

## RCN Prince of Wales Nursing Cadet Scheme

# NEWSLETTER

SPRING 2024

EDITION THREE

# Welcome

## from Head of Scheme



Welcome to the third edition of the Prince of Wales Nursing Cadet Scheme alumni newsletter.

I hope the first quarter of your year has gone well. Here at cadet HQ we've been working hard to ensure even more young people get to experience nursing and healthcare as a career option. We've been

busy in all four UK countries and our alumni is rapidly increasing.

To date we have:

- 295 Welsh cadets and we're delivering 10 cohorts a year funded by Welsh Government
- 222 English cadets, many funded by regional NHS organisations and some by the RCN
- 22 Scottish cadets, our first Scottish cohorts took place last year and this year we will have three new cohorts
- 37 Northern Irish cadets, our first cohort commenced October 2023 with a further cohort starting in December 2023. Three cohorts are planned for 2024
- By the end of April we'll have over 700 of you in our cadet alumni.

In December we invited eight cadet alumni who volunteered to be our first Cadet Voice Group to RCN HQ in London for the day. We had a fun and productive day - more on that later in the newsletter.

Finally, you will have recently received a link to our where are you now survey. It's important to us that you complete this as it will help with future funding. Remember there are two £20 Amazon vouchers to win and the odds are very good!

Dave

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



@NursingCadets



@rcnpowscheme

## Healthcare Careers for Displaced People Project

We've been working in partnership with the Welsh Government on an important project.

The project is a pilot for a new scheme, based on similar principles to the Prince of Wales cadet scheme, offering an opportunity for anyone living in Wales, who has been displaced from their home country, to consider an NHS career.

This includes asylum seekers, refugees and those who have now settled in Wales to live. Often these people are from war zones or places that it is no longer safe to live in.

The programme is based on our cadet scheme, but with some additional information for people who might not understand the UK health care system.

The project has attracted 58 people from across Wales and, so far, is evaluating really well. We'll report back when the project finishes later this year.



# Cadet profile



**Name:** Seamus Ferry

**Education partner:** Glasgow  
And Lanarkshire ACF Cohort 1

**Age:** Now 26

**Clinical Observation**

**Placement:** NHS Lanarkshire



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](https://rcn.org.uk/professional-development/nursing-cadet-scheme)

## What attracted you to the RCN POW nursing cadet scheme?

I joined the RCN Cadet Scheme through my Army Cadet (ACF) Battalion. I have always been first aid orientated, since first learning it when I was 13. I have done some workplace training and I have also cared for family members as well as helping anyone in need. So when I heard about this scheme I just had to put my name in the hat.

## What was your experience of the scheme?

The particular cohort I was in was the pilot scheme here in Scotland, so it was very much a learning curve for not only myself and other candidates but also for the staff teaching. Over all it was a fantastic experience where I was able to learn new skills, adapt to certain situations and the face-to-face interaction with people in my placement was a huge help and an eye-opener.

## Tell us a bit about your placement?

Me and fellow cadet, Kimberley Dougal, had our placement in Motherwell's Airbles Road Centre. The ward we were placed in under the guidance of qualified nurses was mainly elderly care. We were able to observe the nursing staff do their routines and checks on patients. It was amazing to see how nurses worked on a daily basis. I was given the opportunity to interact with a lot of the patients which involved me assisting during mealtimes, being available to them and at times simply sitting down to keep them company and having a good old blether.

## What are you doing now?

I am currently employed in the same place I was in prior to taking part in the scheme however it opened my eyes and mind to all the amazing opportunities that are out there both in the NHS as well as the private sector. The course has helped me in many ways in relation to a future career and it has also given me an amazing opportunity within the RCN. I was asked to be one of Scotland's Cadet Ambassadors which has meant I have met individuals across the UK, gained friends and have also had the opportunity to voice my opinion on how to grow the RCN Cadet Nursing Scheme.

## How has the scheme supported this?

Ultimately the RCN Cadet Nursing Scheme is worth every penny spent, every minute worked, every meeting held. It's an outstanding scheme and I genuinely hope I am able to see it grow to new heights.



# Cadet Voice Development Day

A damp day in December saw a selection of cadet ambassadors come together in RCN HQ, London, as we launched our Cadet Voice group.

Eight cadets, past and present, from across the four countries spent the day helping to inform the development of the scheme. This group will co-produce the development of our nursing cadet alumni and ambassador offer as well as inform the development of the scheme more generally.

The cadets provided invaluable feedback and made some great suggestions for the future. They discussed the scheme learning and placement in great depth and were really motivated to improve the programme for those coming after them.

All cadets felt that the scheme had given them an opportunity to:

- learn about the RCN
- experience health and social care exposure
- begin their professional networking with fellow cadets, health care professionals, RCN staff and placement providers.

The Cadet Voice Group will help us plan events, help us think about scheme developments and how we develop our alumni.





Watch this space for more information.

# USW Health Care Taster Day

On 24 January 2024, the University of South Wales (USW), in collaboration with Health Education and Improvement Wales (HEIW), hosted a health care taster day to give RCN Nursing Cadets a fantastic hands-on experience of working in the health care sector.

Cadets were able to experience a range of different professions within the sector including nursing and midwifery, operating department practitioner, occupational therapy, physiotherapy, and other health and social care roles.

RCN Nursing Cadets came from five youth partners in Wales – CCF Fitzalan High School, Cardiff and Vale College, Coleg Gwent, Coleg Y Cymoedd and Bridgend College.

At USW's Clinical Simulation Centre facilities include a simulation suite, which includes a model ambulance, with all the same equipment that would be required in a real-life scenario and a range of mannequins, both adult and children, to get a hands-on experience of how care differentiates between age groups. The cadets were also shown how a midwife would assist a mother delivering a baby, along with other tasks, such as venepuncture and basic life support.

There was also an information session where the process of applying for university was explained. USW provided useful insight and guidance for application writing, including what makes a good application and personal statement. USW also detailed what a university is looking for in an application, including some interview guidance.

Everyone thoroughly enjoyed the experience and made the most of the opportunities to learn more about different roles within the health care sector.



## CVQO

This month, five of our Cadet Alumni will have started the offer of a new learning opportunity through an affiliation between ourselves and the Cadet Vocational College (formerly CVQO).

The BTEC Level 2 in Teamwork and Personal Development in the Community is their flagship qualification and some of the modules covered in the Nursing Cadet Scheme can count towards the qualification, as can Duke of Edinburgh certificates.

The course takes place solely online and started in February.

To those five cadets who are studying for this qualification, we wish you every success and we hope you enjoy it.

For more information:

<https://cvcollege.org/>



**Cadet  
Vocational  
College**

## 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](mailto:nursingcadets@rcn.org.uk)

## Follow us

 @NursingCadets

 @rcnpowscheme

## 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 for future issues of this newsletter.

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