

# GAZETTE



## Welcome!

INSIDE THE

# July

# &

# August

ISSUE

**...to the NHS Cadets Gazette**

where we share **opportunities**,  
**good news stories** and other features such as  
**world health days** and events. We also feature  
insights and input from NHS Cadets and Project  
Leads as well as **quizzes** and **competitions**.

**NHS**  
Cadets



Share

**THERE ARE NEW PROGRAMMES  
STARTING IN SEPTEMBER!**

Please help spread the word about the programme  
and share [this link](#) among your friends to encourage  
more young people join the [NHS Cadets](#)

**SESSION INSIGHTS  
DESIGN COMPETITION**

**NHS75**

**YOUTH OPPORTUNITIES**

## & MORE!



## Have you heard of Imposter Syndrome? NHS Cadet Aamani tells us more...

Imposter syndrome, commonly effecting high-achieving individuals, causes people to doubt their own success and abilities. For example, a student who achieves good grades with imposter syndrome, may fail to credit their own hard work and smartness for the good grades and instead say that they were just lucky.

Many people with this syndrome also feel as though they aren't worthy of their accomplishments, decreasing their self-confidence and increasing their self-doubt. Their self-esteem may be lowered and they may start to criticise themselves more harshly.

**Here is an activity you could try in your friend group, NHS cadet group or even at school or college to help tackle Imposter Syndrome:**

Everyone participating should write their names on a piece of paper then, place it in a hat. One by one, everyone randomly picks a piece of paper. Everyone should write 3 things which they admire about the person they have gotten on the back of the paper. They should then fold the paper up and place it back in the hat. All the pieces of paper should finally be taken out and unfolded and then should be collected by the people whose names are on the paper. The idea of this activity is that each person will anonymously receive 3 compliments to encourage feeling acknowledged and validated.



## YOUNG MiNDS

Here are some tips from [Young Minds](#) if Imposter Syndrome is something you struggle with...

- > 1. Talk to someone about how you're feeling
- > 2. Write your feelings down
- > 3. Be careful where you get your information
- > 4. Don't compare yourself to others

For more information and advice find out more from Young Minds [here](#).

[Young Minds](#) have some great resources and advice on how to support your own mental health.



# COMPETITION TIME

**with a chance to win  
a £20 Amazon voucher**

Are you a current NHS Cadet and interested in designing a Teams background for the NHS Cadet Team, Project Leads, Youth Support Workers and Cadets to use during virtual meetings?

Please email [NHScadets@sja.org.uk](mailto:NHScadets@sja.org.uk) with your full name for entry details.







## NHS Cadet Harshita tells us why they are so grateful for the programme....

“As a young person constantly seeking Inspiration, we don't realise how lucky we are to be part of this wonderful NHS cadets community. The amount of exposure and knowledge we get is not only useful in developing our ideas on the noble profession of medicine, but quite helpful in simply going about our daily lives. From learning about life in healthcare from inspiring professional speakers to developing key skills such as teamwork and leadership which really boost our self-confidence. Including quite complex subjects such as: drugs & alcohol and ethical issues-which are otherwise all taught in medical school!

With all this and more, I feel it really lets us comprehend just how much work goes into providing free healthcare service; it involves much more than just doctors and surgeons. As we were taught in our career sessions: there are more than 350 roles in the NHS!

***“I would like to take this chance to heartily thank St John Ambulance for helping us build a generation that will passionately preserve the NHS.”***

## NHS Cadet Helen tells us about her time on the programme...

I would like to say thank you for giving me the opportunity to participate. It really had a lot of benefits for me. Things that I have learned are useful in my daily life, whether in public areas, in school or even at home. Also, I find it really interesting that I am able to learn different kinds of fun facts constantly throughout the lesson which I never know before, such as - it surprises me that body is made of only 6% of blood, despite it flowing around every single part of the body. Throughout the program, we have looked at different topics, for example, at the beginning of the program, we discussed what qualities are needed for good leadership and how to work effectively in a team. I remember we watched a video about the importance of teamwork in a competition in the movie "Monster". To be honest, it was hilarious and it made me laugh.

We discussed the risks of addiction, awareness of drugs and alcohol, the different kind of infections and diseases globally and how to prevent them as well as how vaccinations work.

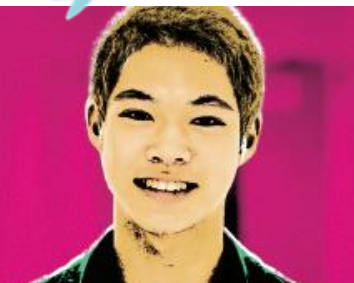
We covered different routes to volunteer and how to find volunteering, which I found very useful as I am always looking to volunteer as it challenges me. I am glad that I was provided with various website links, such as prospects UK which is one of the best websites to discover a range of volunteering placements, including mental health, sports, arts, emergency or even online etc.

