



the Cadet

Magazine

East Midlands Reserve Forces and Cadets Association (RFCA) Newsletter

Focus on:
Friendships

**Once in a lifetime
Australia trip**

**Volunteer soars
above the rest**

**Performing at the
Menin Gate**

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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

Army Cadet Force – www.armycadets.com

Air Training Corps – www.raf.mod.uk/aircadets

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Cameron Maxwell - RAF

Cameron decided to enlist into the RAF as Mechanical Engineer in August 17. Since then he has successfully completed his 10 week Basic Recruit Training and has completed Phase Two of his Advanced Apprenticeship at RAF Cosford and has recently been posted to 29 Sqn, RAF Coningsby.

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Deputy Chief Executive introduction



I am delighted to be asked to write the foreword for this issue of the East Midlands RFCA Cadet magazine.

I only get rare opportunities to interact directly with cadets from the various cadet organisations in the East Midlands but what is a constant is the confidence and bearing that somehow the adult volunteers who provide the cadet experience, instil in these young people. I am sure that most of the cadets I speak to have no idea who I am, or have never heard of East Midlands RFCA, and yet their ability to have a

meaningful conversation with 'an old man in a suit' is impressive and a life skill that many of their peers will (or should) envy. This was brought home to me recently when I was asked at very short notice to assist the already established Lord-Lieutenant's Cadets in Nottinghamshire by finding suitable cadet ambassadors from St John Ambulance and Police cadet forces at what was described to me in slightly cryptic style as a 'VVIP event which could include a foreign Royal' at the opening ceremony of the new Defence National Rehabilitation Centre at Stanford-on-Soar.

At even shorter notice I was asked whether a Royal Marine Cadet could join this select group of young people. With only a few days' notice to prepare their best uniforms, and still with only a rather vague idea what they would be doing at the event, these young people were a great credit to cadets as they provided an honour guard throughout the event for HRH the Duke of Cambridge, HRH the Crown Prince of Bahrain and the Prime Minister.

The exemplary way these young people performed their duties was recognised when the Prime Minister took time from her busy schedule to speak in turn to each of the cadets, as did the Second Sea Lord and other senior military guests, a level of attention that would stress most teenagers (the youngest in the group was 15). Yet throughout the day these young people proved great ambassadors for their organisation and young people as a whole. It was a day like this that just emphasises the great work done by the cadet force adult volunteers in helping to bring out the best in young people.

Simon Worsley

Deputy Chief Executive
East Midlands RFCA'



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Adventure



Once in a lifetime Australia trip

Cadet Staff Sergeant Williamson receiving the trophy

LNR Cadets at Australian War Memorial

A group of 11 cadets and two adult volunteers from Leicestershire, Northamptonshire and Rutland Army Cadet Force (LNR ACF) participated in a once in a lifetime trip to Australia this summer.

The group joined Army Cadets from Middlesex and Northwest London to visit Australia and take part in Outback Cadet, a competition with both the Australian and New Zealand Army Cadets.

Team UK won the International Trophy with Cadet Staff Sergeant Elby Williamson who is from St Georges' Detachment in Rutland leading the team as Section Commander.

She explained: "Outback Cadet was both mentally and physically challenging, it pushed people to their limits and made each and every one of us realise our strengths and weaknesses.

"As the Section Commander I cannot say it was all down to me because without the cooperation and effort put in by the rest of the section the win would not have been possible.

"I could not be prouder or happier with what my section achieved and each and every one of them should be immensely proud of themselves.

"I think I can speak for the rest of my section and others who took part, when I say it was an amazing experience and one we won't be forgetting for a very long time."

During the competition cadets took part in a series of challenges that aimed to test the skills they had developed throughout their cadet careers such as rifle shooting, First Aid, navigation, problem solving and leadership.

The navigation tests allowed the cadets to get a closer look at Australian wildlife in the outback, as kangaroos and emus are common on the training area.

As well as participating in this international competition cadets also got to see some of the sights around Australia during the trip. This included visits to the Australian War Memorial in Canberra and the Bandiana military museum.

All the cadets taking part in the competition were welcomed in a traditional ceremony led by a local Aboriginal elder after which the New Zealand team performed a Haka.

Captain Janna Brackley, an adult volunteer, from LNR ACF accompanied the cadets to Australia, explained: "All our cadets grasped the opportunity to get an insight into Australian history and how Australia feels like home, but not quite."

Cadet Lance Corporal Jake Kinsey from Loughborough Detachment took part in the trip. He said: "It was an honour to represent my detachment, county and country as a whole and I will treasure this experience and think fondly of this memory for the rest of my life."

The competition was held in the Pucapunyal Area which was first used as a mobilisation and training area for the Australian Army during the First World War, it is now one of the largest Australian military bases.

Volunteer soars above the rest

A cadet from Nottinghamshire has completed more than one hundred glider flights in order to become one of the first cadets in the country to earn their Grade 2 qualification.

Cadet Flight Sergeant Alex Burch from 1300 (Sutton in Ashfield) Squadron earned his qualification whilst volunteering with 644 Volunteer Gliding Squadron (VGS) who are based at RAF Syerston in Nottinghamshire.

In September 2017 Alex began training for his Silver Wings at Syerston, which he completed the following month. In January 2018 he earned his Gold Wings whilst being a staff cadet with the Gliding Squadron and began training for his G2 qualification.

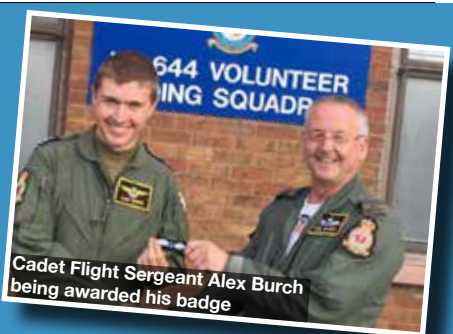
Alex explained: "As a G2 I am qualified to fly the aircraft solo without the need to have a competency check beforehand.

"This is the next step in my journey to becoming an instructor, able to take cadets up in the air during their gliding experience."

Alex needed to complete 20 solo flights and 70 with an instructor on top of the 30 or so flights required to earn both Silver and Gold Wings.

He was then assessed in the air where an instructor tested his ability to control the aircraft and had written examinations on topics including the principles of flight, meteorology and airmanship.

After completing his Silver Wings Alex began volunteering at Syerston with 644 VGS, this extra experience has helped



Cadet Flight Sergeant Alex Burch being awarded his badge

him gain his wings so quickly.

He has helped the squadron train other cadets by manning the winches, briefing cadets, inspecting the equipment and helping out wherever he can.

