

The NHS Cadet Gazette

December '21

St John
Ambulance



NHS
Cadets

Welcome back to the NHS Cadet Gazette! Firstly, a huge congratulations to our Advanced Pathway Cadets who are graduating from the programme. This is an incredible achievement, particularly in a pandemic, and it's a testament to your dedication and resilience. We're very proud of you and wish you all the best for your next challenge whether that be volunteering, a job, further study, or a well-deserved break!

This December edition has something for all NHS Cadets including how you can make a difference this Christmas, and the launch of our new webpages.

We wish a very Merry Christmas to those who celebrate, and a Happy New Year to you all!

NHS Cadet Gazette needs you!

Do you enjoy writing, or have ideas about what you'd like to see in the NHS Cadet Gazette? Please get in touch!

We'd love you to write for an upcoming edition of the newsletter on a topic that would be interesting to other NHS Cadets. You could share your experiences of volunteering, give tips to future NHS Cadets, or write an opinion piece on why getting young people into healthcare is important. These are just a few suggestions so think outside the box and get creative!

If you'd like to get involved, email us at NHSCadets@sja.org.uk. This opportunity has no deadline, but don't delay in expressing your interest!



What's new?



Advanced NHS
Cadets: next steps

Launch of NHS
Cadets webpages

Social action over
the winter break



Oh, I think I will be taking this very far. Working with NHS Cadets and St John Ambulance will give me a lot of opportunities in the future, especially job opportunities.

Ayomide, NHS Cadet

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Next steps for Advanced Cadets

There are so many different routes into health and social care. If you've been inspired to take your next step in this sector, check out the opportunity ladder for more resources.

NHS Cadets advent calendar

The countdown to Christmas is on! To celebrate, we've created a virtual advent calendar exclusively for NHS Cadets which has something for everyone, whether you celebrate Christmas or not. Behind each of the 25 doors you'll find a new opportunity, a fun fact, an interesting video, or an awareness day to name just a few.

Click the gingerbread man to view the advent calendar or access it via [NHS Cadets: Connect](#).



University personal statement support

If you're currently writing a personal statement for a university application, the #GiveAnHour project is for you. This gives you the chance to get advice on spelling and grammar, or subject specific content (or both) from a St John adult with lived experience.

If you're interested, complete [this online form](#) and someone from the #GiveAnHour project will be in touch.

Good luck with whatever your next steps are!

[Search for careers](#) in healthcare and [take a quiz](#) to see which roles you might be most suited to.

[Here](#) you can view all 350 NHS roles in one place, and see which could be accessible through an apprenticeship.

If you'd like to explore more formal routes into healthcare, you may like to search [NHS apprenticeships](#).

Considering further study? Use this [search engine](#) to find out which healthcare courses are available near you.

[e-Learning for Health](#) offers countless free online courses which delve deeper into all things healthcare.

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Website launch – we want your feedback!

Last month we launched [brand new NHS Cadets webpages](#) on the St John website.

One of these pages, [NHS Cadets: Connect](#), has been designed for you – NHS Cadets who are currently enrolled on the programme. On the page you can find out about further opportunities, look at upcoming events, read past editions of the NHS Cadet Gazette and much more.

This page is designed for you, so we want to make sure it's the best it can be. If you have a few minutes spare, please complete this short [anonymous feedback form](#) and let us know your thoughts.

Winter well-being



Christmas can be a difficult time for any of us, for a variety of reasons. There's often pressure to enjoy every minute which is exasperated when we see others on social media having a seemingly perfect time. Remember that whatever you feel about this time of year, you're not alone. Below we've shared 5 tips for self-care over Christmas and the winter period.

1. Acknowledge your feelings, they're all valid.
2. Take 10 minutes a day to do something you enjoy.
3. Get outside for a quick walk in the daylight.
4. Talk to someone you trust about how you feel.
5. Limit time on social media. Remember that what people post isn't the full picture.

[Read Christmas well-being tips from Mind.](#)

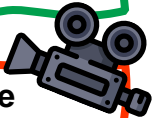
Here is a [list of useful contacts](#) from Mind for support over Christmas.

What do you think of NHS Cadets?

As you look through our [brand new webpages](#), you'll notice quotes from past NHS Cadets. These testimonials help us to promote the programme, and we'd love more!

If you're enjoying NHS Cadets and would like to share a comment with us, please do so via [this form](#).

Video competition deadline extension!



We're very excited to announce that the deadline for the NHS Cadets video competition is being extended into 2022.

Check out [page 5](#) for details on how to get involved, or find out more at [NHS Cadets: Connect](#).

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Social action over the winter break

Over the winter break you might find more time on your hands. Why not use it to get involved in your local community, support others or find new long-term volunteering role? These opportunities are open to all those aged 14+, unless stated otherwise.

[Age UK](#) supports older people when they feel they have no one to turn to.

Watch their short video to learn how to become a [Digital Buddy](#) and help the older people in your community stay connected over Christmas.



[Kissing it Better](#) aims to end the isolation of old age by bringing generations together.

If you're creative or have a talent, you can bring joy to patients and care home residents through the colder months by [volunteering with KiB](#).



[Leonard Cheshire](#) helps people with a disability to live as independently as they choose.

Here you can find lots of [social action ideas](#) you can do to support them, like sending a card to their services.

[Crisis](#) is the national charity for homeless people. Each year they set up Crisis Christmas centres to provide warmth, companionship and vital services to those facing homelessness.

Crisis at Christmas [volunteers](#) could help run activities, cook dinners, perform for the guests, or work behind the scenes. Sign up soon if you're interested as Crisis tend to fill their volunteer roles quickly.

Volunteers must be 18+.



[Missing Maps](#) is a project which aims to make map data accessible for places in the world where humanitarian organisations are operating.

It doesn't take long to [learn how to start mapping](#), and it can all be done from the comfort of your home!



[Zooniverse](#) is a platform where volunteers can enable people-powered research which wouldn't otherwise be possible. Find out [how you can volunteer](#) on a project online with no minimum time commitment.

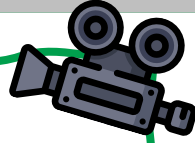
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Competition time!

We recently launched some [brand new NHS Cadet pages](#) on the St John website, and we need your help to make them exciting for young people considering the programme.

Your challenge is to create a short video about your time as an NHS Cadet so far. Think about the reasons you joined, and what others might want to know about your experience.

For example...

- Why did you join NHS Cadets?
- What do you like most about it? Did anything surprise you?
- What have you gained from being an NHS Cadet?



Get creative and make it your own. The best video will be featured on our website and the creators will win a prize! Results will be announced in a future edition of the NHS Cadet Gazette.

Send your videos to NHScadets@sja.org.uk via [WeTransfer](#) (free to use).

Check out [iDEA's Video Editing badge](#) for some extra advice!

Filming top tips

- Keep it to under 1 minute
- Choose somewhere well lit and quiet to film
- Stay as close to your phone/ camera as possible
- Hold your device steady or prop it up while filming

All Cadets who feature in the video should complete and return the **consent form** attached to this email.

