



Learn, Laugh, Live

April 2024

## Pier Views

Index

Police and Crime Commissioner	Pages 2 – 5
French Conversation Group	Page 5
Thursday Garden Group	Pages 6-8
From Hunter Gatherer to Farmer	Pages 9-11
Flower Arranging	Pages 11-14
Crimsham Farm	Pages 15 – 17
Kent, Surrey and Sussex Air Ambulance Charity	Pages 17 - 20

The guest speaker at Bognor u3a's November 2023 meeting was Katy Bourne OBE, the Sussex Police and Crime Commissioner.

Katy began her talk by explaining that the post of the PCC is a democratically elected role and reminded us that the next election for PCCs in the UK is Thursday 2 May 2024. The establishment of PCCs in November 2012 was considered to be the biggest reform in policing in decades, following the 2011 Police Reform and Social Responsibility Act.

Policing in the UK has a number of levels and key figures. Police Scotland is one force across the entire country, whereas in England and Wales there are forces at county and metropolitan areas.

The Home Secretary – Makes sure communities, across the UK, are kept safe and secure, and for protecting our national borders and security.

Chief Constable – The Chief Constable has overall responsibility for leading the Force, creating an operational plan to deliver against the public's priorities as set in the PCC's Police and Crime Plan.

PCC – To be the voice of the people and hold the police to account. They are responsible for the totality of policing. PCCs have to ensure that their Chief Constable provides an effective and efficient police service within their police force area.

The Sussex PCC issues a weekly newsletter every Friday, which can be accessed online, you can sign up to her newsletter [on her website](#) .

The prime role of the Sussex PCC is to hold the Sussex Chief Constable to account for the performance of Sussex Police. The Sussex PCC holds a monthly Performance & Accountability Meeting (PAM) with the Chief Constable which the public can view live or on the archive. [SPCC - Watch Live \(sussex-pcc.gov.uk\)](#)

During the PAMs, the PCC questions the Chief Constable on the performance of Sussex Police across a broad range of police functions, decisions and in response to Government policy and best practice and guidance. The progress made against the policing and crime objectives set out within the Police & Crime Plan are also scrutinised through the PAMs. As the PCC, Katy Bourne must publish a Police and Crime plan for the four-year term in office and the plan must reflect the public's needs.

The current plan for 2021/24 can be viewed here [SPCC - Police & Crime Plan \(sussex-pcc.gov.uk\)](#) and includes 3 public priorities.

- Public Priority 1 – Strengthen policing, tackle crime, prevent harm and anti-social behaviour
- Public Priority 2 – Relentless disruption of serious and organised crime
- Public Priority 3 – Support and safeguard victims and tackle violence against women and girls

Katy Bourne is the longest serving female PCC, she is supported by a team that operate from an office in Lewes and include a Partnerships team, a Commissioning team, a Communications and Insight team and a Correspondence team. You can read more about her office here. These members of staff are not political appointees and the roles in the OPCC (Office of the Police and Crime Commissioner) are politically restricted.

The Sussex Independent Custody Scheme and Immediate Justice scheme also are run and managed from within PCC Bourne's office.

Part of the PCC's role is to decide the level of policing precept in our Council Tax each year. One problem that appears to have been resolved thanks to precept-funded investment in Sussex Police's Force Control, Command & Contact Centre (particularly the installation of new call-handling technology and improved processes) is that Sussex's non-emergency 101 call-waiting times have dramatically reduced.

There used to be waiting times of up to 22 minutes, but now they're an average of just 1 minute and 48 seconds - putting Sussex in the top performing forces nationally.

In 2015/6 PCC's were given more responsibility for victims of crime in their counties. Allocation of money used to be made on a national basis, but PCC offices have been managing millions of pounds on behalf of the Ministry of Justice and the Home Office. In addition, there are millions of pounds in annual grants which can be bid for by PCC offices.

Katy Bourne also has set aside some funding for local community groups that help reduce or prevent crime in Sussex. The Safer in Sussex Community Fund (SiSCF) has supported over 500 projects in Sussex allocating nearly £2m, to the benefit of local people and neighbourhoods. The fund provides financial support (grant awards up to £5,000) to local organisations and projects that aim to reduce crime and improve community safety. You can read more about the fund on the PCCs website.

