

# the Cadet

Magazine

East Midlands Reserve Forces and Cadets Association  
Newsletter

Winter 2017

**Focus on:  
Why Should I  
Volunteer?**

**Teacher credits  
her career to  
volunteering**

**Learning  
First Aid skills**

**Becoming a  
Master Cadet**



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RESERVE FORCES AND CADETS ASSOCIATION**

# the Cadet Magazine

## Contents

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## Find Out More

If you are interested in becoming a cadet or adult volunteer please visit:

Sea Cadets – [www.sea-cadets.org](http://www.sea-cadets.org)

Army Cadet Force – [www.armycadets.com](http://www.armycadets.com)

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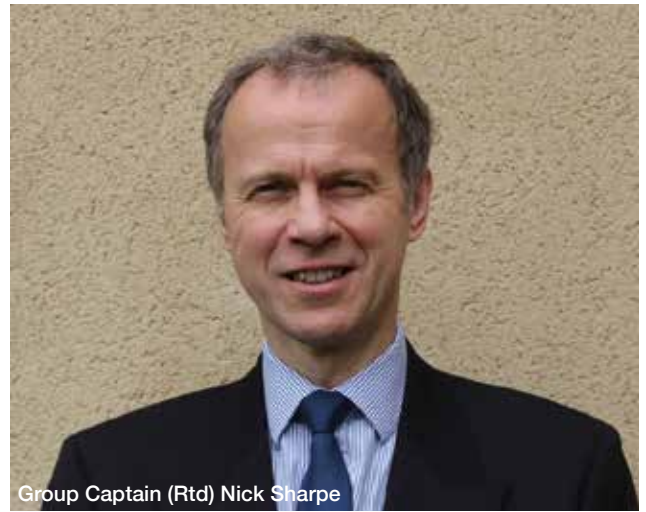
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# Chief Executive introduction



Group Captain (Rtd) Nick Sharpe

Many (many) years ago I was standing beside the pitch at Marlow Rugby Club, watching my son playing in the Under 12s team. It was a brisk, frost tinged winter morning and my breath was clearly visible as I huddled in my coat, hands firmly in pockets and scarf pulled tight around my chin. I was busy chatting to a couple of other parents and didn't notice one of the coaches moving along the touchline towards us. As he reached us he stopped, looked at me and said, 'you're Ed's dad aren't you?' There was a slight hesitation, before he added 'Ed says you used to play rugby'.

A number of you will have no need to read further, because you will know what happened next. The following week I found myself on the pitch assisting the coaches and a few weeks later I was a coach. It certainly wasn't what I planned when I initially took my son down to the club, but I found myself thoroughly enjoying every minute. I know from talking to a number of adult volunteers in all of the Cadet Forces that several parents have found themselves 'press-ganged' in the nicest possible way into helping at their children's detachments.

Ironically at a time when the Cadet Forces are enjoying a widespread recognition of the good that they bring to both individual children and to society there is a growing shortage of adult volunteers, without whom the cadets simply would be unable to function. There is a lot more to being an adult volunteer than simply attending on a parade night and there are many opportunities to learn new skills, be they in new sports, management or practical skills such as First Aid. I hope that you enjoy this magazine and if you are an adult, parent or not, take a look at the section entitled 'Why should I volunteer'; it might just be worth giving it a try.

*Nick Sharpe*

Group Captain (Rtd) Nick Sharpe, Chief Executive East Midlands RFCA

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# Achievements:

## Teacher credits her career to volunteering

A history teacher from Nottingham has explained how volunteering with the Sea Cadets sparked her ambition to go into the education profession.

Becky Carter, aged 28, an adult volunteer with Nottingham Sea Cadets, toyed with the idea of going into the Royal Navy when she was younger before discovering a love of teaching others in her voluntary role.

Becky, who works as a secondary school teacher at The Farnborough Academy, Clifton, said: "I'd spent many happy hours as a cadet myself and had developed a real interest in undertaking a career in the Navy, but I knew that whatever happened I wanted to go to university first."

As soon as she hit 18, Becky decided to become an adult volunteer helping young people from 10 to 18 years to learn a variety of subjects such as sailing, kayaking, outdoor pursuits and other nautical-based training on and off shore, and has now achieved the rank of Sub Lieutenant in the Sea Cadets.

Becky continued: "I've always enjoyed history so it was a good option for me to combine by academic knowledge with the practical skills I had learnt in the Cadet Force to become a teacher rather than going into the military."

"When I went for my initial interview for my teaching position, I felt that I had lots of examples about how I had worked with children and young people and how I had organised and carried out a variety of activities with them



Becky with cadets from Nottingham

through the Sea Cadets. My volunteering also helped me to demonstrate all of the 'soft skills' I had learnt too, like team-working, decision making, interpersonal and problem-solving skills as well as my trustworthiness and dedication to carrying out my duties."

Becky has also successfully completed a number of courses through her voluntary role which have assisted her in the workplace in resolving conflicts and managing a team of people.

She concluded: "Last year my manager was on maternity leave so I was asked to step in as acting head of department, which was a great opportunity. Although initially I did find my new role a little daunting, I was able to use my knowledge of leading a team of volunteers at my Sea Cadet unit so that gave me a head start in carrying out my new responsibilities to a good standard."

"I am really passionate about volunteering and would recommend giving it a go to anyone who is interested in working with young people either on a professional or voluntary basis. One of the main things I have taken from the experience is how to engage my students and make them feel as enthusiastic about subjects as I am."

## Sporting first for Retford volunteer

A Cadet Force adult volunteer from Retford is believed to be the first ever member of the Army Cadet Force (ACF) to be selected to play ice hockey alongside full-time soldiers.

Sergeant Instructor Mitch Gee, a member of Nottinghamshire ACF, was deemed eligible to compete in his volunteer role. He joined an All Star Team made up of players who do not have an established ice hockey team to play in, such as military personnel from the Infantry, Royal Electrical and Mechanical Engineers or the Royal Logistics Corps to name a few.

Wearing the cap badge of The Mercian Regiment, Mitch parades at Retford Detachment on a weekly basis, teaching the cadets a variety of skills from map reading to First Aid.

Working as a Plumbing and Heating Merchant Branch Manager in his civilian life, 34-year-old Mitch explained how it was a real honour to be selected: "It feels like a huge

achievement to be eligible to represent Nottinghamshire ACF by participating in the Army Ice Hockey Championships. This is arguably one of the greatest achievements in my life and to play with and against some of the best players in my 20 plus years on the ice is an honour.

Mitch joined the Army All Stars in June and has since gone on to play at the Tri-Service Championships alongside corps and station teams from the Royal Air Force and Royal Navy.

He concluded: "To be a Cadet Force adult volunteer in the ACF and eligible to play sport within the Army is such a boost. I would say that if anybody else is offered a chance they should grab it with both hands."



Sergeant Instructor Mitch Gee



Cadet Regimental Sergeant Major Matthew Frost at annual camp in Hampshire

# Becoming a Master Cadet in Nottinghamshire

**A student from Worksop has become a Master Cadet, the highest accolade possible in his youth organisation.**

Cadet Regimental Sergeant Major Matthew Frost, aged 17, is a member of Nottinghamshire Army Cadet Force's (ACF) Worksop Detachment and was awarded his new title in August after completing a training course at Frimley Park Cadet Training Centre in Camberley.

In order to become a Master Cadet, youngsters have to complete a series of Army Proficiency Certificates successfully and become a One, Two, Three and Four Star Cadet before undertaking another week-long course to be considered for the position.

Originally joining the ACF five years ago when he was in year eight at school, Matthew has worked his way through the rank structure to be Cadet Regimental Sergeant Major where he is now.

Matthew said: "My cadet role is really fulfilling. I now get to help the younger cadet's work towards their targets, and seeing them achieve what they want to is brilliant.

