



Promoting a practical understanding of policing amongst all young people

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Encouraging the spirit of adventure and good citizenship

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Supporting local policing priorities through volunteering and giving young people a chance to be heard

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Inspiring young people to participate positively in their communities.

Welcome to this jam-packed October 2024 edition of the National VPC Newsletter. Highlighting the activities & achievements of VPC Units, Cadets, and Leaders across the Police Forces of England & Wales

Do you have a story that can be shared with everyone? Has your Cadet unit done something to shout about?

If so, contact us at - vpc.admin@vpc.police.uk

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Kent Cadets' 5-day challenge



For 36 **Kent Police cadets**, and 12 of their dedicated leaders, the picturesque landscapes of Wales became the backdrop for an unforgettable 5 days of challenges, personal growth and camaraderie.

In July the cadets returned to the Kent Mountain Centre at Glyn Padarn in Llanberis and undertook some adrenalin pumping activities like rock climbing, abseiling, kayaking and raft building, tree top zip wires and culminating in once again conquering Snowdon - the highest peak in Wales.

From the moment the cadets arrived they had the opportunity to push their limits, face their fears and build lasting memories and friendships. The week kicked off with the opportunity to abseil, rock climb, kayak and build a raft! As they scaled sheer rock faces and descended steep cliffs, something most of the cadets had never attempted before, their fellow cadets provided vital support and encouragement and the cheers when they overcame their fears and reached either the bottom or top of the cliff, were amazing.



Back on solid ground again, the cadets didn't stay there for long! On Day 2 they took to the treetops for a thrilling zip wire experience. Once again the cadets had to step outside their comfort zone and conquer their fears but they all found the courage to



take the leap and had an amazing day which ended with a trip on the Forest Coaster. This was another adrenaline experience with twists and turns as they sped through the trees down one kilometre of track, reaching speeds of up to 25mph!



The highlight of the week was of course climbing Snowdon. Much preparation - both physical and emotional - had taken place, and for many of the cadets the climb was a bit of a daunting prospect. The path to the summit was steep and demanding requiring both physical endurance and mental resilience, but as the group progressed the initial apprehension became determination, encouraging and supporting each other - no cadet left behind!!! When they finally reached the summit, the sense of achievement was palpable and emotions ran high.

All 36 cadets returned home exhausted but with a huge sense of pride and accomplishment, having conquered the mighty Snowdon as well as their own fears and made friendships which we hope will last a life time.

Greater Manchester VPC launch promotional



Greater Manchester Police in partnership with National VPC and Wild Kindness Films have launched a promotional video for **Greater Manchester VPC**.

At the launch event Strategic & Development lead, Sgt Darren Hall (pictured right) emphasised the transformative journey of the cadet scheme. Since a major restructure in 2020, the programme has grown significantly, offering young people from diverse backgrounds the opportunity to engage with their communities while developing life skills.



The cadet scheme is much more than a pathway to policing; it equips young people with values of service, leadership, and citizenship. With initiatives like Youth Voice and Lead Cadet Camps, the programme ensures cadets have a platform to contribute actively to the governance and improvement of the force.



The video (which can be accessed left) acts to tell the story of GMP's cadet scheme by those in the scheme.

The final result is a testament to all the hard work, creativity, and professionalism by everyone involved, especially the cadets and leaders from GMP's **Tameside Unit**.

The Tameside Unit also got to visit GMP's 'G' Divisional Headquarters at Ashton-u-Lyne Police Station. There they met Ch. Supt. Foster who was kind enough to give the Tameside cadets a briefing on the daily challenges faced by his officers and staff.

To the delight of the cadets, they were a guided tour of the building! This included all the operational offices - and interactions with the teams working therein. And the tour included a visit to the custody suite. Ch. Supt Foster's time and effort was really appreciated by all the cadets and leaders present.



Humberside bring art to custody



Earlier this year Humberside Assistant Chief Constable Lisa Hogan set **Humberside VPC** the challenge to create something in a local custody suite.

After a bit of research and finding out that one of their Cadet Leaders was actually an artist, they were able to come up with a plan that the cadets thought would brighten things up.

As we all appreciate, being in custody can be a very stressful experience and by making the environment a calmer and more pleasant space, we can assist with reducing the stress level for

creating artwork in the exercise yard it shows that we consider their well-being in all aspects of our involvement with them during this time, and in turn the wider work that we do.



