



*Access to Support
The Cumbria approach*



One of the fundamental reasons for the existence of the National Association of Retired Police Officers (NARPO) is the welfare of its members. Many will go through their retirement and have no such need for welfare assistance but on occasion this may be a support our members need.

The 5 Pillars of NARPO are:

- Welfare
- Pensions
- Police Covenant & campaigning
- Membership and benefits
- Communication

NARPO are proud to work with a variety of leading organisations to provide members with a range of wellbeing support and resources created with both physical and mental health in mind.

This booklet is intended to help guide your Branch through welfare support to inform our member where that support can be accessed.

Retired officers may go onto further employment and face issues such as work-related stress from their time as an officer.

Cumbria Branch committee are all regarded as Welfare officers and will endeavour offer support when required by a member and identify how the branch can assist.

The initial contact from a member can be made to a committee member or the Secretary of the branch. We emphasise that NARPO welfare officers are not clinicians merely a conduit for signposting those in need to an organisation with that expertise.

All contact will be dealt with in the strictest confidence.

Contact will usually result in a visit to the person requesting the assistance but alternatively a telephone call can be arranged.

The welfare officer will inform the Secretary of the Branch when involvement has taken place and the result of the contact. eg. where the member has been advised to make further contact with a professional organisation.

Where there is a death a sympathy card will be sent to family members – this is for all former officers, widows or widowers and in some cases retired members of support staff.

The Narpo coffin drape is available for all members should the family wish this – we deliver to the nominated undertaker.

A member of the committee will attend all funerals of members and where the deceased or family have nominated a specific charity £50 will be contributed to that charity.

We try to encourage widows or widowers of former members to join our branch, membership is free, and they will receive information as they wish and a copy of NARPO news.

Notification of an illness

When information filters to us regarding a member who may be ill, in hospital or in need of a visit from our representatives regardless of their status in the organisation (full member, associate member, widower/widower or life member) they will be contacted or visited.

Notification of a death

Only on notification from a family member or confirmation of a death will details be circulate to the membership.

We will fully respect privacy, if that is the wish of those contacting us.

National Information

The NARPO website has more information at
www.narpo.org

NARPO HQ can be contacted on **01924 362166**

Cumbria NARPO 07968498941

Police Mutual <http://www.policemutual.co.uk>

Police dependents Trust

<https://policecare.org.uk>

Disability rights UK

<https://www.disabilityrightsuk.org/>

channel4.com/support hosted by Channel 4 TV

Local organisations

Northern area

Age UK 01228 536673

64 Lowther Street, Carlisle CA3 8DP

Dementia care 0800 888 6678

Admiral Nurse or helpline@dementiauk.org

Citizen's advice 0330056 3037

Broadacre House, Lowther Street, Carlisle CA3 8DA

Samaritans 0330 094 5717

119 – 123 Botchergate, Carlisle CA1 1RZ

Macmillan 01228 814283

Cumberland Infirmary Carlisle

CASS 01228 633651

47 Nelson Street, Carlisle

Victim Support 0300 3030157

CADAS 0300 1114002

Safety Net 01228 515859

Spinners Yard, Carlisle

Southern area Kendal

Citizens Advice

1 Wainwrights Yard, Kendal. LA9 4DP.

Tuesday and Thursday 10am-2pm

08082787984. 015394 46464 (Windermere)

southlakescab.org.uk

Dementia South Lakes Dementia Hub

07493260999 kendaldae@gmail.com

Age UK 08006781602. 0800-1900

Alzheimers Society 03331503456

Cancer

Kendal Cancer Care, Blackhall Road, Kendal LA9 4BT.

Monday-Friday 0900-1700 1539735800 td@cancercare.org.uk

Samaritans

No office in Kendal area.

South Lake covered by:

Lancaster Tel 116123 (free from any phone)

Barrow Tel 116123 or 03300945717 (local rate)

Macmillan

South Lakes/North Lancs RLI Lancaster

07972639424 macmillan.info@mbht.nhs.uk

Victim Support victimsupport.org.uk 03003030157

Carer Support Annexe, Beezon Road, Kendal. LA9

6EL 01539815970. Monday-Friday 0900-1700

carersupportsouthlakes.org.uk

St Johns Hospice

Slyne Road, Lancaster

01524382538

Barrow in Furness/Ulverston

Age UK

College Building. Howard Street Barrow 01229831425

Dementia Care

Homecare from "Alcedo Care" Unit 16

Marl Business Park , Ulverston 01229444900

Citizens Advice

Ulverston Business centre 25 New Market Street,

Ulverston 03444111444

Samaritans

16 Hartington Street Barrow 0300 094 5717

Macmillan

Furness General Hospital 01524519578

Victim Support 0808 1689 111

CADAS

59 Hartington Street Barrow 0300 1114002

Safety Net

01228 515859 or email enquiries@birchalltrust.org.uk

Samaritans West Cumbria

0330 094 5717

West Cumberland Hospital, Homewood Road
Whitehaven Cumbria CA28 8JG 01946 693181

Workington Community Hospital Park Lane
Workington Cumbria CA14 2RW 01900 705000

Age UK West Cumbria 08443 843 843

www.ageuk.org.uk/westcumbria
information@ageukwestcumbria.org.uk

Macmillan Cancer

Cori Crotty or Stephanie Connell on 01228 814283

cancerinformation@ncic.nhs.uk

www.ncic.nhs.uk/locations/cumberland-infirmery/facilities

MND North & West Cumbria

tracy.johnson@mndassociation.org

07849524438



NEC NARPO