

Celebrating leaders

Over one hundred and fifty guests from London's Uniformed Youth Organisations YOU London, attended a celebration at London's Living Room in City Hall on Thursday 9th February. Chairman of the London Assembly, Tony Arbour AM, hosted the event to recognise the work of the adult volunteers who keep London's uniformed youth organisations going.

Speakers at the event included Shaun Bailey AM, London-wide Assembly Member and Honorary Colonel of South East London Army Cadet Force, Flight Lieutenant Gary Goodger, Air Training Corps and Cadets from the Fire Cadets and the Army Cadet Force.

Recognising and applauding the work of so many adult volunteer youth leaders Tony Arbour said:

"As Chairman of the London Assembly I'm delighted to host a celebratory event for London's fantastic uniformed youth volunteers here at City Hall. These unsung heroes transform the lives of thousands of young people in the capital. Come rain or shine we can rely on them to keep London's uniformed youth organisations running like clockwork. Without them 4 million hours of activities per year could be lost. Thank you for the all the hard work, dedication and commitment in serving London's youth."



Mayors Masquerade Ball



On Saturday 8th April 2017 195 Staines Army Cadets detachment was asked to join with 398 Squadron Staines Air Cadets to attend the 2017 Mayor Masquerade ball taking place at the Runnymede Hotel.

When we arrived at the hotel we were provided with a briefing of what to expect of the night and what was expected of us throughout. The type of jobs that we were asked to do was: meet and greet the guests; show guests where to go; control the raffle tables; hand out and collect the dinner quiz; speak to different mayors throughout the night

Being at this event was a great honour and a credit to represent the cadets. Whilst we were carrying out our jobs we had different mayors from different boroughs talking to us. This was a great chance to promote the cadets, what sort of things we do and how it has benefitted us as individuals.

Also, they would give us the chance to talk about our education, and what future careers we wanted and what opportunities are available for us. But most of all we as the cadets were able to ask about what the mayor job roles and responsibilities are, what they enjoy most about their jobs and what they did to get there.

As a fun activity towards the end of the night and a reward for helping out both 195 detachment and 398 squadron was asked to try out the photo booth before the guests were able to use it.

This was a really good activity to do as we were able to relax. We were able to keep the photo we had taken which were edited for the masquerade ball which was really cool. So much brilliant feedback has been provided to us by the hosts and the guests at the end of the night and afterwards.

I would definitely attend this event again as it promotes the cadet forces and what we do, but also it provides us an experience of volunteering for our local community and meeting various important people.

***Cadet Lance Corporal Worley
195 Staines Detachment ACF (PWRR)***

Keeping Children Safe in London

Redbridge VPC Aaron and PC Gakhal attended the 'Keeping Children Safe' Conference at Crystal Palace and delivered the presentation 'Spilt Second' part of the #Choose a life Not a Knife campaign. PC Amanda Miller was interviewed by BBC London about the conference and the cadets input in trying to get the message across, especially to young people.

This event was organised in response to increasing rates of young people both carrying knives and being victims of knife crime in the capital, and feedback from teachers that they would benefit from practical strategies and dialogue about how to keep students safe. All London school teachers, leaders and safeguarding leads were invited to attend this inaugural event which was supported by organisations such as the Damilola Taylor Trust, Kiyan Prince foundation and Safer London to name just a few. There were over 200 attendees (over 100 of which were from senior leaders at schools across London).

The Redbridge VPC won the MPS Cadet Media Award at Westminster back in February 2017 for their hard work and effort in creating the presentation which was shown on a number of media sites and in schools.

Amanda Millar



YOU London is supported by:



**Reserve Forces' and Cadets'
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LFB Fire Cadets Volunteer Cadet Instructors honoured at City Hall

The awards celebrated the hard work, dedication and commitment of the amazing volunteers who make our Fire Cadets scheme so successful. A mixture of individual and team awards were presented to 60 cadet instructors at a ceremony, with the seven Volunteers of the Year Awards sponsored by YOU London.

In the last year 12 fire cadet units have been run across the capital giving 149 young people an opportunity to complete the course. Our cadets have helped us celebrate our 150th anniversary, fantastically representing the Brigade at key events come rain or shine. Without the cadet instructors giving up their time this simply wouldn't be possible. We can't list all of our winners but below are the names of our individual awards.

