

# On & Off Duty CPA

ISSUE 1060 OCTOBER 2019

CHRISTIAN POLICE ASSOCIATION

How beautiful on the mountains are the feet of the messenger who brings good news, the good news of peace and salvation, the news that the God of Israel reigns. Isaiah 52:7 [NLT]



## CPA Wales team climb Pen-y-Fan (update from Pete Westlake – CPA Wales Coordinator)

**Earlier this year, CPA members and friends from across Dyfed-Powys, Gwent and South Wales Police areas came together to climb Pen-y-Fan.**

It was fantastic to meet up with old friends and new CPA members that we'd never met before, and to spend time walking and talking together.

The youngsters set off at quite a pace and so the more mature walkers let them lead! The talking didn't last too long once we got into our stride though. Pen-y-Fan, which is in the Black Mountains, is one long climb. It is the second highest peak in Wales and is used by the UK special forces as part of its selection process.

There are no flat bits for you to catch your breath, until you've almost made it to the top, which in full sunshine is a draining 1500 metres up from the car park below.

With an age range from 8 – 58 we all made it to the top where the view was spectacular taking in Brecon,

Worcestershire, Shropshire, Gower and even the Bristol Channel. Enjoying the sunshine and a refreshing bottle of water, at the summit cairn we waited in line for photos with others who had made the climb alongside us, including a cricket team wearing whites and carrying a bat and a ball! The summit cairn is Bronze Age and has central stone cist (a box with vertical stone sides) where the National Trust sign has been placed. We had a great time getting to know each other, sharing stories and best of all we made it home in time for tea!

Two of the CPA members from Gwent who came on the walk got married to each other later in the year. Congratulations to Huw Orphan and Amy Burley

Pen-y-Fan is a part of the Black Mountains range in the Brecon Beacons. There is no standard translation in use. Pen-y-Fan translates into English literally as 'summit of the mountain'.

# On & Off Duty



## British Empire Medal received by Rev John Butcher – CPA Branch Leader

(Lord Mayor of Birmingham Councillor Mohammed Azim with John, his wife Angela, and their sons Phillip & Nathan)



Further to our update in the July issue of On and Off Duty, West Midlands Police Multi Faith Lead Chaplain and CPA Branch Leader, Rev John Butcher, received his British Empire Medal at a prestigious event on 12th September 2019. The BEM was awarded in acknowledgement of his work in developing and expanding multi-faith chaplaincy across West Midlands Police and its contribution to modern-day policing. We asked John a few questions about what it was like to receive this honour:-

**Tell us about when you attended the award ceremony - what did it involve?**

I was so pleased that my wife, Angela, and both my sons (Phillip and Nathan) were able to accompany me for my investiture. At the Investiture itself, by Lord-Lieutenant John Crabtree OBE, on behalf of Her Majesty the Queen, we also received congratulations from dignitaries including the Lord Mayor of Birmingham Councillor Mohammed Azim.

**How did it feel being presented with the award?**

As well as feeling humbled by being nominated and chosen for this great honour I also was greatly surprised that I would ever receive such a prestigious award. It will always be my joy to be linked to all the people that have made a positive difference to so many people in the West Midlands area. As well as being immensely thankful to those who nominated me for this honour I am

also eternally grateful to my team of Chaplains and Faith Advisors that voluntarily give over 800 hours of support every month to the WMP Officers, Staff and their families. I continue to be amazed at the great work that our team of Chaplains and Faith Advisors do. There is such a wealth of experience, expertise and knowledge in our team that I know that whatever the question or problem that is raised I have someone in the team that can assist and provide the necessary support for the situation. As I often say 'Teamwork makes the Dream work!'

**We understand that you are also invited to meet the Queen at a Garden Party next year. Are you looking forward to that?**

Both my wife and I are really looking forward to going to Buckingham Palace for the Garden Party in the New Year. We are excited at the prospect of possibly meeting the Queen. It will definitely be a day that will put the cream on the cake to all that we have enjoyed linked to the Award.

**Do you have a message to colleagues after picking up the award?**

Yes, thanks to everyone in the West Midlands Police for your continued support and encouragement. I am very proud to represent the Force at the many events I have the privilege to attend and I am delighted that my team and I are part of the WMP family.

# Turn the Silence Off

An update from CPA Community Partner – Press Red

PRESS RED  
Turn the silence off



Worldwide, women between 15 and 44 are more likely to be harmed by violent acts such as domestic violence, female genital mutilation, rape, sex-selective abortion and trafficking than by cancer, malaria, and road traffic accidents combined. The effects of violence against women not only impact on them as individuals but also on families and communities.

Based in Manchester, 'Press Red' is a Christian charity dedicated to raising awareness of issues facing some women and signposting opportunities for others to get involved through three key goals: Educating the wider community about what is going on and, in doing so, equipping and empowering groups and individuals to make a real difference. As 'Press Red' CEO Katy Adams explained 'We hold a deep desire to see the UK church become a place of hope and healing by being a powerful example of how to live in freedom and security. Nationally we use conferences, focus groups, study resources and drama to shine a light on the harm suffered by so many women; declaring a vision of a world in which no

individual, society or culture should continue to accept abuse against women.'

Press Red works in partnership with some of the UK's leading specialists and has the mission goal of becoming a significant force in the eradication of gender-based violence.

