

# VPC Newsletter



## The Aims of the VPC are: -

- 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.

As we approach the summer, we would normally be looking forward to seeing VPC units getting ready to set off to outdoor activities and summer camps. Whilst, these may still be possible in some way, they may not, for a second year, be the same due to the ongoing restrictions placed on these activities in relation to COVID.

We know that VPC Leaders will be doing their best to provide experiences for Cadets over the summer and we thank them for their dedication and enthusiasm.

We hope that in the near future there will be a lifting of COVID restrictions, and we can return to doing what you all do best

and that is coming together fully supporting your local police force, communities and each other, restriction free.

There are some great examples of just that, even with restrictions in place, in this edition of the newsletter.

*National VPC*



## FIND US ON...



## National Volunteers Week

VPC Leaders and Cadets were recognized across all police forces in England & Wales during the recent national volunteers' week.

# VOLUNTEERS' WEEK

A time to say thanks

VPC schemes couldn't operate without the hours put in by our Leaders in planning and running VPC units and by the thousands of young people delivering social action on their communities and supporting local policing.

VPC activity was recognised by the Policing Minister, Kit Malthouse and by the National VPC portfolio lead Chief Constable Shaun Sawyer alongside Chief Constables and Police and Crime Commissioners across all police forces.

The Volunteer Police Cadets make up a large part of Citizens in Policing, and our cadets are the next generation whether that be Police Officers, Special Constables, Police Staff, Police Support Volunteers or displaying good citizenship in whatever they career they choose.





## Cadet Leader saves the life of a baby

When Dorset Volunteer Police Cadet Leader Sarah Franklin took part in her Leader's First Aid training course in April, little did she know the skills she had learned would be put to the test within a month Cadet Leader saves the life of a baby.

Sarah, a volunteer adult leader with Dorset VPC since 2019, regularly gives up her time every week with other volunteers and colleagues to make a difference for local young people and help support the community. Throughout the covid restrictions when the VPC has been unable to meet, Leaders and cadets have been meeting virtually and keeping in touch online. Volunteers receive a range of training and support like safeguarding courses, as well as other training that their home police force may also make available, such as First Aid or Duke of Edinburgh leader qualifications.

On 10 April, Sarah and other colleagues successfully completed a comprehensive First Aid training course with a certificate at the end.

Just a few weeks later, whilst at home and away from Cadets, Sarah's neighbour ran to her door urgently needing help. Her baby was choking, with blue lips and in great distress (as was Mum, the neighbour).

Sarah immediately took control, reassured Mum whilst also laying the baby face-down on her forearm, cradling his head in her palm. She quickly gave five prompt back slaps – and suddenly a small sweet that had been blocking the baby's airway popped out onto the ground. The baby took a big breath of air. Sarah reassured Mum and provided immediate support to them both, in a very calm and professional way. Mum and baby are both doing fine, and Mum was extremely grateful!

Sarah said "I just remembered our first aid training and it all came back to me, without even thinking. I'm just so glad I could help, and everything was ok in the end."

Dorset VPC Lead, Inspector Alyssa Forrest, said "I am so proud of everyone who makes Dorset VPC possible, all our cadets, colleagues and our dedicated volunteers like Sarah here who give up their time to make such a positive difference. Sarah stayed calm and focused in a very scary, heart-racing situation. Remembering what she had learnt as a VPC Leader and as a vital part of the extended police family in Dorset, she saved a young baby's life and stopped a tragedy from happening. Thank you, Sarah!"

## Outstanding achievements celebrated.

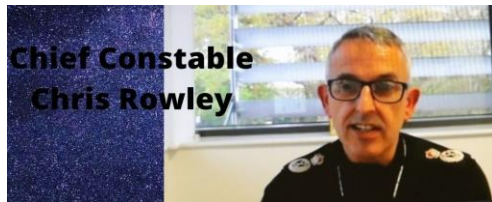
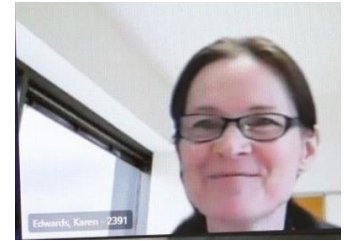
In May, Lancashire saw their first event to celebrate the good work of their Cadets over the last 12 months.

