



GAZETTE

INSIDE THE November & December ISSUE



NHS CADET QUESTIONS & ANSWERS
DESIGN COMPETITION
NHS CADET ARTICLES

& MORE!

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**.



“Hi everyone!

My name is Abbie, and I am part of the Youth Team, helping run NHS Cadets meetings. I was in your shoes a couple of years ago, as an NHS Cadet when the programme was in its initial stages, and I'm glad I can now play a small role in paying my gratitude forward. The programme gave me the opportunity to learn from others' experiences, as well as share my own worries and concerns during unprecedented times (I'm referring to the viral storm that altered all our lives that should-not-be-named). I was able to build and develop my leadership, communication and teamwork skills throughout the course of the programme, both by participating in the sessions, and by taking on roles externally. I had the confidence to make these opportunities for myself because the leads were encouraging and supportive and were always ready to help if I had any questions! For example, after attending a couple of sessions, I was interested in developing my leadership skills, and was inspired to start my own Medicine, Dentistry and Veterinary Medicine (MDV) society at school. It was aimed at aspiring healthcare and science students and provided us an opportunity to come together and support each other with our applications.

Now, I am proud to say I will be attending King's College London to read Medicine, and I am ever grateful to the whole NHS Cadets team for inspiring me to follow my dreams!”

Abbie

COMPETITION!

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 with your full name for entry details.



NHS Cadet Kehinde describes how being a cadet has influenced their future career choices...

I joined the NHS Cadets to gain a deeper insight in healthcare, especially medicine. Since healthcare offers a variety of careers, joining the cadets has developed my interest in specific careers and see how they play a major role in the health of our community. **At first, I was considering becoming a GP but since joining I have also become interested in the roles of paediatricians and pathologists.** This was a great opportunity to gain experience, I would definitely recommend this to anyone who's interested in the healthcare sector.



I'm currently 15 and I am a graduate of the NHS cadet programme, which I'm extremely grateful to have had been a part of. Despite me not wanting to pursue a career in healthcare I took a leap of faith and signed up. Fortunately, I was chosen out of a huge field of applicants and was blessed with an experience that delivered informative and resourceful seminars where I was able to distinguish different viruses and diseases. I was also taught the basics and fundamentals of the human body and lifestyle in-depth and I was also taught how to perform CPR which is an extremely valuable skill to have. However due to the aftermath of Covid, I wasn't able to fully experience the ambulance and technical aspects of the programme, yet **I left with a great deal of knowledge and valuable assets which would make me stand out in universities and even job applications.** I'm thankful to St John and my school for allowing me to have this opportunity. **Aaliyah**

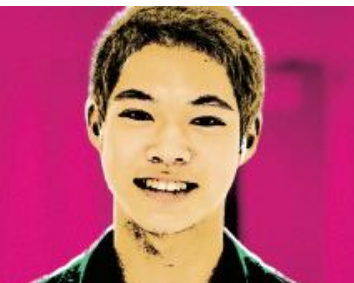


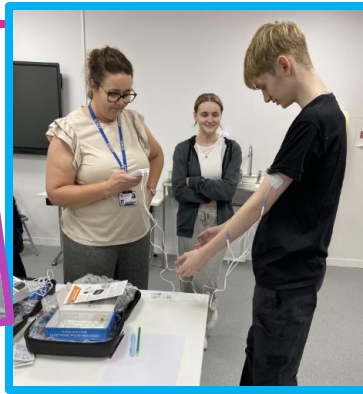
I would like to tell all of the young people like me, **if you want to join something, try something new and don't hold back.** It is hard to start new experiences as you do not know anyone, we all have a fear of judgment and anxiety when meeting new people; having the mentality of "will they like me?". Now I want you to change this into "I'll be fine if they don't", in my time with NHS cadets I've never ever felt criticized, but there will be people that might disagree with me, and it is totally fine. This experience gave me a lot of knowledge and remember there will always be someone to talk to if you feel down, for example your Youth Leader. Finally, I want to share a quote "I guess the more I have done, the less fearful I have become, because experience has taught me that the worst case is rarely likely to occur." – Tony Clark **Mannat**

