

National VPC Newsletter

October 2023



Welcome to this edition of the National VPC Newsletter highlighting the activities & achievements of VPC Units, Cadets & Leaders across the Police Forces of England & Wales. We try to include as many stories as possible from across different VPC schemes.

National VPC



The Aims of the VPC

- To promote a practical understanding of policing amongst all young people.
- To encourage the spirit of adventure and good citizenship.
- To support local policing priorities through volunteering and give young people a chance to be heard.
- To inspire young people to participate positively in their communities.

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



Royal appointment for National VPC team member



National VPC team member, Tim Mann (MBE) recently attended Windsor Castle where he was presented with his MBE for Services to Young People by HRH Princess Ann, awarded to him in Her Majesty Queen Elizabeths last birthday honours list prior to her death in 2022.

Tim needs no introduction; Tim is a well-known figure to VPC Leaders and Cadets. Tim delivers mandatory safeguarding training to all Leaders within the VPC, attends Forces to take part in VPC leader engagement/training days. He also works alongside our partners to ensure that cadets get to experience a wide variety of activities, working with the likes of the Security Industry and Walt Disney Global Security. These two partners have allowed Cadets to experience international exhibitions and film premiers, learning how these are made safe for those attending whilst also taking part.

Tim joined the Metropolitan Police in 1987, as police civilian staff and a Special Constable. He joined as a Police Constable in 1991, serving on a variety of commands and areas across London, including six years in CID at Southwark and Walworth, then performing roles in Training, Neighbourhoods, HQ, Schools, Youth and Communities.

Tim has been involved with Volunteer Police Cadets since 2008, leading local units, running national projects and much more. He retired in 2018 and joined the National VPC team, supporting projects, training, and partnerships.

As well as working with the National VPC, Tim works with the Breck Foundation and Growing Against Violence, delivering education sessions to young people and is also a Fire Cadet leader in London!

Tim said "The Volunteer Police Cadets changed my life, in ways I never expected when the opportunity first came along! Being awarded the MBE was a huge surprise, I had no idea at all I had been nominated. I would sincerely like to thank everyone who makes this incredible programme what it is, most of all our amazing Cadets and young people from every background and life experience who enthusiastically volunteer to make a big local difference, in their local VPC units across England and Wales. I'm very proud to be recognised and proud to accept this award, on behalf of the whole team and every Cadet out there. Thank you!"



The National VPC team are proud to work alongside Tim and on behalf of the Team and everyone involved in the VPC across the police forces of England & Wales, congratulations and thank you for what you do.

Norfolk Cadets also get Royal Recognition!



The postman brought Cadets from the Great Yarmouth VPC unit, in Norfolk, a surprise with a letter from none other than King Charles III and Queen Camilla.

Everyone involved in the Norfolk VPC scheme were rightly proud and excited when the letter dropped through the post box.

This was as a result of celebrating the King's Coronation through a number of activities and writing to him to congratulate him.



BUCKINGHAM PALACE

To: The Great Yarmouth Volunteer Police Cadets

The King has asked me to thank you for your very kind letters, sent in celebration of Their Majesties' Coronation.

The King was deeply touched that you should have taken the trouble to write, and would have me convey his warmest good wishes to you all.

I am to thank you once again for your thoughtful messages at this time of celebration.

Yours sincerely,

Head of Royal Correspondence

15th August, 2023



We were deeply touched by your most kind and thoughtful message following our Coronation. We are enormously grateful to everyone who took part in the celebrations, and particularly appreciate that you so generously took the time to write to us on this very special occasion.



West Midlands Cadet helps seriously ill man.

Quick thinking by one of West Midlands Police Cadets in Coventry helped a seriously ill man receive potentially life-saving treatment.

Cadet Braithwaite was on his way to a Cadets meeting on a Tuesday night when he saw a man in distress in the city centre.

Seeing the man was in trouble, Cadet Braithwaite rushed to Coventry Central Police Station where he notified two on-duty officers.

The officers went to find the man and discovered he was in a severe diabetic coma with low insulin levels.

They called the ambulance service, and the man was rushed to hospital where life-saving treatment could be applied.

Thankfully, the man's condition stabilised and was no-longer life-threatening thanks to Cadet Braithwaite's actions.



