PENALTY FINES TO TACKLE DISORDER

Looking down the barrel of a gun

- Force Support Unit constables Jason Lane, Sam Smith and Julie Taylor demonstrate a variety of weapons used by armed response officers.

FIXED-penalty fines will be issued to people committing disorderly offences under a new government scheme being piloted in Essex. From next month, Penalty Notice Disorders (PNDs) will be given to people for minor, but significant offences.

They will find themselves either £40 or £80 out of pocket. The pilot will run for 12 months, after which a full evaluation will be made by the Home Office.

A series of training workshops, demonstrations and hands-on experience of firearms helped visitors decide whether it was a career path they wanted to pursue. Supt Jacqui Cheer, said: "The feedback indicates that the programme was well received. Women can be apprehensive about handling firearms so it was encouraging to see that a third of the visitors were female."

"In addition Stansted Airport has already had 18 requests for application packs as a result of the day. Although we can always find ways to improve these events we felt the day was a success."

A new scheme paves the way for less red tape and bureaucracy

by Ben Pennington

- Being drunk in a highway
- Buying alcohol for an under 18.
- Throwing fireworks.
- Drinking in designated public areas.

Offenders will have the option to accept the penalty and pay the fine within 21 days or appear before a court.

Measures will be put in place to deal with the non-payment of fines. Fines will not be on-the-spot, so officers will not be deciding if people are innocent or guilty, but will have to make the decision as to whether a PND is appropriate.

This will mean if a PND is the preferred option, then a file will not have to be prepared for the Crown Prosecution Service, thereby freeing up officers’ time.

Offenders not going through the courts will be dealt with much quicker, meaning less paperwork and less cost for Essex Police.

Community Safety's project leader T/Supt Carl O’Malley believes this is a real opportunity to reduce bureaucracy and in turn free up officer's time.

"The reduction in paperwork for officers relating to minor, but annoying public disorder offences can only help officers tackle these offences more effectively, and spend increased time patrolling," said T/Supt O’Malley.

"Communities should see more of their police officers, and that is to be welcomed."
Pensions can survive a broken marriage

ALL too often I am asked how to divide a pension after a divorce. Any officer with more than the minimum period of service will have a pension of significant value. It is also recognised by others and solicitors alike, that the scheme is possibly the best funded public service scheme available.

For many years, the courts had little appreciation of the cash value of pension funding. Everyone who has a professional involvement in a marriage break-up has come to appreciate that pensions are usually the second most valuable asset in a marriage after the house and are more valuable than the house itself.

Officers who have commenced, or intend to commence, divorce proceedings after December 1, 2000 have a choice of two methods of dealing with their pension.

Off-setting

This has proved to be the most popular option whereby the pension remains with the officer, but its value is taken into consideration when dividing the matrimonial assets.

The spouse will receive a corresponding greater proportion of the non-pension assets, such as a greater share of the former matrimonial home or savings.

This is currently the simplest way of allowing for pension on divorce, as it represents a 'clean break' settlement at the date of divorce.

The settlement is full and final and the spouse cannot return to the courts for further redress. The success of this method depends on there being sufficient non-pensionable assets to trade off.

Pension sharing

Pension sharing is a relatively new option, whereby the member's accrued pension entitlement is split into two parts, not necessarily equal, at the date of the divorce.

The spouse's share will then be transferred into a pension fund in his or her own right.

Most officers will find this option distasteful, as it has the immediate effect of reducing the benefits of the pension fund. For an officer with limited service, this may not prove to be a problem.

However, an officer who has built up a sound pension fund through many years of hard work could face disappointment from a reduced pension on retirement.

Pension sharing is not all bad news. The advantage of this option is that the transfer of pension funds is calculated as at the date of divorce.

Therefore, any increase in pension benefits accrued after the date of the pension sharing order will be unthought.

It is possible for a police officer to rebuild lost funds through private financial investments.

However, it is important to obtain proper advice and go to a solicitor specialising in matrimonial matters.

Do not ignore near misses

I APPRECIATE that we are all bombarded with paperwork, but I would like to remind everyone the importance of submitting 'near miss' forms. The PERS 35 Injury on Duty form should be used.

This should be submitted on every occasion when a person feels a near miss has occurred - an incident that has not resulted in injury or property damage.

They are not only for incidents that happen in the street, but for occurrences that happen around the police station or anywhere in the working environment.

A list of the time these problems can be rectified at local level but, in some instances, they may require dealing with at force level.

Save money into the Copperpot

WE are one of 20 forces who have signed up to the Copperpot scheme which enables officers to save directly from payroll deductions and borrow money at a competitive rate.

The Copperpot will be pushing out flyers over the next few weeks promoting this, and any existing or new members who have joined by the end of September will be entered into a special draw to win a DVD player.

You can get an instant loan of £2,000 plus receive a dividend on your savings, with last year paying five per cent. Call 0110 2444 878 for details.

Streamlined approach to training of officers

TRAINING centre managers hope the government's new national training agency will offer a more "joined-up" approach to the development of officers.

Central Police Training and Development Agency (known as Centrex) was formed to support the current police reform process and develop career-long learning programmes for every career step.

