

The Law

including Essex Police Magazine



Schools rock to
drugs roadshows
- centre pages

The Newspaper of the Essex Police

November 1996

No 277

Buster stands tall as career ends

THERE'LL be plenty of time for horessplay now Colossus has retired to a life of luxury.

Colossus, known to his friends as Buster, served Essex Police at Southend for five years but will now spend leisurely hours at Warren Farm livery stables in Little Baddow.

At 18 hands three, he stood as the tallest police horse in the country, and regularly manned local football matches and patrolled the seafront.

When hearing of his pending retirement, Joan Carr of Warren Farm along with her daughter Sally McLeish, decided to buy Colossus. Keeping it in the family, Sally's daughter, 16-year-old Holly, has taken to caring for and riding the gelding having already entered him into a cross country event.

Mrs Carr has knocked two stables into one to give him some extra space and says: "He's happy as Larry in his new home".

And Colossus will still get to see his pals. Not only do Essex Police train regularly in Little Waltham, former colleague Clouseau is currently at the stables having himself a holiday.



● Colossus faces the camera with his new owners. The popular police horse is taking a well-earned retirement at stables near Chelmsford.

Top marks for trainers

THE training partnership between Essex Police and Stansted Airport has been named a Regional Winner in this year's National Training Awards.

The Awards, run by the Department for Education and Employment, aim to recognise the excellent work carried out by employers and training providers in the provision of staff tuition.

The training relationship between the Stansted Airport Division and Stansted Airport Limited has been developed over the last few years to ensure a high level of security at the airport. The 59 police staff and 208 airport security staff undergo com-

prehensive training coordinated by Pc Steve Daly of Essex Police and Vivienne Darnell of Stansted Airport Ltd.

Pc Daly and Ms Darnell have been named as the regional winners of the award and will be attending a presentation ceremony in the new year.

The training programme was undertaken to satisfy the comprehensive requirements of the National Aviation Security Programme. Working together, Essex Police and Stansted Airport have been able to share resources to use the expertise of each organisation in training the other in a cost effective way.

The dual training initiative has also helped forge a closer working relationship between all staff in the airport community. In addition to those employed by the Police and the Airport, around 120 other employees have also undergone the security awareness training.

Pc Daly said: "It was clear that there was a lot of expertise to be used amongst the varied staff at the airport and we've been working for some time to develop this comprehensive training programme. We're delighted that our work has been recognised in this way; it's a great honour for both Essex Police and Stansted Airport."

Crime victims given voice

by Ruth Collin

VICTIMS of crime have been having their say during the latest in a series of surveys being conducted by Essex Police.

The latest in a regular series of surveys are being sent to victims of crime across the county to assess their thoughts on the service provided by Essex Police. This is the third set of surveys sent out by Management Support Department at Headquarters to obtain useful feedback and meet the requirements of the Audit Commission/ACPO Performance Indicators. Questionnaires have been sent to victims of violent crime and domestic burglary and ask for opinions on police response, perceived attitudes of officers and overall levels of service.

Previous surveys - circulated in October 95 and March 96 - have already been analysed and show some interesting findings. One key point raised by some victims is the need to be kept informed of progress on the investigation with both victims of violent crime and burglary saying they would appreciate regular contact with the officers dealing with their case.

The second survey has already shown an improvement in this area; nearly 80 per cent of victims of violent crime say they did receive information on the progress of their case.

Victims were also asked if the officer who first visited them was helpful, polite, interested, reassuring and sensitive. Encouragingly,

victims of violent crime have shown an improvement in their perception of attitudes over the last two surveys. However, some victims of domestic burglary say they feel officers could be more helpful and more optimistic about the recovery of stolen property.

Overall, the second survey showed an increase in satisfaction with police performance; but a call for more visible policing is common.

MSD are also currently collating the results of the first survey of victims of domestic violence. So far only a small amount of responses have been returned, but it's hoped this survey too will soon become a regular part of our performance analysis.

The survey reports have been circulated to Divisional Commanders and Corporate Support. Assistant Chief Constable (Designate) James Dickinson said "Surveys help us gain an understanding of the perceptions that victims have with regard to how we provide our service. It is important for each of us to remember that crime of violence and domestic burglary in particular can be very upsetting for the victim and their family. Showing them that we care and want to support them is essential to the style of policing to which we are committed. We must take note of any concerns expressed."

FEDERATION NOTES . . . FEDERATION NOTES . . .

Overtime dispute

CLARIFICATION has been received regarding the dispute **Hi-jack claims legal advice received**

between ourselves and the Force over aspects of the overtime rates to be paid for the hi-jacking at Stansted Airport over the August Bank Holiday.

Our solicitors, Russell, Jones & Walker advise us that the Bank Holiday runs from 6 a.m. to 6 a.m. on the Monday and therefore the Bank Holiday rate of overtime will cease at 6 a.m. on the Tuesday morning.

Officers then continuing on duty should be reimbursed still at overtime rates but these will be at normal overtime rates at time and a third.

However, what the advice goes on to say is that it would be overtime for the next day and isn't taken account of the next

day's duty and therefore 8 hours duty for the following day cannot be taken out of their overtime.

I understand in certain divisions this has happened and I have made representations to ACC(S) to get this rectified.

Any officer who is in a position where their overtime for the next day had been reduced by 8 hours because they didn't do their 8 hour duty on the next day, will they please contact me in the Federation Office so I can keep a list of the officers concerned to make sure that the matter is addressed.

Subsistence

I REPORTED in the last edition that the matter of

subsistence and refreshment claims was still with the Federation's Solicitors and we were awaiting a response from the Courts.

I am now in a position to tell you that the date has been set for December 18, 1996 for an oral hearing from both sides to see if we can proceed then to a full judicial review.

Obviously I will keep you informed of the result of the hearing, by way of message switch.

However, can I reiterate to members if you put in a claim and it is rejected, please let Terry Spelman have the details because only those claims rejected, if we win the day, will be paid and processed.

If you don't submit a claim, you will not have a chance in the future to have the claim addressed.

I understand from information received in the office that some members are not putting in claims because they are being dissuaded by division.

If you have, in your view, a genuine claim, please submit the claim and if it is rejected then let Terry Spelman in the Federation Office have a copy of the claim or the original claim so that we can then process it at a later date when we have the full decision, bearing in mind if we win the hearing on December 18, we will then await a court date for the full hearing and this could take some considerable time.

Travel Plan

YOUR Joint Branch Board is currently in negotiations with a broker to provide annual travel insurance to members of the Police Federation, Retired Officers and including Civilian support staff and Special Constabulary members.

We have an opportunity, subject to there being sufficient response, to start a group annual insurance scheme which will provide insurance for all your family's travel for a full year for just £15 per year payable through payroll deduction.

If you are interested in this superb offer, applications forms can be obtained from the Police Federation office at

Headquarters.

When you get the application form, at the bottom where it says Warrant No./Pension No. will you please also include your payroll number, which will save any confusion when it comes to deductions from salary.

It is hoped that we can implement the policy from January 1, 1997 subject to reaching the required numbers.

It covers the member and their spouse (whether lawful or common law) any number of children up to the age of 21 years, cover for those children on independent travel and cover for ALL your world wide travel including the United Kingdom, for a whole year providing no single trip exceeds 30 days.

There is provision to cover trips exceeding 30 days which could be arranged upon payment of additional premium.

Sums insured - medical £5 million; cancellation & curtailment £3,000; delay (12 hours) £60; personal accident £20,000; baggage and personal effects £1500; cash £500.

The cost for all the above is just £15 per year deducted on a monthly basis from your payroll at the amount of £1.25 per month.

If interested in the above, please contact the Federation as soon as possible so that we can collate the forms to actually achieve the required numbers so that we can start the scheme by January 1.

Motor Insurance

THE Federation for many years in Essex has used the services of Service Line at Summit House, Waterloo Lane, Chelmsford.

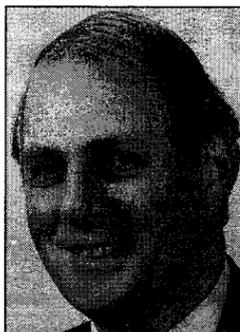
For details regarding the services provided and application form please contact the Federation Office when your insurance is due for renewal.

However, if you wish to contact Service Line direct there is a free phone number which is 0800-004121.

Pay Levels

PAY levels checks are still ongoing.

The Independent Assessor has now been appointed by the Police



By Brian Pallant

Negotiating Board and we are still awaiting details and terms of reference for the contract which will have to go out to tender concerning which firm of consultants are chosen to carry out the work.

Meanwhile the three separate Committees nationally are continuing with their own research which will be used to assist in the pay levels checks at the Police Negotiating Board.

Financial Advice

SID Foster our Financial Adviser from George Burrows Group Insurance continues to hold surgeries at the Federation Office and to deal direct with members enquiries.

His next visit to the Federation Office is Thursday, November 14, 1996 and there are still two slots available for any member wishing an appointment.

Please contact Federation Office on extension 54502 if you require an appointment. You can also call Sid direct for any advice on 0181-514-1000.

Diaries

THESE should be with Federation representatives by Monday, November 11, 1996.

If you haven't already booked your diary, contact your local representative who will be receiving the diaries for distribution to their members.

Any problems contact Irene Black at Headquarters on extension 54560.

Housing review

FURTHER to the article that appeared on page 3 of the last edition of the Law, regarding the housing review, I am still awaiting any advice from our solicitors, Russell, Jones & Walker.

As soon as the advice is to hand, I will inform members and they can contact me for further information.

The Law OPINION

WHEN the history of Essex Police is written for this decade, it will undoubtedly focus on the way in which the force has fostered working partnerships with so many areas of the community, to enhance the quality of life for the county's growing population.

Examples are too numerous to mention in detail, but the part being played by Essex Police in the development of the Essex County Drug Action Team must be the epitome of all the partnerships which exist currently.

The impact on Essex schools of the 2 Smart 4 Drugs Roadshows has to be seen to be believed and the close working relationships which are being forged between all the agencies involved in this major initiative has already attracted national media attention and the praise of the Government minister charged with overseeing its drugs strategy.

But, whilst this excellent project is to be applauded to the rafters it should not be allowed to eclipse the many other excellent partnerships with other areas of the community, many of which have run for many years - not least of which are the various Neighbourhood Watch schemes which remain the backbone of our crime prevention and community safety programmes.

The Editors would like to make it clear that the views expressed in this opinion column reflect those of the editors and not those of the Chief Constable or any other member of Essex police.

New talent to be given showcase in charity gala

WOULD-BE stage stars will be given the chance to shine in a special Variety Show which aims to raise cash to provide cancer treatment for a mother-of-two.

Officers at the Shotley Police Training Centre near Ipswich are organising the event to help 33-year-old Tina Sawford who is suffering from skin cancer. Her only hope of successful treatment is in the USA and a further £10,000 needs to be raised to meet her medical costs. Tina, who lives in the Cambridge area, has two children aged five and four.

The fund-raising Variety Show will be hosted by TV personality Melvin Hayes, star of "It ain't half hot mum", and takes place on Wednesday, December 4 at Shotley Village Hall, starting at 7.30pm. There will also be a "mega-disco" and licensed bar at the newly-built, ultra-modern venue.

Organiser Sergeant Andrew Meyer said, "We need to hear from anyone with talent who could enter an act. Anything goes - whether it is singing or dancing, magic or comedy."

Tickets

Tickets for the show cost £4, but there is no entry fee for performers. The organisers will also be holding a charity auction during the event and would like to hear from any businesses prepared to donate items or services for auction.