Alex concluded: "In this role it is my responsibility to launch gliders into the air, allowing other cadets to get in the air so that they can benefit from the same experiences as I have."

Performing at the Menin Gate

15 cadets from Nottinghamshire Army Cadet Force travelled overseas this summer to take part in a battlefield tour and put on a musical performance at the Menin Gate, in France.

Traveling more than 300 miles from Nottingham to France then on to Belgium, the cadets were all part of Nottinghamshire's Corps of Drums, and visited historic locations including Tyne Cot Cemetery and Memorial and The Yser Tower in Diksmuide - a monument commemorating the soldiers killed on the Yser Front during World War One.

The cadets were also joined by 14 Royal British Legion representatives and local villagers when they took part in an annual parade in Foncquevillers in France, before later travelling to the Menin Gate where they performed in front of hundreds of onlookers.

Speaking about the visit, Staff Sergeant

Instructor Liz Wilde, an adult volunteer at Nottinghamshire ACF explained: "The cadets really enjoyed the visit. Some of the young people in the group had travelled to the locations we attended before but for others it was a new experience.

"Music is something that has brought the group of cadets together, all performing an instrument in the Corps of Drums. Instruments played at Menin Gate included a flute, bugle, drum and glockenspiel."

Cadet Lance Corporal Millie Curzon, aged 16, from Wigman Road Detachment took part in the visit. She said: "It was great to take part in the visit as it was my

first ever trip to France and my first time visiting the cemeteries. A highlight for me was playing my flute in front of an audience at the Menin Gate. Taking part in the visit was a really memorable experience."

Nottinghamshire ACF believes it is important to educate its members and give them an opportunity to learn about historical events, so it organises a battlefield tour each year. This was the ninth time a visit to France and Belgium has taken place, with those involved commenting that they could feel the sadness at the various locations and felt honoured to have the chance to pay their respects to those who lost their lives fighting for our country.



The Corps of Drums after performing at the Menin Gate

Cadets' Royal encounter

The new Lord-Lieutenant's Cadets for Derbyshire had a surprise encounter with a member of the Royal Family when they were presented with their official badges in Staveley near Chesterfield during a recent Royal Visit to Derbyshire.

The Cadets from both the Army Cadet Force and the Air Training Corps were at Barrow Hill Roundhouse and Railway Centre to support the Lord-Lieutenant, in their first event since their appointment. Both were taken by surprise when the Lord-Lieutenant asked HRH The Duke of Gloucester to present them with their badges.

Cadet Sergeant Jade Duce, aged 16 from Eckington Detachment in Derbyshire Army Cadet Force was one of the lucky cadets to be appointed by the Lord-Lieutenant.

She explained: "When I was informed that The Duke of Gloucester was going to present me with my badge, I was honoured. I don't believe that there are any former or serving Lord-Lieutenant's cadets that have been given the honour of a member of the Royal Family

presenting them with their appointment.

"Meeting The Duke of Gloucester has definitely been a highlight in my cadet career but I have to say that the best moments for me so far has been seeing the cadets that I have taught progress and become more confident in themselves. Knowing that I have been able to help them grow in confidence and as people has been a massive honour for me and something I will take away with me for the rest of my life."

The Lord-Lieutenant of Derbyshire, Mr William Tucker, added: "Between venues on the Royal Visit I was travelling with HRH The Duke of Gloucester and explained to him that my two Cadets were attending their first engagement and it would be wonderful if he would agree to present them with their badges. I am pleased to say that HRH readily and

happily agreed and the presentation took place before HRH moved on to Bolsover Castle to complete his visit. It was rather a special moment and, hopefully, will give the two Cadets something to remember for many years to come."

Being a Lord-Lieutenant's Cadet is one of the highest honours for any member of the Cadet Forces, they will spend the next year assisting the Lord-Lieutenant at civic engagements across the county.

Jade explained: "I was elated and overwhelmed when I was told I was going to be appointed the Lord-Lieutenant's Cadet for Derbyshire Army Cadet Force as I never expected to be given such an opportunity. It is a position that I never thought would be possible for me to reach and I was very humbled for my Commanding Officer to even put me forward for such a role."



HRH The Duke of Gloucester with Cadets

Adventure

Mum of two: “Being an adult volunteer is my time away from home.”

A mum from Lincolnshire has taken time out to describe why she believes being an adult volunteer with the Army Cadet Force has helped her to grow in confidence and become a Detachment Commander in less than one year.

Under Officer Vikki Hill, aged 31, a mum of two, works part-time as an Office Manager for the NHS and volunteers with Lincolnshire ACF's Newport Detachment in her spare time.

Speaking about her ACF journey so far, Vikki explained: “I was previously a cadet for six years. I had a 12 year gap due to other commitments before re-joining the ACF as an adult volunteer. I did my training at this time and became a Sergeant Instructor. I then became the Detachment Commander of Newport Cadet Centre and I'm currently waiting to do my officer training all in just under a year.

“It's all been really quick but because I have committed myself to my development and worked really hard, good things have happened to me. Being an adult volunteer is great as it allows you to get out of the process what you put in.”

Speaking about balancing her family commitments and working life, Vikki said: “It's important for me to be organised and have a routine in place. My children always come first, so spending time with them is always at the top of my priority list but being an adult volunteer is ‘my time’ away from home where I can help to make a difference to the lives of other young people.”

Being a mum to two young girls Vikki often speaks to her children about activities she is undertaking in the ACF and they ask questions about her uniform when they see it at home. She continued: “I take the girls with me to as many events as I can. They attended Remembrance Sunday last year and asked loads of questions afterwards.

“My eldest daughter just joined Beavers as it is the closest youth group she can join in her age bracket, although she would like to join the ACF in the future. I know they are really proud of me as their mummy when they see me marching up and down in my uniform and hear me talking about events I have planned.”

The ACF opens up lots of opportunities for both young people and adult

volunteers in terms of both practical skills and qualifications in areas like adventure training or leadership & management.

Vikki concluded: “My confidence has definitely grown since I started to volunteer. I have learnt how to communicate with children who are a little older than my girls at home, how to teach lessons and how to make activities we are doing engaging for everyone involved. In my day job I work closely with autistic children so this is a transferable skill I have been able to bring with me in to the ACF allowing me to understand the needs of those with varied needs in the youth organisation.

“Working for the NHS I have to be First Aid trained and being a part of the ACF this is also an important skill, so I feel my two roles do have cross-overs and work well together.