EPIC Manager Jean Harper believes there will not be a great change in officer training, but it will affect the funding and management of police training.

"The new body is still going to be the first and major provider of police training," said Mrs Harper. "I would like to see Centrex becoming much more joined up and they are currently quite disjointed with faculties which deal with their own little world." 

Centrex will still manage officer training and it expects to be the national centre of excellence.

Centrex chief executive Chris Mould said: "The Government is investing heavily in us and it is down to us to deliver the substantial change programme."
Detective first in Essex to earn prestigious scholarship

Trip across the pond to review medical deaths

by Kim Perks

George Washington University Public Health Faculty.

In conjunction with the universities he will work alongside US medical examiners, coroners and homicide departments, comparing the way both the US and the UK respond to medical-related deaths and researching ways to improve the systems.

De Tyson said: “By having a more proficient response to dealing with these deaths we can not only improve the standard of our investigations but also the standard of medical care patients receive.”

His interest in the subject stemmed originally from his involvement in Operation Halifax, the year-long Essex investigation involving a former nurse and the care of her patients (terminally ill children).

Essex Police has also been involved in the investigation into the death of a man at Princess Alexandra Hospital in Harlow and the death of Tony Clowes at Broomfield Hospital in Chelmsford from a blockage in an anaesthetic breathing system. This case led to a linked police inquiry looking into similar jobs, an investigation that is still ongoing.

The death of Lara Touche at the Portland Hospital in London has additionally led to the landmark decision that someone who dies of natural causes is entitled to a coroner’s inquest, opening the floodgates for many more cases to be investigated.

INVESTIGATING medical-related deaths is the subject that has earned Ds Geordie Tyson a five-month scholarship in America, the first member of Essex Police ever to achieve this prestigious honour.

De Tyson, based at Harlow’s Major Investigation Team, has been awarded the Fulbright Fellowship.

The Fellowship generates sponsorship to award scholarships that will enhance understanding and relationships between the United States of America and other nations.

One of the areas under the scheme is police studies, open to both officers and support staff, and within that there are a list of subjects from which candidates can choose.

Shortlisted

De Tyson, who chose the category Enhancing Public Safety, competed against nearly 200 individuals to be shortlisted.

Only 14 awards are made in the UK each year. First he had to submit a research project outline which was assessed by senior academics and senior members of the Fellowship.

Once shortlisted he was interviewed by a panel of experts including senior police officers, retired police chiefs and academics.

He will now spend almost five months in Washington DC attached to the American University and the

As a step up on the property ladder

NEW recruits in Essex could receive financial assistance with their first home following a £300,000 government cash injection for around 60 key workers across the county.

The cash is part of the second round of the Department of Transport, Local Government and Regions’ Starter Home Initiative, which offers support for first-time buyers in housing hotspots outside London.

Moat House Group is managing the allocation of funds as well as taking the second part of her professional development exams as well as taking care of their sons aged five and nine.

He said: “It’s only because of the support of my wife and family that I have been able to take up this once-in- a-lifetime opportunity. In fact Marion has been the driving force behind my application.”

De Tyson is married to Marion Tyson who has just joined Professional Standards. While De Tyson is in America, Marion will be taking the second part of her professional development exams as well as taking care of their sons aged five and nine.

He said: “I am very proud to be awarded the Fellowship but at the same time I am very apprehensive when I think that the work I do could effect the way in which medical-related deaths are handled nationally both in the US and here in the UK.”

At the end of his tour of duty he will have to produce an academic paper on his work.

De Tyson is married to De Marion Tyson who has just joined Professional Standards. While De Tyson is in America, Marion will be taking the second part of her professional development exams as well as taking care of their sons aged five and nine.

He said: “I am very proud to be awarded the Fellowship but at the same time I am very apprehensive when I think that the work I do could effect the way in which medical-related deaths are handled nationally both in the US and here in the UK.”

At the end of his tour of duty he will have to produce an academic paper on his work.

De Tyson is married to De Marion Tyson who has just joined Professional Standards. While De Tyson is in America, Marion will be taking the second part of her professional development exams as well as taking care of their sons aged five and nine.

He said: “I am very proud to be awarded the Fellowship but at the same time I am very apprehensive when I think that the work I do could effect the way in which medical-related deaths are handled nationally both in the US and here in the UK.”

At the end of his tour of duty he will have to produce an academic paper on his work.

De Tyson is married to De Marion Tyson who has just joined Professional Standards. While De Tyson is in America, Marion will be taking the second part of her professional development exams as well as taking care of their sons aged five and nine.

He said: “I am very proud to be awarded the Fellowship but at the same time I am very apprehensive when I think that the work I do could effect the way in which medical-related deaths are handled nationally both in the US and here in the UK.”

At the end of his tour of duty he will have to produce an academic paper on his work.

De Tyson is married to De Marion Tyson who has just joined Professional Standards. While De Tyson is in America, Marion will be taking the second part of her professional development exams as well as taking care of their sons aged five and nine.

He said: “I am very proud to be awarded the Fellowship but at the same time I am very apprehensive when I think that the work I do could effect the way in which medical-related deaths are handled nationally both in the US and here in the UK.”

At the end of his tour of duty he will have to produce an academic paper on his work.

