



## Welcome to the April edition of the NHS Cadet Gazette!

It's been a busy but very exciting start to 2022 for NHS Cadets. You've been getting involved in some great projects and making a huge impact on your communities. From selecting St John's new Prior to learning CPR and becoming Cadet reporters, you've achieved a lot in a short space of time.

This edition celebrates all that you've been up to over the past few months and looks ahead to some exciting events in April and May. We're really proud of what you've done so far in 2022 and can't wait to see what you get up to over the next few months.

## What's new?

Have a go at our own

**WORDLE**

to discover a clue about an opportunity in this edition...

Maya reflects on the Cadet Reporters Weekend away

Deaf Awareness Week



## An exciting in-person session for Croydon Cadets

Back in January, our Advanced NHS Cadets in Croydon spent some time at the hospital chatting to healthcare professionals, learning how to do CPR and discovering how to use other life-saving equipment. In this [video](#), Minali explains what they got up to!

## More opportunities...

St John have their own Youth Development [Linktree](#)! You can use it to discover volunteer opportunities both within and outside of St John, as well as things like CV help and upcoming activities and events.





**In February, Maya headed to Nottingham for the Cadet Reporters Development Weekend. Here's what she had to say about the experience!**

"I was greeted by the enthusiastic and welcoming youth leaders and shown to my room where I'd be staying for the weekend.

Since I arrived quite late on Friday, my first day of learning was on Saturday. The first thing I noticed was how modern and smart the learning environment was. Most of our learning took place in a large conference-like room, and there were notepads at each table, with pencils and glasses for water. I also remember Emma-Jane, our youth leader, offering fidgets and colour filters so that we all felt that we had the best environment to learn in. Each session was interactive and useful – for example, our first session was with Ashby on the 'message triangle' and how important having a sender, a message and a receiver is, whilst Fatima's session was on the importance of making our content accessible for everyone (e.g. adding subtitles or using CamelCase hashtags). There were also many interactive tasks where we got to practise the lessons that we were taught, for example playing with radios and trying to draw pictures based solely on instructions. [...]

Sunday was the day where we got to put all our new skills from the previous days to use. We were given the task of producing our first piece of work as a Cadet Reporter – the piece could be a video interview, or an article, or an Instagram post, or any other content that you wanted to produce. [...]

We were also able to present our content to fellow Cadet Reporters and celebrate all our creations.

The Cadet Reporters Development Weekend was such a surprising and motivating experience, because for every aspect of the event – from travel arrangements to line dancing – there was always someone willing to help or encourage you to do the best that you can."





## Want to win a voucher and star on our website?

The NHS Cadets **video competition** is still open! We've had some fantastic entries so far, so get yours in to avoid missing out. The winner will receive a high street voucher and have their video shared on the St John Ambulance website.

Click the clapperboard for more details on what to include, how to film it, and how to send it to us.



## Health Careers Talks

At St John's new youth-led monthly talk shows, you can hear from experienced medical experts in a variety of specialisms. These take place on the last Wednesday of every month at 7pm.

[Join future talks here](#). You can catch up on previous talks by clicking the doctor!



## World Health Day 2022

The theme for this year's World Health Day is **"Our planet, our health"**. The World Health Organisation wants us to get thinking about how the environment impacts our health and wellbeing. Start by trying this 10-minute challenge!



Note down as many environmental factors you can think of which affect your physical or mental health. **Hint: how does the weather affect your mood?**



What can you do to improve or change these environmental factors? What could your school/ college do? The government? Businesses?



Click here to watch the video for World Health Day 2022 and see what it's all about. It might give you some ideas to add to the lists you just created!

You could also:

- See [what you can do](#) to protect "Our planet, our health"
- Ask if you can put up these [posters](#) at school/ college
- Share these [messages](#) on social media





**On 8<sup>th</sup> Feb, Gabriel and Minali attended the interviews for St John's new Prior in London. Minali tells us about the day.**

"I was fortunate to be involved in the selection of the new Prior for St John Ambulance. I started the day meeting some of the St John Cadets, all of whom were exceptionally bright and friendly. Our task was to discuss the involvement of young people within St John with the candidates and talk to them about their vision for the future.

Each of the candidates offered insightful opinions and views on the subject – their dedication to young people a firm assurance that we are becoming increasingly valued within the organisation. I especially enjoyed discussing diversity and inclusivity with them and felt comfortable expressing my own thoughts when talking. The new and exciting ideas each of the candidates presented were innovative and delightful to hear. It was amazing to know that in the decision for the new Prior, the voices of young people such as myself were being heard and recognised, it was truly refreshing."

**The clues below describe 5 of the 350 roles in the NHS! Can you guess which ones?**

Answers are on the next page!

1. "I sometimes stick harmless electrodes onto babies to see how their brain responds. I identify issues to ensure babies develop speech and language properly."
2. "I do repairs to removeable body parts. I look at changes in muscles to offer advice and sometimes make plaster casts. I give the power of movement to my patients."
3. "I help people to live independently and learn new skills. I'm an advocate for overcoming stigmas and looking after people's health and welfare."
4. "I run book clubs, organise art exhibitions, spend time on wards and raise funds to support projects."
5. "I investigate, challenge, and influence. I protect the public from hazards and I give advice on environmental health matters."





## Deaf Awareness Week, 2<sup>nd</sup>-8<sup>th</sup> May 2022



Every year, Deaf Awareness Week encourages inclusivity and promotes the positives of living with deafness. In the UK, 1 in 5 people have hearing loss, with many relying on facial expressions and lip reading to communicate. Masks have presented new challenges, often resulting in communication barriers and misunderstandings which can cause anxiety.

Click the ear! It will take you to a video which explains how to communicate with patients living with deafness – useful to know when you’re volunteering or working in healthcare. Some of the tips might surprise you...

Want to know more?

- The [National Deaf Children’s Society YouTube channel](#) has some great tutorials on learning British Sign Language (BSL). You could do this for your DofE Skill section!
- The Buzz is the only [website](#) for young people with hearing loss aged 8 to 18 in the UK. It’s interactive, and you’ll find content like blogs, webinars and interviews.

## Calling all young carers!

Did you know that St John has its own Young Carers Group? It’s a safe space for St John and NHS Cadets to meet other young carers with similar experiences. They meet virtually on the first Tuesday of every month from 7:30-8:30pm. Let your Project Lead know if you’re interested in joining.



Would you be interested in a new youth-led Young Carers Group for NHS Cadets, run by NHS Cadets? If so, fill out [this quick form](#) to express your interest, and we’ll be in touch soon!

## NHS Cadet Gazette needs you!



Do you enjoy writing, or have ideas about what you'd like to see in the NHS Cadet Gazette? We’re looking for NHS Cadets to write for the newsletter, either as a one-off or more regularly! If you’re interested, please email us at [NHSCadets@sj.org.uk](mailto:NHSCadets@sj.org.uk).

## “Who am I?” answers...

1. [Newborn Hearing Screener](#)
2. [Prosthetist](#)
3. [Learning Disability Nurse](#)
4. [Arts Manager](#)
5. [Environmental Health Professional](#)