I feel more and more grateful to St John for providing me with such an amazing experience. Through NHS Cadets I have made friends with many people from diverse backgrounds that if it wasn't for the programme I would never have met. **I have also been encouraged by my fellow cadets and project leads to try out other opportunities in the organisation such as helping to develop the EDI E-Learning package.** I have had a lovely time for the last few months and I can't wait to join the advanced pathway. **Saphiya**



...So far in NHS cadets my favourite session would have to be in-person meeting, as it was really nice to meet everyone.
Ella





NEWS FROM



Emily
Project Lead

"We have a great relationship with Marris House University for nursing and they arranged a visit for us to attend. The cadets had an opportunity to use lots of equipment which impaired their hearing, allowed them to be able to know what it feels like to have arthritis, reduced mobility, nerve damage and what it would feel like to be an elderly person. **This helps the cadets be able to experience firsthand what patients are going through, allowing them to feel it for themselves to be more relatable.** They also had a VR experience of what it would be like working on a ward and treating patients. We were also invited back to take blood, do first aid and general task nurses face day to day."



"We have been very creative in the last few sessions as **the cadets are very talented, they have created what a 'typical' doctor would look like, to educate them on their unconscious bias,** they drew what they look like, wrote about their family life, hobbies and interests then we discussed why their unconscious biased did this."

"We have done a number of works on diversity in the health care sector, which **some cadets opened up about their own personal experiences which was so lovely as they felt comfortable with each other, they have developed such a great bond and it's just so amazing to watch it grow.**"





NHS Cadets were invited to a share and celebrate at a quality improvement event at St. Catherines Hospital.

They had the chance to speak to many professional NHS staff across the hospital inspiring their career choices as well as having the chance to speak to the CEO of the hospital, who had also been a St John cadet which was very exciting for them! The event raised awareness of services and opportunities available to the young people across the Wirral as well as share their own experiences. The cadets had their own stall and created posters advertising NHS cadets, what they do, what they enjoy and what they gained from it. They decided to have Christmas crackers, bouncyballs, stickers and sweets to give out. They also announced the raffle for the event which they were made up about.

MORE FROM



Emily
Project Lead



CHRISTMAS WORDSEARCH



K P V U A O S U L E A R N I N G Q E
 A D E C O R A T I O N S B I R W E T
 C S L U K L T R R E I N D E E R P S
 B A U P R O G R A M M E W V B C S B
 H N S U H E A L T H C A R E Q D K R
 Q T P R E S E N T S T R U S T K I U
 Y A D X F T S C Z Y S B P C P X L D
 O V O L U N T E E R I N G A C L L O
 X N R F N C H K N O W L E D G E S L
 T K C V F A M O E M K T U R K E Y P
 D U Q W R A P P I N G W K G C O W H
 E M U D E X P E R I E N C E J G J E



- DECORATIONS**
- EXPERIENCE**
- FUN**
- HEALTHCARE**
- KNOWLEDGE**
- LEARNING**
- PRESENTS**
- PROGRAMME**
- REINDEER**
- RUDOLPH**
- SANTA**
- SKILLS**
- TRUST**
- TURKEY**
- VOLUNTEERING**
- WRAPPING**

Answers on page 15



How the NHS Cadets has helped inspire me...