I enjoyed the lesson about drug and alcohol addiction and how the mental stage of an individual changes. I have learned through a model called the "Stages of Change Model": it is divided into six different stages, pre contemplation, contemplation, preparation, action, maintenance and relapse. In the first stage, people were considered not worried about the consequences of drug or alcohol usage. Then during usage, people started to detect some problems. After, people realise the consequences far outweigh the benefits, they prepare to make a change, which leads to them physically taking action to make the changes to their usage and at the same time maintaining their change for a significant period.

Every single thing that I have learned from the lessons are considered to be life-saving due to them being related to our daily lives. What I like about this program is that you would be able to engage in lots of different activities such as little games or tasks that we played in between lesson times to develop our teamwork. There were also videos that help us visualise some important concepts rather than just reading the PowerPoint. We were continually being encouraged to answer questions which made the lessons livelier.



***We looked at different roles in the NHS and I was stunned by how being a GP needs to take at least 9 to 10 years!***



## NORTH TEES NHS CADETS and Project Lead Judith Crompton

created a great question and answer activity and asked each other:

Why did you  
join NHS Cadets?

What is your favourite  
memory of NHS Cadets

How do you feel  
NHS Cadets has  
improved you?

Would you  
recommend NHS  
Cadets to a friend  
and why?

### ELISHA

#### Why did you join NHS cadets?

I joined cadets on the foundation course, at the time I was looking to do a job within the NHS after college. I have a hearing impairment and my experience with that, inspired me to get a job in the NHS. And I knew NHS cadets would help me get a job in the NHS because in the sessions we get taught about the skills needed in an NHS job.

What is your favourite memory  
of NHS cadets?

Possibly the Halloween party last year when we were in foundation cadets. I was in a group with some other cadets, and we did a range of team building activities and it was a good opportunity to make friends and improve communication skills.

#### How do you feel cadets has improved you?

When I first started here, I didn't have many friends, but since coming here I have got other people to hang out with. Cadets has improved my communication skills, my confidence and my ability to open up more to people. We get opportunities to do many things you wouldn't be able to do in school and I am now a NHS volunteer and NHS cadets has helped me in that role.

#### Would you recommend NHS cadets to a friend and why?

I would recommend it to a friend because coming here has benefitted me personally a lot. The group of cadets is supportive and inclusive, and it is a good safe space and relief from normal life. It is nice to talk to people with common interests with regards to healthcare careers and talking to them is useful.

### MIRIAM

#### Why did you join NHS cadets?

I joined because I knew I wanted to study medicine at university. I thought it would be a good experience for me to understand the essential skills required to be a doctor, such as communication, teamwork, safeguarding and other practical skills that would be useful to me in the future. Also, I was keen to meet other people who are interested in having a career in healthcare.

#### What is your favourite memory of NHS cadets?

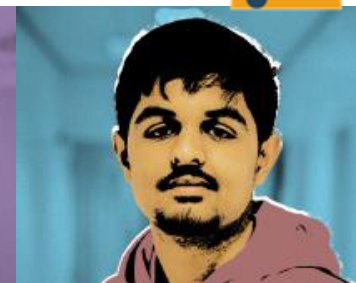
One of my favourite memories was when we had a session by a doctor on CPR, recovery and first aid. We learned how to respond if we find someone unconscious on the streets. It was a very useful team building exercise and I found it exciting and interesting.

#### How do you feel cadets has improved you?

It has improved my understanding of the essential skills needed to be a doctor. It has improved my communication skills and my ability to work with people in a team. Socially, it has also allowed me to have a wider group of friends. It also helps me to further explore my passion for medicine and the exposure to medicine and healthcare.

Would you recommend NHS cadets  
to a friend and why?

Definitely. I think the people skills you get from the sessions are very valuable if you want to do a job in healthcare. It's very social and inclusive, and the sessions are always fun and interesting.





*"16 of our Advanced cadets had a fantastic visit to Marriss House, Chester University Campus. The group had a teamwork challenge during a healthcare themed escape room and got to experience the state-of-the-art skills lab as well as a tour of the University building."*

## NEWS FROM



**Rachel Markey**  
Project Lead

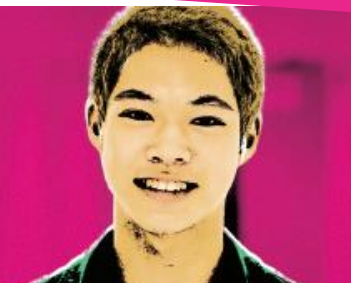


*"This month we have also been looking at and celebrating neurodiversity. In this session we looked at the characteristics of different neurological differences and made posters showcasing how we can support others. The cadets were very open in talking about their own journey and showed compassion and empathy towards each other throughout the evening which was lovely to see."*



The Advanced Cadets looked at Pride as part of their mental health module.