Anyone wanting to enter an act, buy a ticket or donate an item for auction should contact Sgt. Meyer on (01473) 788100, or Fax (01473) 788258.

Police recruits from Essex, Suffolk, Norfolk, Bedfordshire, Hertfordshire and Cambridgeshire are trained at Shotley. Sgt. Meyer, an Essex Police officer, is currently seconded to the centre as a trainer.

New product for the Essex Police private medical scheme

LATER this month there will be an addition to the range of Healthcare plans available through the Federation and members who are not currently insured through the PPP healthcare scheme will shortly be receiving details.

Without insurance many members could not afford to pay for private hospital treatment and yet more and more people are concerned that they and their families may face a long wait if they need to go into hospital.

Hospital

The new scheme negotiated on our behalf by our healthcare advisors, Berwick Devoil Healthcare is Key Plan and is a new insurance scheme from PPP healthcare.

It provides immediate access to in-patient hospital treatment at a cost which we believe to be very affordable.

In addition to inpatient treatment Key Plan provides cover for home-nursing, private ambulance, parent accommodation and limited overseas medical expenses.

To achieve cost savings most consultations and out patient cover are excluded but out-patient surgical procedures, radiotherapy and chemotherapy are covered in full.

Key Plan offers two levels of cover with regard to hospital charges, and in the Essex area, Band 2, which is the less expensive, would be the most appropriate.

This scheme will be available to all Serving Officers, Civilians and Pensioners and their dependants and we feel it offers a valuable additional benefit.

If you would like more information please telephone either PPP on 0800 146 146 or our advisors on 01892 542732

Christmas crackdown

THE annual Essex Police Christmas drink-drive campaign will run this year from Wednesday, December 18 to Thursday, January 2.

For the fourth year running, Pc Phillip Matthews, of the Traffic Division Research Office, will be co-ordinating the campaign and collating the final results, which will be sent to ACPO and published in the national media.

These will reflect the total number of positive breath tests - including refusals or failures and the total number of alcohol-related road accidents.

Full details of how these figures will be collected are being circulated by Pc Matthews via the IRIS system and will be notified to researchers at their conference in mid November.

Anyone with any queries is asked to contact Pc Matthews at Kingston House.

Can you solve this problem?

IN 1968 at Eight Ash Green, near Colchester, a cow was found to be suffering from anthrax.

Relevant police records no longer exist. It is believed that the normal process was for the Ministry of Agriculture to slaughter, then burn the carcass, with police in attendance.

The Environmental Officer at Colchester is currently dealing with an application to build upon land where the cow died.

There is a suggestion that the body was buried and that anthrax lasts for a century.

It would be of interest to know if any reader has knowledge of or a memory of these events and could help Colchester Council.

Anyone with information should contact public relations officer Fred Feather at the museum, on extension 50770.

In the running for a medal

TWO Essex Neighbourhood Watch Co-ordinators have been short-listed to win a coveted national medal for their crime prevention work.

Mike Ardley, of Braintree and Special Constable Reg Smith, from Harlow, will at least win Certificates of Commendation having been nominated for the annual competition held in Neighbourhood Watch Week. They will know on Saturday (November 9) whether they are medal winners.

See next month's Law for an update.

No tricks tolerated on Hallowe'en this year

POLICE in Chelmsford paid special attention to Trick or Treat pranksters on Hallowe'en, with a warning to the worst offenders that they would be arrested if their tricks amount to criminal activity.

The number of calls to police from members of the public concerned about the nuisance of trick or treaters has grown considerably in recent years.

Very often the tricks employed by youngsters touring the residential areas of Chelmsford on October 31 have involved arson, criminal damage and intimidation and it is at these offenders that the police initiative was targeted.

Before the campaign, community officers visited the schools on their beat to speak to Year 5 and 6 pupils about the dangers involved in such anti-social behaviour and to warn them of the high profile police operation

planned for Hallowe'en this year.

Letters were also sent to parents, warning them that if their children were caught carrying out a criminal act they would be arrested.

Announcing the initiative at the annual Chelmsford Division Neighbourhood Watch conference at Great Baddow High School, divisional commander Supt Bob Ward commented: "We are not going to have youngsters going around the town causing mayhem and frightening people who want to go out at night or simply stay in their own homes."

The high profile operation is continuing beyond October 31, he added. "We are going to reduce public nuisance by youths and hopefully improve the quality of life for everybody else," said Supt Ward.

Sign the pledge: kill your speed

by Jenny Grinter

DRIVERS are being urged to make a personal pledge to cut their speed as the campaign to reduce casualties on the county's roads steps up a gear.

In a new initiative, to be launched this month (November), prominent personalities in Essex will publicly make a commitment to kill their speed.

Officers

Senior officers of Essex Police will be among the first to sign up, but all

Essex Police employees will be encouraged to "Make the Commitment".

Behind this latest phase of the joint Essex County Council and Essex Police Accident Reduction 2000 campaign is the need to get away from speed reduction and traffic calming measures, and target individual drivers.

The message to to police, county

councillors and residents who demand speed reduction measures in their community is to prove their personal commitment to reducing their speed.

Senior Traffic Management Officer Brian Ladd said, "If we are really serious about speed reduction being one of the main means of ensuring casualty reduction, then we have to put our money where our mouth is.

"If Essex Police is trying to per-

suade drivers to slow down, then we have to take responsibility that we, as individuals, will do the same.

Public

If this campaign takes off, there will be plenty of members of the public pointing the finger at the police if our cars are seen breaking the speed limit when they are not responding to an emergency."

The "Making the Commitment" publicity campaign will be officially launched at County Hall on November 19 when representatives of major businesses and county organisations will receive certificates confirming their support for the campaign.

In 1995/96 a total of 75 people were killed and 8,440 injured on the county's roads, nearly five per cent down on the previous year.

Positive move for 12 months

POSITIVE action statements will be disappearing from personnel bulletins (pinks) for the next year, following complaints from staff attending equal opportunities courses at the training school.

Jan Woodhouse, from personnel, explains: "People were getting upset, thinking that they had only been chosen for their jobs because they were women and not because of their merit."

The Sex Discrimination Act, which outlaws positive discrimination, does however allow "positive action".

This encourages applications from women or men for jobs which can be done by either sex and has been used to counteract the effects of past discrimination, or where one or other sex has been under represented for any reason in the previous 12 months.

Feedback from the training courses prompted the matter to be put before the equal opportunities committee and the PG Sub Group on Personnel, which has resulted in a 12-month moratorium on positive action statements.

Canvassed

Female Federation representatives were canvassed as part of the consultation process leading to this decision and, although the majority favoured suspension of the statements, there was not unanimous support for the idea.

During the 12 months trial Staff Development will continue to monitor progress for specialist posts on the Police side.

At the end of the trial period the 12 months will be reviewed to see what, if any, impact withdrawal of the statement has had on applications for posts within the force.

C Shift to the rescue

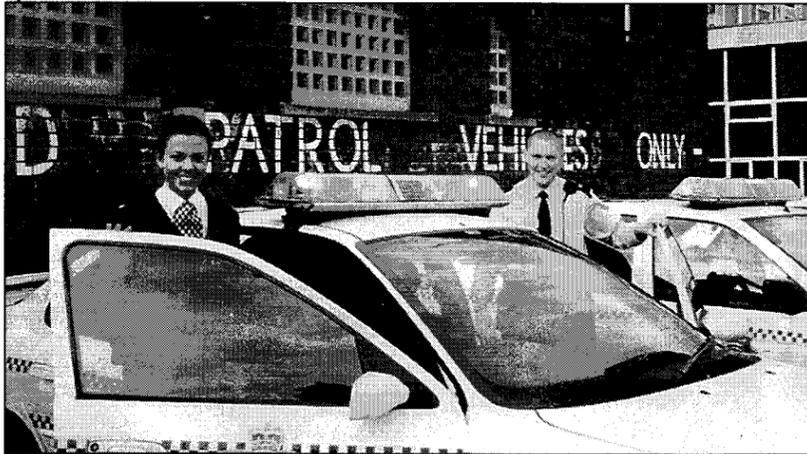
SOUTHEND Police Station's "C" Shift responded above and beyond the call of duty this month when they were called to a burglary at a local children's nursery.

The "Smart Kids" nursery - which is run by a charity - was broken into and had around £200 worth of toys and equipment stolen.

PC Sam Clark and Special Constable Mick Chapman (pictured) were called to the nursery to investigate the burglary.

On returning to the station they held a whip-round amongst their colleagues and raised a total of £60 which they presented to the nursery.

PC Clark and SC Chapman said the staff were overwhelmed by the gesture and they used the money to replace their broken windows and buy some new toys.



Offbeat

A SEARCH was put into action in Braintree this month when a 19 year old man was reported missing. The informant was asked to find an up to date picture of the man - when she went into his room she found him asleep in bed.

OFFICERS in Rayleigh responded to a 999 call from a dog owner claiming her Staffordshire Bull Terrier had been stolen from the back garden. The woman called back twenty minutes later to say that she had found the dog shivering on a shelf in the garden shed - apparently it was scared of heights.

POLICE were called to Harlow after a report that a resident had had a knife thrown at her in her own garden.

A further 999 call from the woman's neighbours explained the situation. The neighbour had been having trouble with unwelcome deliveries through the door and had blanced a knife over the door.

On returning home that evening he opened the door, the knife fell down, bounced off his head and flew over the fence into next door's garden!

A SOUTHEND response car was called to an insecure premises in Southend in the early hours of one morning this month.

The officers found so many doors open that they inspected the premises, ending up in the bedroom. On turning on the lights they found the home-owner asleep in bed.

Unperturbed, the resident asked them to turn the light off as he wanted to get back to sleep.

AND finally...

A Corringham taxi driver dialled 999 to report his car was missing. He'd got out to chase after a passenger who'd run off without paying and forgotten where he'd left the car.

He also left the engine running... the vehicle was found safe and well with the keys still in the ignition.

Southend reunion

SOUTHEND Police Club will be hosting a get together for all Southend Borough police officers at lunchtime on Thursday December 19.

It will be the second year that 'Boro' officers have got together for a "White Helmet Reunion" and this year ACC (D) Jim Dickinson is giving the event his warm endorsement.

He said: "I would urge all former Southend Borough Officers to attend what promises to be a very happy occasion."

Anyone wanting to attend the function, which will be from 12 noon to 3pm in the Southend bar, is asked to contact Mike Robertson, on 01702 431212, ext 50000, especially if you want a mince pie!



LAW Letters

This pensions issue needs addressing

HAVING seen the letter in your September issue by Pc Steve Wynn concerning 'Equal pension rights for co-habitees' and having studied the TUC report on

'Pensions and Prejudice', I was amazed to see that there is no mention whatsoever concerning the injustice to the widows of post retirement marriages.

These widows do not receive a police widow's pension because they were not married to the officer whilst he was still serving prior to April 6, 1978.

Only service after this date is reckonable for a pension to the widow of a post retirement marriage.

Most of these officers, like myself, would have served in the Second World War and joined the police service after being demobbed, paid into the pension scheme for 30 years, uprated their pension contributions to seven per cent in 1973 to cover previous service to enable their wives to receive a half rate widow's pension.

The arrears for previous years' service could be paid:

1. By further contributions
2. By lump sum payment
3. By reduction in pension, which is matched by the Police Authority and continues for the remainder of your pensionable life.

I elected like many others at the time to take a reduction in pension.

I retired in 1977, my wife died suddenly in 1979. I remarried in 1981, but my wife would not be entitled to a police widow's pension. I am still paying by way of a reduction in pension for a wife who died 17 years ago. Is this justice?

