



# COPS

CARE OF POLICE SURVIVORS

SPRING 2017

## **Inspiring Survivor**

**Nathan Dent shares his COPS story**



# Our 2020 Vision



**S**urvivors have steered the progress we have made as a charity in the last 18 months. In the coming months, I will be asking you to once again take part in a wide ranging consultation – this time adjusting your foresight to perfect 2020 vision.

In summer 2015, we conducted an in-depth consultation to understand how Survivors viewed COPS and what Survivors wanted from the charity. The outcomes of the consultation steered the development of the charity in 2016:

We extended access to professional counselling support by increasing the number of counselling sessions COPS will fund. We introduced the partnership with Winston's Wish to provide specialist counselling for children, and the Red Arc partnership to offer all Survivors the all-round holistic support provided by their Nurse Advisors.

We made changes to both the Survivors' Weekend and the peer support weekends to make them more accessible and higher quality to offer more people more opportunities to attend.

We have a dedicated, but small, staff team in place to take care of the day-to-day operations.

Survivors have joined the Board of Trustees ensuring greater Survivor involvement in the governance of the charity. We have also clarified and formalised the role of the COPS Council, ensuring that Survivors' representatives remain involved in the development of support services and events.

We have taken steps to ensure that, as a legal entity, COPS is best positioned to be wholly inclusive, representative of all families and best equipped to do more for all Survivors through the most effective means possible.

As a result of the great progress we have made in the 18 months since the last consultation, by the end of 2017 we will have completed all the foundation work to which we committed at the end of 2015. The current three-year plan has

been updated to reflect the rapid progress, and contains more detail on what we will achieve this year. The plan can be found on the website in the documents section at [www.ukcops.org/docs.php](http://www.ukcops.org/docs.php) or contact the COPS office.

Of course, one of the implications of being less than 12 months away from completing work set out in our first plan is that we need to consider what we should prioritise in our next plan. So in late Spring and Summer I will be inviting everyone who has an interest in COPS, and particularly Survivors, to help set out a vision for COPS in 2020.

Together with the COPS Council and the Board of Trustees, the question that I will be asking is **"What do we want our charity to look like by the end of 2020?"** We will make available some

Charity number) will remain the same. Having a new charity number will also mean having new bank details. We will publish details of both in the coming weeks.

## People News

We will shortly be announcing the new survivor Trustee. We received a good number of applications for this role, and are currently arranging meetings with the Trustees' Nominations Committee.

Survivors will have also received an invitation to apply to join the COPS Council. We hope that many of you will want to help with the running of our charity and will put yourselves forward for these roles. If you would like to be considered,

**"I will be inviting everyone who has an interest, particularly Survivors, to help set out a vision for COPS in 2020"**

forms and questionnaires on which to submit your views, and I would also welcome emails and letters sharing your vision for the charity.

## Incorporation Update

The process of incorporating the charity is moving ahead steadily. As I have mentioned before, the reasons for incorporating are so that we put the charity in the best legal position to provide services for Survivors.

The new incorporated body has been set up and we are now in the process of transferring assets and liabilities to that body. Once the process is complete, we will be operating in England and Wales with a new charity number. The charity's name (and for that matter the Scottish

please hurry, as the closing date is Sunday 19 March.

Finally, to complete the people developments in the charity, Christine Fulton's role as Co-Founder, her experience as first national President and willingness as an ever present volunteer are being formally recognised in the formal role of Co-Founder Life Vice-President.

In this role Christine will continue to devote her time and energy to the charity and will provide support to the National President.

I look forward to seeing you in the coming months.

**Richard Kotulecki (pictured above)**  
**CEO**

# Tributes To 'Dedicated Public Servant'

**T**ributes have been paid after the death of Essex Police Inspector Mark Estall on Thursday 5 January.

Insp Estall, of the Force Support Unit, was on duty at Boreham operational base when he was taken ill and despite the best efforts of his colleagues and those of the ambulance and air ambulance personnel who attended, he sadly died.

