



Promoting a practical understanding of policing amongst all young people

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Encouraging the spirit of adventure and good citizenship

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Supporting local policing priorities through volunteering and giving young people a chance to be heard

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Inspiring young people to participate positively in their communities.

Welcome to the August 2026 edition of the National VPC newsletter. This action-packed edition highlights the activities & achievements of VPC Units, Cadets, and Leaders across the VPC in supporting Police Forces & Communities whilst developing young people

Do you have a story that can be shared with everyone? Has your Cadet unit done something to shout about?

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Suffolk take on a challenge in Wales



In early August, several cadets and leaders from **Suffolk Volunteer Police Cadets** re-visited Wales for what turned out to be a very challenging, but very successful activity trip.

The aim of the trip was to provide the Cadets with a variety of challenging activities, which would not only test them physically, but also mentally, along with their teamwork. Beyond that they would also learn various life skills such as cooking, cleaning and making their own beds, something that some of the cadets had clearly not attempted before.

6 leaders from the Ipswich and Stowmarket units, along with 21 cadets from Ipswich, Stowmarket and Sudbury met up at Landmark House for the 6-hour, 270-mile journey via minibus to Betws-y-Coed.

With a couple of refreshment stops on route, we eventually arrived in Betws-y-Coed at approx. 4.30pm where we then booked ourselves into our accommodation, The Woodlands Centre (pictured right), for the duration of the trip.



The Woodlands Centre is a large youth hostel which we had booked out just for ourselves, with multiple rooms, a large kitchen, drying room etc. After unpacking, cadets were tasked with cooking our first meal, bangers and mash (chosen by the cadets), ably supervised by Matt Breeze, following which other cadets were tasked with the cleaning, before everyone retired to beds at 10pm.

Interesting fact: Woodlands, has a long history involving police cadets. It used to be owned by the Metropolitan Police to provide a base for their then full-time Metropolitan Police Cadet Corps. For 30 years between the mid 1960's and mid 1990's, thousands of Police Cadets spent intensive, multi-week residential training blocks at the site, for expeditions in Snowdonia, camping, and building fitness, until the Cadet Corps was disbanded in the mid 1990's and Woodlands then became privately owned. However, it frequently welcomes visits and reunions from former Met Police Cadets.



On day 2 – the Cadets headed about 5 mins up the road to Conwy Falls where they were to meet by instructors from Go Below. For this activity, they were going to be heading underground into an old mine complex for their Challenge activity. After a safety briefing and issuing of wellington boots and safety helmets with torches they drove to the mine.

What followed was an amazing and educational 5 km tour of the mine shafts during which the cadets and leaders had to raft across a small lake, zipline across a small cavern, climb up and down small waterfalls and also abseil down into another shaft

Cadets and Leaders were completely surprised and amazed by the trip, whilst all overcame fears of heights and darkness, helping each other through areas where they might be struggling.



Day 3 was always likely to be the most challenging day, and indeed that was the case. After an early rise (7am), Cadets and Leaders headed off for Snowdon. The plan was to walk up the 'Pyg track' and then return by the 'Miners track', a duration of approx. 6 hours and a distance of roughly 7 miles.

Upon arrival at the Pen-y-Pass car park, typically for Snowdon it was raining. After trying to wait it out and no let-up in the rain, we decided it was time to make a start. They broke into groups of cadets, with at least one leader, and headed off.

On any normal day the Pyg Track is quite a challenging route due to uneven ground and rocky areas, but due to the rainfall it was more challenging than normal. The first two-thirds of the route was completed reasonably comfortably with a few moans from the cadets, though most seemed to be enjoying the challenge. However, as we approached the summit the cloud base came down to a point where visibility was reduced to approx. 80m and there was a bit of a wind blowing too, affecting the ability to see the path leading ahead.

Using continuing dynamic risk assessments, and the fact that it would've been harder to go down than up at this point, they continued until they reached the summit.



