

RCN Prince of Wales Nursing Cadet Scheme

NEWSLETTER

AUTUMN 2023

EDITION TWO

Welcome

from Head of Scheme



Hello everyone and welcome to our second cadet alumni newsletter.

It's been an exciting and busy few months in the nursing cadet world. On 21 October we launched the scheme in Northern Ireland, working with the Northern Ireland Ambulance Service and Southern Regional College. We spent a week recruiting cadets

at freshers' fairs and were overwhelmed by how many young people wanted to speak to us. The ambulance we had with us, I think, made us even more popular.

We've also been busy in Wales, England and Scotland with lots of new cadet cohorts starting. In September we recruited our 500th cadet and by April we will be up to 1000! You are part of a big family of cadet alumni.

Cadet Voice Day will be on Saturday 9 December. We would like two cadets from each country to join a group at RCN HQ in London, to hear your suggestions for developing the scheme and our alumni offer. Let us know by Friday 17 November if you wish to be involved - see dates for your diary for more information. We will arrange your travel and accommodation.

To help manage the ever-increasing workload we are also recruiting two new members of staff: a second nurse adviser and a third project co-ordinator who will introduce themselves via a blog when they join us.

Finally, I'm looking forward to seeing many of you on Wednesday 22 November at our first online alumni event, where I'll be talking to Luke Hazell about his journey from RCN nursing cadet to registered mental health nurse. Join for a chance to win one of two £50 Amazon vouchers or one of our runner-up goody bags!

 @NursingCadets  @rcnpowscheme

Dave

Professor Dave Clarke, Head of the RCN Prince of Wales Nursing Cadet Scheme

Dates for your diary

Alumni event

Wednesday 22 November, 6pm-7pm

Attendees will be entered into a competition to win one of two £50 Amazon vouchers and four goody bags. Book online rcn.org.uk/news-and-events/events/rcn-prince-of-wales-cadet-alumni-webinar or email nursing.cadets@rcn.org.uk

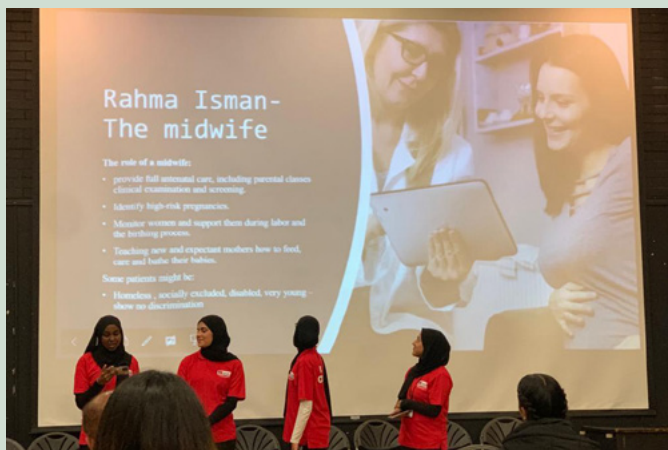
Cadet Voice Day

Saturday 9 December

We will select two cadets from each country to join a group to attend RCN HQ in London. Contact nursing.cadets@rcn.org.uk to apply to join this group by Friday 17 November.



Cadet profile



Name: Rahma Isman

Age: 17

Education partner: Fitzalan High School

Clinical Observation

Placement: Cardiff and Vale University Health Board



To read more from our cadets and some of our staff, head to our web page to view our blogs rcn.org.uk/professional-development/nursing-cadet-scheme

What attracted you to the RCN POW nursing cadet scheme?

As soon as I first heard about this scheme it caught my attention as I always knew that I'd be going into a health care profession. This scheme narrowed down the potential career paths best suited to me and my values.

What was the best bit?

The highlight of this scheme was the placement because we learned new information about health care personnel and their day-to-day life, an insight we couldn't get online. I also enjoyed the activities that the nurses were demonstrating. We had hands-on experience ourselves, giving us a better understanding of what different nurses do.

And the most difficult?

