

The benefits of volunteering with Uniformed Youth Organisations to Individuals and Employers

A research team from the Institute for Social Innovation and Impact at the University of Northampton has been commissioned by the Ministry of Defence to identify the impacts and benefits of the Cadet Forces of the UK (Army Cadet Force, Royal Air Force Air Cadets, Sea Cadets and Combined Cadet Force). The University has published four research reports since 2021 covering the whole of the UK, the most recent of which was launched on 7th April 2025 by the Minister for Veterans and People. The research has identified the adult volunteers that enable the Cadet Forces to operate and benefit young people also gain significant benefits, as do their employers. This document presents a (very) simplified summary of these benefits.

Benefits reported by Individuals	Benefits reported by their Employers
Cadet Force Adult Volunteers: Can gain vocational qualifications in teaching methods, leadership and management (levels 3 – 7) Develop skills in leadership, planning, teamworking, communication, motivating others Improve personal wellbeing and resilience Increase life-satisfaction Are more likely to undertake self-development Improve career and promotion prospects (compared with peers in same organisation) Increase pay (compared with peers in same organisation) Teachers involved with CCF detachments: Gain confidence and competence (new teaching methods) in the classroom Have better relations with pupils and peers Gain social skills	Cadet Force Adult Volunteers: Receive training and development directly relevant to management and supervision (much of this training is accredited)* Gain teaching and training skills that are valuable in the workplace (much of this training is accredited)* Gain accredited first aid qualifications* Become more career ambitious (compared with their peers) Are more rounded and resilient employees Teachers involved with CCF detachments: Increase their affiliation to the school Have valuable skills and behaviours not developed in teaching degrees and standard CPD

***This training is free for the employer**