Day 4 consisted of a rafting session at the National White Water Centre set on the Canolfan Tryweryn.



Despite some trepidation from some of the cadets, and the feeling that they were going to fall out of the boat and get swept away, everyone remained inside and all returned to the base.

Day 5 was the last day and the return journey to Ipswich and Leaders said it was one of the best trips they have ever done with the Cadets.

Will Gazeley - Ipswich (first trip as a leader) -

"This summer's trip to Wales was an unforgettable and amazing trip. It was very well planned and organised with the three days being full of challenges and opportunities to get out of their comfort zones, develop skills and experiences which will help them progress within police cadets, but personally too. This was my first trip away since becoming a young leader and I thoroughly enjoyed it, with the challenge of more responsibility and helping cadets and fellow leaders. It's hard to pick out individual highlights, but I especially enjoyed battling the weather on Snowdon and achieving the summit with a group of determined and motivated cadets. Every day I looked forward to watching a replay of the photos from the trip. An amazing trip which I'm sure will be echoed within the thoughts and feelings of the cadets".





Thames Valley celebrate 10 years

South Buckinghamshire VPC (TVP recently celebrated their 10th anniversary with a reunion of alumni cadets from ten years ago.

An amazing afternoon was had by all, with over 35 of their old cadets turning up to celebrate. It was great to see them all get together again as though they had never left. Some returning and current cadets are pictured right.

It always interesting to see where our Cadets move onto and below are some of those stories from Cadets who left the South Buckinghamshire VPC unit.



Taz – (Fire Service)

I joined the police cadets while I was still in school because I was set on becoming a police officer.

Being part of the cadets gave me a real insight into the role and the wider responsibilities that come with working in the emergency services. Although I realised that policing itself wasn't the right path for me, the experience confirmed how much I wanted to serve the community and be part of an emergency response team.

That early exposure ultimately led me to the fire service, where I found the role that truly suited me. With my brother already in the brigade, I had a strong connection to the service, and joining felt like a natural step. I've never looked back and genuinely love being part of it



Will – (Pc Metropolitan Police)

Cadets helped me build a good foundation of policing which really helped me get ahead in my career. From learning the disciplines of uniform looking sharp, to radio usage and learning legislation. I will be forever grateful that I had the experience of cadets, building some good friendships too.



Maddie – (Events Project Coordinator)

A few years on and I've landed in the world of Events Management as a Project Coordinator - a role that keeps me on my toes and, in busy periods, living out of a suitcase. I manage and deliver corporate events across the aerospace and private aviation accounts, working closely with clients like Rolls-Royce and VistaJet, following their jets from Paris Airshow to the Royal International Air Tattoo. I've also had the chance to dabble in customer facing experiences with Themed Attractions, being a member of the core team who delivered the award-winning LEGO Festivals. A real full-circle moment came recently when a colleague, who sat in on my final round of interviews, shared that my time with the Volunteer Police Cadets helped me stand out in the hiring process. At 2Heads (now part of Spiro), those community driven values really matter and it's something I'm proud to carry into a role I still love today



Ethan – (Mechanic at BMW)

Cadets helped shape my future through teaching me a lot of important values. One of them being honesty, in which I value very highly at work and in every aspect of life. At work I have made plenty of mistakes and every time I have gone straight to my boss and told him immediately and accepting responsibility. Another one is relationship building, much like in cadets where you build new friendships or being a relationship with the public at work I have made friendships which are more than just colleagues. Working in a diverse community. At cadets it was a mix of races, religions and background whether it be rich or poor. It is the exact same at work and accepting everyone for who they are and being tolerant and accepting of people that have different beliefs or a way of life

**Holly – Trainee Pharmacy dispenser**

Being a police cadet helped me build important skills like teamwork, communication and staying calm under pressure. I learned how to follow procedures carefully and deal with people from different backgrounds in a respectful and professional way. It also helped me become more confident and responsible. These skills have been useful in my role as a Trainee Pharmacy Dispenser in Boots, where accuracy, attention to detail and good communication with customers is important.

