

# The Senior Siren

The **FREE** magazine from the Senior Citizen Liaison team



Issue No. 30

## Sir Steve Redgrave

We chat with the Olympic legend



## Senior Shield

How to combat Rogue Traders...

Our expert tells you how

## Dementia Friends

How the Police are protecting

the most vulnerable community

## Baking with Iris

'Proper' Bread & Butter Pud!

Stories, Features, **Puzzles**  
News, **Factoids** and more...



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**BIG SOCIETY  
AWARDS** 2013



Welcome to our Olympic themed latest edition of the Siren!

Here at 'Siren Towers' we are all still very excited over how well Team GB fared at last year's games but we are even more excited about our cover star and interview with Sir Steve Redgrave, what a fantastic coup for us!

In this edition you'll see that we are now very lucky to have a new regular contribution from Andy Bertie from the Welsh Trading Standards 'Scambusters' team. Andy is very knowledgeable and passionate about helping people fight back against scams and swindles, so I'm sure he'll be giving you quite a few tips on staying safe.

Some of the eagle-eyed among you noticed that I had made a faux pas with Iris' Lemon Drizzle cake in the last edition and mentioned 'Golden Syrup' instead of saying the 'syrup' was the icing sugar and lemon juice mix...*mea culpa* but Iris has told me off and made me promise to get her recipe for Bread & Butter Pudding right this time...she told me she has her reputation to think of, especially when the Great British Bake Off is back on our screens!

I hope you enjoy the magazine and stay happy, safe and healthy.

Jon



## In this edition...

**Steve Redgrave - Our cover star talks frogs, books and sweetsies!**

**Senior Shield - Andy Bertie gives expert advice**

**Rogue Traders - How to avoid getting stung by the cowboys**

**Factoids - Our top Olympic fun facts to amuse and impress!**

**Dementia Friends - Amanda Yung talks about keeping safe**

**'Proper' Bread & Butter Pudding - Iris bakes a blinder!**



# A Day in the Life...

Amanda Yung – Community Support Officer, SCLT Volunteer and Dementia Friend (she's a busy girl!)



Amanda Yung, or CO39 (in work) is a CSO in the Welsh market town of Abergavenny. Amanda is one of Gwent Police's 'Dementia Friends' and she tells us how this helps her protect our most vulnerable citizens...

I start my day catching up on any incidents that may have come up since I was last on duty. I look out for anything that may be effecting the quality of life for my community such as graffiti, damage or any anti-social issues that are developing. I'll especially make sure that my more vulnerable groups and individuals hear from me, so they know I'm in and ready to help. I see all too often how loneliness can make people more vulnerable or afraid so I like to get around and visit my senior groups or those who are on their own and simply spending a bit of time chatting can go a long way to reassuring and making their quality of life better.

I became a 'Dementia Friend' when Gwent Police joined the Alzheimer Association's initiative. I wear the badge with pride and find it encourages people to be more comfortable discussing dementia issues with me. We recently joined the national "Herbert Protocol" scheme which is designed to put together useful information that can be easily accessed about someone with dementia should they go missing, which assists the police and other agencies in being able to locate them as quickly as possible and provides reassurance to the family.

It works by filling out a form which is kept in the home or other safe place with important information about the vulnerable person, such as routines, medical info, favourite places, a picture and other useful information. Somewhere it can be easily accessed at what can be a stressful time to help find the missing person swiftly.

I was put in touch with a gentleman who had been targeted by a rogue trader who had tried to con him out of over £1000 to repair his (undamaged) roof. Working with other agencies and neighbours we have put in place some safeguards to ensure he's safe and any unknown visitors are reported to me or my colleagues. The gent is blind but as bright as a button, very proud and refuses to let his disability stop him doing the things he enjoys. Like many senior victims of crime, he didn't want to 'be a nuisance' (which, of course, he is certainly not!) but with some support and minor adjustments, he is now far safer, able to talk to me about the experience and is moving on from how upset he felt after the deceit of this unscrupulous rogue trader. My force has had specialist training, given by the SCLT, to every frontline officer to help us deal with, and safeguard vulnerable people from these heartless, cowardly criminals.

