



CUMBRIA NARPO NEWS

SUMMER 2026

Message from the Chair



Since our last newsletter we have held lunches at Greenhills near Wigton and Ulverston Golf Club at Bardsea, both were enjoyed by those attending. Look out for next year's dates in the Autumn newsletter together with our AGM at Penrith rugby club which includes a free lunch. In addition, Kendal continues to hold regular coffee mornings at Skelsmergh Village Hall.

At this year's AGM Kate Rowley stood down as Secretary but remains a committee member, Kate has held the position for a number of years and has been a pleasure to work with. Joe Bell was elected as Secretary. I'm pleased to say that Kath agreed to continue to organise the newsletters ably assisted by Mike Head.

Whilst doing the draw for our free Branch lottery the first two names from the widows/widowers section had passed away. I'm afraid we get very little help from the pension administrators; this is something I am working on. With the help of our committee, I have been contacting widows in an effort to update our records. In order to assist your family and pay our respects may I ask that if you are living alone, you leave details of our contact details with your next of kin. I know this isn't the nicest subject to bring up.

If you have an email address and don't receive Branch notifications but would like to please contact myself or Joe

Bell, cumbria@narpo.org and we will amend your records accordingly.

Wishing you a pleasant Summer.

David Drinkald. 7 May 2026

Local Matters

Edits from the Cumbria BRANCH Meeting

Election of Chair. David Drinkald agreed to continue in the role and was elected unopposed

Election of secretary. - Due to current secretary standing down. (Kate Rowley who is remaining on committee) Joe Bell was proposed by Jim Messenger and seconded by David Drinkald and was elected unopposed. Kate Rowley was thanked by the Chair for her years of service and dedication to the role throughout her time as secretary.

Vice Chair - Ali Duffy was proposed Kate Rowley and seconded by Adrian Mason, elected unopposed

Treasurer - David Drinkald agreed to continue in the role of Treasurer, and gave the report on behalf of the Treasurer, the Accounts were accepted and signed off.

Treasurers report – report by David Drinkald – Verbal report given and accepted Accounts duly certified as correct and signed by Chair and Secretary.

Widows Pensions - David D proposed that future consideration for widows to pay a nominal fee. (***See later in this newsletter***) the amount would be decided by the committee at the meeting in August.

Annual Conference -

The committee were considering how many members to send to conference this year

Cumbria Narpo lottery winners for spring draw being £100 Tony Brown Carlisle and £50 Jean Marsh Kendal

Cumbria Annual General Meeting



The AGM of Cumbria Branch was held in Penrith Rugby Club on Wednesday 11 March 2026. Sadly because of a miscommunication at the Rugby club we were moved from the conference room to one of the smaller locations on site. Nevertheless those members who wished to attend were accommodated and updates were given on the national picture by the President of the Association Richard Critchley and the CEO Alan Lees. A number of those attending took the opportunity to speak to both after the meeting, as usual they are always well received by our members. David Allen our PC&FC attended and gave an update on the constabulary and policing in general throughout Cumbria. Although invited the Chief Constable was unable to attend.

Address by the President of the National Association of Retired Police Officers Richard Critchley.

Prior to addressing the meeting Richard personally thanked Kate Rowley for all her past work as

secretary of Cumbria Narpo branch, His address included an update on Widows Pensions and on-going work with MPs and government departments and the need for branches to have in place a strategic plan covering the next three years thus enabling compliance with the companies act of 2006 explaining and justifying financial reserves held by branch. The NEC have prepared a national strategic plan and request that branches prepare their own plans to enable them to maintain financial reserves and comply with the Companies Act. Branch Strategic plans being retained by the branch only being supplied to NARPO's Auditors or HQ if requested.

Update by the Chief Executive Officer of the National Association of Retired Police Officers Alan Lees.

This included the following – the Covenant, Support after leaving the police service and transition into retirement. With Welfare being the first of the five pillars of NARPO, to further assist Branches in all matters of welfare the post of Communication and community officer has been taken up by Melissa in HQ who now provides a central dedicated support for Branch Welfare officers to assist them in their roles answering enquiries and delivering best practice. Membership of branches and how in the changing face of policing where current officers tend to serve shorter times in service leaving younger than in past years for variety of reasons and how branches can under current membership rules have the opportunity to recruit persons of good

standing from not only Police civilian staff but also other organisations such as MOD and BNFL Police and their staff associations.

