashback

when you buy*

Both offers end 31st March 2021. Terms and conditions apply.



Call **0151 242 7645** Mon-Fri 9.00am-5.00pm
or go to **policemutual.co.uk/narpo**



How to get more today

1. Get a quote online at **policemutual.co.uk/narpo** or call **0151 242 7645**
2. Choose your treat† - £3 Sainsbury's, Costa Coffee or Tesco e-gift
3. Buy Car or Home Insurance and you'll get £20 cashback*



†The offer is limited to one e-gift per person, per product. For full terms and conditions see policemutual.co.uk/treat

*Cashback offer only applies to new policies and not to policy renewals. For full terms and conditions see policemutual.co.uk/cashback

PMGI Limited, trading as Police Mutual, is authorised and regulated by the Financial Conduct Authority. Financial Services Register No. 114942. Registered in England & Wales No. 1073408. Registered office: 55 Gracechurch Street, London, EC3V 0RL. For your security, all telephone calls are recorded and may be monitored.



2021 NARPO Photography Competition

In this issue we launch our first ever photography competition! We have hopes that this will become a yearly initiative but feel it is especially important this year to inspire our members and spark creativity and positivity in the face of the continuing coronavirus pandemic.

The theme for this year's competition is 'signs of hope and positivity'

We are acutely aware of the challenging times we continue to live in, but better days are on the horizon and this year's theme asks members to give us a snapshot of those things, however small, which are helping them stay positive or giving them signs that brighter days are coming. Your subject could be something you see regularly on your daily walk or something from your own home or garden.

Entry

We ask that you enter a maximum of two photos only. Digital adjustments are acceptable, however, the way in which any digital enhancement or editing has been used will be taken into account when judging the entry. Cropping is allowed.

We ask that your entry does not include any people. We would prefer entries to be submitted via email to our dedicated email address: competition@narpo.org

Files must be at least 1MB in size and entries must be sent as an attachment, not copied into the body of the email.

We are also able to accept professionally printed photographs (we cannot accept entries printed on standard paper on a home printer) via post to: NARPO Photography Comp, NARPO House, 38 Bond St, Wakefield, West Yorkshire, WF1 2QP.

Please remember to include your name and membership number in the email and if you are submitting your entry via post can you please include these details on the back of the photo/s.

The closing date for entries is Sunday 14th March.



Judging

A panel of judges made up of photography enthusiasts, design professionals and NARPO President Brian Burdus will select images based upon interpretation of the theme, technical skill, originality, and creativity of composition. The judging panel will choose a shortlist of 10 entries. These 10 entries will then feature in the May 2021 issue of NARPO News where the judging on the winning photos will be opened up to YOU our members.

Prizes

The overall winner will have their entry featured on the front cover of the August issue of NARPO News and the 2021 Annual Report as well as winning a £500 Camera World voucher.

A further two runners up will be selected and will win a £100 and £50 Camera World voucher respectively.

For full T&Cs please visit www.narpo.org/photography-comp or alternatively you can request a copy by contacting HQ.

★
ONE
MONTH TRIAL
OFFER AVAILABLE



The Hawthorns

SAFE SENIOR LIVING

ENJOY A WORRY-FREE WINTER

With us all facing an unusual winter and added worry of getting out and about and sourcing shopping, you can live safe and well in the comfort of your own apartment at The Hawthorns.

- Includes restaurant quality dining three times daily, housekeeping, property upkeep, and utility bills •
- A warm and friendly environment to make new friends • Full calendar of socially distanced activities •
- Stringent safety cleaning protocols and systems • Frequent testing procedures •
- Safe guided in-person discovery tours or virtual tours available •
- Experienced team make the moving and settling in process straightforward •



Call **0800 1143323**

or Search **'Hawthorns Retirement'** online or on 

Braintree, Essex | Clevedon, Somerset | Eastbourne, East Sussex | Northampton, Northamptonshire

Going back to 'The Job'

In previous issues we've brought you some brilliant insights into members who've forged new careers since retiring from the Police, but what is it like to re-join the Force post retirement? We spoke to Cumbria member and Civilian Investigator Steve Siddaway to find out.



Above: Cumbria member and Civilian Investigator Steve Siddaway.

Can you tell us about your career in the Police?

I joined Cumbria Police in January 1987 after serving 7 years in the RAF Police. Upon completion of my 2-year probationary period I moved into the Criminal Investigation Department and worked as a Detective. I have been involved in an extensive variety of complex and lengthy investigations over 24 years. I remained in the CID/Drug Squad in Carlisle all of my Police career but worked in different areas on different major investigations. I retired from Cumbria Police in 2012. I had transferred a pension from the RAF which allowed me to retire at 49 with a full thirty year pension.

What was the catalyst for going back into employment?

I had a six-month break from work but at 49 was too young to not work. I took a role lecturing in Public Services at Carlisle College in September 2012 until October 2014. Whilst lecturing I was also working towards a teaching qualification.

Having started on the path to forging an entirely new career post Police, what was it that drew you back into the Police Family?

I always kept in touch with colleagues, both retired and still serving. My wife is also a serving Police Officer. I kept up to date with what was going on in Cumbria Police and I was aware that they were losing experience and looking to take retired officers back in various roles to assist.

I returned to Cumbria Police in October 2014 in the Public Protection Unit. My role was to quality assure officer reports relating to Child and Adult Protection matters in order that they could be shared with partner agencies.

In January 2016 I moved into firearms licensing where I was responsible for processing the renewal of firearm and shotgun certificates. And in 2016 I joined the major investigation team (FMIT) as a Civilian Investigator.

How does being a Civilian Investigator differ from doing a similar role in CID?

There is not much difference in my current role as a Civilian Investigator to that of working in the CID. I carry out the same role just without having the power to arrest.

Did you have any reservations about going back to the Police?

I had no reservation returning to Cumbria Police, knowing serving and retired officers. I still had a wealth of knowledge and experience to offer.

Are you able to maintain a good work/life balance in your current role?

My work/life balance is far better now as I work flexi hours as opposed to shift work. My role allows me to work my hours when I want. At the same time, I can be flexible and work extended hours depending on what I am dealing with.

Is this type of role specific to the Cumbria Force or are there similar opportunities across other forces that you know of?

Most forces in the country now employ Civilian Investigators and have done for some years.

Do you have any advice or guidance for retired officers thinking about going back into the force?

I enjoyed my time working as a Police Officer for Cumbria Police. I did not have to think twice about returning and doing something that I had enjoyed. If you still have the knowledge you definitely have the experience. Some procedures have changed quite a lot, and everything is IT based now, so you must be prepared to embrace these changes.

If you are thinking about returning to a role in the police please contact your old force or forces on an individual basis. For those looking for an entirely new career post Police don't forget about our digital jobs board narpo.org/work

Westminster Round-up

The new year is synonymous with renewed vigour and fresh ambition for the year ahead. This is no different in Government, where the Prime Minister would have hoped to be starting 2021 with a focus on his long-awaited domestic agenda of 'levelling-up', building more homes and getting tough on crime.

Sadly, Boris Johnson has had no such luck, and although he managed to agree a last-minute Brexit deal with the European Union, COVID-19 continues to dominate, with a new variant driving a rise in cases, putting the country firmly back to where we were in the Spring of 2020. The Government also risks playing catch up with the devolved administrations with Wales and Scotland implementing stricter restrictions before England. There is light at the end of the tunnel with vaccinations beginning prior to Christmas and the first doses of the Oxford-AstraZeneca COVID-19 vaccine being administered in January. However, the logistics of what will be the UK's largest vaccination programme will be challenging and there is political contention around how the programme will be implemented and how fast the vaccines can be administered.

As well as the health implications of COVID-19, the economic impact is still of major concern as the Prime Minister has desperately tried to avoid a full-scale national lockdown with his tiering system to keep the country at work. After a watered-down Spending Review in November, the Chancellor of the Exchequer, Rishi Sunak announced that the Budget will take place on Wednesday 3 March 2021. After unprecedented public spending in recent months, the question remains how and most importantly who, is going to pay in the long run. Many think tax increases are unavoidable, and the possibility of benefit cuts still looms large, of interest to our readers is the continued rumour that the triple-lock on pensions may be scrapped.

The Government also faces pressure from its own backbench MPs as the decisions around COVID-19 become increasingly politicised. No clearer is this discontent exemplified than in the COVID Recovery Group, which consists of a large number of Conservative MPs. The Group's aim is to challenge the use of blanket lockdown measures and argues for a different approach to dealing with the pandemic, allowing society to live with the virus. The Labour Party has also been vocal in calling for

national lockdowns long before their implementation by the Government. Keir Starmer's continued criticism that the Government has "lost control" of the virus will play a key role in the Opposition's attempt to break out of the political consensus around decisions taken over COVID-19 in the early stages of the crisis.

This scrutiny will continue in months to come on the Government's Brexit deal. After weeks and months of intense negotiations, Parliament was recalled on Wednesday 30th December to vote on the plans and politicians from all parties will spend the coming weeks going through the detail line by line.

Turning to matters of NARPO's work, prior to Christmas there was a

those working within or retired from policing roles.

The Home Office also answered questions tabled by Home Affairs Committee Member, Dehenna Davison MP (Conservative, Bishop Auckland) on police suicides for serving and retired police officers, which were submitted on NARPO's behalf. NARPO met with Dehenna Davison in 2020 and she has been a strong advocate for better support for retired police officers. The Minister for Crime and Policing, Kit Malthouse stated that the death of any serving or retired police officer is a "tragedy". He added that an area of focus in the Police Covenant is on mental health support, and that he will continue to work closely with policing partners to ensure the

There is light at the end of the tunnel with vaccinations beginning prior to Christmas and the first doses of the Oxford-AstraZeneca COVID-19 vaccine being administered in January.

Westminster Hall debate in Parliament on policing and mental health support, tabled by Greg Smith MP (Conservative, Buckingham). The inspiration came from his constituent, an ex-police officer, who said that there is a lack of preventative measures and support for mental health issues, particularly after a police officer retires. As a key campaign for NARPO, we took the opportunity to brief Greg Smith MP on our research on this topic and provide feedback from our members. We will be meeting with him in January to discuss how we may be able to work together further on this campaign.

In the debate, the Parliamentary Under-Secretary of State for the Home Office, Victoria Atkins stated that it was "absolutely right" that the mental health and wellbeing of the police is a priority. She stated that the Government is committed to ensuring that the Police Covenant has a meaningful impact on

Covenant has a lasting impact on both serving and retired officers and staff.

The Government has said it will bring forward legislation later this parliamentary session to ensure the Police Covenant becomes law. There is no timescale for when this will occur, but the Covenant may come into force in the early part of 2021. NARPO will keep members updated on the latest developments around the Police Covenant.

With the unprecedented nature of 2020, it is difficult to predict what the political landscape will hold in 2021. It is clear that the Government's full attention is currently on tackling COVID-19 but with the rollout of the vaccine, there is some hope for a return to normality in the year ahead. The Government will also be keen to rebuild from the crisis and chart a new path for the UK outside of the European Union.

NARPO is pleased to introduce Towergate Health & Protection to our members for health and travel insurance.

NARPO UK private medical insurance

Avoid lengthy waiting lists and arrange specialist treatment at a time that suits you with a private medical insurance policy, especially arranged with competitive terms.

No age limit on this policy. Terms and conditions apply.*

Call Towergate Health & Protection on 0800 389 7724

Lines are open 9am - 5pm Monday to Friday**



NARPO travel insurance

A competitively discounted multi-trip, annual holiday and business travel insurance.

The scheme is open to all NARPO members, who are 85 years of age or less, at the date of joining and are resident in the UK. You must be fit to travel.*

Call Towergate Health & Protection on 0800 389 7724

Lines are open 9am - 5pm Monday to Friday**

In the majority of cases premiums will be lower on the NARPO travel arrangement when compared to taking out a similar policy directly with AXA Health.

For more information visit
www.towergatehealthandprotection.co.uk/narpo

NARPO membership is mandatory and your NARPO membership number must be quoted at the point of joining.

* Full details of what is and isn't covered can be found in the membership handbook.

**Calls may be recorded and/or monitored.

NARPO is an Introducer Appointed Representative of Towergate Health & Protection. Towergate Health & Protection is a trading name of Health and Protection Solutions Limited, which is authorised and regulated by the Financial Conduct Authority (FCA). This can be checked on the FCA's website or by calling them on 0800 111 6768 (freephone).