The Face of LFB Fire Cadets – Paulina Chojecka
Event Superstar – Johnny McDonald
Volunteer of the Year – Tim Ross
Aspiring Leader – Ed Harrap
Commitment to London Fire Brigade – Deniro Murray
Outstanding Contribution – Bill Dunn
Ceremonial Team Award – Vince Proto

Jess Patten - London Fire Brigade Cadets

Upper Norwood cadet among ten winners of South Africa expedition prize at CVQO Duke of Westminster Award

Michaela Wyllie, of Croydon Fire Cadets has been selected as one of ten finalists in the CVQO Duke of Westminster Award. She took part in a four-day selection event in Somerset in April.

These ten finalists will win a place on an educational two-week expedition to South Africa in July and one will be crowned the overall CVQO Duke of Westminster Award winner for 2017 at the House of Lords ceremony on 29 June.

Michaela, 16, of Upper Norwood, Croydon, was nominated due to her cadet mentoring work and a scheme she facilitated to help young women with their self-esteem. Though all have demonstrated their abilities within their youth groups, the candidates have all been nominated in recognition of their altruistic spirit - to help those around them, overcome personal challenges or provide help to their communities.

On the agenda for the four-day event in the heart of the Quantock Hills were physical team-building tasks, challenging group debates, strategy tests and interviews. All of these are designed to test the young people's leadership and management skills in a variety of situations – and help them bond, forming lasting friendships.

Additionally, as part of the four-day event, the cadets gained an ILM (Institute of Leadership and Management) Level 3 in Leadership and Management – a qualification that allows them to demonstrate their skills to employers and higher education institutions.

The annual event has been organised by education charity CVQO and took place at Outposts Adventure Specialists, near Taunton in Somerset. Michaela said: "Going to South Africa would be amazing because it's a whole new culture and a new way of life. The people there make the best of what they have and to be able to go there and give something back is an opportunity I would love."



Guy Horridge, chief executive of CVQO, said: "The CVQO Duke of Westminster Award is not about who comes first or finishes quickest; it is about demonstrating teamwork, determination and selflessness. We know the young people who have been nominated are great cadets. The Award exists to recognise what they have done for their local communities, their families and friends. For example, do they volunteer regularly? Have they had to overcome a personal challenge? We are looking for those young people who are working hard to achieve their aspirations, overcoming whatever life has thrown at them, building a resilience and determination to succeed.

The standard, as ever, is very high this year and we are pleased to have representation from the Army Cadet Force, the Air Training Corps, Sea Cadet Corps, London Fire Cadets, Police Cadets and St John Ambulance Cadets."

Those lucky enough to win a place on the South Africa expedition in July will be working with local schools, taking part in an environmental awareness programme and learning about the country's history. CVQO is a UK-based vocational education charity, providing learning opportunities to young people and adults within youth groups.

Outstanding Reserves and Cadets recognised by Lord-Lieutenant of Greater London



The Lord-Lieutenant of Greater London, Kenneth Olisa OBE, has honoured 44 members of the Reserve Forces and Cadet movements from all three services – Sea, Army and Air - with awards and certificates in recognition of their dedicated service. Lord-Lieutenant Mr Olisa has also appointed three Lord-Lieutenant Cadets for 2017/2018 who will accompany him and the Vice Lord-Lieutenant on engagements for the next twelve months.

Dignitaries from across Greater London joined family, friends and colleagues of those receiving awards during the Reserve Forces' and Cadets' Association for Greater London (GLRFCA) spring meeting at Yeomanry House, Handel Street, Bloomsbury. Congratulating the award winners, Mr Olisa said:

“The Reservists, Cadets and Cadet Adult Volunteers we honour tonight share a common theme, a selfless dedication to serving in and for their community. Whether it is protecting the country through service in the Reserves or enhancing the social cohesion of their neighbourhoods through the Cadet Forces, all these award winners deserve not only our thanks but also our respect.