I love being able to offer much deserved support like this and to see people safer and more confident as a result is such a great feeling!

**Amanda's tip:** Ask your local Police about the "Herbert Protocol" if you know or look after someone with Dementia.





Our cover feature personality needs little introduction...Sir Steven Geoffrey Redgrave, winner of 5 Olympic gold medals (and 1 bronze!) at 5 consecutive Olympic games (1984 - 2000). He took time out of his gruelling schedule to answer some of our questions!

**If you hadn't become a hugely successful sportsman, what career path would you have taken?**

**I would probably have been involved in the construction industry...with my father**

**As you grew up, who were your heroes or role models?**

**Mark Spitz...He was the first person who made an impact on me when he won his 7 gold medals at the Munich Olympics in 1972**

**Is there something about you that you think people would be Surprised to know?**

**(Laughs)...The modern age of media?...There are very few surprises now!**

**If you were given a million pounds and had to spend it on yourself and something 'unsensible', what luxury would you buy?**



**A very small private jet!**

**What talent (that you don't possess) would you like to have?**

**To be a better reader...I have millions of books I never get around to!**



**What advice would you give today's youth?**

**Put your energy into something constructive. Help the community**  
**(At the 2006 London Marathon, Steve raised over £1,800,000 for his favourite charities, completing the course in just 5 1/2hrs)**

**What is the best piece of advice you've been given?**

**Persevere!**

**...And the worst?**

**Financial advice!**

**What is your greatest fear?**

**Heights...and frogs!**

**(and you said there was nothing we wouldn't already know Steve!)**



**What was the best present you've ever been given, and why?**

**A sculling boat, for my 15th birthday. My ambition was to be an Olympic gold medalist in that category (didn't quite happen)**

**If you could change one event in world history, what would it be?**

**Racism, in every form!**

**What is your 'guilty pleasure'?**

**SWEETS (I'm a diabetic)**



**Which 3 people; living or dead, real or fictitious would you invite to your perfect dinner party?**

**Mandela, Trump and Stalin! Mandela could mediate...**



# ROGUE TRADERS

By Andy Bertie

## **What you need to know...and how to avoid becoming a victim!**

**T**here's a knock at your door. On your doorstep is a man, dressed in a high visibility jacket looking up at your roof. He tells you that he is in the area working and that he noticed that you have damage to some of your roof tiles. He says that his team can fix them for you in no time and it'll only cost about £100 (up front), they can do the job tomorrow and it'll mean that you won't have to worry about water getting in to your attic causing lots of damage...

Sounds reasonable, so you agree. The following day they turn up and after about an hour, there's another knock at the door and the man tells you that, after they lifted some of the tiles, the damage is much worse than they first thought. However, they can sort it out without much problem but it is going to cost more. He tells you that he can do a lovely job but it'll now be about £5000 (up front again) for materials and such. However, as the tiles are all off the roof, it's important to get it done quickly before the rain comes...

And so on it goes...each time you think it's sorted, they find another problem and the cost increases and increases. you have paid them each time they give you a new assessment of the mounting problems but there's always something else...

## **You've become a victim of Rogue Traders...**

These unscrupulous teams prey on the senior community, knowing that their scare technique means that they can give cheap quotes initially but then increase the cost over and over again, charging 10's or even 100's of thousands of pounds for sub-standard work that often didn't even need doing in the first place! Leaving their victims bank accounts empty, even arranging loans to pay for the 'work', causing fear and misery to their victims.

Some of these 'builders' even demand money by intimidation and have dragged their victims to banks or cash points to draw out more and more of their life savings to hand over to them.