The 45-year-old officer had served with the force for nearly 27 years.

Essex Police Federation Chairman Steve Taylor, who had worked closely with Mark earlier in his career, said: "The people of Essex have lost a dedicated public servant and our colleagues



have lost a good bloke."

Steve added: "Our thoughts are with Mark's family and friends as they contemplate the loss of such a giant and the hole he leaves in their lives.

"We also think about his close work colleagues whom now have to do without him and the bear hugs he was known for dishing out.

"While he may have gone, our fond memories and funny anecdotes involving him can never be taken."

Chief Supt Rachel Nolan, head of Operational Policing Command based at Boreham, said: "Essex Police has lost one of our great officers. Always professional, invariably cheerful and a highly skilled member of the force.

"Our thoughts are with his family, friends and colleagues at this difficult time."

Flags around the force were flown at half-mast on 6 January as a mark of respect.

# 'Paul Will Be Greatly Missed By All Of Us'

**M**erseyside Police PC Paul Briggs sadly died on 21 January, 18 months after suffering serious injuries in a collision.

Paul joined Merseyside Police in 2004, following in his father's footsteps by choosing a career in policing after leaving the Army.

His first posting was in Wallasey. From there, Paul joined the Roads Policing Unit in 2007.

Merseyside Police flew its flag at half mast in his honour.

Merseyside Police Federation Chairman Peter Singleton said: "On behalf of all Paul's colleagues and friends working at Merseyside Police, and on behalf of all the Federated Ranks from the Police Family right across the UK, we send our thoughts,

prayers and best wishes at this saddest of times to Paul's family and we wish them to know that we are all thinking of them at this most difficult time.

"He will be greatly missed by all of us who had the privilege of knowing and working with him."

In a statement from the force, Chief Constable Andy Cooke added: "On behalf of PC Briggs' colleagues and friends at Merseyside Police I want to let his family know that we are all thinking of them at this tragic time.

"I have met with Paul's wife Lindsey and the last 18 months have been devastating for her and Paul's family, but they bravely fought for Paul's right to die.

"Paul was a young man and his death is a traged-



dy, but I know that Lindsey, his daughter Ella, and his family, will find some comfort in knowing that Paul is now at peace and his wishes have been honoured."

## COPS Can Support You



### Support For Children

COPS has partnered with the charity Winston's Wish to provide specialist counselling support for families bereaved by the loss of their police officer.

All COPS families with children aged up to 18 will be able to access the full Winston's Wish support programme.

The support available through this partnership is available at no cost to all COPS families with children aged up to 18 throughout the UK.

**If you would like to speak to someone about receiving support, it's really sim-**

**ple. You can: telephone the freephone helpline 08088 020021 (Mon-Fri 9am-5pm) or visit the website www.winstonswish.org.uk**

**Email the COPS staff and ask for a referral at admin@ukcops.org.uk**



### Support For Adults

COPS has partnered with RedArc to provide support for families bereaved by the loss of their Police Officer.

The partnership means that all COPS families will be able to access the full range of support from Red Arc's Personal Nurse Advisors.

RedArc is able to support

families by providing access to Personal Nurse Advisors to work on a one-to-one basis with Survivors.

RedArc has many years' experience in supporting bereaved people.

**If you would like to speak to someone about receiving support, telephone 01244 625 180 (Mon-Fri 9am-5pm).**

**Email the COPS staff and ask for a referral at admin@ukcops.org.uk**

More information about both partnerships, including downloadable information sheets, is available on the partnerships page of the COPS website [www.ukcops.org/partnerships.php](http://www.ukcops.org/partnerships.php)



## 'Just Fantastic'

**S**urvivor Jen Murtagh took her son Fergus to the Children's Weekend so he could get to know other children who had lost a parent.

Fergus (pictured above with two of his new friends) had a fantastic time at the Alton Towers Santa Sleepover in December.

Jen said "The kids just bond right away and go off in their little groups. They absolutely loved the pantomime and it was just fantastic. I think Fergus is planning on going back next year already."

