



NARPO- DYFED POWYS BRANCH

February Newsletter – 2018



Chairman's Notes



These notes are going to be very brief. We have decided that the publication of an extra newsletter is in order so that sufficient notice can be given of the Annual General Meeting.

Details of the AGM can be found in the article below and I am pleased to say that the President of NARPO, Brian Burdus, has agreed to attend. It would be good to see as many of you there as possible.

I mentioned in the last newsletter about the forthcoming commemorative service to celebrate the fiftieth anniversary of the formation of the Dyfed Powys Police. Exact details of the event

and number of invites were not known at that time. We have since been made aware of these details – again, please see below article for full details.

One article which was held over from the last newsletter due to space was one on the Welfare Seminar in Cardiff which I referred to in my last notes. This article can be seen below.

Following on from this year's fiftieth anniversary of the formation of Dyfed Powys, some of you may be aware that next year (2019) is the centenary of the formation of NARPO. Whilst a couple of events have been arranged nationally to celebrate the occasion, we ought perhaps to be looking closer to home and thinking about organising something within our branch.

Bearing in mind the geographical area of our branch, perhaps we could consider two or three locations. If anyone has any suggestions how our branch can recognise the occasion, please contact your branch representative or the Branch Secretary Phil Addicott. The booklet which I have referred to in previous newsletters charting the history of NARPO will be completed by the end of March. Information on how and when it will become available will be circulated when known.

Talking of branch reps, if anyone wants to get involved at a local level, please speak to the Secretary, Chair or your local rep. Whilst we have most areas of the branch covered – Llandrindod Wells being one exception, if you are keen to have an active involvement, we will make every effort to accommodate you. The list of the current committee can be found at the bottom of this newsletter.

Those of you on email will have recently received a communication from Wakefield by means of a 'bulk email'. This facility has only recently become available as a result of their system being upgraded. It will be used by Wakefield on occasions as a means of contacting everybody on their data base who is on email occasionally with various offers and information. There were some initial teething problems and many members received this email up to ten times! We have been assured that the problem has now been sorted, so hopefully there will not be a repeat.

For anyone who has taken out a Lasting or Enduring Power of Attorney between 1st April 2013 and 31st March 2017, a little bit of good news – you may well be entitled to a partial refund of the cost involved. The refund will be between £37 and £54. Visit the official government website for details of how to claim -

www.claim-power-of-attorney-refund.service.gov.uk or telephone 01159342778

Congratulations go to our assistant secretary Paul Herdman, who was recently named coach of the year at the Montgomeryshire Sports Personality of the Year awards. This was in recognition of his work with the junior section of Newtown Rugby Club.

These notes are written just before the start of the six nations. Whilst my heart would like to say that Wales will come out on top, realistically I can't see anyone but England topping the table. How I would love to be proved wrong! Finally, a change of ball shape – I wrote in the Christmas newsletter that Shrewsbury were at the time top of League 1. The sad news is that they have now dropped to third position, but I have high hopes that they will still be promoted at the end of the season. Watch this space.

Well, that's it, I'm now signing off the Chairman's notes for the final time and here's wishing my successor all the best.

Phil Hopkins - Chairman

Dyfed-Powys Branch Notice of Annual General Meeting

The Branch AGM will be held on **Monday 26th March 2018** at The Falcon Hotel, Lammas Street, Carmarthen, SA31 3AP, commencing at 11.00 am

Tea and Coffee will be available from 10:30am onwards, lunch will be served at approx. 1pm
Numbers are required for catering by Wednesday 7th March 2018.

NOTE: the meeting is open to all members, all meeting costs are covered by the Branch and
If you require lunch, then a booking is essential.

A menu will be sent to those who commit to attending and will include a return date for choices.

There is no need to inform the Secretary if you are attending the meeting only.