“I would encourage others to join the ACF as the experience gives you a sense of responsibility. It allows you to develop a sense of pride and means you can have a positive impact on young people who come from different backgrounds. You can help cadets achieve things they never thought were possible and this is amazing to me.”



Under Officer Vikki Hill on summer camp

Cadets cover 100 miles in four days

The RAF Air Cadet's Trent Wing Road Marching Team have walked over 100 miles as they completed the Nijmegen Four Day Marches.

Cadets and adult volunteers from squadrons throughout the East Midlands joined with hundreds of other Air Cadets from across the UK to travel to the event in the Netherlands.

Participants in the marches were walking either 30KM, 40KM or even 50KM around the city of Nijmegen on each day. The event began as a way to promote healthy living and exercise but has grown into something much bigger.

Cadet Warrant Officer Matthew Pearce from the Air Cadet's Lincoln Squadron who is part of the Road Marching Team

explained: “The hardest part of Nijmegen is pushing on through the pain and your injury when morale is low and you're tired. However, I absolutely would go again and I am already wanting to do the 2019 event.”

Adult volunteer Civilian Instructor Daniel Slack from 1401 (Alfreton and Ripley) Squadron accompanied the cadets this year. He added: “The heat was the toughest challenge of all this year as it was something we couldn't train for. I would highly recommend participating to others, however, it is very difficult

and shouldn't be undertaken without sufficient training.”

The four day marches take place every year and is the largest multiple day marching event in the world, with around 40,000 participants.

The event was traditionally a military event but now the majority of walkers are civilians with only a few thousand members of the Armed Forces community attending.

In total around 500 Air Cadets and adult volunteers from across the UK competed in the marches this year.



The Trent Wing Road Marching Team



Five year success for Northamptonshire CCF

A Combined Cadet Force (CCF) contingent, that was launched in 2013 as part of the Government's School Expansion Programme, is proud to be entering its fifth academic year.

Brooke Western Cadets during the Combat Cadet field craft exercise

Brooke Weston Trust is a multi-academy trust in Northamptonshire and currently has 70 cadets training each week to develop valuable new personal and team skills.

The UK's Cadet Forces are among the most successful youth organisations in the world, with a long history of developing young people's team-working skills, confidence levels and ability to solve problems in a practical environment.

In 2012 the Government announced its Cadet Expansion Plan, which aimed to have up to 100 more cadet units in state-funded schools by 2015.

The objective was to allow more state schools to access the cadet experience, resulting in a positive effect on both the young people and the school or academy as a whole.

Brooke Weston Trust CCF began in 2012/13 with a close partnership with Oundle School CCF which provided the 'parenting' role, where, during that first year the adult staff underwent familiarisation training. Academic year 2013/14 saw the first cohort of Brooke Weston Trust cadets parade alongside their counterparts from Oundle School. The experience of partnering with a school such as Oundle proved to be invaluable, with the Brooke Weston Trust CCF granted independence as a 'solo' contingent in September 2014.

Since then it has gone from strength to strength with cadets taking part in annual camps at Barry Buddon, Beckingham and Warcop; successfully competing at Combat Cadet, holding regular field training exercises at the Yardley Chase Training Area and participating in the Sovereign's Parade and annual Remembrance Parades.

Brooke Weston CCF Contingent Commander, Captain Matt Isherwood, who is also Estates and Facilities Director at the Trust, said: "Our cadet unit provides a stimulating environment of challenging, adventurous activities within the framework of a progressive training structure. We have had a strong focus upon fieldcraft and are confident that this element of the cadet syllabus is where the development of our young people as leaders has the steepest trajectory.

"My fellow officers and I are extremely proud of the progress that our cadets have made with many of them considering joining the military after they complete their studies."

The contingent at Brooke Weston Trust is an Army section only, students must apply to join and, if successful, they are enrolled for a minimum of two years. The CCF operates as part of the overall curriculum offer.

Captain Isherwood continued: "The CCF provides cadets with opportunities to

develop new skills through the use of proven military themed training. Former cadets who have spent a few years training with us now have extra qualifications to put on to their CV. Their exposure to developmental leadership training has 'lifted their CV to the top of the pile' and once in the job they quickly shine as natural leaders and team players."

A critical function of any sustainable contingent is the recruitment and retention of adult volunteers. Next academic year, the Contingent will induct three new adult staff as they join the cadet movement for the first time. This is coupled with ongoing investment in existing staff through access to courses, qualifications and mentoring from more experienced staff.

Brooke Weston Trust CCF is starting on the next chapter of a 10 year programme. This will entail continued collaboration with local partners; other local Cadet Expansion Programme CCF contingents, the Army's Cadet Training Team and local Reserve Forces to deliver exciting and challenging field-training-exercises.

The CCF also plans to grow an inter-contingent shooting competition for Northamptonshire and seeks to develop opportunities for adventure training.

Fun

Girls inspired by engineering exercise

30 female cadets from Nottinghamshire Army Cadet Force have taken part in an exercise designed to motivate them to consider a career in engineering.

Exercise Sapper Cadet took place at Chetwynd Barracks in Nottingham this summer to give female cadets aged from 12 to 18 years an opportunity to experience the trades, capabilities and opportunities available, if they were to consider a future career in engineering.

The event celebrated Women in Engineering, showcasing career opportunities available to them with presentations taking place from females who already work in the industry.

Taking place over the weekend of International Women's Day, the event also celebrated the talent and achievements of successful women

who serve in the Army's Royal Engineers. Areas explored during the event included practical vehicle searches used by the Army; counter terrorist Explosive Ordnance Disposal training; water engineering (filtration and distribution); and general STEM (science, technology, engineering and maths) activities.

Corporal Kate Dunscombe from the Army's 170 Engineer Group organised the event. She said: "This event was a fantastic opportunity to showcase to young people the engineering opportunities available to them both in civilian industry and the military. The hands-on experience they got from the event really brought STEM to life and



The Exercise Sapper Cadet event

demonstrated its importance across a breadth of roles within engineering."

One of the cadets taking part in the event was Cadet Ellie-May Bott, from Worksop detachment. She said: "I wanted to attend the engineering exercise as I would like to be able to get a taste of STEM activities and be able to expand my knowledge of the different careers available for both men and women."

This event was the first of its kind to be organised in Nottingham and included a total of 219 cadets taking part from across the country.

Birthday celebrations

A cadet from Northamptonshire has made his final annual camp even more memorable by celebrating his birthday at the same time.

Cadet Lance Corporal Luke Darton, aged 16, from Rushden celebrated his birthday with a surprise cake during his final annual camp with Leicestershire, Northamptonshire and Rutland ACF (LNR ACF) at Warcop Training Area.

