



DYFED-POWYS NARPO NEWSLETTER

Summer 2020



FROM THE EDITOR: Hugh Colley



For obvious reasons, it would be nigh on impossible to produce a newsletter without touching upon the horrible virus that is affecting us all in so many ways.

However, in addition to articles relating to the C word, this newsletter contains a much wider variety of items than previously - hopefully, you will find them interesting and informative.

To lighten the mood, there are cartoons drawn by the very

talented Gary Jones together with photographs / anecdotes from 'the good old days.' There's even a recipe from our very own celebrity chef for you to try!

My personal thanks to members that have taken the time to contribute articles and photographs – if you have items for inclusion in the next issue please send them to me, preferably by email: hughcolley144@btinternet.com.

(Ideally, articles should be no more than 500 words equivalent to one page of A4 and photos preferably in JPEG format).

Finally, feedback and suggestions for future issues would be greatly appreciated.

CHAIRMAN'S REPORT: Peter Davies



Welcome / Croeso to the summer edition of the newsletter.

I would like to start by saying that I hope that you and your families are managing to cope with the various restrictions and guidelines that have been imposed due to the dreadful Coronavirus pandemic.

I don't intend to dwell on the current situation as I believe that we are getting ample coverage in the media about the issue.

One thing that the crisis has made me appreciate is that the time spent in the Police has helped us to cope better than many other

professions. The tragedies and sadness that we have had to deal with during our careers and yet we still come out fighting.

One of my key aims when I became Chairman, was to encourage the setting up of coffee mornings in the areas where they didn't previously exist. I'm delighted that in addition to North Powys (Welshpool) and Carmarthen, we now have successful events being held in South Powys (Brecon) and Pembrokeshire (Haverfordwest). My personal thanks to Maria Clayton-Jones and Hugh Colley for their hard work in setting these up.

The events are extremely enjoyable and if you have not already attended, why not go along and enjoy a 'catch up' with your colleagues.

To Ceredigion members: I urge for someone to make a start when restrictions allow, in organising a coffee morning in your area. Both your Secretary and I are willing to help you with advice - funding is available to cover the cost of the first event.

Finally, please continue with this bulldog spirit and battle on during these difficult times - I'm sure there IS light at the end of the tunnel.

Regards Peter

POLICING DURING A PANDEMIC: A VIEW FROM THE INSIDE by Mr Mark Collins QPM (Chief Constable)



Could we really have anticipated what delivering a policing service during a pandemic would mean for us until we were thrust into the situation? The last few months have been an eye opener for Dyfed-Powys Police and one that'll change us forever.

Early in the new year we were being shown views of a country known for populous cities, with streets left bare because of enforced lockdown, as a region of China battled to contain a coronavirus, COVID-19. As we looked on, the idea of a lockdown seemed almost unbelievable, but as the scenes beamed to us via the news moved ever closer to home, it very quickly became obvious that we too would soon find ourselves in the midst of a situation never before experienced.

Hindsight tells me, that from a policing perspective, a very swift response by now retired temporary Assistant Chief Constable Peter Roderick, put us in a really good position to do our absolute best to safeguard our staff.

Pete proposed measures that initially colleagues elsewhere thought were unnecessary or an over-reaction. But, his suggestion to stop all training other than the courses being delivered to our new recruits, and to begin looking at alternative working arrangements for officers and staff, meant we were able to deliver significant changes internally, that have not only ensured we were able to continue to deliver a policing service to our communities, but for the largest part, improve that service. We also got ahead on ordering supplies of personal protective equipment (PPE), and were in a position to help other organisations out with additional stocks as they waited for their deliveries.

The crisis isn't over yet, and now, as we prepare for our annual visitors to return, and for those across our force to head out to enjoy the summer, we sit back a little bit from the pandemic response and roll our sleeves up to respond to our usual hefty summer demand, in the knowledge that the virus may well be still amongst us. I couldn't be prouder of how, as one team across the force, we have responded to this and continue to do so.

But, in writing this for the audience I have, as experienced, retired officers, I think about the difference technology has made to how we've been able to restructure and respond, and how new innovations we have to hand have made this job that little bit easier than it might have been previously.

I've thought many times about the challenges that may have been without the capabilities to allow staff to work remotely, or to divide functions up and allow technology to take some of the strain. I'd be really interested to hear your take on what it might have been like only a few years ago, or the considerations you would have made, that maybe the team and I haven't thought about.