The NARPO travel and private medical insurance arrangement is underwritten by AXA PPP healthcare Limited. AXA Health is a trading name of AXA PPP healthcare Limited. Registered in England and Wales No. 3148119. Registered office: 5 Old Broad Street, London EC2N 1AD until 31 March 2021, and thereafter 20 Gracechurch Street, London EC3V 0BG. AXA PPP healthcare Limited is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority.

Benefits update

State Benefits

• The Chancellor, Rishi Sunak, delivered his Spending Review 2020 on 25 November. Among the announcements was that the National Living Wage (NLW) will increase by 2.2% from £8.72 to £8.91 per hour from April 2021. In addition, the age threshold for the NLW will be lowered from 25 to 23.

From April 2021, the National Minimum Wage (NMW) will also increase. For 21 and 22-year-olds, this will rise from £8.20 to £8.36 per hour; for 18 to 20-year-olds, it will increase from £6.45 to £6.56 per hour; for 16 and 17-year-olds, this will rise from £4.55 to £4.62 per hour; and apprentices will see an increase of 3.6% from £4.15 to £4.30 per hour.

• The Chancellor also announced the government's decision to press ahead with a change in the way inflation is calculated, following the UK Statistics Authority's request that the country should replace the Retail Prices Index (RPI) with the Consumer Prices Index that includes owner-occupiers' housing costs, known as CPIH. The difference between how the two indices are calculated has meant RPI was one percentage point higher than CPIH, on average. Switching to the lower measure will reduce the amount of income that members of defined benefit/final salary pension schemes receive. About 64% of schemes in the private sector are upgraded by using RPI. The Pensions Policy Institute has calculated that members of defined benefit schemes that use RPI will be about 9% worse off over their lifetimes. A 65-year-old pensioner who has retired on £8,000 per year would be £33,301 worse off over the course of their retirement if CPIH replaces RPI. However, the change will help millions of commuters and students in Britain, who will benefit from cheaper rail tickets and lower interest rates on student debt. Holders of index-linked government bonds, which are linked to RPI, have been told that they will receive no compensation for the change, which has been estimated to cost them collectively as much as £100bn over the decades to come. The Chancellor has resisted calls to bring in the changes as early as 2025 and says that RPI will not be scrapped before 2030.

• In December 2020, the Chancellor announced that the furlough scheme has been extended to April 2021, with the government continuing to contribute 80% towards wages.

• Attendance Allowance (AA) review processes are reverting to previous arrangements, after changes were made in response to Covid-19. Claimants whose AA awards expire on or after 8 March 2021 will receive renewal packs in the coming weeks and will have the normal 20-week period to complete and return their packs prior to their award expiring. Awards that were due to expire before 8 March 2021 will be automatically extended, and claimants will continue to receive payments until they are subject to a review at a later date.

• As part of the Lifetime Skills Guarantee, from April 2021, adults without A-Levels or equivalent will be eligible to study for a free Level 3 qualification to help boost their job prospects and get ahead in work. There are almost 400 courses on offer including; construction, agriculture, digital, and health and social care. As an alternative, Skills Bootcamps offer flexible courses of just 12-16 weeks, giving people the opportunity to build up sector-specific skills and fast-track to an interview with a local employer. These are currently available in the West Midlands, Greater Manchester, Lancashire, the Liverpool City Region, the Leeds City Region, Heart of the South West, Derbyshire and Nottinghamshire. People who live in one of these areas can find out more on their local authority website. In 2021, Skills Bootcamps will expand into new regions with more course subjects on offer.

• The Personal Independence Payment change of circumstances form PIP2(UI) (How your disability affects you) has been replaced with a new form called the AR1UI (How your disability affects

you). The new form aligns the change of circumstances process with the award review process, providing a consistent approach when customers report changes in their needs. The new form is also shorter, which will help reduce the time it takes for customers to provide the required information.

• Measures to support unpaid carers and jobseekers during the coronavirus pandemic have been extended for a further six months. Unpaid carers will continue to be able to claim Carer's Allowance if they have a temporary break in caring. This applies if they or the person they care for have coronavirus or if either have to isolate because of it. Providing emotional support will continue to count towards the Carer's Allowance threshold of 35 hours of care a week.

• The Access to Work grant scheme provides support to help people with disabilities or health conditions start or stay in work. The support offered is based on individual needs, and could include a grant to help cover the costs of practical support in the workplace or for those working from home. An Access to Work grant does not need to be paid back and could pay for a range of different support, including:

- Support workers
- Specialist equipment
- Help with travel costs to work and back
- Mental health support

You can find out more about the Access to Work scheme on www.gov.uk

• The government has sent out 365,000 letters to UK State pensioners and benefit recipients living in the EU to advise them to take action to prepare for the end of the Brexit transition period. The letters include advice on how to register for residency and healthcare and also confirm recipients will continue to receive their State pensions as they do now. The government has allocated £3m

As part of the Lifetime Skills Guarantee, from April 2021, adults without A-Levels or equivalent will be eligible to study for a free Level 3 qualification to help boost their job prospects and get ahead in work.

The government has allocated £3m for charities and community voluntary organisations across Europe to assist UK nationals who may need additional help to register or apply to protect their residency rights.

for charities and community voluntary organisations across Europe to assist UK nationals who may need additional help to register or apply to protect their residency rights. This includes potentially at-risk groups, such as pensioners and disabled people and those living in remote areas or who have mobility difficulties.

- The government has announced a package of support for vulnerable families this winter, which includes £170m for the Covid Winter Grant Scheme providing food and other essentials this winter; up to £220m to open up the Holiday Activities and Food programme to the whole of England for the major school holidays in 2021; a further £16m for food-distribution charities; and an increase in Healthy Start payments from £3.10 to £4.25 from April 2021. Devolved administrations have received equivalent funding through the upfront funding guarantee, which was recently increased to £16bn for the year to support their Covid-19 response.
- Research by Loughborough University has concluded that almost 450,000 pensioners could be lifted out of poverty if everyone eligible for Pension Credit claimed it. Pension Credit is a benefit designed to keep the poorest pensioners out of poverty – but it is currently claimed by just six in 10 of pensioners who are entitled to it. Many people aren't aware of it, or don't think it applies to them. To check your eligibility, visit www.gov.uk/pension-credit or call the free claim line on 0800 991 234.

General

- HM Revenue and Customs (HMRC) has set up an online portal to process tax-relief claims from people working from home. From 6 April 2020, employers have been able to pay employees

up to £6 a week tax free to cover additional costs if they have had to work from home. Employees who have not received the working-from-home expenses payment direct from their employer can apply to receive the tax relief from HMRC. Eligible taxpayers can claim tax relief based on the rate at which they pay tax. For example, if an employed worker pays the 20% basic rate of tax and claims tax relief on £6 a week, they would receive £1.20 a week in tax relief (20% of £6 a week) towards the cost of their household bills. Higher-rate taxpayers would therefore receive £2.40 a week (40% of £6 a week). Over the course of the year, this could mean taxpayers can reduce the tax they pay by £62.40 or £124.80 respectively. Launched on 1 October 2020, the online portal is simple to use and adjusts an individual's tax code for the 2020/21 tax year. The employee will receive the tax relief directly through their salary and will continue to receive the adjustment until March 2021. It takes just a few minutes to make a claim online, at: www.gov.uk/tax-relief-for-employees/working-at-home

- The government has set out its plans to protect the UK's future cash system and ensure people have easy access to cash. Under their proposals, people would be able to request cashback from retailers of all sizes, without having to make a purchase. Although the use of cash is declining in the UK, it remains crucial for groups across the UK – including the elderly and vulnerable. Last year, consumers received £3.8bn of cashback when paying for items at a till – making it the second-most-used method for withdrawing cash in the UK behind ATMs. EU law made it difficult for businesses to offer cashback when people were not paying for goods, and this was a barrier

to widespread adoption. The government is now considering scrapping these rules but is currently seeking feedback on its proposals.

- Hundreds of thousands of savers have dipped into their pensions during the pandemic, triggering punitive tax rules. However, according to research from NFU Mutual, 80% of those aged between 55 and 64 are unaware their future pension contributions will be capped after making a withdrawal. The 'pension freedom' rules introduced in 2015 allow savers to access their pension pot from the age of 55. However, withdrawing income from some types of pension triggers the 'Money Purchase Annual Allowance', which reduces the amount a saver can pay into a pension with tax relief by 90%, from £40,000 to just £4,000.

- Thousands of retired British expats in Europe may have to pay to access their pensions if their UK bank accounts are closed after Brexit. Pensioners may be forced to re-route their retirement funds through accounts held by European banks, after some of Britain's biggest banks said that they would close expats' accounts at the end of the transition period on 31 December. Barclays, Coutts and Lloyds Banking Group, which includes Halifax and Bank of Scotland, have written to customers living abroad to say that they would no longer be able to offer their services because of the UK's impending exit from pan-European banking rules, known as passporting. While the UK State pension can be re-routed through a European bank account without any charge, pensioners who ask for a personal or final salary pension to be paid through an EU bank account may have to pay additional

If you have a benefits query you can contact Wordshop direct quoting your NARPO membership number:

Email: sbc@wordshop.co.uk
 Fax: 01935 812800 or
 Post: Benefits Information,
 Consultant, Wordshop,
 7 Tilton Court, Digby Road,
 Sherborne, Dorset, DT9 3NL

currency-conversion fees. They may also face poor currency exchange rates. If you are a pensioner who has received a letter from your bank, please remember to let your pension scheme or provider have your new bank account details.

- The government's Energy Price Cap has been extended until the end of 2021. The Energy Price Cap shields those least likely to shop around for the best deals – including the elderly and most vulnerable – from being charged excessive prices (around 11 million households). Since its introduction in January 2019, the cap has saved customers around £1bn a year, equivalent to around £75-£100 a year for typical households on default energy tariffs. An additional 4 million households with prepayment meters on default tariffs will also come under the protection of the cap from January. Although those protected by the cap are paying a fair price, they can also reduce their energy bills further by shopping around for a better deal.

- Self Assessment customers can apply online for additional support to help spread the cost of their tax bill into monthly payments without the need to call HMRC. The online payment plan service can already be used to set up instalment arrangements for paying tax liabilities up to £10,000. From 1 October 2020, HMRC has increased the threshold to £30,000 for Self Assessment customers, to help ease any potential financial burden they may be experiencing due to the coronavirus pandemic. HMRC estimates around 95%

The government's Energy Price Cap has been extended until the end of 2021. The Energy Price Cap shields those least likely to shop around for the best deals - including the elderly and most vulnerable - from being charged excessive prices (around 11 million households).

of Self Assessment customers who are due to make payments on 31 January 2021 could qualify to implement a Time to Pay arrangement using the self-serve Time to Pay facility online. Customers using self-serve Time to Pay will be required to pay any interest on the tax owed. Interest will be applied to any outstanding balance from 1 February 2021. Customers who need longer than 12 months to settle their tax liabilities are invited to contact HMRC in the usual way.

- The Pensions Minister, Guy Opperman, has unveiled plans for simpler annual pension statements which are aimed at improving millions of savers' understanding of their pensions. The two-page statements will take on a more consistent format, highlighting, in simple terms, key information such as the size of the saver's pension pot and a forecast of their retirement. The Department for Work and Pensions' proposals will require pension schemes to provide the statements and structure them in such a

way that draws members' attention to the following key pieces of information:

- How much money is in your pension pot?
- How much money could you have when you retire?
- What could you do to give yourself more money in retirement?

The initial focus will be on defined contribution schemes used for automatic enrolment, with a view to later improving consistency across all schemes.

- People aged 50 to 64 are now able to get a free flu vaccine as part of the expanded flu vaccination programme for the 2020/21 winter. The extended offer comes as part of the most comprehensive flu vaccination programme in the UK's history, alongside plans to support the NHS as it continues to respond to the coronavirus, and to relieve winter pressures on A&E and emergency care. The groups now eligible for a free vaccine are:

- adults aged 65 and over
- pregnant women
- those with certain pre-existing conditions
- NHS and social care workers
- all children up to Year 7
- household contacts of those who are clinically extremely vulnerable
- adults aged 50 to 64.
- The BBC has bowed to pressure from more than 400 organisations representing elderly and disabled people, and scrapped plans to close its red button text service as part of a cost-cutting drive. The service – accessible by pressing the red button on the TV remote – replaced Ceefax in 1999 and allows audiences to access news and sports stories and other information through their television sets. It's particularly popular with older people who may not be confident using the internet to keep up to date with current affairs. However, although the service will now continue, some features have been axed or pared down, among them publication of the National Lottery results. ■

WORK OPPORTUNITY

RELIEF CARETAKER COVER

Nationwide

COVID-19 Support for local schools

*** New Casual worker option available ***

Many schools are suffering staff shortages due to the pandemic. TIB need more retired police officers all across the UK to help keep schools safe and secure for pupils and staff at this critical time.