De Tyson is married to De Marion Tyson who has just joined Professional Standards. While De Tyson is in America, Marion will be taking the second part of her professional development exams as well as taking care of their sons aged five and nine.

He said: “I am very proud to be awarded the Fellowship but at the same time I am very apprehensive when I think that the work I do could effect the way in which medical-related deaths are handled nationally both in the US and here in the UK.”

At the end of his tour of duty he will have to produce an academic paper on his work.
Surely there is no saving?

There seems to be a rule for one, and one rule for another within today's police force - sorry, service - with regards to the saving of money. The driving instructors' office at the practical skills centre has, for the past 30 years to my knowledge been at the top of the stairs, with classroom two on the ground floor. The instructors' office has now been moved to what was the classroom.

This has involved several days' work in laying extra power cables, telephone wires and points in both rooms to make them ideal for their new roles. Noticeboards, ink-boards, television and video machines have had to be moved, and some of these items have had to be purchased. How can this be saving money?

We were informed that the changes were so that all the instructors were on the same floor. In addition, having made all the classrooms accessible to disabled people as they can only be reached at present by a flight of stairs. Perhaps we are going to save some money and fit either a stairlift or a proper lift to enable these classrooms to be used to their fullest potential.

Please do not think I am against change, or being cynical - I am not, provided it does not involve unnecessary expense. I think this does.

Mr V.A. Wilcockson Driving Instructor Practical Skills Centre

An inside job - though not quite as literally as that!

Crunching numbers to suit the government

HAVING read last month's edition of The Law, I have devised a plan whereby I cannot fail to get rich. Using the reasoning behind the article Rise In Ethnic Employees, all I need to do is count my money in Euros (each worth about £65), and I will have more money! If this works for ethnic employees, of whom Essex Police still actually has the same number as they did before were recounted, convincing the Home Office that targets are being met, then surely it will convince my bank manager.

Chris Booth Traffic

Bidding farewell to crime scenes

I RETIRED from scenes of crime in May and would like to thank all my friends and colleagues for their kind wishes and generous gifts. I would also like to send my great appreciation to so many of you who came to my retirement party at Southend police station. My wife would also like to thank you for the beautiful bouquet of flowers. We will always remember you all. All the very best.

Steve Atkins Southend

It worked in those days too

WITH reference to last month's front-page article - Decoy Cars... To Catch A Thief! - I have to say this is not first for Essex Police.

I was a constable in Gravesend in 1935, Car theft was a problem, and I was very keen to get on CID, so proposed that we use a decoy car to catch the thieves. One night I borrowed a car from CID and parked it in Rectory Road opposite some new houses where I hid with a CID officer.

The car door was left unlocked, lights left on and the keys were still in the ignition but I had taken the rotor arm off to immobilise the car. Five men came along and with one already sat in the driving seat, I was able to make an arrest. The other men made off but all the men were later RIGHT TO REPLY: Kim Perks, Editor

ALTHOUGH the concept of decoy car is not new the specifications of the current Essex campaign are a first for the country, and in fact for the country.

There is no bait, such as unlocked doors, keys in the ignition or even valuables left on view to tempt the would-be thief.

To all intents and purposes the car looks like any other. The state-of-the-art equipment is hidden inside and admitted to a series of house breaks.

Allan Coe Chelmsford

Over the ropes for four

SOUTHCHURCH Park in Southend is not only renowned for its cricket festival but also for its boating lake and damage sustained by yachts but also for its cricket festival.

The four who flock there on calm summer days need refreshment and this is provided through both food and liquid form in a large marquee.

The latter is a strong attraction and best officers were kept an eye on the place years ago on night duty in the days of the famous Southend Borough Police.

One hot, moonless night I was on duty and I was sent down to the lakeside. Without reference to last month's one already sat in the driving traced and admitted to a series.

AS MANY of you will have thought I would like to just... I was a constable in Grays in 1935, I was... I had... I hid... I proposed... The aim of the scheme is to reduce car crime regardless of whether decoy car actually ever gets stolen.

Suddenly there is no saving?

Stay in touch with those who are sick

SINCE the recent letter in The Law in relation to email contact with people who are sick, we have received an offer to assist in this matter from a retired colleague.

He has an interactive screen-phone with keyboard, which is inexpensive, doubles up as a telephone and just plugs into existing telephone lines. Some even have a printer attached. These will facilitate email contact with an email address, in addition to having the means of accepting a reply.

All of this without the outlay for a computer and the like.

This is an affordable way for anyone to communicate via email and bridge the gap identified by the The Law.

This service (no printer) is also very useful with older people. Should anyone require further information please contact me at 01702 529990 between 6am and 10am on Tuesdays.

Mick Tarbin Benevolent Fund Adviser
Justice system.

Blunkett has announced a review of the Police and Criminal Evidence Act in a report suggesting reducing red forms and a plan to investigate officers other officers carrying out the future, praising their forces.

Mr Blunkett believes divisional commanders are the future, praising their innovative changes to frontline policing.

He said a £25m fund would support these changes and told commanders he would ensure they had more direct control within their forces.

Mr Blunkett believed that a third of commanders felt being part of an insufficient local control of resources.

