



CUMBRIA NARPO NEWS

AUTUMN 2025

Message from the Chair



Another summer slips by, overall not bad weather wise.

It has been a busy few months on a personal and NARPO level. Branch wise I have attended a Kendal organised coffee morning which is a great initiative, organised and attended our annual Derwentwater boat cruise and our one off coach trip to Beamish open air museum.

represent the Branch at North West regional NARPO meetings and the annual conference. I have paid my respects at as many funerals as possible.

On a personal note my wife Liz was diagnosed with bowel cancer but I'm pleased to report that having been detected at an early stage the operation she had on 8 May was a total success and all traces have been removed. Despite the constant criticisms of the NHS she could not have received better or more prompt treatment. I mention this to encourage members to take advantage of the bowel cancer screening home testing kit that is sent out to those aged 54 to 74 every two years. It is what added years to Liz's expected lifespan. After the age of 74 you can order a kit by ringing 0800 707 6060.

On a lighter note apparently the French have a word "Tamalou" meaning that when people pass 60 or so when meeting friends they no longer start the conversation with "How was your holiday" etc its more likely to be along the lines of "Where does it hurt" this was reinforced after a funeral when five of my colleagues were gathered in the car park discussing hip or knee replacements.

It seems earwax removal is no longer provided by the NHS and costs £60 at the likes of Specsavers Boots etc. for one or two ears. Having had one ear done at home recently at a cost of £35 I can highly recommend a nurse called Helen who attends your home address covering an area 20 miles around Carlisle 07779 167592.

The three forthcoming events for next year I am aware of are Greenhills Lunch Sunday 18 January, Branch AGM Wednesday 11 March at Penrith Rugby Club lunch provided open to all members

And thanks to our member David Hodgson for our annual booze cruise on Derwentwater on Wednesday 3 June. Slight change this year. I won't be laying a coach on and the trip will be completely free of charge, I will however still need to know who is attending for boat capacity and refreshment purposes.

Finally may I ask that if you know of anyone who is entitled to a pension from an English or Welsh police force and isn't a member of NARPO to consider joining us to support the Branch.

David Drinkald
Chair



NARPO Annual Conference 2025

Gala Dinner

The conference kicked off with our Gala Dinner on the Thursday night which brought together delegates and guests for an evening of celebration, recognition, and networking.

Richard Critchley our President thanked attendees for their continued support and commitment.

For the first time we enjoyed we enjoyed our annual honours video. The national photo competition finalists entries were also showcased, and for the first time we included what is to be an annual awards presentation, recognising the dedication and selfless service of members.

Membership Engagement Excellence Award sponsored by Police Friendly

This was won by George Fouhey

Welfare Volunteer of the Year sponsored by The Police Treatment Centre

The winner was Janet Pope

Unsung Hero Award sponsored by Police Mutual

The winner was Paul Bryant

A full list of those nominated by their branches will be included in the next edition of Narpo News.

Conference Business

Our President Richard Critchley, formally opened proceedings, welcoming delegates, observers, exhibitors, and live-stream viewers

In his opening address, the President reflected on the organisation's milestone of

becoming a limited company, describing it as “the most momentous change in our history” and praising the seamless transition. He reassured members that the service they received before has continued unaffected and emphasised the financial security incorporation has provided.

The President paid tribute to Branches for maintaining the same quality of service, while recognising the extra challenges faced by branch officials. He highlighted that NEC members, now company directors, shoulder new and important responsibilities. He touched on current issues such as the forthcoming Hillsborough Report and the newly announced Orgreave Inquiry. He reminded delegates of NARPO’s active campaigns, including the Widows’ Pension for Life, and NARPO’s strengthened role in the Police Covenant, emphasising the need to influence MPs, Chief Constables, and Police and Crime Commissioners. Closing his speech, he reminded members: “We must concentrate on our responsibilities to look after the present and plan for the future.

Alan Lees presented the Annual Report, followed by Richard Atkinson of Parsons Accountancy, who delivered the finance report.

The Strategic Plan for NARPO was outlined by Bernard Seymour our Solicitor,

placing particular emphasis on governance and transparency. He underlined that the framework would guide both the NEC and local branches.

The Deputy CEO Steve Wilcock delivered the Membership & Marketing Update. He set out NARPO’s strategy to strengthen its membership base and secure the organisation’s future, focusing on three priorities:

Growing membership across England and Wales.