Works usually within 30 mins of your home. No qualifications required but you should at least be a competent and confident home DIYer. Work offered on either a casual worker zero hours PAYE contract or a self employed contract. Training provided on site for each assignment.

Register online to receive alerts when schools near you need help.



tibservices.co.uk/work



Many of you will know the saying “Plan for the worst, hope for the best” and that is certainly something that stood me in great stead during my time in the Met.

Why it's good to have a plan

I've also found it's true, arguably even more so, since retiring from the Police, becoming a member of NARPO and embarking on the next chapter of my life. As 2020 clearly showed, many of our business and personal plans changed during the year and it was difficult to see when some form of return to normality would occur.

For me personally, 2020 brought many challenges and some disappointments, but also opportunities in both my personal and professional life. Whilst travel plans were cancelled and many social events, including my husband's 60th and of course Christmas, had to be changed, I took the opportunity to look at things through a different lens,

Travel costs and eating out for many families have reduced significantly but online shopping and fuel costs may have increased as we are spending more time at home.

take stock, act and plan ahead.

In my role as Chair of Metfriendly we moved quickly to protect our staff and look after our members and their families. We maintained our high level of member servicing and moved many of our traditional face-to-face events online. This has resulted in increased engagement with members over the use of video conferencing facilities such as Zoom. This increased use of technology has enabled Metfriendly to successfully

deliver our renowned personal service across the country. Many of our new members had not realised that although Met is in our name and our proud heritage – all members of the Police family within the UK are eligible to join Metfriendly. Many new members from across the country, both serving and retired, and their families have done so in 2020 and become part of a successful and highly solvent Police family focused and owned financial mutual organisation.

Towards the end of 2020 I took time to speak to all the Metfriendly team about their experiences during the year and about supporting our members.

What really stood out was:

- Family life events still go on - Retirements happen, children/grandchildren are born, Members want to get on the housing ladder or move home.
- The staff at Metfriendly individually and collectively felt honoured to be working to supporting current and former police officers and their families.
- The Police family are incredibly practical, even after retirement – after all, thinking on our feet and coping with every changing circumstances is something we have trained for and are experienced in!

So, as we enter 2021 what kind of plans can we put in place to help ourselves and our families achieve our ambitions?

My personal focus has been to take stock and look at ways to save money while I'm spending more time at home - it helps me to feel I've got a good understanding of how financially secure we will be in the best or worst of times of 2021!

So, some tips from me that I hope you will find to be of use:

Check in on your spending

Have a look at your spending over the past year – what has changed in the past 12 months?

Knowing this is a useful starting point

and it could help you feel more in control of your finances. This does not need to be a line by line analysis but grouping areas together can help to give you an idea of what areas may require some control going forward. Travel costs and eating out for many families have reduced significantly but online shopping and fuel costs may have increased as we are spending more time at home.

Get refunds for events that didn't go ahead or won't be going ahead.

Many events like concerts or theatre tickets may have been cancelled or rescheduled so it's worth checking your calendar and contacting the organiser to discuss your options.

Further afield, planned foreign travel such as cruising in the Far East may not be happening anymore but if you have trips planned it's worth seeing what options exist for you whether it be refunds or vouchers. In addition, it's also worth looking at other additional costs incurred such as airport parking and additional trips/excursions that may have been paid for but may not have been covered by any refunds or vouchers.

Review those regular payments

Many of us forget to spend the time to go through those regular payments that appear on our bank statements. Remember they can be monthly, quarterly or even annually so it is worth looking at a few months to get a good overall view. Whether it's a gym membership, restaurant card, magazine or sports TV subscription, they are all worth a review to make sure you are getting the best value you can. If you do amend or cancel any of these subscriptions, you can always reallocate the funds into a separate savings plan to help fund your future adventures. Remember though to keep an eye on those savings levels.

Stay safe

Joanna Young - Metfriendly Chair

A step-by-step guide to keeping yourself safe on Social Media

Social media has become an indispensable part of everyday life for many. Especially now it is a great way to stay in touch with family and friends, watch entertaining videos and research new hobbies.

All social media platforms have seen a massive increase in traffic over 2020 and it does not look like it will reduce anytime soon. A recent survey showed that the average internet user now spends over 6 hours online each day. Whether you use Twitter, Gransnet, Instagram, TikTok, Facebook or any of the many social media platforms, here are a few tips you need to know to stay safe.

Before you start

Before you tweet your first tweet or post your first coffee break on Instagram, consider who you want to reach out to. The audience is enormous. There are currently 45 Million social media users in the UK. Keeping this in mind it is wise to be cautious about what, where and to whom you post. Many of those users are fake and could be a fraudster up to no good. Facebook themselves claim to have removed more than a billion fake accounts each quarter since 2018. Fake accounts are used by fraudsters to spread spam, viruses and to try to steal your password. You may think you have nothing of interest to an attacker, but they will use multiple sources to put together enough information to scam you. An attack can have devastating results including unauthorised purchases, the stealing of funds, or identify theft.

Set up your account

Once you have chosen the platform you want to join, you need to set up your account. This will invariably involve using an email address, mobile number, setting a username and creating a password. Always set up the account in your name. Many people use their partners account

or email address, which will lead to some interesting and possibly unwanted results. Always think of your account as personal to you. Shared accounts will broadcast your thoughts and likes to your partner's friends, many of whom you will not know. And your partner's posts

Don't use your DOB in the username 'marmsby1945' is not going to fool anyone.

will also be revealed to all your friends. And if someone sends you a personal message, who is going to respond?

Don't use your DOB in the username 'marmsby1945' is not going to fool anyone.

As with all online accounts, you should use a strong password that is different from the passwords you use for other accounts.

Multi-Factor-Authentication (MFA): This is an added layer of protection that will link your account with your Mobile Number. When accessing your account from a new computer or location, the system will send you a text message to

confirm it is really you – look for the MFA or 2FA option in the settings menu.

Set your privacy settings

Be conscious about the privacy settings for your accounts. All platforms will have options where you can choose between 'Sharing Publicly' or 'Only sharing with friends/followers'. While it won't help you become insta-famous, it will help keep your account safe from strangers. There are often many options to go through, but it is worth spending the time and choosing the right option for you. Setting your account to private or selecting to only share your posts and profile with friends are great first steps, as is making sure you check the option (if available) for your profile not to be searchable via google or other search engines. Look for the Settings or Profile menu to make a start.

Choose your Friends

Do check who you add to your friends list, and do not add everyone. It's not a popularity contest.

If you get a request from someone already in your list - check it first - it may be a fake account. We also advise only accepting requests from people you know.

If you get a request from someone already in your list - check it first - it may be a fake account. We also advise only accepting requests from people you know.



Once you have posted whether it's on your own profile or a closed or open group, it's out there and it's there for all to see. Think before you click submit.

Share carefully

Once you have posted whether it's on your own profile or a closed or open group, it's out there and it's there for all to see. Think before you click submit.

Do not reveal sensitive personal information i.e., home address, financial information, phone number. The more you post the easier it is to have your identity stolen.

While you can't change someone's

reaction to your posts, you can change who sees them in the first place. One of the most effective safety tips is to limit your audience. With so much information shared online it's important to delegate your posts to people you actually know. And remember that on many of the networks friends or followers can see what you have liked and if it's a public post shared by a business say what you may have commented!

Location

Most social media apps that you run on a mobile phone will have the option to keep a track of where you are and can allow that information to be shared in your posts. I'd advise you avoid this option as you don't want people tracking your every move. Look for the 'hide your location' option in the privacy settings.

Use private messaging

Consider sending a Direct Message to a friend instead of posting it on their page. You might not want everyone to see it.

Be wise

Don't fall for something too good to be true like "tweeting for cash-earn money for tweets". They are never real.

Every day we contribute to creating a public image of ourselves that anyone can see and that is not easily erased. You might think you are safe at home behind your computer, but in reality, you are sharing all that information to all who can see. There are fraudsters out there listening and you might be their next target. Be conscious of what you share.

Matthew Armsbey - BC Technologies

Have you ever completed an online questionnaire that asks questions like the following?

Your Hobby - Dream Holiday - Favourite food
 Pet's name - Favourite chocolate bar
 Your car make and model
 How many children do you have
 In what month were you born

**STOP SENDING YOUR POTENTIAL
 PASSWORD OR PERSONAL INFORMATION
 TO PEOPLE WHO COLLECT IT TO STEAL
 YOUR IDENTITY**



Out of Africa

Lynne Birchall from NARPO Preston decided to use her retirement to combine volunteering with a life changing travel experience to Africa when she volunteered with the Molly and Paul Child Care Foundation, a non-profit making charity and registered non-governmental organisation based in Uganda.

As I was looking through a community magazine that had arrived through my letter box, my attention was drawn to an article about the Molly and Paul Child Care Foundation in Uganda. I contacted them and found out a trip was planned for February 2020 and after disclosing my interest, I attended my first meeting.

I learned that the Foundation was established for the purpose of helping disadvantaged children who were in desperate need of help and support. These children may have been orphaned, neglected or simply lived in acute poverty.

The Foundation provided food and education for the poor children of the local village as well as a home to many children without family support.

The objective of the trip was to fund the building of an accommodation block which would provide a home for forty boys. It was hoped that the build would be part complete prior to our arrival and during our two weeks stay we would paint it and provide the beds in order for the new occupants to move in prior to our departure.

A team of 17 arrived in Uganda and after a long drive we finally arrived in the small village of Kamuzinda.

We were greeted by the children who ranged in age from newborn to 17/18years. They sang and danced and grabbed our hands. It was one of the many memorable occasions during our trip.

Unfortunately, bad weather had delayed work

Above: Lynne Birchall - Preston and District Branch.



Right: Desk project, new shoes.

on the accommodation block and at this point it still needed to be rendered on the outside and flooring completed. So as not to waste time we decided to renovate a classroom and arrange the repair of the bore hole which provided water to all the children and staff and some team members provided teaching support.

As I write this, my mind wanders back to the sounds of happy children singing along beside us, who despite having very little, never failed to bring sunshine into our lives every day.

Prior to our departure the team had collected school shoes that had been kindly donated to our cause. All had been carefully packed in suitcases, together with clothing and educational supplies.

Each child was handed a pair of shoes and after agreeing that they were a good fit they skipped off to show them off to their friends.

Through the support of a local church, money had been raised to provide each child with a hot bowl of porridge every day and the sight of these smiling kids sat in a circle, chatting and enjoying their lunch will stay with me forever.

We also visited the village and provided some of the poorest people with food and clothing, lovingly delivered from the back of motorbikes.

On the last day of our stay, beds, mattresses and mosquito nets arrived and were carried into the newly

As I write this, my mind wanders back to the sounds of happy children singing along beside us, who despite having very little, never failed to bring sunshine into our lives every day.



painted Ormskirk House.

The boys arrived with all their worldly goods in a tin box which they placed at the foot of their beds. They danced, they sang and cheered, a humbling experience for all of us which brought tears to our eyes.

In such a short time we achieved so much and made an enormous difference. It made me feel good too.

If you would like to learn more about the Foundation please visit www.mollyandpaul.org ■

Looking after your Mental Health during Lockdown 3.0

This is a very difficult time for us all, impacting us in different ways. You may feel low, worried, anxious, or be concerned about your health or of those close to you. You may be bored, frustrated or lonely. Remember it's ok to feel this way.



It's important that you take care of yourself during this time. Here are some tips to help:

Maintain social contact millions of us are experiencing loneliness during the pandemic. We are unable to see family, friends and colleagues in the usual way. This means that we need to find new ways of keeping in touch. Staying in touch via video calls or on regular phone calls is vital. If you used to meet up with your friends for a coffee regularly, keep this in the diary and talk on the phone or by video call instead. Your local NARPO Branch may be able to help with setting you up on many of the video calling platforms available, so please do get in touch.