Other facts about PCC Katy Bourne:

When PCC Katy Bourne first took office, there were 2959 officers in Sussex Police. As of March 31, 2024, there will be 3,245 police officers in Sussex (3,163 full time equivalent)

During her time in office, PCC Bourne has allocated over £28.5m to victims and support services to help more than 50,000 victims to cope and recover.

PCC Bourne's has invested funds from the precept to establish both a Rural Crime Team and Business Crime Team within Sussex Police.

PCC Katy Bourne is the national PCC lead for Business and Retail Crime. Recently, she developed a business and police partnership called Pegasus. The initiative will radically improve the way retailers are able to share intelligence with policing, to better understand the tactics used by organised retail crime gangs and identify more offenders. This will include development of a new information sharing platform and training for retailers.

Katy also told us of a visit to a primary school, where she spoke to children about her job. One child thought she was the Police Prime Minister, others said teacher, even a hairdresser. Following the talk, Katy held a Q&A session:

**How do the Police know someone has a gun?** An owner must have a registered licence. However, not all do so and the police have an Enforcement Unit in Sussex, who follow up intelligence.

**When PCCs were appointed, did they look at particular groups in society?** PCC Bourne set up the Elders Commission to focus on how anti-social behaviour affected older people. They learnt through the group that older people were worried about the phone ringing and scams than many other crime types. Meetings are held with police on this subject and a monthly report is produced. In Sussex the police examine these reports and any possible victim of a scam/fraud over a certain age are seen by the police. Katy said that if she is re-elected, she will form another Elders Commission, plus another Youth Commission.

**How and when do you find out about the PCC elections?** The Association of Police and Crime Commissioners is the membership body for PCCs and has useful information on its website [APCC - The Association of Police and Crime Commissioners \(apccs.police.uk\)](http://apccs.police.uk) and will be running an awareness campaign in March.

**E- Scooters – What is the law?** They must not be used on public roads, only private land. However, it is hard to enforce and any advice is initially given by police. Sellers should advise purchasers of their legal obligations.

Katy then went on to talk about a problem, which is not only in Sussex but nationally, County Lines.

For those not in the know, County Lines is where drug dealers sell drugs outside their own areas, hence the title, crossing county boundaries.

They use many methods to hide their activities, from various “burner” phones (untraceable phones), with dedicated numbers. Very often children, from all aspects of society, are used to deliver the drugs. With girls it is often through peer discussion they get involved, with boys generally the money. Once involved in the gangs, it is very difficult to leave.

Transport is provided, often by taxi or train fares are given to them. They are shipped in and out and often threats of, or even violence is used to keep them involved.

In the last year, thanks to Sussex Police specialist enforcement units, they have disrupted 585 drug lines (this includes 175 of these were County Lines).

Katy finished her talk with a story about when she told her sons that she was to become a PCC. Her sons questioned, albeit in a nice way, her ability to spot crime. At the time they were sitting in a coffee shop and one of her sons had spotted activity of a dubious nature taking place not far from the café.

This appeared to involve a person sitting outside alone, but with various people stopping and exchanging items. This was obviously dealing of some sort, but Katy thought it was rubbish, until she too observed such activity. Whilst looking she saw twelve such activities! Katy was then thanked for such an entertaining and informative talk

### **FRENCH CONVERSATION GROUP**

Our group meets twice a month in the Parlour Room at West Meads Community Centre, the cost is £2 per member to cover the room hire. The meeting is for 90minutes from 2 pm on a Wednesday. Dates are published in the weekly Bulletin. We are a multi- level group ranging from advance speakers to relative novices such as myself.

We have over the last 18 months established a method of learning which has proven to be fun and has improved our abilities considerably. At the end of each 90 minute session we ask a member of the group to prepare a subject for the next meeting and so far we have enjoyed sessions on a number of subjects ranging from Restaurant Menus, Short Stories, Holidays, French History and we have a couple of French word games to baffle us. We have improved our skills and our confidence.