N for national, H for health and S for services. The NHS Cadets helped me understand that I wanted to be a part of this organisation to help and guide many people. It also allowed me to open my mind to other opportunities within healthcare and research about the different roles that play a part. I realised that I want to pursue a career in medicine to unlock more social skills that I could have as well as any personal goals. This is why **I also chose to continue with the NHS Advanced Programme after completing the Foundation Programme this June. Thanks to my group leaders Measha and Gursharan who aided in my decision to continue pursuing Medicine.**

During these sessions, I would learn different aspects of the NHS such as the 6 Cs and the NHS Values. These concepts allowed me to gain a wider understanding of what and why the NHS do what they do. Thus again contributing to my decision to obtain a career in Healthcare. **Vedashree**



I'm currently doing the NHS cadet foundation programme. It's a fun way to meet new people, learn new skills and also have fun while learning, making it more interesting to learn and help your future career choices whilst learning about NHS. Tanvir

To me being part of the NHS cadets program feels like being part of a community who have similar interests as me and want to put effort into wanting to save lives. I got inspired to join to get a better idea of the healthcare jobs and different job roles. **My favourite session so far was when a midwife came in and taught us about how a baby is born. This made me realise how much a career in medicine can really change someone's life.** The NHS cadet programme has influenced my career decision to become a surgeon and gave me an insight of what a surgeon does and the key skills one should have. **Isabella**



What it's like to be a cadet...

I joined the NHS cadet online advanced programme a few months ago and it was the best decision I ever made. Our project lead made us all feel very welcome and frequently emails us and this opens up opportunities for us. **Before starting NHS cadets, I didn't have much confidence, but I was excited to get to know people with similar interests. Now, I love attending the session every week and it provides me with vital skills, friendships and a safe space.** Additionally, we build our portfolio after each session which will hold all of our skills, training and evidence which will make us stand out to future employers, but also help us to have the whole course stored in one place. I would definitely recommend you to join NHS cadets as it really boosts your confidence and if you are looking for a career in the NHS, this will make you stand out and get a head start. **Abi**



WHY DID YOU JOIN NHS CADETS?

"To Improve my cv."

"Explore different NHS job opportunities as I don't know what I want to do but I know **I want to help people in the future and make a positive impact on the community.**"

"To learn skills and knowledge I can use in my career."

"To meet new people who have similar goals and aspirations as I do and socialise in a productive way. **The opportunities we get here are outstanding.**"

inspire

WHAT IS YOUR FAVOURITE MEMORY OF NHS CADETS?

"The Chester university trip, I loved seeing an actual study ward and having a good insight of what a nurse student is expected to do. It was the best experience, and it has made me so excited to start my journey as a student nurse."

"I loved the fashion challenge; it brought out the creative side of me which I adore. I loved engaging with all other cadets and seeing their funny and creative side and learning about what they want to be, and it was a great way to get to know each other in a fun setting."

QUESTIONS AND ANSWERS FROM NHS CADETS AT...



WOULD YOU RECOMMEND NHS CADETS TO A FRIEND?

"Yes! It's so good!"

"Absolutely it will help you explore so many job opportunities in detail."

"I would! It has helped me with job interviews and finding my skill set."

HOW DO YOU FEEL NHS CADETS HAS IMPROVED YOU?

"This has enhanced my social skills it's made me more confident talking to new people who are my age."

"My confidence has improved massively, I've learnt my own personal skill sets and found my strengths with the help of the staff, **I can talk confidently and proudly of many different roles in the NHS. I am very passionate about my future career choice.**"

Enjoy every moment.

WHAT ARE YOUR ASPIRATIONS FOR THE FUTURE?

"Go to Belfast university and study paramedic science. Be high up in nursing, drive a nice car and have a good social life."

"I want to be the most successful and richest psychiatrist!"

"Study biomedical science, be able to use all my knowledge and wisdom to make the world a better place. Live a stress-free life, **to be a good mental health nurse and volunteer in my local community** wherever I end up."

PROJECT LEAD EMILY WAS ALSO INTERVIEWED BY THE HIVE NHS CADETS...

What inspires you, or is there someone that inspires you?
Young people inspire me to think of things in a different way and think a bit better and understand their perspective.

What is some of my interests outside NHS Cadets?
Gym, keeping fit, shopping and make up.