Cadet Braithwaite said: *"I hope this encourages people to say something if they see something. Even if you can't help someone or don't know how, just telling someone can make all the difference."*

Chief Inspector Daryl Lyon said: *"On behalf of the entire Coventry Local Policing Area I am extremely proud of the values Cadet Braithwaite has shown in this matter - undoubtedly saving a life."*

While others passed by without intervening, Cadet Braithwaite demonstrated humanity, compassion and quick thinking to help the man get the life-saving treatment required, showing ingenuity and critical thinking which will no doubt serve him well in the future."

Cadet Braithwaite was received special recognition from Superintendent Ronan Tyrer for his actions (pictured right).

Well done !

Summer of fun in Northumbria



Cadets from our Northumberland unit (pictured left) supported event organisers with 'The Ultimate Triathlon' a full and half iron-distance triathlon in and around the stunning and challenging Kielder Water and Forest. Cadets provided marshalling support and manned refreshment stands along the route.



North Tyneside Cadets supported Tynemouth RNLI's Annual Lifeboat Day on the Fish Quay at North Shields. The Cadets joined the RNLI and local Fire Service Cadets to host family friendly public engagements activities including taking fingerprints, there were bands, attractions, rides and the famous Kippers in a bun!



In July Northumbria Police were proud to host the European Police, Men's Football Championships in Newcastle. This exciting eight-day event is the Policing equivalent to the professional men's European Championships, teams took part from United Kingdom, Germany, Netherlands, Czech Republic, Ireland, Denmark, Switzerland, and Bulgaria. What made the tournament even more significant was representation from Northumbria Police, in PC Ben Harmison on the UK team.



Cadets from across all force areas were able to participate in the event as flag bearers at the Opening and Closing Ceremonies and flag bearers and ball kids at each match. The exciting tournament culminated in an England v Germany final, which saw Germany finish as Champions.



Cadets (right) from throughout the Northern Area Command joined forces to compete in Clarity Bairns 2023, to raise funds for Children's Cancer North. The 3K course at Hedley West Farm, Newcastle was packed with muddy obstacles across undulating ground that proved to be a test of both stamina and strength! Cadets had a great time, successfully completing the course.



South Tyneside Cadets (left) joined local Neighbourhood Policing Team and Positive Action to demonstrate great teamwork work to participate in the South Tyneside Mela, a family festival celebrating food, music and diverse cultures on Ocean Road, South Shields. The day was a success, with a great atmosphere, attracting 2,000 attendees. Cadets helped to give out leaflets and participate in community

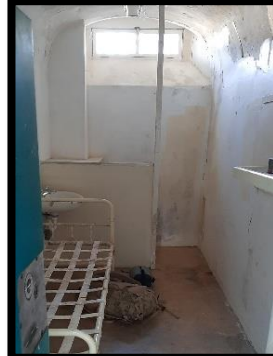
Thames Valley Cadets do time..!



On Saturday 19 August, our TVP Cadets were invited to join their leaders on an overnight trip to prison!



Shepton Mallet Prison dates back hundreds of years but some may know it because it held the London gangsters Ronnie and Reggie Kray. In 2001 the prison became a Category C prison and inmates at this time would have been found guilty of the most serious offences. The prison was finally decommissioned on 28 March 2013.



Various productions have been filmed at the prison including Des and Paddington 2. It is also rumoured to be haunted.

To ensure the Cadets slept well, we thought it best to do some exercise before we got to the prison so headed to Ninja Warrior. Following the adventures of the afternoon, our arrival at the prison was not what our Cadets expected. The escape room was in complete darkness, and the ghost tour put us all a little on edge! The cell was very basic - to the shock of all the Cadets!



Overall, Cadet feedback was positive, and they enjoyed meeting other Cadets from other local policing areas. Doing a trip like this in the summer holidays allows the Cadets to look forward to something at the end of term following all their hard work in their communities.





Leicestershire Cadets take to the outdoors



A group of around 52 police cadets from different VPC units from across Leicestershire Police embarked on a five-day residential trip to Redridge, Wales.

Redridge is a residential outdoor activity centre, nestled in the stunning Welsh hills, and has welcomed Leicestershire Police for two years running.

