

AN ACCESSIBLE VERSION OF THE GAZETTE WILL BE AVAILABLE SOON



ISSUE 11 / JANUARY - MARCH 2024

GAZETTE

Welcome!

...to the NHS Cadets Gazette

where we share youth opportunities, good news stories and events. We also feature insights and input from NHS Cadets and Project Leads as well as quizzes and competitions.

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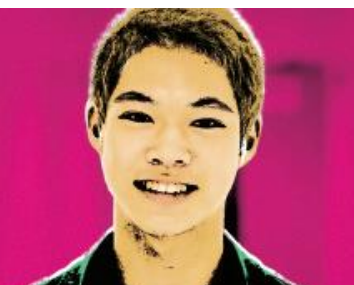
REVISION & EXAM SUPPORT LINKS

MAKATON ARTICLE

WORLD HEALTH DAY

NHS CADETS VIRTUAL CAREERS DAY

& MORE!





TEAMS COMPETITION

To those of you who entered the Teams background competition – thank you. The winner of the competition and who will be receiving a £20 Amazon voucher is: **Abida Akhter – congratulations!** The runner up was Rhea Athwal.

66 Hello everyone! I am 14 years old and joined the virtual NHS Cadets programme in September. This programme has brought together people from diverse backgrounds to explore the healthcare sector, fostering essential skills, compassion, and community. The NHS Cadet Programme offers numerous educational opportunities, exposing us to various healthcare topics.

Through virtual activities and insightful discussions with leaders, we gain knowledge, preparing us for future healthcare careers. The programme serves as a stepping stone for those considering healthcare careers, inspiring and motivating us to pursue further education. As young individuals, we explore our passion for healthcare, gain valuable skills, and contribute meaningfully to our community.

NHS Cadets goes beyond traditional education, nurturing healthcare heroes of tomorrow and providing profound insights into the industry. And this is why I love this programme. 99

Naomi

66 I recently joined NHS cadets and I have never regretted making that decision. I joined the virtual program and I always had doubts about it not being fun or informative because it's online, I can confirm it has been an amazing experience so far. We had a session that was building our communication skills and you had to randomly sell an object to a person, it was so funny and interactive.

In our sessions, we spoke to each other, encouraged each other, and cared for one another. The sessions became something I looked forward to. The best part about this program was being surrounded by people who have the same passion as you. This really gave me confidence to pursue my dream to become a gynaecologist. Everyone there just gave out positive energy and a sense of community. I felt happy and safe. 99

Nicole

66 Participating in NHS Cadets has been an eye-opening experience, revealing the diverse range of careers within the NHS.

Initially, I had a limited understanding of the various roles available, but these sessions have broadened my perspective significantly. Exploring different aspects of NHS careers exposed me to the multifaceted nature of the healthcare sector.

Through engaging presentations and discussions, I learned about the myriad roles beyond the traditional healthcare professions. The programme shed light on the importance of teamwork and collaboration among various healthcare professionals, emphasizing that the NHS is a collective effort. Discovering the depth of opportunities within the NHS has solidified my aspiration to become a neurosurgeon. 99

Jasmine

66 I have recently joined NHS Cadets, and this will give me my starting point to be part of health care. The part I love about NHS Cadets is that I get to adapt my physical skills on helping other people with their needs, physically or mentally. I decided to take this opportunity as a fresh start, so I can show and adapt skills I already have, to improve them.

This is a great opportunity to take and add to my CV as I would like to be part of the NHS. Having this on my CV will be a big help for me. NHS Cadets is a very fun way to learn about healthcare and I have made new friends from just talking to them every week.

If you're a young person who would love to take on a career or pathway to do with care I would definitely recommend NHS Cadets as it's a fun experience to have and it would be great in many ways to help get a healthcare job. 99

Kendra

If you have anything you would like to share in the next issue of the Gazette, please contact us [here](#).





Embarking on a Superhero Journey with NHS Cadets: From A Young Cadet's Perspective... As a 14-year-old girl, my decision to join NHS Cadets was not just about joining a team; it was about embarking on a real superhero journey. The moment I decided to join, I felt a sense of purpose and excitement knowing that I will meet people who could teach me how to achieve my future goals, fulfil my passion of helping people and, when possible, save lives.

I joined the team driven solely by a deeply rooted and enduring desire to make a difference. The NHS Cadet programme, which focuses first and foremost on presenting possibilities for professional development in healthcare and community service, was perfectly aligned with my aspirations as a significant step towards a future where I could contribute to wellbeing of others.