Have a routine Ensure you have structure in your day, this will then feel like you've achieved something and make the day go quicker.

Get enough sleep a good quality, regular sleep pattern makes a difference to how we feel and to our immunity. If you struggle to sleep, do something relaxing before you go to bed and avoid caffeine, television and mobile phones/tablets in the hours before going to sleep. If your mind is racing, try transferring your thoughts to paper.

Staying in touch via video calls or on regular phone calls is vital. If you used to meet up with your friends for a coffee regularly, keep this in the diary and talk on the phone or by video call instead.



Get enough sleep a good quality regular sleep pattern makes a difference to how we feel and to our immunity.

Prioritise time for yourself spend time reading or watching TV, exercising, having a bath or learning something new, or just use this time to relax.

Don't spend too much time watching the news or on social media It's important to keep up to date with the latest news, it can be overwhelming though, so to manage any feelings of anxiety consider checking the news and social media once a day for a set amount of time, making sure it's from trusted news sites only.

Exercise regularly research has shown that walking and time in nature were the two things that most helped the nation cope with the first lockdown. If you can't go outside, then try an online exercise class instead. Try to be active for at least 30 minutes each day, if you're not a fan of physical exertion or are not able to exercise you could try gardening, cooking or baking.

Try not to worry about things we can't control none of us knows what is going to happen

in the next few months, so deal with you what you are able to. Mindfulness meditation can help you to stay in the moment.

Try not to judge other people and how they behave don't worry about how others are responding to the restrictions, you can't do anything about them.

Look after your health If you have symptoms of Coronavirus please get a test. If you have other health worries, phone your GP. Whether it's physical or mental health the NHS is still open and available with consultations taking place over the phone in many instances. Also be mindful of what you are eating and drinking. It can be tempting to overeat, eat too much of the wrong thing or reach for a bottle to help cope with the boredom of lockdown. However, eating a balanced diet and getting the correct nutrients is now more important than ever and it is worth noting that alcohol is a depressant and can also damage the immune system. Try to adopt positive coping strategies such as talking, going for a walk or listening to music.

Find the positives from previous lockdowns It could be things you did, or challenges you overcame. Ask yourself what was helpful, and what you can take from that for now. If you can't go out or feel isolated now may be a good time to find an online book group, exercise class or even an online choir. ■

If you feel you need help, talk to a loved one, your GP or a professional.

For the latest information about the pandemic please visit: www.gov.uk www.nhs.co.uk www.who.int

Police Mutual offer a range of wellbeing support services, for more details check out the wellbeing pages on our website: www.policemutual.co.uk

Chicken, Leek and Bacon Filo Pie





What's Cooking

Jessica Gibson from A Proper Plate brings us a recipe for a comforting favourite to get us through this latest lockdown.

The weather has still got that bitter chill in the air, and that means comforting food is a necessity. Luckily this chicken, leek, and bacon pie provides all the comfort you could need. I love the crisp, lightness of a filo topping, however you could easily substitute it for ready rolled puff pastry if that's more your style. This is a really satisfying supper with flavours that point towards the first signs of spring, which is very welcome if you ask me.

Serves 6

Ingredients

- 4 tbsp olive oil
- 800g chicken breast, cut into chunks
- 10 rashers streaky bacon, chopped
- 50g butter
- 1 large leek, halved lengthways and sliced into half rings
- 10 sprigs thyme, leaves picked

- 1/2 tbsp wholegrain mustard
- 50g plain flour
- 400ml chicken stock
- 350ml whole milk
- 1/2 lemon, juiced
- 6-9 sheets of filo pastry

Method

Preheat the oven to 200°C/ 180°C fan/ gas mark 6.

Heat 1tbsp oil in a large saucepan over a high heat. Add the chicken to the pan and sear until golden for 4-5 minutes (the chicken won't be cooked at this point) then transfer to a plate and set aside. Add the bacon to the pan and fry until brown and crisp.

Turn heat down to medium and add the butter, leeks, and thyme, cook for 10 minutes until softened. Add mustard and stir in. Stir in the flour and cook the paste

for 2 minutes. Gradually add the chicken stock, then the milk, a ladleful at a time. Simmer gently for 5 minutes to thicken, and add the chicken back in. Add the lemon juice, season with salt and pepper to taste and spoon into a large pie dish.

Take a sheet of filo and crumple in your hands then place it on top of the pie filling. Repeat this with the remaining sheets until the filling is fully covered. Drizzle the remaining 3tbsp oil over the pastry. Bake for 35-40 minutes until the pastry is golden and crisp and the chicken is cooked through.

Jessica is a professionally trained chef with years of experience in restaurant and event cooking, and now my focus on food photography and recipe development.
www.aproperplate.com



‘Thanks to my Age UK guide, writing my will was easy. And it’s good to know everyone’s looked after properly.’

Get your **FREE** step-by-step practical guide to making your will from AGE UK.

Making a will is one of those jobs that’s easy to keep avoiding. We convince ourselves that writing a will is difficult, so we continually put it off to another day. In fact, it’s far easier than you may think. What’s more, it feels great to know you’ve helped ensure your property and assets will go to the people and good causes that you care about.

Age UK’s guide takes you, step-by-step, through everything you need to know to write your will. What do you need to consider? What should be included? When do you need to seek professional advice? How do you update your will, should you want to? Find all the answers – all in easy-to-follow plain English, in this free Age UK guide.



Get your **FREE** guide

Get your **FREE** guide to making a will today.

Send the coupon to FREEPOST Age UK Reply.

For your free guide, send to Freepost AGE UK REPLY (Note: No further address required)

We* would like to let you know about the vital work we do for older people, our fundraising appeals and opportunities to support us, as well as the Age UK products and services you can buy. We will never sell your data and we promise to keep your details safe and secure. You can change your mind at any time by writing to us at our registered address below or by emailing us at contact@ageuk.org.uk

- No thank you, I **do not** wish to receive communications by post.
- Yes please, I would like to receive communications by email.

Title _____ Name _____ Surname _____

Address _____

Postcode _____

Email _____

One guide per household. AGUK0112 MXLC21LA02C006

*We, the Age UK Group, includes the charity, its charitable and trading subsidiaries, and national charities (Age Cymru, Age Scotland and Age NI). Age UK is a charitable company limited by guarantee and registered in England and Wales (registered charity number 1128267 and registered company number 6825798). The registered address is Tavis House, 1-6 Tavistock Square, London WC1H 9NA. For further details on how your data is used and stored: www.ageuk.org.uk/privacy



The Greatest Policeman?

In 1931 Capt Athelstan Popkess of the Nottingham City Police introduced the nation's first fleet of cars for police patrol purposes, to increase the speeds and options of police responses.

Popkess realised that to exploit the true value of the motor patrols, he needed to be able to maintain communication with them to dispatch them to incidents. "There can be no real mobility unless [mechanization and communication] are closely related, and each is as efficient as we can make it" wrote Popkess in an article for The Police Journal in 1933. Dispatching them directly from stations to incidents would severely reduce the deterrent effect of the officers. He needed two-way communications with them whilst on patrol.

Popkess approached several wireless manufacturers, but experiments showed poor signal and interference from local BBC radio broadcasts. He instead turned to a local 'amateur experimenter' and together they created their own bespoke apparatus. Their radio outperformed all the established companies' ones. Somewhat against modern intuition, their experiments concluded that telegraphy (Morse code) was better than telephony (speech). The Morse could be transmitted from a button on the steering wheel by the driver at speeds similar to speech and the signal was much

The Morse could be transmitted from a button on the steering wheel by the driver at speeds similar to speech and the signal was much less distorted.

less distorted. The radio unit itself was designed to fit nicely into the front passenger seat area of the police car - which it entirely replaced! Nottingham City Police became the first force to have two-way communications with patrolling officers, by some three years.

Popkess also developed new tactics for the motor patrols. He overlaid their patrol areas so that each car covered a half dozen or so foot beats. He introduced 'snatch plans' in the event of a car



being stolen, where the police cars would head for key road junctions to keep observations. He also developed 'Q Cruisers' - unmarked vehicles for surveillance and undercover patrol.

The rapid response was paired with his pioneering burglar alarms, directly linked to the police control room. Reports of intruders on a premises from the automated alarm would be relayed directly to the police HQ and Mechanized officers dispatched immediately. A fantastic British Pathé newsreel of this exists at www.britishpathe.com/video/new-police-alarm-to-fight-theft-wave. The bells on the responding police cars were also found to provoke insufficient reaction from other motorists, so Popkess developed a 'rising and falling tone' - a siren - proving far better.

Paul Griffiths - Chair of Police History Society

To join the Police History Society please contact: Membership Secretary, 4 Glenlea Close, West End, Southampton SO30 3FD or join online by visiting our website at www.policehistorysociety.com. Registered charity 295540

Popkess, Capt Athelstan (1st January 1933) "Pursuit by Wireless: The Value of Mobility" The Police Journal: Theory, Practice and Principles Vol 6,1 p.31
Tom Andrews was a serving Nottinghamshire police officer for 13 years prior to recently resigning to take up a position as lecturer in policing and investigations at Leicester's De Montfort University. He is the editor of the Journal of the Police History Society and author of The Greatest Policeman? A Biography of Capt Athelstan Popkess CBE, OStJ which is available to purchase on Amazon.

Above: Image of the wireless patrol car.

6 of the Best DIY Kits and Restaurant Food Boxes

Available for Nationwide Delivery

As you read this, we'll be well into Lockdown 3 and you'll (maybe) be feeling the benefits from that January health kick; time then for a pick-me-up! With this in mind we've rounded up the some of the best cook at home kits and restaurant boxes available for nationwide home delivery. Whether it's a weekend treat, a special celebration at home or a present to send to a loved one - there's something for everyone!



Haar at Home

Based in the popular golfing resort of St. Andrews in Scotland, Haar has been open since 2019 and is headed up by Masterchef The Professionals finalist Chef Dean Banks. Haar boxes are a real treat and are definitely one for the pescatarians among us with a strong seafood theme running throughout the options, which include items such as locally caught lobster, dressed crab, langoustines and

cured trout. There's also the option to add in extra items, sides and desserts as well as a separate drinks menu.

How Much: Boxes for 2 start from £74.95 and NARPO members can get 10% off with code NARPO10 (discount excludes alcohol and Professorial Series boxes)

Delivery: Mainland UK only, £9.95
www.haarathome.co.uk

Passo To Go Pasta Kits

Passo To Go offer six types of fresh handmade pasta meals including pappardelle, malloreddus, spaghetti and gluten-free gnocchi, with a regularly changing selection of sauces including favourites such as arrabbiata and carbonara to more adventurous options like pork shoulder and 'Nduja ragu. All the kits serve 2 and are easy to cook, plus there's the option to sign up to a subscription for regular deliveries.

How Much: From £10.50
Delivery: Next day at £4.50
www.passotogo.com





Betty's Tea Time Favourites Box

Founded in 1919, Betty's Tearooms are an institution in the world of afternoon teas and baked goods.

While they do have a number of boxes that include scones, we love this Teatime Favourites box for something a little different. This Yorkshire-themed selection provides everything you need to enjoy the Betty's experience at home with Betty's Tea Room Blend Tea, chocolate shortbread, a Yorkshire tea loaf and Yorkshire gingerbread. Tip: the Yorkshire tea loaf is ideal for freezing.

How Much: £20

Delivery: Standard delivery is £3.95

www.bettys.co.uk

Devon Heaven Cream Tea by Post

We may not be able to holiday there at the moment but you can have a taste of Devon with these authentic baked goods in the comfort of your own home. With five-star rave reviews the hamper includes four handmade scones, award winning, locally produced clotted cream, strawberry jam and two Devonshire tea sachets.

How much: £19.95

Delivery: Free

www.devonheaven.co.uk



Devon Cream Tea by Post



Cote at Home

Cote is a well-known high street restaurant brand serving French Bistro style cuisine and were one of the first restaurant chains to adopt an 'restaurant at home' dining experience during the first lockdown. The choice is vast, covering all the French favourites as well as bakery, cheese, and wine sections and suggested three-course set menus.

How much: starters such as Pork Rillettes from £4.50, main courses start at £6.50 for a Mushroom Risotto and the three-course set menus start at £27.50. There is a minimum order of £40 but many of the dishes can be frozen to enjoy at a later date.

Delivery: Free standard delivery

www.coteathome.co.uk

Hawksmoor at Home

Contemporary London-based steakhouse chain bring the restaurant experience to you with their cook at home steak boxes.