On speaking to Richard Hall (an ex-custody Inspector of 20 years' experience) he understood the importance of creating a suitable environment for those who are detained.

The research conducted by Richard included interviews with detainees and officers that showed artwork in custody could help improve the situation for all involved.

His work showed that by having someone who is calm whilst detained in custody assists the wider investigation process as they are often calmer when interviewed.

The cadets worked with their Cadet Leaders to choose a design and with support from their cadets leaders and staff at Birchin Way spent a day at Birchin Way painting the mural along with local Fire Cadets.

In just 6 hours they managed to turn the blank canvas of the yard into a wonderful country scene.





Hampshire & Isle of Wight celebrate 10 years of VPC

In July the **Hampshire and Isle of Wight VPC** celebrated their 10 Year Anniversary, with an event held at the Southern Support and Training HQ, Netley. The event was opened by ACC Tara McGovern and PCC Donna Jones.

Dignitaries, cadets and their parents were invited to take part in activities and watch the cadets showcase some of the skills they had learned.



Fifty cadets and leaders were split into groups and demonstrated their knowledge in front of invited guests. Parents were not left out and were invited to join in with the fun.



Activities included drill, the use of radios and the phonetic alphabet and stop and search to name a few.

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The Dog Unit and ARV came along to lend their support and put on a fantastic show for everyone.

Thankfully the rain held off and there were blue skies for most of the day, tea and cakes were served with cakes decorated by one of the VPC Leaders.





North Worcestershire Cadets busy September

September started off with West Mercia's **North Worcestershire VPC** unit being invited by the High Sheriff of Worcestershire to an evening gathering at Hartlebury Castle where cadets were on hand to meet and greet dignitaries from around the county and then mix with guests to talk about their cadet experience.

This was a great opportunity for cadets to engage with people they would not encounter in their everyday lives including Crown Court Judges, senior military officers and local business

Cadets were also invited to help at a charity event in aid of local charity St Richards Hospice. This was a charity clay pigeon shoot held in the grounds of the residence of the Lord Lieutenant of Worcestershire.

Cadets helped with the running of the event receiving very positive feedback such as -

"I cant thank you enough for bringing such a delightful and enthusiastic bunch of Police Cadets."

"They do you credit"

"Please can you thank each and every one of them so very much for their help yesterday".

"They were brilliant, and super helpful.

"Incredibly polite, and looked very smart!"



Norfolk Cadets attend National Police Memorial Day 2024 - (in their own words)



Become a Volunteer Police Cadet Leader, they said. It will be fun, they said. It will be rewarding, they said. And mostly, it is both of those things. They also say to be a Cadet Leader, sometimes you have to go the extra mile to make things happen. Well, this time, we went an extra 334 miles to take four selected cadets from the **King's Lynn and Breckland units** to represent Norfolk Constabulary alongside the Ceremonial Association at this year's National Police Memorial Day being held in Glasgow.

Early on Saturday 28th September, we set off from Norfolk with Cadets Lucas, Alex, Amelia and Isla complete with their smartest uniforms. No minibus journey would be complete without a tonne of sweets, Norfolk's version of carpool karaoke (James Cordon has nothing to worry about) and lots of enthusiasm. Some considerable time later (a little over 8 hours although it probably felt like more!) we arrived in Glasgow and after a night to unwind, the morning was soon upon us.



Before we knew it the Cadets were in the parade, marching through the streets of Glasgow, witnessing the flypast from NPAS, and then sitting in on the Service of Remembrance. The cadets were soon engaging with officers from across the country and the world, swapping patches and memorabilia and chatting with dignitaries, Chief Constables, and event organisers. The evening soon followed with pizza and bowling as a reward for their outstanding behaviour and discipline representing Norfolk Constabulary.



This is probably a good place to hand over to Lucas, Alex, Amelia and Isla to hear their views on the weekend.

Cadet Lucas -

Our journey set off on the 28th of September. At first, I was not overly looking forward to the long drive but after a couple hours and a selection of sweets and food it soon got better. The Breckland Cadets were really friendly, and we all got on well. Sadly, we had to listen to (PC Brocks) Dan's really bad music because we forgot to make our own playlist - he needs better taste!