The annual ceremony is normally held separately in each division, but this was the first time all the cadets will come together online to celebrate with family and friends.

Lancashire was the first North West force to establish a VPC scheme and introduce a virtual online programme for cadets during Covid-19. Despite some initial issues and changes to their learning programme, nearly all 400

cadets dialed into each weekly session. They upped their community work, which included Christmas and Easter welfare collections and planting a small forest, providing a valuable community space.

Strategic lead for the cadets, Chief Supt Karen Edwards said: *“Lancashire has the best and most committed cadet volunteers, which is all down to their determination and community spirit. Our cadets are a big part of our police family. They represent the Constabulary, helping people in communities feel safer and working with those who don’t want to engage with the police feel more confident to do so.”*



Chief Constable Chris Rowley added: *“I’m absolutely blown away with the work that everyone has done collectively. I am very impressed and really proud, not just to be the new Chief Constable of Lancashire, but of a force that has such talented young people. A huge thank you to all the cadets, please keep doing what you do.”*

Nominations were put forward from across the division by cadet coordinators and 11 cadets were highlighted for their outstanding work in five categories.

The winners of the awards were -

- **Most Inspirational Police Cadet** - Rosie Ahmed from Blackburn with Darwen unit
- **Most Positive Cadet** – Jack Corke from Burnley unit
- **Most Inspirational Police Cadet Leader** – Mat Woods from Chorley and South Ribble unit
- **Most Inspirational Police Cadet Co-Ordinator** – Kien Phuong from East division and Nikki Leigh from Blackpool unit

**High Sheriff Cadet award** - Rosie Ahmed from Blackburn Unit and Adam Leyland from Blackpool North have been chosen to assist the High Sheriff of Lancashire, Mr. Edwin Booth in his public duties.





## Gwent VPC programme receives recognition.



Congratulations to all involved in the Gwent VPC scheme.

In 2013, Gwent Police established its first Police Cadet programme, and this year the scheme has received the Welsh Government Bronze Award for Youth Work.

The award is given to organisation that proves to have the essential building blocks for high quality youth work. Assessed under areas of performance, quality, learning and procedures, Gwent Police demonstrated a clear commitment to providing a rewarding and enriching experience for its cadet programme.

Temporary Assistant Chief Constable Ian Roberts said:

*“Being a Police Cadet is a fantastic way of finding out about policing, giving back to the community and learning skills that stay with you for the rest of your life. Since its establishment in 2013, we have been committed to developing a cadet programme that gives young people every opportunity to thrive. Receiving this accreditation is down to the hard work and dedication of officers and staff, and the support our current cadets.”*

## Cadets out in forces cleaning up..... Everywhere!

### Kent Cadets improving local spaces.



Kent Police Cadets recently supported the Great British Clean-up campaign in Dover by collecting around 25 bags of rubbish.

The Cadets were out with their litter-pickers covering Dover town centre and the Western Heights area. The team were working in



conjunction with the White Cliffs Countryside project to improve their neighbourhood. Superintendent Jason Wenlock of



Kent Police’s Citizens in Policing Team said: *‘This is one of many examples of community-minded young people giving up their own time to improve their neighbourhood. They have worked incredibly hard to create a greener space for people to enjoy.*

*‘I continue to be impressed by the young people within our cadet scheme, which is helping to shape the lives of the volunteers within it.’*

The Great British Clean-up is a campaign run by Keep Britain Tidy to create millions of miles worth of cleaner and greener spaces for people to enjoy.