Regularly changing boxes are available with and without alcohol and contain mouth-watering options such as rib-eye steak with bone marrow gravy and their ultimate oven chips, with sticky toffee pudding and clotted cream to finish. There's also the option to purchase pre-made cocktails for a serious treat.

How much: Boxes for 2 without alcohol start at £75

Delivery: Thursday and Friday deliveries are free. Saturday deliveries £5

www.thehawksmoor.com





Hello and welcome to my first column of 2021. My colleague Suzanne and I are delighted that so many of you have signed up to our advice line and free email newsletter. Since this new members' benefit was launched, we have spoken to a number of you and hopefully been able to help. We thought it may be of interest for some of the questions we have been asked to be highlighted in the magazine.

Your Legal Rights

Q My neighbour's tree overhangs my property. I am aware that I can prune the branches which overhang my side of the fence. What troubles me more is that if we have gales this winter and parts of the tree come down onto my property and damage my fence or worse, how can I make my neighbour pay? Would I have to go to the trouble of claiming on my own insurance?

A You are correct that you can prune back any branches which overhang onto your property and you would not need permission from your neighbour to do this (providing you do not live in a Conservation area or there is a Tree Preservation Order in place). You must not prune further than the boundary line and you must ensure that you do not damage

the tree when pruning it otherwise you could be liable for damages.

If your neighbour's tree causes damage to your own property, it is their responsibility to pay for that damage. If you have concerns about the tree may I suggest you speak to your neighbour about these and ask them to carry out maintenance. If your neighbour is reluctant to cooperate, put your request in writing and keep a copy. Take some photos of the tree.

If the tree does cause damage to your property, and your neighbour refuses to cover the cost, you can issue court proceedings. This would be a last resort as proceedings are not only expensive and stressful but can take a long time to resolve. If you were planning to sell your property you would also have to disclose that there had been a neighbour dispute.

Q Last year, my wife died of COVID-19. We had made Wills, leaving everything to each other. We owned our house jointly and had some savings. Some were in joint names, and a small amount were in my wife's sole name. My wife also had premium bonds. I have been told that as I am my wife's Executor, I will need to get Probate. Can you explain what this is, and if I will need it?

A Firstly, I am sorry to hear about your loss. A Grant of Probate is the legal document which proves that the executor has the authority to deal with the Estate (a person's assets). There is no legal requirement to obtain Probate, although some institutions require it.

Any assets in joint names will automatically pass to you as the beneficiary.

For those in your wife's sole name, many financial institutions do not require to see a Grant of Probate if the amount of the savings or investment is less than about £10,000 although each institution will vary. They will need to see the Will, death certificate and your ID.

In view of your changing circumstances, I would suggest that you review your own Will. Your wife's inheritance tax allowances can be added to your own, so I would recommend that you take professional advice to ensure you make full use of these.



If you have not yet signed up the link is www.affinityresolutions.co.uk/join/

INTRODUCTORY OFFER FOR **NARPO NEWS** READERS

Revolutionary & Tasty Meals Delivered to You for just **£1.99 a meal**

NO FRIDGE. NO FREEZER.

Our innovative vacuum seal keeps the freshness, nutrients and flavour locked in, which means you can store our meals in your cupboard for up to 6 months. Just pop them in the microwave and your delicious meal is ready in a few minutes!

SAVE 50%



Serving suggestion

Includes 2 servings of wine (Limited offer)



Quality Fresh Ingredients

We always source fresh, quality ingredients and our innovative vacuum seal keeps them that way. No unnecessary preservatives. **Made in the UK.**



No subscription required

Just order our meals when you want them with no ongoing commitment. It's so easy and convenient!



FREE Next Day Delivery*

*Next working day delivery for orders received before 3pm Mon-Thurs, although this may take slightly longer during busier periods. Delivery to NI and Highlands & Islands also may take a little longer.

WHAT YOU GET

10 MEALS
+ 2 Wines + FREE P&P

Only **£19.99**

Was ~~£39.66~~



2 x Cottage Pie



2 x Beef Stew



2 x Lamb Hotpot



2 x Sweet & Sour Chicken with Rice



2 x Lasagne

ParsleyBox

Don't just take our word for it, here's what some of our customers tell us!

★ Trustpilot

Rated **Excellent** with over 15,000 online reviews

ORDER NOW & SAVE 50%

With our amazing introductory 10 meal offer

★★★★★
"Lovely meals and very good customer service"
Mrs Scholes

★★★★★
"Easy to store away with no freezing to worry about!"
Mrs Dawson

★★★★★
"First class service, on delivery and quality of food. Would recommend to family and friends."
Mr Garrett

★★★★★
"Home style cooking, delivered quickly to your door!"
Mr Wellock

Visit **www.parsleybox.com/NN22**

Call **FREE** 7 days a week **0800 612 7225** and quote **NN22**

Prefer another dish?
Call our friendly customer care team and choose from our full range of 60+ dishes.

PLUS 2 WINES
LIMITED TIME ONLY



ORDER NOW and we'll add 1 x Sauvignon Blanc (187ml), 1 x Merlot (187ml) to your order

Holiday Lettings 2021



England

West Cornwall - Mount's Bay

Cosy renovated 2 bed cottage sleeping 3 people in the fishing port of Newlyn. Harbour and sea views. 2 mins to beach and promenade. Level walk to Penzance, Marazion and local amenities. Parking and outside space. Small well-behaved dogs welcome. Free Wi-Fi. Car not necessary. Welcome gift for NARPO members.

From £295pw.

Call: 07814 470948

www.seasidecottagecornwall.co.uk



Cornwall - Falmouth

Kingfisher Cottage in 27 acres of award-winning gardens, Pendra Loweth. 3 bedrooms, 2 bathrooms. Private sunny patio and parking space. Leisurely stroll to beach, south-west coastal path or 5 minutes by car to Falmouth. Child and Dog friendly. 5% discount for NARPO members.

Call: 07590 622649

Email:

info@kingfisher-pendra-loweth.co.uk

www.kingfisher-pendra-loweth.co.uk



North Cornwall - Crantock

Holiday cottage in picturesque village. 2 bedrooms sleeping 4/5 people. Fully equipped. Secure private garden and garage plus parking space. Free unlimited Wi-Fi. 5 minutes walks to National Trust car park, sandy beach and coastal paths. Well behaved dogs welcome.

Open all year.

From £290pw.

Call: 0121 422 7556 or

07593 933109 or 07929 066586

www.crantock-cottage.co.uk



**Images for illustration purposes only*

Cotswolds - Water Parks

Privately owned and fully equipped lakeside s/c chalet at Hoburne Cotswold Water Parks. 2 bed and sleeps 4+ people. Free on-site Wi-Fi and parking. TV/DVD.

Indoor/outdoor pools, play areas, cafe, bars, restaurants and entertainment. Great location to relax, tour, cycle, fish and golf.

Discounted for NARPO colleagues.

Call: 07973 639342

Email: stu@mckie.co.uk



The Lake District, Cumbria

Cumbria-Kirkby Lonsdale

Two bedroomed superior cottage, sleeps 2-4 people in central location within a peaceful courtyard. (use of 3rd en-suite bedroom at a supplement). Parking and garden plus free Wi-Fi. Chapel Cottage boasts oak beamed ceilings, an open fireplace. No smoking or pets. Narpo Discount and welcome wine.

Call: 07968 504065

www.chapelcottagekirkbylonsdale.com



Dorset - Chaldon Herring

Beautiful 3 bedroom thatched cottage near to Lulworth Cove and Durdle Door. Quiet village with excellent pub. Dog friendly. Large enclosed garden, Wi-Fi, woodburner and games room. Access to SW coast path. Up to 20% NARPO discount.

Winter short breaks Nov-Feb only £300.

Call: Pete Wright 07758 233070

Email: pwright333@outlook.com



Dorset

Attractive holiday home in quiet village near Lulworth. 3 beds, big well-equipped kitchen. Enclosed rear garden facing fields. Village pub, super walks, local farm shops and easy access to towns. Parking, Wi-Fi, smart TV and dog friendly.

Call: 07494 496 826

Email: claireshearman@hotmail.com



West Dorset

Four holiday lets in old stone newly converted farm building, three, 1 bedroom, one 2 bedroom, with woodburners. Views onto river Axe, rural, approx 20 mins from Bridport and coast. Free Wi-Fi, parking, dog by arrangement. Local pubs, restaurants.

From £395 per week.

Call Gary Blackmore: 07788 973360

Email: garylinb@yahoo.co.uk



North Herefordshire

Beautiful, spacious, 300 year old barn with its own garden and wonderful views. Sleeps 6 with 3 bedrooms and 2 bathrooms. Great pub 10 minute walk. Hereford 11 miles. Sorry no pets or children under 16.

Call: 07969 558765

Email: catherinelarmour@gmail.com



Isle Of Wight

Retired Victorian railway station, nestled in the South of the island, converted into enchanting cottages. Large secluded gardens with spectacular views of surrounding countryside. Excellent base for walking and cycling. Short breaks available. Pets welcome. Ferry and NARPO discount.

Call: 01983 717349

Email:

whitwellstationenquiries@gmail.com

www.whitwellstation.co.uk





Long line of colorful beach huts at sunset

Norfolk Wells-Next-The-Sea

Choice of 3 stunning coastal cottages. Fully renovated, wooden floors, wood-burning stoves, amazing harbour and meadow views. Close to Quayside, shops and a great selection of pubs and eateries. Voted best beach in UK! Pets welcome. NARPO discount.

Call: 07976 720022
www.norfolkdreams.com



Northumberland

Coastal cottage, Beadnell. Sleeps 4, 2 bedrooms, bathroom with overbath shower. Fully equipped kitchen with dishwasher, washing machine and dryer. French doors to enclosed south facing garden. Off street parking. Non smoking. Photos on Simply Owners ref P33237.

Call: 07974 745624
Email: dunesview_6@yahoo.co.uk



Northumberland - Gateway to Hadrian's Wall Country

Stanegate Cottage. Gateway to Hadrian's Wall country. Peaceful cosy cottage, with stunning views. Rural location near Greenhead village, short distance to local pub and tearoom. Sleeps up to 4 people, dog friendly, enclosed courtyard, bike shed, Wi-Fi and woodburner. Perfect for walking, cycling, fishing, golfing, sightseeing and star-gazing!

Call Sam: 016977 47443
Email: Sam@braesidecottages.co.uk
www.braesidecottages.co.uk



- Bedrooms
- People
- Parking
- Wi-Fi
- Pets
- TV
- TV/DVD
- Pool
- Air Con.

Northumberland - National Park

We have two beautifully presented and well equipped 4* self-catering cottages in the picturesque village of Harbottle near Rothbury in the Northumberland National Park. Drakestone Cottage (single-storey) and Star Cottage. Both cottages sleep 1-4 guests and up to 2 dogs. The Star Inn pub (which we also own) is just a short walk from both cottages. It is a traditional pub being lovingly renovated and has a wood fired pizzeria and courtyard seating. Harbottle is a perfect base for walking, cycling, stargazing, relaxing and exploring award-winning Northumberland and all that it offers. From £350 for 7 nights and short-breaks are available most of the year. My husband is ex Northumbria Police.

Call Karen: 07778 920881
Email: karen@karenskottages.co.uk
www.karenskottages.co.uk



Lake District - Keswick

Hazeldene bed and breakfast accommodation. Superb location convenient for town centre, Lake Derwent Water, theatre and local walks. Clean comfortable spacious en-suite bedrooms. Private parking. Free Wi-Fi throughout. Lovely views. See for yourself on our live webcams.

Call: 01768 772106
Email: info@hazeldene-hotel.co.uk
www.hazeldene-hotel.co.uk



North Northumberland

Chatton Cottage is in the village of Chatton near the Cheviot Hills and 10 miles from Bamburgh and the beautiful coast. Sleeping four people in three bedrooms, all amenities are included. No pets or smoking.

Call: 07801845711
www.chattoncottage.com



Shropshire near Ludlow

The School House B&B in Shropshire near Ludlow. 3 spacious rooms with large en-suites and stunning views. Delicious breakfast served in spacious breakfast room. Dog-friendly ground floor room. NARPO 15% discount. Book online. Use code NARPO.