Phil Pewsey,
Southend.

There are in the force many officers with service prior to April 6, 1978. Only service after this date is reckonable for a post retirement widow's pension. You should have the same pension rights for all of your service.

If this applies to you, contact Brian Pallant. Do not leave it until you have retired, it is too late then.

In 1993 the Government set up the Goode Committee to review pensions in the private sector and the public sector.

They made a number of recommendations regarding post retirement marriages and co-habitees for both sectors.

The recommendations were not accepted by the Government on the grounds that it should remain a matter for each scheme.

On the other hand they did accept one recommendation in the public sector - that is, the right of appeal.

As from April 1, 1997 under Section 157 of the Pensions Act 1995 you will have the right to appeal to the Pensions Ombudsman, once you have exhausted all official sources.

Finally I do think that we should reconsider our priorities when in these so called modern times family values are no longer newsworthy.

Eric Carter,
Southend.

Many thanks for all my farewell presents

MAY I through your newspaper say a huge thank you to everyone for all the good wishes and letters of appreciation I received at my retirement.

Also to all staff in Thurrock Division for the marvellous gifts I had presented to me at my farewell party, especially the main present of a gold watch chain which, with the gold antique watch from my wife, I will treasure for the rest of my life.

I have had a great deal of support from many people whilst in the job and similar support was evident at the party, which I understand was enjoyed by all.

It would be remiss of me if I failed to thank the members of the Special Constabulary, who just prior to my leaving date had organised a separate farewell do, at which I have to admit being lost for words (the first time in my life).

Staff at Tilbury also arranged a splendid leaving do and my sincere thanks to them also.

All those presents and parties, I wish I could retire every year!!

I have been extremely proud to have served in the Essex Police, particularly in the best division, which of course is Thurrock!

And I will miss the friendship of all past and present colleagues, but most of all the monthly management meetings!

I am now busy working on Action Plans to try to meet the requirements of my wife's yearly and three-yearly plan.

I hope I am successful, as I would rather face a Review Team Inquiry than one of hers.

Seriously though, my good wishes to all and again thanks for making my 33 1/3 years such an enjoyable period in my life.

I trust we may meet again in the future.

Terry Bates,
(Ex-Inspector, Tilbury).

Editors' note: We apologise to Ex-Insp Bates for the late appearance of his letter - received in July - in the columns of the Law. This was due to an administrative oversight.

A grand day out!



FROM time to time we see in *The Law* pictures from the past of training courses of various descriptions. The men portrayed there are at work obtaining skills for their future work.

The enclosed photograph - on a more light-hearted note - is of the late Insp Evans' shift from the Southend Sub Division of the Southend Borough Police in April 1953.

We were on an outing to the West End of London and

finishing at 2pm on early turn enabled us to go as a group.

Lucky were those who had weekly leave the following day, whilst the others had a very short stay in bed that night.

Some of those pictured have passed away and some are living overseas. I hope that those represented get some pleasure from seeing this photograph, although a few were not actually on that shift.

I read with interest what Nigel Wainwright wrote (tongue in cheek) in last month's *Law* about my letters, but who is Mike Kliskey?

I aim to put points of view in front of your readers from time to time who are or have been policemen. Hopefully from this the seed of new ideas might be formed and in the long run do some good for the police.

Phil Pewsey,
Southend.

Cause for concern

YOUR front page article 'Action to widen police intake' refers. A programme which guarantees ethnic minorities a job interview with Essex Police is bound to cause concern.

If a person, irrespective of origin, wishes to join the Police service, he/she can take steps to improve their own education.

I left school at the age of 14 years and my only ambition was to join the police and follow in my father's footsteps. When I was 17 I enrolled in a correspondence course devised specially for the police entrance exam. I also took the Police Review to study the educational subjects published

therein and made sure I knew all the counties, county towns and location of ports, mountains and rivers.

Basically, it means if you want something badly enough you will work for it.

Giving advantages to ethnic minorities is not improving, but damaging race relations. After all, we have black and Asian solicitors, barristers, members of Parliament, as well as members of ethnic groups in management in industry and social services, all of whom worked for their positions, without having to rely on favours.

M P Healy (Ex Pc 631),
Cheltenham, Glos.

Not-so-fond memories

THE article on flu in the October *Law* brought back not-so-fond memories of the early Sixties.

Grays did not have its own dog section in those days and Jock Bowmaker, Geoff Lawrence and I covered that area from Brentwood.

There was a lot of Asian flu coming in via Tilbury Docks, which we visited quite frequently and I found that my doctor was making a flu vaccine available.

Never being one to turn down a free offer, I presented my bare upper arm at his surgery and shut my eyes.

I had the jab about 7pm and by 9pm I had full-blown flu. I was delirious, sick and thought I was bursting into flames.

I spent the first 12 hours thinking I was going to die and the next 12 wishing I had.

About 7pm the next evening, it started to ease off and by 9pm I was back to normal - fit as a fiddle and starving. If the

dog hadn't been in his compound at the bottom of the garden he'd have been in the frying pan.

I was back on duty the next day, the only after-effect being a slight feeling of resentment that I'd been sick on my rest day!

I have never had flu since and I can't remember the last time I had a cold. I suppose it must have been an allergic reaction at the time, although I'm not allergic to anything else except poverty.

Anyway, 34 years free of flu is a fair return for a jab in the arm and 24 hours of numbing idiocy.

Don't let this put you off having a jab - it's a rare event apparently.

I shall have another one the year Colchester win the FA Cup.

Tom Morris,
Braintree

More Letters - page 11

Airport staff put to the test

EMERGENCY operations were put into practise at Stansted last month when a train caught fire in the tunnel approaching the airport.

The operation - involving airport emergency staff, Essex County Fire and Rescue and Essex Ambulance Service - was all part of *Exercise Spark* to test the emergency procedures for the tunnel.

Essex Police participation included setting up a cordon, ensuring traffic safety and liaising with British Transport Police.

So far, this situation has never happened in Essex, but the exercise was a vital opportunity to test responses.

Commercial

Most notably with the separation of the rail companies, this was a chance to see how emergency services could work with the two commercial companies - West Anglia Great Northern Railway and Railtrack.

As intended, this exercise highlighted various planning points that need attention for the future. However, overall all the organisations involved say they were satisfied with the result of the exercise.

CHANGE IN LAW PROMPTS ACTION TO ENSURE NO DISCRIMINATION

Survey to help disabled

Music to their ears . . .

Band drops in on school

THE Essex Police Band recently played to an audience with a difference to try and encourage music in schools.

The band was invited to Moulsham High School in Chelmsford by the school's music teacher and band member Deborah Milton.

Deborah, who joined the band when she came to Chelmsford two years ago, said: "Because of my involvement in the band, I'm very keen to promote brass in school - this seemed an ideal opportunity to introduce the students to the different instruments."

The band played to around 200 Year 7 students during the visit to the school.

Conductor, John Woodcock (Shoebury NBO), entertained the youngsters with information about the different instruments while the band played a selection of well known pieces of music.



● Peter Butterworth (Danbury NBO) demonstrates the trombone to pupils of Moulsham High School.

ALL Essex Police Support Staff are being asked to notify civilian personnel services if they have a disability which they consider should be included in their records.

This follows changes in legislation which mean that in future people with disabilities will no longer be classified as 'registered disabled'.

The new Disability Discrimination Act 1995 will provide protection against discrimination for disabled people, including those who have had a disability in the past.

In the new Act, disability is defined as:

"A physical or mental impairment which has a substantial or long-term adverse effect on a person's ability to carry out normal day-to-day activities".

Long-term effects are those that have

- lasted at least 12 months, or
- are likely to last at least 12 months, or
- are likely to last for the rest of the life of the person affected.

They also include those which are likely to recur.

Details of progressive conditions such as multiple sclerosis, cancer, or muscular dystrophy, are also required, as the Act covers people with these conditions from the moment that there is a noticeable effect, however slight, on normal day-to-day activities.

"Severe disfigurements" are also treated as disabilities under the legislation.

It is not necessary to include details of measures to correct eyesight, such as glasses or contact lenses, unless corrected vision does not allow an individual to read normal print.

by Norman Hicks

In a letter to staff, ACC (Personnel and Training) Jim Conlan, wrote: "Workforce monitoring is necessary to ensure that people with disabilities are afforded equal opportunities in the course of employment with Essex Police. As such I am inviting all members of our civilian support staff to inform us of any disabilities they may have."

Police officers are exempt from the Act. Any information given by civilian personnel is treated in strictest confidence and will only be used for legitimate management purposes.

Anyone who has not received a survey form or who wants further information is asked to contact Employee Services on extension 58635.

A year of progress for PSDB

THE fourth annual report of the Police Scientific Development Branch (PSDB) reflects a year of significant achievement for the organisation.

Highlights of the year included visits from the Home Secretary, Minister of State David Maclean and Richard Wilson, Permanent Under-Secretary of State for the Home Office.

Technical developments during the year have included a new data radio, designed to enable rapid communication of data without voice transmission between cars involved in surveillance operations; a version of the 'Candle' for TV surveillance in low light level operations, and a new PACE interview recorder.

Operational trials covered body worn radio microphones and digital cameras for photographing fingerprints.

PSDB became part of the Police Policy Directorate on April 1 this year.



● Watch out - there's a wolf at the door. Rayleigh's novel way of getting home the bogus caller message.

Where's the wolf?

THE growth in the number of bogus callers preying on vulnerable people in Essex has prompted one division to target the problem by raising public awareness in a novel way.

Rayleigh crime prevention officer Gordon Sinclair, speaking to a group for the blind, discovered that 60 per cent of his audience had been victims of bogus callers and that the majority had failed to report the incident to the police.

To heighten public awareness of this heartless crime, police in the Castle Point area of Rayleigh

launched a campaign last month, billed as "Enemy at the door".

A special identity parade was set up at Rayleigh police station, with seven of the men in the line-up dressed in smart suits and the eight dressed as a wolf.

The media were invited to attend the parade and the publicity was followed up with advice and leaflets throughout the week.

Some post offices, banks and building societies also joined the campaign by handing out leaflets.

New phone link saves £5,000

ESSEX Police looks set to save £5,000 a year, thanks to a new telephone link.

The Police National Network (PNN) is an integrated range of telecommunications services, provided and managed on behalf of the Home Office by Mercury Communications.

The PNN is designed to meet the sometimes complex requirements of UK police forces today.

The PNN Telephony Service is designed to offer best value for money, whether On-Net user to user calls, or breakout to other PSTN numbers. All calls can be carried by the PNN, including local, national and international.

Essex Police is now connected to PNN Telephony Service, calls to other police forces will be carried by the PNN at special On-Net rates, while calls to other destinations will be able to take advantage of rates not available to other customers.

All have been designed to be attractive to the Police and Criminal justice community, with generous discounts based upon the spends of all users.

Essex Police could well save as much as £5,000 a year by the use of the PNN telephony service. All long distance calls made from Essex Police HQ are routed automatically over PNN.

The PNN is also being used for casualty bureau needs. If an incident takes place that requires a casualty bureau service to handle large volumes of calls, a Mercury number can be employed.

Intelligent switching will route calls to pre-determined numbers between one or several forces. PNN casualty bureau was put to the test recently during the Watford rail crash (see October Law).

Holiday savings

THE 1997 Holiday Fund begins on January 13 and application forms will shortly be forwarded to every current member.

Spare forms will be going to divisional admin offices. When completed, forms should be sent to Mr L Seals, c/o Sports Club Office, Southend Police Station, by no later than Saturday, December 7.