After nearly eight hours and loads of off-key singing from Dan, we finally arrived. On the Sunday we got to the meeting point and had to march the rest of the way to the Royal Concert Hall for the main event. It was a little scary and I'm not good at marching. When we stopped outside and turned around, everyone was staring at us with their cameras as the fly past happened from the police helicopter.

We went in and met loads of other police officers from all around England and even some from other countries!! We sat and listened to the Service, and it was very moving. We traded loads of cool stuff with the other police officers and cadets and collected so many blue poppy petals. After the Service, we got changed and we went bowling and I came second to last (rigged). Bowling was followed by a Dominos which was very nice then we went to bed. I'd like to thank everyone that made it happen, for the opportunity and experience, and I thank Dan for choosing me even though I can be a character. A highlight of my cadet career so far.



Cadet Amelia -

On Saturday 28th we left Swaffham, picked up the King's Lynn boys and then drove 8hrs to Glasgow. On the way we were all talking to each other and made a playlist that had banging songs on. On Sunday we had to have breakfast early before getting our cadet uniforms on and walking to the meeting point. We met the Police Scotland Youth Volunteers and decided that we would take part in the parade. This

to have a practice at drill before we all marched through Glasgow to the Concert Hall. The ceremony was nice and very reflective.

Then lots of blue poppies were released from the ceiling and we found out later that they let down 4 red poppies for all the 4 officers that had died this year. After the service had finished, we all helped to clean up the hall, sweeping up all the blue poppies. On Monday we had to do the journey all the way back to Norfolk again, but Dan played our playlist and so it was fun. This was a really great weekend, and when I joined the cadets, I never expected to be able to go on a trip like this and meet police officers from all over. I will always remember this trip.

Cadet Alex -

This weekend I attended the National Police Memorial Day event in Glasgow. We travelled down on the Saturday from King's Lynn police station where I met Isla and Amelia from the Breckland cadet unit. We travelled from 10 am until 7:30pm. It was great but a long journey. When we got to Glasgow, we booked into our hotel rooms and then polished our boots ready for the morning before going to bed.



When we woke up the next morning at 7:45am we had our breakfast and then got ready for the big event for 11am where we headed to George Square to take some photos and have a look at the old police cars. Then we formed up with the Scottish police cadets (called Police Scotland Youth Volunteers).

We joined the parade and marched up to the Royal Concert Hall in Glasgow. The service was moving and very emotional in parts. After the service we met some important policing figures from across the UK including Sir Mark Rowley. We also met some American police officers, and we traded some Norfolk badges in return for pin badges and challenge coins. After this we helped with packing away the event. All in all, I loved the trip and I believe this is A Once In A Life Time experience. This helped me to see that policing is so much more than just a job across the world it's a family and a community.



I want to thank you for the experience you've given to me I also want to thank Dan, Paula, and Clare for making it all happen. I think this has been my favourite trip I've ever done.

Cadet Isla -

We travelled up to Glasgow for the National Police Memorial Day. The journey contained a lot of traffic, sweets and unfortunately a lot of singing. We arrived later that evening and decided we would participate in the parade the following day after all. The next day, on Sunday 29th September, we had breakfast and changed into our formal uniform. We walked over to where the parade would be forming up. After admiring the old police cars and many photos later, we formed up behind the Glasgow cadets and began the parade. As we marched to the concert hall, the crowd that gathered was fairly large. Marching with such an important meaning behind the parade was so nerve wracking but a huge honour as well. The parade was through the centre of Glasgow and lasted for quite a while.



Once we reached the concert hall, the parade halted and turned for the flyover. We very quickly realised we were at the front of the parade for this, which was absolutely insane! After the parade, we made our way into the concert hall as the ceremony began. The ceremony was a great thing to experience, it was respectful and reflective while remaining emotional. When the poppies fell from the ceiling, it was a beautiful silent moment. The lighting of the candles was a touching moment of remembrance to all fallen officers.

After the ceremony, we mingled with the high ranking officers present, even getting some photos with some American officers and the Commissioner of Metropolitan Police. We traded memorabilia and managed to get a huge amount of loot. After talking with many officers, we headed back to the hotel to unwind and go bowling (which I won out of the cadets!) The next day, we travelled home after a quick stop at the Celtic football stadium, which nearly got me disowned. We arrived home at 6pm to the pouring rain

A final word from Breckland and King's Lynn Cadet Unit Leaders -

As Cadet Unit Leaders, our final thoughts on this trip.

