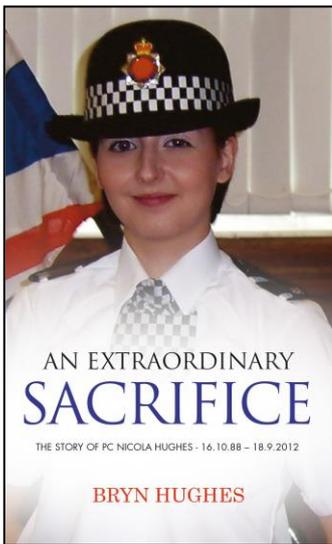


MEREO NEW BOOK: PRESS RELEASE

In 2012 the nation was shocked by the pre-meditated murders of two Manchester Police Officers, PC Nicola Hughes (aged 23) and her colleague PC Fiona Bone (32). Now Nicola's father gives his own personal account of his daughter's life and the aftermath of her violent, tragic death.

PUBLICATION DATE: 21 March 2016



AN EXTRAORDINARY SACRIFICE

THE STORY OF PC NICOLA HUGHES: 16.10.88 – 18.9.2012

by **BRYN HUGHES** (the father of PC Nicola Hughes)

With a Foreword by

NICK ADDERLEY, Chief Superintendent, Greater Manchester Police

**PROFITS FROM THE SALE OF THIS BOOK ARE BEING DONATED TO
THE PC NICOLA HUGHES MEMORIAL FUND**



ISBN: 979 1 86151 397 7 Paperback 144 pages RRP: £12.99 March 2016

Also available as an ebook www.mereobooks.com

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'Please tell me what's happened' I said. Then that horrible realisation came. You know how the rest of the conversation is going to go but however hard you try there is nothing you can do to prevent what's coming next. 'Don't you dare tell me she's dead,' I said. Not my Nicky, please not my little girl!

On 18 September 2012, PC Nicola Hughes (23) and her colleague PC Fiona Bone (32) were shot dead by a psychopathic criminal called Dale Cregan who had lured the young officers to his doorstep by making a false 999 call. The crime received a blaze of publicity and shocked the whole nation.

Now, in this new book, Nicola's father bravely tells Nicola's story in his own words. He tells of the shock and the grief as well as the challenges he and the family have faced since her death – and describes the inspiring work of the memorial fund that bears his daughter's name.

Although Cregan is now serving life for the murders of the two young policewomen – with a recommendation that he should never be freed, Nicola's father Bryn, a former prison officer, constantly relives the memories of that dreadful day and the events that followed it. Seen through the eyes of her grieving father, this is Nicola's story, from the joy of her birth through to the terrible circumstances of her untimely death and the aftermath of pain and heartbreak.

A proud dad: Bryn Hughes with his daughter, PC Nicola Hughes >>



But the book is also an inspirational account of how Bryn Hughes decided to pay tribute to his daughter by creating a force for good from the unspeakable act of evil that robbed him of his daughter.

With the help of the Police and the people of Britain, the **PC Nicola Hughes Memorial Fund** has now raised hundreds of thousands of pounds to help young people whose lives have been thrown into turmoil by the violent death of a close relative. The money raised provides support, educational opportunities and career training for young people bereaved by violent crime – and helps them to find some hope after the horror.

'Apparently one in four parents who have lost their children through murder never work again, and one in five develops a dependency on alcohol. That's a shocking statistic. The death of a child is also a major factor in divorces. We need to do more to help people who suffered this way to get their lives back.' Bryn Hughes.

Please see over for more photos, media opportunities and further information >>>>



To request a review copy or to be put in touch with the author, please contact **Elly Donovan PR**

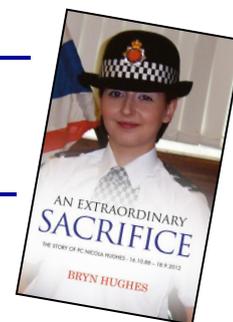
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MEREO NEW BOOK: PRESS RELEASE continued

An Extraordinary Sacrifice: The Story of PC Nicola Hughes 16.10.68 – 18.9.2012

Further Information and Media Opportunities



Extracts from the Foreword by Nick Adderley

Chief Superintendent, Greater Manchester Police

“... to have the most precious thing in the world taken from you in the most brutal, callous and public of ways, leaves me cold and wondering how on earth the families of PCs Nicola Hughes and Fiona Bone, gunned down in cold blood just because of the uniform that they wore and the values that they held, make sense of all the clichés, proverbs, and 'it will get easier' comments? ... Bryn Hughes is not an ordinary man, he is the father of PC Nicola Hughes, one of two officers under my command, who was lured to her death and murdered in the most calculated and inhumane way possible.

< Nicola on the day she was born

“In this book Bryn talks about the love and the life that Nicola gave to him and her family and of the support that she gave to the countless others who were blessed with having met or worked with Nicola. He talks about the moments after he learned of his daughter’s murder as well as the weeks, months and years beyond - his life sentence. When most other people would understandably withdraw from society, Bryn Hughes was determined not to allow his daughter’s death to have been in vain, and he is now determined to turn horror into hope for so many others. I was extremely privileged to have known Nicola Hughes, to have served with her in the finest police service in the world. I am equally proud to know Bryn Hughes - no ordinary man, no ordinary story.”

Nicola as a little girl >



Media opportunities: Extracts/serialisation. Photos & review copies available on request. Bryn Hughes is available for interviews.

Feature suggestions: The dangers faced by The Police: should they be armed?

