



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

This exciting 12-month programme (2 hours a week), created in partnership by the NHS and St John Ambulance covers a wide range of skills and experiences -including hands on volunteering opportunities in real-life health care settings. It's completely free of charge and you'll get a NHS Cadets polo shirt too.

If you're between 14 and 18 years old, meet the joining criteria, we will help you to develop the skills you need for a future in one of 350 different roles available in the NHS.

What does it look like?

Weekly sessions and activities including:

- Taking clinical observations
- Learning about care settings
- Exploring the NHS world
- Confidence building, advanced communication, teamwork and life skills
- Leadership and career skills
- A volunteering placement/experience in a healthcare setting

What is the criteria to join?

The NHS Cadets project is designed to help young people from under-served backgrounds get into careers in healthcare. Here are some of criteria that make an applicant viable:

- *Living with learning difficulties and / or disabilities (we will need to discuss if we have the support network to help you participate)*
- *Young people in the care system, or recent care leavers*
- *Refugees or Asylum Seekers*
- *Young Carers*
- *Homeless young people or at risk of becoming homeless*
- *Those previously involved with drug or alcohol misuse*
- *Those not in education, employment or training, or with poor school results / predicted to get poor results*
- *Those living with mental health concerns (same principle as anyone with a learning difficult or disability)*
- *Those who identify as being part of the LGBTQI+ community (lesbian, gay, bisexual, transgender, queer, intersex+)*
- *Those coming from low-income families*
- *Young people in receipt of free school meals*
- *British Ethnic Minority young people whose race/religion could be or has been a barrier to considering a pathway to healthcare*

You'll be supported and encouraged by our fantastic team along the way.

NHS Cadets will hopefully meet virtually and face to face in the future however this will be confirmed with government guidelines.

How do I get involved?

For more information visit: sja.org.uk/nhscadets Or

Email nhscadets@sja.org.uk for an expression of interest form (this may have already been sent to you with the leaflet). Please return ASAP to be considered for the programme.