We are so incredibly proud. This started out as an opportunity for our Cadets to watch a Memorial Service. It ended up being so much more. Stepping out of their comfort zones, and at their insistence, our Cadets didn't just observe this important event in the Policing calendar; they participated in the Service, joining the parade, interacting with their Scottish counterparts, conversing with senior police officers and dignitaries (and in so doing earning praise from the Chief Constables of Dorset and Essex who commented on what a credit they were to Norfolk Constabulary).

To be able to attend such a prestigious event and to showcase the calibre of our Cadets is an honour. To hear such praise for the Cadets for their smartness, politeness and behaviour is something which highlights the Norfolk Cadet Programme as a whole.

For the four Cadets, this will be a memory of a lifetime and one that they will continue to talk about for months to come. Giving young people these experiences is why we give our time to be cadet leaders.

A big thank you to Ch/Insp Brown, ACC Davidson and Colin Dutton for trusting us to make this trip happen.

So, going back to the opening of this piece; *'Become a Cadet Leader, it will be fun, they said. It will be rewarding they said'*. It most certainly is and so much more. We would encourage any person to step up and join your local cadet team.

Paula, Dan & Clare

Thank you to Norfolk VPC for submitting this for this newsletter. We felt after reading it that it deserved to feature in the newsletter in its entirety, without any editing.

The accounts written by Cadets Lucas, Alex, Amelia and Isla show how impactful attending these types of events can be, and it isn't just about the event itself but everything around it, from the journeys there and back to the other activities arranged for them. Truly an experience to remember.

The trip of course would not have been possible without the VPC leaders accompanying the cadets - thank you for your dedication and commitment. Without adult leaders the VPC would not be able to operate.

To Norfolk Constabulary - thank you for having permitted the trip. The Cadets and Leaders are a credit to you.

National VPC





Gwent Cadets carry out border incursion.

In early October **Gwent Cadets**, and Leaders, crossed the border into South Wales Police Territory to assist Run4Wales at Water Station 4 of the Cardiff Half Marathon.

What an experience they had watching 24,000 runners pass us and handing out water and motivation to all of the runners. A great shift was put in with each Cadet gaining 7 hours volunteering time each, along with some food and drink provided by the organisers.

Gwent VPC appear to have now become one of the 'Go-To' forces for assistance in running races with Run4Wales requesting their assistance at all races within our area !



Meanwhile – back within their own borders.....and continuing the running theme.....



Assistance was proved to St Davids Hospice and their Charity Fundraisers.

Cadets helped at 3 races called the Kolor Dash, with one race being held in Cwmbran.



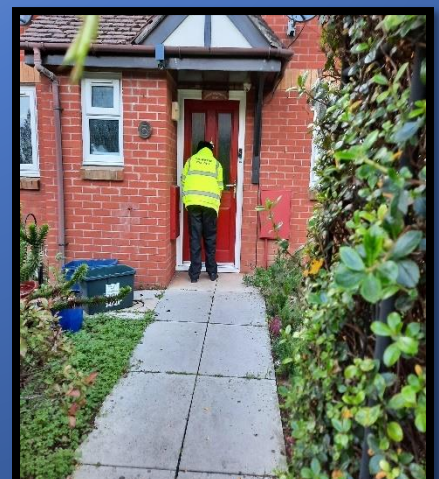
Runners complete a 5km fun run, that passes paint stations, bubble machines and water cannons.

The Cadets role was at the Start/finish line where they pelted runners with pink powdered paint, and gave medals and water out when they completed the course.

What an afternoon!

Gwent VPC have also been assisting our Neighbourhood Policing Teams with Leaflet drops in areas that they have received numerous calls in relation to vehicle crime.

Cadets have posted over 250 leaflets on 2 separate events.





Nottingham VPC continue the running theme.

Nottingham Cadets had a busy morning at the end of September, at the Robin Hood Nottingham Half Marathon. The cadets arrived bright and early and first assisted at the help desk, corporate, and VIP Tents.