The trip not only provided the young people with a unique opportunity to bond with new and existing cadets, but also allowed them to experience the beauty and challenges the outdoors has to offer.

On the first day the cadets and their leaders arrived and after unpacking went straight into the briefing room! Following introductions and a breakdown of what's to come, they were split into groups and were straight onto their first activities.

Over the next five days, they took part in lots of different challenges, including: -

- Rock Climbing
- Abseiling
- Caving
- Archery
- Night hikes
- Orienteering
- Kayaking
- High Ropes
- Zip Lines

The activities were aimed at not only having fun, but also challenging the cadets and pushing them out of their comfort zones. Each and every one of them did an extraordinary job individually, but also encouraged their peers along the way.

Accompanying the cadets were a team of cadet leaders and staff from the Volunteers in Policing team. The cadet leaders were made up of volunteers from outside the organisation, as well as Police officers, PCSO's and civilian police staff.



Sgt Charlotte Dickens attended for the first night and took part in some of the activities along with the group. She said:

"We have worked with Redridge for a couple of years now and they provide a fantastic opportunity for our cadets to learn and have fun. We are all so proud of the cadets that took part, with many having to overcome their own personal fears and anxieties."

"These trips not only benefit the cadets, but also help break down barriers between the Police and the younger communities across Leicester, Leicestershire, and Rutland."

"I'd like to thank all of the leaders from Leicestershire Police and the staff from Redridge for helping to make the trip successful, fun, and safe for the cadets, as well as a huge thank you to the support from the organisation and to the Police and Crime Commissioner for helping to fund the trip. We are already organising next year's residential trips and are looking forward to hopefully returning to Wales."



West Midlands go Disney



Cadets from West Midlands Police assisted at a relaxed performance of Disney's, The Lion King, at the Birmingham Hippodrome back in July.

Relaxed performances are open to all, but created for people with special needs who may find the theatre challenging. This includes people with an Autistic Spectrum Condition, learning disability, or sensory and communication disorder.



The Cadets were briefed and after carrying out their duties were able to enjoy the performance.



The experience was made possible through the continuing partnership between the National VPC and Walt Disney Global Security (Europe, Middle East & Africa) which has allowed Cadets to see how Disney ensure the security of VIP's and the public at premieres in the West End of London and at their productions in the other parts of England & Wales.



I thought the training was very informative which helped me to understand neurodivergent people better. I didn't know anything about relaxed performances before, so this was a great opportunity for me to experience it first-hand. Cdt Darling – Drum Corps

"Working with all the different members of staff from front of house to security was amazing; we got to see all the aspects that go into making a good show happen. Everybody was so friendly and welcoming, and it was a very enjoyable experience and would gladly attend again in the future!" Cdt Sharkey – Dudley Unit

'I feel very lucky to have had the chance to work at the welcoming doors (even if it did get quite hectic) and the briefing was very useful and insightful. It's great to see that theatre is being made available to all and I hope that cadets can help again'. Cdt Stokes – Walsall Unit

Personally, I think that the experience was amazing. Having the opportunity for me to help and serve within the community. It's amazing for a company to give people an opportunity to feel involved and more comfortable within an environment which they might not have ever experienced... giving people the chance to watch shows with relaxed rules allows them to be themselves.... Being understood by other people from this company's work.... I look forward to working with this company again in the future... keep it up :)
Cdt Simpson – Wolverhampton Unit

Ipswich VPC on Euro Vacation



In August, 27 members of the Ipswich unit of Suffolk's Volunteer Police Cadets, 6 leaders and 21 cadets, headed off to France for their annual activity trip. This was a chance for the group to bond, build on their teamwork, experience a new country and culture, as well as have some fun.



After a very early 6am start, 3 minibuses and a people carrier, headed for the Eurotunnel at Folkestone, a new experience for some of the cadets who have previously only crossed the channel via ferry.



Approximately, 8 hours later, they arrived at our 'home' for the next 5 days, Camping Campix, which is approximately 80km North of Paris. The site is a former mining quarry but was ideal for their requirements, with plenty of camping space and a pool for the cadets.

Fortunately, the weather was good, and so the tents and gazebo went up reasonably quickly, and then it was time to relax and prepare food. As per previous trips, this task was given to the cadets who duly prepared a very edible meal of pasta, sauce, and cheese.