EVIDENCE suggests that thieves stealing marked property are more likely to be caught, and marked property is far more difficult to dispose of, and yet many of us are still not taking the simple step of protecting our belongings.

Police in Harlow intend to put this right by holding a series of property marking roadshows to raise awareness, issue advice and mark property free of charge.

In particular police are encouraging owners of marked goods to get their handsets postcoded to discourage the increasing number of street thefts nationally.

However, it is also acknowledged that marking property is only half of the equation; checking for genuine peace and returning stolen goods with their owners is the other half.

To this end, all officers in the division (about 500) will be armed with a new tool against crime - an ultra-violet key fob.

Making a mark on crime

by Kim Perks

This means that officers on patrol, or carrying out stop checks, who have any suspicion about ownership or find property during inquiries and house searches will be able to check its validity on the spot.

Large companies across the division will also be sent UV pens with a letter encouraging them to mark up property belonging to their business and their staff.

Harlow Divisional Commander, Chief Supt Ian Learmonth said: "We recognise that property theft can be reduced using relatively cheap and simple methods."

"However, the police can only effectively prevent theft or retrieve property with rightful owners if the owners themselves play their part in ensuring their belongings are properly marked.

"These roadshows should help make that task easier and encourage people not to put off until tomorrow what could be easily done today... after all tomorrow the property might have been stolen!"

Neighbourhood Watch co-ordinators are being encouraged to collect UV pens from divisional station front desks to mark up property belonging to those residents who are unable to attend any of the pre-arranged events in the area.

Learning life the enjoyable way

SCHOOLCHILDREN from across Castle Point took part in Crucial Crew week last month in a bid to tackle the role of the emergency services and avoid becoming a future customer.

Over 20 schools and nearly 1,000 Year Six children spent a half-day session at The Paddocks in Canvey Island where they learnt fundamental safety issues focusing on everyday situations.

Schools Liaison Officer Jacob Barber has been organising Crucial Crew weeks in Castlepoint for nearly 10 years and is pleased with the popular response from both schools and parents.

"I want the kids through role-play situations where they have the opportunity to think on their feet, on how to make them appreciate the safety messages that little bit more," said PC Barber. "We don't want to see them involved in similar, even life circumstances later on in life, so we hope they remember what they learnt. People often don't forget previous lessons."

A debit card at the end of each half-day sessions enables the children to demonstrate what they have learnt and also air their views on the initiative.

"Some regard it as a soft option. What is important is what works."

For display advertising in The Law contact United Press on 01282 459533
Reign of terror

SINCE the atrocities of September 11 the role of those officers working in special branch units across the county has become even more vital.

The Essex SB is part of Crime Divison, and has over 40 officers operating from divisional bases in Colchester, Braintree, Rayleigh, Chelmsford and Tilbury Port, as well as the obvious locations of Stansted Airport and Harwich Port.

The unit was originally established in 1970 to counter Irish Republican terrorism, but changing times have brought new responsibilities ranging from human trafficking to the Stansted Airport hijack.

In the aftermath of the September 11 strikes, their work has become even higher profile.

DI Lorrie Austin has been with SB for just over three years, working to collate - by human or technical means - intelligence which can be used in operational policing.

DI Austin said: "Our main function is as intelligence gatherers for matters with security implications or political sensitivity.

"As a result of September 11, a large part of our work is related to Middle Eastern terrorism, but we're dealing with domestic matters such as animal rights demonstrations.

Intelligence

"If we can pre operational comman with predictive intel, as to where Counter terrorism is related to Middle Eastern terrorism, but we're dealing next, then they can allocate appropriate resources to plan policing operations response to that."

SB maintains daily as with others branches across the country and has recently

Convoy of Convoy of

IN the last two years, special branch has dealt with incidents that any officer would regard as career landmarks.

As well as the Stansted hijack, Operation Fisher saw SB working with the major investigation team (MIT) and the Metropolitan Police to jail a member of the Provisional IRA.

Thomas Mellon was arrested under the Terrorism Act 2000 after he was detected forging passports in Colchester.

He was convicted in April at Basildon Crown Court of passing false passports, forging driving licences and driving with no insurance, and was jailed for 12 months.

SB officers are trained in surveillance and some undertake firearms courses to provide protection for visiting dignitaries.

Deputy DI Fallows has been based at Stansted Airport for just over a year, after transferring from uniform at Basildon.

Working as a port officer, De Fallows' main responsibility is to act as an examining officer, using powers under the Terrorism Act 2000 to stop and search anyone at ports.

"There are different reasons for doing it," explains De Fallows. "We might have specific intelligence received which we're acting upon, or we could be doing it randomly to disrupt the plans of those who might wish to use the airport as a gateway.

"It's not just a case of identifying a terrorist. What does a terrorist look like?"

Informants

Dealing primarily with sensitive information, officers at the airport also work to develop covert human intelligence sources (CHIS).

"A CHIS can be anyone who wants to give information, such as regular travellers who might come into contact with groups we're interested in.

"Airport policing is very different to other aspects of the job. It really is a world in itself at Stansted."

Football fans

Recent years have brought new challenges to SB - human trafficking, the handling of football fans coming in and out of the country, as well as the responsibility for smaller airfields dotted around Essex.