## By the seaside - Sussex & Northumbria Cadets spend a day at the beach...

Brighton and Hove Police Cadets did a fantastic job litter picking keeping the Madeira Drive area clean and tidy for residents and visitors.

People on the beach were happy to see them and they received plenty of positive feedback.

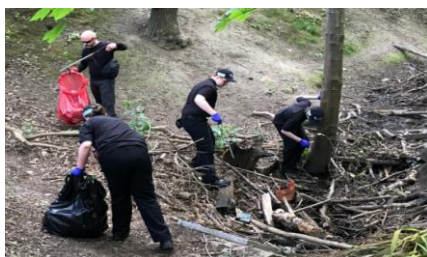


Meanwhile Cadets from Northumbria's South Tyneside Unit have been down on South Shields beach pick up litter so resident and visitors can enjoy the local area.



## Suffolk Cadets get in on the act.....

Suffolk cadets took part in the first litter pick of the year in support the Great British Spring Clean & Suffolk's Clean Sweep.



## and North Wales are at it too.....!

North Wales Police Volunteer Cadets supported a PACT funded project and took part in a litter pick with Friends of Parc Eirias.



## Tidying up..... but with a little bit extra!

West Midlands Cadets have been helping their friends at The Springfield Project & The Food Pantry.

The Springfield Project opened the Springfield Food Pantry in Birmingham in May 2021.

Food pantries go beyond the food bank model, creating a sustainable and long-term solution to food poverty. Members pay a small weekly fee for which they can choose at least ten items of food each week, along with additional opportunities of volunteering and



training.

West Midland Cadets from Moseley School helped with stock taking & stacking shelves, another group helped with pruning trees & clearing pathways.



### And in Lancashire.....

Pendle & Ribble Cadets spent time helping to tidy and clear a garden of someone who is vulnerable - a big thank you for making their lives better.



## Cadets and Leaders given a ‘Special’ overview.

Over 100 cadets and young people came together with adult cadet leaders to find out all about the Special Constabulary and opportunities that may be open to them post-18, to continue their policing family volunteering!



Organised & presented by Esther McLaughlin, National Special Constabulary Sustainability and Uplift Coordinator, the “VPC to Special Constabulary Taster” on Microsoft Teams Live enabled teenagers and young adults from VPC teams to come together and hear from serving Special Constables (including Esther) talk about their role, experiences, and motivation for joining.



Co-presented by Tim Mann, from the National Volunteer Police Cadet team with Special Constable guests Kyle, Freya and Hubert (all with a previous VPC background), they learned all about why Special Constable volunteering is so rewarding, recruitment programme and preparation, training, operational activities, challenges, and personal experiences.



Each guest ‘Special’ guest talked about their service, “day jobs” and how they balance commitments and what inspires them most.

Afterwards Esther McLaughlin said *“Thank you to everyone who took part and joined us tonight, all the cadets and your adult leaders supporting you all the way. I am very proud to be in the Special Constabulary and work with such amazing volunteer police officers, like those you have met here tonight. If this has inspired you about taking the next steps, please talk to your VPC Leaders and the Special Constabulary team in your Force area. Good luck with all your futures and we look forward to seeing many of you in our ranks as new SCs in the years ahead!”*

National VPC team member Tim Mann said *“Becoming a Special Constable is a fantastic way for cadets to continue their police volunteering journey, in a completely new and exciting direction. This has been a really positive event tonight and as a former Special Constable myself, I can definitely recommend the amazing opportunities and experiences that can open up as a volunteer police officer!”*

Cadets or Leaders interested in pursuing Special Constabulary opportunities & next steps should contact their Force VPC coordinator. More information on the Special Constabulary can be found [here](#).

**Have you got a story for us?**

**We want to highlight the great work done by Cadets & Leaders across all VPC schemes.**

**Let us know by emailing: [vpc.admin@vpc.police.uk](mailto:vpc.admin@vpc.police.uk)**

**(We endeavor to include as many articles as we can)**