Why did you want to work for NHS cadets?
I am very passionate about young people I have worked for 5 years to help and encourage young people to improve their self-worth, set goals and find what they are passionate about, what they love doing and find what gives them drive, So this is a great opportunity for me and them to support them with their future careers.





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.



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

Click [here](#) find out about the NHS Long Term Workforce Plan and [here](#) to read more about working for the NHS.

UPCOMING NATIONAL CAMPAIGNS & AWARENESS EVENTS

National campaigns and awareness days help to raise awareness. The more knowledgeable we are about what people face every day, the more we can do to make life less of a struggle for everybody.



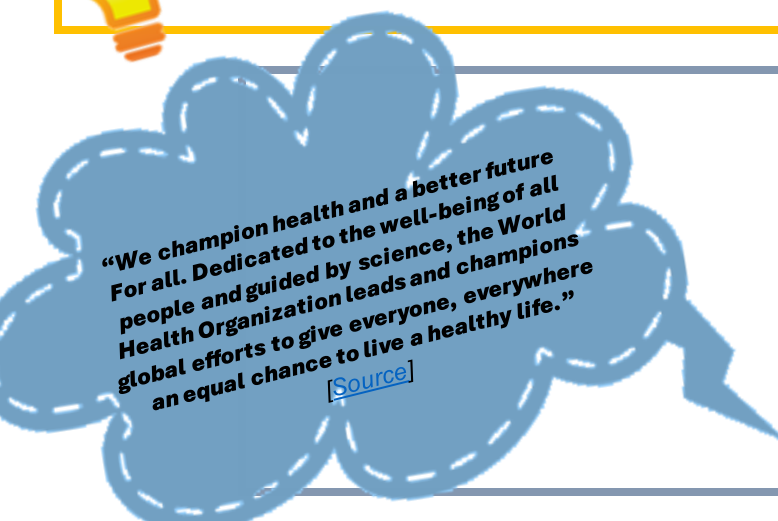
LGBT+ History Month FEBRUARY

To promote equality and diversity, UK LGBT+ History month was created to claim the past, celebrate the present and create the future.

Time to Talk Day 2024 1st FEBRUARY 2024

Encouraging people to talk about mental health and by doing so, helping to change lives. The nation's biggest mental health conversation.

Why not speak to your Project Lead and create some activities around these campaigns and events to help raise awareness?



"We champion health and a better future for all. Dedicated to the well-being of all people and guided by science, the World Health Organization leads and champions global efforts to give everyone, everywhere an equal chance to live a healthy life."

[\[Source\]](#)



World Health Organization

What do we do?

"WHO leads global efforts to expand universal health coverage. We direct and coordinate the world's response to health emergencies. And we promote healthier lives – from pregnancy care through old age. Our Triple Billion targets outline an ambitious plan for the world to achieve good health for all using science-based policies and programmes." [\[Source\]](#)

CLICK THE LOGO TO FIND OUT MORE





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.

Find out more...

You can find more details about the course and how it work 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@sj.org.uk

ST JOHN YOUTH OPPORTUNITIES

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



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 include four categories of highly practical, cultural and adventurous activities. Find out more [here](#)

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.** 3rd-10th August 2024, Hill End, Oxford. **To express your interest click [here](#)**



ST JOHN YOUTH OPPORTUNITIES

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

Are you age 14-25 and care about young people feeling safe in your community? Then why not join the Young Responders Young Advisory Group? [APPLY HERE](#)

What is the group?

The Young Advisors Group (YAG) supports and steers the Young Responders project, a St John programme which delivers particular first aid skills in schools and other settings. We have 6 spaces for young people to guide the team's decision making, particularly focusing on deprived communities.

Who is this for?

You'll need to be a creative thinker and be able to comprehend the barriers faced by young people from under-served communities. It's open to young people across England and there's no requirement to already be involved with Young Responders.

Questions? Email lance.williamson@sja.org.uk



6 places available to join our Youth Advisory Group!