**Don't be scared, you CAN easily avoid being a victim!**

## **Before you agree to anything...**

Under the catchily titled "Cancellation of Contracts (Made in a consumer's home or place of work) Regs 2008" **ANY** work which is quoted for (or estimated) which is valued at more than £42 **MUST** be accompanied by a **WRITTEN** "cooling off" notice, giving **14 days** to change your mind (7 days if the work has already begun!). This notice is a legal requirement and must also include the postal address (which must be genuine) to contact the service supplier to enable cancellation. This applies to **EACH** piece of work i.e. if the builder says the work will cost £100 and then finds additional damage which will then cost another £500 then they **MUST** give you another notice for the subsequent work as this is effectively another job.



## **Check, Check...and did I mention CHECK?!?!)**

If someone turns up on your doorstep saying you need work...be suspicious! It may be that you DO need some tiles replaced...HOWEVER...Never just agree to it on the doorstep. A genuine contractor will never have an issue with you verifying what they are saying so check it out, they'd be happy to leave a card and wait for your call.

If you're a silver surfer then get online and look at one of the contractor review sites like [ratedpeople.com](http://ratedpeople.com) or [trustedtraders.which.co.uk](http://trustedtraders.which.co.uk). You can check if the person turning up on your door is on there (unlikely!) or arrange for someone reputable to come and give you a proper assessment of what (if anything) is needed, giving you peace of mind and an all-important guarantee for work done!

## **If you are having work done after being coerced at the doorstep (or know someone who is...)**

**Don't despair! Don't delay!** The sooner you act the sooner you can make things better. Contact your local Trading Standards Dept. (the number is in the phone book or on-line) and tell them what's going on. They can liaise with the local police to attend and assess the work, the workmen and if there are any criminal offences taking place.

Don't assume there's nothing that can be done! even if the 'work' is finished there may still be redress.

Don't assume it's a 'civil' matter and the police have no power. Many rogue traders try to muddy the waters by saying work has been agreed etc. However, there are numerous offences covered by the Fraud Act 2006 which would apply (especially S.2 which would apply if you were told there was necessary work needing to be done when there was not!). Many forces have received specialist training in this area and will know how to deal with potential offenders.

## **This doesn't just apply to building work!**

Gardening, driveway washing, double-glazing replacement, in fact any product or service that you are approached for in your home is covered in the same way!

**IF IN DOUBT-SAY NO and CLOSE THE DOOR!**



# Baking with Iris

Our very own Duchess of Desserts is back with a classic 'proper' Bread and Butter Pud. Bound to be a hit with everyone...just add custard!



## Ingredients

- 1 oz / 25gm Granulated sugar
- 12fl oz / 350ml Whole milk
- 2fl oz / 50ml Double cream
- 2 eggs
- 2oz / 50gm Sultanas
- 8 large slices of bread (buttered)
- Nutmeg (grated)
- 2 tsp Cinnamon (grated)

## Method

- \* Grease a 1ltr / 2 pint dish with butter
- \* Cut the crust off the bread (if you like), butter and cut into triangles
- \* Arrange a layer of bread (butter side up) in the bottom of the dish, sprinkle a little cinnamon and a few sultanas over.
- \* Repeat the layers until the bread is used up
- \* Warm up the milk and cream in a saucepan to scalding. DON'T let it boil
- \* Crack the eggs into a bowl and add 3/4 of the sugar. whisk until pale
- \* Add the milk and cream mix and stir well
- \* Pour over the bread layers and leave to stand for 30mins
- \* Pre-heat the oven to 180c / 355f / Gas mark 4
- \* Bake for around 30-40mins until custard has set and the top is golden brown



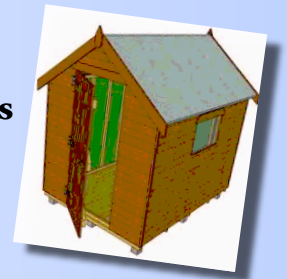
You might remember, in our last edition we met Rebecca Jenkins, the designer of our SCLT logo. In her article we told you that her boyfriend, Owen was in the RAF and was in the Falkland Islands on deployment as an RAF Police Officer. Well, Owen took a copy of the Senior Siren with him and here is a photo of Cpl. Tovey holding it in less than pleasant weather by the Port Stanley town sign! If you think the young lady with him bears a bit of a resemblance to him, that's because it's his sister, Francesca!