All existing participants must complete a new application form. The fund is open to police officers and civilian employees and is intended as a means of saving for

annual holidays.

Subscriptions are deducted at source from salaries and the amount cannot be changed during the year.

Threequarters of a member's yearly entitlement may be withdrawn on written application between April 1 and September 30.

At least 14 days notice of requirements must be given for withdrawals. The remaining quarter will be paid early December without application.

Patrolling the A12 ... on a bicycle!

MY first day of 'real' duty came quickly and I once again found myself in that underground parade room.

I had hoped, as I nervously reported for the late turn shift, that I may see Sgt Howard again, I suppose because he was the only person I had already met except of course for Cyril whom, I must confess, I was not particularly looking forward to seeing again.

I couldn't believe how few of us actually reported for duty that day. I was expecting loads of men to cover such a large town and it soon became apparent that the much talked about senior constable to whom I was attached was perhaps not a reality.

There were two sergeants on duty for late turn that day, Sgt Charles Harper and Charlie Waller.

Sgt Waller, as the patrol sergeant, apologised to me for the lack of manpower and so my first day 'on the street' was spent in his company.

Jovial

He was a very jovial character with whom I felt relaxed. He obviously had a lot of Service under his belt and told me many amusing tales of his past experiences.

During this day I had a short interview with Supt Petherick who officially welcomed me to the division. The day was very routine and I could not believe there had not been a bit more excitement.

However by 10pm I felt quite tired and was glad that first day was over. Back to my lodgings with a kindly widow in Gidea Park and a welcome night's sleep.

During the days that followed the manpower situation did improve at times and I was able to spend a couple of days in the company of Pc Stan Miller.

I think Stan had recently returned to uniform from CID and I greatly envied his experience and local knowledge.

I met many new colleagues and it became apparent that Romford was very much a favourite posting for young blood. I soon began to feel more at home realising that many of us were all in the same boat.

Fellow constables I recall from those days were Peter Marks, Ray Finch, 'Ginger' Collingwood, Bryn Cattell, Ian Hutton, Paddy Corcoran, Ian Spiers and front office men Tony Armstrong and the infamous Cyril Howland.

Scourge

It soon became clear that it was not just me that Cyril disliked, he was the scourge of all probationers. Woe betide anyone who put out a T30 when Cyril was on duty.

There was a pool of more seasoned officers, most of whom were the regular area car drivers. Among these were Ron Hamlet, Frank Brand, Dick Marriot, Jack Cook, Les Smoothy, Ian Hunt and Sid D'Court.

Other sergeants of this era that spring to mind were, Ron Hall, Dennis Goldsmith, Ian Sparkes and Peter Skinner.

Female officers had their own department under the Supervision of WPC Di Middleton.

There were no females on shift in those days and the only WPC I can remember by name was Jean Wilgoss.

Romford senior officers were Chief Supt K Alston, Ch/Insp Len Fisher, Insp Michael Barrett, Insp Ron Sweeting and Insp 'Dickie' Dunn.

Ch/Insp Frank Chalkley was in charge of Admin. One more unforgettable character was the Divisional Coroner's Officer Pc Harold Lilley.

There were many stories circulating about an obviously very unorthodox inspector by the name of Eric Fretton, who had left the division just prior to my arrival. I will not repeat any of these stories but would not like to disqualify anyone out there who may

David Rose continues his story of life as a young Essex constable

remember this officer with affection.

There were many other characters from those days whom I cannot possibly remember as Romford was a very large division but I hope I may just have got the 'old grey matter' working so that you may remember some of your old colleagues.

The wind of change was beginning to blow and there were already strong rumours of a 'takeover' by the Metropolitan Police.

As the months passed I recall a few more new recruits arriving i.e Keith Southgate, Dave Burrell, Dave Pearce, Dave Rogers and 'Dickie' Doe. I was no longer the 'new boy' - my turn to have a break from tea making had arrived.

Towards the end of 1964 I was asked if I would like to fill a vacancy that had arisen at a small outstation, Plough Corner.

I remember thinking "why me", but I accepted the offer as I thought it would not be good for me to refuse.

I arrived at Plough Corner at the on-set of winter and quickly learned that it was a cycle beat and I was expected to purchase my own bike.

A cycle dealer had set up a business on the nearby industrial estate and I suppose he was on to quite a good thing.

He duly provided me with a reasonable second hand 'steed' for which I was now entitled to claim an allowance.

Could anyone imagine now being expected to patrol the A12 Eastern Avenue on a pedal cycle. But we did it without a thought.

My new sergeants at Plough Corner were, Fred Baddeley, Gerry Willmot and Jim Barningham.

Pcs that spring to mind were, Mick Blows, Laurie Bush, Alan Carr and Ron 'T.30' Spiers.

I'm sure there were others but although I recall faces I cannot put names to them. Plough Corner also had its own CID officers,

Dcs Jack Douglas and Derek 'Del' Pollard.

Over the following two or three months the rumoured Metropolitan 'takeover' began to become more of a reality as we were all officially canvassed regarding our futures in the Romford Division.

We were given the option of being posted back into the county. I did not really give this too much thought because I knew that my heart was really in the County Force.

Also, as a then single man, there was no guarantee as to where I might end up and the thought of the Isle of Dogs did not really encourage me to change my mind.

Needless to say I opted for a posting back into the Essex County. The takeover date was finally announced as April 1, 1965.

I was just beginning to get to know my way around the Plough Corner beat when once again I was taken aside and asked if I would have any objection to going back to Romford Town on the takeover date because "we need some more officers who know the Town to show the new Met chaps around the Beat."

Daunting

I must admit I found this a bit of a daunting prospect. I was still a probationary constable and the thought of having to virtually tutor a 'seasoned' Met officer was not a situation I had really planned for.

However, once again I thought it would not be in my best interests to argue so I accepted another new challenge.

So on April 1, 1965 I found myself once again back in the underground parade room at the old South Street 'nick'. But things were different.

I couldn't believe the amount of manpower the Mets had mustered, there were loads of us. It made me wonder how we had coped before.

And 'official' parades when reporting for duty, producing 'appointments' etc. I had no idea at this stage how long my 'attachment' to the Met would last and I'm sure no one else did either.

It was obvious, however, that not everyone could just disappear back into the county and leave the new Force 'holding the baby'.

All our fears about life with our new Met colleagues soon subsided. We found they accepted us without any problems but we needed them as much as they needed us because although we knew the area we did not know much about the Met procedures and all those new forms.

Friendships

It was a very strange but enjoyable experience and many new friendships were forged during those difficult early days of transition.

Eventually after about three months my posting back into Essex came through and myself and Sgt Bert Howard were two of the last 'traitors' to go back to the county and strangely we both ended up in the north of Essex.

After a very unsettled start to my Police Service I did manage to make up for it but I never did get my three month's 'London Weighting' allowance.

Dave Rose
ex-Pc
Saffron Walden



● Code Red were the stars of the roadshow as far as look set for great things in the pop world and their

Cash boost for DAT project

THE 2 Smart 4 Drugs Roadshow initiative has received Government backing. The anti drugs project submitted by Essex County Drugs Action Team was one of 82 nationally to receive a share of the Government's £2 million Drugs Challenge Fund.

The announcement was made by the Rt. Hon. Tony Newton MP, Lord President of the Council, Leader of the House of Commons and chairman of the Ministerial group on drug misuse, at a meeting at Anglia Polytechnic University, Chelmsford, for members of the Essex DAT and the chairmen of its 12 Drugs Reference Groups.

The £161,000 cost of the project is being funded with the help of £25,000 from the private sector - Essex FM Radio, the Yellow Advertiser and Stansted Airport - with £48,000 from the Government's Challenge Fund and the rest being shared by the agencies which make up the DAT: health, education, social services, the probation and prison services, all district councils, crime prevention and enforcement agencies.



● Basildon Yc across in their

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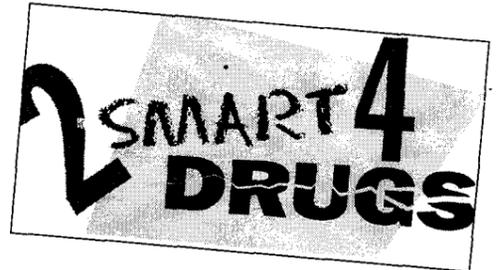
CHANGES in attitudes towards drugs have come about over the last 12 months not least due to the work of one Essex couple.

This month marks the first anniversary of the death of Latchingdon teenager Leah Betts who died after taking ecstasy at her 18th birthday party.

Her father, Paul and stepmother, Jan, have used the media attention to campaign against drugs across the country.

The campaign has seen them at schools, youth

ON THE ROAD



adoring youngsters were concerned. The four lads from the south-east 4 Drugs Roadshow appearances did nothing to dispel that idea.

THE 2 *Smart 4 Drugs Roadshow*, featuring chart band Code Red, has been causing a stir in the county's schools.

Taking the Essex Drugs Action Team's 2 Smart 4 Drugs message out to 10 to 13 year old pupils of schools around Essex over two months, the roadshows are being staged jointly by radio station Essex FM, Essex Police and the Essex Drugs Action Team.

As well as the involvement of Code Red, the campaign has received the backing of children's TV presenter Dr David Bull and features Essex FM DJs Peter Holmes, Baz Jones and Martin Day, the Essex FM Dancers and the Basildon Youth Theatre.

The show features dance routines, fun and games involving some of the pupils on stage, sketches by the youth theatre involving an anti drugs message and, of course, Code Red.

The close harmony band, featuring Roger Rotajczak, Lee Missen, Neil Watts and Phil Rodell, has proved a huge hit with the youngsters on the roadshow tour so far.

Their debut single "I Gave You Everything" hit the top 50 in June and their follow-up for Polydor, "This Is Our Song" is tipped for even bigger success following its release last week.

All those taking part in the roadshows signed autographs at the end of each performance and the roadshows are being followed up in schools with peer work and other drug-related projects.

A family factfile is being prepared, for distribution in the New Year, which will help parents understand some of the peer pressures their children could be under.

But for most of the children in the audiences to date, the roadshows have been a welcome diversion from their normal lessons and a chance to meet some of their chart and TV heroes.

Chief Constable, John Burrow, chairman of the Essex DAT, said: "The 2 Smart 4 Drugs Roadshow is a new and exciting way to bring home the anti drugs message through peer pressure."

Message

"The Government is looking to reduce the acceptability of drugs to young people. We believe this initiative, with a strong input from the county's education authority, will give a message that will be accepted readily by young people."

Chairman of the ministerial group on drug misuse Tony Newton MP, whose *Tackling Drugs Together* White Paper last year led directly to the setting up of 105 Drug Action Teams around Britain, commented: "I am really very encouraged by the progress we have seen in the past 18 months in terms of creating new partnerships and enthusiasm for tackling the problem of drugs on the ground."

