



DEFENCE POLICE FEDERATION

Established by Act of Parliament

DPF Newsletter November 2019

Have you done your fitness test yet?

Just 4 hours of your time could secure at least 8 years off your pension.

WE NEED YOU

Take part in the Defence Police Federation and Loughborough University study to help provide data to support the lowering of the retirement age for all of our members.

<http://www.dpf.org.uk/latest-news/study-looks-into-effects-of-age-and-gender-on-the-physical-fitness-of-ministry-of-defence-police-officers>

The DPF needs all members to get involved in this study. Without your help and assistance, we will not get the data required to be able to engage with the Government and push for a lower pension age for every officer.

For the data to be of any value we need a number of you to take the time to attend and carry out the fitness test.

The test is not recorded for the purposes of the MDP. All the data gathered is for the sole use of the DPF and Loughborough University. Neither the DPF or the Force will see any of the individual data from the tests, only the overall result once the report is finished by Loughborough.

At present, a number of officers have signed up to take part and we thank you all for your participation, but we need more. This is your chance to influence Government on the age at which you get to retire.

If we are unable to get the numbers required to engage the DPF will have to accept that you, our members, are happy to complete an MSFT to the standard set out by the College of Policing and the MDP until you reach your state pension age (which will increase in the future for all). This is because your choice not to engage will mean we do not have the support or evidence to challenge this going forward. If that is not the case you need to engage with us and this test.

It is essential that you do.

DPF, Unit 131, China Works, Black Prince Road, London, SE1 7SJ

Tel: 0203 176 6509

Email: admin1@dpf.org.uk - www.dpf.org.uk

For those members that were part of the discrimination claim, you need to be aware that the Government WILL change the pension again, and this time they will not discriminate – they will apply it to everyone, so your pension age WILL increase to that of the state pension age , when the Government bring in these new changes, if we are unable to challenge that.

The dates and locations of testing are as follows:

13 & 14 November	Menwith Hill
27 November	Portsmouth
3 & 4 December	Wethersfield
9, 10 & 11 December	Clyde & Coulport
16 & 17 December	AWE Rec Off Site Facility
January 2020 TBC	Fairford

The test is a simple MSFT, with no pressure on achieving a certain level. You are only required to run until you feel you cannot run any further.

As stated previously, the data will only be used by the University and not supplied to the Force. The only people gathering data are Loughborough which will be held confidentially. Even us, in the DPF, will not have access to the data concerning the level you have achieved.

The DPF are only interested in the empirical data which hopefully will show that as you get older it becomes harder to remain fit to the level required. We know this is true, but we need to be able to prove it scientifically.....

If you feel you do not want to take part in the survey but would be happy to give up a small amount of time out of your day to take part in the fitness test, this is also acceptable. By contacting DPF HQ, we can provide a briefing sheet, and give you a time which suits for your attendance at one of our locations. The DPF are also happy to cover the cost of hire cars/minibuses, if a number want to travel together. We will also cover the cost of your food etc whilst away from home.

Please contact DPF HQ on admin1@dpf.org.uk or 0203 176 6509 to take part.

If you think there are colleagues out there who are unaware of this test and what we are trying to achieve on your behalf, please speak to them and try to encourage them to take part.

Remember, it doesn't matter what age you are, we all have to retire at some stage and it soon creeps up. We need every age group and gender to engage, regardless of your personal fitness levels. The more volunteers we get the stronger the evidence.

Once again without your help and involvement it will be impossible to argue for a change in our current and more importantly FUTURE retirement age.

ITS UP TO YOU.

A short film about the Defence Police Federation and Loughborough University fitness study can be found here: <https://www.youtube.com/watch?v=qLeo-bZuWeA>

Follow the DPF on twitter @DefencePolFed for all news and articles concerning the MDP and wider police family.