We have been together as a groups for 18 months now and have had a most entertaining time and enthusiastically welcome new members to the group of whatever level they may be. New members have fitted in well to the group and bring their own individual ability and enthusiasm to the group in a constructive way.

The highlight so far has been our Christmas French Lunch, where we all brought a small offering of French food or wine, This was a special meeting.

Mike Shawyer

Group Leader

## Thursday Garden Group

The BR U3A Thursday Garden Group visited Peeler's Retreat in Ford Road, Arundel on Thursday 11<sup>th</sup> April. This garden is part of the National Garden Scheme in West Sussex, where members of the NGS open their gardens to the public for charity. The 24 members of the group who went said that 'it was one of the best gardens we had ever visited'. There were interlocking beds packed with tulips and shrubs, giving colour and scent. There was a delightful, raised fishpond and water feature. They had created plenty of shaded seating areas to enjoy midmorning tea/coffee and cake. Our hosts were on hand to explain how the garden was created with plenty of advice to help us improve our gardens. [Celia Janering](#)









The members and guests at Bognor3a's January 2024 meeting were given a talk by one of our returning speakers, Paul Ullson. This title of his talk was "From Hunter Gatherer to Farmer".

Paul believes of making a visual impression as well as speaking about the facts of his talks. This time he was dressed head to toe wearing the clothes and carrying accessories that a Stone Age person would have worn. In order to set the scene. He also is of the opinion that the way history is taught now is different to how it used to be delivered and much of this change is in some respect to television programmes dealing with archaeology, such as Digging for Britain and Time Team.

He started by giving a potted history of the past and present UK monarchs, working backwards from the current Monarch, Charles 111, eventually finishing at William the Conqueror (William 1st). In order to do so, he engaged members of the audience, one at a time, to represent each Monarch, sitting at the front. However, after giving a precise of each reign, the person sitting was replaced by the incoming monarch. He then worked his way back through the Roman era, the Iron Age, the Bronze Age until we arrived at the Stone Age, the prime subject of this talk.

At this time, 14 million years ago, Humans of the time, used various types of stone tools. At this juncture in the talk, Paul said he would be demonstrating and passing round a variety of tools and accessories, for people to examine, but he said this comes with a health warning. Some of these tools and weapons are very sharp, so please, will nobody attempt to run their fingers along the tips of any of these items. Even at this time, weather conditions dictated such decisions as to whether people should move or stay in their current location. So, Climate Change was even then affecting people's habits, not dissimilar to today's situation. They had discovered the magic of fire and how it could be created using friction. This led to Team working within communities.

Archaeologists in the past and nowadays have and are still discovering new facts about the Stone Age and in particular it was established that when animals moved around, the people of the time followed. Having discovered fire, cooking soon followed and the subsequent use of animal skins, fur and bones, to make clothes, leather and jewellery.

With continual climate change, and ice melting, the UK became an island.

Paul explained that in our local area there had been numerous finds of flint shards and animal and fish bones from this period. The former to manufacture tools and weapons the latter clothes and jewellery. As they became more efficient at tool and weapon making, changes started to appear to make them more efficient.

Eventually they discovered that by keeping their own animals, food and materials would be close to hand, but it meant that they had to feed them and also themselves. This meant they had to plant and cultivate crops to do so and by doing this became farmers rather than hunter gatherers.

Pottery was coming from the continent and being made in the UK, settlements were appearing. Wood was being used to make containers, slate, being a very versatile product, now used for tool making, which meant knives of various types for different uses were made.

This all led to trading between communities starting and people accumulating possessions, which in turn led to the building of houses, to store and keep these possessions.

After this Paul asked the audience if there were any questions and are summarised as follows:

How did trading start – Groups on the move, different needs and the sharing of goods and skills. When the UK became an island, people came by boat to trade.

What happened when the Ice Age finished – Floods and Tsunamis occurred, mammoths disappeared and a vast number of skilled stone workers were killed. The ice shelf melting in Norway caused most of the floods.

What was the average UK population during the Stone Age – below 200 thousand, with average of life 35/40 years.