The following morning, cadets were a bit of a lay-in, as they were heading off to Parc Sherwood, which is very similar to Go Ape and based around the Robin Hood story.



One VPC Leader and a dozen cadets, chose to go for one of the 'black' routes to test themselves and did they do that! The Leaders described it as *'probably one of the most physically demanding challenges I have ever done'*.

Next it was off to Parc Asterix, which is a theme park based on the comic book story of Asterix the Gaul. This was a chance for the cadets to let their hair down and have some fun, with thrill rides and plenty of water as we found out later. The park was huge with rides designed for the thrill seekers amongst them, and others such as the log flumes, that were a little more sedate. Again, everyone managed to find their own version of challenge and great fun was had by all.



Whilst returning to the campsite, they took an unplanned detour and managed to see the stunning Chateau de Chantilly, which was built in the 1500's and then rebuilt in the 1800's following destruction during the French Revolution.



Continuing a busy schedule, the Cadets headed off to Paris. The first part of the trip involved a double decker train journey from Chantilly to Gare du Nord in Paris. Upon arrival in Paris, we started what turned out to be 16km of walking around the main tourist sites, something that the majority enjoyed even if it was a little tiring. During the route, we managed to see Notre Dame, Pont Neuf, The Louvre and the Eiffel Tower.

As part of the activity, all the cadets were given a Suffolk Constabulary pin badge and told to hand these to any local Gendarmes they found on patrol.

This meant that they would have to interact with the officers and attempt to speak to them in broken French to explain the offer. Most of the officers they did speak to were very appreciative, and even exchanged some of their patches with the cadets.

A great day was had by all, experiencing both the sights and culture, and some even got to attempt conversations in French.



As a Suffolk VPC leader said - 'I have to say that the trip was a massive success. We have found over the years that these trips allow the cadets to bond and build friendships that are often restricted during the usual weekly meetings, and this trip was no different. The varying challenges of the week meant that the cadets had to use teamwork, and encouragement for each other, to push beyond their limits. Every cadet will have a ton of memories that they brought home with them, particularly for those that had never been outside of the UK before. A massive thank you must be given to Matt Breeze for organising the trip. Such was the detail in the planning, that he even went over a few weeks before to recce the locations!'

But it wasn't just the leaders who provided some feedback – cadets themselves enjoyed the trip –

"I thoroughly enjoyed our trip to France. We all made lots of brilliant memories as well as some new friendships. Our trip to the climbing park was a brilliant team building activity and was especially good for building bonds. The days out were packed with fun activities and overall, it was a brilliant trip and one to remember."

"It was a great trip away. We had a chance to build relationships with other cadets and test our teamwork skills, whilst also having fun and experiencing a new country. We would definitely recommend these trips to other cadets in the future."



Durham Cadet grills prospective Chief Constables



In a great example of Youth Voice, a Durham Volunteer Police Cadet was given the opportunity to be part of a youth stakeholder panel during the process of Durham Constabulary appointing a new Chief Constable.

Police & Crime Commissioner Joy Allen invited youth representation to form a youth panel for the stakeholder event prior to a final interview of those applying for the role of Chief Constable in September.

The 3 candidates were grilled on topics raised by the young people effecting young people such as suicide, early intervention, criminalising young people and ASB.



Cadet Tyler Mellor, alongside representatives from the youth offending team, education authority, and voluntary sector and really enjoyed the day and participated very enthusiastically.

The process came about after Durham's Chief Constable, Jo Farrell, was successful in being appointed as Chief Constable of Police Scotland.

Chief Constable Farrell was a big supporter of the Cadets and often asked them to be deployed at force events.

Here (right) she can be seen inspecting the Cadets at a community awards evening.

We wish her every success in Scotland.



The selection process was hosted at the Durham Radisson Hotel and took a half day and all the young people, and their support were very well looked after.

It was revealed Mrs Rachel Bacon (Deputy Chief Constable of South Wales Police) was the successful candidate.

Cadet Mellor said, *'I really enjoyed the day and am so glad I wasn't choosing who should get the job as all the candidates were very confident, and enthusiastic when talking about young people and all came across very professional and answered all our questions very well. It was a fantastic experience I will never forget.'*

We look forward to seeing CC Bacon working with the Durham VPC during her time as Chief Constable.