Flying Officer. Fran Tovey is also in the RAF and also had a posting to the Falklands with a few weeks overlapping with her brother's (as his senior officer we hope she made him salute her before the picture was taken). This must surely be the furthest travelled copy of the Senior Siren that we know of...unless you know differently?

### 5 minute crime prevention... Be 'Shed'ucated

**Garden sheds are easy targets for opportunist criminals. The contents can easily run into many hundreds of pounds yet many sheds are so poorly secured they are an open invitation to thieves. Here's a few simple tips to keep your shed secure...**



**1, Don't use screws to mount your padlock hasp or hinges. Use coach bolts secured through a metal plate on the inside of the shed, with the smooth heads outside and a drop of super glue on the nut to secure.**

**2, Fit a shed alarm. These are inexpensive and, as long as the sounder box is hidden will soon scare a thief off if they do get in!**

**3, Fit a secure anchor to the floor of the shed and then use a length of chain through the handles of your power tools securing with a good quality padlock.**

**4, Mark your tools and high value items with UV markers or engravings. Keep note of serial numbers and take a few pictures of them to give to police if they do get stolen.**

**5, Fit a good motion activated floodlight to cover the shed. Thieves hate being seen!**



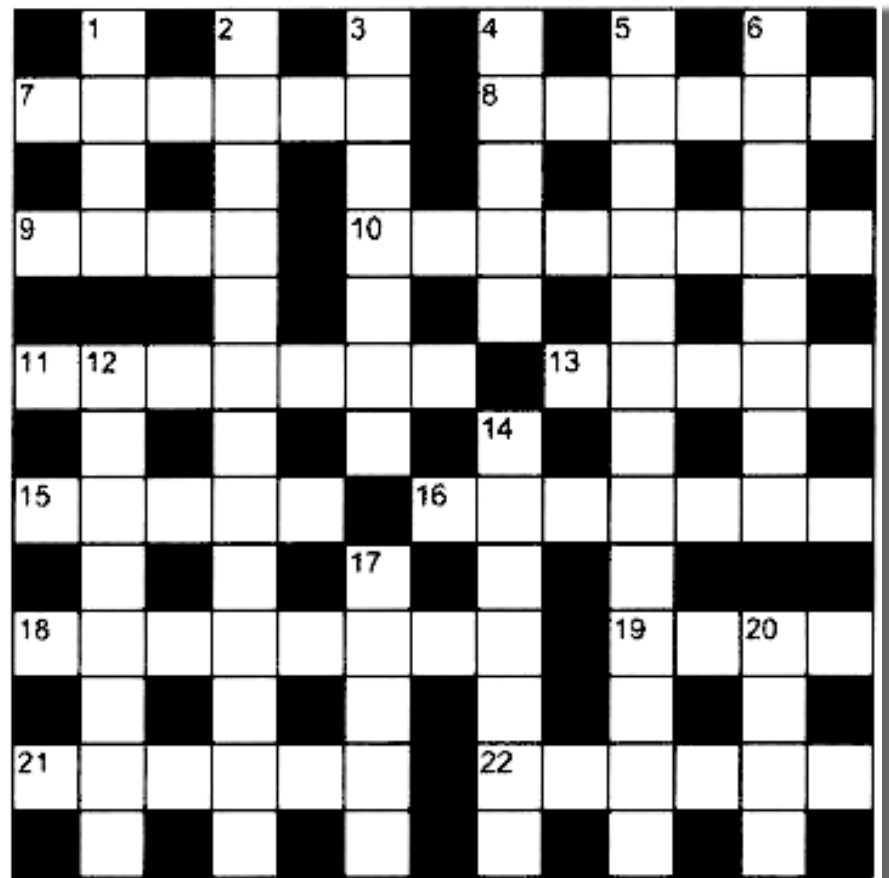
# Puzzles



## Sudoku

1					5			4
	2	3	4		6		5	
							6	
9		4					7	
			5	6	7			
	5					8		3
	4							
	3		7		1	9	8	
2			8					7