"I really enjoy developing my leadership and teaching skills so going on the Cadet Leadership Course was great. I believe the skills I have developed through cadets will help me in the future particularly in the workplace as I have a good knowledge of leading and working as part of a team."

Speaking about his recent achievement, Matthew continued: "Becoming a Master Cadet is really satisfying for me as it is the last star grade in the cadet syllabus and it means that I have fulfilled a long-time dream of mine to achieve this title. I know everyone else on the course from other counties around the UK felt the same as me, it really means a lot."

Achieving the title of Master Cadet is particularly good for Matthew as he still has a number of months left in the ACF before he leaves the organisation on his 18th birthday.

Matthew is now focussing his efforts on completing as many adventure training courses as he can in other parts of the country or abroad depending on what opportunities are open to him.

Speaking about why he would encourage other young people to join the ACF in their area, Matthew continued: "There are

so many reasons to get involved. It teaches you lots of things you don't get taught in school such as the importance of values and standards, how to be a nice person, how to show respect and have manners, its loads of fun and I can't fault the organisation at all so I would tell anyone interested to come along and give it a try."

Matthew recently returned from Nottinghamshire ACF's annual camp in Hampshire where he got to take part in a variety of activities such as sailing, raft building and laser tag.

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# Achievements:



Final year student Courtney Edwards and Dr Maria Kontogianni

## University lecturers embrace volunteering

**Two university lecturers and a final year student from Nottingham Trent University have joined forces to lead a youth group.**

Adult volunteers Second Lieutenant Dr Maria Kontogianni, a Principal Lecturer in Psychology, Potential Instructor Dr Sally Andrews, a Senior Lecturer in Psychology, and Sergeant Instructor Courtney Edwards, a final year Psychology student are all members of Nottingham Army Cadet Force's (ACF) Nottingham Academy detachment in Sneinton and all decided to use their spare time to make a positive difference to young people in their community.

Maria originally joined Nottinghamshire ACF four-years-ago, initially volunteering in Carlton before moving over to the unit in Sneinton where she is now Detachment Commander.

Maria explained: "Although I am in a university role now, I was previously an unruly child so decided that by volunteering in my community I could help to mentor local young people and encourage them to achieve their goals both in and out of the Cadet Force.

"I wasn't sure what new skills, if any, I would pick up from my volunteer experience, but I am pleased to say it has surpassed any initial expectations I may have had. Joining the youth organisation has changed my life for the better as it is immensely rewarding and has given the other adult volunteers and I the chance to gain valuable leadership skills and achieve First Aid qualifications we can also use in our civilian lives."

Sally joined the ACF a few months ago because she wanted to help young people reach their potential. She said: "At the University we are keen to provide opportunities to succeed for students who come from all different backgrounds. However, there is an imbalance in attainment and subsequent prospects for some young people that begins

long before they get to university or join the world of work. So when I heard about the ACF and its aims and impacts on young people's lives, I was sold. It's not all about the military; it's about giving young people skills, qualifications, and the opportunities to succeed."

Many professional people may not think they have time to volunteer but Maria believes that you can get out of the experience what you put in, so it is worth every ounce of energy and enthusiasm you can spare.

She continued: "Visiting a detachment for the first time is awe inspiring. The adult volunteers come from all walks of life and they all make a unique contribution to these kids' lives. They create a safe and fun environment and help the cadets develop leadership, teamwork and social skills. Witnessing cadets' achievements and knowing that you had something to do with that is very rewarding.

"After working a 10 hour day I often feel tired and could easily go home and relax, but when I arrive at the detachment and can see the kids benefiting from what we are teaching them it makes it all worthwhile. The cadets are funny, interesting and I really enjoy assisting them to gain new skills. We have a saying at the detachment, 'stand tall and be confident'. I want the cadets to be proud of who they are, have confidence in their abilities and have fun."

Maria is originally from Greece and moved to the UK 20 years ago. She concluded: "We always need more adult volunteers so I would encourage anyone who has an interest to get in touch or visit the ACF website to find out more. It doesn't matter what background you are from, you do not need any previous military or teaching experience as everything can be learnt 'on the job'. I would recommend volunteering with Nottinghamshire ACF to anyone who wants to work with young people and enjoys a challenge."



## Cadets open the F1 British Grand Prix

25 Cadets from Northamptonshire opened one of the biggest sporting events in the world by performing for a crowd at Silverstone and millions watching on TV.

The marching band of 5F (Northampton) Squadron (Sqn) RAF Air Cadets, made up of young people aged between 13 and 20 played for 15 minutes at the prestigious Formula 1 British Grand Prix event.

Entering from the pit lane and leading the parade of National flags of the participating teams and drivers, the band marched down to the starting grid where they paused ahead of the Red Arrows fly past and the National Anthem being played.

Civilian Instructor Dawn Upton, Adjutant of 5F (Northampton) Sqn, explained: "The honour of performing at the Grand Prix in July came about following the band successfully opening the 24 hour Endurance Series at Silverstone only a few



Cadets marching at the event.  
Photo credit: LAT Images [www.latphoto.co.uk](http://www.latphoto.co.uk)

months before. The venue was so impressed by the band's original performance they showed videos to the Federation Internationale de l'Automobile (FIA) who said 'yes' to them opening the Formula One event."

Cadet Corey Churchman, aged 17, said: "The thought of stepping out onto the track in front of millions of people was immense. It was an opportunity that very few people will get, and the pride of taking part will stay with me for a very long time."

## Elizabeth toasts her cadet and circus background

When it came to learning a new skill for her Duke of Edinburgh Award, Lincolnshire's new Army Cadet Force (ACF) Lord-Lieutenant Cadet, Sergeant Elizabeth Train-Brown, fired up her circus background.

The 16-year-old member of Lincolnshire ACF's Abbey Detachment has now added fire breathing to her incredible skillset which also includes plate juggling, rope spinning and using flaming poi balls as well as the many skills such as leadership and First Aid she's developed in cadets.

She explained, "My dad has been with circuses for about 50 years, when he first saw a juggling act at a local circus in Lincoln and didn't stop for weeks on end until he'd perfected juggling himself. He's also worked as a rope spinner, grounds agent and publicity officer and my parents worked alongside each other as clowns. My sister worked as a trapeze artist and gymnast.

"My mum learned fire breathing; however, when she became pregnant with me, she couldn't continue the act due to the paraffin intake so she taught herself face painting and we continue to run the Funny Faces business."

Elizabeth has learned more skills through cadets, including using her First Aid training to potentially save a stranger's life once after she witnessed someone suffer a severe asthma attack. However, she needed to demonstrate learning a new skill for her Duke of Edinburgh Award, so decided to think



Fire breathing in Lincolnshire

outside the box and showcase her fire breathing talent.

Elizabeth, who is currently studying her A Levels, has also now landed one of the top positions a cadet can achieve by being named a Lord-Lieutenant's Cadet for Lincolnshire.

It means she will accompany the Queen's representative in Lincolnshire, Lord-Lieutenant Mr Toby Dennis, at events for the next 12 months.

She's already performed fire breathing in front of the Mayor of Lincoln as part of her Duke of Edinburgh examination and they're sure to be a talking point for Mr Dennis.

Elizabeth continued: "I've been assured that Lincolnshire ACF Commandant Colonel Jeremy Field and the Lord-Lieutenant himself are equally keen to see me perform one of my circus acts.

"It makes me excited and proud to entwine two huge parts of my life in the circus and cadets. The ACF presents so many opportunities that cannot be found anywhere else and opens up a whole new world of people to meet and share new experiences with. I've built strong relationships through cadets and experienced amazing opportunities."

# Lincolnshire cadets attend STEM Camp

Four cadets from Lincolnshire Army Cadet Force (ACF) put their half-term holiday to good use by attending a STEM (Science Technology Engineering and Maths) Camp designed to help young people learn more about how the Army makes use of the wide range of technology it has at its disposal.