Dealing with terrorism and extremist groups might seem nerve-racking to many, but De Fallows is philosophical about that.

He said: "On the whole, it's more dangerous being a uniform officer on division that it is on SB."

"You're exposed to all sorts of things on a daily basis on division. There are occasions in SB when you will meet dangerous criminals, but it's primarily about the communication and investigative skills needed to gather intelligence."

A port of call

IN the last two years, special branch has dealt with incidents that any officer would regard as career landmarks.

As well as the Stansted hijack, Operation Fisher saw SB working with the major investigation team (MIT) and the Metropolitan Police to jail a member of the Provisional IRA.

Thomas Mellon was arrested under the Terrorism Act 2000 after he was detected forging passports in Colchester.

He was convicted in April at Basildon Crown Court of passing false passports, forging driving licences and driving with no insurance, and was jailed for 12 months.

SB officers are trained in surveillance and some undertake firearms courses to provide protection for visiting dignitaries.

Deputy DI Fallows has been based at Stansted Airport for just over a year, after transferring from uniform at Basildon.

Working as a port officer, De Fallows' main responsibility is to act as an examining officer, using powers under the Terrorism Act 2000 to stop and search anyone at ports.

"There are different reasons for doing it," explains De Fallows. "We might have specific intelligence received which we're acting upon, or we could be doing it randomly to disrupt the plans of those who might wish to use the airport as a gateway.

"It's not just a case of identifying a terrorist. What does a terrorist look like?"

Informants

Dealing primarily with sensitive information, officers at the airport also work to develop covert human intelligence sources (CHIS).

"A CHIS can be anyone who wants to give information, such as regular travellers who might come into contact with groups we're interested in.

"Airport policing is very different to other aspects of the job. It really is a world in itself at Stansted."

Football fans

Recent years have brought new challenges to SB - human trafficking, the handling of football fans coming in and out of the country, as well as the responsibility for smaller airfields dotted around Essex.

Dealing with terrorism and extremist groups might seem nerve-racking to many, but De Fallows is philosophical about that.

He said: "On the whole, it's more dangerous being a uniform officer on division that it is on SB."

"You're exposed to all sorts of things on a daily basis on division. There are occasions in SB when you will meet dangerous criminals, but it's primarily about the communication and investigative skills needed to gather intelligence."

Convoy of Convoy of

THERE is nothing more precious than a child, and it shouldn't hurt to be a child."

That is the view of directors, trustees and volunteers of Convoy 2000, a joint initiative of the Metropolitan Police Service, Essex Police and the Greater London Probation Service.

It aims to provide continuing aid to orphaned Romanian children whose plight can only be described as tragic.

After a year of fundraising planning, 15 lorries - provided by Wallace of Renault Trucks and loaded with £300,000 worth of assorted goods - we set sail for Bucharest in September.

The convoy, bound for Bucharest, also call at numerous towns including Basra and Campina, under the command of

A children's mission

Convoy of Convoy of

THERE is nothing more precious than a child, and it shouldn't hurt to be a child."

That is the view of directors, trustees and volunteers of Convoy 2000, a joint initiative of the Metropolitan Police Service, Essex Police and the Greater London Probation Service.

It aims to provide continuing aid to orphaned Romanian children whose plight can only be described as tragic.

After a year of fundraising planning, 15 lorries - provided by Wallace of Renault Trucks and loaded with £300,000 worth of assorted goods - we set sail for Bucharest in September.

The convoy, bound for Bucharest, also call at numerous towns including Basra and Campina, under the command of

A children's mission
The seaside comes to Campina.

Convoy director David Bright said: “Our satisfaction at the end of the week was to observe the faces of the children when they saw what we had done for them, and likewise the appreciation of their carers who work so hard for a pittance of a wage and who give so much love and affection to so many children in need.”

“These are children who have no parents, who are mentally or physically disabled, children who do not need any more hurt” Convoy 2000 is booked to return to Romania next year, with the Essex volunteers flying out on Friday, June 13.
As a responsible lender we recommend the maximum amount you apply for is half your annual salary, after tax. A typical loan of £6,000 at 8.9% APR repayable by 84 monthly repayments of £95.08. Total amount repayable is £7,986.72. Rates available from 7.8% APR for loans of £25,000 only. All terms and interest rates subject to status. We may use credit scoring or other automated decision making systems. The interest rates at which we lend will reflect our assessment of your desired loan amount and your personal circumstances. We will consider any information or the use of any automated systems to help you. A written quotation of our credit terms is available on request. You must be 18 years or over and in receipt of at least £7,500 per annum, after tax. Loans for business and timeshare purposes are excluded. For security and to help improve our service to you, we may record or monitor telephone calls. This offer is available only to UK residents (excluding residents of the Isle of Man and the Channel Islands). Hamilton Direct Bank (a division of HFC Bank plc) is a trading name of HFC Bank plc. HFC Bank plc is a member of the Household International Group of Companies and regulated by the Financial Services Authority. Registered Office: North Street, Winkfield, Windsor, Berkshire, SL4 4TD. Registered in England No: 1717305. Rates are correct at time of going to press.
It does not matter how fit you are - any man is susceptible

Two tales of a fight and survival against cancer

IN retrospect, and if I am to be totally honest, I had been aware of some disquiet in the right testicle for some years - it being very tender on occasions.