## 15 min Crossword



Answers on Pg 18



### Across

- 7 Ill (6)
- 8 John \_\_\_\_ : one of the Beatles (6)
- 9 Cow meat (4)
- 10 Type of edible fruit (8)
- 11 Impassive (7)
- 13 Dusts (anag) (5)
- 15 \_\_\_\_ Nash: writer of light verse (5)
- 16 Harden (7)
- 18 Stalemate (5-3)
- 19 Tone down (4)
- 21 Gives a description of (6)
- 22 Faints (6)

### Down

- 1 Paul \_\_\_\_ : former England footballer (4)
- 2 Autonomous (4-9)
- 3 Prison (informal) (7)
- 4 Craftily (5)
- 5 Act of research (13)
- 6 Breakfast food (8)
- 12 Drink consumed before bed (8)
- 14 Small shark (7)
- 17 The Norwegian language (5)
- 20 List of food items available (4)





# Who Am I?



- 1, I was born on 23rd March 1983, I'm a twin
- 2, I attended Oriel school in Hanworth London
- 3, My ambition was to play football for Arsenal
- 4, I have twin daughters, Aisha and Amani
- 5, I was awarded a Knighthood in 2017
- 6, Athlete Paula Radcliffe paid for my driving lessons
- 7, I have a signature victory dance called the "Mobot"

## Spot the difference





# SCLT News...

**In June, volunteers Ash and Jon were invited to speak at the International Congress of Crime Prevention in Magdeburg, Germany as the guests of the Federal German Police. They gave a keynote speech on the senior community and the unique issues faced in safeguarding the senior community. Following the speech they gave a video interview and attended a gala event where they spoke at length with their hosts and government officials about the work of the SCLT.**

*Ash said: "What a fantastic opportunity this was to showcase our work and vision. Im very gratified how the appetite in law enforcement is growing over how we look after our senior communities and how they see our preventative work as the best option in the fight against senior-focused criminality"*



**In May, Jon travelled to London's Docklands to take part in the Ahmadiyya Muslim Community's "Walk for Peace". This was our 3rd year taking part and meeting up with old friends from the Muslim community. This was the 1st year at the new location, the previous walks taking place at the community's Mosque in Morden, Surrey.**

**However, the Mosque was badly damaged by an arson attack last year and the venue was changed to accommodate the event. Jon said:**

*"It was a chilly walk made much more pleasant by the warmth of the welcome and spirit of the walkers, supporters and the organisers. I am always moved by this event and it underlines the amazing generosity of the community. We live in a time of such negativity towards the Muslim community and I wish more people would come to events like this to see how welcoming, genuine and humble these people are. I attended on my own but was certainly not lonely as everyone took the time to speak, walk and eat with me throughout the day."*

**The Senior Siren is only made possible by contributions we receive and we were very, very grateful to receive £2500 from the community.**

**Over the last few months Jon and Ash have been delivering Senior Safeguarding training to all frontline Police and Community Support Officers at Gwent Police.**

**The topics have included Rogue Traders and Doorstep Crime as part of an ongoing commitment by the force to supporting the unique needs of the senior community. Jon said:**

*"I'm very grateful to the Chief Officers and training department of Gwent Police for allowing us the opportunity to give this training to hundreds of their officers. We've also been very lucky to have our friends from the Commissioner for Older People in Wales join us to give training too and the package has been very well received by everyone who attended. I'm very happy to say that we work very closely with Gwent Police who have shown a very strong commitment to senior safeguarding and the training is part of a continuous improvement plan for their work in this area"*





Did you know...?  
Fun facts to impress

Steeplechasers in the 1932 games had to run an extra lap (to the normal 7.5) when the official lost count

Bill Nankeville, finished 6th in the 1500m final of the 1948 London games....He's comedian Bobby Davro's dad

As a result of disputes in the 1924 games' fencing competition, not one but two real life duels took place

The London 2012 Olympic Park is the same size as Alton Towers theme park, at 500 acres

When Cassius Clay (later Muhammad Ali) competed in the 1960 Rome games, he was so nervous about flying that he bought his own parachute and wore it throughout the flight