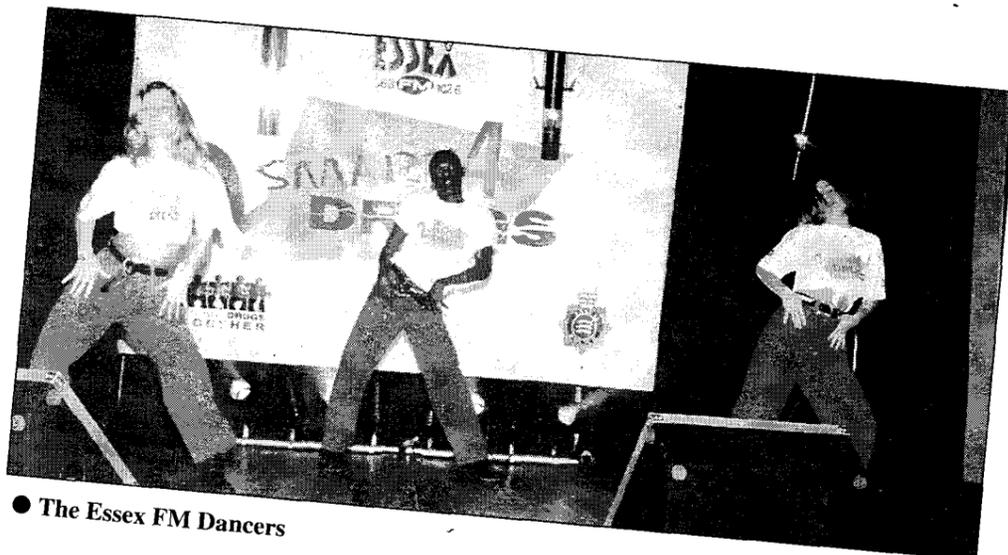
"These go far beyond the usual agencies, to bring in partnerships with many voluntary organisations and community groups in the new Drug Reference Groups and now, significantly, bringing in the private sector as well," he said.



Young fans had the chance to get closer to Code Red when they signed autographs at the end of each roadshow, together with all the other performers.



theatre get the message in a unique way!



The Essex FM Dancers



DJ Baz Jones (left) and Dr Dave Bull put a young contestant through her paces in the weather game.

man Hicks
Andrews

campaign in memory of Leah

and other organisations and they have regular contributors to newspaper, radio articles using their own personal experience and the message home. Paul and Jan said "I think the main difference over the years has been bringing the subject of drug use to the open. There used to be a stigma attached to drugs, but now families can sit down and talk about it." This year has also been an eye-opener for them as their campaign has brought them into

contact with experts across the country. "We are not experts on drugs - but we know the effect they can have. We have learnt a lot about ecstasy and we have become very good listeners."

Paul and Jan have also been campaigning to have new legislation brought in, but Jan says it's not just the young people who will stop the trade. "Kids who are clean tell us they're fed up with being tarred with the same brush as users and they're also fed up with going out for a good time and having their fun pushed down their throats - it will be them

who make the difference."

Twelve months ago Paul and Jan could never have imagined themselves in this position.

Jan said: "Leah was an ordinary girl and then this happened - if it happened to her, it could happen to anyone. I can't imagine sitting back and doing nothing, I hope our campaign has made her death less worthless."

A year on, Paul and Jan are still in the public eye - they were recently named runners-up in the Communicator of the Year Award presented by

the Royal National Institute for Deaf People.

To keep the message alive the family have recently had a BBC TV crew with them - the programme "Matter of Fact" can be seen on BBC 2 on November 14.

The Betts would also like to thank any readers who contributed to Leah's Appeal.

The fund has raised over #10,000 which will buy equipment for the new ITU at Broomfield Hospital in Chelmsford, where Leah died last November.

Homophobic issues given police scrutiny

A CONFERENCE to help make Essex Police aware of the issues faced by gay men, lesbians and bisexuals in the county was held in Chelmsford on November 2.

Feedback from the event will be used in the development of a comprehensive policy for dealing with homophobic crime, where members of the commu-

nity have suffered attacks or intimidation because of their sexuality.

Researchers from the University of Essex, who are compiling information for the project, attended the conference. Representatives from Essex Police also attended a question and answer session.

Limited tickets for dance

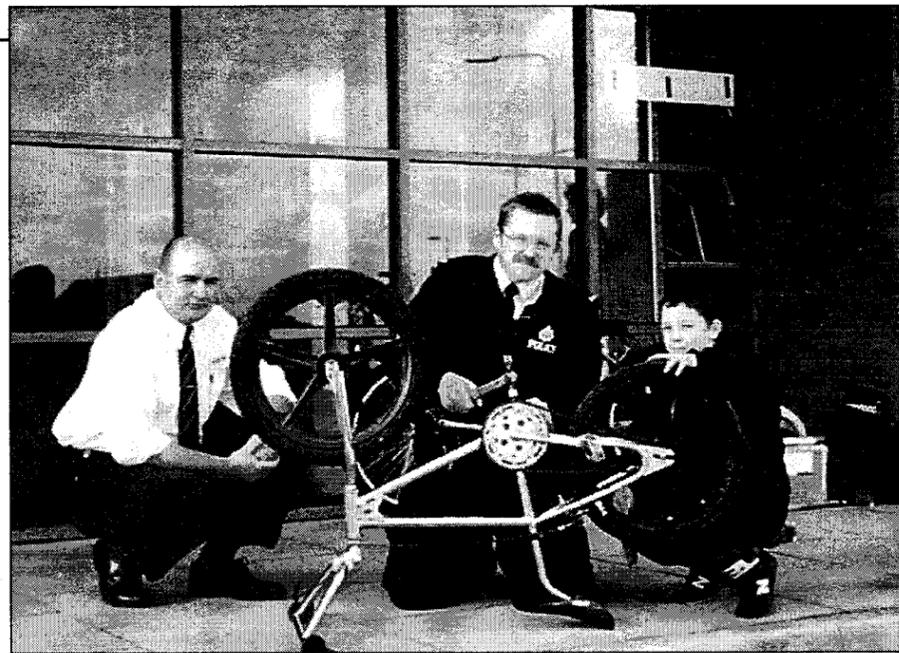
BASILDON Police Sports and Social Club's annual dinner dance and cabaret takes place on Thursday, December 12 (7.30pm till late) at the Hollywood Restaurant, Shipwrights Drive,

Benfleet.

Limited tickets, costing £15 each, are available from Mrs Anne Gear, assistant secretary, on 01268 532212, extension 40525.

Cycle safety checks link-up

CYCLING safety was the subject this half-term in Rayleigh when officers from the division together with the Community Safety Department were spreading the word about lights, road safety and bike security. Youngsters from across the area visited the event at Halfords at the Rayleigh Weir where they were shown the latest cycle safety equip-



ment and had their bikes post-coded.

The event was held in conjunction with Rochford District Council - the authority's recent Community Safety Audit highlighted

cycle safety amongst children as a specific concern. The youngsters who attended the day were given Halfords gift vouchers and also entered a draw to win a set of lights and a brand

new bike, courtesy of the Cycle and Toy Centre in New Street, Chelmsford.

● Picture details: Andy Metcalfe, Halfords Store Manager; PC Kevin Tuck, Rayleigh Traffic.

HEALTH CHECK . . . HEALTH CHECK . . . HEALTH CHECK . . . HEALTH CHECK . . .

Alcohol: be aware of the dangers

ALCOHOL is far and away the most extensively used substance of abuse in the 'history' of mankind. That doesn't mean we can't enjoy it.

It's simple to make and its effects are almost immediate.

Everyone who drinks alcohol feels they are an expert on its effects.

- It both aids digestion and gives you diarrhoea
- It makes you laugh and it makes you cry
- It warms you up and it cools you down
- It keeps some tipplers young at 90 and rots the lives of others at 40.

Alcohol is a drug which acts by blocking the most complex of the brains centres - the cerebral cortex. This in turn allows the lower centres of the brain such as our visual, movement and speech functions, to run in an uncoordinated way - so we see double, talk a lot, stagger, and make fools of ourselves where we would normally not dream of doing so.

Most people in Britain enjoy a drink. A small amount of alcohol does you no harm and can be enjoyable. However, it is easy to overdo it. Drinking too much or drinking at the wrong times can seriously effect your working life, damage your health and can cause breakdowns in relationships.

It is not only heavy drinkers who suffer from alcohol related problems. Moderate drinkers can experience difficulties too.

You may think you feel better after a few drinks at lunchtimes or before starting work. However, tests have shown that only a small amount of alcohol - perhaps as little as one or two drinks can cause:-

- loss of concentration
- inaccuracy
- faulty judgement
- forgetfulness
- irritability
- unreliability
- clumsiness
- accidents.

Heavier drinkers can suffer from even greater problems, including frequent hangovers; stomach upsets; lateness; days off work; shakiness; financial difficulties.

So at this stage it's worth getting a good understanding of drink and its effects.

How much alcohol is in your drink?

THE most important thing you need to know is the amount of alcohol in your drink and how the different drinks compare. Think in units (pub measures).

1 unit = 1/2 pint of ordinary beer or lager (3.5% ABV), or *a single measure of spirits (40% ABV), or a small glass of wine (11% ABV), or a small glass of sherry (16% ABV), or a measure of vermouth or aperitif (15% ABV).

* This applies to 1/6 gill in most of England and Wales. In Ireland a pub measure is 1/4 gill and in Scotland 1/5 or 1/4 gill.

A.B.V is Alcohol By Volume' which means the

alcoholic strength of the drink, and the higher A.B.V the stronger the alcohol you are drinking. The A.B.V is usually written like these examples, though the strength (%) depends on the particular drink:

1/2 pint strong lager/beer/cider (6% A.B.V) = 2 units

1/2 pint extra strong lager/beer/cider (9% A.B.V) = 2 1/2 units

a cocktail (with 3 or 4 measures of alcohol) = 3 or 4 units

Home measures are usually more generous than pub measures, so look carefully at how much drink there is in your glass: you might have the equivalent of two or three or even more units.

A bottle of wine (75cl) at 11 % ABV contains about 8 units. Home-made beers and wines may be stronger than commercial products. How alcohol lager, beers, cider and wines vary enormously in alcohol content - 0.5% - 1.2% ABV.

How much do you drink?

DO you really know how much you drink? Don't just guess. You'd be surprised how wrong you can be. To find out how much alcohol you really drink, count up the number of drinks you have in a week by using the unit system. Remember to include all your drinks, not just the ones you have in the evening.

Count how many units of alcohol you had each

day and add up the total score for the week. Also note down when and where you drank and who you were with. If you think you need to cut down, it will help you to work out how to go about it.

What is a sensible limit?

Men: If you regularly drink 4 or more units a day there is an increasing risk to health.

If you drink 3 or 4 units a day or less - there are no significant risks to your health.

Women: If you regularly drink 3 or more units a day there is an increasing risk to health.

If you drink between 2 and 3 units a day or less - there are no significant risks to your health.

Studies have shown that people who regularly drink small amounts of alcohol tend to live longer than people who don't drink at all.

The main reason is that alcohol gives protection against the development of coronary heart disease, although the protective effect is only significant when people reach a stage of life when they're at greatest risk.

For men this means age 40 and for women, after the menopause.

Remember there are times when even one or two drinks can be too much - for example, if you are going to drive or operate machinery. It can also be dangerous to drink alcohol if you are taking cer-

tain types of medicine.

Women and drinking.

WOMEN are more at risk from the harmful effects of alcohol than men. One of the reasons for this difference is the water content of the body.

In men, between 55 and 65% of body weight is made up of water. In women between 45 and 55% is made up of water. Alcohol is distributed through the body fluids, so in men, the alcohol is more 'diluted' than it is in women.

If women drink alcohol when they are pregnant, they are actually giving the baby an alcoholic drink too.

So, if you are pregnant or planning a pregnancy, never drink heavily or frequently, and certainly avoid binges.

Alcohol is passed to a baby in small quantities through breast milk. This may affect its feeding, bowels or sleeping.

How quickly do the effects wear off?

YOUR blood alcohol level increase with every unit you drink. For example a man who has drunk 4 pints of ordinary beer (= 8 units) it will take him 8 hours to get his blood alcohol level back to zero.