However, it was over the last few months that the discomfort had become more common than the time without, and indeed more recently any physical contact at all with the testicle was downright painful.

My age, combined with my interest in the subject of testicular cancer, led me to research the subject on the internet where I was amazed to find a vast amount of information, both factual and those of personal accounts from well known personalities.

I was pleased I did that research, as the information made me recognise several signs and symptoms of testicular cancer that I had myself. I am pleased that I had put my embarrassment to one side.

My GP confirmed a concern with my right testicle and with the benefits of PPP Healthcare, I was referred within days for a testicular ultrasound scan. This revealed that my right testicle appeared abnormal. Fortunately, the other one appeared fine.

The consultant radiologist advised me that it was likely that my right testicle would have to be removed, but the consultant urologist made that decision.

I asked myself the question "Would I rather grow old with one testicle or likely die earlier with two?" and in my view there was no contest and I would go along with what was considered the most appropriate treatment.

The consultant urologist had already booked a theatre for surgery the next day. I underwent removal of my right testicle (Orchietectomy) and associated spermatic cord as a day patient at the Wellesley Hospital in Southend.

A follow-up scan, in order to determine whether the surgery had removed all the cancerous tissue showed the result was clear.

Histology testing (examination of the removed tissue) followed to determine what, if any, further treatment was appropriate.

After specialist consultations, it was decided that it would be best for me to be referred to radiotherapy to the lymph nodes (part of the body's natural defence mechanism, which house the glands which ironically act as carriers for cancer cells!).

This treatment was proposed as purely "preventative", as I had been proven to have the least 'serious' stage one disease. This was an excellent result with a 98 per cent chance of cure, and normal life expectancy - extremely welcome news.

The radiotherapy treatment was arranged at Southend Hospital, and to be administered over three weeks in 15 sessions.

I asked myself the question of whether I would rather grow old with one testicle or die earlier with two - in my view there was no contest.

Paul Watson

I was expecting the treatment to make me feel tired, but it additionally brought about nauseousness and vomiting - which on average lasted between 3-6 hours after each session.

These after-effects of the radiotherapy were very unpleasant, but I had to find comfort in the understanding that chemotherapy would have been worse, and more importantly after the radiotherapy I should have a normal life expectancy! It seems I have been one of the lucky ones.

I want to take this opportunity to thank my family and friends, both inside and outside the job, who have been so considerate and supportive, through this difficult and rather strange time. Their worth has been priceless.

I would be happy to talk to anyone on the subject and can be contacted on 01268 786976 or email paul.watson@tinyworld.co.uk.

MICK MacAULEY was a former Southend and Rochester Room officer who retired in 1996 and now lives in Bournemouth. Last year, he was diagnosed with prostate cancer - an experience which came as a complete shock to the 52-year-old.

I was diagnosed with prostate cancer just days after my 52nd birthday. It took a while to take in and accept the reality. It is the worst cancer that strikes a record of fear, but if this particular type of cancer is found early enough, it can be treated with very good results.

How do you know if you have prostate cancer? Surprisingly enough the test is quick, easy and painless. Unlike women who are automatically screened for breast cancer, men have no automatic screening process and as such it is easy to fall behind.

The test initially consists of a simple blood test. Many men of all ages regularly have blood tests, so why would we not be included on those?

The answer is simple. The test for prostate cancer is known as a PSA test and there are not usually requested by the GP unless there is a specific reason.

If you are a man aged 50 or over, prostate cancer may be considered for even younger men. The consultants in both fields gave me support and they discussed the options and side-effects with my wife and myself. I opted for surgery and hopefully I am on the road to recovery.

Megan information on prostate cancer can be found at www.bace.org.uk.

I would be happy to discuss the issue with anyone if they wish to contact me at mick.macaulay@clintonest.com.

If you are over 50 and any reason to think you may be affected, talk to your GP and ask for a PSA blood test. It could just make your pension last that little bit longer.

New legislation requires education of information

OFFICERS and support staff alike will have to be informed of the issues surrounding document creation before the Freedom of Information Act becomes law, according to the force solicitor.

The message being conveyed to all forces is that the new Act, due to become law next summer, has a multitude of implications for the police service.

A member of the public will be able to access information by all public authorities.

For display advertising in The Law contact United Press on 01282 459533
**An unforgettable night for many in the county**

**THE KOREAN air crash and multiple road deaths on any half-night shift never leaves one's mind very easily.**

For Ian Debbage, these events were just two of many overloading incidents from his 30 years with Essex Police.

"It was a night which I'll never forget and one which always crops up in conversation with friends and colleagues," said the 49-year-old.

"I was the road policing inspector on county cover that night and there were already several reports of road incidents going on around the county when the plane came down near Stansted."

"As that was taking place, so was a fatal crash nearby on the M11, so our resources were already stretched when the plane came down and it was a little stretched that night it's safe to say."

Ian lives in Hulnebridge with his wife Carol. He was the operational Inspector at Mobile Support Division's HQ.