The Science in Action event took place over six days at Westdown Camp, Salisbury Plain, and was an ideal opportunity for both Cadet Force adult volunteers and cadets with an interest in STEM to learn how technology can be used in a military context.

In total, 160 cadets from the UK's Combined Cadet Force's and ACFs attended the event, doubling the numbers of last year's very successful pilot. The adults present were a mixture of schoolteachers, STEM ambassadors and engineers, who have an interest or direct involvement with STEM through their civilian employment.

During the camp, cadets, who are in Years Nine to 13 at school, were able to see a range of equipment and ask



Cadets taking part in the STEM workshop

questions during a variety of activities that were planned to encourage the youngsters to continue with STEM-based subjects at GCSE, A Levels and beyond.

Reflecting on the camp, Cadet Sergeant Darshan Patel, from Lincolnshire ACF's Grantham Detachment, said: "It has opened my eyes and given me a greater insight into other options which are available to me after I leave college."

For Cadet Lance Corporal Jack King, also from Grantham Detachment, his career intentions were confirmed. He explained: "I wanted to join the Army's Royal Electrical and Mechanical Engineers before I attended this camp and am considering becoming a Recovery Mechanic".

Adult volunteer Tommy Napier, a Sergeant Instructor, at Grantham Detachment, also valued the experience. He commented: "Each day was crammed with STEM activity. The Army did a great job in showcasing what they had to offer these young people, a great majority of whom wanted to further their career in the MOD."

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# Identical twins among Lord-Lieutenant Cadets for Rutland

The Lord-Lieutenant of Rutland could be forgiven for seeing double in the next 12 months after identical twins earned the right to be two of his Lord-Lieutenant Cadets.

Each year the Queen's representative in the county, Sir Laurence Howard, is ascribed a Lord-Lieutenant Cadet from several organisations to accompany him at civic duties and events.

At a recent ceremony Cadet Corporal Hannah Seymour was officially sworn in as the Lord-Lieutenant Army Cadet for Rutland alongside her sister Cadet Sergeant Amelia Seymour who has landed the corresponding position for the RAF Air Cadets.

The 16-year-olds from Oakham, who are studying for their A-Levels at Hartington Sixth Form College, went through different selection processes where they had to showcase their achievements in their cadet careers.

Hannah took part in a rigorous interview process to get the role having joined the Army Cadets in January 2014.

She said: "I joined Army Cadets because I wanted to do something different and as a career I'm interested in becoming a vet with the Army in my future career.

"I think the best thing about the Army Cadets is the adventure training we can take part in, particularly the canoeing. I've also been to Italy skiing, I'm hoping to go to Australia next year and there's just lots of options.

"Cadets is great in helping people build confidence and ensuring individuals take a leadership role that develops them even further.

"Being a Lord-Lieutenant Cadet feels really cool and I'm really excited to represent Rutland and the ACF.

"We're told having identical twin Lord-Lieutenant Cadets is a first in Rutland. Sir Laurence told us he's pleased we'll be wearing different uniforms."

Amelia admits joining the Air Cadets two months after Hannah joined the Army Cadets as she was feeling left out but wanted to do something different. She's certainly embraced it, as has her whole family with dad Ron becoming an Air Cadet instructor, particularly bringing the family's love of canoeing to the Squadron by becoming a qualified teacher of the sport, while mum Lucy is on the civilian committee.



Lord-Lieutenant Sir Laurence Howard with identical twins Cadet Corporal Hannah Seymour and Cadet Sergeant Amelia Seymour

Amelia also Chairs the Rutland Youth Council, is the leader of the Rutland Young Inspectors that aims to improve service to youngsters in the county, is a member of Healthwatch Rutland and volunteers at a donkey sanctuary.

With the cadets she's just completed her Silver Duke of Edinburgh Award plus leadership and advanced First Aid Course. She hopes to become a lawyer in the future, potentially with the RAF.

Amelia explained: "I like the experiences you get including the likes of flying and shooting. I've been to HMS Bristol, to Gibraltar and took part in the Four Day Marches in Nijmegen, Netherlands.

"I also like the side that ensures you take responsibility for things and that promotes leadership. How much I've changed and matured while being a cadet is amazing. Cadets has definitely brought out the best of both our characteristics.

"It feels really nice to be a Lord-Lieutenant Cadet. It feels like a reward for putting so much effort into Air Cadets and it's nice that has been recognised."

The pair say they won't be trying to trick the current Lord-Lieutenant Sir Laurence Howard by Amelia drawing a small mole on her face which is the only way you can tell Hannah apart from her sister.

Hannah said: "We are definitely different. I keep to myself more than Amelia and I don't think I could pretend to be her."

"I don't want to pretend to be Hannah," Amelia laughed.

Lord-Lieutenant of Rutland Sir Laurence Howard said: "I am enormously proud of all of my cadets and am convinced that being a cadet brings huge benefits not only to the cadets themselves but to the local communities in which they live."

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Cadet Ernest Ramsay

**Name:** Ernest Ramsay

**Age:** 14

**Rank:** Cadet

**ACF County and detachment name:** Lincolnshire Army Cadet Force (ACF), Caistor Detachment

**When did you join the ACF and why?**

"I joined cadets in October last year because one of my friends was already involved and I thought it sounded like a lot of fun."

**What have been your favourite moments of being a cadet so far?**

"I love shooting and meeting other cadets from different detachments around Lincolnshire."

**You attended Lincolnshire ACF's annual camp based at Wathgill Training Camp in North Yorkshire this summer. What were your camp highlights looking back?**

"Some of the highlights of annual camp have been clay pigeon shooting and fieldcraft activities. Annual camp is different to a taking part in a company weekend, we were away from home for 12 days doing something new every day."

**You have been a cadet for about a year now and I understand you have enjoyed learning about your detachment's history. Can you tell me more about this?**

"Operation Reflect is about individual detachments looking at how their training centres and those who attend them

have changed over time, drawing on historical subjects like World War One, World War Two and other significant events.

"Cadets has given me the confidence to get out there and do what I need to do in terms of presenting our findings on Operation Reflect. I think it is really important for me to be able to get out and speak in front of people as it is proof that joining cadets has helped me to boost my skill-set."

**How different is being a cadet to being a student in Year Nine at school?**

"You learn a lot more team-based skills in cadets. Being in a classroom at school is more of an independent activity that doesn't depend on letting someone else know what you are doing all of the time, also it doesn't always depend on you helping other people or others helping you with your schoolwork."

"In the future, I hope to work towards my radio badge in cadets as I am quite interested in electronics and it just sounds good if I'm honest!"

**Is joining the ACF a good thing for other people your age to do if they are looking for a new hobby?**

"Joining the ACF is definitely a good place to find new interests and it's a great way to build friendships with new people."

"My time in the cadets has gone really fast so far. You move through cadet stars really quickly, I've met a lot of interesting people and it takes you to places you otherwise wouldn't be like North Yorkshire for our summer camp."





# Why should I volunteer?

Thousands of people volunteer their time for lots of different purposes, whether it be for a charity, youth organisation or doing something to benefit the environment.

Being a volunteer can mean a lot of different things to a lot of different people, however, it could see you see you make a positive difference to the lives of other people and provide

opportunities to gain new skills such as leadership and the ability to work as a team to revitalise your CV.

Here we learn why a selection of Army Cadet Force (ACF) adult volunteers take time out to guide young people through their cadet journeys.

**Sergeant Major Instructor Ian Powell**, an adult volunteer with Derbyshire ACF's Heanor Detachment, has just passed his level 1 Paddle Sport Coaching Course to be allowed to both teach and assess cadets and adult volunteers on the water. He is also now working towards achieving a qualification to teach stand up paddle-boarding.

Explaining more about the opportunities available to Cadet Force adult volunteers like him, Ian said: "Adventure training is a big part of being in the ACF for me personally. It's really enjoyable and can help young people to gain a variety of new skills outside of school or college such as the ability to work as a team, listen to instructions and communicate clearly to others in the group.