Photo by Kathryn Bramma, whose two sons made friends with Fergus at the event.





# Fond Farewell To Trustees

**A**t our January Trustees meeting we said a fond farewell to two of our longest serving Trustees: Sir Keith Povey and Mick Foster.

Sir Keith and Mick are both stalwarts of COPS who, for more than a decade not only gave their time and experience to support the families and friends of officers who did not make it home, but in doing so used their collective wisdom to help COPS grow and mature into the peer support charity it is today.

Both Sir Keith and Mick were keen advocates of the need to increase the number of non-police Trustees on the Board.

To enable this and ensure the Board has a balance of skills and experience, they also supported the rotation of Trustees and limiting Trustee terms of office to two periods of three years.

Mick (pictured left with Survivor Sandra Jones) joined COPS as a Trustee in 2007, becoming Chairman of Trustees one year later. As the charity grew, Mick's goal was to secure its future and in doing so he guided the strengthening of governance arrangements and separated these from the day-to-day management.

When Mick stood down as Chairman in 2013 he remained as a Trustee and lost none of his energy or commitment, continuing to identify ways of consolidating the charity's finances and proposing professional counselling support to Survivors.

Sir Keith (pictured right) became the Patron of COPS in 2006 and a Trustee in 2012.

As Patron and Trustee he caringly and sensitively applied his wealth of knowledge and experience to ensure the police service did not forget the

sacrifice some officers make. His wise counsel and personal messages of support to Survivor families remain greatly appreciated.

Saying farewell is always difficult, particularly when Sir Keith and Mick have both been so instrumental in building COPS to what it is today.

Fortunately for us the fond farewell is not goodbye as Mick has volunteered to help in the office from time to time and support fundraising opportunities in the future.

We are also delighted that Sir Keith has agreed to remain as our Patron.

COPS would like to extend our grateful thanks to Sir Keith and Mick for all their support.

**Jan Berry**  
**Chair of COPS Trustees**

## Arctic Banger Braves Cold

**A** PC from Surrey Police ditched an old police car into an Arctic snowdrift – in a freezing adventure for COPS.

PC Alex Moore, along with his brother and a friend, took a 22-year-old car to the Arctic circle, encountering temperatures as low as -30.

Alex said: "The trip wasn't without incident, as we had to avoid an ice road trucker that lost con-

trol and we had to deliberately ditch the car into a snow drift, meaning two hours dig it out."

The adventure raised £311.21 for COPS.



## COPS Events 2017

**W**e are excited to announce we will be introducing two themed weekends this year – details to come shortly. We will continue to run weekends for parents, siblings, spouses, adult children and children as well as Annual Survivors' Weekend on 28-30 July 2017.

## We need you!

We are building our volunteer network and we need you. This is an opportunity for you to get involved in COPS events in your area. To hear more, contact us at [admin@ukcops.org](mailto:admin@ukcops.org)

# 'I Knew I Wouldn't Be Alone'

**SURVIVOR STORY**



**A** teenager has told how COPS helped him rebuild his own shattered life after his police officer father died.

Nathan Dent's father, the Met's PC Chris Dent, died on duty on 22 April 2009, aged just 36. PC Dent left behind his wife and three children. Nathan was just 10 at the time.

"When my dad died, I didn't want to go to school, I didn't want to leave the house, I didn't want to leave my bedroom," Nathan said.

"I didn't even want to talk to my mum. If I hadn't got involved with the charity and started talking about it then I would have shut everyone out."

But the guidance and support of COPS helped Nathan learn to talk about the intense and challenging emotions he was feeling, and gave him the tools to get over the big hurdles, he says.

Nathan explained that this was by no means easy. Bereavement at such a tender age left him with depression, anxiety and post-traumatic stress disorder, which he is still battling eight years on.

He says: "Not only has COPS provided general support group for me and my family when it's been needed – and it has been needed – they have also funded counselling sessions for me which have allowed me to talk to people about what I'm going through and help me overcome everything. I would not have been able to do that myself, without COPS' help."