Call: 01547 530836
Email: hello@theschoolhousebandb.co.uk
www.theschoolhousebandb.co.uk



Peak District - Bakewell

Situated just two miles from the centre of Bakewell, Bolehill Farm Cottages comprises of eight peaceful cottages wrapped around a tranquil courtyard, set within 20 acres of the Peak District National Park. Dogs welcome. Pub walks from the door (2 miles across fields). 10% discount for NARPO members, simply call or book online using the booking code NARPO.

Call: 01629 812359
www.bolehillfarm.co.uk



Wales

Anglesey

Cottage, country-house and apartments for weekly holiday let, or short breaks, situated in and around historic Beaumaris, in area of outstanding natural landscape beauty.

Sea and mountain views, nearby beach. Pets welcome. 10% discount to all fellow NARPO members.

Call Howard Roberts: 01248 811671
Email: cottage.wales@btinternet.com
www.homeandcruise.com



Pembrokeshire

Cefn Du Holiday Cottages. Pet friendly, holiday cottages and newly converted barn, 4/5 star, sleeping 2/8 with secure gardens set in 60 acres of beautiful countryside close to the Preseli Hills, the famous Pembrokeshire coastal walks and picturesque towns of Cardigan and Carmarthen. NARPO Discount.

Call John Myatt: 01239 831530
Email: info@cefnuduholidaycottages.co.uk
Virtual video on
www.cefnuduholidaycottages.co.uk



Ireland

Idyllic West Cork

Along the Wild Atlantic Way. Beautiful privately owned S/C properties with sea views and gardens. Many repeat customers. Discounted Ferries. Story book colour brochures. Recommendations to local restaurants and amazing music.

Call Kathleen: 01778 571968
Email: perfectirelandholidays@yahoo.co.uk
www.perfectirelandholiday.co.uk

Portugal

Western Algarve

Luxury 4 bedroom villa in exclusive Santo Antonio Golf and Spa resort in Western Algarve. Air conditioning, extended outside terraces, private heated pool. 40% discount off golf green fees. NARPO members exclusive deals.
Email: relax@myvilla6.com
www.myvilla6.com



Algarve - Lagos Marina

Fantastic 2 bedroom apartment enjoying stunning views of Marina. Short walking distance to the beach, marina, swimming pool, Lagos town and supermarket. Beautifully furnished, quiet location, sleeps 6, with 2 bathrooms. Full Wi-Fi and air con throughout. Car not necessary.

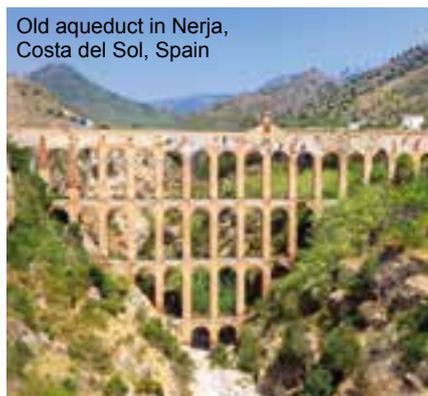
Call: Andy Hill 07794 262014
Email: andy.jayne14@hotmail.com
www.lagosmarinaapartment.co.uk



Algarve

Lovely family owned 6 bedroom villa. Gated driveway. Surrounded by half an acre of garden with orange and lemon trees. Own large pool, all bedrooms air conditioned. Maid service. Prices £1200 to £1800 per week.

We still have some summer weeks available.
Call: Andy or Karen: 01629 356873
Mob: 07919300362
Email: MrLints@Gmail.com
Call: Sam or Andy: 01749 831113
Mob: 07877642070
Email: sam@casa-collection.com



Old aqueduct in Nerja, Costa del Sol, Spain

Sunrise at Camilo beach in Lagos, Algarve, Portugal.



Spain

Nerja

Holidays in Spain Costa Del Sol, the best climate in Europe, all year sunshine. Over 100 properties Nerja region. 5% discount voucher for NARPO members.

Call: Joe Chadwick 0034 656 461 921
Email: joeinnerja@hotmail.co.uk
www.jj-nerja-rentals.com

Canary Islands

Lanzarote Playa Blanca

Superb 2 bed, 2 bathroom Villa. Private heated pool. Two private patios front line of complex, wonderful sea views. TV/English/Sports/14 day catch up, BBQ and air conditioning. Near Marina Rubicon, Papagayo. NARPO discount. Short to long term.

Call Ken: 07974 807662
Email: ken.owens69@btinternet.com



Fuerteventura - Corralejo

Las Fuentes two-bedroom apartment (sleeps 4 + sofa bed), peaceful location situated a short walk to local amenities and beaches. Facilities shared communal pools, air conditioning, live English TV, free Wi-Fi and private terraces. Prices from £300 per week.

For a brochure and booking enquiries please contact us.

Call: 07952 947348
Email: lasfuentes105@mail.com



North America

Florida - Disney

Luxury spacious 4 bed and 2 bath villa, accommodating 10 people. Beautifully furnished. Large private heated pool. Not overlooked. 6 miles from Disney. Near to all shops, restaurants, tennis and golf. Fully equipped plus high chair, cot and stroller. Flat screen HD TVs/DVD, free telephone, Wi-Fi. From £450pw.

Call/Fax: 0151-726-0943
Email: frnk.thompson@gmail.com
www.thompsonsfloridavilla.com



Florida - Gulf Coast - Cape Coral

Waterfront executive 3 bed, 2 bath villa, sleeping 6 people. Heated, screened pool. Private boat dock with access to Gulf of Mexico. Fully equipped, flat screen TV's, free Wi-Fi. Convenient for beaches, shops, restaurants and golf. 15% discount for NARPO members.

Email: Williams_philip2@sky.com
www.Buttonwood-bay.com



Siesta Key - Sarasota - Florida

On the beach, spectacular sunsets and Gulf views. Luxury apartment, leather furnishings, fully air conditioned, 2 bedrooms, 2 bathrooms, Wi-Fi, 3 TV's, DVD library. BBQs (gas or coals), heated pool, safe swimming, great fishing and shelling, golf 60 courses nearby. Sun, sand and relax. Rates from £755pw (this includes a 20% NARPO discount) + US tax.

Call: 01262 670417
Email: geoffsplace@hotmail.com
www.geoffs-place.com



**Images for illustration purposes only*

Book a holiday and 10% of the total value* will be paid back to The Police Memorial Fund

Remember to mention NARPO when you book



HOLIDAY HAPPINESS. GUARANTEED.

Planning a holiday in 2021? With industry-leading health and safety practices, flexible booking options and our 'happiness guarantee', we will ensure you have an unforgettable holiday without compromise.

✓ **Exceptional experiences, with no compromises**

If you're not completely happy by day two, we'll bring you home with a full refund

✓ **Industry-leading health & safety practices to keep you safe**

All our UK and European tours in 2021 currently on sale will be small group experiences, with social distancing in place. For river cruise guests, a mandatory Covid-19 test will be included for all departures

✓ **Free to change your mind with fully flexible booking**

Change your booking for free up to 45 days before travel



To check availability or request a brochure

Call **01283 248 304** (quoting NARPO) Visit **rivieratravel.co.uk**

Email **affinity@rivieratravel.co.uk** (within 24 hours of booking online to request 10% donation)

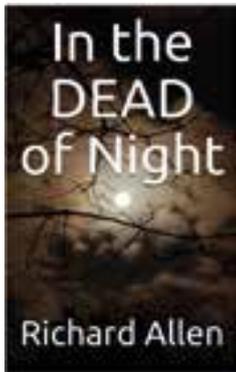
For group enquiries, email **groups@rivieratravel.co.uk**



Donation (equivalent to 10% of the total basic cost for all that travel) will be made by Riviera Travel to the Police Memorial Trust in the month following that of departure for all bookings where NARPO was mentioned at the point of booking, or advised to us within 24hrs via affinity@rivieratravel.co.uk if booked online. Applies only to bookings made directly with Riviera Travel, not via any third party and not valid on exclusive departures with our media partners. Some elements of the final cost are not valid for this donation, including room/travel upgrades and supplements plus insurance premiums. Full details can be provided by emailing affinity@rivieratravel.co.uk. Free amend up to 45 days before travel is for bookings made by 28th February 2021. Booking protection policies only applicable to 2021 departures. Covid-19 testing in place for as long as is deemed appropriate to do so.



BOOK'em!



In the Dead of Night

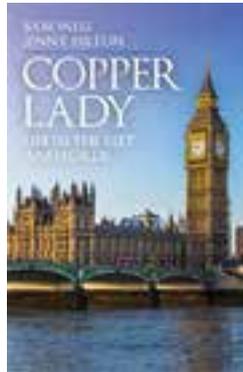
By Richard Allen
ISBN: 9798580614874

'In the DEAD of Night' is the 6th crime novel in The Superintendent Mark Faraday Collection.

Set in Bristol as 2018 draws to a close, a chance remark by a drunk driver results in Chief Superintendent Mark Faraday and Detective Superintendent Kay Yin leading Operation Black Water to investigate a brutal and obscene 'cold case' murder.

Hampered by a web of corruption and against a background of betrayal and disloyalty, the heinous excesses of the German SS and the mafia, the officers' enquiries take them to Jersey during the German occupation of 1943 and across the Great Karoo to the diamond fields of South Africa, the Battle of Beda Fomm and the island of Malta, the perils of war-time Atlantic convoys and the grim coal fields of nineteenth century Yorkshire. The glittering Georgian city of Bath as the Christmas seasonal festivities approach and the secretive world of the Special Operations Executive Finishing School at Beaulieu, Hampshire.

With vicious hoodlums and ruthless henchmen lurking in the shadows of dark streets and the recesses of cafes, and be devilled by self-interest and perverted loyalty, the dedicated team pursue their suspects relentlessly, even into danger, determined to unravel their psychopathic tendencies and to penetrate their criminal and corrupt minds where many of their victims are simply seen as commodities to be exploited and discarded. But, will tenacity and the apparently casual but surgically skilled and formidable questioning be sufficient to finally bring the suspects to justice?



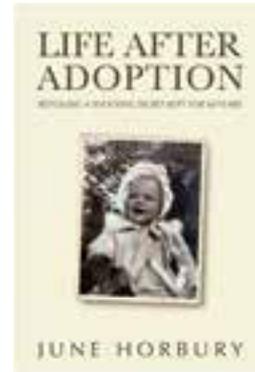
Copper Lady

By Baroness Jenny Hilton
ISBN: 9781398107809

At the beginning of Jenny Hilton's 34 years in the Metropolitan Police, women constituted less than 1% of the force. Her entertaining and insightful memoir highlights some of the major social changes over the past 60 years and the difficulties experienced by a woman in a man's world. The book paints a vivid picture of London of the 1950s and 1960s, of changing attitudes to class and gender in society and the problems of racism, corruption and heavy drinking which were rife among colleagues. During her early years, policewomen were largely a specialist branch and were relied upon by the men to deal with prostitutes, teenagers and neglected children. It was only after the introduction of equal opportunities legislation and the loss of their specialist status that she became conscious of sexism and resentment in the force. Hilton progressed through the ranks to the rank of commander and by 1986 she was one of only two senior policewomen in the Met, at a time when pro-rata there should have been twenty-five. Upon retiring from the force, she was appointed a life peer in the House of Lords.

Get your copy:

All of the listed books are available via online retailers, or you could ask your local book store by quoting the relevant ISBN reference. NARPO does not stock these books.



Life after Adoption

By June Horbury
ISBN: 9781839521829

When my adoptive father died, I was looking through his things and came across a shabby, old box which contained his legal documents, and there it was, my adoption certificate. I always knew I was adopted but as soon as I saw my birth mother's name on this old piece of paper, something stirred inside me and I knew at that moment, I had to try and find her. My husband told me to 'leave well alone' and in some respects he was right, as when I did find her I discovered a dreadful secret. I was devastated. But it didn't end there, as following her death some years later, another secret was revealed which shocked my family. Had my husband been right when he said, 'Leave well alone'? This story is told over eight decades from just before the start of World War 2 and depicts life and times from then until the present day.

Crossword answers for page 52

R	I	M	E	S	I	D	E	S	T	E	P
E	A	A	C	X	H	R					
M	A	R	I	M	B	A	A	G	R	E	E
O	R	A	R	G	E	T					
R	O	Y	A	L	U	P	G	R	A	D	E
S	G	S	E	T	N						
E	N	D	E	A	R	P	R	E	S	E	T
L	E	M	B	A							I
E	M	A	N	A	T	E	T	O	R	S	O
S	D	T	R	I	E	U					
S	U	S	H	I	L	O	O	S	E	N	S
L	E	O	I	N	V	L					
Y	E	A	R	N	I	N	G	L	E	V	Y



Supporting the welfare of NARPO members. First class hearing services provided away from crowds at home, with safe C19 infection control

Hearing Star delivers without compromise, the finest inclusive technology options for members in 2021.