Help change the way SJA delivers first aid in the community

Interested? If you're age 14-25 then apply!




Click the icon to sign up and join the team as a Change Champion!

Are you interested in supporting the development and roll out of our new digital Youth Onboarding system?

What are Change Champions?

Change Champions will play a vital role supporting the development of the new Onboarding system, representing the user experience, cascading important updates and being a Champion for this change. They will play a key role in creating a smooth transition, ensuring those who will be using the new system have the training, knowledge and support required. This is a **flexible role**, with commitments expected to take no more than 4-6 hours a month.

Who can become a Change Champion?

The team are looking for a range of Champions from roles including NHS Cadets.

What will the role involve?

As a Change Champion you will be encouraged to attend regular virtual meetings. You can also be involved with:

- **Engaging in discussions to support design & development.**
- **User Acceptance Testing (UAT)**
- **Creating media content to support communication.**
- **Cascading information.**
- **Delivering training to those who will use the new system.**
- **Providing ongoing support once the system goes live.**

For any questions or to discuss this further please email Youth.Onboarding@sja.org.uk



Have you heard of Synesthesia?

By NHS Cadet Hamamah

Imagine seeing colours when listening to music, tasting flavours when hearing sounds, or experiencing textures when reading words. Such extraordinary sensory experiences are the realm of synesthesia, a rare neurological phenomenon that blurs the boundaries between the senses. Here we uncover its mysteries and explore the ways in which this remarkable condition offers insights into the inner workings of the human mind.

Synesthesia is a neurological phenomenon in which stimulation of one sensory or cognitive pathway leads to automatic and involuntary experiences in a second sensory or cognitive pathway. In simpler terms, it is a condition where one sense is experienced or perceived along with another sense. For example, a person with synesthesia may see specific colours when they hear certain sounds, associate letters or numbers with distinct colours, or even experience tastes or smells in response to certain visual stimuli.

Synesthesia is believed to be a congenital and lifelong condition, meaning individuals are born with it and experience it throughout their lives. It is estimated that around 1 in 2000 people have some form of synesthesia, making it a relatively rare phenomenon.

There are various types of synesthesia, the most common forms include:

Grapheme-Color Synesthesia: Letters, numbers, or words evoke specific colours in the synesthete's mind. For example, the letter "A" might always be perceived as red, the number "5" as green, and so on.

Chromesthesia: This involves associating sounds, such as music or speech, with specific colours. When hearing certain sounds, a synesthete may see vivid colours or patterns in their mind's eye.

Lexical-Gustatory Synesthesia: This rare type causes certain words or spoken sounds to trigger specific tastes or flavours for the synesthete.

Spatial-Sequence Synesthesia: Sequences, such as numbers, months, or days of the week, are experienced as specific spatial patterns. For example, a synesthete may perceive a mental map or layout for numbers, where each number has a distinct location.

The specific mechanisms underlying synesthesia are still not fully understood. However, researchers believe that it involves cross-activation or communication between brain regions that process different senses, leading to the blending of sensory experiences. Synesthesia is not considered a disorder, as individuals typically report positive experiences and do not experience distress. In fact, some synesthetes may view their experiences as a unique and enriching aspect of their lives, and it has even been associated with enhanced memory and creativity in some cases.



There has been increased spotlight into Synesthesia particular within social media sites such as TikTok with content tagged as #synesthesia accumulating some 289 million views.

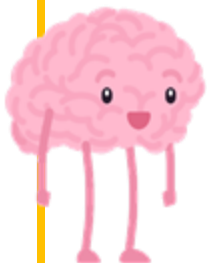
But hang on: Synesthesia is rare, right? Lexical-gustatory synesthesia, the type where someone can taste words, is estimated to occur in less than 0.2 percent of the population—what are the chances so many of these singular synesthetes picked up TikTok? And how come disliked celebrities conveniently seem to taste bad, while beloved ones taste like "warm cornbread and snowflakes"? In the past, TikTokers with dissociative identity disorder (DID) have been accused of faking their diagnosis for fame. Is something suspicious occurring on #synesthesiatok?