"Becoming an adult volunteer in the ACF is something completely different to what many people may perceive the ACF to be. I've made lots of friends through volunteering, learnt new skills and feel that I am personally making a difference in my community by teaching young people activities in their spare time. The ACF is what you want it to be, adult volunteers can also enjoy all of the activities organised for the cadets."



Sergeant Major Instructor Ian Powell



# A Focus on:

**Second Lieutenant Shane Parker** volunteers with Derbyshire ACF's Kingsway Detachment in Derby and has been a part of the youth organisation for 13 years.

Originally joining the ACF aged 12, he enjoys the many opportunities for personal development and believes that his volunteering experience helped him to get his job as a Special Educational Needs High Level Teaching Assistant at Holbrook School for Autism.

Shane, aged 25, explained: "My role as a volunteer has increased my confidence and has enabled me to be able to stand up in front of the children at school to teach lessons.

"Although I have been a part of the ACF for a long time, when I initially joined I wasn't very confident at all and never would have dreamed of speaking in front of people. I would encourage anyone who wants to work with young people to get involved in the ACF, watching cadets come into your detachment at the age of 12 and seeing them grow into young adults is really rewarding. I honestly believe that if I hadn't joined the ACF I may not have the job I have today."



Second Lieutenant Shane Parker

**Staff Sergeant Instructor Sally Anne Feary** is a mother of two from Long Sutton, Lincolnshire and joined the ACF four years ago as an adult volunteer due to her children being a part of the youth organisation.

Sally, aged 39, explained: "I initially joined cadets to boost the number of female instructors needed but I've got so much more than I bargained for out of the organisation. Before I joined the ACF I had not left the house for medical reasons for four years, so it is now an amazing achievement for me to say that I am a Detachment Commander.

"I have been able to study adult leadership and management through the ACF which is crazy as four years ago I may not have even picked up a pen for any length of time. I would say that my First Aid certificate has also been extremely valuable to me both in and outside of the Cadet Force."



Staff Sergeant Instructor Sally Anne Feary

**Colour Sergeant Instructor James Chappell** is the Detachment Commander at Derbyshire ACF's Chapel detachment in Chapel-en-le-Frith.

The 33-year-old from Buxton was previously a cadet himself, but he says he gets as much enjoyment now from helping the youngsters aged between 12 and 18-year-olds.

James, who works full-time as an IT engineer, said: "Volunteering with the Army Cadets is such a fulfilling thing to do.

"It is a great feeling to send the kids home to their parents buzzing after the experiences and knowledge you've helped give them.

"Seeing their reactions to the experiences you're helping deliver is a fantastic thing in itself. It's a feeling that's addictive and it makes you want to do even more for the cadets.

"You can see how much these young people get out of the opportunities they receive as cadets that they would not get otherwise. Some kids try and get every badge they can which is lovely and it's great to be able to try and help them to reach these goals."



Colour Sergeant Instructor James Chappell

# First Aid



## Learning First Aid Skills

Cadet Forces in the East Midlands regularly learn new First Aid skills and continue to build their knowledge by taking part in competitions or by working towards First Aid based certificates.

Knowing what to do in an emergency can make all the difference, so although you may think First Aid is a simple

skill it can save lives and have a positive impact on someone's recovery.

The Cadet Magazine had the opportunity to hear a few first hand reports of how taking a First Aid course has allowed individuals to build their skillset and in some cases go to the rescue of someone in need.

**Name:** Adult volunteer Staff Sergeant Instructor Laura Gardener

**Age:** 29

**Civilian job:** Contact Centre Advisor for the Youth Hostel Association

**Cadet Force:** Derbyshire ACF

“As a cadet I found that First Aid was one of my favourite and strongest subjects and this was picked up by one of the instructors. He supported my training which helped me pass my Heartstart and St John's Ambulance certificates in Youth First Aid and Activity First Aid.

“I then went on to train younger cadets in Derbyshire, represent my area in a county First Aid competition and even delivered informative lessons on the subject for my peers at school forming part of their qualification. These experiences, along with paediatric workplace First Aid, allowed me to complete the skill section in my Silver Duke of Edinburgh Award.

“As an adult instructor I have a desire to provide quality First Aid training and wanted to further my knowledge. I have attended courses at the National Cadet Training Centre at Frimley Park that have provided specialist First Aid qualifications and skills.

“Attending the Basic First Aid course has gained me certificates in First Aid at Work, Automated External Defibrillators, Auto Injectors, Expedition First Aid, St John's Ambulance First Aid Assessor and the knowledge needed to act as Company First Aid Training Advisor.

“I also enjoyed casualty simulation workshops where we were shown how to bring realism to our First Aid training by using makeup for example to replicate injuries.

“I really enjoyed progressing onto the Advanced First Aid course. I re-qualified all the certificates undertaken on the Basic First Aid Course and then built on these skills by qualifying as a Community First Responder. I was also fascinated by an interesting session where I learnt about manual blood pressure checks, inserting cannula and assisting paramedics.

“I am currently providing evidence in my Continued Professional Development folder so I can attend the Train the Trainer course which will allow me to train and assess adult instructors. This qualification is a nationally recognised teaching certificate which can be used outside the ACF. In the future, I intend to use this to seek employment teaching First Aid for a living and eventually set up my own business.

“Thankfully I have only had to deliver First Aid in minor situations but I am prepared should I need to use lifesaving skills in the future.”



Adult volunteer Staff Sergeant Instructor  
Laura Gardener



**Name:** Cadet Alyssia Corrado

**Age:** 14

**Student at:** Thomas Cowley High School

**Cadet Force:** Lincolnshire ACF

“I passed my One Star First Aid badge in December last year. Learning more about First Aid has inspired me to become a Paediatric Nurse in the future. The ACF is like a second family to me. I previously suffered with anxiety but being a part of the ACF has helped me to gain confidence to go out and do more things. I have used my First Aid skills outside of the cadets after finding someone collapsed. I performed CPR and put her in the recovery position. My First Aid skills allowed me to act when I needed to most.”



Cadet Alyssia Corrado

**Name:** Adult volunteer, Lieutenant Colonel Frances Thompson

**Civilian job:** Head of Health and Wellbeing Policy, Civil Service Employee Policy

**Cadet Force:** Lincolnshire ACF

Frances was on a shuttle bus that takes Civil Service employees like herself from Quarry House in Leeds to the train station, when the bus that was packed with people, both standing and sitting, suddenly collided with a car that had braked in front of it.

Frances explained: “Passengers were thrown forward and back, due to the impact of the collision. There were a few screams, followed by shouts from the driver asking whether everybody was ok. After the initial shock, one of the passengers shouted ‘a lady’s injured’. I looked to my right and realised that the lady across the aisle had hit her head on a metal bar and had a wound on her forehead that was spurting blood.

“The lady kept saying, ‘I’m ok’ and was dabbing her head - several people who she knew were talking to her, but nobody seemed to be taking her injury seriously and her head was continuing to pump blood. I could see she was starting to show signs of shock so I decided to take control. I turned to the lady and gently indicated that we needed to try and stem the flow of blood, by applying direct pressure to the wound. I searched in my handbag for a pack of tissues (and anything else) that I could use as a dressing and showed her how to hold it in place as a First Aid kit wasn’t forthcoming from the driver.

“I kept talking to the casualty, explaining what I was doing, asking her questions about herself and how she was feeling - discreetly monitoring her responsiveness.”

Frances explained that she was surprised at the lack of action from other passengers and the fact that most people left the bus in a hurry to make their own way home.

The driver seemed a bit shocked and was relieved that Frances was on board to deal with the casualty whilst he engaged with the driver of the vehicle they had struck.

She continued: “I suggested to the casualty that we should call an ambulance to take her to A&E, but she didn’t want me to do that, she just wanted to travel back home to Retford. I arranged with the bus driver that he would transport us to the train station and coordinated the swapping of all names, telephone numbers for insurance

purposes and witness statements with the driver and casualty.