The company founded 2009, celebrated its tenth year delivering hearing aid services to members and the charities that underpin their community. It can be difficult to keep up to-date with technology, as the hardware and software programs that drive it are constantly evolving. In 2020 we saw wireless hearing technology improving greatly with the use of internet based services linked to hearing aids.

Kevin Howlett of Hearing Star commented "we are delighted to have donated over £100k to police and other charities. Now in its eleventh year, the company will be offering the latest assistive TV device as part of its inclusive packages and 0% finance to members, ensuring they receive great value for money."

The latest Starkey Livio TV device

Super clear digital sound, controlled by your smartphone or a remote control.

The latest Starkey Livio remote control

Simple, flexible control of your hearing aids and TV connection. No fuss!



The latest **Starkey Livio** hearing aid technology can be controlled by a remote control or your mobile phone. You can hear calls direct through your hearing aids. There is also smart Bluetooth connection to your TV with nothing worn around your neck. Hear more clearly than ever, with digital sound streamed directly to your hearing aids. New Livio technology is available now from Hearing Star. A remote control is available for non-smartphone users, compatible with the latest TV streamer. See brochure for details.

For The Good and The Brave®

Covid-19 infection control and our services, in the comfort and safety of your home

With holidays cancelled and uncertainty over when we'll return to some normality, members are asking us how they can update their hearing technology and benefit from direct connectivity to their televisions and mobile phones to communicate with friends and family. They are also struggling to hear people when wearing masks. To ensure members safety and enable us to continue to provide our services through lock downs and beyond, we've adopted many safe practices. We now use chlorine cleaning solutions for our equipment, like the hearing test headset for example. We no longer use petrol station services or buy food that isn't in a carton that can be cleaned before consumption. We wear a new set of gloves and mask for each appointment and do fewer than previously. We don't visit members who are ill and very importantly, we take a C19 test every day.



Don't like the idea of carrying a remote control? Use your phone!

Today, our hearing technology can be set up to give the wearer easy access and control of their hearing aids via their smart phone.

You will be shown how to use the functions of the hearing aids from your own phone. They'll even provide the aid(s) location if lost!



NARPO 2021 brochure!

Educate yourself on channels, programs and dual micro-phones. Includes pricing with product information, members reviews and much more.

Call us to order your copy.

For your copy of Hearing Star's 2021 brochure, NARPO members may contact us:

Tel: 0800 03 23 771 email: NARPO@hearingstar.org.uk Online: www.hearingstar.org.uk



**Inside the house,
statement pieces
add a pop of
colour to neutral
spaces**

2021 Gardening Trends

It is now well documented that gardening is one of the things that got many of us through lockdown 1.0 so with an eye on that and the many beneficial effects of gardening on our wellbeing, we asked Dobbies Garden Centres Horticultural Director and resident gardening expert, Marcus Eyles to take readers through the key gardening trends for 2021.

Space saving and edible gardens

Many of us have had the time to give more attention to our gardens and make the most of any outdoor space. With many more 'new gardeners' discovering the joys and benefits that gardening can bring, container planting for compact spaces is a top 2021 trend; offering an alternative way to grow homegrown produce and brighten up spaces with flowers, foliage and colourful pots.

Growing edible plants in the garden combines two passions, gardening, and cooking. From fruit and vegetables to herb gardens, the discovery that you don't need a huge space and that lots can be grown in a container, means this will continue to trend.



Planting styles

Jungle style gardens are on the rise, with our love of big leaves and lush foliage showing no signs of slowing down. Going tropical, think banana plants, cannas and citrus, and dense planting with pops of bright colour. Whether it is a few statement plants, or a garden filled with exotic greenery, you will be transported to an outdoor oasis.

Other planting styles we predict to be even bigger in 2021 are those that help create a sanctuary of calm, with foliage plants in pots, such as ferns, grasses and bamboo.

Houseplants

Inside the house, statement pieces add a pop of colour to neutral spaces and it's no different outdoors; cool shades, warm shades or pretty pinks are themes for pots for summer 2021.



Tropical style planting

Family friendly

As we look to get children excited about the garden and, perhaps, spend more time outside and away from screens, family gardening is on the rise. This involves splitting up your patch, so children can have a dedicated area to care for; a raised bed can be an ideal solution for this. This is something you could get ready to go for when the grandchildren can finally visit again. Get them involved from the beginning by adding personalised signs and finding out what they would like to grow. From sunflowers to carrots, there are plenty of easy-to-grow plants and vegetables. ▶

Going tropical, think banana plants, cannas and citrus, and dense planting with pops of bright colour.



Nurtured by nature

Being in the garden can help us to slow down, reduce stress levels and connect with the natural world that's on our very doorstep.

Watching seeds and young plants developing is so therapeutic and always worth the effort. Each stage of the growing process reconnects us with how important nature is in our lives and the rewards that gives to our wellbeing is immediately felt. Growing plants will slow you down and chill you out. As the seasons change and spring begins to bloom, it is a great time to be sowing seeds, raising young plants and planting out vegetables, herbs and flowers for almost instant gratification.

Nurturing nature and welcoming wildlife

We are so indebted to bees and all pollinators for the tireless effort that they go to in their busy pursuit of pollinating our food crops and yet we have been instrumental in the reduction of their numbers.

They are such a vital part of our eco system, as over a third of our food crops need pollinators to produce a harvest for us.

Top tips for a wildlife friendly garden:

1. Select simple single flowers, so that pollinators can easily feed from the middle.
2. Put out fresh clean water for birds, or a bird bath, so they have somewhere to have a drink and cool down.
3. The addition of a bee bug, or butterfly hotel to provide shelter. These are perfect for solitary bees, the lesser-known variety as most people instantly think of the honeybee or bumblebee. With over 240 species in the UK alone, they make up 90% of the bee population. Solitary bees are wonderful pollinators of fruit, veg and flowers in your garden and as they don't live in colonies or make honey, they are non-aggressive and safe around pets and children. ■

www.dobbies.com

One resolution you won't break for 25 years.

COLOURFENCE

GUARANTEED!†



NO MAINTENANCE, PAINTING OR REPAIRS FOR 25 YEARS!



2020 was a year when very few things were guaranteed. In 2021, however, one thing you can look forward to is ColourFence. It's guaranteed for 25 years†. Guaranteed not to warp, crack, shrink, rot or peel. This means no maintenance, painting or repairs for 25 years. So you'll spend a lot more free time enjoying your garden without the constant battle and expenditure of maintaining a decent looking boundary line. Take a look at the ColourFence range now. You can tie in the colours to show off your plants and flowers in their true glory. ColourFence will even withstand wind gusts of up to 130mph. Making it, probably, the world's best maintenance-free fence. Our competitive pricing and easy payment plans mean that every garden can now enjoy the beauty of ColourFence. **To see the full product range and receive your free copy of the Good Fence Guide, freephone us today and find out why it makes sense to choose ColourFence.**

- **Guaranteed† not to warp, crack, shrink, rot or peel**
- **Professionally installed to withstand wind gusts of up to 130mph**
- **No painting or repairs for 25 years**
- **Maintenance free until 2046†**
- **No treatment costs**
- **4 mix and match colours and a choice of styles and sizes**

EASY PAYMENT PLANS*

To see our wide choice of sizes, colours and designs – contact us today!

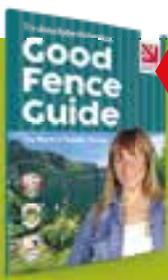


COVID-19
All installations conducted in accordance with Govt. guidelines

“Despite many coats of preservative, the structure of the wooden fence in our front garden rotted, and a recent storm sent it off down the road, thankfully missing the neighbour's car.



However, every cloud has a silver lining, and we couldn't be more pleased with our new ColourFence. It looks great, and we are looking forward to years of summers with no fence paint or algae treatments.”
Mr & Mrs P. Glamorgan



CALL NOW! To receive your **FREE GOOD FENCE GUIDE** and no-obligation quote – **FREEPHONE 0800 644 4113**
colourfence.co.uk



Please send me THE GOOD FENCE GUIDE
A FREE QUOTE

BLACK CAPITALS PLEASE
MR/MRS/MISS _____
PLEASE CIRCLE
ADDRESS _____

POSTCODE _____
TELEPHONE NUMBER (To confirm details in case of non arrival)
[]
MOBILE _____
EMAIL _____
 FREEPOST CLIMAR (NN2/21)

†Hose down several times a year – terms & conditions apply.
*Participating locations only, see website for details.



Computer know how

Frustrated with your computer?
Just ask us and we will help!

Send your email queries to NARPO@bc-group.co.uk or call Nicky Kidd on 01369 706 656

Q Dear helpdesk, since installing Office365, any attachments on emails that I receive come up as Internet Explorer attachments - rather than Word Documents.

To gain access to the attachments, I must navigate past several dialogue boxes first. Is there anything that can be done about this?

A Hi, thanks for getting in touch. This is caused by your default app settings.

These can be altered by taking the steps below:

Click Windows Start Button > Select Settings > Select Apps > Select Default Apps > At the bottom, select "Choose default applications by file type" > Once the list of File Types has loaded, scroll down until you find ".Docx" on the left. Click the symbol on the right to change from Internet Explorer to Word.

It may be advisable to change all ".Doc" file types to Word to cover all types of Word attachments.

Q Dear helpdesk, I keep receiving messages telling me that Flash Player will no longer be supported. Is this the case and if so, do I need to take action?

A Hi, it is true that support for Adobe Flash Player has now ended. Google and Microsoft have announced that they disabled the plug-in in their browsers at the end of 2020. There should not be any need for you to act on this - most browsers now come with integrated capabilities (once provided by plugins such as Flash Player). You can find out more about this on Adobe's website.

Q Dear BC Tech, I like many others have been making the most of Zoom and Teams to participate in committee meetings and family quizzes! Many others can customize their backgrounds, by either blurring them out slightly or using a picture, and I would like to do the same. Can you talk me through how to do this?

A Hi, thanks for getting in touch. To change your background in Microsoft Teams, whilst on the call, you should look for the three dots in the bottom toolbar. Once you click this, you can then select the "Blur Background" or "start camera with blurred background" option - click this and your background will be blurred. On Zoom, you'll need to sign into your online account to change your settings. Once signed in, head over to Account Management and then Account Settings. You'll find options for your Virtual Background within the Meeting tab. From here, you'll be able to change your background as you please - you can even use your own images!



Windows Mail App

Stay in the Loop with Email

As we enter the new year under yet more Coronavirus restrictions, email is becoming increasingly useful as a means to keep in touch with our friends and family.

Recently we've received a number of queries and issues related to Windows Live Mail.

Windows Live Mail (WLM for short) is an email program introduced by Microsoft as part of the Windows Essential Suite which many people have relied on for a number of years, favored for its simple functionality and tidy layout.

As with Windows 7, and previous versions, the Windows Essential Suite is no longer supported by Microsoft. This also means that Windows Live Mail itself will no longer receive important software updates which keep it free from glitches and secure from hackers.

As an alternative, Microsoft are offering a free to use application called the Windows Mail App. This is represented by a blue envelope icon and is available pre-installed on all Windows devices running Windows 10. Like WLM, you can host several email accounts in one place. Go and check it out if you get the chance!

