



Ask us how young people can volunteer in healthcare

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Join NHS Cadets today

Reach your potential with NHS Cadets and learn the skills you need to support vital healthcare teams across the country.

[NHS Cadets](#) is a brand-new scheme created by St John Ambulance in partnership with the NHS. It's designed to provide you with the opportunity to explore roles in healthcare.

The programme consists of two pathways: Foundation (for 14–16-year-olds) and Advanced (for 16–18-year-olds). You'll learn about a range of exciting healthcare topics, develop your leadership and communication skills, and gain insight into volunteering within the NHS.

It is a free programme consisting of 2-hour weekly sessions over 11 months. You'll be supported throughout your volunteering journey by our NHS Cadets Team.

Who can get involved?

Our Cadets come from a diverse range of backgrounds - there is no 'typical' NHS Cadet. If you identify with one or more of these statements, our programme would be a good match for you.

- I'm from a minority ethnic group
- I consider myself part of the LGBTQI+ community, or I'm questioning
- I'm not in education, employment or training, or I'm at risk of this
- I'm struggling with my progress at school or college
- I live in care, or I've recently left care
- I provide regular care or support for someone
- I receive free school meals
- I have mental health concerns
- I consider myself to have a disability or impairment
- I consider myself neurodivergent, or I have special educational needs
- I am seeking asylum, or I'm a refugee

You can find more information about these statements [here](#). If you're unsure, don't hesitate to [email our friendly team](#).

How do I get involved?

New groups will be opening from June 2022, and 10,000 young people will have enrolled as NHS Cadets by 2023.

To learn more, find your local programme and apply, please visit <https://nhscadets.sja.org.uk/join-today/>.