“When we arrived at the train station, I was concerned that although I’d stemmed the bleeding, the wound was fairly deep and probably needed stitching. I persuaded the casualty to come to Boots Pharmacy and I asked the assistants if they had ‘wound closure strips’ and antiseptic wipes, along with a chair for the casualty. I then cleaned up the wound and placed closure strips carefully across it.

“Although the casualty was now starting to feel much better, with head injuries it’s important that you monitor symptoms in case there are any longer term problems, so I made her promise me that she would go to A&E when she got back home, especially if she was suffering from a persistent headache or vomiting.”

Frances established when the next train to Retford was departing and walked the casualty to the platform. She got her to ring home to let her family know what had happened and that she was on the train, and then gave the lady her phone number and asked her to text when she had arrived home safely.

Concluding, Frances said: “As she boarded the train, she burst into tears and thanked me profusely for being so kind and looking after her, a complete stranger.

“Later that evening I received a text from the lady advising that she arrived home safely, after having gone to A&E where they had glued the wound. She said, ‘I can’t thank you enough for your kindness and support, you were amazing, I would love to buy you a drink to say thank you properly. You are one in a million!’”



Lieutenant Colonel Frances Thompson

## Nottinghamshire cadet saves a life

A cadet from Nottinghamshire Army Cadet Force (ACF) has used her First Aid skills to save a man's life during her holiday in the United States

Cadet Sergeant Madison Martinez, aged 16, joined Nottinghamshire ACF three and a half years ago and has spent many hours perfecting her First Aid skills in practice situations but never really thought these would be needed in real life, but in reality her knowledge helped to save someone in need.

Travelling to Walt Disney World Resort in Florida in July, Madison, who studies at Nottingham Academy, witnessed a man collapse in front of her during her trip to the theme park so sprang into action immediately assessing the casualty whilst shouting at bystanders to make room and vacate the area.

The man's heart had stopped beating so Madison and her mum performed CPR. When the paramedics arrived they then explained clearly what had happened in a concise and understandable manner.

Commenting on the experience, Madison said: "The man we helped had a pacemaker so what we did helped to save his life according to the medical professionals who attended on the day.

"Most people in the room were standing in shock. The room was overcrowded and very hot so I knew that I had to act, be confident and do the right thing at the right time.



Cadet Sergeant Madison Martinez

"First Aid skills are an absolute must for everyone. The training I have received through the ACF means I was able to use my knowledge and make a difference when it really counted.

"I guess you never really know when you may have to help someone in danger or someone who has had an accident so I say be prepared as one day you too could save someone's life."

## Heartstart event is a success

209 (West Bridgford) Squadron held a Heartstart event at their Wilford Lane headquarters this summer that attracted around 30 members of the local community to learn skills such as CPR and how to respond if someone is choking or seriously bleeding. The event was a huge success with the training being delivered by cadets aged between 12 and 19 years.

Members of Trent Community First Responders provided equipment to allow the event to take place, with the course being run by Flight Lieutenant Liam Waring, who as well as being the Officer Commanding of 1936 (Newton) Squadron, works as a paramedic within East Midlands Ambulance Service's Hazardous Area Response Team.



Attendees at the Heartstart event

Commenting on the event, adult volunteer Flight Lieutenant Jade Brock, Officer Commanding 209 (West Bridgford) Squadron, RAF Air Cadets, said: "I was particularly proud of all of the cadets who demonstrated the First Aid techniques so clearly. By being able to pass on the information they've gained through their training they've been able to showcase just one of the ways of how cadets can play a vital role in their communities.

"We look forward to being able to offer more Heartstart event opportunities in the future."



## America trip in memory of Jo Cox is inspirational

An Air Cadet says he had an ‘inspirational’ time as a youth ambassador in America gaining information on his proposed community project for Long Eaton.

Cadet Sergeant James Bland, a member of 2195 (Long Eaton) Squadron (Sqdn) of the RAF Air Cadets, was one of just 20 under 23s selected from thousands of applicants for the first ever Jo Cox Memorial Exchange Programme being organised by the United States Embassy in the United Kingdom.

The 17-year-old was chosen as he’s about to launch a project through his Air Cadet Sqdn to provide easier access to sports equipment for organisations in the town to use. It’s a scheme that the organisers of the exchange felt reflected their aims of promoting social cohesion, hope and inclusion in a local community.

Over 14 days in America visiting Washington DC, Philadelphia and New York he spoke to politicians, leading businessmen and activists about those topics.

James said: “The trip was brilliant, very eye-opening and inspiring.

“The whole experience was very surreal but enormously exciting. Flying to a new country is so hard to describe, I couldn’t wait to see a new culture and explore.

“Being an ambassador for the UK in the inaugural Jo Cox Memorial Exchange Programme was very nerve-racking, however, I was very grateful for being given the privilege.

“Speaking to those we met during the visit was an eye opener as we heard from people from all different backgrounds about the experiences and challenges they are facing with regards social inclusion.

“Speaking to members of organisations such as Anti-Defamation League, Facing History and the United Nations at its New York headquarters was also very inspiring.

“Throughout the exchange everyone in our group supported each other and learned about how our experiences have motivated us to make changes in our community.”

There was also a fun-side to the trip where the group were able to explore the outdoors.

James explained: “The highlight of my trip was visiting North Bay. We spent two-days at an adventure park where we did high rope courses, zip lines, log swing, canoeing, camp fire and class sessions. It was very exciting and fun.”

Currently studying A-Levels at Nottingham College, James has been an Air Cadet for four-years and hopes to become a pilot with the Royal Air Force when he’s older. He was the only Air Cadet selected for the exchange.



Cadet Sergeant James Bland

His project to provide sports equipment such as football goals, netball, hurdles and other athletics equipment for community groups in Long Eaton is set to launch soon.

James said: “I will be taking everything I’ve learned on the trip and putting it into my project.

“That includes how to tackle prejudice and discrimination and promote social cohesion as well. I’ve also learned the importance of organisational skills to help make it sustainable and achievable as well as debating skills and how to facilitate dialogue.”



Red, White & Blue Day is a national fundraising campaign that raises money for the three national charities of our Armed Forces. On Friday 5th October 2018 we will be uncovering stories surrounding the end of WW1.

Find out how to join in:

[redwhiteblueday.co.uk](http://redwhiteblueday.co.uk)



SUPPORTING EVERY MEMBER OF THE MILITARY FAMILY

# Travel Opportunities

## Three weeks in British Columbia

A 15 year-old school girl from Nottingham travelled more than 3,700 miles this summer to take part in a Canadian Exchange Programme.

Able Cadet Molly Middleton, who is studying at The West Bridgford School, joined young people from Australia, Canada, Hong Kong, Sweden and New Zealand in British Columbia for three weeks to take part in a variety of land and sea-based activities.

As a member of Nottingham Sea Cadets, Molly has always enjoyed meeting new people as well as taking part in sports such as sailing and kayaking, so as soon as she heard there was a possibility she could take her local knowledge overseas, she jumped at the chance.

Molly said: "I first saw that there were some international exchanges available for my age on Facebook. Going to Canada sounded interesting and fun, and luckily I turned 15 just eight days before the departure date so I was eligible to apply.

"I wanted to meet people from all over the world as part of the exchange. I wanted to share what I do as a cadet with international cadets and learn what the differences are between our units."

Molly joined Nottingham Sea Cadets four years ago aged 11, after taking part in a local sailing day. However, she never could have imagined having the opportunity to meet new friends overseas.

She continued: "We did loads of exciting things such as power

boating, rifle shooting, sailing, an assault course, damage control, firing a field gun, swimming in the sea and jumping off Cadet Training Vessels into the ocean, and so much more.