Did people congregate during the Stone Age – Congregation had to occur to allow protection of young, pregnant, and old... whilst nomadic the groups were smaller, as farming developed the communities grew sharing skills.

How did they hunt and kill the animals – Initially with bows and arrows and more likely the smaller animals. When they started keeping dogs, they used them to herd and capture the larger and faster animals.

How did they attach the flint shards and arrow heads to the tools and weapons – Sinew in wood was used to create string and this was used to bind elements together.

How did they communicate – Paleolithic, pre 2 million years ago, communication was less verbal and based more around sign and body language... As verbal communication increased then our ancestors were able to kill larger animal's ie mammoth, or drive them off cliffs

How did the early humans attract animals – The Neanderthal used wood to create basic flutes, which were eventually used for recreation.

How did they deal with illnesses – An example of treatment was the use of flint for headaches, ouch!!!

Paul finished his talk by thanking the audience for their attention and participation and is of the opinion that farming has ruined the world.

Julie thanked Paul for his most interesting and entertaining talk.

### Flower Arranging

Flower arranging today, we made Easter Decor for our front doors.









The Bognor u3a February 2024 meeting had as a guest speaker, Clair Goddard and the subject of her talk was Crimsham Farm.

Clair, who is a member of the staff at the farm, started her talk with a coupler of quiz questions for the audience.

The questions gave a choice of answers:

Question one – Would you rather be inside or outside – Outside was the majority answer.

Question two - Would you rather be watching tv or be with an animal – With an animal was the majority answer.

Clair started her talk by explaining that she had in the past worked for West Sussex County Council before she retired. However, in 2021, having got bored with retirement, she applied for a job at Crimsham Farm. Soon after joining she thought, what have I done, but soon realised that the job suited her. As long as you accept you must wear the right clothes, although a uniform is provided and have a good pair of wellies. She said that she is already on her fifth pair.

Clair went on to describe the working practices of the farm, which was accompanied by a slideshow, which showed the wide range of animals and a variety of the activities which take place at the farm.

Clair explained that one of the prime aims of the farm, apart from caring for all the animals, was a resource for Veterans of the armed forces, where they can receive counselling for mental health issues, support groups and various other means of any problems. There is also a breakfast club, in other words many types of resources to help them deal with daily life. The other main aim is to help children and young adults who have issues, such as autism and have often been excluded from mainstream schools. So, this resource is often their last chance to improve their health and life prospects.

In respect of the latter aim, children are referred from schools, parents and local authorities. The farm has a large team and attempt to give either one to one or two to one counselling.

The farm has a large variety of animals, as seen in the slideshow. They include not only domestic farm animals, but also Birds of Prey, for which they give demonstrations. They also have owls, African tortoises, who are very large, do not hibernate and can live for up to 150 years and Alpacas. Many of the animals they have rescued or have been left at the farms entrance.

Their male pig, named Brutus, is also known as “King Pig”, as he was sent to Windsor Castle to get their female pigs pregnant, at which he succeeded, but on return was found to be very overweight, so is now on a diet. He also performed the same task for the Aldingbourne Trust.

They also run courses for children and students for which on successfully completing, they receive certificates, for assistance in moving on in their lives and getting employment.

Another activity run is the Forest Academy, which aims to educate children as to not only survival skills, but also about knives. In particular the law about knives, knife skills and knives in the public domain. Also, as part of the survival training, how to cook and forage for the edible foods, whilst avoiding the non-edibles. Knowledge of the Environment is also an important feature of the training, particularly in the light of the Climate Change situation.

A recent addition to children and student’s education, is Equine Therapy, where they are taken to locations to work with horses, including grooming and mucking out.

During the recent flooding, the farm got involved with distribution of food to foodbanks.

Many of the children they deal with, have never seen or been involved with animals. On one occasion, the children were shown some sheep, who had not been sheared, but overnight they were sheared. However, when the children saw them the next day, they asked if they were new animals to the farm.

As regards the Veterans involvement, as said previously, there are many types of help and assistance and in particular the Breakfast Club, which occurs once a month from 9 to 12, is not only free to the Vets and their families, but also gives the opportunity for social interaction, which in itself raises confidence.