Hangovers

A HANGOVER is your body's way of protesting when you have had too much to drink. There are no hangover cures. The only way to avoid them is by being careful about how much you drink.

Long-term effects.

THE liver is like a car with one gear - it can only work at one rate. The liver can only burn up one unit of alcohol in an hour regardless of how many units are consumed. If it has to deal with two much alcohol over a number of years, it suffers damage.

Excessive drinking can cause: stomach disorders (gastritis, bleeding and ulcers); depression and other psychiatric and emotional disorders; high blood pressure; vitamin deficiency; sexual difficulties; brain damage; muscle disease; problems with the nervous system (especially nerve pains in the legs and arms); hepatitis (inflammation of the liver); cancer of the mouth, throat and gullet; cirrhosis (permanent scarring of the liver).

Calories

HEAVY drinkers can be overweight and still suffer from malnutrition. This is because they get their energy from alcohol instead of food and alcohol lacks essential nutrients and vitamins. Alcohol is loaded with calories that go straight to the bloodstream. Add those on to your food intake and you can see how easy it is to become overweight.

Drinking and driving

THE legal limit for driving is 80 milligrams of alcohol in 100 millilitres of blood, or 35 micrograms in 100 millilitres of breath. But there is no sure way of telling how much you can drink before you reach this limit. It varies with each person dependent upon

your weight, sex, age and what you have just eaten and what sort of drinks you have had.

The good news!

THE good news is that, if you are a sensible drinker you will avoid making a fool of yourself, damaging your health, waking up with a bad head, being involved in accidents harming other people and hurting your pocket.

Here are some ideas you might like to try out if you want to change your drinking habits.

Try keeping a drink diary for a week to work out how much you are drinking.

Choose low-alcohol or non-alcoholic drinks instead of alcohol some times. You don't need to drink to enjoy yourself.

Sip your drink slowly and drink smaller measures. Don't try and keep up with other drinkers.

If you are drinking more than the recommended limit, you can use your drink diary to work out when, where and with whom you drink most. This may help you work out how to cut down.

Find an enjoyable way to socialise or relax which does not necessarily involve drinking alcohol.

If you are finding it difficult to cut down, advice and help are available from the Occupational Health Department.

Leaflets are available from the Occupational Health Department at the Essex Police Training Centre.

Superintendents make the difference

by Robert Good
Branch Chairman

THE theme running through this year's annual conference of the Police Superintendents' Association was: "Superintendents making the difference".

Essex delegates at the conference in Stratford upon Avon were Supts Allan Taplin, Tony Davies and Robert Good.

Taking up the conference theme in his speech in the presence of Home Secretary Michael Howard, the Association's national president, Chief Supt Brian Mackenzie, of Durham, said:

"Superintendents are playing an ever greater part in determining policing initiatives to tackle crime, community issues, traffic problems and all other matters which come across their desks.

"As managers of service delivery at hundreds of police stations throughout the country and the senior investigating officers at homicides and other serious incidents, it is this commitment to service and excellence by our members which does indeed make the difference."

Brian Mackenzie then went on to warn the Home Secretary that, having lost over one third of the association's membership nationally - because of de-layering or downsizing.

"There is a limit to the num-

ber of hours in the day which superintendents can work without putting their health and the quality of their decisions at risk."

He was concerned that by losing too many experienced superintendents we were having an adverse effect on command resilience and would eventually destroy our 'business'.

Issues

The president also touched on other major issues being discussed at conference, such as the control of firearms, current pay negotiations, performance indicators and sentencing policy.

The Home Secretary responded in a robust manner and said: "I freely acknowledge that

superintendents have more responsibility now than ever before, operationally, administratively and financially."

He said that he recognised the importance of the role and wanted to play his part in ensuring officers continue to be properly rewarded.

He denied an allegation from the floor that there had been cut backs in funding and referred to the support given to the service by the Government.

Mr Howard was pleased to note the drop in assaults against police and felt that the improved equipment issued in recent years was proving its worth.

Work was progressing on protective vests and he had recently announced his support

for police use of CS spray.

In referring to the Crime Bill he said there should be "honesty in sentencing. The sentence prisoners serve should match more closely the sentence passed by the court. Anyone convicted of a second serious sexual or violent offence for a second time should automatically get a life sentence."

Sentences

He also said the public needed better protection from professional house burglars and dealers in hard drugs and advocated stiff minimum prison sentences.

Later conference gave its full support to the motion "that gun control in the United Kingdom is too liberal" and to a further

motion designed to "reduce victimisation by persistent young offenders" by expediting secure training units and other measures to restrict their activities prior to sentencing.

A further motion on the negative effects of performance indicators was defeated after a vigorous defence by Paul Vevers from the Audit Commission and Peter Hermitage, of HMIC.

Other speakers included Shadow Home Secretary Jack Straw, Director of Public Prosecutions Barbara Mills and a former Essex officer, Peter Joslin, Chief Constable of Warwickshire.

Copies of conference speeches are available to members from the Essex Branch Secretary, Supt Allan Taplin.

Nowhere for Beryl to hang!



A LIFESIZE caricature is School Liaison Officer Beryl Fennell's most recent prized possession, but there's just no where to hang it.

Beryl was asked to visit St Michael's Playgroup in Rayleigh where the youngsters, aged three and four, were being taught about the emergency services.

But she was in for a surprise when the children asked her to lay on the floor so they could draw around her.

The youngsters proceeded to fill the outline in with pieces of black and white tissue paper and even added in handcuffs and a baton. The drawing was then signed by all the artists and presented to Beryl.

She said: "It was a lovely thought, the only problem is it's so big there's just nowhere to hang it."

Officer of the year?

NOMINATIONS are being invited for the 1996 UK Community Police Officer of the Year Award to be presented at an IPEC awards dinner.

Essex Police has many officers involved in Community Policing initiatives and this is an ideal opportunity to have that work

recognised.

Nominations must be made through Divisional Commanders by 15th November.

If you would like to make a nomination, contact Superintendent Andy Hayman, Community Safety Department, HQ (ext 54402).

AFTER three years in existence and a number of enquiries, I thought it prudent to restate the aims of our Association to encourage more officers to take advantage of what it has to offer.

These are to:-

- Advise and assist members through the transition of retirement.

You do not have to be retired, be in or even want to form a business. Every serving officer approaching retirement can benefit immensely from joining far prior to retiring.

- Exchange personal and business experiences.

You are well advised to seek the experience of those who have been through and done the retirement process, whether you are seeking work or not.

Unfortunately too many of us have not received the amount of help and assistance required to weather this transition. The pre-retirement course, although useful, seems to fall far below that required by the majority of us. The Association can and does fill that gap by way of personal exchange and guest speakers on a variety of relevant subjects.

- Utilise skills and talents.

Many of us do not realise or recognise our true capabilities in civvie street. Pondering at home is not always the answer. Talking to your mates can open so many doors by way of ideas and suggestions based on sound and realistic experience.

Mind Your Own Business

The column of the Ex-Essex Police Business Association

- Networking.

No matter what trade, occupation or pastime you pursue, the interchange of work and recreational activities has been one of the major successes of the Association. Many of our members with similar preferences in business are in contact with each other, exchanging work, ideas and experience.

- Create a directory of members' services.

We now have 40 members, all carrying out trades or services of such different and diverse skills from decorating to chauffeuring, security to landscape design. Most of our work comes from either within the Association, or through contacts around the police service. You could benefit from this valuable scheme.

DHQ Noticeboards

Noticeboards are gradually being placed at Divisional HQs, with the exception of

Force HQ.

These display our aims and the services members can offer.

Already enquiries have been received for work from this source.

If you are a member and wish your services to be displayed make contact with the appropriate divisional representative, who will arrange the display of your advert - no larger than postcard size please.

Annual meeting

The third AGM took place on September 4. After a very interesting and informative presentation by a representative of the Inland Revenue, the election of Association officers took place as follows:-

Chairman, Bill Pirie; vice chairman, Neil Seymour; secretary, Dick Bloomfield; assistant secretary, Bob Craven; treasurer, Ian Wright.

Christmas dinner

This has been arranged for the evening of Wednesday, December 11 at the Crown Inn, Sandon. Contact Dick Bloomfield for menu details etc.

The next meeting will be the Christmas dinner, on December 11. Meetings arranged for 1997 are March 5, June 4, September 3 and December 10, at Sandon Dog Section.

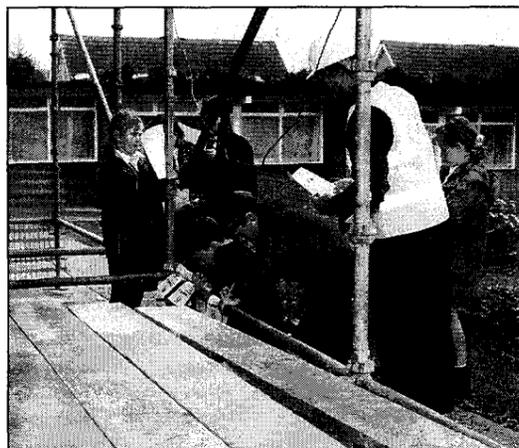
New members and further details: contact Dick Bloomfield on 01702 202959 or Bob Craven on 01702 511567.

Pupils learn to be alert

ALMOST 700 pupils from 17 local junior schools took part in the 1996 Crucial Crew event at Highfields Holiday Park, Clacton.

Organised by Tendring Division Schools Liaison Officer Pc Dick Jones, the week long event involved the 10-12 year old children taking part in eight scenarios.

These were: Police - Stranger Danger; Fire and Rescue; Essex Ambulance; Royal Life-Saving Society; Tendring Hundred Water Co.; road safety; RSPCA and the



● Sandy Thorogood, of Tendring Construction, guides youngsters through the construction industry scenario at the Clacton Crucial Crew event last month.

construction industry.

The pupils were briefed at the start of each session before being divided into groups of eight or nine, marshalled by Year 9 pupils from Colbayns High School, Clacton,

spending 12 minutes on each scenario.

At the end of the session pupils were debriefed and given a 'goodie bag', containing details of everything they had done and a certificate of attendance.

Enjoy Essex from the air

ESSEX from the air is featured in two books being sold via the Essex Police Air Support Unit for charity.

Ideal Christmas presents, *Spy In The Sky* and *The Beauty of Flight*, both by Edward Clack, are being sold at #4.95 each and are described as "a photographic adventure over Essex".

Further details are available from Pc Mike Kliskey at ASU, on 01245 451564. Cheques should be made payable to The Air Support Unit.

Tribute paid to 'Mr Dependable'

HUNDREDS of people - including dozens of serving police officers - attended the funeral of retired DCI Peter Farrow at The Holy Redeemer Catholic Church, Billericay on October 29.

Mr Farrow joined the Essex County Constabulary in 1950 after spending several years in the Royal Engineers and as a Bevan Boy.

His service with Essex Police totalled 33 years and 307 days and saw him serve at Maldon, Romford, Rochford, Harlow, Basildon, HQ and Chelmsford.

DCI Dick Madden who worked with Mr Farrow in Basildon and Chelmsford paid tribute to his work: "Peter was Mr Dependable, Mr Unflappable, a true professional who always exuded self-confidence and good

humour.

"Peter will always be sadly missed by all his colleagues who were, after all, his friends. He was one of life's very few 'gentle' men".

Peter Farrow retired in 1984. He died on October 19, aged 72.

ESSEX Police also extends its sympathies to the families of the following:

Pc Graham Reed, of Chelmsford, who joined the police service in 1980, serving at Harlow, Basildon, Support, HQ CID, HQ Ops Support and Sandon Dog Unit. He died on October 1, aged 34.