Diversifying to reflect the changing demographics of the policing family.

Retaining members by delivering valued services.

With around 93,000 members, It remains a concern that 45% of retired officers receiving pensions have yet to join the Association.

We need as an organisation to target advertising such as extending digital reach through Facebook, Instagram, LinkedIn, and TikTok, which has already boosted engagement.

We continue to work closely with the Police Federation, the NBPA, and organisations such as Police Mutual to improve welfare and awareness.

Resolution 1

The first resolution of the day then came before delegates.

‘This conference instructs the NEC to review the branch structure of the Association and to consider the how branches could be coterminous with existing force areas. As a part of the review the NEC should engage with our members and branches and are instructed to return to Conference 2026 with their findings and a proposal.’ – Gwent Branch

Supporters argued that consolidation would streamline operations and improve efficiency. Opponents, however, defended the importance of local presence, with one delegate stating: “Branches are not just administrative units; they are communities. If we lose them, we lose connection.” The motion was won.

For – 202 (52.20%)

Against – 185 (47.80%)

No Vote – 5

Members will remember that Cumbria transitioned into one branch some time ago, a move that has worked well for our branch.

The conference then welcomed actor Graham Cole OBE, best known for his role as Tony Stamp in *The Bill*. Reflecting on his career and connection to policing, he said: “For 25 years I played Tony Stamp, and in that time, I grew to understand how much the public rely on those in uniform. If my face can help raise the visibility of a cause that matters to you, then that’s the least I can do.” He spoke with pride about supporting police charities and campaigns, receiving warm applause. Graham also supports our Widows pension campaign and helps whenever he can.

After lunch, the Collaboration Session began with a series of thought provoking contributions from guest speakers.

Matthew Boyd (Connect, Political Consultant) opened with an overview of the current political climate and NARPO’s campaigning work through *Later Life Ambitions*. Boyd also analysed the government’s controversial changes to Winter Fuel Payments, describing them as “a political misstep that shook pensioners’ trust.” Looking ahead, he warned delegates to expect changes in the forthcoming budget, including frozen tax thresholds, adjustments to pension relief, and potential inheritance tax reforms.

Andy George, President of the National Black Police Association, then delivered one of the most memorable addresses of the conference. Speaking candidly about his personal experience of racism and its impact on his family, he underlined the importance of inclusion and solidarity: “We exist to be the voice that says, you are not alone, you belong.” He urged NARPO members to support the NBPA’s campaigns, including its virtual picket line, and stressed that cultural reform must keep pace with technological change. His words prompted a standing ovation from the floor.

Next, Martin Midgley (Chair, Lancashire Police Federation) called for closer unity between serving and retired officers. He reminded delegates that many challenges, such as public perception of policing and welfare support, affect both groups alike: “Whether you left the job last week or twenty years ago, the badge still shapes you.

The session followed with Andy Rhodes (Director, National Police Wellbeing Service), who focused on the Police Covenant and officer wellbeing. Warning that “we cannot do what we have always done,” he highlighted demographic shifts and increasing resignations as pressing concerns. Rhodes outlined the national suicide prevention strategy.

Resolution 2.

“That the Board appoints an internal auditor, independent of the NEC to:

- Provide an appropriate level of governance in respect of NEC expenditure.*
- Assess and advise on financial controls and procurement practices; and*
- Increase transparency of Headquarters financial expenditure, producing internal reports with recommendations as appropriate and an annual report to each national conference.”– Birmingham Branch*

Because this is a Rule change the Resolution requires a 2/3 majority vote

Delegates from London and Warwickshire spoke in support, with one noting:
“Transparency and accountability mean we have nothing to lose, but everything to gain.”

The NEC opposed the motion, warning of significant costs.

The Resolution lost, having not received two thirds majority.

For 242 (63.85%)

Against 147 (36.15%)

No Vote 11

In his closing remarks, President Richard Critchley thanked delegates, speakers, and staff for their contributions throughout the conference.

Police Superintendents' Annual Conference

This year's conference was held in Stratford Upon Avon. The theme for this year was Police Reform and its impact on the workforce. The President Nick Smart opened the conference and welcomed all delegates and sponsors to the event.