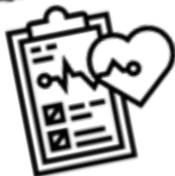
Being an NHS cadet is like joining a champion defender academy. But it is not just about acquiring new skills and capabilities with a view to individual development. It is much more than that. It is about seeing yourself as part of something much bigger... about improving yourself to improve a greater good... a better world for all... **I am happy and privileged to feel part of a community full of hundreds of people who, like me, want to make a positive impact on other people's lives.**

Among the cadets, I see a shared feeling of mission. Mission of a life of service to care for people, and each other also, which resonates with my long-time dream of becoming a healthcare professional and working in a profession where compassion and service are fundamental, "from cradle to grave." Overall, being an NHS Cadet is about the promise of what is in front of us, and I look forward to learning all that NHS Cadets has to offer and will no doubt bring.

Alice



Existing or living, what's the difference? We may think both these words mean the same thing but **there is quite a significant difference between the two.** In an NHS Cadet session, we were taught that in the medical caregiving field there is a massive emphasis on making the patient feel like they are living their life as normally as they can. For example, many people suffer from life altering cases where they may not be able to perform simple tasks or may just be people who may need support such as the elderly.



Devi



NHS Cadets has given me guidance, opening my eyes to new opportunities and career paths. Previously, I was unsure of pursuing a medical career, but the NHS Cadets programme provided me, along with my fellow cadets, much information and insight into a variety of medicine-related jobs. For instance, we engaged in a lesson regarding several different types of nurses, including district nurses, who visit residential care homes, and health visitors, who specialise in treating families with small children (aged 0-5). This information was new to me, allowing for the development of my knowledge of health services, and that is why I believe **NHS Cadets is extremely effective: we are taught about aspects of medicine that we perhaps did not know of before.**

From physically practising the steps of CPR and carrying out the recovery position, to learning about drug addiction and withdrawal, NHS Cadets covers a wide array of topics and teaches essential skills. Not only did I learn academically, but the social aspect of the course helped me develop my confidence and communication skills. Sharing views with the cadet group built my social confidence, whilst researching topic ideas in groups helped to improve my teamwork, and familiarity of working with others.

The mental health section of the course was very informative and enlightening, encompassing causes of mental illnesses, their impacts, and several potential solutions. Furthermore, we looked at some online resources to aid mental health issues and learned how to talk about these issues in a more tactical manner.

We discussed a range of medical fields, including dermatology, rheumatology, geriatric medicine, respiratory medicine, and cardiology. This section of the programme granted us a more extensive overview of medical services, allowing us to have more exposure to future career options.

NHS Cadets was very useful and interactive. We learned, developed, and improved our life skills of teamwork, confidence, communication, and presentation, whilst also obtaining insights into the medical profession and the diversity of the roles in hospitals

Aishah



Existing would mean the caregiver simply does everything for them. This may sound like there is not an issue; however, the patient may feel incompetent and a burden to others and as though they are just existing instead of living. To tackle this issue **there are many tools that help them feel more alive.** Tasks as simple as being able to make their own cup of tea can make a massive difference to how they feel mentally. Nowadays, it is easy to be caught up in stress, but it is important to not forget to live every day to your fullest.



If you have anything you would like to share in the next issue of the Gazette, please contact us [here](#).



QUIZZES

Created by NHS Cadets



MENTAL HEALTH
WORD SEARCH
By DAMILOLA WILLIAMS-OJO

B	U	N	A	N	T	H	E	R	A	P	Y	A	E	W	P	F	T
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O	S	G	S	O	L	T	I	D	E	P	R	E	S	S	I	O	N

HELP			THERAPY
ANXIETY	LIFE	MIND	SOCIAL
AWAARENESS	PANIC	PSYCHOLOGICAL	POSITIVITY
DEPRESSION	PETS	STRESS	TALK
FAMILY			TREATMENT
FRIENDS			WELLBEING

Healthcare Quiz 1

By NHS Cadet Roland

1. What is the highest academic degree a doctor can earn?
2. What is the medical term for a doctor who specializes in the treatment of children?
3. Which famous scientist is known for his contributions to the field of medicine and is often referred to as the "father of modern medicine"?
4. In which country was the Hippocratic Oath, a code of ethics for doctors, originated?
5. What is the medical term for a doctor who specializes in the treatment of the nervous system?



Healthcare Quiz 2

By NHS Cadet Khushi

1. How many people does the NHS employ?
2. Where was the first NHS hospital opened?
3. How many years has it been since NHS was first launched?
4. How many calls does the NHS receive per minute?
5. How many people in a month visit a GP?



Answers are on the last page



You Can Do ANYTHING

66

By becoming a cadet, my confidence and communication skills have increased a noticeable amount, as I am now starting to express my opinions and ideas without feeling embarrassed or shy. This has essentially allowed me to gain the skills I need in order to become a doctor as communication and confidence is what you need to have as a doctor, as well as empathy towards peers so they feel comfortable.