He explained: "It was the first time I've celebrated my birthday on camp. It was weird but enjoyable because you've got all your friends you've made over the years there, enjoying it with you."

Warcop was Luke's third and final camp, previously he has been to Sennybridge and Pirbright.

When asked what he enjoyed about annual camp, Luke said: "It's really the vibe of coming to camp and seeing all your friends that you haven't seen for a long time; getting back into the regimental form; doing different things; enjoying fieldcraft and staying in camp.

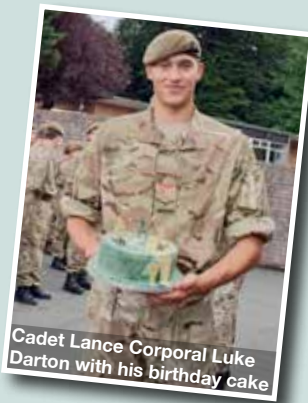
"You get to meet people that you probably wouldn't have met before and spend time with them.

"This is the best camp so far because it's all about being together as one LNR and not always with your companies.

"At first when I was younger I thought I was going to miss friends from my local detachment but as I've got older you start to realise it's just a few days without seeing them, so you get used to it.

"I've been in the ACF for four years, if it was boring I wouldn't still be here."

Luke is leaving the ACF to pursue a career in the Parachute Regiment.



Cadet Lance Corporal Luke Darton with his birthday cake

Shot put success for cadet

An air cadet from Sherwood, Nottinghamshire, has thrown his way to victory after winning the RAF Cadets shot put competition.

Cadet Flight Sergeant James Hudson initially joined a number of cadets from the Central and Eastern region to compete against the other five regions that make up the wider RAF Air Cadets.

Winning the shot put championship at both Wing and Regional level, James then threw 10.94 metres to take the Corps crown.

Athletics has always been an interest for James, he explained: "I have always enjoyed sports both at school and in the Air Cadets. It's amazing that I get to compete at both a local and national level through the cadets as it allows me to meet new people and challenge myself to achieve higher targets next time."

It's not only shot put James excels at though, as after completing his throwing challenge he then joined the Air Cadets relay team, where he helped his team to claim first place, before finishing his day in second place in the discus competition.

Flying Officer Andrew Redwood, an adult volunteer, at 2418 (Sherwood) Squadron said: "The RAF Air Cadets is made up of over 40,000 young people, so to win at a corps level is not something many cadets achieve. Well done Cadet Flight Sergeant Hudson, we're incredibly proud of you!"



Cadet Flight Sergeant James Hudson with his shot put trophy

CVQO provides vocational qualifications to cadets and adult volunteers across the UK

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“ The CVQO-led BTECs are a bit of a hidden gem in the cadet forces, and I would positively encourage anyone to take up the challenge to run them. The amount of time required to complete the BTEC Level 2 through CVQO is far less than you might imagine, but the value for the individual cadet is immense. ”

Ruth Morgan - Officer Commanding 1211 (Swadlincote) Sqn ATC



For more information on CVQO-led qualifications, contact CVQO's Area Manager East, Steve Mills, on sm@cvqo.org

Shooting success for Chesterfield cadet

An Army Cadet from Chesterfield has won an award for being one of the best cadet rifle shots in the country.

Cadet Sergeant Christopher Bingham, aged 16, won the Patriotic Shield 300 during the Inter-Services Cadet Rifle Meeting (ISCRM) which was held at the National Rifle Association Range in Bisley.

Speaking about his win Christopher explained: "When I found out that I had won I was really shocked but really happy and it was a very proud moment."

In order to win the Patriotic Shield 300 Christopher competed with cadets from all services on a 300 yard range.

There were six shoots where cadets each fired nine rounds, Christopher won one of these shoots, came second in another and placed highly in the other four which gave him the overall victory.

As well as winning the Patriotic Shield 300, Christopher also won the Silver Medal for the individual 600 yard competition. Due to his success he was also entered into the Cadet 100 competition where the 100 best cadet shots compete against one another. ISCRM is held over several days and there are awards for teams and individuals. Derbyshire Army Cadet Force came third in aggregate score over the course of the entire competition



Cadet Sergeant Christopher Bingham

with several of their cadets performing extremely well throughout the competition.

Christopher added: "It was a really great day because everyone did really well. It was a good team effort and that's what made me feel so proud."



Clay target shooting in the ACF

Cadets Becky Comtois and Jake Chantry on the clay shooting range with adult instructors at summer camp

When you think about activities Army Cadets may participate in during their summer camp you may think of fieldcraft, drill and adventure training but did you know that a number of cadets are actually partaking in a sport originally designed in the 1800s?

Clay target shooting as it is now known, originally was invented for sports men and women to shoot at glass balls that were thrown up in to the sky mimicking the practice of shooting birds. However, as the artificial target sport developed the activity was opened up to a much wider audience and today sophisticated traps throw targets, known as clays, into the air for competitors to shoot at.

Two cadets from Lincolnshire Army Cadet Force (ACF) have described why

they enjoy shooting at clays.

Cadet Lance Corporal Becky Comtois, aged 16, has been taking part in the sport for about three years and it's now one of her favourite cadet-based activities. She explained: "I scored 18 at annual camp this summer which was great as it was one of the top shooting scores across the whole group."

"We use shotguns outdoors and visually follow a clay that is thrown up in to the air and this will then break in front of you if you hit it. It's something different to being on a regular shooting range – it is fun shooting the moving clay instead of shooting a still target."

The targets used for the sport are usually in the shape of an inverted saucer that are designed to withstand being thrown from traps at high speeds but also be

easily broken when hit by shooters.

Cadet Lance Corporal Jake Chantry, aged 17, who is studying Public Services at college, also enjoyed his recent summer camp. He said: "There are lots of opportunities generally in the ACF you may not get to experience outside of the organisation. My grandparents had taken me clay target shooting as part of a day out before I had a go in the ACF, but being a cadet definitely means I can take part in the activity a bit more frequently."

"It was good we got to have another go at clay target shooting on camp. Being a cadet allows you to build your confidence, socialise with new people, meet new friends and travel to different locations across the country. The fact you get to take part in activities like clay shooting you enjoy too, is great."

A passion for sport

A student from Leicester has spoken about the incredible opportunities he has had in the Army Cadet Force to pursue his passion for sport.

Cadet Sergeant Caetano Capurro, aged 17, from Leicester has represented his unit and area in five different sports.

He explained: "I love sport and the ACF allows me to try a range of new activities without simply sticking to one sport."