Finally, can I also extend a very big thank you to those of you who contacted us to offer to return and volunteer. The support you were prepared to give was humbling, and I have ensured that this offer has been noted internally, so that the organisation is aware of your ongoing commitment to your communities, long after your final Status 11 (Off Duty).

*For more on our proactivity over this time and some of the positive results we secured, visit our online Newsroom – www.dyfed-powys.pnn.police.uk/en/newsroom/

Footnote: Many thanks to Mr Collins for taking the time to write this article about the most challenging period in the history of Dyfed-Powys Police.

DEREK SHARES HIS EXPERIENCE OF CORONAVIRUS



NARPO member Derek Edwards spent nine days unwell at his home and 14 days at Glangwili Hospital fighting Coronavirus. He is currently recuperating at his home in Carmarthen with his wife Laura and has written an excellent article about his experience together with advice for anyone who may have to deal with Covid 19.

To read Derek's account click on:

<https://www.dyfed-powys-narpo.org.uk/files/Derek.pdf>

Derek gives the following advice for anyone who may have to deal with Covid 19:

1. Follow the health advice on '111 on-line' and seek help early if you are concerned
2. Make sure you have a thermometer in the house to monitor your temperature.
3. Purchase a pulse oximeter to measure your oxygen saturation levels. This is a small device that fits on the end of your finger and tells you if you have sufficient oxygen in your blood. This reading will be helpful to monitor your condition and to help a health care professional assess you over the phone. When I arrived at hospital, my oxygen saturation level was 84%, significantly lower than the normal level of 95-100%.
4. If you live alone, make sure someone telephones regularly; the fatigue is so great you may not have the strength to ask for help.

DPP NARPO thanks Derek for his excellent article and wishes him a speedy return to good health

WELCOME ABOARD

Mark Edwards (Ceredigion) and Ian John (Pembrokeshire) are new members of the DPP NARPO committee.



Mark joined DPP in 1973 and following initial training was posted to Tenby. He has served in several stations within the force area including Pembroke Dock, Haverfordwest (Training), Milford Haven, Llandrindod Wells and FHQ Carmarthen (Training & Personnel). In addition, he was seconded to PTC Cwmbran and Regional Training. He retired as C/Inspector at Brecon in 2001 and now lives in Cardigan where he enjoys gardening, motor cycling and golf.



Ian joined DPP in 1988 and following initial training was posted to Newtown. He has held various posts including assistant staff officer to Chief Constable Ray White. In 1999, Ian moved to Milford Haven as Inspector before moving to Professional Standards at FHQ on promotion to Chief Inspector. In 2003, he moved to Llanelli and four years later was promoted to Superintendent as head of the Administration of Justice Dept before taking up local policing lead in Carmarthenshire / Powys and then Pembrokeshire / Ceredigion. In 2013, Ian was seconded to the College of Policing after which he returned to the force as Divisional Commander for Pembrokeshire retiring in October 2018. Ian lives in Narberth and his interests include golf and running, in addition, he is a member of Haverfordwest Male Voice Choir and Milford Haven Operatic Society.

Note: If you wish to contact a member of the committee, please contact Phil Addicott (Secretary) Phone (01938) 556048 Email: narpodppsec@gmail.com or Peter Davies (Chairman) Phone (01267) 230674 Email: p90pgd@btinternet.com

THE NATIONAL PERSPECTIVE: Phil Hopkins



The current situation has drastically changed the way that Head Office in Wakefield operates. All NARPO employees are currently working from home, with those who live locally operating a roster system to collect the mail from the office. As far as I can ascertain, this system has worked very well and has not affected the efficiency with which our organisation operates.

One of the motions at last year's conference concerned NARPO House and its future. It was agreed that a report would be prepared and given at this year's conference once all the options had been considered. Had this year's conference gone ahead, it may well have presented a rather different report from that envisaged a few months ago. All decisions are now taken by the Chief Executive Officer, his Deputy and the President of NARPO, with the views of the committee sought as and when necessary.

I mentioned previously that I would not be seeking re-election to the National Executive Committee this year. I gave notice of my intention to both the National Committee and the Regional Committee two years ago, so that everyone was aware of the situation. Of course, the Regional AGM, due to be held in March did not take place, so my successor was appointed remotely. Fortunately, there was only one candidate, so no election was necessary. The new Regional representative covering the South Wales, Gwent and Dyfed Powys areas is Sandra Evans, the Gwent branch secretary who will also take my place on the committee of Pensioners Forum Wales.