I am so glad I have joined NHS cadets, because without it, I am afraid to say I would be still dug deep in an empty hole due to my lack of confidence.

My favourite sessions by far, will have to be our debate sessions, as it not only gives me an insight to wider topics that will affect me when I am older, but it also allows me to see the other side of the argument, and therefore keep an open mind to other opinions, as it is important to always consider everyone's opinion even if you completely disagree with it.

The whole reason why I was inspired to join NHS cadets was so my social skills and my NHS knowledge could grow, which it has, and I have only just started, this is the reason why I will continue to keep going as I enjoy the sessions a lot due to the insightful lessons taught.

Khushi

66

I really enjoyed NHS cadets. It was useful to learn different things, learning that you're not alone and listening to people talking about their professions. I think the main thing I liked about NHS cadets was the getting to meet new people and we had really nice leaders. I stopped going at the end, but I got constant support and **graduating was an amazing feeling. It felt like I had succeeded in something new. It inspired me to speak up more and to help other young people or even people if they're in need.**

I've always wanted to become a midwife, but NHS Cadets changed my mind and I want to be a person to help with mental health or still work in a hospital counselling, being able to help people. **I really thank the leaders for making cadets a fun time and it was a great part of my life. I always felt like I could be myself there even though I was quite shy and never really spoke I really enjoyed my time.**

Thank you again for the opportunity that you gave me and I really thank Ngozi for being the most amazing, fun, kind person always made me laugh and was always there for me even though I know it was her job, she just was lovely.

I hope many other young people enjoy it as much as I did. I'm in year 11 getting through my GCSEs trying to get what I need to become what I want to in the future.

Lauren

To every NHS cadet who has contributed to this edition...

THANK YOU!



REVISION & EXAMS

Revising for exams can be really difficult. If you have exams coming up over the next few months, click on the icons for some handy tips and advice.



UCAS offers some advice on managing exam stress



Explore over [350 NHS Careers](#)
Take a career quiz [here](#)

If you are aiming to pursue a career in healthcare and would like to share what your dream career is, contact us [here](#) to feature in the next gazette, to show a wide range of career choices.

If you have an interest in design and would like to help create an accessible version of the gazette to reach a wider audience, please [contact us](#).

TEAM UP!

If you have anything you would like to share in the next issue of the Gazette please contact us [here](#).



MAKATON...

Frustration, isolation, anger, sadness, low self-esteem, lack of confidence – sound familiar?

Nicky is Project Lead in Swindon and mum to Luke and Zachary who have used Makaton all their lives. Lorna is a Youth Support Worker and has worked as a Specialist Teaching Assistant, Residential Social Support Officer and Adult Support worker, all of which have used Makaton as a method of communicating;

“I started as a volunteer in a Special Needs School, volunteering in the classroom. This is when I was introduced to Makaton, I soon realized that learning Makaton would enable me to communicate better with the pupils. I soon got to know signs that helped within the school while I supported the children, meeting their individual needs.

Having that understanding helped build a positive relationship with the children, it also made me more confident within my role, and I took these skills on to future job roles.”

The words above can apply to so many people for so many reasons and we can, so often, feel helpless, frustrated and annoyed at the cause of such feelings.

When my son, Luke was about 3 years old I took him into town, pointing out trees, cars, a fire engine, a train as we went. He was in his pushchair facing me and I signed the words as I spoke. Luke has Down's syndrome and very little speech, but we were quickly aware that he understood so much more than he could demonstrate through speech. Within moments of starting our walk into town, Luke started signing by rubbing his fist on his mouth. He repeated this sign over and over again – I had no idea what the sign meant. When we got home, he ran to the kitchen and got a packet of Wotsits and signed the sign again – I hadn't taught him the sign he needed and wanted – I had taught the signs I thought he needed and wanted – lesson learned.

Think about people you come into contact with professionally, in volunteer or social roles – what words do you need to know – what words do they need you to know?

Can they all speak those words? Can they communicate with you?

The one, most important time that someone needs your help and signs that request to you – will you understand?



Makaton is a sign and symbol programme developed by Margaret Walker, Kathy Johnston and Tony Cornforth in the 1970s for people with a learning disability. It is based on British Sign language but only the key words in a sentence are signed.

The aim of Makaton is to encourage and support speech so you must always speak when signing and positively encourage the person you are communicating with to sign and speak too, to reduce frustration and misunderstanding and to empower people with a learning disability to make choices for themselves.

The ability to communicate and be understood increases self-esteem, boosts confidence, reduces frustration and improves social skills. You can make a difference to someone who may be in need by exploring other ways to communicate but you need to practise, just as with all new languages!