Just as the Mini Marathon finished, they headed over to the Finish Line, where they were on hand to hand out medals, goodie bags and most importantly water to all those who had completed the Half Marathon.

It was amazing for Cadets to be able to greet the runners at the Finish Line- well done to all those that took part.

Also, thank you to the other volunteers who joined the police cadets in making this possible



A group of Nottinghamshire Police Cadets enjoyed a trip to Red Kangaroo in appreciation for all their hard work and commitment throughout the academic year.

Cadets and Leaders took part in activities available throughout their session, such as the "Total Wipeout" and a trampoline version of musical chairs.

The group had fun playing on the inflatable slide and showing off their skills on the trampolines.

Cadets particularly enjoyed taking part in the reaction game, where they had to grab the foam block and the slowest player would be disqualified from the round, with a block being taken away in each round.



National VPC help recruit more Leaders.

Adult Leaders in the VPC are crucial to the ability of police forces to run their schemes, without them it just wouldn't happen.

We know that since COVID volunteer numbers have fallen across the voluntary sector and uniformed youth groups which include the VPC is one area where we need more leaders.

Over the summer the **National VPC team** has supported several Forces who have held Leader recruitment events to encourage an uplift in their volunteer VPC leaders.



Events have taken place in Peterborough (Cambridgeshire), Bristol (Avon & Somerset), Grantham (Lincolnshire), Basingstoke (Hampshire & the Isle of Wight), and Lancashire who attended the Royal Lancashire Agricultural show.



In addition to hopefully attracting new volunteer leaders, the events provide an excellent opportunity for the Cadets to get out and about in the community, talking to local people about everything 'Cadets', and spreading general awareness about the scheme - Head Cadet Dodd (Hampshire) said "I like that we integrated into the shopping centre and went around speaking with the public rather than waiting for them to come to us". Leaders at the same event said, "It went well, and it was a great tool to engage with our local community".

If you or your scheme would like some tips and guidance for holding your own recruitment event, please get in touch with us at - vpc.admin@vpc.police.uk





Suffolk Cadets annual trip away

In Suffolk, they try to arrange at least one annual trip away for the cadets, and this year was no exception.

However, this year was slightly different in that cadets were taken from several of the **Suffolk VPC** units. This was to allow the integration and relationship building between VPC units as the cadets missed out on their annual summer camp at headquarters this year, and to also allow leaders from other units to partake and see how these trips are run, and therefore build the confidence in arranging their own unit trips.

So - 31 members of the Suffolk Volunteer Police Cadets, 6 leaders and 25 cadets from 7 of the 8 units, headed off to Belgium!

2 minibuses, a crew van, and a people carrier, headed for the Eurotunnel at Folkestone. This was a new experience for some of the cadets who had never left the UK before. They arrived at our campsite, Camping Les Neufs Pres - Grand Halleux, which is in the Ardennes area of Belgium. Pitching tents, some of which were purchased by the former High Sheriff, Mark Pendlington for the cadets.



Over the next 5 days the Cadets took part in numerous activities which included - a 5 -mile kayak and raft building on the River Ambleve, a visit to the Belgian capital Luxembourg for some shopping and a point at the northeast of the country where Luxembourg/Germany/Belgium all meet, and a chance for a photo opportunity where they could capture the cadets in all 3 countries at the same time !!

The point where the countries meet is in the river, directly under the middle of the bridge the group are standing on below.



The cadets also visited Aachen in Germany for lunch, where the linguistic skills of one of the cadets was put to the test. Fortunately, this cadet, Lucas, is part German so has a good understanding of the language!

After lunch it was a trip to the Lindt chocolate factory, where all of the group, leaders included partook of significant amounts of chocolate...



The trip back to the campsite included a minor detour through Holland so that we could say the cadets had visited 4 countries in one day.

One stop off was near Coe, to take a group photo outside the December 44 museum. This commemorates the Battle of the Bulge in the Ardennes Forest during World War 2 and the photo was taken beside a German King Tiger tank that was abandoned by the German Army during their defeat. Very apt with Remembrance Day just around the corner.



Cadets also visited Adventure Valley where they took part on tree-top activities, climbing and zip-lines which were physically challenging for most.