Caetano has represented Leicestershire, Northamptonshire and Rutland (LNR)



Cadet Sergeant Caetano Capurro

ACF in football, cross country, rugby, swimming and tug of war, for most of these he has also been selected to represent the Eastern Region at national competitions.

In Rugby Sevens, Caetano initially represented LNR ACF but was selected for the national competition despite his limited experience.

He explained: "I'd never played Rugby before cadets but then they invited me along at county level first and I really enjoyed it and luckily I was quite good at the sport so they invited me back for nationals."

Not only does being involved in ACF sport give Caetano that athletic outlet he enjoys he also finds it has helped him socially.

He added: "Sport can be competitive but I think this is healthy. I'm playing against cadets from other counties but that isn't going to stop me wanting to see them outside of the sports because they're my friends now."

"I was the only LNR cadet in the national team mostly playing alongside Sussex cadets. I never thought I'd become such



Caetano's ACF badges

good friends with cadets from another part of the country but now I've got a bunch of friends I can see if I ever go down there."

When asked which of these sports was his favourite he said: "Even though I love football, emotionally the sport I am most attached to is tug of war because of how much we all wanted to win that."

Caetano was involved in Eastern Region's tug of war victory and was with the team as it gradually improved.

He explained: "The feeling of winning and beating the rest of the teams was incredible. The fact I can say we have fought through the competition to the top is just something that I've never had with any other sport."

Chesterfield Sea Cadets celebrate 80th anniversary

Chesterfield Sea Cadets have celebrated the 80th anniversary of the unit's creation with a boating regatta at Ogston Reservoir.

Cadets demonstrated the skills they have developed during their time at the unit, these included sailing, rowing and raft building, whilst the Royal Marine Cadets organised activities on shore.

The anniversary cake was cut by John Wilson, Vice Lord-Lieutenant of Derbyshire, who also had a trip on a power boat. Over the weekend they were visited by the Mayor of Chesterfield who tried his hand at rowing around the reservoir.

Senior adult volunteer and Commanding Officer, Nik Undy, explained: "I am immensely proud to be a part of this organisation that provides opportunities for young people to develop their life

skills in order to become good citizens and have an active involvement within their own communities.

"I am positive that Chesterfield Sea Cadets and Royal Marines Cadets will continue to provide life-enhancing activities for the young people of the area for many years to come."

The Training Ship Danae was founded on 28 July 1938 and has been helping young people to develop a wide range of skills ever since.

The cadets also marked the occasion in July by rowing from Tapton Lock to the Stavely Basin on the Chesterfield Canal.



Chesterfield Cadets celebrating 80 years with Vice Lord-Lieutenant of Derbyshire John Wilson OBE

The cadets meet on a weekly basis at Wallis Barracks in Chesterfield and host training sessions on the water.

As well as a Sea Cadet detachment there is also a Royal Marines Cadet detachment based at Training Ship Danae, which was formed 3 July 2018.

The Sea Cadets are a national youth charity that was founded in 1856 and currently works with around 14,000 young people across the UK.

A focus on friendship

The Cadet profile



Leanne Strudwick hitting the slopes on Ski Cadet 16

Name: Cadet Sergeant Leanne Strudwick

Age: 17

ACF County and detachment name: North Sommercotes Detachment, Lincolnshire Army Cadet Force.

When did you join the ACF and why?

"I joined the ACF in 2013 as I had always enjoyed hearing all of my dad's Army stories from when he served in the military. A few friends and I joined the detachment at the same time but they have since left. I have stayed involved as I really enjoy it."

You are studying outside the ACF. How do you balance this with your ACF activities?

"I'm currently studying towards my A Levels in Maths, Chemistry, Biology and History at sixth form. I've found the ACF to be a positive thing to do outside of school as it is really flexible and allows me to take part in as many or as few activities as I can manage. I actually took some school work with me to summer camp this year as there is always a bit of time for me to squeeze in a bit of study, if I want to."

You have previously been skiing with the ACF. How would you describe this experience?

"I had the opportunity to go skiing two years in a row in 2015 and 2016 which was great. It really was an amazing experience as I had never skied before. All of the instructors were really helpful teaching us the basics of skiing before having a go on the different slopes. The second time I took part in the ski trip I was placed in a higher group as I had a bit more knowledge about what to do although we still took part in a bit

of refresher training. I made it all the way on to the black slopes on this occasion though, which were really steep."

Do you think you would have got the chance to go skiing if you were not a cadet?

"No, to be honest it wasn't something I had ever had a particular interest in but the ACF opened my eyes to taking part in the sport. I had a really good time and the ACF makes the experience much more cost effective meaning I could go along and join in."

What did you take away from your ski experiences personally?

"Apart from learning a range of new skills on the slopes, it also gave me the confidence to try new things both on the trips and when I got home. It was also great to work on my team-building skills. Obviously if someone fell over when skiing we would all help each other, as well as supporting each other to perfect the different types of turns we were instructed to do."

If you were to sum up what being a cadet means to you what would you say?

"I have developed some great relationships through the ACF. I've made new friends but also the adult volunteers are really inspirational. My detachment commander has inspired me to want to become a doctor when I'm older. I've learnt the value of being disciplined and having respect for others but overall it's about just having a good time. I'd encourage anyone to get involved as you can take part in experiences with the ACF you could never do if you just sit at home playing games all the time."

A focus on friendship

“It’s great to be a role model for younger cadets”

Being a Sea Cadet is all about learning new skills both on and off the water, but a student from Nottingham has described how he enjoys leading by example and inspiring younger cadets to achieve.

Leading Cadet Tom Middleton, aged 15, joined Nottingham Sea Cadets four years ago after deciding he wanted a new hobby.

Across the country, 14,000 10 to 18 year-olds get together every week at 400 sea cadet units, and Tom is proud to be one of them.

Tom explained: “The best thing about cadets is meeting new friends, getting out on the water and having the chance to get qualifications for activities you enjoy. One of my highlights is windsurfing as it’s great fun.

“When I joined I was a shy junior cadet but my confidence has increased so much, which will be really useful for my future both in and out of cadets. This summer I had the chance to attend the National Junior Cadet Camp for the second time as a senior cadet as the command team from last year were happy with my progress

and invited me back again. It’s great to be a role model for younger cadets as I believe that the youth organisation as a whole, the adult volunteers, and other former senior cadets, invested in me, so now it’s my chance to give back and inspire others.”

The National Junior Cadet Camp took place at Kings Wood Activity Centre in Doncaster in August and included 300 junior cadets, all under 12 years-old, 20 senior cadets and 40 sea cadet adult volunteers.