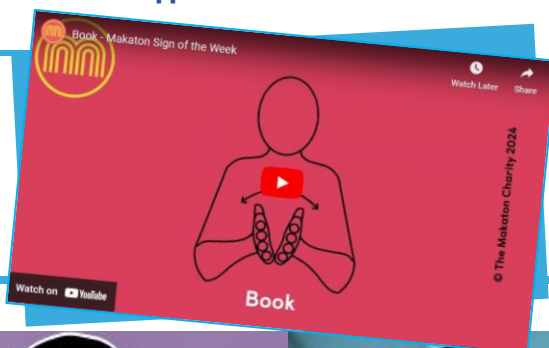
Find out more: makaton.org
Have fun learning by singing and signing with Singing Hands: Makaton Signing Classes – or [Singing Hands on YouTube](#)
Learn along with younger friends or family: [Learn Makaton with Mr Tumble](#)

By Project Lead Nicky Parker and Youth Support Worker Lorna Jenner

LEARN MORE

As a starting point, why not learn the Makaton sign of the week?

Get Sign of the Week delivered to your inbox every week, by creating a free member account [here](#)



World Health Day, commemorated annually on April 7th, serves as a global reminder of the utmost importance of health and well-being for everyone. This special date signifies when the WHO (the World Health organisation) was founded in 1948.

Each year, there is a set theme for World Health Day that focuses on pressing health issues and for 2024 it is: My health, my right.

This year's theme focuses on tackling challenges to public health such as the barriers to accessing healthcare in many countries around the world which are home to 4.5 billion people - half of the world's population - without access to essential health services. These countries do not have any laws in place to allow their population to access health services.

Another challenge is the increasing threat to the right to health for everyone across the globe. A few examples are the Ukraine-Russia war and the Gaza conflict which lead to pain, hunger and devastation as well as psychological distress and death.

Climate change has also caused significant health impacts due to the over consumption of fossil fuels such as crude oil for petrol and other causes which have led to air and water pollution that kills a person every 5 seconds around the world.

As we celebrate World Health Day this year, let us advocate for the health rights of every single citizen in the world through simple things such as sharing a post on Instagram or making a post on X (Twitter) to promote awareness.



By NHS Cadet Meghana



WORLD HEALTH DAY 7TH APRIL 2024

You may ask what is World Health Day? Simply, it's that one day a year where we attempt to convince ourselves that eating a salad cancels out the entire pizza we devoured last night. I'm kidding, although pizza sounds so good right now! It's actually a global health awareness day celebrated on the 7th April.

It's a day where we don't have to frantically search symptoms and self-diagnose ourselves with every exotic disease we find. Instead, organisations like the World Health Organisation (WHO) address and educate us on a specific theme/ issue that is crucial for better global health.

Amazingly, this day is able to bring light and attention to pressing health concerns and encourages individuals to take action to achieve a healthier life.

Whether that is remembering we still have that gym membership or us bravely choosing to battle the stairs instead of the elevator: our choices all aid us to elevate our health.

For me, world health day reminds me to prioritise my physical health as well as my mental health and identify areas for improvement like NOT gobbling up a whole pizza on my own. That's beside the point but think, what steps will you take to prioritize your health and contribute to the promotion of well-being in your community following World Health Day?

By NHS Cadet Amtul





The Cadet Vocational College (previously known as CVQO) is accepting enrolments for its fantastic BTEC Level 2 qualification in 'Teamwork and Personal Development in the Community' (TPD).

This great opportunity is open to all 16 to 19-year-old volunteers, including NHS Cadets.

How it works...

This qualification has been specifically designed with young people in mind – it will help you gain a useful qualification that recognises all the skills and achievements you make while a member of St John. You can even choose your own path through the qualification, as well as the method by which you complete it.



Cadet Vocational College
Brilliant Cadet Vocational College BTECs, delivered to St John Cadets
Enrolments for 2023/24 are being accepted now, by attending an online advice, guidance and enrolment session
www.bit.ly/SJABTEC2023
St John Ambulance  

Find out more...

You can find more details about the course and how it works on the Cadet Vocational College website [here](#).

Apply now...

Does this sound like the opportunity for you? Just complete the [St John Register Interest form](#) and we'll take it from there.

Need more information?

If you have any questions or would just like to chat about your options, please email our friendly Regional CV College Officers CVQO@sja.org.uk



DO YOUR DOFE

click the image to contact us and request a leaflet with more information about the Duke of Edinburgh Award

ST JOHN YOUTH OPPORTUNITIES

ENHANCE YOUR PORTFOLIO AND EXPLORE OTHER OPPORTUNITIES AVAILABLE AT ST JOHN



The Duke of Edinburgh's Award consists of four categories of highly practical, cultural and adventurous activities. Find out more [here](#)



The Inspiring Digital Enterprise Award, is an international programme that helps young people develop digital, enterprise and employability skills for free. Through online challenges, you can win career-enhancing badges, unlock opportunities and gain industry-recognised Awards that help you stand out from the crowd. Find out more [here](#)

