



## Reach your potential with NHS Cadets and learn the skills you need to support vital healthcare teams across the country.

[NHS Cadets](https://sja.org.uk/nhscadets) is a Programme created by St John Ambulance in partnership with the NHS. It's designed to provide you with the opportunity to explore roles in healthcare and prepare for volunteering.

The programme consists of two pathways: Foundation (for 14–16-year-olds) and Advanced (for 16–18-year-olds). You'll learn about a range of exciting healthcare topics, develop your leadership and communication skills, and gain insight into volunteering within the NHS.

It is a free programme consisting of 2-hour weekly sessions over 36 weeks. You'll be supported throughout your journey by our NHS Cadets Team.

## Who can get involved?

Our Cadets come from a diverse range of backgrounds - there is no 'typical' NHS Cadet. If you identify with one or more of these statements, our programme would be a good match for you.

- I'm from a minority ethnic group
- I consider myself part of the LGBTQI+ community, or I'm questioning
- I'm not in education, employment or training, or I'm at risk of this
- I'm struggling with my progress at school or college
- I live in care, or I've recently left care
- I provide regular care or support for someone
- I receive free school meals
- I have mental health concerns
- I consider myself to have a disability or impairment
- I consider myself neurodivergent, or I have special educational needs
- I am seeking asylum, or I'm a refugee

If you're unsure whether you fit into one of these categories or wish to discuss something else, please don't hesitate to email one of our friendly team at [nhscadets@sja.org.uk](mailto:nhscadets@sja.org.uk)

## How do I get involved?

New programmes are opening all the time and even if we don't currently have one in your area you will be added to the waiting list ready for when we have one close enough to you. Or we may be able to put you on a virtual group so that you can take part from the comfort of home.

To learn more, find your local programme and apply, please visit <https://nhscadets.sja.org.uk/join-today/>.

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