As you will be aware, our Chair, Phil Hopkins has indicated his intention of standing down at this year's AGM after a period of some thirteen years, meaning that a new Chair will be elected at the AGM. The current Vice Chair, Peter Davies, has been Phil's able deputy for almost the whole of his tenure. Peter has put his name forward for the position of Chair, with a proposer and seconder.

Mr Clive Cowey has indicated his willingness to continue as Treasurer
I am willing to continue as Secretary and Mr Paul Herdman as Deputy Secretary.

If there are no other nominations submitted for the position of Chair by the 5th March I will circulate the vacancy of Vice Chair.

If anyone else wishes to put their name forward for position of Chair, could they please notify me by **Monday 5th March 2018**, and ensure that they will have a proposer and seconder at the meeting.

Phil Addicott – Secretary

Interesting/Useful Facts

At the beginning of October, I attended a Regional Welfare Seminar (which I had in fact organised) held in the Welsh Assembly Offices in Cardiff Bay. The seminar was attended by members of NARPO from all over Wales and we had some very interesting speakers.

Below is some information which you may find useful.

Interesting facts about Wills and Lasting Powers of Attorney: -

Advice was received that it is important to revisit and if necessary update your will every three to five years. Quite a few of the delegates were surprised to learn that a will becomes invalid on the remarriage of the person making it – if this occurs, you are deemed to die intestate with all the associated problems that go with that scenario.

The value of creating a Lasting Power of attorney was emphasised. It is a fact that 30% of people over the age of sixty five will suffer from dementia, yet less than 1% have made an LPA. The LPA has to be made whilst the person is of sound mind and whilst not necessary, it is recommended that legal advice is sought. If an LPA is required for a person who has not got full mental capacity, then this has extensive (and expensive) cost implications.

If you are in the position of maybe potentially having to pay inheritance tax on your estate (or rather your beneficiaries will be liable!), it is important to seek the advice of a financial advisor to assist you in minimising your liability.

Would it surprise you to learn that 53% of over sixty fives have been ‘scammed’ in one form or another? Another sobering fact is that if you have been the victim of a scam, you are two and a half times more likely to go into care at some time in the future. Most scams are either postal or telephone - with scam texts and emails also being used.

Some simple precautions to lessen the likelihood of being scammed – while they seem obvious things to do, it is surprising how many people do not adhere to these ‘rules’ – Never disclose security details – always assume that a cold call, text or email about a security problem with a bank account, broadband or computer is a fraud. Do not respond.

Listen to your instincts - don’t assume that everyone (personal callers/telephone callers) is genuine, don’t be rushed, stay cool. Never give security information out to a caller.

Never click on a link or a document in an e mail which you were not expecting.

Seek assistance if necessary in getting BT Call Blocker installed on your phone – this is free and surveys show that 93% of people who have had it installed feel safer. N.B. I have since been made aware of a similar scheme run by BT called Call protect. It automatically diverts calls from numbers on BT’s blacklist of nuisance callers and allows you to choose other numbers and certain calls to be blocked. Look for Call Protect on www.bt.com

Two websites where you can get further information and advice.

www.friendsagainstscams.org.uk and www.thinkjessica.com

N.B. There is some good advice in the January edition of Saga magazine on ways of dealing with current phone scams www.saga.com/jan-mag .

For those who do not use the computer and think that they may have been victim of a phone scam, there is a 24 hour telephone line for Police action Fraud Service on 03001232040

I hope that the above is of some value.

Phil Hopkins

Dyfed Powys Police 50th Anniversary

As you may well be aware, this year sees the fiftieth anniversary of the formation of the Dyfed Powys police from its three constituent forces – Carmarthen and Cardiganshire, Mid Wales and Pembrokeshire.

The force has arranged a celebration commemorative service to be held at Police Headquarters, Llangunnor, on Friday, 27th April. NARPO have been offered an invite for sixteen persons to attend the event. The stipulation is that you must have served in one of the constituent forces prior to the amalgamation on 1st April 1968. We have decided that in the first instance, sixteen places should be allocated as follow – six for Carmarthen and Cardiganshire retired officers and five each for Mid Wales and Pembrokeshire retired officers.