Last July, Nathan struck up the courage to

stand before Survivors and guests at the Service of Remembrance at the National Memorial Arboretum in Staffordshire and read a poem.

He said: "I had wanted to make a speech two years ago but I couldn't do it. So I was really nervous this time. But when I actually got there, all of my friends from COPS were there for me and they said they would come and stand by me if I needed them. That just completely reassured me. I knew I wouldn't be alone."

Nathan says this is the main lesson COPS has taught him – not to be alone with your feelings. His advice for new Survivors would be to talk

you. Don't do it alone, that's the biggest mistake you could make."

Nathan warns that an inability to discuss emotions can lead to depression. And while his journey through grief continues, he says he is proud of how much he has achieved. Aged just 18 he is in full-time employment and he says he is working as hard as he possibly can in his role as a consultant for an IT company.

He also volunteers for the charity both at home and at the events around the country. You may have spotted Nathan selling merchandise at the COPS stall, running the tombola or selling raffle

**"What I really want to do is make my dad proud. So I'm doing everything I possibly can just to do that."**

about what they are going through.

He adds: "There could be a time where you are just sitting at home crying your eyes out. If that happens, just ring someone that you know is going to listen to you.

"And when I say that – every single person involved in COPS will listen to you. We've got a COPS Facebook page; all you need to do is put a message on there saying that you're feeling down and everyone is just going to be there for you.

"You're not alone and no one is going to judge

tickets at Survivors' Weekend.

He also sells Christmas Hampers and runs bake sales in local hotels and schools to raise much-needed cash for the charity, and has helped promote the Police Unity Tour.

"I just want to try and raise as much money as we possibly can for the charity," he said.

"And what I really, really want to do is I want to make my dad proud. That's the ultimate goal. So I'm doing everything I possibly can just to do that."

# Eager Cadets Get On Their Bikes For COPS

Connor Williams of Camborne Pool Redruth Police Cadets brought together Cadet Units from Devon and Cornwall to raise over £500 for COPS. The Cadets set up on a rainy Lemon Quay, Truro, to ride and row on static machines the distance from Lands End to Middlemoor via various police stations in Devon and Cornwall.

Connor said: "I organised the Charity event to help others less fortunate than myself. It would also be a great opportunity to get other Cadet Units from the region together and create a 'healthy' rivalry between the units.

"On the day of the event the weather wasn't

favourable, in fact it was pouring down! We got the gazebos in place, bikes and rowers installed, thanks to PCSO Scott Barrott, and off we went.

"There was a little competition between the riders and rowers but it was all done in good taste. We changed over every 20 minutes or so to keep our legs fresh.

"We soon covered the distance from Lands End to Penzance, followed by Hayle, Camborne, Redruth, Falmouth and Truro."

The Cadets raised £1,102.02, split between Care of Police Survivors and Childrens Hospice South West.



Pictured left to right: PCSO Becky Diquirico, Lewis Bowden, Mary Murfin, Connor Williams, Chief Inspector Mark Bolt (who accepted the cheque on Behalf of COPS) and Sam Dixon.

## PC Dave Phillips Memorial Walk



On Saturday 25 March 2017, Mark and Leanne Hobin will attempt to walk 65.54 miles non-stop in 24 hours around Merseyside to raise as much money as they can for COPS.

They are taking on the challenge in memory of Merseyside Police PC Dave Phillips, who died on duty in October 2015.

"It shook our force when that tragedy happened" said Mark.

To show solidarity, Mark went on to organise a family fun run using PC Phillips' collar number of 6554 as the distance - 6.554km. More than 2,500 people were involved with the event, which gave Mark and Leanne the encouragement to keep the event going.

