

ISSUE 12 / APRIL - JULY 2024

Welcome

TO THE



GAZETTE

A graphic illustration of a hand holding a yellow folder with blue horizontal lines. A blue arrow points from the folder towards a red button with the text "READ MORE" in white.

Explore [NHS Careers](#)
Take a [career quiz](#)

If you are aiming to pursue a career in healthcare and would like to share what your dream career is, contact us [here](#) to feature in the next gazette, to show a wide range of career choices.

INSIDE THIS ISSUE

- SOCIAL ACTION POSTERS**
- SUN SAFETY TIPS**
- WELLBEING & EMPATHY**
- VOLUNTEERING OPPORTUNITIES**



TAKE ACTION

Project Lead Kelly has been working on a social action project with some of the cadets, raising education and awareness of how to deal with stab wounds. They made some very engaging posters after being inspired by a guest speaker from [Your Stance](#).



DEALING WITH A STAB WOUND

It is important to keep yourself safe on the scene if helping someone with a stab wound. If you are addressing your own wound, get to safety and sit down to prevent further injury.

WHAT TO DO:

- STAY CALM ✓
- DO NOT REMOVE BLADE ✓
- APPLY DIRECT PRESSURE ✓
- CALL 999 ✓

GREAT JOB!

BE PREPARED AND ACT FAST

How to deal with stab wound injuries

A stab wound injury can be serious and require immediate attention. If you ever come across a situation where a person has been stabbed, learn these key steps and you may just be able to save a life or two...so what are you waiting for?

AISHA

7 life-saving steps:

- 01** Call the ambulance (they are the experts)
- 02** Ensure the area is safe and wear gloves if possible
- 03** If wound is covered by clothing try to cut through it/uncover it
- 04** Apply direct pressure on the wound, if there is an object (e.g knife) inside DO NOT MOVE IT... you could make things worse
- 05** Help the casualty lie down and elevate the bleeding area
- 06** If the bleeding starts to come through, support the area with a sling or bandage (this could even be a T-shirt).
- 07** Monitor the patients breathing and pulse until help arrives - Also, Try to reassure them!

HOW TO HELP SOMEONE WHO HAS BEEN STABBED

- 1**  **Make sure it is safe to approach. Consider your own safety**
- 2**  **Apply pressure to the wound**
- 3**  **Phone 999**
- 4**  **Keep pressure on the wound until an ambulance arrives**

AMY

CHARLOTTE



TAKE ACTION

St John Ambulance

HOW TO DEAL WITH A STAB WOUND :
STAY CALM,
DO NOT REMOVE OBJECT,
APPLY DIRECT PRESSURE TO THE WOUND,
CALL 999

GO TO www.sja.org.uk/firstaid FOR MORE ADVICE.

Charlotte

Charlotte

Stab wounds

There are different types of bleeding from a stab wound. External bleeding is when there is bleeding from an artery or vein, internal bleeding if when the bleeding is into a body cavity. During an external bleed from a major artery then the blood would be red and frothy pulsating from the body. During an external bleed from a major vein the blood flows out of the body and is a dark red.

How to deal with a stab wound

1. Call the emergency services by 999. Make sure you are safe.
2. Making sure to put on the correct personal protective equipment this includes gloves.
3. Check the wounded person if they are conscious and breathing.
4. If they are conscious, check the body.

The breathing is the first priority if the bleed isn't life threatening. Immediately start CPR and get a defibrillator.

The first action when checking the body is to look for any wounds. If the object the wounded person has been stabbed with and the object is still in their body **do not remove the object**. Apply pressure around the object as best you can and wait for medical professionals to arrive. If the object has been removed then start treating the bleed by applying direct hard pressure. Depending on how severe the bleeding is it will stop.

Do not release the pressure. Wait until medical professionals arrive.

If they are unconscious and breathing then put them in the recovery position and apply pressure to stop the bleed.

If they are unconscious and not breathing. Look and assess the bleed and ensure it isn't catastrophic and life threatening. Meaning the bleed is violent and pulsating. The breathing is the first priority if the bleed isn't life threatening. Immediately start CPR and get a defibrillator.

YOUR STANCE

Maisie

Find out more about Your Stance by clicking the logo.

What is social action?

Social action involves people coming together to address issues in society and/or the environment and striving to make the world a better place. It happens in many ways, from campaigning and protesting to volunteering, mentoring, and fundraising. What matters is that we're achieving things together for demonstrably greater good.