Over the last few years, Tom has gained a number of water-based qualifications and has worked his way up through the ranks meaning he is one of the most senior cadets at the unit in Nottingham.

Speaking about his experience, Tom continued: “Being a senior cadet allows me to demonstrate a level of maturity which other people my age who haven’t



Leading Cadet Tom Middleton on Juniors’ Camp

been a cadet may find it difficult to do. I’m sure all of the activities and qualifications I’ve gained through the Sea Cadets will look good on my CV and will hopefully provide my future employers with a positive view of me.”

As a senior cadet on the National Camp, Tom was responsible for helping the young cadets sort out any problems they had on camp, assisting with any welfare issues like cadets missing home, and other administrative tasks, such as, ensuring key senior personnel were issued mobile phones to communicate with each other during the event.

Tom concluded: “Being a cadet is fantastic. You get to do some once in a life-time activities and generally just make the most of your time outside of school.”

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A focus on friendship

Making new friends and gaining confidence

The school holidays mean different things to different people. Adults may worry about how they can organise activities for their children, whilst young people may wonder how they can fill the long summer days at home.

Being an Army cadet is all about having fun, adventure and meeting new friends. Activities cadets can take part in include water sports, rock climbing and mountain biking, as well as more military themed activities like fieldcraft and shooting.

Basically, if you are a cadet there is no need to be bored over the summer as you can spend up to 10 days enjoying an annual camp meeting new friends who are based in various detachments around your county who are all aged between 12 – 18 years old.

The Cadet Magazine got the opportunity to meet a few young people from Lincolnshire Army Cadet Force who have described why they enjoy being a cadet and why they would encourage others to join them.

Cadet Abigail Hackney, aged 13, from Gainsborough Detachment, said: "There are loads of new experiences you can enjoy in the ACF but also gather skills to go on to your CV for the future. It's also really fun and you get to meet loads of new people whilst taking part in adventurous activities. I've gained both physical and mental strength through the ACF and overall my confidence has grown loads."

"...if you are a cadet there is no need to be bored over the summer..."

Cadet Lance Corporal Elliot Dovewoods, aged 14, from Cherry Willingham Detachment, explained: "I joined the ACF two years ago and think I have become much more confident in myself over this time. I've also developed my leadership skills. Before I joined the ACF I was quite lazy and didn't do much but as a member of the ACF I've achieved things I wouldn't have been able to ever do otherwise like drill, fieldcraft and learning First Aid."



Cadet Lance Corporal Keely Church, aged 15, from Washingborough Detachment, commented: "I've found that everyone is really positive and kind in the ACF. My highlights from this year's summer camp were meeting new people and getting out in the field with my cadre. At first I thought I would dread coming along to the ACF but actually I'm now in my third year and I love it."

Cadet Kyle Roberts, aged 14, from North Sommercotes Detachment, said: "I always enjoy meeting new people and making new friends at annual camp. A lot of people that join the ACF have similar interests so it's great to spend time with them. Being a cadet gets you out of bed in the holidays and it gives you something fun to do. If wasn't at camp I'd just be at home bored watching YouTube videos so I'd encourage people to join cadets and get out to try new things."

Cadet Jorden Metcalfe, aged 14, from Cherry Willingham Detachment, commented: "Camps are really good as they are quite long and you get to meet new people. There is no way that you can't make friends as you are put with people who you may not know so you get to experience different activities together."

Cadet Chloe Smith, aged 14, from Skegness Detachment, explained: "In cadets it doesn't matter if you're a boy or a girl as you are all equal and you can make a new group of friends. There are a vast range of activities we can take part in so depending on what you like you can choose to get involved in different things."

The ACF has almost 39,000 cadets in more than 1,600 detachments all over the country. Visit armycadets.com to find out how you can get involved as a cadet or adult volunteer in your area.



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Learning new skills



LNR ACF's Band and Corps of Drums performing on annual camp

Learning a musical instrument in the ACF

There are lots of reasons why people may want to learn to play an instrument such as wanting to learn a new skill, improve personal confidence, get a new hobby, relieve stress, meet new people or because they want to engage in an activity that will give them a sense of achievement.

In the Army Cadet Force music is an activity open to everyone, allowing both cadets and adult volunteers to follow a structured and achievable path of learning with some going on to earn music qualifications.

It doesn't matter if you don't have any musical knowledge in the ACF as everyone is catered for and will be tutored accordingly before being incorporated into a military-themed band, Corps of Drums or Bugle Platoon.

Here we learn about the musical experiences of a number of young people from Leicestershire, Northamptonshire and Rutland ACF who have all embraced playing an instrument as part of their cadet career.

Cadet Jessica Moss, aged 13, from Braunstone Detachment plays the bugle in the ACF. She explained: "I play the cornet outside the cadets and my mum suggested that because I was in the ACF anyway I should join the Corps of Drums.

"I enjoy playing with the Corps of Drums because it is a really good atmosphere and they're all really friendly.

"The bugle is like the cornet but harder because it doesn't have any valves so you're just playing with your lips. It's really fun but it is challenging. I played at Bradgate Park on Remembrance Day and that was really good because there were loads of people there."

Cadet Sergeant Major Stuart Kelly, aged 17, from Anzio Detachment plays the side drum and bugle.

"I had never done music before I joined the cadets but I picked it up quite quickly.

"I've not really had lessons, I'm kind of self-taught and with the adult instructors help, I've just picked it up.

"There is a sense of unity within the band. It's something extra outside of the general idea of ACF. We have the fieldcraft and skill at arms side along with the music to relax with and get away from the rest of it."

Cadet Sergeant Rebecca Waller, aged 16, plays the flute, snare drum, glockenspiel and is just learning the bugle. She commented: "I've done a Level Two BTEC in Musical Performance.

I went to a music camp and completed it there. We did a few performances for the local community as part of that.

"I do a lot of music outside of cadets but then I saw a lot of people that hadn't learnt music outside of cadets also progressing to become four star musicians. I decided I should get involved as it would be another thing to add to my cadet experience."

Adult volunteer, Staff Sergeant Instructor Sammie Carter, County Drum Major, explained:

"I had the opportunity to go to the Army School of Ceremonial and do their Class One drummers course which was absolutely phenomenal, it's opened my eyes more to music and it really helped with my position as County Drum Major.

"I'm in charge of making sure the cadets are getting the correct training. Music has always been a part of my life and I think it helps to develop young people quite well. It concentrates both their theory and discipline in terms of learning an instrument and it keeps them motivated."

