

The NHS Cadet Gazette

October '21

St John
Ambulance



NHS
Cadets

Welcome to the NHS Cadet Gazette! This is your exclusive NHS Cadet newsletter where you can keep up to date with news, learn about upcoming events, and get involved in exciting opportunities.

Somehow, we find ourselves in autumn and it will be the end of the year before we know it! A lot has happened since the summer: over 30 new Foundation Pathway groups began the programme around the country and many of you registered for CVQO's Level 2 BTEC.

As November approaches we know to expect cooler nights, autumnal colours and Bonfire Night...but there are two other important events coming up next month: International Stress Awareness Week and World Kindness Day. Read on to find out how to get involved. In this edition you'll also find plenty of other opportunities including an exciting video competition.

Finally, a very happy **Diwali** to all NHS Cadets and their families who are celebrating this November!

The iDEA badge of the month goes to...

Growth Mindset!

The [Growth Mindset badge](#) reflects on the concept that the brain constantly evolves as it learns new things over time. We're not born with talent, but are able to develop our abilities in any topic or skill if we put our mind to it.

This badge is perfect to try out as we head into November – a month of reflection on our own wellbeing and how we can develop coping strategies.

NHS Cadets Advisory Group



There's still time to apply...

We're recruiting for an exciting opportunity to join the NHS Cadets Advisory Group. You'll represent the voice of NHS Cadets, support the Project Team to suggest solutions to problems, and manage changes by applying the skills you're learning on the programme.

You'll be supported to develop your confidence in presenting, collating information and giving feedback, with the chance to put together your own presentation to deliver to the Advisory Group.

The deadline for applications is **Monday 1st November**.

For more information or to apply contact NHScadets@sja.org.uk.



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Ready for TikTok fame?

Are you social media savvy? A TikTok pro? If you'd like to get involved with promoting NHS Cadets on social media, then let us know at NHScadets@sja.org.uk.

We're particularly keen to create content for the upcoming [#iwill week](#) campaign – so if you've been volunteering or taking part in social action recently, we'd love to hear from you!

[Check out our TikTok!](#)



Upcoming webinar!

On Thursday 28th October at 1:30pm we'll be holding a webinar exclusively for NHS Cadets where you can hear from healthcare workers about their career journeys. Come along to learn more about where a career in the NHS could take you – including working with the air ambulance! You'll receive a link to join the webinar from your Project Lead very soon.

Duke of Edinburgh's Award

Thinking about doing your DofE? For a limited time, the DofE Award has re-launched its resilience fund, which means that if you qualify you won't have to pay the participation fee for the Bronze or Silver Award. If you're interested, sign up by **31st March 2022** by clicking the boot below!

Learning first aid, recent volunteering and attending NHS Cadet sessions can all count towards a DofE Award, so it's easier to achieve than you think. Learn more about [doing DofE](#) and get some [activity inspiration](#).



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“NHS Cadets has improved my confidence in speaking with others and when I am feeling upset or overwhelmed, I can reach out to others to help relieve my stress.”

“[NHS Cadets] has also helped to take my mind off my own mental health, it's like a distraction, but it's a good distraction.”

International Stress Awareness Week (Nov 1st-5th)

We all experience stress. Small amounts can be helpful to motivate us to revise for that exam or get to an appointment on time. However, it's easy for stress to build up and have a negative impact on our mental and physical health. Everyone has their own way of managing stress. If you're a Foundation NHS Cadet, you may have taken part in a stress bucket activity which is a great way to visualise your stressors and coping tools. Click the stress bucket for a refresh!

Take this week to reflect on how you deal with stress, and if there are new strategies you can try to cope better in the future.



Find out more about International Stress Awareness Week [here](#)

World Kindness Day (Nov 13th)

If you're on the Advanced Pathway, you've probably completed a session on the importance of compassion and kindness in healthcare. Kindness became the trend over the past 18 months when we all started to look out for each other a little more.

World Kindness Day reminds us that kindness isn't a fad, but something we should prioritise every day. Quite fittingly, it's also been proven to [reduce anxiety](#) (so you can add it to your coping tools above!). Click on the globe for some kindness inspiration.

Volunteering is just one way you can show kindness to others. Here are some examples of how NHS Cadets have been volunteering recently...

- Setting up local fundraisers
- [Zooniverse](#)
- Sending letters to care homes
- Helping out at a local Brownie unit
- Designing an NHS Cadets mental health buddy scheme



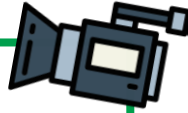
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Competition time!

Very soon we'll have 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 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) by **Sunday 5th December**.

Filming top tips

- Keep it to under 1-min
- 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

For extra
advice!



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