How can I get involved?

- You can start your own initiative locally, inside or outside of St John.
- You can sign up to national St John initiatives, when these are publicised.
- Help spread the word by talking about youth social action and why it's important.

Krish Sanghavi is St John's first-ever National Youth Participation Officer dedicated to youth social action. If you want to find out more about his talks and events to raise awareness and understanding of social action across England and the Commanderies, or how to get more involved, contact YouthParticipation@sja.org.uk

Stab wounds

Stop the bleeding

Following the following steps it is important to ensure you own safety as well as the victims.

Never remove the blade

This can damage the tissue surrounding the wound even more. The blade also acts as a plug that aids in reducing the bleeding.

Help them sit down

Blood loss can cause the person to be dizzy or lightheaded, sitting them down reduces the risk of them collapsing.

Apply direct pressure to the wound

Applying pressure to the wound slows down or stops the bleeding.

Keep calm

Panicking can cause even more stress to the victim. It is important to stay calm in order to effectively help them.

Call 999

The above steps should be done while waiting for an ambulance to arrive. Ensure you tell the 999 operator everything that has happened as this enables the ambulance crew to give the victim the best care possible.

Go to www.sja.org.uk/firstaid for more advice.



THROUGH THE EYES OF 3 YOUNG CARERS...

“ My two brothers and I care for our sister, she is the second oldest. My brothers are 26 and 19, I am the youngest and I am 12. Our sister is 20.

My brothers, now old enough, will help if mum needs to pop out, they will look after our sister, they will cook dinner and feed her when mum is at work, they always helped in other ways when they were younger. My brother helps because we are a family, and she is their sister.

I help care for my sister, I help wash her hair and style it for her, I also like to pick out her outfits to wear. I help give her drinks and food,

I sometimes go to hospital appointments when I do not have school, I help mum with my sister's wheelchair, and I help push my sister. I like spending time watching films in her room with her. I help care so my mum can have a little rest. Me caring for my sister makes me feel like I have an important part to play. And it is a bonding time for us.

” Our mum has always involved us from an early age in caring for our sister. This made us understand when mum must give her full attention to our sister. Mum says that it is important that we have been involved, and why from an early age we have been, it helps us understand how much care our sister needs.



Below are some life goals written by a very inspiring young person... what a great idea, to remind yourself and aim for your own goals each day!

Goals for when I'm older

- Live in a nice clean house
- Be a doctor or teach people how to swim
- Be good in school
- Go on amazing trips
- Never look back
- Help people who need it
- Go on spa weeks once a month
- Go shopping on Mondays
- Have a good house for my 2 children

Setting goals can help us create a plan, maintain direction and focus, reduce stress and help us feel a sense of achievement. Why not create a list of your own life goals...?



SMART goals are useful for narrowing down big ideas into achievable actions. For some tips on creating SMART goals, [click here](#)



CHECK IF YOU SHOULD INCLUDE A COVER LETTER

LIST KEY SKILLS

KEEP IT TO 2 PAGES MAXIMUM

TALK ABOUT RELEVANT ACHIEVEMENTS

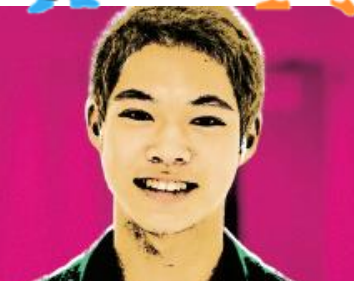
TIPS FOR CREATING A STAND-OUT C.V.

USE A CLEAR, PROFESSIONAL LAYOUT

ADD YOUR WORK EXPERIENCE

USE KEY WORDS

KEEP IT FACTUAL (DON'T MAKE THINGS UP!)





NHS Cadets CALL for VOLUNTEERS

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](#)

Student Volunteering

If you're looking for something fun and rewarding to get involved with at university, Student Volunteering in St John Ambulance could be for you!

Based in First Aid Societies at universities up and down the country, St John Ambulance is home to hundreds of amazing Student Volunteers - all doing their part to share life-saving skills and knowledge with their community.

First Aiders, Fundraisers, Hospital Volunteers, Ambulance Crew, Trainers, Logistics Support, Cycle Responders and more - there's so many ways that our Student Volunteers get involved, and they make a massive contribution to the charity on every level.