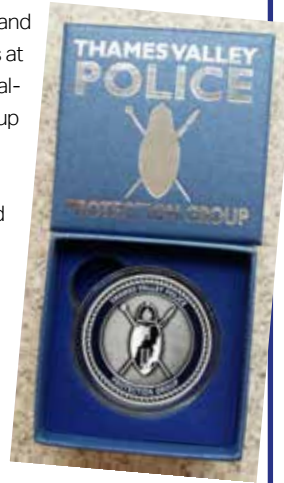
This time, Mark and Leanne have taken on the huge challenge of walking 65.54 miles around Merseyside. They are hoping that 300 people will join them throughout the route, each taking on 6 miles of the journey in the various areas they will cover.

If you would like to cheer them on, donate, or for more information, visit [www.justgiving.com/fundraising/TeamLlobes](http://www.justgiving.com/fundraising/TeamLlobes)

## COPS Coins

Mark Chapman and his colleagues at the Thames Valley Police Protection Group have raised over £2,000 for COPS. Both serving and retired officers raised funds with an evening get-together and the sale of their own minted coins and departmental patches.

The Thames Valley Police Protection Group held a get-together for serving and former officers from way back to 1983 from when the department was formed. A raffle and the sale of departmental coins (pictured) and departmental patches raised £2,169.60 for COPS.



## Generous Graduates



Many thanks to recent graduates at the Ministry of Defence Police HQ in Wethersfield, who presented Denis and Carol Gunn with a cheque for just over £1,700. The recruits from the Yellow Class raised funds for COPS during their training.

## Abbie Is On the Road Thanks to COPS



Well done to Abbie Jeffrys, who passed her driving test after support from the Jim McNulty Memorial Fund. The Fund was set up in memory of the COPS Co-Founder, and pays for each surviving child of an officer who lost their life on duty to have 10 driving lessons. Abbie's father PC Neil Jeffrys, of Strathclyde Police, died on 2 November 2011.

**We would like to extend our heartfelt thanks to all our fundraisers. Your efforts are integral to enabling us to support our Survivors in rebuilding their lives. A special thanks to all forces who donated collections taken at Carol services.**





# Dynamic Duo

**Hardip Atwal has been a Special Constable in Scotland for 12 years. Graham Smith has 19 years' police service and works in Police Scotland's Serious Crime Division. Together, they have raised thousands of pounds for COPS.**

**Q** Thank you for all you do in support of COPS. How did you first hear about COPS and what made you want to support us?

**A** Due to us both having a large amount of Police Service we have been aware of COPS and the fantastic work it does for a number of years.

It was just over a year ago when colleagues of ours were planning the Run Doonhame charity run that we decided that we would get involved and organise a number of fundraisers in an effort to raise as much money as possible for the two designated charities, COPS and Cash for Kids.

Initially we only planned to do one charity event but due to the reaction it got and the money we raised we kept going and in total held five separate events.

**Q** You have done a lot of fundraising in your time. Tell us about some of the events you have produced in support of COPS.

**A** We have held a number of events, including a children's fun day, which saw us dressing up as Disney characters; Curry nights, which saw us dressing up as Bhangra dancers; Multicultural nights; a cheese and wine night with a medium and Adele tribute act; and a Samosa night.

During these nights we have been able to provide fantastic entertainment, thanks to the generosity of the performers, including Pipers, Highland

Dancers, Adele tribute Rumour Has It, medium Cameron Murray, Lalli Devri belly dancers and our good friends at VIP Entertainment in Glasgow who have provided us with Dhol drummers, pianists, singers, DJs and even a beat boxer.

**Q** What has been your favourite fundraising event so far and can you tell us why?

**A** It's hard to pick a favourite event as they have all been so good – dressing up and dancing with the belly dancers was obviously a highlight.

However, I think it has to be our original curry night as it was the success of that, that gave us the incentive to keep going and raise more money.

**Q** How much money have your fundraising events raised in total for Care of Police Survivors?

**A** Last year, between our events and along with our colleagues who did the Run Doonhame challenge, we raised a total of just over £26,000 for our two charities.

This allowed us to hand over a cheque to COPS for £13,215.75.

