



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

NHS Cadets is a new programme created by St John Ambulance in partnership with the NHS, providing opportunities to explore skills, knowledge and volunteering roles within healthcare. It is aimed at young people aged 14 to 18 who are from communities currently under-represented within the NHS and St John Ambulance.

The programme offers young people health awareness sessions, courses to develop their leadership and communication skills and insight or experience in volunteering within the NHS.

It is a free programme, consisting of weekly, 2-hour sessions for 11 months. Cadets will be supported throughout their volunteering journey by our NHS Cadets Team.

## Who can get involved?

The initiative is seeking young people who might not have previously considered volunteering in healthcare. This includes, but is not limited to:

- Young people 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
- Those not in education, employment or training, or those with school results lower than you hoped/need
- Those living with mental health concerns (same principle as anyone with a learning difficulty 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
- Young people from ethnic minority communities

## How do I get involved?

New groups will be opening from September 2021, and by 2023 10,000 young people will have enrolled as NHS Cadets.

The September 2021 programmes will initially be delivered virtually with a view to moving to face-to-face sessions in the near future.

For further information about the programme, please visit [sja.org.uk/nhscadets](http://sja.org.uk/nhscadets) or email [NHSCadets@sja.org.uk](mailto:NHSCadets@sja.org.uk).

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