Time Out

CROSSWORD

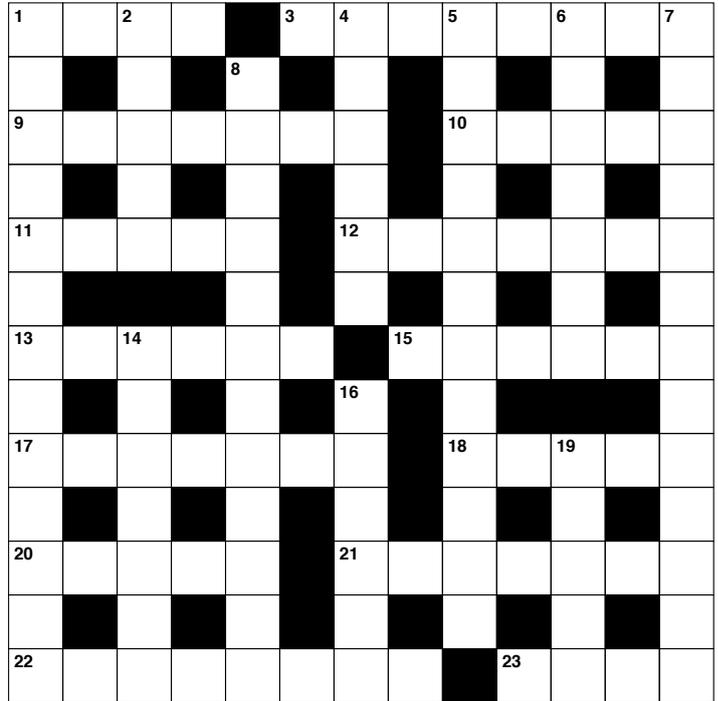
Answers on page 44

Across

- 1. Frost (4)
- 3. Move out the way of (8)
- 9. A percussion instrument (7)
- 10. Consent to (5)
- 11. Regal (5)
- 12. Improve equipment (7)
- 13. Make beloved (6)
- 15. Adjust in advance of its use (6)
- 17. Issue forth (7)
- 18. Trunk of the body (5)
- 20. Japanese food (5)
- 21. Slackens (7)
- 22. Longing (8)
- 23. Tax (4)

Down

- 1. Pitilessly (13)
- 2. Unite in matrimony (5)
- 4. Son of Daedalus in Greek mythology (6)
- 5. Overstatement of intent to harm (7)
- 6. Statements of intent to harm (7)
- 7. Affectedly (13)
- 8. Process of combining (12)
- 14. Salt lake in the Jordan valley (4,3)
- 16. Capital of Germany (6)
- 19. Pass a rope through (5)



What's On

7th April 2021

Plymouth Branch AGM

Time: 10.30am.

Venue: The Royal British Legion, Crownhill, Plymouth.
Subject to any restrictions that may be in force at the time it is intended to hold the Plymouth Branch AGM. Any matters for inclusion on the agenda should be sent to the Branch Secretary John Sutton at email "plymouth.narpo.org". Members will be notified in the event of amended date or cancellation.

26th Nov 2021

Jy/Jd Reunion Lunch

Time: 12.30pm

Venue: The Belmont Room at Chigwell Police Sports Club.

For the past 50 years or more, both uniform or CID officers who served at the old Claybury(JY) or Chigwell(JD) Police Stations, up until 1990, have been having an annual reunion at Chigwell Police Sports Club. We now invite any officer (Uniform or CID) who served at any station on the Barkingside Sub Division prior to 1990 to attend this reunion.

Contact: Mick Carter - 07702 862572

Email: michael.carter@coppicegreen.com



NARPO MEMBERS
ARE YOU, YOUR FAMILY OR YOUR FRIENDS
DUE A REFUND?

Is this the new PPI??

Have your mortgage payments been miscalculated?
Is your mortgage in force, or paid off in the last 6 years?

If the answer is yes to the above then we can carry out a
"FREE" audit on your mortgage account.

Our Auditors estimate over 80% of mortgages have been overcharged.

Your lender imposed mutual Terms & Conditions, if they did not adhere to them they are legally in "Breach of Contract" and you could be owed **£1,000s.**

Time limits apply, so don't delay!!

DO NOT DISREGARD!!

Overcharging claims can apply to all lenders from high street to sub-prime lenders such as SPML, Kensington and GMAC.

How much does your service cost?
We charge no upfront fee whatsoever. If we investigate your mortgage and find no evidence of a potential claim we will inform you and close our file, there is no charge for this.
Our success fee is 25% payable only if we win your claim.
Example: we win your claim of £5,000 our fee is 25% - total amount payable to us is £1,250.

activecreditclaim.co.uk

01707 649 665

Email: activecreditclaim@btconnect.com
Active Credit Reclaim are regulated by the Financial Conduct Authority
No: 829856 with regards to Claims Management Activities.

Keeping you in the driving seat

Allied to a 5-Star service, Motor Source Group offer a specialist new car service for all NARPO members and are committed to listening to your needs and sourcing the right car for you.



Save money

Our customers save an average of £4,500.



Part exchange welcome

All vehicles are accepted.



Nationwide delivery

Your new car can be delivered direct to your door.



Volkswagen Tiguan

1.5 TSI EVO R Line Tech 5dr DSG

MSG Price: £32,439.30

SAVE: £5,330.70



SEAT Ibiza

1.0 TSI 95 SE [ez] 5dr

MSG Price: £13,720.40

SAVE: £3,174.60



Nissan Juke

1.0 DIG-T Acenta 5dr DCT

MSG Price: £17,868.19

SAVE: £3,091.80



Audi A1 Sportback

25 Tfsi Black Edition 5dr

MSG Price: £20,196.00

SAVE: £3,654.00



Toyota C-HR

2.0 Hybrid Excel 5dr CVT

MSG Price: £28,212.92

SAVE: £4,157.08

Quote **NARPO** to access exclusive new car discounts across all makes and models, including...



Call us on:

01522 500 055

Or visit: www.motorsourcegroup.com



**MOTOR
SOURCE**
POLICE & PRISON
FOR EVERY DAY HEROES



Kia Stinger

it gets better and better

Kia's high-performance fastback sports saloon, the Stinger, now boasts a refreshed design to amplify its gran turismo character and features a range of technology and safety upgrades.

The upgraded Stinger boasts a re-profiled exterior design and has been enhanced to improve cabin appearance and quality. The upgraded cabin, in particular, reaffirms the Stinger's credentials as the consummate grand tourer and the flagship of Kia's European line-up.

The exterior notably gains a more high-tech light signature, with a new rear combination lamp spanning the width of the car. This creates a distinctive new light signature, which mimics the shape of the subtle spoiler integrated into the boot lid. New rear indicators, each comprising of 10 individual LED units, are arranged in a grid pattern – a motorsport-inspired design – which reflects the appearance of a chequered flag.

A new design for the 19-inch alloy wheels is also introduced, with intricate, geometric designs which enhances the sporty, grand tourer nature of the car. 'Electric Blue' exterior paint is also introduced to the 'GT S' for the first time.

Inside, the overall architecture

of the cabin remains the same, but subtle visual, material, and textural enhancements create a more luxurious ambience. New additions include a metallic finish to sections of the flat-bottomed steering wheel and a chrome bezel around the instrument cluster. The rear-view mirror is now frameless, creating a classy, modern look and also has the benefit of enhancing rearward visibility. The dashboard features Kia's upgraded 10.25-inch touchscreen infotainment and navigation system and is further accentuated by new gloss black trim. New mood lighting allows the driver to select from one of 64 colours to subtly alter the character of the cabin.

The upgraded Stinger is fitted

as standard with Kia's 10.25-inch touchscreen display. The infotainment system also allows Bluetooth smartphone pairing for two phones concurrently, enabling separate phones to be used for phone calls and music, for instance. Its advanced split-screen display lets users control or monitor different vehicle features at the same time, customising the screen with a series of different widgets. Apple CarPlay™ and Android Auto™ are standard, with intuitive voice control for many of the car's features, such as heating and ventilation, audio and navigation. A wireless charger allows smartphones to be topped up without wires trapping across the cabin.

The new Stinger adds features such

New additions include a metallic finish to sections of the flat-bottomed steering wheel and a chrome bezel around the instrument cluster.



as a 'connected car' Remote Engine Start system, which allows owners to start their car remotely using the Stinger's smart key. A 360-degree surround view camera system is fitted, as well as front and rear parking sensors, giving the driver a bird's eye view when manoeuvring in tight spaces. A smart key with button start is standard, and a Smart Power Tailgate takes the effort out of opening and closing the boot when your arms are full with shopping.

The upgraded Kia Stinger carries over the same Advanced Driver Assistance Systems (ADAS) that it offered previously, as well as a series of new features and updates to provide even better protection for the driver, their passengers and other road users.

The latest cutting-edge safety



technology has been added to the new Stinger, including a new Blind-Spot View Monitor (BVM) that acts as a 'second pair of eyes' for drivers by eliminating a driver's left- and right-side blind spots. It displays a high-resolution video feed within the instrument cluster's digital display if the driver indicates to change lane with another vehicle in their blind spot. The video feed comes from discreet wide-angle lenses hidden beneath the door mirror housings, giving drivers a wider viewing angle of their blind spots.

Lane Following Assist (LFA) helps the vehicle stay in the centre of its lane, while Highway Driving Assist (HDA) maintains a set distance from the vehicle in front on a motorway or A-road, and also keeps the car in the centre of its lane, even on a curved road.

Safe Exit Warning (SEW) detects vehicles coming up from behind on either side of the Stinger when parked and stopped, alerting occupants with a sound and visual warning if they attempt to open the door into oncoming traffic. Rear Occupant Alert (ROA) provides a warning to the driver if they leave behind any pets or children when they exit the car.

Forward Collision-Avoidance Assist (FCA) now offers protection when turning across the road into a junction by identifying oncoming traffic on the other side of the road. Furthermore, it

offers increased activation range when detecting a vehicle, pedestrian or cyclist. The Lane Keeping Assist (LKA) is now able to detect the edge of a road, as well as the lines in the road, providing steering assistance to prevent the driver leaving their lane without signalling. Blind-Spot Collision-Avoidance Assist (BCA) provides an enhancement over the existing Blind-Spot Collision Warning (BCW). Instead of simply warning drivers of cars in adjacent lanes, BCA helps drivers avoid a potential collision by applying differential braking.

**There is just one,
high-specification
version of the
Stinger in the UK,
powered by the
tremendous 3.3-litre
V6 T-GDi
twin-turbocharged
direct-injection
petrol engine.**

Intelligent Speed Limit Assist (ISLA) is a new feature for the latest Stinger, with system based on traffic sign recognition. Driver Attention Warning (DAW) now has an increased operating speed of up to 130mph, and also alerts drivers if they fail to notice the car in front move off from a stop. The navigation-based Smart Cruise Control (NSCC) helps drive around curved sections of a motorway or A-road, automatically reducing the vehicle's speed to an appropriate level before entering the curve. It reverts to the original speed as the vehicle leaves the curve and returns to a straight road.

The Rear Cross-Traffic-Collision-Avoidance Assist (RCCA) has been upgraded and now helps to prevent collisions with crossing vehicles while reversing by taking emergency action, whereas previously the system only warned the driver with a sound.

There is just one, high-specification version of the Stinger in the UK, powered by the tremendous 3.3-litre V6 T-GDi twin-turbocharged direct-injection petrol engine. Drive is sent to the rear wheels through an eight-speed automatic gearbox.

The twin-turbo V6 makes Stinger the fastest-accelerating Kia ever. From standstill to 60mph takes just 4.7 seconds, and the top speed is 167mph where permitted. ■



Insulate your conservatory ceiling today...



- Warmer in winter, cooler in summer
- Reduces heat loss by up to 90%
- Multi-layered insulation
- Premium plaster finish - no plastics
- Adds to the sale value of your home
- Cuts down noise and glare
- Pay 5% VAT government approved
- Also available is our Pinnacle Range of Solid Tiled Roof Replacements

without replacing the roof!

It costs less than you may think



Order now for February Fit



UP TO
30% OFF



**SPREAD THE COST
INTEREST-FREE**

0% APR - REPRESENTATIVE*

With the Covid-19 outbreak, living at home has never been more challenging. Our beautifully vaulted, thermal insulated ceilings will enable you to create an all-year-round living space. Your newly insulated conservatory will make the perfect home office or an extra living space, where you can unwind and relax in total comfort, no matter how cold or hot the weather is outside.

Also available is the Pinnacle range of lightweight, solid, tiled roof replacement - fully approved and building regulation certified - simply ask for further details.

Please complete this coupon and post to: **Rundle & Dorey Unit 3, Venture Court, Bolness Road, Wisbech PE13 2XQ**

Please send me information on - please tick appropriate box(s):

Conservatory Ceiling Insulation Solid Tiled Roof Replacement

Name:

Address:

Postcode:

Telephone:

Family-run Business
with over

**20 YEARS
EXPERIENCE**

Your telephone number is important to us as one of our friendly advisors will contact you to arrange a FREE Home Consultation and answer any questions you may have.

Rundle & Dorey Ltd
CONSERVATORY INSULATION SPECIALISTS