

November 2024

VIEWPOINT

Met Black Police Association



Chairman's Update

As I take a moment to reflect on the year so far, I do so with a heavy heart. It has been a year filled with revelations and challenges that have truly tested our resilience and unity. We have faced numerous trials, including the unacceptable targeting of our colleagues and the disproportionate nature of misconduct allegations. Together, we have watched and waited for a glimmer of hope, a light at the end of the tunnel that would signal the acceptance and acknowledgement of the harrowing case studies fully narrated in the Casey report, alongside other lived experiences that are often highlighted yet quickly forgotten by those tasked with addressing these critical issues.

Our journey has not been without its obstacles. The efforts we have put into creating a lasting legacy of progressive strategic actions have been consistently hindered by individuals with personal agendas.

On a personal note, I will share that, earlier this year, I was diagnosed with prostate cancer. In July 2024, I underwent major surgery for my survival and I am now back to work but on a health monitoring process for the next three years. This experience underscored the critical need for health vigilance. I urge every male to take proactive steps to have regular annual PSA checks through their GP or medical health professionals, and I encourage our female colleagues to do the same for their health.

Prostate cancer disproportionately impacts Black and ethnic minority males, and I invite you to watch a powerful YouTube message (see link on page 4) that serves as a stark reminder of this disease's indiscriminate nature.

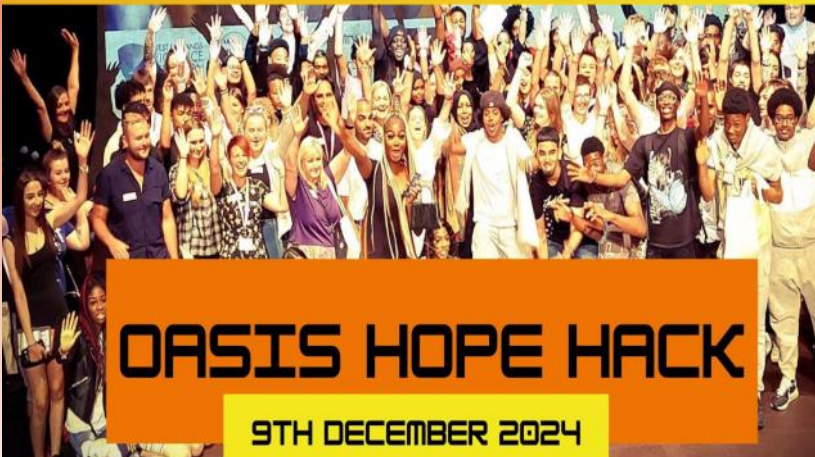
Throughout this journey, I have been incredibly grateful for the unwavering support of my family, close friends, and colleagues. Their presence and encouragement have been invaluable. It is this support network that has reinforced my belief in the power of community and solidarity in our fight for equity.

I am glad to announce the reactivation of the Met BPA Monthly Viewpoint Newsletter after a period of inactivity. October marked our comeback, dedicated to highlighting Met BPA's 30 years of impactful work! This revival is not just a return to form; it is a commitment to keep the fire of stimulation and support mechanisms burning. We must continue to strive for truly progressive outcomes for our members, colleagues, families, friends, and communities in the UK and worldwide. The Viewpoint Newsletter will serve as a platform for sharing insights, experiences, and strategies to overcome the challenges we face, as well as to celebrate our successes. Starting in November 2024, books written by retired Met BPA colleagues will be showcased with inputs from the authors.

As we move forward, let us remain steadfast in our commitment to one another and to the values we hold dear. Together, we can navigate these turbulent times and emerge stronger, more united, and more determined to create a better future for all.

Thank you for your continued support and dedication.

Charles Ehikioya



OASIS HOPE HACK

9TH DECEMBER 2024

OASIS ST MARTIN'S VILLAGE, TULSE HILL

9.45am for registration. Event programme 10am – 4pm

Are you aged between 15-25? Join us for an exciting day of activism, creativity, and change. Collaborate with others, have your voice heard, and present your ideas to decision-makers.

Use the QR code to register for the event. For more information or to register a group, contact: enquiries@oasismartins.org



What to expect

- Live performances
- Inspirational Speakers
- Free lunch and goody bags

Why attend

- Make an impact
- Contribute to change
- Create new connections



Thank You

We wish to thank **Rommario McLeary-Campbell** who volunteered and took all the pictures used in the collage to celebrate the 30th Anniversary of the Met BPA.

Instagram: @zeroshub

Adult guests who want to attend the finale at the end of the afternoon, please note it will be at 2:30 pm at Oasis Village 155 Tulse Hill, London SW2 3UP .