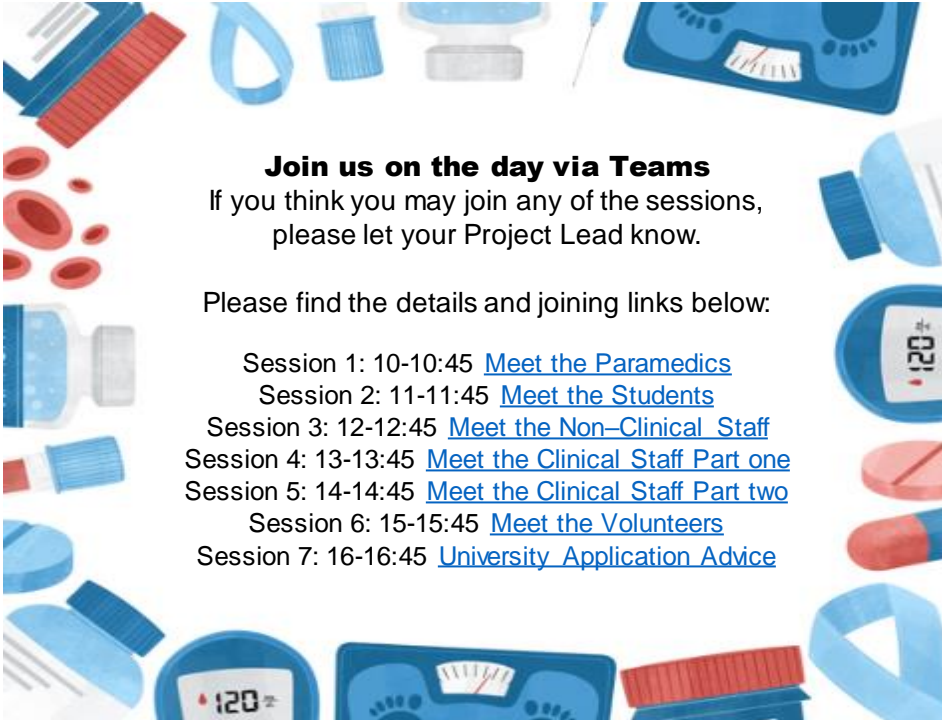




NHS Cadets virtual Careers Day 4th April 2024

Open to all NHS Cadets to attend, to hear exciting talks, information and insights from a variety of speakers.

You will have the opportunity to hear from a variety of healthcare professionals, NHS non-clinical staff, volunteers and students as well as a great opportunity to learn tips for university applications. You are welcome to join as many or as few sessions as you would like and there will be an opportunity to ask questions to any of the speakers.



Join us on the day via Teams

If you think you may join any of the sessions, please let your Project Lead know.

Please find the details and joining links below:

Session 1: 10-10:45 [Meet the Paramedics](#)

Session 2: 11-11:45 [Meet the Students](#)

Session 3: 12-12:45 [Meet the Non-Clinical Staff](#)

Session 4: 13-13:45 [Meet the Clinical Staff Part one](#)

Session 5: 14-14:45 [Meet the Clinical Staff Part two](#)

Session 6: 15-15:45 [Meet the Volunteers](#)

Session 7: 16-16:45 [University Application Advice](#)

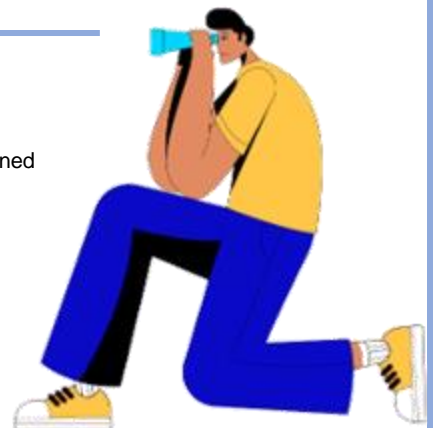
NHS OPPORTUNITIES

The NHS Children and Young People's Transformation Programme have now opened recruitment for the NHS Youth Forum and NHS Youth Advisory Network roles.

Details of the roles can be found on below.

NHS Youth Forum & NHS Youth Advisory Network

[The NHS Youth Forum and Advisory Network | Barnardo's \(barnardos.org.uk\)](https://www.barnardos.org.uk)



Cardiovascular Disease By NHS Cadet Zayn

Cardiovascular disease (CVD) is a group of diseases that involve the blood vessels and the heart. It is a silent killer that due to its deceptive nature often goes undetected until it is too late. With a preponderance of evidence, it is responsible for an estimated 68,000 deaths in 2022, making it the second-highest cause of death in the UK. Despite these frightening statistics, awareness about CVD remains quite low.