All but one of the female competitors at the 1976 games had to undergo a sex test. The exception...Princess Anne

The youngest ever Olympic competitor was Dimitrios Loundras who, in the 1896 games was 10 years and 218 days old...he later became an Admiral in the Greek navy

Of the strange events over the years perhaps the 1900 games including "poodle Clipping" may just be the best! Gold medal was taken by a farmer's wife who clipped 17 in 2 hours

A gold medal contains only 6 grams of gold. It is 92.5% silver and the 2012 medals were worth £385.60 each





# *The Stranger*

By Janus Stark



Shielding his tired eyes from the unyielding sun blazing high in an azure sky, he stepped slowly from the train onto the deserted platform. Tattered bunting flipped and crackled languidly in an occasional breath of breeze.

He stood and watched the train pull away before lifting his battered case, feeling his shoulder complain at the effort and releasing a laboured breath in response. Blinking from the dust dancing in the air, he raised a damaged hand to his head, placing his hat on his scarred brow before moving off toward the exit of the station.

Outside he surveyed edge of the small town he had arrived at. An empty rusted taxi stood off to the left but he moved away walking across the narrow road in the afternoon heat, feeling the rise of warmth from the ground beneath his old but highly shined shoes. He knew he was dressed incorrectly for the day, a long shapeless coat hung from his stooped shoulders yet the effort of removing it was too much and his progress was slow enough to avoid exerting himself...at least in a physical sense.

He gained the opposite side of the road and smelt the fragrance of some roses tangled around the fence of an old house that once been home to the station master. The garden had been tended once, loved once, enjoyed once. Once...but no more. He cast a sideways look into the now empty windows, all stories and laughter from the home now existed only in the memories of those no longer here.

He moved on.

He could hear the sound of birds in the treetops, the distant whistle of the train as it forged into the hazed distances, other towns, carrying others like him...no, not like him...few were like him now.

He walked on.

The houses became smaller but brighter. Sounds of life began to emerge. A breath of music drifting from an open window. Aromas of a meal being prepared mingled with the scent of flowers and cut grass. Smells and sounds which were familiar and alien at the same time, each one passing him without resting. Although he looked around as he walked, if someone had been watching his eyes they would have seen that he saw other things, other times. The lines of pain and haunted, unspeakable memories moved across his face like the breeze cutting across the corn fields on the outskirts of the town he moved through but was not a part of.

He reached a crossroads and stood there. He closed his eyes and slightly lifted his face to the sunny sky. For a moment his brow relaxed, his face eased in what could have been taken for peace but his eyes opened quickly and he seemed to draw back inside himself, his careworn but piercingly blue eyes hardening and refocussing inwardly.

A group of children were near and stopped their boisterous play. It seemed that even in their youth they sensed something different about this man, something that set him apart and they moved away, as one, without speaking to each other until they had rounded a corner and were away from this shadow who seemed to steal the colour from the bright summer day around him.

He didn't see them, he moved on.

He walked past street, past avenue after lane until he came to one more unremarkable road. Perhaps the houses were a little more jaded than many he had passed but his eyes softened and he turned into the tree lined street.

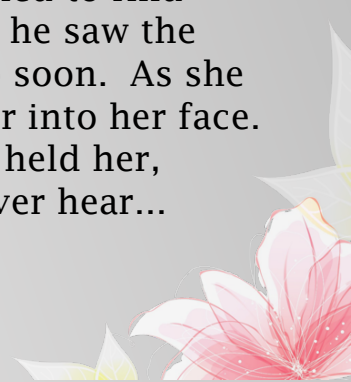
His paced slowed, the effort of movement became more evident and he stopped to close his eyes and catch his breath under the shade of a cedar tree leaning into the roadway from a garden to his right. He heard the sound of an aeroplane engine high in the sapphire sky and he instinctively stepped further into the shade before he placed his free hand against his eyes and drew his palm away, feeling it damp with tears.

