

Winter 2011/12

**Special points of interest:**

- AGM Notification
- Welfare matters
- Prostate Cancer group
- Coffee morning dates for first 3 months of 2012
- Welcome to New members.
- Thoughts from the Chair and Secretary

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## *Branch 36 Newsletter*



*Wishing all our members a very Happy  
Christmas and a Healthy and Prosperous  
New Year*

## **Thoughts from the Secretary**

I am looking out of the window at the first frost of the winter, its November 7th and I hope it is not a sign of things to come but I fear, if the papers are to be believed, I may be wrong. We may be in for a hard winter again so remember to stay warm and take care on icy pavements.

Christmas is on its way and I hope you all have the warmth and company of family and friends over the festive season. The last year has been one of changes, all our savings have seen a reduction due to the interest rates but

at least the CPI has come up at 5.2% and this is the increase rate for pensions in April 2012 which will help a little. The RPI was 5.6% so the loss is not great but the Government must be kicking itself as the increase is more than they anticipated, I would not be surprised if they don't try to find a way to reduce the cost to them. Take care of yourselves and remember we are at your service at any time if you need us,

on behalf of the executive and all the Committee members may I wish you all the compliments of the season and best wishes for 2012.



Can you be an 'ACTIVE' Member, see last page of this newsletter

## **WELCOME TO New Members**

Mr Gareth Cowley, Carmarthen,

Mr Les Clark, Carmarthen,

Mr Mark Bergmanski, Cheshire,

Mr Sam Williams, Ammanford,

Ms Louise Phelps, Narberth,

Mr Nigel Earle, Carmarthen,

Mr Ian Andrews, Brecon,

Mr Colin Finch, Brecon,

Mr Simon Jones, Ammanford,

Mr Dale Fry (Ex Metropolitan and Owner of O&F, Carmarthen)

Mr Nick O'Brien, Laugharne

Mr Stephen Evans, Llanidloes,

Mr Mark James, Haverfordwest

Mr Jeff Davies, Pembroke

Ms Jane Jones Ammanford,

Mr Gary Jenkins, Cardigan

Mr John Evans, Lampeter,

Mr Ian James, Brecon,

Mr Mark Linnemann, Welshpool.



## Notes from the Chair

As you can see from the logo on the top of this newsletter, Christmas is creeping up on us rather quickly. I don't know about you, but as far as I'm concerned, the build up to the Festive Season starts far too early – the last week in November or the start of December is quite soon enough for all the jingles and adverts on TV. Do I sound like a grumpy old man? Probably, but however, I digress.

As I write these notes, I am preparing to attend a Branch Officers' course at NARPO Headquarters in Wakefield. Some of the matters up for discussion include 'Encouraging attendance at Branch Meetings' and 'What do you, as a Branch, offer and organise on behalf of your members?' I hope to return home with some fresh ideas and to share best practice. I will hopefully provide some feedback in the next newsletter. As Clive has alluded to elsewhere, the theme of this year's Conference was 'Active Membership', so as you can see the national organisation is trying to encourage branches to be more proactive.

I am pleased to say that our branch has already started down this road with the coffee mornings and Curry and Pint nights. Again, as Clive has said, we hope to roll these out in more areas over the coming months. If you – individually or as a group – wish to hold this type of social event in your area, please contact Clive, myself, or your local rep and we will try and point you in the right direction. I have said before that the geographical size of our branch makes the arranging of social events on a branch wide basis very difficult, so maybe local is the way to go!

The October branch meeting in Llanelli was the fifth such meeting held away from Force Headquarters. They have all been well attended and the policy adopted to hold the October branch meetings around the branch area will certainly be continued.

Finally, I make this same plea every time I write an article for the newsletter – if anyone has an anecdote, photograph or would like to pen any article for a future edition of this newsletter; your contribution will be more than welcome.

**Phil Hopkins**



The branch  
membership is  
now :

590 full members

and

196 other members

**Total**

786

## REMEMBER,

membership  
covers both the  
member and  
Spouse  
(Partner) all are  
welcome at our  
meetings and  
events

## Coffee Mornings

### Next Coffee Morning — Tuesday 6th December at O&F, Carmarthen

The coffee mornings are proving a great success, the pilots in Carmarthen have been well attended and many members who are unable to attend the statutory meetings are enjoying the informal atmosphere of the coffee morning, to meet former colleagues and talk about times old and new. We are very grateful to Dale Fry, the owner of O&F for letting us take over his estab-

lishment on one morning a month. Members come and go as they please during the morning and later some stay for lunch. In November about 37 members joined us at various times. It is hoped to introduce these events to Powys in 2012, we are still working on Ceredigion and Pembs, anyone know of suitable venues please contact me.

#### Carmarthen Dates for 2012:

First Tuesday in each month, except, January when it will be the 10th, then February 7th, and March 6th.

We will review the events at the AGM and decide on continuation and dates for April 2012 onwards.

## PINT AND A CURRY NIGHT

Llanelli area have instigated 'Curry and a Pint' nights, the last one was held on the 9th November, the event was a great success with about 13 members joining in and having a very good evening and a laugh. The next 'Pint and a Curry' night will be on Wednesday 9th February 2012 at The Thomas Arms, Llanelli, come along and enjoy yourselves and make the evening a success. Thanks to Gwyndaf for organising it, he will be away for the next so Rob Lewis will run the evening. Contact him or Gwyndaf if you are attending.