'In addition' Katy added, 'Alongside our work with the UK church we also believe that societal change can only come about when the most powerful and influential institutions within our communities become aware of the abuse which is happening and so become motivated and resourced to bring about change. Our work with the Police Service stems directly from this and we are currently developing a project in the South East to provide training for front-line officers in equipping them to be better able to respond to cases of abuse and harm.'

CPA wish to extend their thanks to Katy and all the team at 'Press Red' for their vital work. Further information about 'Press Red' can be found at [www.pressred.org](http://www.pressred.org) or via social media [@pressredorg](https://twitter.com/pressredorg) and [/pressred.org](https://www.facebook.com/pressred.org)

## From Tears to Trust

A personal testimony from Christian Lewis, BTP CPA

I always enjoyed going to church which I found to be full of pleasant people even if some of 'church' I found a bit strange. Well, back in December 2017 as my life took a bit of a nose dive I found myself often crying for no apparent reason and I entered a massive depression. By the January things at work were getting really bad and as the weeks went on I got worse and worse. I couldn't sleep and just ended up crying down the phone to anyone who could be bothered to listen. Nothing seemed to help and soon I had had enough and I began to think how I would go about ending my life.

At this darkest of times it was then that, somehow, by the Grace of God, I was led to a retired Pastor and his wife. Their door was always open for me. I recall after one evening with them, although alone, I felt an immense sense of peace in the knowledge that indeed I was not alone as my Lord and Saviour was with me. Over time this dear couple helped me further as I dedicated the rest of my life to the Lord Jesus Christ.

Looking back I can see now how God helped me by putting the right people in the right places at the right time. I met an amazing ex police officer who had also suffered from depression. Additionally, I found support in working through my suicidal thoughts with the help of a dear man whose father had sadly committed suicide when he was young.

Life still hasn't always been easy but my walk now with the Lord is amazing and with His help so much has happened. I've given up drinking alcohol, I'm no longer hooked on playing the National Lottery, I've been blessed with a beautiful house and great friends and my baptism became the next natural step in my relationship with Jesus. I'm so overwhelmed to know that I'll never ever be alone again, no matter how hard my life gets. Although I'm still not fully healed of my depression and I don't know what the future holds, I have a trust and faith that I have an amazing life ahead of me with my Lord Jesus, my God and Saviour.



Christian Lewis at his baptism

## CPA Welcomes New Vice Chair

We are delighted that Phil Skedgell (known to many as 'Skedje') has recently been appointed as Vice Chair of Trustees. Skedje has been the Branch leader in Devon and Cornwall for over 10 years and he has been actively involved in the Branch since its re-formation some years earlier. He was also the Regional CPA representative for the South West during part of this time. As a member of the CPA Board of Trustees, Skedje brings a huge amount of knowledge, experience and wisdom to his new role having been a police officer for 25 years, prior to which he was a Special Constable in Hampshire while studying at university in Portsmouth.

Skedje is a Constable in the Exeter based multi-agency Integrated Offender Management 'Turnaround' team, working with prolific offenders. Skedje commented, 'For me it's a real privilege to be working in an environment which offers simple opportunities to bring not only compassion but also positive interaction with those who can cause lots of harm to the local community. Being paid to be an eternal optimist and to have the opportunity to encourage offenders to transform their lives seems to me to be like a gift!'

'I have a real desire to also be authentic with my colleagues as we all 'do life' together, bumps and all, rather than champion the false projection of 'perfect' lives we often see on social media! For me my workplace is a ministry and since the age of 12 I've felt called to Policing as being where God wants me to be.'

Speaking of his ministry within Devon and Cornwall CPA Skedje added: 'I really want to encourage especially those within our Branch to consider not only what God might be saying to them today but also ask what they then are going to do about it? Being a Branch Leader presents many opportunities to not only support and encourage people of all ranks but to also actively assist our CPA President, Paul Netherton, who as our own Deputy Chief Constable I am also privileged to serve.'

Skedje, worships at Exeter Vineyard Church and has been married to PJ for 20 years. They have three teenage children and two cats.



## Why not donate to CPA online?

You can do so securely through give.net via the link [www.give.net/CPA\\_National/oneoff](http://www.give.net/CPA_National/oneoff)

Support us at  
**give.net**

**President** Deputy Chief Constable Paul Netherton **Chair of Council A/Inspector** Marie Reavey

**Executive Director** Lee Russell **Executive Support Manager** Tony Gale **Editor** Allan Spencer **Administrator** Lindsey Monk

**ON & OFF DUTY** is the CPA monthly digest of news and articles. We also update a monthly Prayer Diary intended to inform and encourage those associated with the CPA. Please forward any items to [office@CPAuk.net](mailto:office@CPAuk.net) by the 20th of each month.

NB. All articles published will also be available for unrestricted viewing via the Internet. The views expressed in this publication are not necessarily those of the CPA Council.

**Christian Police Association**  
46-50 Rutherford Drive, Park Farm  
Wellingborough NN8 6AX

**Tel:** 01933 409485  
**Email:** [info@CPAuk.net](mailto:info@CPAuk.net)  
**Skype:** cpaukhq

 @uk\_cpa  
 /christianpoliceassociation  
Registered Charity: 220482 (E&W) SCO43784 (Scotland)



**CPA**  
CHRISTIAN POLICE ASSOCIATION