Every cadet managed to challenge themselves in some way, whether overcoming a fear of heights, or pushing themselves physically, and the cadets could be seen to have bonded by encouraging and pushing each other to try things they wouldn't have ordinarily done/



The trip was a great success. During previous trips bonds were formed and friendships built that and these are often restricted by the format of weekly meetings.

This was particularly so this year due to the fact that there were cadets from 7 of the 8 units in Suffolk, and many of them would have never met each other before.

The varying challenges of the week, whether it be the physical activities, the preparation and cooking of meals, the early rises, meant that each and every cadet had to use teamwork and encouragement for each other to push themselves beyond their limits. To that end, every cadet will have taken lots of memories away from the trip, and will hopefully pass on these to other cadets in their units so that we can build on the experiences for next year.

A massive thank you must be given to Insp Matt Breeze for organising the trip, which included a recce of the locations and activities in the weeks prior to the trip - such detail Insp Breeze 😊

Planning now starts for their 2025 trip!!



North Yorkshire Cadets give something back

Scarborough & Ryedale Mountain Rescue came to visit North Yorkshires' **Malton Police Cadets** and gave them an incredible input about what it's like to be involved in a rescue and gave them a hands on experience showing them how they would rescue someone. The input was amazing for the Cadets to see first hand, something they wouldn't normally get to see and they really enjoyed the visit.

The Cadets wanted to give something back to the Scarborough & Ryedale Mountain Rescue Team so they organised a fundraising rounders match with the Malton Fire Cadets, we invited friends and families along and they had a cake sale, a tombola and a raffle and the Cadets each paid a small donation to take part in the rounders match.

They managed to raise a brilliant £213 which they have donated to the Scarborough & Ryedale Mountain Rescue Team!



Malton Cadets have also been out and about in October doing a litter pick with the Norton and Malton tidy up group, they had great fun helping tidy up their community and had a much deserved treat afterwards!

Catterick Police Cadets have each completed over 100km in a month to raise money for Call4Backup which is a charity dedicated committed to supporting the wellbeing of everyone working or volunteering in our Police Services. Each Cadet and Leader involved completed over 100km in the month via various means such as walking, running, swimming and cycling. They did an amazing job.



Earlier this year **York and Scarborough Cadets** took part in York Pride Parade. The parade started at York Minster and through York city centre and finished at the Knavesmire. It was a fantastic atmosphere and the Cadets did an amazing job at representing North Yorkshire Police and they thoroughly enjoyed giving out stickers along the route of the parade! A big thank you Cadet Leaders Kim, Claire and Kobe for being involved and taking the Cadets along.





Cadets are VIP guests at Security Expos

Once again, as in previous years Cadets from several Forces had an exceptional experience at two of Europe's biggest international security and blue light emergency services Expos.

Thanks to our partners at organisers Nineteen Group, a warm welcome and invite was extended to all VPC units, to be VIP guests at the Emergency Services Show at the NEC in Birmingham and the International Security Expo and international Cyber Crime event at London Olympia.

VPC teams from [Derbyshire](#), [Hertfordshire](#), [Merseyside](#), [Metropolitan Police](#), [Sussex](#), [Thames Valley](#) and [West Mercia](#)

met senior industry and emergency services leads, tech specialists, major event organisations and first responders, a wide range of world-leading corporate and military groups which was very exciting. Cadets went "hands on" with new technology and operational kit, experimental vehicles from fire, police and ambulance services, disaster response, rescue on land and sea, and much more!



Here's what some Cadets said:-

"This was awesome, I had the chance to see other emergency services and what they do and changed my mind from being a paramedic to possibly wanting to be a firefighter! I loved having a go at the physical challenges they provided which totally changed my mind."

"I loved all the tech stuff, and it was great seeing behind the scenes and meet companies that I might want to work with when I finish school."



"The three of us love dogs and we got to meet so many of our doggie heroes. From little search police dogs to the massive newfoundland rescue dogs. We wanted to keep them all!"

Thank you to everyone taking part and the adult leaders bringing their teams. Most of all, a massive thanks to Maggie, David and everyone at Nineteen Group for being such great National VPC

friends and always giving us such a warm welcome at these unique, inspiring opportunities at Expos, seeing a world many Cadets have never experienced before!

We're already looking forward to new Expos and events in 2025 - keep an eye out in future VPC Leader's e-Bulletins!