Ex Sgt Laurence Yallop, of Chelmsford, who joined



● Peter Farrow

the service in 1936, spending many years as an instructor at the driving school, HQ, before retiring in 1966. He died on October 29, aged 82.

Ex Pc Angus Reid, of Harlow, who joined the service in 1938, serving at Epping, Harlow, Chelmsford, Bradwell on Sea, Grays and Hatfield Heath, retiring in 1963. He died on October 7, aged 81.



CHELMSFORD Neighbourhood Watch co-ordinators got together on Writtle Green to celebrate the fact that the borough now has 100 per cent coverage of Watch schemes.

The co-ordinators were joined for the photo call by Assistant Chief Constable (Support) Charles Clark, who was accompanied by officers from Chelmsford Division, led by Supt Bob Ward.

Photo: Essex Chronicle

Lively debates at NARPO conference

THE 1996 annual conference was held in Plymouth, with some 324 delegates in attendance.

Apart from routine business there were 14 motions tabled for debate, covering such subjects as employment of a Parliamentary consultant, payment of precepts, mileage payments, two tier subscriptions, use of NARPO database, payment of commissions to NARPO staff and use of the Police Convalescent Homes for retired officers. Some lively and rea-

soned debates took place throughout the day.

The motion requesting the NEC to use the tax concession on VAT agreed by the Customs and Excise to finance the engagement of an organisation or individual to replace a Parliamentary consultant was carried, whilst a motion requesting the return from the NEC to branches of the extra 5% precept levied in anticipation of the extra VAT payment was defeated.

The motion to increase mileage allowance from

15p to 20p per mile was carried.

The item that brought the most speakers to the rostrum was the motion to split annual subscriptions into two separate amounts, one payable to the NEC and one payable to branches.

Considerable time was spent with this debate, however at the final vote the motion was heavily defeated.

The motion directing that the database held at NEC should not be used for any purpose other than

circulation of the magazine or tracing members of NARPO was carried, as was a motion asking the NEC to pursue the possibility of a promotional video for NARPO.

A motion directing the NEC to make representation to the Police Convalescent Homes in order to obtain places for retired officers to obtain minimum stay periods of 10 to 14 days was lost.

Well, that was the main business of conference, I have not included everything, only that which I consider would be of interest.

Laindon plans

THE Police Authority have recently given approval to proceed with a the building of a new police station at Laindon in B Division.

The current station is housed in three temporary units which have been used for five years - the time there has been a station in the town.

The long awaited new building will be built on the corner of Durham Road and the High Road, adjacent to the recently completed Probation Offices.

Planning permission is now being sought and if all goes to plan work will start on the site in January with completion only 9 months later in September 1997.

The new facility, costing £1 1/2 million, will be built by developers under a design and build project. This is where the developer is responsible for the total project - purchase of land, design, planning, building and then on completion hands over the building to the Police Authority. There has been extensive consultation between the developers and the Divisional Command Team, including Supt. Ian Cotgrove and Pam Wilton and Inspectors at Laindon concerning the layout and facilities.

Bowls

THE annual bowls match took place at Thorpe-le-Soken and, despite early morning rain, was played in brilliant sunshine.

The serving officers were worthy winners although they were held to an 18-18 draw on one rink.

A very enjoyable day was held thanks to Thorpe President Len Saxby and his club members to whom we extend our sincere appreciation.

The event once more provided the opportunity for friends to meet and enjoy the game, it is for this reason alone that it is hoped someone will come forward to arrange future fixtures.

Doug Rampling

Retirements

ESSEX Police extends its good wishes to the police officers and support staff who are retiring:

Insp Elizabeth Saunders, Criminal Justice - Crown Court Liaison, 26 years (3.11.96).

PC Roy Thomas, HQ FIB, 9 years (24.11.96).

PC Thomas Pain, Billericay, 30 years (27.11.96).

Market Place . . . Market Place . . . Market Place

ALGARVE, Portugal. Two-bedroom apartment, sleeps six. Twenty minutes walk from the sea. Swimming pool with bar/restaurant on complex. £150 per week. Contact Brian Spiers, 01268 558211.

COMPUTER Amstrad PC 3286 Windows V3.1, games, upgraded memory, colour monitor and mono colour printer. £195 ono. Pc Bill Brightmore,

Chelmsford Traffic, 01245 469011.

FORD Escort 1800 Si Ghia estate, one owner, from new 1994, 25,000 miles only. Factory fitted sports pack immaculate condition. £6995. No offers. DI Bull, extn 69302.

FORD Escort XR3i, white, 'E' reg, vgc, RS bodykit, alloys, spoiler, sunroof, alarm, immobiliser, taxed and MOT,

£2,300 ono. Contact Alex Gardner on 01277 262212. **FOR** Sale studio flat, 1st floor, Leigh on Sea, superb sea view, central heating, £32,500. Phone 01702 77440.

FOR Sale two bedroomed detached bungalow, garage, beautiful view Carbis Bay, near St Ives, Cornwall, £69,500 ono. Barrie Prichard 01268 699924.

"HIGHLAND Holidays", Woodlands, Carr bridge, Inverness shire, B&B, full board or half board in a magnificent secluded home. Shooting fishing, skiing, walking, wildlife in abundance. Superb food, friendly hosts and a 20 per cent discount for all Essex Police personnel, serving or retired. Contact Andrew Nunn, ex-Chelmsford Traffic, 01479 841717.

LADIES' Matterhorn mountain bike, 26 in wheels, 12-speed Shimano gears. As new. £75. 01702 529985.

MIJAS Costa del Sol, two bedroom villa sleeps four,

garden with barbecue, swimming pools on site, panoramic views, £130-£250 per week. A. Rowlands 01277 685031.

FOR Sale Reflecta slide projector; Reflecta projector table; six Reflecta magazines (two new); one screen. Hardly used. Total £150. Bill Moxlow, Extn 50748.

SEVEN 1/12th scale dolls houses/shops for sale. All are decorated and furnished. Prices start at £125. Phone for details. Bob/Gwen, 01268 694366.

TEAK lounge unit with double base cupboard and illuminated display cabinet, excellent condition, £70. Tel. 01245 443304.

TOW bars, two Ford Escort Mk III and Mk IV, £20 each. Tel. 01206 212182.

YAMAHA PSR 150 electronic keyboard with professional stand, mains, adaptor and music stand. Hardly used, as new. £85. Tel. 01702 529985.

● Readers should note that the publisher cannot take responsibility for the quality of goods or services advertised in this section.

Taxman gives fund £150,000

I'M sure that most of you at some time or another have received from this office yet another piece of paper for you to read and sign.

The piece I am referring to is the Certificate of Tax deduction for your subscription to the Essex Police Benevolent Fund under Deed of Covenant.

This enables your Treasurer to claim back from the Inland Revenue the tax that you have already paid on your £3.35 subscription.

This year the Police benevolent Fund received £31,860 from the tax man, as a direct result of a lot of hard work, from Wendie and Jan in the Welfare Office and you taking the time to sign and return your Deed of Covenant forms.

Since 1991 the taxman has paid us back the sum of £154,447, so thank you to all concerned and don't forget to sign the form when it arrives - it's worth money!

Derek Lee,
Hon Treasurer

Times Past

Last year

SHIPMENTS of live animals from Brightlingsea were finally suspended after ten months. In total Essex Police escorted 174 convoys, made 598 arrests and had 18 officers injured in an operation which cost the service £2.25m.

And the county's highest ranking female officer, Supt Joan Eason, retired after 30 years in the service.

Five years ago

POLICE in Colchester joined forces with other organisations in the first 'Christmas Cracker' campaign. And the biggest ever maritime disaster exercise - *Operation Marinex* - was carried out at Harwich.

Ten years ago

A **MAJOR** road accident exercise was carried out on the soon to be opened Chelmsford By-pass section of the A12.

And the police station at Stansted was re-designated a Sub-Division of Essex Police to cope with the growing business of the airport.

Fifteen years ago

OFFICERS were trained to use a new electronic breath test machine. The Alcolmeter S-L 2 was used for the first time in the Christmas drink-drive campaign of 1981. And new short sleeved, open necked shirts were unveiled for officers to use in the summer.

Twenty five years ago

WPC Heather Fraser of Southend became the first female officer to win the Bennett Trophy. The award is competed for by probationary constables during their second year - it was first presented in 1959.

And ex-DCC, Ken Alston was presented with the QPM by the Lord-Leutenant of Essex, Sir John Ruggles-Brise.

BLOCK LETTERS PLEASE - ONE WORD PER BOX

Name and Rank

Station Home Tel

Date Signed

Letters

CONTINUED FROM PAGE 4

Alistair deserves round of applause

I THINK a round of applause is justified, even from the anti-pistol brigade, for the effort put in and the achievement gained by Pc Alistair Sims of Basildon, who recently competed in the Essex Open Pistol competition held at Gardeners Lane, Basildon.

Against very stiff opposition including international shooters he had the following results in the three competitions that were held.

Centre fire pistol, scored 576 placed 1st.

Standard pistol, scored 558 placed 1st.

Standard handgun, scored 570 placed 1st.

Due to the above results he was also given the shooters of the competition award. Not bad 4 out of 4.

Dc D.F. Brooks
Basildon

See the New Year at SSC disco

THE HQ Sports and Social Club New Year's Eve disco party will be held at the new sports pavilion, starting at 8pm.

Entry is by ticket only, costing £2 each and these are now on sale via Shirley on ext 50666 (FSEL Dept) or fax 50665.

In defence of cyclists

WHILST Ex Pc 126 is no doubt correct in his comments regarding cycling on footways, he seems to have forgotten one major problem for the cyclist, namely **SURVIVAL**.

I assume that Thorpe Bay seafront has the same density of motor traffic as the rest of Essex so that any cyclist who is slightly nervous (and that may include both the young and old) will be tempted to leave the roads and use any alternative possible.

Many of the laws relating to the use of a bicycle were drafted in the last century, when the fastest

vehicle on the road was horse drawn and could exist side by side with the bicycle.

Today, most drivers seem to have a total disregard for the urban speed limits and riding a bicycle on the footway is, to many, the lesser evil.

Hassle

As someone who cycles to work throughout the year, on the road, it is sad to report that I have hassle with motorists on every journey and encounter situations that could be life threatening on average twice a week.

It is interesting to note the number of letters both in *The Law* and other publications complaining about the behaviour of cyclists, but I have yet to see anyone complaining about pedestrians.

Are cyclists a more tolerant group? One only has to ride on the shared footways/cycleways in Chelmsford to realise how inconsiderate pedestrians can be.

With a little more thought from this group the weaving of cyclists about which Ex Pc 126 complains would be unnecessary.

As a civilian, it has always seemed to me that one of the great strengths of the British police force is its ability to interpret the law slightly to either side of the strict letter as the circumstances fit; unfortunately, some modern laws do not give this opportunity.

However, in the case of cyclists, it is no doubt thought preferable to allow the cyclists on the footway rather than to involve the ambulance service in scraping them off the road!

C G Gardiner,
Broomfield.

Sorry to my fans!

I MUST apologise to the chairman of the PP and MK Fan Club (Nigel Wainwright) for my recent inactivity (*Law* letters, October), but unfortunately I had to put in an appearance at work recently!

Had I realised that other people's lives depended on me, I would indeed have been cycling the Eiger, swimming the Atlantic or running the M25!

Mike Kliskey, ASU.