He continued up the road until a house came into view from behind an oak tree in a front lawn with the remains of a swing hanging from a branch. The house behind had once been grand for its size. White painted wood on the windows and eaves now faded and peeling, weeds beginning to grow up between the paving of the path to the door. The picket fence missing a post here and there and a gate leaning open having fallen from a hinge and never replaced. Although the air of neglect hung over the house it was still lived in, he could see that. The small front garden still neat, the brass handle on the door still shone. Small signs of life, small tokens of normality.

He moved into the yard through the open gate and, with obvious pain, moved toward the house. A woman was kneeling with her back to him, by a flowerbed next to the steps of the front door, he had not seen her and came to a startled halt. The woman was old. No, not old but made older by circumstance. A sadness surrounded her like an ancient perfume, not quite faded.

Then she stilled, aware that she was not alone. She stood and turned to find herself no more than a pace from the man. She looked at him and he saw the shadow of loss and care around her eyes had taken her beauty too soon. As she looked at the stranger, a slow wrenching recognition began to pour into her face. He stepped forward just in time to catch her as she fell and, as he held her, whispered the words the black-edged letter told her she would never hear...

"Mother, the war is over...I'm home"





# Forgotten Heroes

## Noel Chavasse RAMC VC

By Peter Dixon



**When** we talk about heroes and sacrifice in this modern era, we often forget the true meaning of these evocative words. Perhaps the media, who frequently describe our professional footballers, minor-celebrities and indeed Olympic athletes as heroes, has diluted such terms to such a degree that we forget just what they embody within our fellow human beings.

One Olympic athlete, who competed in the 1908 Summer Games in London and returned, sadly with no medals to show for his 400-metre hurdles race, has now slipped from the public consciousness. Perhaps the passage of time has dulled our memory, or the thought of his ultimate sacrifice make his memory too unpleasant to contemplate. But in a twist of terrible fate, this Olympian's medal haul from the trenches of Belgium, has sealed his place in history for all eternity as the most highly decorated British and Commonwealth soldier of all time.

Noel Godfrey Chavasse was born, along with his twin brother Christopher, on the 9th November 1884 in Oxfordshire. Their clergyman father, Rev Francis Chavasse, later went on to become the Bishop of Liverpool. Noel excelled in sports from an early age and also did well academically. He progressed through his schooling and was admitted to Trinity College in Oxford, before eventually earning registration as a medical doctor in 1912, before beginning his medical career in the Royal Southern Hospital in Liverpool.

In 1913, with the threat of war looming, Chavasse joined the Royal Army Medical Corps (RAMC) territorial unit and was commissioned as a surgeon-lieutenant attached to the King's Liverpool Regiment. After the outbreak of hostilities he was shipped to mainland Europe, where he saw service in France and Belgium. It was at Hoge near Ypres in Belgium where he carried out his first act of bravery, which saw him being awarded a Military Cross (MC). During the terrible fighting which took place between the allied forces and the German Army, Chavasse was noted for repeatedly going into 'no man's land' over a period of 48-hours to recover those men who had been wounded in the battle.

Soon after this action, the Regiment relocated to trenches on the Somme, where an advance upon enemy trenches on August 9th 1916 saw 189-men of the 600-strong regiment being taken as casualties within just a few, short hours. True to his gallant disposition, Chavasse attended to the wounded all day whilst under continuous, heavy fire and frequently within the view of the enemy. During the night following the battle, he searched the treacherous environment of 'no man's land' for those wounded men who were unable to make it back to their own trenches.

On one such mission to rescue fallen soldiers, Chavasse was wounded by enemy fire, but undeterred, he continued his task and along with a number of other brave men, he is credited with saving the lives of 20-men that night, not counting the numerous 'ordinary' casualties who he ministered to as their medical officer during the day.



Chavasse was awarded the Victoria Cross (VC), the highest award available to any soldier of the British Empire for courage in the face of enemy action, "for most conspicuous bravery and devotion to duty" and his citation, announced in the London Gazette on October 26, 1916, concluded: "His courage and self-sacrifice were beyond praise."