*"As ever they have truly impressed me with their knowledge of the origins of Pride, talking about the Stonewall Riots, knowing lots about the acronym and talking about their favourite queer role models in a safe and positive environment."*



## The Importance of... WORLD HEALTH AWARENESS DAYS

by NHS Cadets Suhaani and Sania

World health awareness days help to raise awareness of a range of health issues and conditions, which is extremely important, as the more knowledgeable we are about the different struggles people face every day, the more we can do to make life less of a struggle for everybody. [The World Health Organisation](#) focus on 10 days that are official public health days.

***“At NHS Cadets, we are accepting, kind and caring. Being educated on all types of health will enable us to help others.”***

Some upcoming World Health Awareness Days:



### World Patient Safety Day

**17th September**

Bringing together communities to put a patient's well-being first. Encouraging people to show their support for the safety of those who need it.



### World Antimicrobial Awareness Week

**18th to 24th November**

Improving awareness of resistance to antibiotics and other antimicrobial medicines encouraging practices among the public. Antimicrobial resistance occurs when bacteria, viruses, fungi and parasites change over time and no longer respond to medicines, making infections harder to treat.



### World AIDS Day

**1st December**

Encouraging the discussion and prevention of HIV and AIDS and how to raise awareness on the ongoing epidemic.

Click the logo below for more information.



World Health Organization



THE VOICE OF

NHS  
Cadets

## Book Recommendation

by NHS Cadet Ioan

'The Puzzle People' by Thomas E. Starzl, simply put is an autobiography about the pioneer Thomas Starzl and how his life experiences lead to him innovating the field of transplant surgery from primitive 1 in 100 kidney transplants between identical twins, to the development of immunosuppressants which allowed the consistently successful transplant of hearts and livers from person to person.

I find this book highly interesting as an aspiring medic myself, because it really portrays how connected the world of medicine is, as no great advancement is the result of 1 man alone. In Starzl's case, his research on transplant surgery was reliant on other studies on immunosuppressants by Sir Peter Medawar and several others which lead to the usage of cyclosporine alongside steroids that allowed Starzl to successfully carry out his research on liver transplants.

***“ While this is a story of teamwork, it is also one of willpower and determination that had Starzl and his team preform countless unsuccessful transplants before they were able to get it completely right. ”***

While highlighting all of these crucial values of an exceptional doctor the book also managed to keep a witty and interesting tone throughout, with the medical world of the mid 1900's appearing like a medieval fantasy setting when compared to the modern setting of the present age, which just makes this book an even more enjoyable read.

I would highly recommend this book as a piece of literature which not only goes through the life of a pioneer but also highlights the ethical issues of the time, ranging from bioethics to racism.





## news update

THINGS I FORGOT WERE GOOD FOR ME



NHS England partnered with the 'Things I Forgot Were Good For Me' podcast, to create an episode dedicated to the NHS 75th Birthday and celebrates the incredible role that volunteers have played and continue to play within the NHS. **This podcast featured Bristol NHS Cadet Sumia Mohamed!** Click the image below to listen.



St John Cadet of the Year Kyle, made front page of the Financial Times, attending the NHS75 celebrations at Westminster Abbey, alongside NHS Cadets and many others!



### Are you 18+ and interested in volunteering 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

## YOUTH OPPORTUNITIES

ADD TO YOUR PORTFOLIO AND EXPLORE OTHER OPPORTUNITIES AVAILABLE TO YOU AT ST JOHN

### NATIONAL YOUTH CAMP 2024

Open to all young people under 18 from across St John youth programmes. **It'll be a fun packed week, including adventurous activities, team building, a day trip to a local attraction or city, campfire, evening entertainment.** 3<sup>rd</sup>-10<sup>th</sup> August 2024, Hill End, Oxford. To express your interest click [here](#)



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



The Duke of Edinburgh's Award is one of the world's most popular development programmes for young people. It includes four categories of highly practical, cultural and adventurous activities. Find out more [here](#)

### NATIONAL YOUTH CONFERENCE

Young people from all around England and the Commanderies organise a Teams conference for 5-25 year olds across St John. There are opportunities to hear about the sorts of things young people can get involved with through St John, ranging from opportunities like Cadet of the Year and **Student Volunteering**.