"There were five of us from the UK, but I was the only one from Nottingham. All of the international cadets formed an immediate bond and made a brilliant team.

"Throughout the course I improved my team-working skills, my confidence in decision making and my ability to meet new people in different environments."

The group also had the chance to travel from Vancouver to Victoria where they visited a local naval base, explored Canada's history at the British Columbian museum, and took part in the Ceremony of the Flags.

One of Molly's favourite activities was sailing on the Cadet Training Vessels where she learnt to jump into the water, replicating a sea evacuation and even had the chance to take the helm.

Molly concluded: "The opportunities in the Sea Cadets are limitless. I've made friends across the country as well as more recently abroad. I've gained qualifications both on the water and in the classroom including the Duke of Edinburgh Bronze Award and a BTEC Level One, as well as entering different Sea Cadet competitions. I feel really lucky to have had the chance to spend three weeks in Canada. It was fantastic!"



Able Cadet Molly Middleton

## Cadet flies to Australia for international exchange

Travelling to the other side of the world may seem like a dream for a lot of young people, but an Air Cadet from Derbyshire made this a reality when he took part in an international cadet exchange programme 'down under'.

Cadet Warrant Officer Morgan Pether, aged 18, of 1082 (Brimington and District) Squadron (Sqdn) was one of 35 cadets from 11 different countries from across the world who participated in the International Air Cadet Exchange's trip to Australia.

Over 17 days in Brisbane, Canberra and Sydney the cadets visited Royal Australian Air Force (RAAF) bases, Boeing Defence Australia, the Australian Parliament and war memorials as well as enjoying more touristy attractions such as surfing on Bondi Beach and visiting the Sydney Opera House.

It would be a once in a lifetime trip for anyone but for Morgan, having never been out of the UK before, it was particularly special.

He said: "This is something I've always wanted to do since I joined the Air Cadets, but I didn't think I would be able to get a chance like this. I'm incredibly lucky to have received this opportunity.

"The things I most enjoyed were going to Canberra and to take part in the ANZAC (Australian and New Zealand Army Corps) memorial service which is held every week was a real honour.

"We also had dinner with the RAAF Chief of Air Force Air

Marshal Leo Davies who was a really nice guy.

"We flew on a RAAF KC-30 aircraft between Brisbane and Sydney which was exciting."

Morgan, who returned to the UK in August, now also has friends from as far afield as Canada and South Korea as a result of the exchange.

He explained: "Everyone got on really well. Even though we were from different parts of the world we all shared a passion for aviation and we bonded over that.

"It was quite emotional saying goodbye to everyone at the end of the trip but we will stay in touch."

The Chesterfield College student has just started a two-year HND course in engineering and hopes to join the RAF full-time when he completes the course.

Morgan still has another year of being an Air Cadet, having joined his local Brimington Sqdn aged 12 on the recommendation of an older brother. The trip to Australia was the icing on the cake in terms of his Air Cadet experiences. He concluded: "Being involved with the Air Cadets has been the best six years of my life so far."



Cadet Warrant Officer Morgan Pether





Cadet Warrant Officer Oliver Kirk

## Air cadet cycles over 2,000 miles for charity

**An Air Cadet has wheeled in the cash for a worthy charity after cycling 2,000 miles in 24 days.**

Cadet Warrant Officer Oliver Kirk, a staff cadet with 130 (Stapleford and Sandiacre) Squadron, cycled around 100 miles every day he could as he helped raise over £1,200 for Help for Heroes.

The 19-year-old visited every National Park in the country as part of the endurance effort that began on 1 August and ended with a hero's welcome in Elvaston Castle on 24 August.

Oliver said: "I'd never done anything like this at all before and only ever cycled recreationally.

"I originally only wanted to go away for the day to go mountain climbing, but I saw a friend of mine doing a bike ride for charity visiting RAF stations and thought, at the time it would be a good idea to double his mileage, not fully thinking of the pain it would cause."

Starting from his Nottingham home, Oliver headed for Norwich and travelled clockwise around the country before finishing through the Peak District and in to Derby. It was a journey that totalled 2,019 miles.

It didn't all go to plan as Oliver needed two days to recover from a muscle injury sustained after 400 miles, but after two days of relaxation he was back on the saddle and powered through to complete his challenge.

Oliver said: "I am very grateful to the people who donated. I chose Help For Heroes because my family have always supported them. I could not think of a better charity to support, especially as a number of donations would come from people who had served in the Armed Forces or are volunteers in the Cadet Forces."

Oliver is currently studying Geography at the University of Hull while also remaining involved in the Air Cadets including roles as the Central and East Region Banner Bearer and being a member of the Wing Cadet Development Team.

He continued: "I am set on a career in the Armed Forces, and my goal is commission into the RAF or Army.

"The Air Cadets has given me great exposure to military life and everything that comes with it. So it has been a great influence to make me want a career in the military.

"I have been privileged to be awarded and complete both gliding and flying scholarships and have flown solo in both a glider and a single engine aircraft. It is experiences like this that show the reward and enjoyment that come from hard work in a military environment.

"On the whole, being a cadet has been, and continues to be, a fantastic and rewarding experience and it's a great pleasure to pass on to younger cadets the knowledge and skills I have come to possess over the years."

# Travel opportunities

## Summer bowled over by cadet opportunities

History maker Summer Keightley has enjoyed a memorable ending to her cadet career by making the trip of a lifetime to South Africa.

Summer turned 18 in August just after being one of two Leicestershire, Northamptonshire and Rutland Army Cadet Force (LNR ACF) cadets to join a group from London on the exchange.

It provided an inspiring visit for her and fellow LNR Cadet Corporal Bethany Rosier-Kenley as they went on adventure experiences including paddling through rapids, walking up mountains and experiencing some of the incredible wildlife in a game reserve.

There was also an educational side as they visited the Rorke's Drift battlefield and spent time at a school for orphans.

Summer said: "I was incredibly privileged to be a part of this once in a lifetime trip.

"My favourite part of the trip was when we walked to Ntokoza School for orphans where we were able to experience a day in the life of a South African child.

"This made me realise how lucky we actually are, and the things we take for granted back at home.

"Seeing these children, playing football with them and seeing their smiles will be a memory I will treasure for the rest of my life.

"I would love to go back there part of a community project to help improve their way of life even more.

"I also thoroughly enjoyed the water activities on the Tugela River, despite my fears of swimming I thoroughly enjoyed the two day experience with the close friends and staff members I met on the trip

"Our guides have been amazing and it wouldn't have been the same trip without them."

It was the perfect follow-up to Summer making history by turning out for the Army women's cricket side against Cambridge University in a recent match.

The swing bowler, who plays for Northamptonshire County Cricket Club's ladies team alongside Army Ladies captain Corporal (Cpl) Katie Fryer of the Training Intelligence and Operations Centre, put in an impressive performance claiming a wicket and top scoring with the bat with 21 runs in the battling defeat.

Summer continued: "It was an amazing feeling to represent the Army. Words can't explain how I felt when I was then told they think I'm the first cadet to represent an Army team in cricket. I was obviously very nervous at first but everyone was great and it went really well."

There might be yet more opportunities for Summer to play cricket with the Army. She will spend the next year at Malton College studying sports injury and massage, but she would like to go in to the regular Army in the future and is looking to join a Reserve Forces unit before then where she will also be eligible for the team.

Cpl Fryer said: "Summer truly is a credit to the cadet system and showed even at 17 she can hold the standards and Army spirit at the same level as current serving soldiers who have clocked many military years.

"All round from the Army team, Army coach, umpires and opposition they were all impressed with Summer's cricketing talent and commended her cricketing ability.

"It wasn't just her talent that impressed but also with her attitude and drive she showed true Army spirit. She integrated into the team within minutes and supported newer players. When we had a batting collapse, Summer stood her ground and picked up the pieces with her all round performance and in true Army fashion she led from the front."