The most challenging part about this scheme was the level of commitment needed. Having to attend every Wednesday after school was enjoyable but also hard and exhausting, as it was my first year at A-Levels and I was still learning how to keep on top of everything as it is a huge jump from GCSEs. However, if you manage your time wisely this shouldn't be a problem.

What skills did you learn?

This scheme enhanced my skill set. For example, we learned how to talk to the patient, what language to use, how our body language should be and how we should listen to our patients to give them the best care. Also, my presentation and communication skills were elevated as a result. We also learned how to do effective CPR and the Heimlich manoeuvre, which are both essential life skills.

What was the most fun?

I had the most fun during one of the sessions where we played Chinese whispers. These activities showed me the importance of clear communication, as it avoids misunderstandings. I also really enjoyed how all the cadets were involved and worked together. Another session I had fun doing was the one where we had to feed someone else while blindfolded.

Tell us about the support you had to get you through.

The support from all of the staff was amazing, as they saw us through the whole scheme. If we had any questions regarding anything we could always ask and they were always happy to help. Some of the main guidance was from Miss Samuals from the school. It was nice to have a familiar face during the whole process, she always gave us genuine advice and would push us to be our best selves. The cadet ambassadors were always great as they've always explained their roles and presented themselves so well.

What plans do you have for your career?

When I finish my A-levels I want to go to university to study midwifery. This scheme helped me make that final decision as it opened so many doors into the health care industry. Also, I did my presentation on midwifery which meant I looked into this career path in more detail. My placement really helped me come to my final decision as talking to so many nurses and midwives allowed me to pinpoint what it is they do in their roles and if it was for me. Because of the RCN programme, I will go to university having done my full research and also experienced what it's like to be on placement.

RCN Cadets come to Northern Ireland

We are delighted to have now launched the scheme in our final UK country.

Welcome to cadets from Northern Ireland.

Some of the nursing cadet team went to Northern Ireland in September to work alongside the Southern Regional College (SRC) to promote the scheme at each of their campuses. We had an overwhelming response and offered 18 young people the opportunity to launch the scheme in Northern Ireland with our first pilot group.



The Northern Ireland Ambulance Service (NIAS) are not only co-ordinating the placement element of the scheme, but also delivering some content alongside SRC, RCN Northern Ireland team and of course our very own RCN Nursing Cadet Team.

The cadets began on 21 October and over the course of the scheme will experience a blend of face-to-face and online learning, with placements in February 2024 and a completion event in April 2024. Current Cadet Ambassadors are collaborating to run a quiz evening for this new cohort where we will have ambassadors from Wales, England and Scotland supporting our new Northern Ireland cohort.

At the launch lunch cadets met the HM Lord Lieutenant Co Borough of Belfast, Dame Fionnuala Jay-O'Boyle, and started their programme supported by college and RCN staff, NIAS. The cadets were picked up from the bus station in ambulance transport which they loved loved.

Due to the interest from young people, we are in talks to plan to start additional cadets in February 2024 with SRC and NIAS.



Study opportunity

We are delighted to have now launched the scheme in our final UK country.

We are delighted to offer an opportunity for our cadet alumni to gain a BTech qualification in Teamwork and Personal Development in the Community.

This is a fantastic opportunity for RCN nursing cadets to undertake this online programme at no cost and with our support. Study dates and units are:-

Tuesday 30 January 6 - 7.30 pm – Initial Advice and Guidance:

Tuesday 13 February 6 – 8 pm - Unit 1 - Developing Effective Teamwork Skills

Tuesday 12 March 6 – 8 pm - Unit 2 - Developing Effective Communication Skills

Tuesday 9 April 6 – 8 pm - Unit 3 - Employability Skills or Unit 10 - Citizenship and Community Awareness

The closing date for applications is 15 December. Please email nursing.cadets@rcn.org.uk with a short paragraph telling us how doing this course will benefit you. If you want to talk to one of the team about this opportunity then please email us.



Contacts

For more information on the scheme, to get involved as cadet, youth organisation, or as a placement provider, please email nursingcadets@rcn.org.uk

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Get involved

We'd love to have contributions from our cadets, training teams or partner organisations, so please get in touch if you have something you'd like to add or suggest to future issues of this newsletter.

Email tracey.roberts@rcn.org.uk