Future St John youth forum event information will be shared with you in the gazette and from your project leads when it's available. You can find out more by contacting: [NationalYPTeam@sj.org.uk](mailto:NationalYPTeam@sj.org.uk)

To explore other youth forum opportunities outside of St John, here are some useful links:

[NHS Youth Forum](#)

[British Youth Council](#)

[Bank of England Youth Forum](#)



# NHS 75

**On the 5th of July six NHS Cadets from London, Manchester and Buckinghamshire attended the NHS 75th anniversary service at Westminster Abbey.**

Along with the St John Ambulance Cadet of the year and some adult first aid volunteers. Everyone had a great time and were pleased to be part of such a prestigious event, there were speeches from the Prime Minister Rishi Sunak, Ruth May Chief Nurse for England and Amanda Pritchard the CEO for the NHS. One Cadet, Sumaika also did a St John Youth social media take over for the day to share the experience with others.



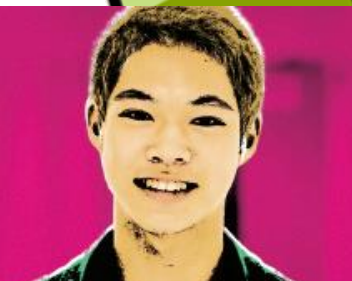
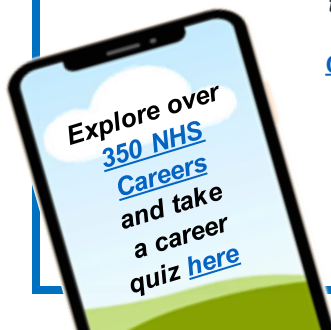
*"Treating over a million people a day in England, the NHS touches all of our lives. When it was founded in 1948, the NHS was the first universal health system to be available to all, free at the point of delivery. Today, nine in 10 people agree that healthcare should be free of charge, more than four in five agree that care should be available to everyone, and that the NHS makes them most proud to be British." Source: NHS England.*

[Click to read more on](#)

**NHS 75**

The NHS employs staff from all over the world and volunteers of all ages and backgrounds make a huge contribution to the NHS. Click [here](#) to read NHS volunteer and staff stories.

Click [here](#) find out about the NHS Long Term Workforce Plan.







**ARE YOU  
AGED 18 TO 25?**

**DEADLINE  
4TH AUGUST**

**The College of Paramedics is thrilled  
to announce the launch of the...**

## **‘ParaMEDic’ PROJECT**

**in partnership with The Prince’s Trust, St. John Ambulance,  
South Western Ambulance Service NHS Foundation Trust,  
NHS England and the University of West England Bristol.**

They aim to deliver a three-day immersive ‘paramedic’ experience summer school for young people aged 18 to 25 from minoritised ethnic groups, 8th-10th August 2023.



Prince's Trust



leading the development of the paramedic profession



UWE  
Bristol | University  
of the  
West of  
England



St John  
Ambulance



This project aims to open up opportunities to young people from under-represented groups to consider and explore a career in Paramedicine. This experience will include high acuity simulation designed and delivered by final year student paramedics and newly qualified paramedics, as well as visits to an ambulance station, Emergency Operations Centre and Education Centre where they will learn basic life-saving skills and hear from paramedics working across the healthcare system, about their career journey.

Those taking part will experience a real taste of student life whilst staying in fully-funded campus accommodation. Then, after the two-day event, the College of Paramedics will keep in regular contact with all attendees, offering a further insight into the profession, tracking progress, supporting with applications and interview techniques and offering assistance on how to join the profession.

**Full details, as well as the confirmed itinerary, can be found [here](#)**

**If you'd like to get involved and you think  
you fit the criteria, please complete  
[this form](#) by **Friday 4 August**.**

**Please note, places will be allocated on a first-come, first-served basis.**



## 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? Has anything you've heard upset you? 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



GOOD LUCK!

**TO ALL OF YOU RECEIVING EXAM RESULTS OVER THE NEXT FEW WEEKS!**

If you're finding the wait for exam results stressful, click [here](#) for some useful tips and advice, including blogs from other young people.

A HUGE

Thank you

...TO EVERYONE WHO HAS CONTRIBUTED TO THIS EDITION. EVERY CONTRIBUTION IS APPRECIATED.

New

SHARE



**THERE ARE NEW PROGRAMMES STARTING IN SEPTEMBER**

please help spread the word about the programme and share [this link](#) among your friends to encourage more young people to join [NHS Cadets](#)



[mind.org.uk](#) has lots of useful resources to help manage your feelings and find ways of coping. If you're feeling stressed, finding it hard to explain, are worried or feel under pressure, there are things that can help.

We're all different and that's ok. [This page](#) is helpful, to learn more about mental health – and how to look after it.

TAKE CARE OF YOUR MIND

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.