I have thoroughly enjoyed my six years on the national committee, and I hope that I have contributed to the working of the organisation in a meaningful way and have kept members updated as and when necessary. It has been unfortunate that the last six months or so of my time will have been so severely affected. Committee meetings have been cancelled along with the annual conference scheduled to be held in Plymouth in September.

The committee have met a couple of times using Zoom and team meetings, with further meetings scheduled. Not exactly the way in which I envisaged finishing my spell on the NEC, but that's nothing compared to everything that has been going on globally during the past few months.

Finally, I would like to place on record my thanks for all the support which I have received from the branch, region and nationally over the last six years.

A tribute to Phil from Steve Edwards (Chief Executive Officer):

Phil came onto the NEC in September 2014, and quickly settled into his role as an NEC member. He always made sure that the concerns of our members in Wales were raised and aired.

He was our representative on AGE Cymru, and his wonderful tales of his exploits at Cardiff Bus Station were eagerly awaited at each NEC meeting. Phil served the NEC and the Welsh Region in a professional and friendly manner, both he and Gill will be greatly missed.

MEET THE NARPO CHAPLAIN



Lynn Rees joined DPP in 1993, serving in Aberystwyth, Newtown and FHQ and was seconded twice to HMIC. Medically retired from DPP in 2015, he is now Priest in Charge in the Bro Amman Ministry Area in the Church in Wales. Lynn is a member of Aberystwyth lifeboat and chaplain to Aberystwyth Sea Cadets.

When 'lockdown' began in March I don't think any of us anticipated the effect that it would have nor how long it would last. As I write in July, the lockdown continues, although some of the restrictions placed on us are starting to be relaxed and churches may open for private prayer.

Faith and belief have been important in helping many people cope with lockdown. Research published in the Guardian newspaper indicates that 1 in 20 people have turned to prayer to help them cope with lockdown and 6,000 people phoned a prayer hotline set up by the Church of England in the first 48 hours of it being launched

Although our church doors remain closed, it has been amazing to see the many ways in which we continue to come together as 'church' and reach out to the community. During lockdown 1 in 4 people have joined online services and a third of young people aged 18 to 34 have watched or listened to an online service.

I have been very encouraged by the response to on-line services and our Facebook page is reaching three to four hundred people each week, not only those living in our local area but throughout the country including NARPO members!

Everyone is welcome to join us - the churches Facebook page "Plwyf Llandybie Parish" is used to live stream services at 09:00 and 21:00 on weekdays and 11:00 am on Sundays.

IN MEMORIAM

The following have sadly passed away during the year to date:

Mr Kenneth Edward Parry (Rtd. PC194)

Mr Michael John Lewis (Rtd. DS245)

Mr David Moelwyn Morgan (Rtd. C/Insp)

Mrs Doreen Harries the wife of the late Len Harries (Rtd. PC46)

Mr Derek Davies (Rtd. D/Chief Supt)

Mr Dennis Benjamin Davies (Rtd PC 264)

Mrs Elizabeth Anne Rees (Nan), the wife of Mr Dai Rees (Rtd. Supt)

Mr David Brian James (Rtd. PS130)

Mr Alan Breeze (Rtd. PS)

Mr John Gettings (Rtd. PC462)

Mrs Margaret Gwenonwy (Gwen) Williams wife of the late Mr Bill Williams (C/Insp).

Mr Samuel John Vivian Williams known as Viv (Rtd. Insp / PS309)

Mr Elfed Thomas (Rtd. Supt)

Mr Richard (Dick) Evans (Rtd. PS412)

Mr Thomas Owen Lake (Rtd. PC120)

Mrs Wendy Davies, the widow of Mr Gareth Davies (Rtd. DS268)

Mrs Margaret Eileen Williams, the wife of Mr Alun Williams (Rtd. PS202)

Mr Gerald Fielding James (Rtd. C/Insp.)

BLASTS FROM THE PAST

Many thanks to George Phillips of Laugharne for the below photo of the B Division 'Old Boys' XV which was probably taken in the 1970's - match details are not known.



Back Row: (L To R) Dai Gravell, John Daniels, Richie Parry, George Phillips, Steve Pike, Glan Griffiths, Dai Lewis, Arwyn Williams, Winston John, Front Row: Mal Thomas, Brian Phillips, Alan Skyrme, Len Davies, Idris Daniels, Hywel Rees

In 1965, Pembrokeshire Police purchased a Mini-Cooper for use as a patrol car – an unusual but excellent choice of vehicle for negotiating the narrow roads within the county.