**Sian - Customer Service Team Manager**

I work at Waitrose as a Customer Service Team Manager. I look after customer satisfaction scores, and all of the food service and payment areas within my store. I am therefore responsible for making sure all partners are following food safety and hygiene laws and age restricted sales. Cadets helped me build confidence and people skills which allows me to lead a very compliant team of 26 partners and coach the wider branch in making sure we remain safe and legal.

**Dan – Pc Thames Valley Police**

Cadets gave me a lot of good knowledge that definitely helped in the long run and made sure when I began my career I hit the ground running. Some of this information was as simple as the caution, phonetic alphabet, uniform standards (polishing boots), search powers, first aid and also it helped me going from being a socially awkward child to a somewhat more social person.



At the 10 year celebration, two Leaders, **Matt** and **Angela** were given a High Sheriff Award from the High Sheriff of Buckingham, Nikki Ross for their dedication to cadets over the ten years which was a lovely surprise.

It was very inspiring for the new cadets to see and hear the stories of how being in the VPC has helped older cadets with employment and university and reminds Leaders of why they do what they do. !



Durham Cadets get practical experience



Durham Cadets were invited to participate in Exercise Portlock at Teesside Airport. The exercise focused on the removal of protestors who had locked themselves onto security fencing at the airport.



Cadets played the role of protestors, acting in a rowdy and confrontational manner while displaying placards and engaging with officers. The Cadets thoroughly enjoyed the experience and gained a valuable insight into how Public Order teams train for these types of incidents.

Cadet evenings focused on Road Traffic Collisions (RTCs) and scene management. (Pictured right). Following a classroom-based theory session, cadets took part in a practical exercise managing a simulated collision scene in the car park.

The session was both enjoyable and informative, providing cadets with a valuable understanding of how emergency services manage road traffic collisions.



Two senior Durham Cadets were selected to support **Operation Sceptre** by carrying out test purchases of knives to ensure retailers were complying with legislation relating to knife sales. The four businesses selected all passed the test and correctly refused the sale of knives to our cadets. Well done to everyone involved for playing their part in this important operation and refusing the sale of any knives to our cadets.

Finally, Durham Cadets were invited by the Cleveland PSU Team to assist with their Public Order training exercises.

Initially acting as peaceful protestors, cadets later adopted the role of angry and disruptive protestors, allowing officers to practise a range of public order tactics. The cadets thoroughly enjoyed the experience and gained a valuable insight into how officers manage such situations.





West Midlands celebrate commitment & diversity

Wolverhampton & Walsall Cadet Units, attended their Cadet Appreciation Ceremonies.

Cadets were invited, along with their family to receive their 1 year, 2 year, and 3 year commitment Awards to their Cadet Units. Wolverhampton Cadets were joined by Chief Inspector Adhan A who presented them with their Certificates and Epaulettes. Walsall Cadets were joined by Chief Inspector Sam Jones.



Both Cadet Units enjoyed their celebration with some refreshments and opportunities to talk to their Chief Inspectors about their achievements, how they support their Communities and their Force priorities.

West Midland VPC prides themselves on being a diverse and inclusive provision, and one of their Cadets, from the **Coventry VPC unit**, alongside their parent, attended a session to deliver a fantastic input about British Sign Language.

Cadets were taught how to count to 10 and some basic greetings within BSL. This input has given them some great insight into the importance of BSL and encouraged them to learn more about the language.



During national volunteers' week the Citizens Policing Team hosted their annual Citizens In Policing Awards, where they recognise the excellent contributions, volunteers make to West Midlands Police.

We are pleased to announce that amongst the winners to receive awards were some of their very own Cadet scheme volunteers.