This line of thinking is part of a long history of skepticism around synesthesia. While in 1993, neurologist Richard E. Cytowic first estimated that just one in 100,000 people had synesthesia, more recent research by the University of Sussex's Multisense synaesthesia lab puts the prevalence at 4.4 percent of the population. *"The suspicion is that actually it's pretty commonplace,"* says neuroscientist John Harrison, author of *Synaesthesia: The Strangest Thing*[1]. Synesthesia in History and Culture: From Ancient Wonders to Modern Science.

Synesthesia, with its extraordinary blending of the senses, has fascinated humanity for centuries, leaving an enchanting mark on both history and culture. From ancient Greeks contemplating the interconnectedness of senses to modern artists like Wassily Kandinsky translating synesthetic visions into vibrant abstract art, the phenomenon's artistic expressions have inspired awe and imagination. Literary giants like Vladimir Nabokov and Arthur Rimbaud have woven synesthetic elements into their prose and poetry, invoking a multisensory world that evokes emotions and sparks imagination. After a period of relative obscurity, synesthesia resurfaced in the late 19th century with scientific investigations led by Sir Francis Galton, paving the way for modern neuroscience studies. In the 20th and 21st centuries, researchers used advanced brain imaging to unravel synesthesia's neural mechanisms, offering valuable insights into human perception and cognition. Synesthesia's journey from ancient wonder to modern science reflects the timeless fascination of humanity with the interconnectedness of our senses, revealing the boundless potential of human perception and the harmony that emerges when our senses intertwine.

Overall, synesthesia remains a fascinating area of study in neuroscience and psychology, offering valuable insights into the complex nature of human perception and cognition.

[1] <https://www.wired.co.uk/article/synesthesia-tiktok>



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.





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](#)

GIVE AN HOUR UCAS

The GiveAnHour project offers university support, helping St John young people to excel.

Sign up to be matched with support, or to #GiveAnHour to help a St John young person. The form takes 5 minutes to complete. Please read all the instructions carefully.

Young people can submit a draft personal statement for subject-specific feedback and proofreading, and/or request one mock interview (depending on availability of helpers).

Adult helpers can sign up to #GiveAnHour of their time for subject-specific feedback on a personal statement and/or proofread a draft. Helpers can also offer mock interview practice.

Student Volunteers can sign up to #GiveAnHour of their time as a helper, and also offer advice on volunteering with St John at university.

IMPORTANT DATES!

The UCAS deadline is 18:00 31.01.24

This form will close at 18:00 24.01.24

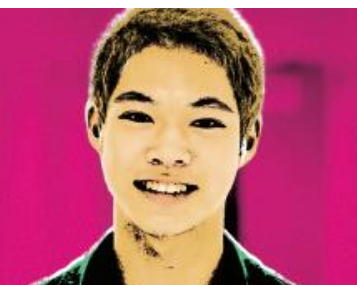
Please note: this project will be temporarily paused over the Christmas holidays (22 December - 4 January).

At least one week is needed to arrange support, and availability of helpers cannot be guaranteed (especially at short notice). As an applicant, it is your responsibility to plan in good time.

Read more and sign up at: [Give-An-Hour](#) or contact GiveAnHour@sjc.org.uk



To find out more about volunteering with St John at university.



PROJECT LEAD NICKY shares some exciting updates from Swindon NHS Cadets

“Be patient, good things take time” - this quote has never been more real than it has been for our Swindon NHS Foundation and Advanced Cadets.