Alan further spoke on the need for strategic plans being in place for compliance with Companies Act and also good practice in developing strategies to achieve branch objectives and how the accumulated reserves in branch will enable objectives to be achieved promoting good governance and welfare provision. With any plan being a living document having the ability to be updated during the period of the plan. And autonomous to individual branches.

Address by David Allen Cumbria Police, Crime and Fire

Commissioner – David who is a member of the Cumbria Branch spoke about the role of a crime commissioner, setting of local rates precept of £14.94 and to having overseen a budget deficit of £16 million to £11 He would continue to ensure further savings are achieved whilst enabling Cumbria Constabulary to continue delivering neighbourhood policing tackling criminality whilst maintain good evaluation by HMI. During current year to 2027 Community beat officers were being increased from 58 to 84, whilst adding 16 more PCSO's David Further spoke of the probability of commissioner role being disbanded by government the role being succeeded by an elected Mayor. Plus, the probable effects of a government white paper considering amalgamation of Police forces with

possible effects on rural areas within such forces, as resources are directed to issues within urban areas. Whilst antisocial behavior was being addressed through working with local businesses as well as increased visible patrols to problem areas. Citing the success of switching off of WIFI in McDonalds premises after 6pm being effective in deterring young people congregating outside these premises. A question from the floor was asked if it would be possible for officers with their access to laptops to complete their paperwork within such premises, therefore raising the profile of police presence and acting as a deterrent. David agreed this was not something that had been considered but was possible something that could be looked into.

Obituaries

Ivor Pegrum
June Smith
Arthur Adams
Allen Jury
Ernie Garden
Walter Kirkham
Kevin Robson
Stan Fleet
Dorothy Robert
Kenneth Thwaites
Ian Grant
Jim Wilson
Bob Langhorn
Terry Belshaw
Barbara Nelson
Kath Bainbridge-Keith
Stan Murdock
Jean Coulthard

Shirley Ann Preston
Mark Little
Bernard Thorpe
Irving Lyons
Keith Thomlinson
Edward Lightfoot
John Norton

We continue to donate £50 to the deceased members chosen charity.

Thank you for your service and rest in peace

Kath Bainbridge-Keith

On behalf of the committee and all members of Cumbria Narpo we want to pay a special thank you to Kath who died earlier this year. For many years Kath placed a wreath at the Lockerbie memorial on behalf of the Branch and was in contact with some family member of those who sadly lost their lives. Kath was a very caring person giving much of her time to help friends and those in need in her local area she also transported patients to hospital and appointments. She was a Federation representative for her branch in West Yorkshire before moving back to Cumbria where she grew up in the South of the County, she then joined Cumbria NARPO branch.

Kath you will be sadly missed by many friends and all those who knew you.

Kate Rowley

Coffee Mornings Kendal Area

Charity Donations



Adrian Mason informed the meeting of the continued success of Kendal coffee mornings with further £400. being paid to Motor Neurone Association and

£400 to the Great North Air Ambulance during the past year. Due to their past venue no longer having kitchen facilities the venue of their coffee mornings now having been moved to Skelsmergh community hall the events NARPO members.

Meals



The annual Christmas lunch has been booked at **Greenhill Hotel,**

Wigton to take place on **17 January 2027**

Building on the meal provided at **Ulverston Golf Club** for those in the South of the County but also open to all who wish to attend has been booked for Ulverston Golf club 1230 Wednesday 24 February 2027

Cumbria NARPO Committee

David Drinkald Chair contact
david.drinkald@btinternet.com
David Shirley
Kate Rowley
Adrian Mason Dep Secretary
Jim Irving
Jim Messenger
Ali Dufty Vice Chair
Linda Maxwell

Kate Sutton
Dave Taylor
Raymond Gregory
Lance Hindle
Bob Johnston
Sandy Smith
Joe Bell Secretary
contact cumbria@narpo.org
John Falvey

Membership Updated for Widows/Widowers

For some time as a branch, we have had difficulty in locating and keeping the membership of widows and widowers up to date. Some move on from the place they occupied when first registered as a member.

The only way we can rectify this is to charge a nominal fee to our widows/widowers. A decision was taken at the Branch meeting to bring in the nominal charge but all those affected would be notified prior to any change. Any charge would be deducted from pension by XPS. Any change in pension provision would then be passed onto the Branch secretary and details of a move of accommodation or sadly in the case of a death the branch would amend the members details.

A letter will go to all those involved to explain the change.

Obviously, we as a branch do not want to take this action but it is the only way we can keep our membership details up to date.