Cadet Leader
Special Recognition Award
Claire



Outstanding Cadet Leader
Saira



Cadet Leader of the Year
Katina



West Mercia Cadets have had a busy time



Cadets from West Mercia's the **North Worcestershire VPC** attended the Shrieval Declaration where they said a sad farewell to the outgoing High Sheriff Ian Smith but were privileged to watch the ancient Declaration ceremony for the incoming High Sheriff, Maynard Burton.

The Cadets welcomed the new High Sheriff to Redditch Police station and began planning how to continue our excellent working relationship. Cadets are looking forward to taking part in the 'Getting Court' campaign where young people are given the opportunity to attend a sentencing session at Crown Court with live discussions with the Judge around decisions made for each case.



Cadets had been given the opportunity to bid for funding to help local charities or groups. The Cadets chose a local day care centre for adults with mobility and cognitive impairments as they felt they could help to foster improved links between vulnerable adults and the police.

The cadets organised an afternoon tea party with bingo, quizzes, singing competitions and lots of tea and cakes. An absolutely brilliant afternoon, thoroughly enjoyed by all.

The Cadets had a brilliant visit from ex-Cadets Lola and Trinity who chatted with about their pathways into policing and what to expect in the first 2 or 3 years of being a response officer.

A fascinating insight into the issues facing modern frontline officers and brilliant to see how enthused and excited both Lola and Trinity were about their careers.



There was also a real buzz around West Mercia HQ when they welcomed a rather impressive visitor, NPAS Birmingham, which landed to the excitement of the Cadets.

The visit provided a fantastic opportunity to learn more about the aircraft's vital role in policing, from supporting ground units and conducting large-scale searches, to assisting with major operations. Those in attendance also had the chance to get up close, take a look around the helicopter, and ask a wide range of questions, some highly operational, and others driven by enthusiastic curiosity.

Despite being with us, the helicopter remained fully operational throughout the visit, and luckily they weren't called away, allowing everyone to enjoy the full experience uninterrupted.

Special appreciation also goes to Cadet Taaffe, who captured the day with a series of professional photographs, ensuring fellow Cadets and Leaders can relive the experience.



Disney Experience Day 2026



Once again, our fantastic partners at The Walt Disney Company Global Security EMEA group hosted an exceptional day for **Volunteer Police Cadets from across the UK**, providing a unique insight and experience into how professional teams and specialists across a wide international area work together to Protect The Magic.

Fifty Volunteer Police Cadets from **Cumbria, Essex, Sussex, Kent, Surrey & London** (with their supporting Leaders) were warmly welcomed the Disney HQ building in Hammersmith, London and came face to face with Mike and Sully, Indiana Jones, Mickey and other characters.



In a full programme, the organisers took cadets on a journey exploring film sets and locations, looking after celebrities and VIPs, the “talent”, at premieres and major events, protecting assets and buildings, shops and merchandise, branding, online security, intelligence and information assessment, international travel, looking after staff teams, journalists and employees of the Disney family.



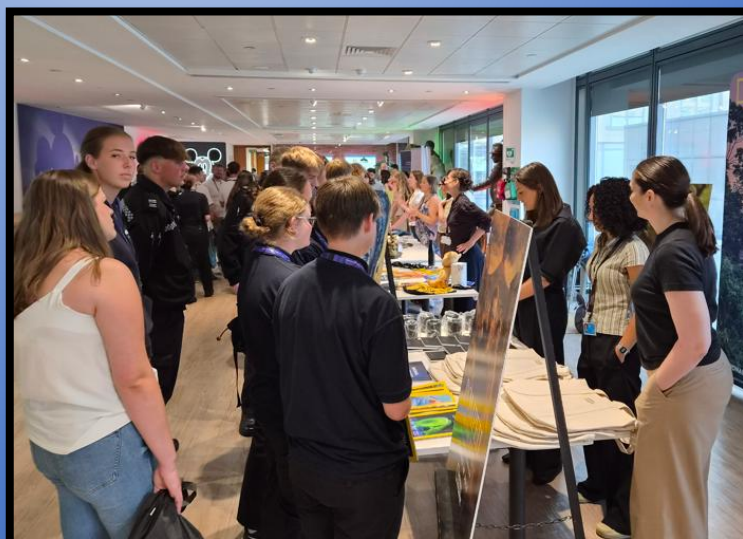
Cadets engaged in detailed discussions, gave their thoughts and opinions, showing active listening and taking on board detailed presentations by experts that landed so well.