Detectives end season on heavenly note

Clergy crumble after good start

THE Gentlemen of Essex CID Cricket Club took on the Clergy of Chelmsford Diocese at Kelvedon and Feering's ground, when debauchery, foul language, alcoholism and all other kindred subjects had to be avoided.

Prayers

Prayers must have been said, for the sun shone all afternoon for this final fixture of the season.

The wicket was wet and the clergy, winning the toss, chose to field.

It began to look like a two innings match, as the police wickets were skittled out, leaving them on 50-6.

The sun gradually drying the wicket helped a staunch partnership between Hurley and Mellon to develop, enabling the detectives to reach a total of 156, well within reach of the clergy.

Hurley bowled economically against a resistant opening stand that started

to look as though they might doggedly reach the target on their own.

A breakthrough occurred with Hurley then seizing a couple of quick wickets, ably assisted by Mellon and Bull.

Two wickets of note were that of a run out caused by a brilliant throw into the stumps by Hancock from at least 50 yards and a catch at deep mid-wicket by Adams who had run a good 25

yards and dived to make an outstanding piece of fielding look relatively easy.

The opposition were dismissed for 98.

The visiting umpire for the day was ex-Pc Les 'Tug' Wilson, aged 83 years, from Great Bentley, who proudly sported his Clacton police cricket cap (circa 1950) when he told me they had the strongest police cricket side in the Force.

Thanks for the memories Tug. Keep it up.

R. E. Miller

Weekend shopping in Europe for £39

ESSEX Police Sports Association has negotiated bargain price weekend breaks in Amsterdam or Paris - but places are limited and the £39 per person cost can only be guaranteed for a very short time.

The trip to Amsterdam leaves on December 13 and includes the chance to visit a Dutch Christmas market.

The Paris break departs on March 21, 1997. Both trips leave from Chelmsford and must be booked through Chris Jacob.

Travel insurance is extra at £12.50 per person. The Euroshop weekends are operated by BG Associates, of Bath, and include super executive coach travel, business class hotel accommodation with en suite facilities and a professional tour guide.

There is also the chance to pre-order the bargain-priced gifts you want before you leave, as the trip includes a stop over on the way back at a warehouse where these items can be collected, to save the hassle of fighting your way around the Christmas shops.

Full details from Chris Jacob on extension 58888.

Force Sports Association

Race Walk

THE Croker Cup race walk was held at Harlow on Sunday, October 20, with the following results:-

1 Southend (12 Croker Cup points); 2 Colchester (10); 3 Harlow (8); 4 Rayleigh (7); 5 Braintree (6); 6 Chelmsford (5).

Basildon, Headquarters, Tendring and Thurrock were not represented at these championships.

Golf

THE Croker Cup Golf was held at Rochford on Monday, October 21, with the following results:-

1 Basildon (12 Croker Cup points); 2 Thurrock

(10); 3 Harlow (8); 4 Braintree (7); 5 Rayleigh (6); 6 Tendring (5); 7 Southend (4); 8 Colchester (3); 9 Headquarters (2); 10 Chelmsford (1).

Football
Chelmsford beat Southend (1 point) at Southend.

Cross country

AT the Croker Cup cross country meeting, at Essex University on Tuesday, November 19, competitors must be aware that they will have to use the pay and display car park, as it is in term time. Otherwise they will be clamped. Early arrival is advised to ensure a parking space is available.

European Table Tennis

See separate report.

Pistol competition

THE National PAA Pistol competition was held at Bisley on September 3, 4 and 5. Dc David Brooks, Basildon came second in the Olympic Rapid Fire and Pc Alistair Sims, Basildon came second in the Centre Fire competition and second in the Standard Pistol competition.

Lottery

THE result of this months lottery is as follows:

£1500 Cyril Morris, Clacton; £1000 Sgt Keith Beechener, Headquarters; £500 Pc Paul Spurgeon, Colchester; £300 Pc Philip Robinson, Lt Clacton; £200 Maurine Springall, Witham; £100 Edward Crosby, South Ockendon.

The following will receive £50 consolation prizes:

Pc Philip Barrett, Gt Waking; Supt Desmond McGarr, Headquarters; John E Johnson, Headquarters; Pc Christopher Avieson, Colchester; Pc John Woolaston, Harlow; Pc Anthony Manze, Brentwood; John McCabe, Pensioner; DC John

Potter, SB Southern; Janet Champion, Thurrock; Pc Brian Pallant, Headquarters.

West End Show

ESSEX Police Sports Association has arranged a Christmas coach trip to the West End to see Anthony Newley in Scrooge on Wednesday, December 18.

Tickets including coach from pick-up points within Essex are £24.

Details from Sgt Peter Layzell or SOA Carol Wilkins at Burnham Police Station on 61140.

Chris Jacob



Essex Police Band

Presents

Annual Christmas Concert

At the Marconi Club
Beehive Lane Chelmsford
December 16 and 17, 1996
Commencing at 7.30 p.m.

Tickets Available S.A.E. :
Band Secretary,
Essex Police H.Q.
Chelmsford CM2 6 DA
Price £3.00



Anglers ready for cup contest

SEA anglers will be taking part in a mixture of boat and beach competition for this year's Croker Cup event.

The boat competition will be on Monday, December 16, leaving Bradwell Marina at 8am.

Each division may enter one team of four anglers only, at a cost of £75 per team.

Closing date for entries and fees is Monday, December 2. Please make cheques payable to Essex Police Sports Association.

The beach competition will be held the next day, Tuesday, December 17 at Clacton beach.

Booking-in will be from 1pm at Clacton Sea Angling Club hut, which is below Marine Parade, Lancaster Gardens West.

Fishing will be from 2pm to 7pm and the match will be pegged. Each division may enter as many anglers as they wish for the beach competition.

Fishing will be in teams of four, but individuals or part teams are welcome. There is no entry fee.

Refreshments will be available after the weigh-in at the sea angling club hut.

Divisional sea angling representatives please contact Pc Clive Skingley for more information regarding these events.

Chelmsford go through in Croker Cup thriller!

THE second round of the Croker Cup table tennis competition took place at Chelmsford Police Station between Chelmsford and Colchester.

Colchester's John Bolingbroke sent in this report:

"The match was due to start at 2.30pm and the Colchester team of Fred Elvy, Malcolm Dyer and John Bolingbroke left Colchester before 1.45pm full of confidence and expecting the correct result. The trio travelled with high spirits.

On arrival at Chelmsford the team managed to breach security and sneaked to the sports hall. To their dismay a table tennis table was situated in the hall, assembled with net and ready for use. However, there was no sign of the Chelmsford

ESSEX had three representatives at the ninth annual European Police Table Tennis Championships held in Wuppertal, Germany between October 7 and 11.

They were: Julie Askem (Southend) Dave Birkett (Chelmsford) and Chris Jacob (HQ).

This was the first time Julie had been able to participate - since the introduction of civilian employees into police sport - and she did very well in the ladies' team event, only losing two matches in all, one each to a French and a German player.

First

Unfortunately, her effort was not enough to gain the British team a single team victory.

Dave was playing in his first ever European championships. Representing the second team to start with he found the competition stronger than he had competed in before.

Although he was playing some of the best table tennis he had ever played, he did not manage to win a game.

However, the more he played the better he became and in the final game against the Dutch he won two games to secure a victory for his team.

team, the time now being 2.20pm.

Against the run of play one of the Chelmsford team, namely Dave Birkett was found nervously twitching and hiding in the sergeants' office. Under threat of Colchester claiming the game by default he reluctantly made his way to the arena of battle.

The Colchester team were still full of confidence whilst knocking up, although they were fully aware that the Chelmsford team of Dave Birkett, Clive Harding and Peter Layzell had the advantage of home venue.

Battle then commenced. Every game being fought with vigour and determination. Many points gained and several lost. However, the outcome was close with every game going to two."

Chris was one of only two players who had represented the British Police at every European championships and he played in the veterans' event.

He remained unbeaten in this and the veterans (or

seniors as they are referred to on the Continent) won the event, to secure Britain's only medal in the team competition.

The final day was devoted to the individual events and Julie exceeded

all her expectations in reaching the final of the ladies' singles where, although she played well, she just lost to the French girl in the final.

The standard in the ladies was very high, with

several countries including international standard players. So to gain the silver medal in this event was a real achievement.

Dave continued where he had left off in the team

event and did well to qualify through to the first round, after competing in a tough group.

Unfortunately for him he then met a German player, who went through to the final.

Chris had a disappointing individual championships losing to a French and German player in his group (both of whom he had beaten in the team event).

But he made up for this by combining with Chris Budden from the Metropolitan Police to beat the holders for the last two years, a German pair, to win the Veteran Doubles.

The standard at this year's championships was the highest it has ever been and the Essex contribution (two gold and one silver) was the main reason that the British Police managed to win three gold and one silver medal.

Volleyball team's new kit



ESSEX Police 'Exiles' Volleyball Club line up sporting their new kit, sponsored by Rucanor, from Basildon.

The picture was taken at the recent Police National Volleyball Championships, hosted by the Metropolitan Police and held at Crystal Palace.

The women's team, after losing a close-fought battle with the eventual winners Avon and Somerset in

the early rounds, went on to win the plate final.

The men's team finished in fifth place, also losing to the eventual winners, Strathclyde Police, who retained the title for the seventh consecutive year.

In the local Essex League the team, having been promoted after winning the Division Three title last season, have begun their campaign with an unbeaten run of

three victories.

In the most recent they came back from a two set deficit to win a fiercely fought game with Bravo Volleyball Club from Witham.

Anyone interested in playing should contact either Nick Banks (South Woodham Ferrers) or Simon Halford (EPTC).

Training is on Tuesday evenings at 7.30pm in the Training School gymnasium.

Wet and windy for Morecambe 10-miler

THE PAA 10-mile road race championships took place at Morecambe, in grey, wet conditions.

The rain had eased by the time the 280 men and women from 28 different forces lined up at the start, but as the gun went a strong wind was still blowing, writes Roy Kebell.

The only Essex contender among the early leaders was Mick Bond, followed further down the field by Alex Vowles and Andy Down.

These two were pursued by Roy Kebell, who also found himself in the Essex A team placings.

Brian Murnaghan, Andy Eves, Steve King, Pete Bryan and Laurie Rampling meanwhile were contesting the B team places, whilst Moira Ainsley and Liz Stephens were fighting it out with the men.

By the half way stage the field was well spread out and, although Mick Bond was unable to stay with the leaders he hung on well to finish seventh in the excellent time of 54 min 24 sec, behind race winner James Hill of Gwent (52.08).

Next home for Essex was Alex Vowles in 184th place (67.38), who had eased ahead of a fading Andy Down (176th in 68.06) in the final stages.

Roy Kebell, in his 50th year, was the other Essex A team scorer in 188th

place (69.07).

The Essex B team comprised Brian Murnaghan 219th (72.55), who just pipped Andy Eves, who was placed 220th (72.57), Steven King 238th (75.14) and Pete Bryan 245th (75.54).

Laurie Rampling was our anchorman in 256th position (79.26).

Moira Ainsley finished comfortably, apart from a bruised foot, in 78.32 (252nd) and Liz Stephens completed the Essex scoring in 279th place (103.17).

Just a stroll in the mud!

THE 15th annual Maldon Mud Race takes place at the Promenade Park, Maldon, on Wednesday, January 1, 1997 at 12 midday.

The stamina-testing race across the estuary mud of the River Blackwater is in aid of charity and entries are invited for the Essex Police team.

Team members will possibly be competing in (old) uniform, as there is a fancy dress competition.

Anyone interested please contact Pc Mike Kliskey at the Air Support Unit, on 01245 451564.

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