The farm has now opened a coffee Shop in the High Street, Bognor, which is a home for Crimsham Farm Veterans Hub, an Education Centre and a Coffee shop. This facility can be used by anybody, attempts to maintain budget prices. People who use it can use the facility of “pay forward”. This means someone can buy coffee etc, but also pay some money to allow a Vet or someone else in need refreshments to do so without having to pay.

The staff at the farm, although they may on occasions work individually, all consider themselves part of one team and one of the aims with the children and student’s is to teach them that they are all important. Teaching of the children is split into age categories:

6 to 10 years – The Hare group

10 to 14 years – The Willow group

14 to 16 years – The Oak group.

Anyone between 18 to 25 are treated as volunteers, but also receive any help they require.



The overall aim of the farm and its staff is to improve the wellbeing of all who attend the farm.

The farm also engages and puts on social events, such as mini music festivals, runs half term and free meals clubs and anyone can come and visit the farm.

Clair ended her talk in saying that if anyone does come to the farm, please remember it is a farm and a rustic one at that, so it will probably be muddy and dirty, so come in the attire to suit the conditions.

There then followed a short question and answer session|:

Does the farm advertise - Not a lot, but is involved with Citizens Advice Bureau and The RAFA club.

How is it funded – Donations of money, food and equipment. Clair said if you are throwing anything away, think could the farm make us of it in anyway.

Is the farm expanding its activities – Yes, we are involved with the Guernsey farm, which has a horticultural centre and shop.

Whereabouts do the children come from – We collect children from all over West Sussex and have been given a vehicle by a local firm, Bognor Motors, to be able to make these pick-ups.

Clair was thanked for very informative and entertaining talk.

Bognor u3a members and visitors at the March 2024 meeting were given a talk, by Mike Charman, about The Kent, Surrey and Sussex Air Ambulance Charity, at which he is a volunteer. The subject of the talk today was the “Vital work and five -year strategy” of the service.

Mike started his talk by apologising for not bringing a helicopter today, but on a more serious note, asked the audience as to how many of them know that this service is a charity, as are the other twenty -one Air Ambulance services across the UK The response was somewhat mixed. The only direct income the charity receives, is the salary of the Doctors who work for the service, from the NHS. All other income is from a variety of sources, which will be detailed later in this article.

Since 2017 the service operates 24 hours a day, due to more advance navigation equipment, unless weather conditions dictate otherwise. As the weather conditions are continually monitored at the base in Redhill, where the helicopters are located. Should weather in the area be not good for flying, a helicopter is deployed to the Forward Operating Base at Rochester.

In 2023, the service recorded 3300 incidents, whereas 14 years ago the number was about 400.

Who operates in these helicopters and how would we recognise them? Nowadays, two pilots are always on board, a minimum of one doctor and the same for paramedics. Pilots wear blue suits and doctors red. The pilots are often ex-military.

At the present time the helicopters are leased, but this may change in the future and come with the pilots. The doctors are either senior consultants or registrars and the paramedics have at least eight years ambulance experience.

The service leases three AW169 type helicopters, but owns one of the helicopters and plan to fundraise to buy the rest. They also have four Volvo XC90 Rapid Response Vehicles (RRVs). These more modern helicopters are faster, more fuel-efficient and have more room for patient treatment and allow for in flight treatment.

All calls referred to the service are dealt with by the Dispatchers and they decide on the response. Once a decision to fly is given, a helicopter will take off within four minutes, if however, the incident subsequently does not require their attendance, it is still recorded as an incident. The dispatchers also decide if other services are required at the scene, such as fire and rescue, police and whether road closures are required. If the incident requires landing on a motorway or dual carriageway, in the past the opposite carriageways were left open. However, due to drivers on the opposite carriageway slowing down to look at the incident, nowadays they are always closed.

Once a patient is on board, it is the doctor who decides as to where the patient will be taken, if not a major trauma, to the nearest hospital. In the case of a major trauma, the patient will be taken to the nearest trauma unit. They are located as follows:

Sussex – Brighton

Surrey – St. George's

Kent – King's

The dispatchers at the KSS HEMS unit, based at Medway, talk to other HEMS units on a regular basis, as it may be practicable to make flexible use of the resources.