It's a great way to have a break from your studies and increase your employability.

To find out more click [here](#)



NEW NHS CADET 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](#)

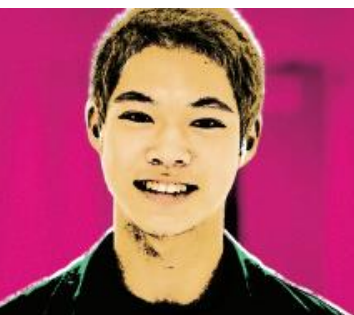
GRADUATE PROGRAMME

The NHS Cadet Graduate Programme is for those who have successfully completed the Advanced Programme. Meeting every 6 weeks online via Teams, it offers exciting opportunities from NHS Cadets and also provides opportunities to get involved with St John Ambulance.

It's a great way for graduates to remain in touch with each other and us.

For more information please contact: govind.sharma1@sja.org.uk or jane.fonteyn@sja.org.uk

To apply, scan the QR code or click [here](#).



NHS Cadet Next Steps...

“From NHS Cadets, I have learnt leadership skills and communication skills. This is because of the group activities we do. I feel more confident, it’s because of NHS Cadets that I have these skills. NHS cadets has opened my eyes to many opportunities. My next steps are university, studying biochemistry and hopefully a part time job.” **Rehya**

“I joined the NHS Cadets because I want to study medicine at university, and I feel as though being a part of an organisation like St John Ambulance will enrich my UCAS application but also solidify my choice in picking Accident and Emergency Medicine. I feel as though the time the paramedic joined us, it’s a career I was never considering before, but now I feel as though I’ll pick it as my non-med 5th option and may choose to pursue. It’s these insights which is why I joined the NHS Cadets.” **NHS Cadet**

“I wanted to let you know that over the past week I have received 2 offers to study medicine. NHS cadets has been helpful in furthering my knowledge of care, the NHS, and medicine in general.” **NHS Cadet**

“I’ve thoroughly enjoyed it and really learnt a lot from it. I am really grateful for this experience, and I am sad it’s ending.” **NHS Cadet**

NHS Cadet Feedback

“I have really enjoyed this journey of the Cadets programme. It has helped me so much on developing my confidence & teamwork skills. Thank you for your hard work that you put in our session in order for it to be fun and interesting. I got to meet new people, which was a bit out of my comfort zone, but in the end, I was proud of myself. Also, I would like to be added onto the advanced programme. I hope I get the chance to see you guys again.

It was a pleasure meaning everyone and thank you so much for having me as your cadet.” **NHS Cadet**

“I actually had a lot of fun over these past couple of months, a large part of it was because you were teaching and you’re really charismatic, even though I haven’t been here as much as I wished too. I wish I started in year nine so I wouldn’t have as many exams and things to worry about, but it was genuinely fun and the information we learnt was also very useful. Please tell me if you’re going to do anything else like this and hopefully my schedule will be less full so I can participate 100%.”
NHS Cadet

“I must express how much I genuinely valued your role as my teacher. Your passion for teaching and and mentorship made each day in the NHS Cadets programme an inspiring and educational experience. I learned so much under your guidance, both about healthcare and about myself. Your dedication to your students’ growth and your ability to ignite a genuine curiosity for medicine within me are qualities I deeply appreciate.”
NHS Cadet

GRADUATIONS

I am pleased to say that my first project as leader and the first with St John working with Kirklees College has finished and it was a great graduation. I’m so pleased with its success. I will always remember this cohort, as it was my first and everyone has done really well considering the circumstances of being online a lot.
Jess, Project Lead



KIRKLEES

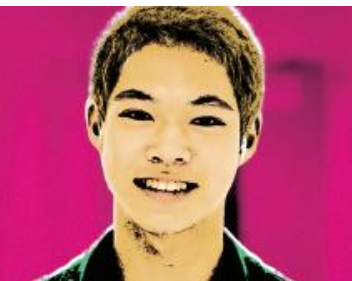


BATH



A Poem About Choking by NHS Cadets

*I heard my friend croaking
And I asked, “are you choking?”
So, I gave them some abdominal thrusts to their back
And I went smack smack.
I asked my soulmate who I call mine
To call 999
We all were hoping that they would be there on time.
When they became unconscious, we gave them CPR.
The dispatcher told us the ambulance won’t be too far.
After the food came tumbling down.
We saw their reaction and began calming them down.*



Youth Support Worker Lorna gives us some tips on how to...