Guest speakers included **Michelle Skeer OBE QPM**, Cumbria's former Chief Constable. Michelle outlined the work being carried out by her department responsible for overseeing police forces and fire services within the North of England and has responsibility for Child Protection, Domestic Abuse and VAWG nationally.

Michelle visited the NARPO stand as she has always had strong links with Cumbria NARPO and is a member of the branch.

Another ex Cumbrian officer that co-presented a breakout session was **Mark Pannone**.

Although Mark retired from North Yorkshire in 2022 he has always lived in the Carlisle area and keeps his links with the Constabulary. Mark supports organisations across Europe to improve psychological safety, leading to improved performance, reduce sickness and helping ensure good staff are retained. As the Chair of the board of trustees for a large charity supporting people in having their rights and voices heard through advocacy, education and direct payment support. He recently supported HMICFRS review into last year's riots, leading on both the welfare aspects for those engaged in maintaining the peace and the investigation of offences.



Summer Raffle Winners

Full Mr Jonathan Reay
Widow Mrs Kathryn Morrison



Obituaries

Malcolm Addison
Alan Oxford
Roy Hetherington
Mary Firth
Jack Lund
Barry Duke
John Robrtson
Ronald Pattinson
Peter Classic
Davide Fletcher
Alec Forsyth
Dennis Noble
Robbie Burns
Vincent little
Brian Kinsella



Alan Earl
Keith McLellan
Laurie Ingllis
Bill Lister
Eva Rumney
William Alan Wilkinson
Malcolm Henderson
Derrick (Sam) Beattie

Branch AGM Date

The AGM of our branch will take place on **Wednesday 11 March 2026** in Penrith Golf Club commencing 11am. Please come along, support your

branch and ask any questions of our guests who are – The National President Richard Critchley, CEO Alan Lees – any pension matters this is the person to answer them and the PC&FC David Allen. Its hoped we may have someone from the constabulary in attendance this time.



Calling the South of the County

Would you like a lunch or a get together in the south of the county one of our Branch board members **John Falvey** is trying to generate support for a lunch in the South of the County and **Jim Wilson** has been checking out locations, the most popular being Ulverston Golf Club where we are led to believe a very nice lunch is served. Please let us know if this is an avenue worth pursuing or speak to John or Jim and let them know what you think.

Photos of the Past

Photos from the past – I believe this was a bowls competition in Torquay 1966 – can you name the officers?



Many Thanks

Can we thank everyone who replied to our request to update their information for our records there are a number of members who provided their email addresses and telephone numbers, it makes life easier when trying to contact members.

Greenhills Christmas Lunch

The lunch will once again be at the popular Hotel Greenhill, Nr Wigton on Sunday 18th January 2026 commencing 12.30pm for 1pm

The menu is as follows

Starter

Spiced Butternut Squash & sweet potato soup with cream, herb crouton, crusty bread

Prawn & Salmon Salad with potato & chive salad, rocket, lemon & black pepper, olive oil

Grilled Tropical fruit kebab – mango & raspberry coulis

Mains

Roast topside of local beef - Yorkshire pudding, rich pan gravy

Home baked Cumbrian Ham – red currant & port wine sauce

Oven Baked Scottish salmon fillet – spinach, asparagus, lemon hollandaise

Mediterranean vegetable crepe – courgette, bell pepper, tomato, mushroom, oregano, garlic, cheddar & mozzarella sauce

All served with seasonal vegetables

Desserts

Lemon posset – lime curd

Double chocolate brownie – Belgian chocolate sauce

Raspberry meringue – vanilla cream

2 glasses of wine or soft drinks

Freshly ground Colombian coffee or tea if requested

£25 per person

Please complete the booking form on this newsletter



BOOKING FORM £25 donation to Cumbria NARPO

Name

Number of persons attending

Starter

Soup..... Salad

kebab.....

Main

Beef Ham

Salmon

Crepe

Desert

Posset Brownie

Meringue

Please return this completed form to the Secretary, NARPO, C/o 19 St Edmunds Park, Carlisle CA2 6TS and include payment for those attending.

Make cheques payable to Cumbria Narpo or pay by BACS NatWest 60 04 30 account 05880556. And include Nat Association of Retired Police Officers Cumbria Branch

If you have anything you feel our members would like to hear about let me know and I can send out by way of email or if its close to circulation of a newsletter it can be included.

cumbria@narpo.org