Cadet Regimental Sergeant Major Summer Keightley with Cpl Katie Fryer

## All aboard HMS Bristol

Sea Cadets from Leicestershire, Lincolnshire, Nottinghamshire and Derbyshire were among 250 young people who spent a week on-board HMS Bristol when it was docked in Portsmouth this summer.

Training over the course of the week saw cadets from 40 different units venture both in and out of the nearby water to practice sailing, rowing, power boating and windsurfing. On dry land they also honed their skills in navigation, mountain biking and learnt about marine engineering.

Adult volunteer Lieutenant Commander Michelle Welsh, Area Training Officer for the Eastern Area Sea Cadets, organised the visit. She said: "Each of the cadets who took part in the event

Cadets pictured during their summer visit to HMS Bristol



gained many new life skills, worked towards qualifications and generally enjoyed what the Sea Cadets experience had to offer.

"However, none of the activities would have been possible without the dedication of our team of adult volunteers who support camps such as this in a variety of ways from instructing and supervising to providing logistical and medical support if needed. The event was a huge success and was enjoyed by both the cadets and the adult volunteers alike."





Students at RAF Scampton

## Heanor cadets visit the Red Arrows

24 Cadets from Heanor, Derbyshire got the chance to visit the famous Red Arrows this summer, as they were invited behind the wire at RAF Scampton in Lincolnshire.

The students, all aged between 12-18 years-old, from Heanor Gate Science College's Combined Cadet Force (CCF) made the special visit as part of their week-long summer camp that took place from 17-21 July.

There was lots of excitement and anticipation amongst the cadets as they were led into an aircraft hangar in which the Red Arrows are housed.

The visit saw the cadets walk around the well-known planes guided by specialist engineers who answered any questions they had about how the aircraft operate and the RAF's Aerobatic Team in general.

The cadets also viewed an electronic presentation about the display team, learning more about the speed, agility and precision of the team and how the distinctive Hawk T1s are supported by an essential team of support staff including operational personnel, engineers and of course the skilled pilots who take part in aerobatic displays across the world.

Speaking at the event, Contingent Commander Miriam Watson, who is the Director of Vocational Learning at Heanor Gate Science College, said: "When we told the cadets that they were going to be visiting the Red Arrows at RAF Scampton the level of excitement amongst the cadets went through the roof.

"The Red Arrows are a perfect example of teamwork. There are nine pilots but over 130 personnel who work together to enable the display team to get out there and attend public events.

"So I thought it was important to let the cadets see and understand further the need for teamwork and have a chance

to learn about the variety of other careers in the RAF that are critical to mission success which in this case is to display the best of British and inspire the future generation.

"The operations officer explained to the cadets the role of the RAF's Red Arrows, where they have been in the last year including their visits to China and Malaysia, and also the role of the team generally in the UK. We have seen a few videos showing the amazing formation flying, and have toured the hangar with some of the station's engineers who allowed the cadets to look inside the planes' cockpit which the cadets really enjoyed."

Cadet Sergeant Cerys Bailey was one of those to take part in the visit. She said: "This is my last annual camp as I will soon be leaving school. It was a lot of fun seeing the Red Arrows. The thing I found most enjoyable was definitely looking inside the planes as there are so many little controls. I never thought I would get to see the Red Arrows up this close but I've been so impressed especially learning about all the training and preparation that goes into each of the displays."

The CCF's annual camp took place at RAF Wittering and included an activity packed timetable seeing cadets participate in sports and visits to other locations including the Newark Air Museum.



Cadets had the opportunity to climb inside the cockpit

## Cadet: “Being in the ACF is something extra to put on my CV”

A school pupil from Lincolnshire has described why he joined the Army Cadet Force (ACF) and why the skills he is learning will be beneficial to him in the future.

Cadet Lance Corporal Jack Dawson, aged 14, is a member of Lincolnshire ACF and parades weekly at Abbey Detachment in Lincoln.

After previously trying other youth groups and losing interest, Jack decided to join the ACF for two reasons: one of his good friends from school was already a member, and he has always had an interest in the military after learning about his grandad and great grandfather both of whom had served in the Armed Forces.

Joining the ACF in 2015, Jack now thinks his hobby has allowed him to gain some really important life-skills. He said: “So far I have achieved my one star First Aid badge and certificate, learnt how to conduct CPR in emergency situations, learnt how to read maps which will help when I go camping with friends and learnt how to build a shelter in case I ever got lost.

“Being in the ACF is something extra to put on your CV and it’s the best thing I have done. It is not just about learning

new skills, it’s about having fun, making new friends, taking part in sports and working towards being promoted.”

Jack explained that thanks to the ACF he has made lots of new friends from detachments around the county, enjoyed water sports and rock climbing on annual camps, as well as taking part in county-wide athletic competitions.

He continued: “Another highlight was being promoted to Cadet Lance Corporal and I am hoping to get my next stripe soon. I would recommend joining the ACF to anyone as a cadet or as an adult volunteer as it can only improve your CV and will probably help you to develop some new life skills. More than anything though you will have lots of fun.”



Cadet Lance Corporal Jack Dawson

## Working towards a BTEC qualification

When people think about being a cadet achieving a BTEC qualification probably doesn’t cross their mind, but many young people who are members of the Army Cadet Force (ACF) are working towards the certificates in conjunction with the CVQO.

Cadet Lance Corporal Shelley Clements, aged 15, is based at Nottinghamshire ACF’s Chilwell Detachment and hopes to achieve a BTEC in Music.

Currently learning to play the glockenspiel, Shelley has previous experience of playing both the piano and the drum and is studying music GCSE at school.

She explained: “The notes on the glockenspiel are similar to those on the piano so I decided it would be fun to learn to play a different instrument that I was able to use my previous knowledge for too. I’m really enjoying learning the glock so far and I’m now helping to instruct other people as well.

“When I’ve helped another cadet to learn a tune and then they play it successfully, it’s a good feeling knowing I have been a part of their achievement.”

To accomplish a BTEC in Music Shelley is working her way through the ACF’s star syllabus and hopes to get the certificate when she becomes a Four Star Cadet.

Learning to play different songs is one of Shelley’s passions with her favourites being Robin Hood, Nottinghamshire ACF’s March often performed at county-based events, Roll Out The Barrel and Parlez Vous where a number of different instruments can join in.

Shelley continued: “I’m currently a Two Star Cadet but hope to become a Three Star Cadet at our next annual camp then aim to reach the final stage by our camp in 2019. For Three Star and above you need to be able to play two instruments so hopefully I am on track to achieve my BTEC in a few years’ time.

“It’s great that you can attain qualifications and certificates in the Cadet Force as they look good on your CV and give many people the opportunity to learn new skills they would not have had the chance to do otherwise.”

Major Steve Greaves, an adult volunteer and Band Master at Nottinghamshire ACF, said: “We have a very strong Corps of Drums in Nottinghamshire and I am proud to say that Shelley, along with a number of other cadets, is working towards achieving a qualification in music. In fact many of our cadets do achieve a Distinction in their Music BTEC during the course of their cadet career.”



Cadet Lance Corporal Shelley Clements at annual camp



## Learning to sail at summer camp

Having the chance to take to the water and learn to sail is not something you would necessarily expect to learn as an Army Cadet, however, this is exactly what happened for one cadet in particular during summer camp this year.

Cadet Staff Sergeant Liberty Dane, aged 17, is a member of Nottinghamshire Army Cadet Force's (ACF) Bulwell Detachment and learnt to sail and build a raft at Longmoor Training Camp in Hampshire this summer.

Speaking about her sailing adventure, Liberty said: "The sailing was amazing. I had never sailed before and by the end of our session I knew how to change the sail, work the ropes and how to steer which I thought was really cool.

"In terms of the raft building we learnt how to use plastic drums and planks of wood to create a raft, as well as learning how to tie the knots properly to secure our vessels. The raft building also helped us to work as a team to develop our rafts and then race them on the lake."