PC Ron Palmer is stood on the driver's side and PC John Gettings on the passenger side. The Mini had a top speed of 95 mph and could accelerate from 0-60 mph in 12 seconds!

The first draw of the DPP Force Lottery took place at FHQ, Carmarthen in May 1991. The winning numbers were drawn by rugby legend Phil Bennett.



The first prize of a Renault 5 went to Menna (ACPO Secretary). The photo shows Chief Constable Mr Ray White handing over the keys to the £5,000 car.

IS THIS IS A RECORD?

The photograph on the left supplied by Huw Nicholas of Aberystwyth was taken at the National Eisteddfod held at Aberystwyth in 1992 and features three officers who are all former pupils of the village school in Henllan Amgoed near Whitland which closed in July 2004.



From left to right are Huw Nicholas, Eleri Davies (now Edwards) and Huw's brother Eifion (better known as Ted). In addition, on the far right is Ken Mathias (Rtd. PS448) of Pembroke Dock who recalls very happy times spent at the school. PC Dai Lee (ARV) is also a former pupil.

Not a bad return from such a small school and Huw wonders if this is some record. (Apparently, Huw and Ted had no excuse for being late for school as they lived just across the road!)

SPORTING HONOURS

In March this year, John Davies (Rtd. PC799) flew to Cape Town to act as scorer for Wales in the 2020 Over 50's Cricket World Cup.



John being presented with his Wales Over 50's World Cup 2020 cap by South Africa legend Allan Donald before Wales took on the host country. Sadly, the competition was abandoned due to the rapid spread of coronavirus which meant an early return to Wales.

After hanging his rugby boots up for the last time in 1969, Brian Dowling (Rtd. PS478) joined Pembroke Dock Bowling Club and is still playing Bowls.



Upon reaching the milestone of 50 consecutive years as a playing member, Brian was presented with a memento of his remarkable achievement. Brian has won numerous competitions over the years and has held various positions within the club.

MOSAIC FLOOR RESTORATION by Brian Wiley of Aberystwyth

The church site at St Padarn's Church, Llanbadarn near Aberystwyth was formed as a religious place of worship during the 6th century and remains one of the oldest places of active worship in Wales still in use today. The stone church building was erected sometime before 1246 and is categorised as a Grade 1 listed building.



In September 2015, I was approached by the vicar and asked whether I would embark on a project to apply for funding to renovate a 40 square metre of mosaic floor that was badly in need of refurbishment.

I accepted his request and made an application for funding to the National Lottery Heritage Fund, which was successful. A firm of specialist mosaic contractors were awarded the contract and work commenced

in April 2019 when a full restoration was carried out. (Brian is pictured showing the magnificent mosaic floor following restoration).

The restoration has totally altered what was a low coloured and damaged area back to a condition that is as close as possible to when it was first constructed in the 1870's. It forms a very attractive centre piece to the church that will remain for people to enjoy for many years to come.

Managing the project took up a great deal of time and is very demanding. However, the completed refurbishment made the effort extremely worthwhile and looking back I certainly enjoyed it.

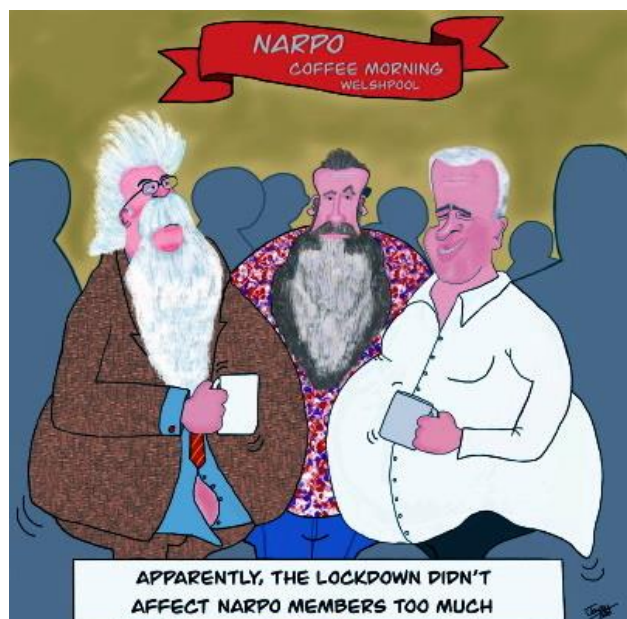
WHAT'S ON (NOT A LOT)!!

Due to current restrictions, the 2020 DPP NARPO Annual General Meeting has not been held - the meeting will be convened once restrictions allow.