SUN SAFETY

SUMMER SKIN PROTECTION

- WEAR BROAD HAT
- USE SUNGLASSES
- WEAR PROTECTIVE CLOTHING
- AVOID SUN BETWEEN 11 AM AND 3 PM
- USE SUNSCREEN (30 SPF)
- DRINK MORE WATER
- REFLECTION CAUTION
- SEEK SHADE
- AVOID DIRECT SUNLIGHT

<p>RED AND WHITE PROHIBITION SIGN Do not enter the water at any time. Swimming and other water-related activities are not permitted.</p>	
<p>RED AND YELLOW FLAGS Lifeguarded area: safest place to swim, bodyboard and use inflatables.</p>	<p>RED FLAG Danger! NEVER go in the water when the red flag is up, under any circumstances.</p>
<p>BLACK AND WHITE CHEQUERED FLAGS For surfboards, kayaks and other non-powered craft. NEVER swim or bodyboard here.</p>	<p>ORANGE WINDSOCK Indicates offshore or strong wind conditions. NEVER use an inflatable when the sock is flying.</p>

HEAT STROKE

INFOGRAPHICS



SYMPTOMS



Fun in the summer sun, is about staying safe & having knowledge that can help yourself & others.

PREVENTION





Project Lead Kelly worked with cadets on wellbeing and empathy and they came up with some great motivational messages they could send to a friend during a difficult time. These could be quite useful to some of you and give you ideas about how you can support a friend through difficult times.

"I know you're having a hard time right now and understand why you may feel like giving up and that's okay - I'm here for you no matter what. Just don't let this one setback determine your future - remember, you've overcome so many challenges before and you can conquer this one too! Take it one step at a time and don't worry I will be here to support you every step of the way."



Here's a little quote from Nelson Mandela
"Do not judge me by my success, judge me by how many times I fell down and got back up again."

Aisha

"All you can do is trying your best and no matter the outcome you have tried. There is no point giving up as you have come so far! If you want, we can go through it together."

Maisie

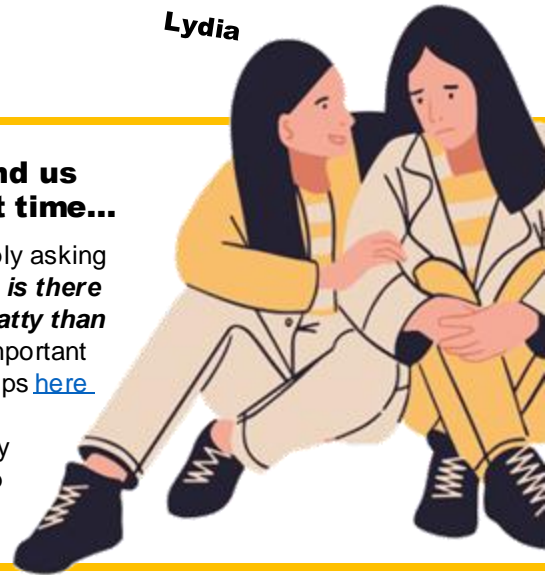


"Hey, I know you've been struggling lately and worried about not reaching your goals but if you give up now know that all the effort would go to waste so even putting effort in now just the slightest bit can help so keep going"

Ufoma

"I know that things have been tough recently, but I just wanted to remind you how strong you are and capable of pushing through this. You are so close to reaching your goals and achieving something great, and I am here if you need help to push further. You've got this!"

Lydia



It is useful to know how to support those around us who may be struggling or going through a difficult time...

Sometimes starting the conversation is the hardest thing, but simply asking an open question such as *'you haven't seemed yourself lately, is there anything you'd like to talk about'* or *'you seem a little less chatty than usual, are you ok?'* Active, non-judgmental listening is really important if someone wants or needs to talk. There are some really great tips [here](#).

Please remember, it's also ok to not know what to say and someone may need to be signposted for further help - check out **'For Further Support'** links on page 9.

If you have anything you would like to share in the next issue of the Gazette please contact us [here](#).





"You cannot pour from an empty cup"

This is a well-known saying, we often hear it when working in services that help and support others but what does it actually mean?