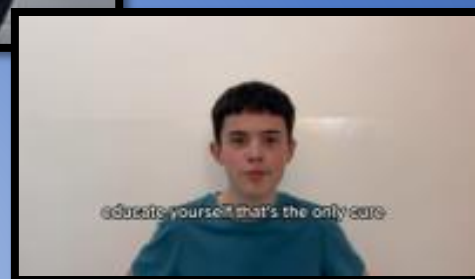
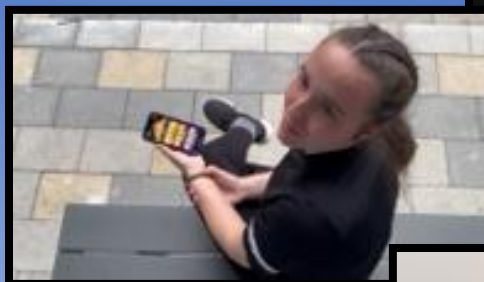
Northumbria Cadets' exceptional contribution

North Tyneside Cadets have seen success being runners up in a national film competition and awarded a prize in recognition of their exceptional contribution for a recent social action project in association with the English Gambling Education Hub (EGEH), to help raise awareness of the dangers of gambling and gambling harms, through a self-produced, impactful short film

The financial, social and wellbeing impact of gambling are a major safeguarding concern for young people and the short film conceived, produced and edited by cadets seeks to educate young people on the 'blurred line' between gaming and gambling, and the impacts gambling can have on young people and their development. Following an input by NECA, (North East Centre for Addiction and working in association with GamCare, the critical issue of the rise of gambling amongst young people resonated with the cadets, in particular, in-app gambling and its potential to ensnare young people in addictive behaviours.

Cadets carried out further research to further enhance their understanding of the subject, before arriving at the concept producing a short film that not only educates but also resonates with young people, with the aim of raising awareness and fostering a dialogue on how to safeguard children and young people from gambling harm. The cadet's commitment to drive positive change was demonstrated as they worked as a team to come up with the initial creative vision and narrative for the short film. The resourcefulness of the Cadets was demonstrated as they quickly taught themselves how to shoot and edit film, to achieve a professional product with a clear message.

Cadet Leader Rachel Nairi said *'This is a great opportunity for the cadets and their work will be viewed by those working with the NECA with the hope of it moving forward during their educational inputs with youths. This project epitomizes the spirit of social action. Not only have the cadets highlighted a pressing issue but have also empowered their audience with knowledge and choices'*.



31% of young people aged 11 to 13 spent their own money on gambling this last year.

Between 117 & 496 deaths by suicide. Through gambling or debt by gambling.

The effort of the cadets was rewarded as they were presented with a runner's up award in the EGEH's film competition. EGEH Content Lead, George Bricher said the cadets' contribution had 'significantly enriched the competition, adding that the cadet film, 'stood out among many impressive entries'.

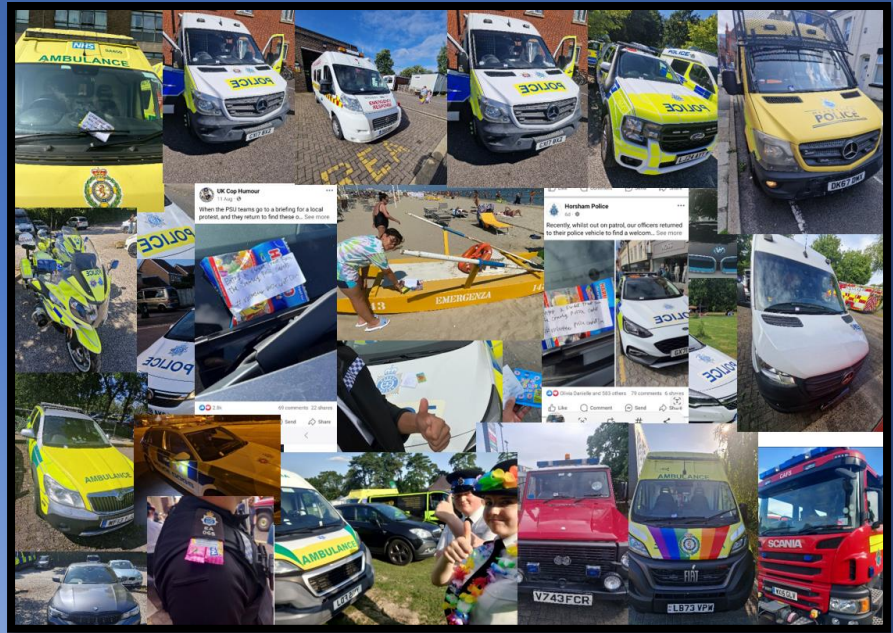
Heather Teasdale, Gambling Harm Prevention and Education Manager at NECA Empowering Youth said 'I was so pleased for the cadets after the hard work they put in. Give them a huge congratulations from me.'