I had spent quite a few weeks promising some amazing opportunities and experiences but a new Cadet programme in a new area and things take a little time, so frustrating, but now - ***WOW! - what a few weeks we have had, starting with a visit from CEO of the Great Western Trust, Kevin Mcnamara.***

Kevin shared, with our Foundation group, the challenges he faced and that he presented to others, as a teenager and the twists and turns that led to him becoming CEO of our hospital trust. He talked about his passion for inspiring young people and his vested interest in our Cadets. He returned the following evening to speak very personally and individually to our Advanced group. He asked about ambitions, interests and choices and planned for mentors and experiences for each one of them as we sat and talked. Those plans are now coming to fruition with offers of support to our Cadets from professionals across the Trust.



A few weeks ago, we had a presentation for our Foundation group - with props!! from the Matron of the Operating Department followed by a practical First Aid BLS session with Simon and Jake from St John. The next evening our Advanced group had a presentation - with more props! from the Consultant Colorectal Surgeon and a BLS session delivered by Jake for our Advanced Group.



Mr Lim - the surgeon - talked openly and honestly about the challenges faced by women of colour training to be surgeons. He talked about the recent press coverage and then offered his support to each of them plus the offer to put them in touch with female surgeons who would consider it an honour to support and encourage them through the process.



It has been an inspirational few weeks and we now have visiting speakers each week until Christmas from across the Trust - all of whom are keen to be a part of inspiring the NHS workforce of the future.



NHS Cadet Teniola shares their experiences and highlights of being on the programme...

What inspired me to join ?....

I have always had an interest in a health career and I want to study medicine in university. I went on to the NHS website to see grades to get into university to study dermatology. I found NHS cadets and was very eager to join cadets and see what it can bring for me.

MY EXPERIENCES AND WHAT I HAVE LEARNT

I have met good friends and I have learnt and improved different skills such as better communication with other people which has been going well for me.

During my experience, I have learnt about mental health, data protection and confidentiality. Also, various leaderships skills. In my opinion, I think that to be an NHS cadet, you have to be passionate in helping people and have the willingness to learn different skills.

To be an NHS cadet means acquiring skills and know ledge in different roles in healthcare. As an NHS cadet, our positive contribution towards supporting healthcare can not be underestimated. The programme has helped to boost young people's self-confidence and know ledge. This is important as young people aged 14-18 have better opportunities to be able to explore healthcare careers.

My favourite session was first aid, this is because I have a developed understanding of what I'd do if I was in a situation that requires firstaid.

How being cadets has influenced my future career choices?

I have a better determination of what I want to do and being a cadet has made me realize that being consistent and resilient is really important for me.

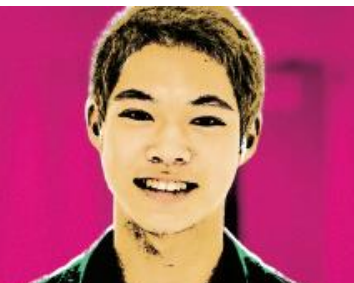
BY TENIOLA

WE NEED YOU!



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.

Click the icons to check out the latest social media posts featuring NHS Cadets!



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



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

THANK YOU TO EVERYONE WHO HAS CONTRIBUTED TO THIS EDITION.

you
ARE
awESome

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.

THE FESTIVE PERIOD CAN BE A LONELY TIME FOR SOME. CLICK [HERE](#) AND [HERE](#) TO FIND SOME IDEAS ON REACHING OUT TO OTHERS TO AVOID ISOLATION AT THIS TIME OF YEAR. EVEN A SIMPLE SMILE OR 'HELLO' CAN REALLY HELP.

WISHING YOU ALL A VERY RESTFUL FESTIVE PERIOD AND A HAPPY NEW YEAR.



. L E A R N I N G . . .
. D E C O R A T I O N S
. S R E I N D E E R . . .
. A . P R O G R A M M E S .
. N . . H E A L T H C A R E . . K R
. T P R E S E N T S T R U S T . I U
. A . . F L D
. V O L U N T E E R I N G . . . L O
. . . . N . . K N O W L E D G E S L
. T U R K E Y P
. W R A P P I N G H
. . . E X P E R I E N C E

WORDSEARCH ANSWERS