Cardiovascular disease includes conditions such as coronary artery disease, stroke, and heart failure. These conditions are mainly caused by atherosclerosis, which is a process where your arteries become narrowed by the build-up of fat consequently restricting blood flow to vital organs. The main causes of this disease include lack of exercise, smoking, diabetes, poor diet, high blood pressure, obesity, and excessive alcohol consumption.

Symptoms may not appear until a person has a heart attack or stroke. So, therefore, regular check-ups and monitoring of blood pressure, cholesterol levels, and blood glucose can help detect early signs of CVD. Additionally, you can reduce the risk of getting CVD by being more physically active, staying away from smoking, and eating a healthy diet.

As an NHS Cadet and as someone who has personally witnessed the shocking effects of these diseases on my own family, these experiences have not only deepened my understanding of the impact of CVDs but also catalysed a passion within me to make a difference.



We as NHS Cadets could spread awareness of cardiovascular disease through a wide range of different methods one of the main ones being, setting up education workshops that could educate the public about CVD covering topics such as causes, symptoms, prevention, and treatment. We could also through our involvement in community outreach initiatives, and public health campaigns, we can together make a significant difference to this cause.

In conclusion, cardiovascular disease is a silent but avertable killer. Through increased awareness, early detection, and lifestyle changes, we can make a huge difference in reducing the impact of this health crisis.



Find out more from the British Heart Foundation about improving cardiovascular health [here](#)

If you would like to write an article to feature in the next issue of the gazette, please [contact us](#). Anyone who contributes is sent a Thank You postcard for their portfolio.



“ I was unsure of pursuing a medical career, but NHS Cadets has provided us with much more information and insights into a variety of medicine-related jobs. For instance, we engaged in a lesson regarding several different types of nurses, including district nurses, who visit residential care homes, and health visitors, who specialise in treating families with small children. This information was new to me, allowing for the development of my knowledge of health services, and that is why I believe NHS Cadets is extremely effective: we are taught about aspects of medicine that we perhaps did not know before.

From practising CPR and the recovery position to learning about drug addiction and withdrawal, NHS Cadets covers a wide range of topics and teaches essential skills. The social aspect of the programme helped me develop my confidence and communication skills. Sharing views with the cadet group built my social confidence, whilst researching topic ideas in groups helped to improve my teamwork and familiarity of working with others.

The mental health section of the programme encompassed causes of mental illnesses, their impacts, and several potential solutions. Furthermore, we looked into some online resources to aid those with mental health issues and learned how to talk about these issues in a more tactical manner. We also discussed a range of medical fields, including dermatology, rheumatology, geriatric medicine, respiratory medicine, and cardiology. This section of the programme granted us a more extensive overview of medical services, allowing us to have more exposure to future career options.

We learned and developed, and improved our life skills of teamwork, confidence, communication, and presentation, whilst also obtaining insights into the medical profession and the diversity of the roles in hospitals. ”

Aishah

“ I joined the NHS cadets because I wanted to take my first step with a dream I shared with my dad and grandad. From my early childhood, they both expressed to me how much they would have liked to become doctors, but they were never able to fulfil that dream. My father and grandad have only wanted to see me happy and be able to proudly state, "Niharika works for the NHS". I've always wished to pursue a career in singing or racing in Formula One.

Being a doctor or working for the NHS was never something I would have considered doing since I wanted to entertain people. With the passing of my grandpa, everything changed. The longer I went without him in my life, the more I felt as though his dream faded. I first attempted to ignore it until I was ten years old, at which point I recognised that, despite the fact that I would never see him again, the main reason why I wanted to achieve it was and become the first doctor in my family was to honour him.

My parents were fully supportive of my choice, and we all felt that joining the NHS cadets would be a great way for me to begin on my journey towards our common goal. When I grow up, I really want to become a doctor and eventually become the Head of NHS. I want to proudly sit in the House of Parliament, knowing that my grandad would be extremely proud of me right now if he could see me. ”

Niharika

“ I was inspired to join NHS Cadets because I am interested in studying medicine at university and learning more about the medical field.

My project leaders are helpful and kind and they make the sessions interactive and fun. **The groups are diverse, which allows you to meet lots of new people whilst learning new things and developing new skills.**

It's a great extracurricular activity to get involved in and can help you discover potential future careers. ”

Viyomi

“ I am a current NHS Cadet, with the hopes of pursuing medicine in the future! Firstly, I'd like to express my immense gratitude to the kind people who run the sessions every week, Chez and Tahreen – even through the awkward disconnections and labours of delivering virtual learning, they inspire me to persevere and contribute to all discussions which I take part in.

During my time at NHS Cadets, it has been clear that personal values such as compassion, humility, and empathy are vital in the development of someone working in healthcare, but I have also learnt that skills are transferrable, such as organisation, leadership and data analysis.