## NOTICE OF ANNUAL GENERAL MEETING 2012

**MONDAY 26TH MARCH 2012, 7:00PM**

**Meet in the Police Club at Police Headquarters, Carmarthen**

**Come along and have your say in how your Branch is run and what you want from it**

## Introducing the Welfare Officer and Chaplain, - Rev Martin Spain

*Welfare - the health, happiness, and fortunes of a person or group"*

As the recently appointed welfare officer to Dyfed Powys NARPO, I thought I'd tell you something about the role and the training I went on. The role is quite straightforward and means that I am a point of contact should welfare matters arise that need some form of assistance to resolve. This could be referrals to the Force Welfare Fund or to an outside agency. My role does not mean I visit everyone and it's important that local committee

members continue to take responsibility to look after members in their area and to make the necessary referrals. I'm also here to support local representatives as you may see or experience things on your visits to those in need that you wish to discuss. All matters are treated in confidence.

My training involved meeting with other welfare officers to determine best practice in managing the needs of our members. In addition, we had many excellent presentations from agencies that can assist. These ranged

from bereavement counselling to where to get funding for NARPO members to complete a course of study. Most of the financial assistance is means tested but there are some services, such as support from cancer care specialists that are freely available and based on the medical condition of the recipient.

I am also able to offer specific advice on spiritual health in my role as chaplain and this includes advice about funerals. If you or your local committee members want to know more, please get in touch.



Subscriptions always rise in line with pensions and the CPI, the new rate for 2012 will be £1.54 per month, a modest 9p rise which is paid only by Full and Associate members.

## The West Wales Prostate Cancer Support Group

The West Wales Prostate Cancer Support Group is a local patient-led charity established in March 2008 to support men and their families as they go through the process of investigation, diagnosis and treatment and post-treatment.

A majority of members reside in Carmarthenshire, Ceredigion or Pembrokeshire but the influence of the group extends eastwards to Bridgend, Neath-Port Talbot and Swansea. Men from beyond West and South West Wales who approach the charity for support are not turned away. Within this area are eight large hospitals and 131 GP Practices. A small committee is supported in its work by some of its members; all are volunteers.

The support group which is one of four similar groups in Wales has established close links with Macmillan Cancer Support, The Prostate Cancer Charity and Prostate Action. It is a member of the

Prostate Cancer Support Federation.

The group has an active awareness and education programme and campaigns for improved services for prostate cancer patients in West and South West Wales. It is presently working with the Hywel Dda Health Board and the ABM University Health Board to this end.

Though not its prime object, the group must raise funds in order to carry out its work. 'We are always pleasantly surprised by the generosity of members of the public who support us with their donations. Collecting in supermarkets and other venues gives the group welcome publicity and helps to raise awareness of prostate cancer. However we have to be careful that fundraising does not divert us from our main objective of supporting men through their cancer journeys' says Phil Burr, Chairman. 'We are therefore particularly grateful to other organisations whose purpose is to

raise funds to allow charitable causes like our own to carry out our principle aims.'

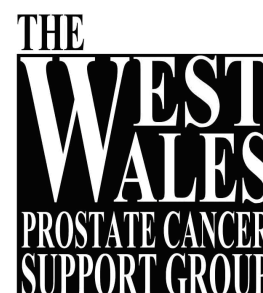
In 2010 the support group contributed £4000 to the Urology Department at Morriston Hospital for equipment for keyhole surgery which has already benefited West Wales patients. They also donated a further £1000 towards important research to improve the process of investigation and diagnosis, to avoid unnecessary biopsies whilst targeting the more aggressive cancers. In 2011, the charity donated £6750 to Hywel Dda Urology Service for a probe for an ultrasound scanner for prostate biopsies.

Reg. Charity No. 1129395,

Helyg-y-Nant, Pentrecwrt, Llandysul, Carmarthenshire, SA44 5DG,

Tel. 01559 363154,

E-mail-  
[philbwales@tiscali.co.uk](mailto:philbwales@tiscali.co.uk)



Prostate cancer affects many older men, The group supports men and their families as they go through the process of investigation, diagnosis and treatment and post-treatment.



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### ACTIVE membership

The theme of the conference this year was 'Active membership' and the main session of the morning was a discussion moderated by John Stapleton' on the subject. It was an animated and useful discussion, building on last year's theme of 'Welfare'. We were looking at the ways NARPO can increase its exposure through marketing and increasing the membership pool for recruitment. The conference deliberated on what active membership means, see below, what you can do to help the branch and increase the help we can give to members:

Can you provide **Advice** to our members?

Can you help us **Change** to better serve our members?

Can you give some **Time** to help members?

Do you want to be **Involved** in Branch matters?

Can you help **Visit** members in need?

Can you help us to **Extend** our membership?

**Word of mouth is our best advert, please think of NARPO when you talk to other retired Officers and promote what it can do for them, the more members we have the more we can do**

## Meetings



The last meeting was held on 3rd October at The Thomas Arms, Llanelli, we continued the system of moving around the branch area and it was a productive and enjoyable evening allowing members who could not normally get to meetings in Carmarthen to

come along. The full minutes of the meeting are on the Branch website if you want to look at them. The next meeting is the AGM in March (see below) then October at a location set by the members at the AGM. Don't

forget the Coffee mornings, and social events, come along, meet and socialize in a relaxed atmosphere with no formal meeting. Come and go as you please.

## OBITUARY

Mr. John Newell Jones, (Sawyers) Builth Wells, (Member of West Mercia Branch) DPP up to 1978

Mr. CWN (Norman) Meigh, Hereford, DPP late 60's to early 70's

Mr. Noir Bowen, Carmarthen,

Mr. Richie Parry, Carmarthen

Mr. D.J. (Spud) Davies, Newtown

Mr. Les Smith, Bristol, stationed in Mid Wales and Milford Haven.