National Matters

New Horizons

Police Care UK 3 Peaks Challenge

If you don't already visit the New Horizons page you should there is lots of information regarding events throughout the country in which NARPO members can become involved. Like the Police Care UK 3 peaks Challenge – On the 6 June a team from Police Care UK will stand at the foot of Ben Nevis, lacing their boots in the grey light of early morning. Ahead of them 24 hours three mountains and a challenge that mirrors the resilience often demanded of the policing community. No they are not climbers or endurance athletes they are staff and volunteers united by a single purpose to raise awareness of the wellbeing challenges faced by serving and veteran police officer and their families – next year this could be you!

No 1 Region representatives as Directors of NARPO

Your representative elected to the board of NARPO and are Directors of the Company they are :

Kathleen (Kate) Rowley QPM
Cumbria Branch

Stanley (Stan) Frederick O'Connor Bsc
(Hons) Merseyside Branch

Directors must comply both with common law duties and the statutory duties under the Companies Act.

As an appointed director we must act in the company's best interests. To do this we must act in a way which enables the company to achieve its objective set out in the articles of the company.

Conference

The Annual Conference will take place in Torquay this year and your national committee have accepted one Resolution for discussion:

Special Resolution 1 – Delegated Powers – London Branch

That with effect from conclusion of the meeting the articles of association of the Association be amended by adding the following new articles at the end of the existing article 3 (and re-numbering the first existing article to read 3.1):

3.2 Subject to the articles, the directors may delegate any of the powers which are conferred on them under the articles:

- (a) to such person or Branch;
- (b) by such means (including by power of attorney);
- (c) to such an extent;
- (d) in relation to such matters or territories; and
- (e) on such terms and conditions; as they think fit.

3.3 If the directors so specify, any such delegation may authorise further delegation of the directors' powers by any person to whom they are delegated.

3.4 The directors may revoke any delegation in whole or in part, or alter its terms and conditions.

Explanatory Note: *Under company law*

the directors of the Association cannot delegate their authority to a branch, unless the articles of association permit them to delegate. The articles of association of the Association excludes the model articles and do not provide such a provision. Therefore, whilst branches appear to have delegated powers on certain matters, these matters cannot be delegated by the directors of the Association, unless the articles permit delegation, which they currently do not.

Speakers

The guest speakers for the conference are to be confirmed

Check this out CSIS travel annual premiums from £189.99 open to member 50 – 79 at time of joining – no medical screening requirements – see page 27 and letter on page 7 of the latest edition of NARPO News

Holiday Lets



Don't forget to check out the large number of locations both home and abroad available to NARPO members.

Military Musical



July 2026 – music by Andrew Lloyd Webber.

This is a Musical Spectacular held in the setting of Horse Guards Parade and for the first time there is a collaboration between The Household Division and Andrew Lloyd Webber's musicals, presenting a stunning finale of the most phenomenal and thrilling music from Phantom of the Opera and CATS.

Widows Pension

We continue to fight for Widows Pensions and the Covenant as can be seen from the recent correspondence from Sarah Jones

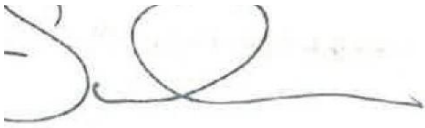
Extract from the letter to NARPO from Sarah Jones MP

I was particularly grateful for your reflections on the future development of the Police Covenant. As you note, it is important that the Covenant continues to evolve in a way the reflects the realities of modern policing and recognises the contribution and needs of the whole policing family, including those who have retired from service.

I would greatly value NARPO's continued engagement and input as we move forward w our programme of police reform.

Turning to the discussion on pensions, my officials have sought clarification from the Government Actuary's Department (GAD) in relation to the methodology underpinning the £190 million estimate associated with the removal of Regulation C9.

Very best wishes,



**Sarah Jones MP – Minister of State
for Policing and Crime**

As you can see we continue to pursue the issues of Covenant and Widows pensions.

Newsletter

If you have anything you would like to be included in our newsletter, please don't hesitate to send to me via either David Drinkald or Joe Bell – the next newsletter will be after our Annual Conference in Torquay – September 2026

Many thanks

Kate Rowley QPM Director of Widows Pension

Norman's 100



NARPO celebrates retired detective Sergeant Norman Robinson's 100th birthday in November last year

Old Task Force

David Drinkald and the late Keith Easterbrook whilst on task force late 1970s