Similarly, arrangements for coffee mornings / Christmas lunches etc. have been put on hold until further notice.

However, Gary Jones has gazed into his crystal ball and come up with this excellent cartoon depicting the next Welshpool Coffee Morning at The Royal Oak in Welshpool.

Instantly recognisable from left to right are Gwilym Rippon, Gary and Roger Eagles.



A SUMMER RECIPE FOR YOU - PREPARED BY ALDWYN JONES.



Following retirement in 2004, Aldwyn embarked on a course at Pibwrlwyd College, Carmarthen to further his long term passion of cooking. He attained a Certificate in Professional Cookery which led to a Diploma.

In 2006 he was one of eight finalists in a S4C television competition called Chez Dudley and spent time in Provence, France honing his skills.

After which, Aldwyn worked for a Cardiff based company contracted to the Welsh Government to promote Welsh food and drink which took him to major events throughout the UK, Europe and Singapore.

WELSH LAMB AND CAERPHILLY CHEESEBURGER

SERVES 4 – INGREDIENTS:

500g Welsh lamb mince

30ml (2 tbsp) fresh mint chopped

1/2tsp salt

1/2 tsp ground black pepper

1 finely chopped banana shallot

75g crumbled Caerphilly cheese



METHOD:

1. Combine all the ingredients in a large bowl and mix together.
2. Divide the mixture into 4 equal parts and roll into a ball before flattening into burger shapes.
3. The burgers can then be pan fried, grilled or BBQed for approximately 12 minutes and until cooked through to a temperature of over 70C.
4. The burgers can be served in a bread or ciabatta roll accompanied by a salad, twice cooked chips and a burger relish of choice.



COURT ROOM HUMOUR!

The Police & Criminal Evidence Act (PACE) 1984 set out the requirements for the treatment of suspects including their right to refreshments.

A few months after the legislation came into force, a brilliant exchange took place at Swansea Crown Court that even caused the sombre judge to raise a smile.

(The identity of the quick witted officer remains a closely guarded secret!)

*Recreated by our talented artist
– Gary Jones*

MEMORIES OF THE ROYAL WELSH SHOW

The Royal Welsh Show is the jewel in the crown of Welsh agriculture, and the cancellation of this year's event will leave a massive void in the farming year. The loss of the event will have a huge financial impact on the Powys economy – hopefully, it will return in 2021. Hundreds of officers have policed the show over the years and could recall their time in Builth, including sweltering in heatwaves, soaked by downpours, dealing with gridlocked traffic, missing children and providing high level security during VIP visits.



Long-time buddies, Phil Hopkins and Hugh Colley recently exchanged their memories of duty at the show:

In 1969, Hugh was a probationer stationed at Llandrindod Wells and was on night security duty on the eve of the show. He recalls 'Around 4:00 am on the Monday morning, I was on foot patrol in the trade stands area when a stall holder called me over to watch his television. We watched in silence as we could just make out Neil Armstrong stepping tentatively onto the surface of the moon followed by the immortal words - That's one small step for man, one giant leap for mankind. Little did I realise at the time that the first moon landing was to become one of the most iconic moments of the 20th century'.

Phil's exploits at the show could fill a newsletter but this one stands out: 'During one of my last tours of duty at the Royal Welsh, I was driving a hired minibus, dropping officers off at their allocated points until I had one officer left on board with me – Carol Williams who was working her last shift before moving to Ceredigion. While driving through Builth to take Carol to her point, I spotted a retired Police Federation colleague from Gwent - I decided to have a quick catch up. He had strolled into the town's main car park, so in I drove. As many are aware, height barriers are installed at the entrance to the car parks during show week to prevent unauthorised parking. Result: six foot solid steel barrier versus a six foot three minibus – the sound of metal against metal! The minibus had been converted into an open top with the front of its roof peeled back. Carol summed it up succinctly with the memorable words "Oh s**t!" Report submitted in triplicate and eventually marked up: NFA!'

Footnote: The first Royal Welsh Show was held at Aberystwyth in 1904 and moved between various venues every year alternating between north and south Wales before making Llanelwedd near Builth Wells its permanent home in 1963.



In 1960, Welshpool was the venue and the photo on the left shows NARPO member Pat Cochrane on duty at the show, complete with a 'state of the art' portable radio.

Pat joined the Mid-Wales Constabulary in 1950 and on retirement from DPP in 1982 was a Scenes of Crime Officer based at Newtown where he still lives.