Learning new skills

“Air recognition should not be known as a ‘nerdy’ skill”

An air cadet from Derby correctly identified a number of aircraft in less than one second each, meaning he was crowned the winner at an Aircraft Recognition competition this year.

Cadet Corporal Jack Foster of 126 (City of Derby) Squadron recently won in his age bracket of the Aircraft Recognition competition at the South and East Midlands Wing Field Day he attended.

Aircraft recognition is one of the key elements on the Air Cadet syllabus. It requires cadets to familiarise themselves with around 30 key aircraft that are both current and historic.

In competitions cadets are shown an image of the aircraft which can be taken at any angle for less than a second, they then need to correctly identify the aircraft based upon what they saw.

This not only requires a good memory on the part of the cadet it also requires

paying strict attention to detail, as well as the diligence to learn the aircraft, these are all important skills that could help the cadet succeed later in life.

Cadet Corporal Jack Foster explained: “I joined the Air Cadets because I am passionate about aviation and would like to further my knowledge and get some flying experience.

“My best experience in cadets was when I won the under 16 Aircraft Recognition Competition at the Corps Finals in 2016. I went on to win that again the next year but it was definitely one of the defining moments of my cadet career.”



Cadet Corporal Jack Foster receiving the Air Recognition Trophy

Now leading his Squadron's Air Recognition team, Jack concluded: “The team deserve a lot of credit as they have put the hours in and shown the dedication that all good cadets should possess and let their attitude towards air recognition be an example to everyone at our squadron.

“Air recognition should not be known as a ‘nerdy’ skill; it should be respected as a tradition because Air Cadets were helping identify enemy aircraft during World War Two.”

Training to be a PR Officer

Annual camp is all about trying new things and developing skills but usually these are in the form of adventure training or have a military theme.

Leicestershire, Northamptonshire and Rutland Army Cadet Force has given two of their senior cadets a unique experience that aims to help build their life skills.

At annual camp this year LNR's Public Relations Officers were joined by Public Relations Cadets, who were there to learn more about publicity practices and help the team get more news stories, images and soundbites from the camp.

This year's PR cadets were Cadet Sergeants Rebecca Waller and Katie Kelly, they learnt the fundamentals of photography, took pictures of cadets for all of LNR's channels, interviewed them for stories and did a week-long Twitter takeover.

Rebecca explained: “I've learned how to speak to people more easily, how to

communicate better and how to capture a story with a photograph.”

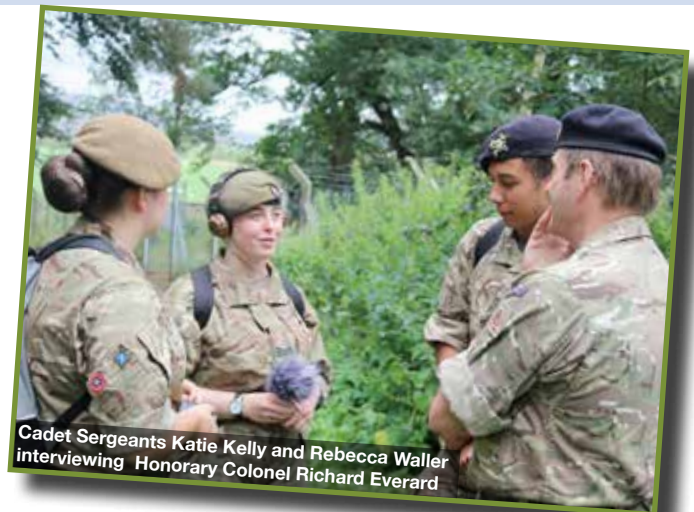
Katie added: “I think I've learned a lot of photography skills in general and learnt how to capture the cadets having fun and adventure.”

The idea to get cadets involved was spearheaded by two adult volunteers at LNR ACF, Adult Under Officer Kate Knight and Second Lieutenant Simon Crossley. Simon explained: “Not only does it help the counties to get content it provides something for cadets who have gone through the system and may be at a loss as to what to do on camp. This gives them the opportunity to step back and see what goes on from a training aspect and how the whole camp picture

comes together.”

Kate added: “It's the senior cadets who have completed the four star training syllabus who tend to join us, it gives them another tool to build upon their life skills and hopefully they can use it outside of cadets when they progress.”

Rebecca concluded: “I think this experience has definitely given me a future hobby.”



Cadet Sergeants Katie Kelly and Rebecca Waller interviewing Honorary Colonel Richard Everard

Learning new skills

Adult volunteer overcomes fear of water

An adult volunteer from Leicester has explained how being in the Sea Cadets has helped overcome her fear of water and earn a nationally recognised dinghy qualification.



Acting Petty Officer Chelsea Theobold

Acting Petty Officer, Chelsea Theobold aged 18, recently earned a Royal Yachting Association Assistant Dinghy Instructor qualification at Thrapston boat station.

Chelsea explained: "Getting the dinghy qualification is a great achievement for me. When I first joined the Sea Cadets I had a fear of the water and getting wet but now I have gone up through the different grades and built confidence in myself and my ability. I absolutely love being out on the water now."

After being a cadet for five years Chelsea continued with the cadets as an adult volunteer when she turned 18 last year.

Chelsea said: "The influence that the staff at the unit had on me whilst I was a cadet made me want to continue with the youth organisation to give something back to the unit and the cadets overall."



Chelsea out on the water

"The best thing about being a volunteer is passing on the skills and knowledge that I have been taught over the years and to give the cadets the same great experiences that I was given."

Over the last couple of years Chelsea has been studying for a science qualification at Leicester College and is using her summer holiday to volunteer with the cadets.

Chelsea added: "I am continuing to volunteer in order to teach the cadets boat work but I am also trying to earn my full dinghy instructor's qualification before the end of summer."

Medical Support Officer role explained

Earlier this year the Army Cadet Force introduced a new role at county level, the Medical Support Officer (MSO).

Their role involves planning medical cover for camps, medical risk assessments, medicines management and ensuring that there is sufficient medical provision in the county.

It may not be the most glamorous role in the ACF but it is vitally important to ensure the safety and wellbeing of cadets.

In order to gain a better understanding of this role we spoke to Captain Gail Rawlings, an adult volunteer, who has previously worked as a paramedic and is now the MSO at Derbyshire ACF. She explained: "In the past we have employed outside agency nurses who cover annual camp only but there is nothing better than an adult who knows what the cadets do, has tried the training themselves and appreciates the cadet experience."

"I understand cadets and adult volunteers as I have been involved for so many

years. I listen to them, I try to comfort them and be their parent as much as I can. Being there every year also means I can build a rapport with them."