NHS Cadets have inspired me in my school life as well, as I have taken on a senior role of Editor of a STEM magazine called 'The Steminist', focused on STEM subjects such as science, maths and psychology. ”

Joycelyn

“ Being an NHS cadet is incredible! It's like being part of a big family that's all about making a positive impact on people's lives. You get to learn, grow, and contribute to the healthcare field.

My favourite session so far was when we had a discussion about mental health. It was such an important topic, and I loved how open and supportive the atmosphere was. We learned about different mental health conditions, how to recognize the signs, and how to provide support to those who need it. It was eye-opening and made me realize the importance of mental health in overall well-being. **Talking about mental health during that session made me realize how crucial it is to break the stigma surrounding mental health issues. It inspired me to become a mental health advocate and help raise awareness in my community. It's amazing how a simple conversation can make a big difference in someone's life.**

NHS Cadets has taught me so much about healthcare, teamwork, and compassion. **It has definitely influenced my future career choices and has made me even more passionate about making a positive impact in the lives of others.** I was inspired to join because I've always had a passion for helping others and making a difference in people's lives. I've met incredible healthcare professionals who have inspired me even more. I've also learned valuable skills like teamwork, communication, and problem-solving.

It has given me a deeper understanding of the healthcare field and has made me consider pursuing a career in medicine or nursing. It's been an eye-opening experience that has shown me the impact I can make in people's lives. ”

Roland

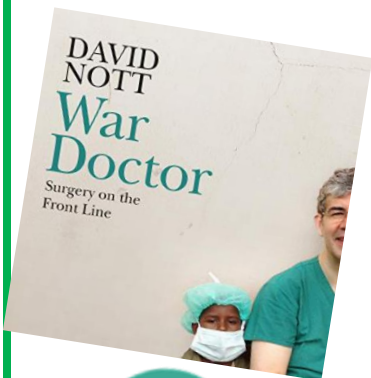
If you have anything you would like to share in the next issue of the Gazette, please contact us [here](#).



Are you 18+ and keen to volunteer to support the NHS Cadet programme?

Volunteering is a fantastic way to enhance your CV, meet new people, and learn lifesaving skills.

You could help create a safe, inclusive and open environment where young people can learn important life skills to prepare them for health volunteering. You will help plan and deliver sessions and support young people to develop and grow. Interested? Find out more and apply...[here](#)



NHS CADET BOOK RECOMMENDATIONS



NHS Cadet Joycelyn recommends:

WAR DOCTOR by **DAVID NOTT**

"This book narrates the story of David Nott, who volunteered to work as a war doctor in some of the world's most hostile conditions, like Sarajevo (Bosnia) under siege in 1993 and eastern Aleppo. This book serves as an inspiring read for me, as the author is an NHS doctor, but volunteers himself, unpaid, to take care of the casualties of war for more than twenty-five years. He has taken this unpaid leave from his job as a general and vascular surgeon and demonstrates qualities which NHS Cadets collectively aim to exhibit; compassion, humility, and the human resilience which carries him through the conflicts of war zones.

Despite the disparity and hardships, David Nott shows the cathartic role a war doctor plays, and I recommend this book to anyone who wishes to pursue a similar route down humanitarian work, or just an eye-opening book to read!"



Click the book images to go to the Amazon links



NHS Cadet Khushi recommends:

IT STARTS WITH US by **Colleen Hoover**

"I recommend you read this book, as it is not only heartfelt but it also reveals the life of a woman who has suffered a troubling past and then therefore combatted it, which shows strong femininity, which I particularly like as it symbolises how women will never back down to misogyny and abusive relationships."



PROJECT LEAD NICKY shares some experiences from Swindon NHS Cadets

Inspiration, Motivation, and Self-Belief – is that what NHS Cadets is all about. Inspiring young people, motivating them and believing in them so that they feel valued, have self-belief and a feeling of self-worth as they strive to realise their ambition and dreams.

As Cadet leaders we are very fortunate when we come into contact with people who share our ideals and will go above and beyond to help and support us in our role and offer incredible opportunities.

Mr Anwar Owais – Consultant Colorectal and Robotic Surgeon and Elizabeth McCarronheal – Team Leader Robotic Surgery are two such professionals at The Great Western Hospital in Swindon. They invited our Advanced Cadets to join them for an evening – we thought it was to watch and observe but it was a hands-on experience!!

We changed into scrubs and, for most, that would have been exciting enough but then we went into the theatre and everyone – including the Cadet leaders - had several opportunities to control the robotic arms of the Surgery Robot to perform a task. Cadets had the opportunity to ask questions of both Anwar and Liz and listen to their experiences and career history .