“Over the past year I have had the privilege of accompanying Her Majesty The Queen and many members of the Royal Family on their official duties in London. On a number of occasions it has been a pleasure to be assisted by one of the Lord-Lieutenant Cadets and I know their three successors will do an equally excellent job.”

LORD-LIEUTENANT'S CADETS

These Cadets are selected in recognition of the outstanding example and devotion to duty they have displayed, as a Cadet and member of the Community. During the next 12 months they will assist the Lord-Lieutenant in his duties and will attend great occasions.

Sea Cadet Corps, Able Cadet Serafina Willow-Edwards, Clapton & Hackney SCC

Army Cadet Force, Cadet Sgt Lauren Abbott, 43 East Ham Cadet Detachment, City & NE London ACF

Air Training Corps, Flight Sergeant Billie James, 241 Squadron (Wanstead and Woodford) ATC

A full listing of the awardees is at <http://www.glrfa.org/news/detail/331>

A cadet starts choking while another has been attacked by a dog. Would you know what to do ?

These were some of the first aid emergencies which faced competitors at the London District First Aid Competition at Royal Russell School in Croydon on Sunday 7th of May 2017. This is an annual event which is used to select the ACF and CCF teams who will go on to represent London at the national event in the Autumn. This year's event saw all 4 sectors of the ACF in London take part once again. The CCF were represented by Dulwich College and the event host Royal Russell School. We were joined again by a guest team from Kingston Volunteer Police Cadets.



Each competitor did a four minute individual and an eight minute team scenario. These were acted out by volunteer cadets from Royal Russell CCF and NW London ACF and judged by adult instructors from across London. The individual scenarios included a choking incident and someone who had fallen and hit their head whilst the team scenario featured two young people who had been badly bitten by a dog.

All of the cadets did themselves proud by delivering a high level of first aid treatment. The teams worked well together and the level of training they had done beforehand really showed in how they stayed calm under pressure and got the job done. When not competing, the cadets got the chance to take part in a background activity run by the Training Safety Advisor for NW London ACF, WO2 Mark Parr who covered how to move casualties with suspected spinal injuries and how to safely remove a motor cycle helmet from a casualty after a crash.

The day start off cloudy and a little drizzly but by the end of the day the sun was well and truly shining which enabled the whole event to be held outdoors, including the wonderful lunchtime barbeque kindly provided by Royal Russell School as well as the final parade and prize-giving. Col. Simon Ettinghausen of NW London ACF kindly attended to hand out the winning trophies and the gold and silver medals which were award as follows:

ACF Junior: Winners: SE London Team B, Runners up: NE London Team B

CCF Junior: Winners: Royal Russell Team A, Runners up: Dulwich College Team B

Senior Teams: Winners: Kingston Voluntary Police Cadets, Runners up: NW London ACF

Highest Placed Competitor: Volunteer Police Cadet Cheetham, Runner up: Sgt Mosier, Dulwich College CCF

All of the winners will go forward to the national event which will be held this year at Yardley Chase Cadet Training Centre (Northampton) on Saturday 7th of October. In an interesting twist, as the Police Cadet winning team in the senior stream will compete in the guest team section at the nationals, this also means that a very surprised Sgts Lazell and Panesar of NW London will also advance to the nationals. This is great news as both teams had done very well with only 2 points separating the gold and silver medal positions. Sgt Panesar was also joint 3rd highest placed competitor of the event alongside Cpl Dell'Accio from Royal Russell CCF.

This was my second year of organising the competition from start to finish and the third year I had run it on the day and so I was hopeful that it would all go well. I am pleased to say I was not disappointed. I cannot thank enough the competitors, cadet casualties and the adult instructors who helped run the event on the day and many of whom who trained the teams in the preceding months. Of course a big thanks also goes to Royal Russell CCF and School for hosting us. Fingers crossed they bring the wining trophies back to London.

Capt Victoria Coles

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It's all about



The aim of YOU London is to work together

to support young people by maximising the benefits of the existing youth organisations. Working together takes many forms including inter-group competitions, sharing premises, exhibiting together at recruitment events in borough, or simply being aware of who is who in the boroughs' youth groups. Working together often produces for the groups much more than the sum of the individual parts can do.

Z cards

Fold out business cards sized which advertise all of the YOU London groups are available from

Donna

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