Liberty explained that another plus point of being a cadet is that you do get to try new activities you may not have otherwise got a chance to do. She continued: "Sailing has pushed people outside of their normal comfort zones. We were brought to the lake with the activities already having been planned by our adult volunteers. One girl was scared

of drowning before we arrived at the lake but thanks to the confidence she has gained during the sailing event she then went out on a raft racing with the rest of us. I've learnt that I can always do more and achieve more than I initially think, being a cadet has opened my eyes to lots of new activities."

Joining the ACF four years ago aged 13, Liberty concluded: "The adventure training activities on camp this year has been great.

"I have done so much since I joined the cadets. I have completed my Bronze Duke of Edinburgh Award in 2014 and I am on track to complete the Silver Award this year. I've completed a junior and senior instructor's course, I went to Snowdon for a week-away taking part in climbing and mountain biking as well as taking part in loads of weekend camps which have been lots of fun.

"Being a cadet has developed me so much as a person, when I joined I could be quite short tempered and didn't really know how to act but I have really matured over the past few years and I now know how to work well with other people."



Cadet Staff Sergeant Liberty Dane

## Outstanding success in Swadlincote

Cadets in Swadlincote can proudly say they are the best now after their Squadron (Sqn) won The Morris Trophy.

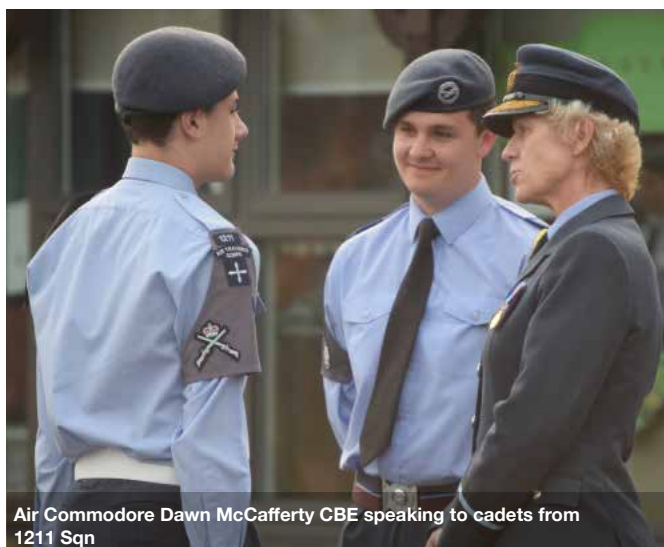
1211 (Swadlincote) Sqn RAF Air Cadets have been crowned the best large Air Cadet Sqn in the country after being inspected by Air Commodore Dawn McCafferty CBE, Commandant of the Royal Air Force Cadets.

Fighting off tough competition from five other regional Sqns country-wide the youngsters from Swadlincote have achieved one of the most prized trophies in the Corps.

Sqn Leader Alyn Thompson recently moved onto a new role but initially started the momentum to work towards achieving this prestigious prize, through his dedication and positive leadership of the Sqn.

The Morris Trophy was awarded to the Sqn in July this year. Speaking about the award and his many years of service with the Sqn, Alyn commented: "Following 34 years in command at Swadlincote, the winning of the Morris Trophy making us the best Sqn in the UK, has really crowned the many achievements that 1211 have had under my tenure. I am extremely proud of my cadets, staff and committee and leave them in the trusted hands of my former Adjutant, Ruth Morgan who will no doubt go on to lead them onto even greater heights."

The Sqn in Swadlincote is made up of 110 cadets and 16 adult volunteers who all work together to organise and



Air Commodore Dawn McCafferty CBE speaking to cadets from 1211 Sqn

participate in a varied calendar of events throughout the year such as sports, flying and gliding, shooting, music performances and drill competitions.

Incoming Sqn Leader Ruth Morgan said: "Our cadets get chances to take part in activities which are just not available to anyone else in the South Derbyshire area. Where else can a teenager take control of an aeroplane and do aerobatics with a Royal Air Force Pilot for free? Swadlincote cadets gain training which is incredibly useful not only if they join the military but also in civilian life. We have proven that we are currently the best Sqn in the Air Cadets and we intend to make sure that our cadets go from strength-to-strength"

## “Joining Lincolnshire ACF has made me a better person”

A cadet from Lincolnshire Army Cadet Force (ACF) has given The Cadet Magazine an insight into his four-year cadet career to date, and why he is humbled and proud of what he has achieved in what have been extremely difficult times for him personally.

Cadet Corporal Owen Jones, aged 17 years, originally joined Lincolnshire ACF's Abbey Detachment in 2013 as he wanted to try a new activity that would lead on to him meeting new friends in his community.

Owen explained: “In 2003, I was diagnosed with high-functioning autism, which is a social and communicative learning difficulty. This single-handedly changed my life for the better. There is no cure for my condition, and my parents had been told I would never have any relationships, friendships nor receive a legitimate education and generally be deprived of any form of independence whatsoever. However, 14 years later, I proved thousands of people wrong, in several different ways.

“When I was seven, I first listened to ‘Till I Collapse’ by Eminem and Nate Dogg. This got me into rap music, which changed my life and has become my burning passion for the past 10 years. The ACF plays an equally important part of my life as well, and the two of them together provide my biggest outlets outside of home and education.”

By the time Owen turned 13 years-old, he had tried a number of different hobbies such as Cubs, swimming and horse-riding but for one reason or another these activities didn't prove to be interesting enough.

Explaining how his ACF adventure began, Owen said: “I recognised my autism got in the way of me doing certain things. Lincolnshire ACF opened its doors to me in September 2013, and this shy, gullible, wannabe entertainer went down in history as the founding cadet of Abbey Detachment.

“The months went by and I started to learn more about the core values and standards of the ACF, what we do and, more importantly, friendships and socialising, which eventually led to me passing basic training. It felt like I was learning more than I ever had before.”



Cadet Corporal Owen Jones

In 2015, Owen's life was turned upside down both at home and at school but once again he felt the ACF was a positive outlet he could rely on. He continued: “The year began with the unexpected death of my dad when I was just 14. We were all deeply shocked and a massive hole had been left in our family. Just weeks later, a teacher at my school also lost his life after being involved in a road traffic accident. Apart from growing closer to my friends and family, I had cadets as a crutch to lean on, turning up to the detachment just days after my dad had passed away. However, out of something tragic grew something positive.”

Owen received the first ever Abbey Detachment Staff Choice Award at an awards event that year. He explained this empowered him to try to do something good for people less fortunate than himself.

Speaking about his charitable efforts he continued: “I started to grow my hair for charity in order for it to be shaved off in front of hundreds of people at school to raise money for the Teenage Cancer Trust. I will always remember that day as the best day of my life, I performed a rap and raised over £660 for my cause.”

Concluding what the ACF means to him, Owen said: “Joining Lincolnshire ACF has made me a better person. I am proud of how far I have come and I hope my family, detachment mates and absent friends are too.

“The ACF has become part of my life. I've met some incredible people, made bonds stronger than family, had some wonderful experiences, hugged, laughed, cried, marched (a lot) and achieved some amazing things.

“It goes without saying that cadets, along with rap music, family and my faith in God have been a great support. Seeing friends and staff at the detachment was one of the things that has helped me to stand back up on my own two feet.”



Cadet Corporal Owen Jones in uniform



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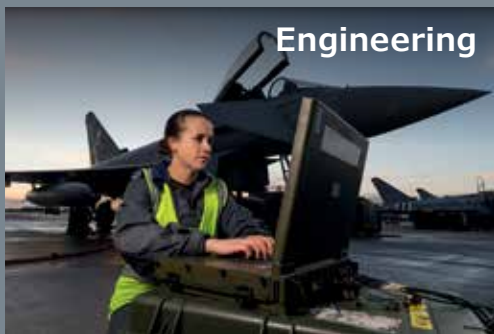
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