Helicopters do not take passengers as a rule, the only exception being in the case of a child involved incident, when the passenger may be able to assist the medical team to keep the child calm.

Mike recalled an incident at Wisborough Green, which involved four teenagers injured in a car crash, which required the use of the four helicopters to take the injured to the appropriate hospital. If an incident occurs in the Redhill area, they will attempt to use the RRV's, as it is very costly to use a helicopter on such short trips.

We were then shown details of the breakdown of the types of incidents:

Road Traffic collisions – 28%

Medical – 28%

Accidental, e.g. DIY – 20%

Assault – 9%

Intentional Self-Harm – 8%

Inter Hospital transfer – 1%

Sport/Leisure – 2%

Exposure – 2%

Other – 2%

As regard Sports/Leisure, many such incidents occur on Golf Course, so there is now a campaign to have Defibrillators on all golf courses.

A common medical incident is Bee stings, go into Anaphylactic Shock, and in the case of a child is defined as an incident where the service will attend.

We were then shown a map of the KSS network, showing Red dots for RVV attendance and Blue dots for Helicopter attendance. Quite a dramatic sight and it demonstrated how much the service is used on a daily basis.

Mike recalled the case of a young child called Louis, who along with his mother was visiting his grandmother. Louis asked his grandmother if he could play in her bedroom. After a short while they heard a tremendous crash, rushed upstairs to find that the grandmothers' large wardrobe had fallen on Louis and crushed him. Happily, to say Louis was air lifted to hospital and made a full recovery.

So, what is the future. The service aims to work together to save lives and for the patient to have a better quality of life post incident. The vision is to prevent loss of life from medical emergencies.

To ensure the extended family affected by any incident are treated with compassion and any assistance required.

The service also is looking to communities to provide pre incident treatment and to provide information after the incident which may be useful for future incidents.

They aim to develop their aviation capability, with the use of new systems and at present are trialling delivering defibrillators by drone.

A further trial is being run, whereby callers are asked to use their Smartphones to show the doctor/medical team the patient's injuries, so that they can assess the response required.

The helicopters are trialling the carrying of Whole Blood, as anybody can be given 'O' Positive in an emergency and receive the correct type in hospital.

Finally, to improve, continually, patient and family after care service.

What does it cost to run the KSS Air Ambulance Service:

£18.8 Million per year, and this achieved from 10% Doctors salaries from the NHS, 2% from reserves and 88% from fund raising, which equates to £51,000.00 per day.

How do we raise these funds:

Public donations, KSS Lottery, Major donors, Trusts, Corporate Partners, Community events and now we have started Heli - Hike walks, in particular animal such walks.

Mike said that the service has 3 places left for the Brighton Marathon!!!

Volunteers are always required and made to feel very welcome.

He asked the audience to "Spread the Word" to at least 3 people, that KSS Air Ambulance Service is a charity.

Mike then took questions from the audience:

Helicopter landing sites, in particular where events such as flooding has occurred. Anywhere, as close as possible and safe to the incident. At night, often previous known landing sites are used.

Road closures - where needed and as previously said in the case of dual carriageways, both are closed.

Defibrillators by Drone – A member recalled an incident where a friend had suffered a heart attack in a remote location and such a facility would have saved a lot of time. Fortunately, the friend survived.

Why can the NHS not take over HEMS. The inherent risk is that funding cuts in the future could mean the end of the service.

When did the HEMS start. Mike was not sure, but would find out and let us know, but the KSS Air Ambulance Service started in 2004.

Weather forecasting – as previously stated it is monitored on a daily basis at Redhill.

Helicopters now mainly leased, why Buy. Helicopters appreciate in value, so when upgraded, the funds will be available to purchase more modern helicopters. Especially, as the National Lottery only fund Capital purchases, not replacement purchases.

Are the RRVs blue lighted and have sirens – Yes. The Lions society have for the last eight years funded all four of our vehicles.