It will finish approximately at 4:15 pm when we set off to Tulse Hill Tavern for Hope Hack Tour 2024 Christmas drinks. Please email

Danielle.Welch@oasisuk.org

Contact us

Metropolitan Black Police Association

Website: <https://www.metbpa.org.uk/>

Please send your contribution to the Newsletter to info@metbpa.org.uk by the 15th of the month.

BOOKS

Behind the Blue Line by Gurpal Virdi



A police officer who retired after 30 years of exemplary conduct, an Olympic Torch Bearer as part of the 2012 Summer Olympics torch relay, and a councillor in Hounslow. Falsely accused, criminally investigated and pursued through the legal process several times only to be completely exonerated.

A man of integrity who fought the system and won. He tells us that *“there is clear evidence that police corruption cover-ups continue to this day ... **The whitewash continues.**”*

We all know we will overcome institutional racism but we can only win if we stand together. **#StrongerUnited**

Sir Peter Bottomley MP wrote *“Behind the Blue Line is the story of a good public servant. Without rancour, it details the obstacles, the prejudice and the official carelessness that can get in the way of a dedicated officer’s career. We can learn from it. We must learn from it. These events should never be able to happen again.”*

Behind the Blue Line is a stark chronicle of police incompetence mixed with vindictiveness. It is a must read book.

Gurpal said: *“When you take the MET on and prove that it is racist and discriminates towards their own colleagues, the MET will not accept that they did anything wrong.*

My wife and I refused to sign Non Disclosure Agreements thus the MET targeted me as they wanted to criminalise me.

All the police officers involved in my cases have committed criminal offences yet enjoy full immunity from prosecution and have gained promotion.

The reason for writing 'Behind the Blue Line' was to expose to the public how the MET operates to destroy someone who is innocent whilst senior officers, the IOPC, and the government turn a blind eye.

Fighting a big organisation requires money and, whilst the MET has an endless amount of taxpayers’ money you, as an individual, do not, and justice is therefore seldom achieved by an ordinary person.

Many people give up because of financial pressures and the negative publicity that being falsely accused of criminal offences creates,. Authorities ignore your cries for help when you challenge the MET.

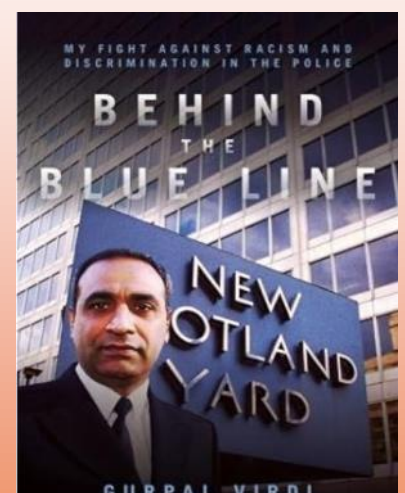
Just think, several reports have repeatedly stated that the MET is racist, sexist, homophobic and corrupt, yet no one has been held to account. This is no way policing with public consent.”

You never think it will happen to you. My colleagues and I were very professional, we did everything properly, we did everything by the book.

When it actually happens to you and you are being put through the system, you think what the hell is going on here?

We are in England, we are meant to have a proper legal system here.

Gurpal Virdi



PROSTATE CANCER



Please Watch [Embarrassed. A Sir Steve McQueen Film.](#)

What is prostate cancer?

Prostate cancer can develop when cells in the prostate start to grow in an uncontrolled way.

Some prostate cancer grows too slowly to cause any problems or affect how long you live. Because of this, many men with prostate cancer will never need any treatment.

But some prostate cancer grows quickly and is more likely to spread. This is more likely to cause problems and needs treatment to stop it spreading.

Signs and symptoms

Prostate cancer that's contained inside the prostate (called localised prostate cancer or early prostate cancer) doesn't usually cause any symptoms. That's why it's important to know about your risk.

But some men might have some urinary problems. These can be mild and happen over many years and may be a sign of a benign prostate problem rather than prostate cancer.

Find out more information about the possible symptoms of prostate cancer.

If you think you might be at risk of prostate cancer or are experiencing any symptoms, visit your GP or speak to our Specialist Nurses.

If you're not sure about what to say to your GP, open hyperlink [6216-prostate-cancer-uk-gp-questions.pdf](#), print and fill out the form and show it to them. This will help you start the conversation. You have the right to a PSA (blood) test to help diagnose prostate cancer if you're over 50.

Are you at risk?

In the UK, about 1 in 8 men will get prostate cancer in their lifetime.

Prostate cancer mainly affects men over 50, and your risk increases with age.

The risk is even higher for black men and men with a family history of prostate cancer.

Find out more about your risk and share our infographic on prostate cancer risk by opening

[What are the signs and symptoms of prostate cancer? | Prostate Cancer UK](#)