Cadets do 'Taskmaster'

Over the Summer Holidays **Crawley Police Cadets** in Sussex participated in a challenge set by the Leaders called 'Crawley Police Cadets Does Task Master'.

The Cadets were set 17 tasks of which one of the tasks was to 'Carry out a random act of kindness by leaving some kind of sweet treat on an emergency vehicle with a note on it stating "Enjoy a sweet treat from the Crawley Police Cadets #VolunteerPoliceCadets'. The Cadets have outdid themselves with this task and managed to leave a range of treats from sweets to biscuits on emergency service vehicles across the country (and abroad) including ambulances, fire trucks and vehicles, Police cars, vans and bikes, Secure 24 and the lifeguards. Their efforts even hit social media racking up almost 4,000 likes and 140 comments. The picture above shows just a few of the vehicles that were tagged by the Cadets.



Elsewhere in Sussex, the **Brighton and Hove VPC Unit** have been busy

At the beginning of September the Cadets helped out with the Brighton Triathlon where they helped marshall the route whilst cheering on some very tired runners to reach the finish line. They even got a thanks from the organiser "Just to say many thanks to your team and all the cadets who helped us yesterday. We'd love to have your help again next year, you were an impressive unit!"



The following weekend cadets helped out at a local community event named Lagoonfest. The cadets manned a stall, providing crime prevention advice as well as letting children try on some police gear! Their work wasn't done there, with cadets making sure the area was tidy, assisting with litter picking and even found time to help raise some money for Hove Lagoon.

After having a weekend off and on a wet and rainy cadets were at Hove Lawns to help at the finish point of the British Heart Foundations London to Brighton Off Road Bike Race.



Last but not least, the cadets found time to help out at one last event, the Alzheimer's Memory Walk. The Cadets helped with getting the participants warmed up with some exercises and dances before the start and then offered plenty of encouragement throughout the event as well as spreading the word about a scheme used by the Police called 'The Herbert Protocol' to aid families with relatives with dementia who might go missing.





Also in September, **Worthing & Adur Police Cadets** were invited to join author Peter James for an evening at Brighton Pier for the launch of his new book 'One Of Us Is Dead'.

The Cadets looked incredibly smart and engaged with all the other guests.

Part of their role was to promote and raise money for the Sussex Police Charitable Trust, a registered charity here to offer a helping hand to Sussex Police officers, staff, special

constables, volunteers, pensioners and their dependent family members.

The Cadets involved were Senior Cadet Anderson, Section Leader Cadet Dalley, Section Leader Cadet Hollick, Cadet Wells, Cadet Squires, Cadet Ludlow and Cadet Allward. They were accompanied by Unit Leader DS Sarah Masters, Dep/Unit Leader Inv Sasha Watkins and Cadet Leader Sarah Burfoot.

Hertfordshire celebrate Black History month

Watford Volunteer Police Cadets celebrated Black History month with a guest speaker input from PC Murphy - Watford Hate Crime Officer on their Tuesday session.

Cadets were provided with the history of Black officers and staff in policing, barriers, failures (including Stephen Lawrence), national policing change towards Hate Crime and local influence with PC Murphy providing an overview of her role, the work she does and success stories.

The Cadets also attended an event in Watford with PC Murphy - 'Unity Through Diversity' which saw Cadets engaging with the Black community and enjoyed as an audience members, key speakers and musical performances.





Volunteer Police Cadets

Do you have a story that can be shared with everyone?

Has your Cadet unit done something to shout about?

If so, contact us at –

vpc.admin@vpc.police.uk



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