Some retired officers who qualify may not of course be members of NARPO. However, as we have no record of who these retired officers are, this information can only reach NARPO members. If non NARPO members become aware of the event and express an interest in attending, then they will be considered on a par with NARPO members.

Any person who qualifies by virtue of having served in one of the three forces who is interested in attending the event is asked to contact either the Secretary Phil Addicott, or myself by the end of February – contact details at the bottom of this newsletter. If more people apply than there are spaces available, then a ballot will be held.

The function will take the form of a drinks reception at Headquarters commencing at 1.00pm, followed by the presentation/service. The event is expected to conclude by 4.00 pm. An Order of Service will be available in due course.

Phil Hopkins

The Executive and Committee as at 27th March 2017.

President

Mr Mark Collins, Chief Constable, Dyfed-Powys Police

Vice Presidents

Mr Ian Arundale,	Contact via Branch Secretary
Ms Jackie Roberts,	Contact via Branch Secretary
Mr Simon Prince,	Contact via Branch Secretary

Executive Chair, Mr Philip Hopkins, 01938 554302, philiphop@yahoo.com (Also NEC Member for South Wales, which includes Branches covering the Dyfed-Powys, South Wales and Gwent Police areas)

Vice Chair, Mr Peter Davies, 01267 230674, p90pgd@btinternet.com

(Main Point of Contact) Secretary Mr Phil Addicott, Marcella, Salop Road, Welshpool. Powys. SY21 7ET. Tel: Home 01938 556048, Mobile 07807 956928. E Mail narpodppsec@gmail.com. Website: dyfed-powys-narpo.org.uk

Treasurer, Mr Clive Cowey, 01267 234316 narpo36@gmail.com,

Assistant Secretary, Mr Paul Herdman, 01686 628787 kelpaul@hotmail.co.uk

Welfare Officer and Chaplain, Rev Martin Spain, 01437 741430 marspain@gmail.com

Webmaster: Mr Hugh Colley, 01646 683232 hughcolley144@btinternet.com

Committee

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Wynne Evans,	01239 613890	No email

PEMBROKESHIRE:

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Lorna McQuilliam		lornamcquilliam820@btinternet.com



DATES FOR YOUR DIARY

Carmarthen coffee Mornings

Dates for 2018 are on the first Tuesdays in the month at the usual venue of The Falcon Hotel.

Welshpool Coffee Morning

There will be a coffee morning at The Royal Oak, Welshpool, on **Monday, 19th March**, commencing at 10.30 am. Please make an effort to attend and meet up with retired colleagues.

NARPO Golf Day 2018

This year's Golf Day will again take place at Builth Wells on **Tuesday 25th September**, commencing at 10.30 am with coffee and a bacon bap. First tee off at 11.00 am and a two course meal and prizegiving to finish.

I have negotiated a deal with the professional at the club, that if we have a minimum of twelve players, the cost will be kept at £30 - the same price as we have paid for the last two years. Last year was the first year that we have dropped below that number.

One of our members, David Jones from Hay on Wye, has again agreed to provide sponsorship for the event, for which we are extremely grateful.

An email inviting entries will be circulated in due course, but meanwhile all you golfers out there, keep the date free in your diary.

Phil Hopkins

The Chairman referred to the new bulk Email facility. This is also available for branches to utilise. I will shortly be sending out a test message, if successful it will enable messages to be sent more efficiently.

Phil Addicott- Secretary



DYFED-POWYS-NARPO.ORG.UK

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Hugh Colley	hughcolley144@btinternet.com
Branch website	www.dyfed-powys-narpo.org.uk
NARPO website	www.narpo.org

The Branch Website is available to you all, the pages are there covering news Obituaries and Photographs. If you have anyone who is interested in joining NARPO the online application is available at www.narpo.org or via a link on our website

The member area access details are:

Username: dyfedpowys

Password: branch36440

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