PETER SYMKES came to the end of his 30 years with the force at the start of June. Peter, who lives in the Colchester area with his partner Patricia, retired a day before his 60th birthday. He served as a sergeant in Colchester's operational support.

Sgt Neville Shelley has retired after 30 years with the force. Neville, who is 51 and lives in Harlow, left the Dog Unit in June.

PC Christopher Dickens has called time on his Essex Police career at the age of 54. Living in Gallywood, Christopher has retired after 30 years with the force.

Southend's Trevor Chaplin left the June. Trevor, who lives in Rayleigh with his wife Margaret, had served for just over 30 years when he retired as an inspector.

Colin Reid has worked his last day at Chelmsford division after his retirement in June.

Colin, who was warrants officer in the administrative support section, spent nearly 16 years with the force. Retiring a day before his 60th birthday, Colin lives in the Chelmsford area.

PC Paul Kelly retired from Harlow division at the start of July. Paul, who works with the Brentwood Community Policing Team, served almost 30 years with the Force.

He previously served at Tilbury and Hutton. Paul, 55, said: "I've had hundreds of positive memories from over 30 years in Essex Police."

"I could probably write a book about it!"

**Obituaries**

**Former Insp Leonard Chadbolt died in May, aged 90.**

Mr Shadbolt, of Saffron Walden, served from 1936 to 1966 at Tilbury, Hornchurch, Elm Park and Saffron Walden. He leaves a widow, Anna.

Patrick Ladbrough, who served as a sergeant with Southend from 1949 to 1976, died on June 11. He was 74.

Mr Ladbrough, who lived in Southend on Sea, leaves a widow, Marilyn.

Former Pc Brian Walter died in June at the age of 56.

Mr Walter, who lived in Thames, died on Thames, Southend and Rayleigh Traffic.

Former Pc John Crowe died in June at the age of 56.

Mr Crowe, who served from 1956 to 1985 at Chelmsford, Maldon on Essex and Harlow, leaves a widow, Dorothy.

**Stories for the young**

ANYONE with children may be interested in a series of stories by Angela Davies. Police officer Pete, the imaginary policeman, walks his beat around the streets of Bexhill, South Wales.

He helps villagers and keeps off-duty officers with the children in the Friday Club.

"Everyone loves him because he is such a hard working, honest, good and caring person."

Author Angela Davies hopes her stories will encourage young people to think positively about the police.

Angela intends to support The Police Federation Fund, The Nation's Support. The British Special Units and LATCH, a children's cancer charity from the sale of her books.

Contact angeladavies.policepompete@virgin.net.

**Superb response to stress survey**

THE University of Birmingham has received a superb response from police officers to a stress research project, with over 2000 questionnaires already returned.

Dr Phil Leather and Fiona O'Hara of the University express their gratitude to those who have already sent in their forms, and urge those who have not already done so, to do so.

"The responses from police officers and support staff has been superb," said Dr Leather.

"The response rate already exceeds that achieved from any other force that we've recently worked with."

**Dress in the past for charity**

THE Essex Police Musical Society is in the final stages of rehearsals for its annual summer concert.

The Society will stage The Best Of Monty Python's Flying Circus at Essex Police HQ and will feature songs from the 50s, 60s and 70s. Costumes will be in-keeping with the four decades.

Donations from ticket sales will be made to The Respite Association, Motor Neurone Disease Association, the east London cabbies' children's outing, and a children's orphanage in Zambia.

Vice-chair of the society Jen Southgate said: "Those who have attended our summer concerts before will be delighted with our wonderful line up of audience singing along with us. Tickets are available now in a book form or for any information on joining the Society please ring or email Lyn Bailey, Jen Southgate or Sal Wilson."
A WEEKEND of leather-clad men sleeping together is something not usually experienced by many, but 16 bikers did enjoy themselves on a trip to the hamlet town of Bamford.

The motley assortment of bikers and machines assembled at headquarters, with banter about the best bike.

There was a delay while Ian Learmonth went home to look for a piece of his bike as part of a research project. There was a delay while Ian Learmonth went home to look for a piece of his bike as part of a research project.

The Chief’s garden revamp

Bikers down on the farm

The UNIVERSITY students from Writtle College last month presented design proposals for the Chief Constable’s garden as part of their course work.

The students found photographs and historical accounts of the garden, and were delighted when the opportunity to watch television, smoke a pipe and listen to the radio all at the same time whilst still in his armchair BMW Tourer.

A quiz night to remember

The event, which is open to all, has once again been arranged for September.

A gentle descent

A CHARITY abseil by the force’s Police Constable was the highlight of the event.

Heroic deed saves horse rider

A CHARITY abseil by the force’s Police Constable was the highlight of the event.

Shopping in the Big Apple

The event, which is open to all, has once again been arranged for September.

A gentle descent

A CHARITY abseil by the force’s Police Constable was the highlight of the event.

Heroic deed saves horse rider

A CHARITY abseil by the force’s Police Constable was the highlight of the event.

Shopping in the Big Apple

The event, which is open to all, has once again been arranged for September.

A gentle descent

A CHARITY abseil by the force’s Police Constable was the highlight of the event.

Heroic deed saves horse rider

A CHARITY abseil by the force’s Police Constable was the highlight of the event.