**Q** What advice would you give to any budding fundraisers out there who want to get started raising money?

**A** We aren't going to lie and say it's not hard work and stressful at times, because it is. There is always that constant worry that

nobody will buy the tickets or the entertainment won't turn up.

However, the feeling you get when you count the money you've raised and hand that cheque over to the charity is amazing and makes it all so worthwhile, especially when you get an opportunity to speak with those people that the charity has helped over the years.

We have been fortunate that we have been able to hand a substantial cheque to both our charities. However, just remember every little helps and we would strongly advise anyone that has the time and a fundraising idea to put it in to practice and experience that feeling you get when you hand over the cheque.

**Q** And finally, have you got any events coming up? If so, how can our newsletter readers support you?

**A** We have a Multicultural Ball organised at Easterbrook Hall, Dumfries on Saturday 19 August, which again will split the proceeds between COPS and Cash for Kids.

Our guests for the night will be treated to an Indian meal as well as entertainment from Highland Dancers, Pipers, Dhol Drummers, Adele tribute act Rumour Has It, a beat boxer and more.

Tickets for the event are £30 and can be purchased from Hardip on 07796 322012 or Graham at grahamsmith442@yahoo.co.uk.

Our night will also have a raffle and auction and we are always on the hunt for prizes, so if anyone can help with this we would love to hear from you.

# Ready For A Busy Year

I used to think that the winter months were a relatively quiet time for our charity, with most events taking place in Spring, Summer and Autumn.

I can, however, assure you I was wrong, for the past few weeks have been far from quiet with a great deal of preparatory work going on behind the scenes for another busy year ahead.

For those of you who are not yet aware, we will be running two themed weekends this year. One will be a Spa Weekend and the other a Walking Weekend, although the themes will vary from year to year. These will replace the 'Alternative Weekend'.

We shall, as always, run our Relationship Weekends for parents, siblings, spouses, adult children and younger children. This year, in addition to the main Survivor Weekend in July, every Survivor will have the opportunity to attend two weekends, – either their Relationship Weekend and one Themed Weekend or, instead, both Themed Weekends. Further details will be made available as soon as possible.

I'm sure you will have seen the very sad news that two police officers were added to the roll of honour during the first month of this year. Insp Mark Estall, 45, of Essex Police was taken ill while on duty and later died. PC Paul Briggs, 43, of Mer-



seyside Police, died 18 months after receiving serious injuries in a road traffic collision as he travelled to duty.

At the time of writing we are in the process of contacting the two officers' families, through their respective Police Federations, to offer them the incredible peer support that only this charity provides. My thoughts are with the officers' families, friends and colleagues.

While writing this article I want to express my most sincere thanks and gratitude to Survivor

Tracy Walker who remains with the charity but who, in January, stepped down from the COPS Council. Tracy has, for many years, demonstrated great support for our charity in all ways possible – having previously served as our Vice-President and prior to that as a Trustee. Thank you so much Tracy, it's been a real pleasure working with you.

My best wishes to you all.

**Denis Gunn**  
**National President**

**We are now recruiting Survivors and Volunteers for the COPS Council. If you feel you could attend quarterly meetings and offer your help throughout the year, we would like to hear from you.**

**For details on how to apply please contact the COPS office either by email to [admin@ukcops.org](mailto:admin@ukcops.org) or by phone on 01543 410790. Thank you.**

## Survivors' Weekend



Planning is well underway for this year's Annual Survivor Weekend, which will happen on 28-30 July. We welcome all Survivors throughout the weekend. We would also like to extend an invitation to the wider supporters and friends of COPS to the Annual Service of Remembrance on Sunday 30 July at the National Memorial Arboretum.

## Commendations

It is now time for Survivors to submit your nominations for the COPS Commendation. If there is someone you think has made an outstanding contribution to COPS, through fundraising, volunteering or in another way, please let us know by completing the COPS Commendation Nomination Form included with this newsletter and returning it to the office. Officers who completed the Run Doonhame challenge received a COPS Commendation last year (below).



**COPS**

*'Rebuilding Shattered Lives'*

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