By the summer of 1917 Chavasse had relocated, with his battalion to Wieltje, North East of the battle-ravaged town of Ypre. In July the Battle that became known as Passchendaele commenced and he found himself, once again in the thick of the action. On the first day of the battle, Chavasse received a wound to his skull, but he refused to be evacuated and time and again, under shattering enemy fire and appalling weather, he went out into no man's land to attend to the wounded.

Without food, rest or medical attention for his own injuries, Chavasse continued to save the lives of many soldiers until on the 2nd August, his first aid post was struck by a shell, killing or wounding everyone within. Even though he had received at least 6 grievous wounds himself, Chavasse crawled for half a mile to get help for his colleagues. He was operated upon in a field ambulance station and was just able to dictate a last message to his wife, in which he explained he felt compelled to keep on working despite his wounds as "duty called and called me to obey". He died of his wounds at 1pm on the 4th August 1917.

The Bar (2nd award) to his VC was announced in September 1917, in which the citation made mention of Chavasse's "extraordinary energy and inspiring example". He became the only man to be awarded the Victoria Cross twice during the First World War and one of only three men to have been awarded the medal twice in it's long and illustrious history. His grave in Brandhoek Military Cemetery in Belgium is marked with the inscription "Greater love hath no man than this, that a man lay down his life for his friends."

The remarkably poignant medals of Noel Chavasse, the Olympian from 1908 who failed to win a medal in the 400m hurdles, but won his country's highest honour on two occasions, are on public display at the Imperial War Museum in London. I have visited the medal gallery on many occasions and looked upon the medals that Captain Chavasse never had the opportunity to see, let alone wear proudly on his own chest. I ponder the true meaning of the words 'hero' and 'legend' and feel immense pride that I share a nationality with the man who became the most highly decorated soldier of all time and did so by saving life and never doing harm to single human being – upholding the oath of the doctor to his last moment of life.





5 Minutes  
with...

**Andy Bertie**



We are really happy to be able to tell you that we are going to be bringing you a regular feature from our professional 'Scambuster', Andy Bertie. Andy is one of the elite team from Trading Standards who seek out the fraudsters, fakers and cowboys and bring them to justice! Andy took 5 minutes out of his crime fighting day to tell us a little about his background...

**I retired from Gwent Police in November 2008 having completed over 30 years' service. I held the rank of Detective Chief Inspector and led major investigations into offences of Murder, Manslaughter, Kidnap, Rape and Major drug trafficking investigations and associated money laundering.**

**In December 2008 I took up post as the Investigations Team Leader for the Trading Standards Scam Busters Investigation Team for the Wales region.**

**The team priorities centre in the main in tackling Rogue Traders who operate across the region. Many are organised criminals who target the elderly and vulnerable by cold calling, taking vast sums of cash from them for unnecessary and poor work.**

**There are 8 regional Scam Busters Teams that operate across England and Wales and are managed by the National Trading Standards Board. Scam Busters is funded by the Department for Business Innovation and Skills.**

**I'm really looking forward to being able to pass on some ways to avoid falling victim to these unscrupulous criminals who think it's ok to target the senior community.**

**Best wishes**

*Andy*

Puzzle answers



Who am I?

Olympic champion **Sir Mo Farah**



Some cut out signs for your door...







# Coming soon...

## Audio Siren



Thanks to a generous donation from our friends at the Police Mutual Assurance Society we have been able to purchase the equipment to help us produce an audio version of our Senior Siren magazine.

The Audio Siren will include our stories, articles, recipes and soon, our Spotlight interviews, for those who are sight-impaired or who would simply prefer to listen to, rather than read the magazine.

In addition to our magazine features we will be expanding the audio version to include some of our events and even our 'after-dinner' presentations on topics such as '**Dracula – the man behind the myth**', '**The British Honours system**' and more...

We're working with several charities that support people with vision problems to ensure that we can make the magazine as widely available as possible.

Links to the Audio Siren will soon be appearing on our website

[www.sclt.us](http://www.sclt.us)

Where hearing us will be just a click away!