Shopping in the Big Apple

The event, which is open to all, has once again been arranged for September.

A gentle descent

A CHARITY abseil by the force’s Police Constable was the highlight of the event.
**Essex through to the semi-final**

Dectives in white fall short

THE Gentlemen of Essex CID could only manage a draw against a Roger Buxton BBC Essex team in the 40-over match, which had looked destined for a police victory.

The home side made 181 for four wickets before declaring, with Jim Couzen making 58 and Peter Orpe making a solid contribution with 14 runs off just seven balls.

After tea, Roger Buxton’s team got off to a slow response, losing an early wicket with only a few runs on the board.

Pearman and Heyburn then brought them back into the game, adding 79, but a flurry of wickets from David Bloxham (3 for 42) made victory a possibility.

However, Prats and Lodz held on to the end and Buxton’s XI finished at 155 for eight to force a draw.

The inaugural match against Epping Foresters CC saw the detectives slump to a 35-run defeat, despite an award-winning effort from Dave Griffiths.

The match was organised by Peter French as part of Epping’s annual cricket week.

Some fine CID work in the field was backed up by excellent bowling by Captain Phil Melon, with figures of 6-43, and Griffiths with 3-48. With three stunning catches by the the Man of the Match winner Griffiths, Essex were dismissed for 175.

Despite being set what was thought to be an unassailable target in the remaining time, CID needed their tail-enders to stay at the crease a while longer to avoid defeat.

French scored steadily to reach 39 and newcomer Richard Wadsworth managed 23. However, an England-style batting collapse saw the police fall just short.

Team manager Bob Miller said: “The excellent tea compensated for the defeat and an invitation to come back next year was testimony to the game being played in the right spirit: an example to all the young players present.”

A season to review and preview

The Essex Police Football Club AGM will be held at the Sports Pavilion on Friday 19 July.

Manager Cliff Haines will be reviewing the club’s achievements over the past year, as well looking ahead to the next 12 months.

The AGM will play on Saturdays in Division One of the Essex Vets League next season. The team will maintain a side in all police competitions, but will not be entering a side in any other competition.

A Super Vets team could be on the cards next season for players aged 50. A couple of friendly games are being arranged and anyone interested should contact Cliff Haines.

The AGM starts at 7:30pm with a DC, Charles Clark, presiding.

**Entries to the semi-final**

Triathlon tribulations

IT WAS 3am on a Sunday morning and Chris Mathlin was in Gloucester Park, Basildon. Another CID operation to catch some clowns criminal? No... For the third year he was up at this unseemly hour tying tape and fixing signs, ready for the 45-over tournament taking part in Battlesbridge triathlon.

The weather for this year's event was much kinder; with previous years seeing heavy rain in the lead up to the event. This year saw drier weather making the going firmer for the runners.

The course was the same as in previous years; a 400m swim in Gloucester Park, a short sprint to dash to transition and then a six-mile bike ride around Basildon, before returning to transition and running for the 4km run.

The first swimmer set off on the 12 lengths of the pool at 7:30am, followed 30 seconds later by the next...

Courtney Cowell, swimming for Colchester’s defending relay champions, put in the fastest time, doing the 400m and transition dash in a mere 5 mins 35 sec.

The bike leg involved a three-lap loop. The firm ground conditions saw nearly 10 minutes taken off the time for the undulating course. The run was fast and flat. Although for some, just fast!

Sadly our Colchester relay team failed to reclaim their crown, beaten into second place by Gamman (24) kept the score moving at a steady pace, before Kevin Cooper (47 from 49 deliveries), Russ Abbott (51no from 39) and Adrian Garnham (36no from 17) accelerated the run rate towards the end of the innings.

The team scored 110 from their last 11 overs, ending on 276 for 5 after the 45 overs.

West Midlands moved onto 29 before the inspirational introduction of Chris Roper. Aided by some tight bowling from Russ Abbott and Adrian Garnham. Roper reduced the opposition to 67 for 7, with a spell of 6-23 from 9 overs. Phil Melon (1-25) and Dave Miles (2-9) mopped up the tail to leave the opposition stranded on 103 all out.

The victory means that Essex will play the Police Service of Northern Ireland at home at the end of this month.

Another catch for the Essex boys

THYS year’s PAA Beach Sea Fishing Championship was won by Essex, winning by a clear margin of more than 200 points.

The event, held a Southend Pier include teams from Essex’s of regional bands and 5 competitors started the match on a fine day. The fish that were caught include Flounder, Plaice, Bass and Garfish.

Retired Bxg Phil Baxt was on great form, leading the Essex team home well in front Garfish and Plaice. One of the Garfish, weighing in at 2.4oz, won a specimen award with the NFSA. It totalled 244 points and was the top individual cup.

Bob Sparrow came with 169 points and Joe Store found a way into 62 points.

Retired Det Sgnt Di Giblin came a creditable 14th with 46 points, a return after his recent illness.

Essex ended the day 550 points, with Suffolk trailing in second on 405, and Norfolk third with 392 points.

The reception and presentation was held at the TEAC Club on Southend seafront, and a donation of £152 given to the St John's Hospice.

The fishing team expressed its gratitude to the Essex team, who acknowledged their return from the beach.