- Living with the knowledge that your child was deliberately murdered
- The grieving process: is there any way of knowing what to expect?
- Help and bereavement counselling for parents and children
- Surviving special days (eg: Christmas, birthdays, anniversaries, Father’s Day) after a death

“I had to tell my son that his big sister was dead. How do you tell your only son that someone who he loved with all his heart and had grown up idolising had been so cruelly taken away in such horrific circumstances?” Bryn Hughes

< Bryn’s beautiful grown-up daughter, Nicola

Local UK interest: GREATER MANCHESTER: PCs Nicola Hughes & Fiona Bone were stationed at **Hyde**. They served in **The Tameside Division** of Greater Manchester Police. They were murdered in **Mottram (Longendale)**; Nicola and her younger brother were brought up in the village of **Diggle** and educated in **Diggle** and **Saddleworth**. Nicola trained as a police constable in central **Manchester**. The PC Nicola Hughes Memorial Fund is based in **Oldham**.

About the author: Bryn Hughes (picture right) was a Prison Officer at **HMP Wakefield** but took early retirement at the age of 51 (after the death of his daughter PC Nicola Hughes). Bryn founded the PC Nicola Hughes Memorial Fund in memory of his daughter and campaigns tirelessly to raise money for the charity. In 2014 he completed the **North Pole Marathon** in memory of his daughter.



PC NICOLA HUGHES MEMORIAL FUND – more information appears overleaf >>>>

TO DONATE OR GET INVOLVED please visit: www.pnicolahughesmemorialfund.co.uk

Twitter: @PCHughesMEM Facebook: PC Nicola Hughes Memorial Fund

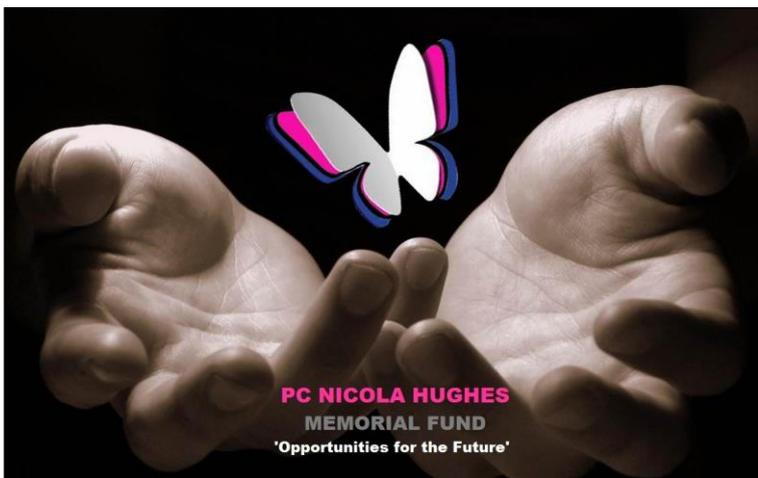
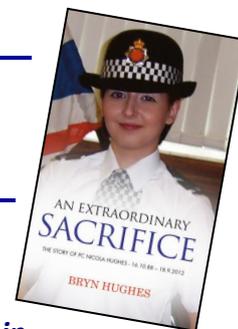


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MEREO NEW BOOK: PRESS RELEASE continued

An Extraordinary Sacrifice: The Story of PC Nicola Hughes 16.10.68 – 18.9.2012

PC NICOLA HUGHES MEMORIAL FUND – Turning Horror into Hope



“My daughter wanted to make a difference. And she has made a difference, though in cruel and dreadful circumstances. I am incredibly proud of her.” Bryn Hughes

PC NICOLA HUGHES MEMORIAL FUND

FIND OUT MORE OR GET INVOLVED:

www.pnicolahughesmemorialfund.co.uk

Twitter: @PCHughesMEM

Facebook: PC Nicola Hughes Memorial Fund

< ‘Opportunities for the Future’ - The logo of the PC Nicola Hughes Memorial Fund inspired by the butterfly pendant that Nicola always wore.

Very shortly after PC Nicola Hughes and PC Fiona Bone were murdered, police officers and other police staff began raising money in memory of the two young women. A sponsored bike ride raised £9,000.

More and more events were planned and Nicola’s father, Bryn Hughes, decided that he would get involved. Then, in 2013 he helped to organise events involving over 2000 police officers which raised more than £50,000.

Bryn takes up the story: *“Following on from this we decided to establish a charity in Nicola’s name and memory, a charity dedicated to providing help to youngsters who had suffered the loss of a close family member through violent crime. That’s how the PC Nicola Hughes Memorial Fund was born. It was created to provide learning opportunities and pre-employment skills in the form of support through grants or services to youngsters under 21 who have lost a parent through crime. The aim is to help them to try and rebuild their lives, look towards the future and to help them to stand on their own feet by continuing with their education (even if there is less money available following the death of a parent), or to start a course that will enable them to gain employment”*

Happier times: Nicola Hughes having a cuddle with Dad, Bryn >



The PC Nicola Hughes Memorial Fund continues to raise funds for young people who have been bereaved by violence. The actor, **Sir Patrick Stewart**, is one of the patrons of the charity.



In April 2014, Bryn Hughes and a small group of friends took their fundraising efforts to a new extreme by participating in **The North Pole Marathon**, ie: running a marathon, on ice, at the North Pole. This was an incredibly gruelling test of endurance and had involved a great deal of training and preparation.

Now Bryn plans to run seven marathons, in seven continents in seven years. He’s starting with running the New York Marathon in November 2016.

< **Bryn Hughes, on completing The North Pole Marathon:**

“I was glad it was over but it was for my little girl. I was standing at the top of the world and was emotionally and physically drained beyond belief. I had finally had the chance to be alone with my thoughts and feelings and to say goodbye to my beautiful little girl who I would never see again, and it was so hard.”



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