The Cadets were then asked if they would like to do anything else and one said, *'Can we learn to suture?'* *'Of course!'*, was the reply and so suture sets and skin replicas were brought out and they had individual teaching on how to suture.

A truly incredible, once in a life-time experience that brought joy, self-belief, motivation and inspired our NHS workforce of the future.



"This was an amazing, once in a lifetime opportunity as we got to use the robot. The staff were very encouraging and kind and we learnt how to suture after! So, all in all, it was just an enriching and wonderful experience". Jeanne

"Having the ability to experience many opportunities at NHS Cadets has been a real eye-opener to the many jobs available in the NHS but having the ability to witness the robot surgery was the most amazing thing I have ever witnessed!" Nazeefa

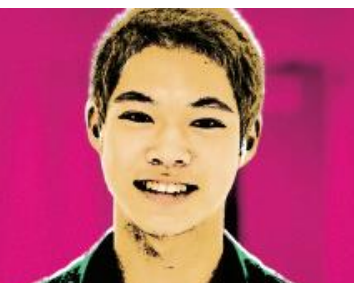
"A really inspiring experience which gave me the opportunity to operate the robot. All in all, the experience was enlightening and furthered my understanding into the complexities of technology and procedure within surgery". Janae

"This was an opportunity no one would experience every day and I am very grateful for the educational opportunity I was given. The staff were very friendly, they gave us an insight to what our future could look like if we worked hard enough at it. Being allowed to touch the robot and suture was not something I imagined I would be able to do at my age and with the guidance of a great surgeon!". Binta

"An experience I can never forget. Great motivation and advice from an amazing surgeon." Valerie



A truly incredible, once in a life-time experience that brought joy, self-belief, motivation and inspired our NHS workforce of the future.



NHS CADET LOCAL UPDATES...



news update



NHS Cadets, Bristol had the pleasure of a guest speaker from North Bristol NHS Trust, Anish Patel the consultant liaison psychiatrist talking about mental health and a Q&A Session for foundation cadets.

Leanne, Project Lead

Cadets from Birmingham celebrate graduating the NHS Cadets Programme. An amazing group of individuals who thoroughly enjoyed their time on the Programme

Govind, Project Lead

LISTEN NOW



PeerPowerYouth



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PeerPowerYouth
Peer Power Youth "Let's Talk NHS" Episode 1 with Michael Carver, January 2023



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5 STEPS to support yourself and others...

LEARN how to support you and your friends.

SEE, Recognise when a friend is struggling.

TALK to your friend – how are they feeling?

SHOW your friend where they can get support. or if you are worried, show a trusted adult.

THINK, How are you feeling? Remember to look after yourself.

FOR FURTHER SUPPORT:

THE MIX The UK's leading support service for young people. Call 0808 808 49940

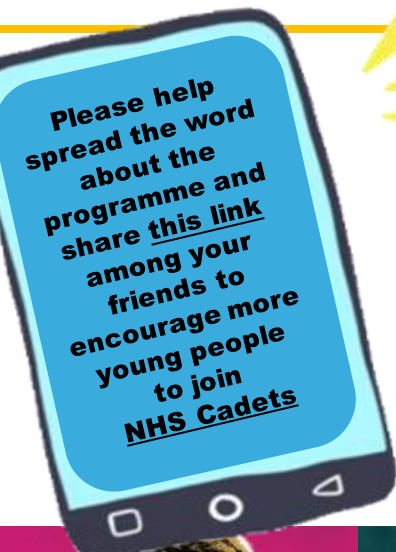
CHILDLINE A free, confidential service where you can talk about anything. Call 0800 1111

SHOUT Confidential mental health text support. Text 'Shout' to 85258

YOUNG MINDS UK's leading charity fighting for young people's mental health. Text 'YM' to 85268

CARE FIRST Confidential counselling advice for 16+. Call 0333 212 7578

NHS 111 For urgent medical advice. Call 111



Healthcare Quiz 1 Answers:

1. 1.4 million
2. Manchester
3. 75 years
4. 20
5. 23 million

Healthcare Quiz 2 Answers:

1. Doctor of Philosophy (PhD) or a Doctor of Medicine (MD), depending on field of study
2. Pediatrician
3. Hippocrates
4. Ancient Greece
5. Neurologist

A HUGE
THANK YOU
TO EVERYONE WHO HAS CONTRIBUTED TO THIS EDITION.

To get involved, to give feedback or suggest what you would like included in the next issue, please [contact us](#). Anyone who contributes is sent a Thank You postcard for their portfolio.

Appreciate YOU

MENTAL HEALTH

WORD SEARCH
ANSWERS

B	U	N	A	N	T	H	E	R	A	P	Y	A	E	W	P	F	T	
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HOPE YOU ENJOYED

"BE YOURSELF. EVERYONE ELSE IS ALREADY TAKEN" - OSCAR WILDE