If you have memories of duty at the Royal Welsh Show or similar events, please share them with us!

DYFED-POWYS POLICE WELFARE FUND



Clive Cowey is the NARPO representative on the Dyfed-Powys Welfare Fund committee. Clive provides answers to the most frequently asked questions about the fund:

What is the DPP Welfare Fund? Basically, a fund set up to help members and their close families in times of need.

How does it obtain funding? From serving, subscribing members via monthly subscriptions. If you paid into the fund when you served, subscriptions will have stopped when you retired **but** you remain a non-paying member for life.

Who administers the fund? A committee, chaired by a Chief Officer, with members drawn from staff associations, i.e. Police Federation, UNISON and Force Chaplain. NARPO has two representatives, Phil Addicott and Clive Cowey. The current secretary is Emyr Williams, a Training Officer at FHQ. (Contact details can be found at the end of the article).

How often does the Committee meet? Annually for the formal AGM. As committee members are spread across the force area, requests for assistance are processed by email to ensure we can act promptly. All correspondence is treated in strict confidence.

What assistance can the fund provide? The fund will provide financial assistance in the form of grants (not loans) for:

- Mobility and other aids e.g. scooters, hoists and wheelchairs.
- Structural alterations to the home to assist mobility.
- Travelling and in some cases accommodation for NHS in or outpatient visits.
- Vehicle adaptations.

How do I apply for assistance? Firstly, speak to Phil or me for guidance as the rules are deliberately wide ranging in their scope, but please remember:

- Check you are eligible for assistance; you **must** have been a subscribing member when you served.
- The request **must** be for the benefit of yourself or a close family member.
- If you are asking for funding to purchase an item of equipment, research what you need and provide quotes / invoices. The fund provides grants for you to purchase, it **cannot** act on your behalf.
- Travelling expenses - provide mileage and other costs incurred. Explain why you are making the claim.

Do I have to talk to NARPO or can I apply directly? Both NARPO representatives are here to help NARPO members but if you prefer, you can contact the Fund Secretary directly with an application which should be in writing (letter or email). Please remember, we are here to help so please feel free to discuss with us.

Clive Cowey: narpo36@gmail.com
Phil Addicott: narpodppsec@gmail.com
Emyr Williams: emyr.williams@dyfed-powys.pnn.police.uk

CONGRATULATIONS



Bert Mills from Brecon recently celebrated his 90th birthday and best wishes are sent to him on behalf of the branch.

Bert joined the Mid Wales Constabulary in 1955 and was posted to Brecon, where he met his wife Ena. He was then posted to Talybont on Usk outstation, before being promoted to Llandrindod Wells. His final posting was to Welshpool, from where he retired in 1984.

Bert is fondly remembered by both Phil Hopkins and Hugh Colley as he was their Sergeant at 'Llandod' when they were both posted to the Spa town in January 1969 after completing initial training at Bridgend. Congratulations also to Doug Jones, also living in Brecon who reached the same milestone a few months before Bert.



Congratulations to Mrs Vreni Simpson of Holmfirth, near Huddersfield who celebrated her 100th birthday with her family in January and is possibly the oldest member of Dyfed-Powys NARPO.

Vreni is the widow of the late Sergeant Jack Simpson who transferred from the Metropolitan Police to the Mid-Wales Constabulary in 1949 – he was allocated the collar number 46 and his first station was Welshpool.

Please note: If you are aware of any member who has a significant birthday or anniversary, please pass the information on to any committee member so that the event can be recognised.

DPP NARPO WEBSITE

The website contains pages of useful information for members including the results of the Force Lottery. If you have items / photographs for the website please send them to Hugh Colley email: hughcolley144@btinternet.com

AND FINALLY

In June, during lockdown, Dyfed-Powys officers were stopping motorists to find out whether their journey was essential. A young man was stopped between Welshpool and Newtown and explained to the officer he was on his way to a job interview in Newtown. He was allowed to continue his journey.

A couple of hours later, the same officer stopped the young man heading in the opposite direction. He politely pointed out to the officer that he had stopped him earlier.

The officer replied, 'I know, I just wanted to find out how your interview went'!
(In case you're wondering - he got the job)!

STOP PRESS: NARPO GOLF DAY 2020

Good news for golfers: It appears that there is widespread support for staging this year's event, especially as the indications suggest that the virus is receding. It is envisaged that the event will be held as originally circulated – i.e. at Builth Wells Golf Club on **Monday 14th September**.

An email with further details inviting entries will be circulated shortly.