Gail was previously an instructor with the ACF holding the roles of First Aid Officer and then Admin Officer before leaving due to other commitments.

Upon re-joining she has taken on this role with Derbyshire ACF but she also acts as national course co-ordinator for the MSO training at Frimley Park in Surrey.

Gail explained: "The MSO course is great for adult volunteers. It consists of practical training and teaches the use of medical diagnostic equipment. Volunteers will learn how to measure blood pressure, pulse and temperatures."

"It also aims to give adult volunteers the information and the practical knowledge to understand medical emergencies and medical conditions."



Captain Gail Rawlings

The course provides adult volunteers with clear direction on the treatment pathways they should follow for poorly cadets which means that care throughout the ACF is of an extremely high standard.

Gail concluded: "The role is great for the ACF, it enables the correct pathway for unwell cadets, it means fewer adults accompanying cadets to hospital or GP surgery, and it means everyone can enjoy camp without pain or discomfort."

First Aid skills help to save a life

A student and former Army Cadet has used her First Aid skills to help save a man's life after he collapsed in her hometown of Mansfield and was suspected of having cardiac arrest.

Melanie Jeske, aged 17, paraded with Nottinghamshire Army Cadet Force for four years until she joined college in September last year and needed to concentrate on her studies.

Assessing the situation, Melanie saw that the man had suffered a head wound and was bleeding heavily. Working with a postman who was passing, the pair administered CPR and Melanie called for an ambulance.

First Aid skills are something that both cadets and adult volunteers learn as part of their basic training with some going on to compete in competitions and develop their abilities to a higher level by studying further qualifications.

Describing what happened Melanie

said: "I called 999 as soon as possible. A group of people were standing around him and didn't seem to know what to do.

"I took turns to do CPR with another person and thankfully he started to breathe again. At this time we put him in the recovery position until the ambulance arrived and continued to apply pressure to his head wound to help stop the bleeding."

Melanie posted that she had helped the man on social media and was really surprised to get lots of messages saying she should be proud of her efforts and others saying she was a life-saver.

She concluded: "I learnt all of my First Aid skills through the ACF and I am now in the process of returning to the youth organisation as an adult volunteer. I acted on my instinct to help on the day, cadets prepares you to use your knowledge in any situation and I would encourage



Melanie with Mansfield Mayor Kate Allsop

anyone to take a First Aid course as you just never know when you may need to put your skills in to action."

Richard Etherington an adult volunteer from Nottinghamshire ACF said: "Being a cadet allows you to achieve a recognised St John Ambulance qualification. The gentleman was lucky that he fell ill when Melanie was nearby. We wish him all the best in his recovery".

Melanie has now received a commendation from the Mayor of Mansfield for her actions and attended a ceremony in which she received a prestigious certificate.

Cadet gains First Aid at work qualification

A cadet from Lincolnshire has described how she has gained a First Aid at Work qualification through the Army Cadet Force helping her to find a part-time job.

Cadet Sergeant Sophie Henton, aged 17, volunteers with Lincolnshire ACF's Sleaford Detachment as well as studying photography, health and social care and hospitality and catering at college.

Sophie believes that being able to speak about her experiences in the ACF and gaining the First Aid at Work qualification helped her to get her current part-time job. She said: "I joined cadets in 2013 and have always had an interest in First Aid so was eager to gain a certificate in this when I got the chance.

"When I joined cadets I was really quiet and not very confident in my own abilities. I had previously experienced quite a lot of bullying and was very reliant on my parents but being a cadet has allowed me to realise that I am independent and that I can do activities I put my mind to.

"At my interview for my job I was able to talk about how I have grown as a person through the ACF and draw on certificates I have gained including my First Aid at

Work qualification that could be helpful if an incident was to arise."

Speaking about using her First Aid skills in her home environment, Sophie continued: "My First Aid course allowed me to gain practical skills to deal with a range of First Aid emergencies. I learnt about communicating with the injured person, head injuries, bleeding, choking, shock and what to do if you suspect someone has a broken back for example. I also took part in Heartstart training allowing me to understand how to do CPR and what action to take if you suspect someone is having a heart attack or cardiac arrest.

"It's great to learn skills like this that can help you in real life as emergencies can happen anytime. A while ago I was called from my bedroom at home to help my brother as he had a suspected broken wrist. I used a sling from our First Aid box to stop his arm from moving around before he saw a doctor; lower arm slings can be used when someone has injured



Cadet Sergeant Sophie Henton practicing CPR at summer camp

their wrist or hand. When we got to the hospital the staff said the sling looked like it had been put on by a professional so I was really pleased I'd been able to help." Concluding that she would encourage others to join the ACF and in particular learn First Aid skills. Sophie explained: "These are skills that will stay with me for life. Being able to perform First Aid could really make a difference and even save someone's life so I'd definitely encourage others to find a course near them. The ACF offers lots of opportunities but First Aid is something that I can take with me in the future and use in my everyday life."

Learning New Skills

Improving careers with the ACF

An adult volunteer from Shirebrook in Derbyshire has explained how joining the Army Cadet Force has helped improve his career prospects.

Captain James Langham, a senior adult volunteer, believes the qualifications and experiences he has developed in the ACF not only helped him get a job but also to progress within his career and take on management roles.

James explained: "I hold my job simply because of the qualifications I got in the Army Cadet Force. They looked at my qualifications and were really impressed. They actually had me teaching on my fourth day. It's normally a few weeks of induction before you start that."

James has more than 20 years' experience within the ACF and has held various roles at both detachment and county level. He added: "I applied to

become a lead trainer at St John Ambulance when the role was created, so I effectively got a promotion and all the evidence I used on the board for that was from what I had done in the Cadet Force because I was county First Aid Training Officer.

"There were soft skills that I developed in the Cadet Force that actually got me on to the developing future managers' programme at St John Ambulance. The ACF has been fantastic for my career."

During his time in the ACF, James has completed courses in First Aid, adventure training, leadership & management, after initially joining the



Captain James Langham

ACF when he heard about the organisation from a pupil whilst working in a school library.

When asked if he would recommend volunteering in the ACF to other adults, he said: "If you're enthusiastic and willing to develop your skills then there is a role for everybody."

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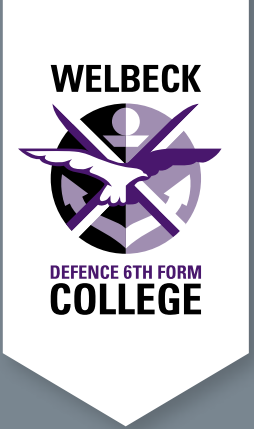
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