Whether you are in a volunteering role, working in a part time / full time job, caring for a family member or supporting a friend through a difficult time you are giving so much of yourself to others. Which is amazing, as long as you have the energy, both physically and mentally to do so. How do we ensure we have enough of us to go around? We must take care of our own wellbeing. We must ensure our cup is full before we start sharing it out, pouring it.

So how do we do that? **The best way to start is to stop... breathe... take deep, slow breaths... unclench your jaw, drop your shoulders... ah, now isn't that better?**

Carry out some of the things you enjoy, that help you calm, relax and smile or burn off excessive energy, kick start endorphins, these are very personal to each individual. Take time for you. Drink water, lots of it and try and sleep some more.

Reach out for support too, you deserve it, you don't always have to be the person that supports other, it is a two-way street. Our wellbeing is as vital as our physical health so let's not allow our cups to run dry.

WELLBEING & EMPATHY

This time of year can be very stressful and some of you have a lot on your plate at the moment, waiting for exam results and thinking about your next steps...

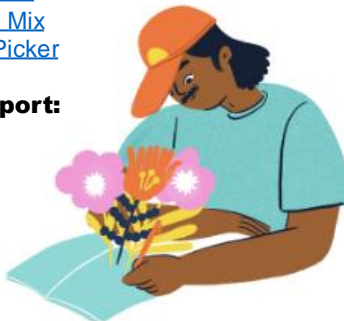
Below is a list below of videos, podcasts, activities and support websites that may be useful for you to take a look at to learn additional content or to use for your own wellbeing.

Videos, podcasts & activities

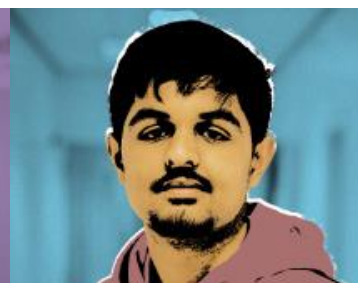
- [5 Steps to Wellbeing](#)
- [The Mental Health Continuum](#)
- [Stormzy on Mental Health](#)
- [Happy Place Podcast](#)
- [Stressheads - The Mix](#)
- [Self Care activity Picker](#)

For further support:

- [Kooth](#)
- [HeadMeds](#)
- [The Mix](#)
- [Childline](#)
- [Samaritans](#)
- [Shout](#)



There are more tips and links on page 11





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.



Cadet Vocational College
Brilliant Cadet Vocational College BTECs, delivered to St John Cadets
Enrolments for 2023/24 are being accepted now, by attending an online advice, guidance and enrolment session
www.bit.ly/SJABTEC2023
St John Ambulance  

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](#) (from September 2024) 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



DO YOUR DOFE

click the image to contact us and request a leaflet with more information about the Duke of Edinburgh Award

ST JOHN YOUTH OPPORTUNITIES

ENHANCE YOUR PORTFOLIO AND EXPLORE OTHER OPPORTUNITIES AVAILABLE AT ST JOHN



The Duke of Edinburgh's Award consists of four categories of highly practical, cultural and adventurous activities. Find out more [here](#)



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



WAITING FOR EXAM RESULTS

Can be really stressful, but it's important to remember:

YOUR EXAM RESULTS DON'T DEFINE YOU...

Your true worth and how you see yourself is not based on the grades you get. There are so many qualities that make you, you and these qualities can't be measured by exams.

MAKE A LIST...

Remember all the things that make you happy and that you enjoy and set aside time to do them. This can help you focus on your own wellbeing, reduce stress and improve mental health.

IF YOU DON'T GET THE GRADES YOU'D HOPED FOR...

It's always ok to reach out and talk it through with someone and there will be lots of options... your teachers, tutors or careers advisors. There are also some websites that can offer some advice... **click on the logos to find out more.**

National
Careers
Service

UCAS
NGTU
NOT GOING TO UNI

 allabout
schoolleavers.co.uk

shout
85258



Click the shout logo for more advice on looking after your mental wellbeing around exam results time.

YOUR EYE IS YOUR FASTEST MUSCLE!

YOUR BONES ARE STRONGER THAN STEEL.

MEN BLINK HALF AS OFTEN AS WOMEN.

BODIES GIVE OFF A TINY AMOUNT OF LIGHT THAT'S TOO WEAK FOR THE EYE TO SEE.

THANK YOU SO MUCH

TO EVERYONE WHO HAS CONTRIBUTED TO THIS EDITION.

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.

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](#).