Kent VPC pilot

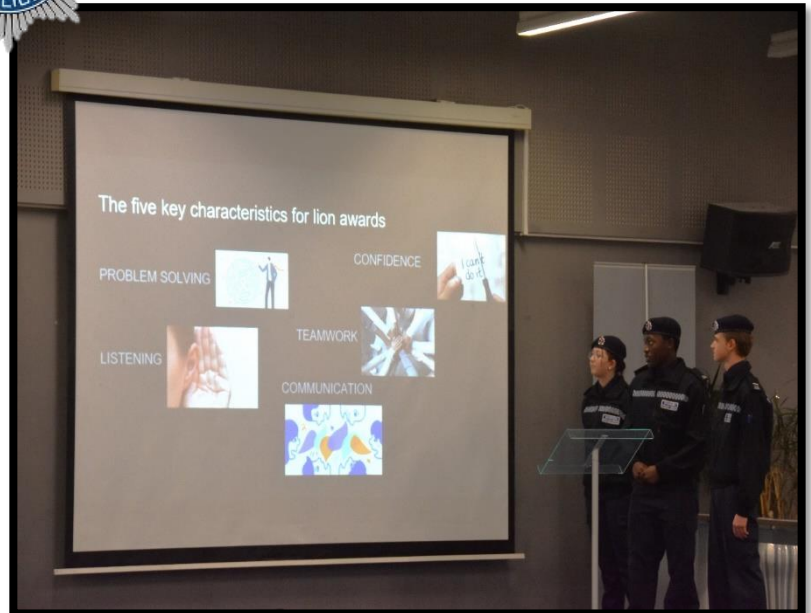


Cadet Vocational College

Kent Police's Dartford VPC Unit have piloted the [Lion Award programme](#) within their unit for cadets aged 13 to 14, over a period of 12m two-hour sessions.

The programme develops several characteristics to enable young people to be more confident to deal with a variety of situations whether personally or professionally.

These lifelong skills, such as communication, listening, teamwork, problem solving and confidence are key elements to enhancing a young person's self-belief and esteem, enabling them to try new experiences and also be good citizens.



Cadet Sgt Cox, Cadet Ayinla, Cadet Edginton, Cadet Rose and Cadet Newman successfully completed the programme and were presented with certificates for their achievements. Two of the sessions factored in first aid and CPR which they all did exceptionally well with, securing a further certificate in this arena.

Each cadet has grown in all the areas stated above and recognise in themselves how much they have changed in a positive manner. Cadet Sgt Cox created a presentation for the award ceremony, and ensured each cadet had a role during the presentation. Cadets had the opportunity to provide their own inputs too, so everyone was heard.



The leaders at Dartford VPC were so proud of their achievements and humbled by just how confident these young people have become.

They stood in front of parents and special guests, Richard Allen from CVC and Cadet Manager Anne-Marie Moore, and delivered an exceptional presentation, explaining what the content of the programme was, how much they had developed from the start and then led parents / guests through a couple of the Lion Award tasks, with reflection at the end. It was clear there was trepidation from the adults to get involved but once they did, they thoroughly enjoyed, and the cadet's natural leadership skills shone through.

This is truly a fun programme not just for the cadets but for Leaders delivering the programme. The results speak for themselves, and you can see how everyone enjoyed this in the photo's captured throughout.

Since the pilot, the Lion Award programme has been rolled out to the very first Kent Police Junior Cadets in Dover, and more staff are being trained so this can be far reaching and impactful with young people in our Cadet scheme.



Hertfordshire Cadets join Emergency Services Day

Six Hertsmer Cadets attended Watford Fire Station for a joint Emergency Services Day in September, meeting some of Hertfordshire's Fire Cadets.

The day consisted of a hose running competition (which the Hertsmer cadets won, beating the fire cadets), a joint road traffic collision scenario and a talk about water safety before making their own dams.

The event also enabled cadets to teach each other about their roles and responsibilities that each service performs.



The cadets were also joined by Deputy Chief Constable Bill Jephson who supported the event by becoming a 'Custody Sergeant' for the prisoners.

A great display of partnership working with our emergency services.



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Has your Cadet unit done something to shout about?

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SCAN ME