They also won some fantastic Disney prizes and merchandise which Cadets also loved.

In break-out sessions, cadets had the opportunity to have in-depth conversations with presenters and their teams, at stands and displays from National Geographic channel, technology and surveillance groups, internal staff and well-being associations and much more.

This **VPC-TWDC Global Security EMEA group partnership** has been a huge success since it was established in 2019, and hundreds of young people in the VPC have now enjoyed many inspirational, uplifting and motivational experiences that have genuinely opened young minds, encouraged them to consider career avenues in very new directions and believe that they can.

Meeting professionals from diverse backgrounds each with their own stories about their own career paths and journey, really have an impact on our young people and reassures them there is never only one pathway, or one route.



Cadets are not defined by circumstance or background – but personal belief, self-confidence and not being afraid to try something new.

National VPC Partnerships Lead, Tim Mann said - “We are so grateful to our good friends here at TWDC Global Security EMEA group for once again opening their doors and making cadets so welcome! This has been an amazing day and something our young people will never forget! Thank you, all our cadets, for your enthusiasm and commitment, and a BIG thanks everyone who made today happen - there’s a lot of people who have put so much into today’s success at this amazing event!”



Devon & Cornwall VPC celebration day

Around 100 police cadets from across Devon and Cornwall gathered at Middlemoor Headquarters in Exeter on Thursday 28 May 2026 for a vibrant and engaging Cadet Celebration Day. Representing units from **Exeter, Torbay, Camborne, Launceston, Crownhill and Plympton (Plymouth), St Austell, Barnstaple, Mid-Devon, Newton Abbot** and **Ivybridge**, the event brought together young people from across the region for a day of learning, connection and inspiration.



From the moment cadets arrived, there was a real sense of energy and anticipation.

For many, it was a chance not only to deepen their understanding of policing but also to meet peers from other units—something that proved to be one of the highlights of the day.

The morning programme featured a series of informative workshops delivered by specialist teams. Cadets were able to choose, ahead of time, to attend the two that interested them the most.

Cadets could choose between

- **Recruitment and Police Career Pathways** provided practical advice on routes into policing and the wide range of roles available.
- **Roads Policing**, gave an insight into keeping the roads safe and tackling serious incidents
- **Forensics**, where cadets learned how evidence is gathered and used to solve crimes
- A popular **“Cadet to PC – Ask Me Anything”** panel, offered a candid and relatable look at transitioning from cadet to police constable.



These sessions gave cadets an authentic, behind-the-scenes perspective of policing, helping many to start thinking seriously about future careers.

The afternoon session brought a shift in pace with an interactive team-building scenario titled **“Where Is Haydn?”**

Cadets were split into mixed-unit groups, giving them the opportunity to work with new people and build connections beyond their local units. Each group had to interview eight witnesses, gather information and piece together clues to identify a suspect.

The activity tested communication, problem-solving and teamwork—skills at the heart of both cadet training and everyday policing. Just as importantly, it created plenty of discussion, collaboration and fun along the way.

The day concluded with the presentation of five “Cadet of the Day” awards to **Aurora & Emily (Camborne), Lillia (Launceston), Charlie (Crownhill, Plymouth)** and **Isabella (Exeter)**. The awards reflected the high standard of participation seen throughout the event, recognising individuals who stood out for their engagement, teamwork and enthusiasm.

Feedback from attendees highlighted the impact of the day, both socially and educationally. Comments included:

“I thought it was a fabulous day and a great opportunity to meet new people.”

“...it was an amazing event which allowed all units to work together.”

“It was really engaging.”

These reflections underline the value of bringing cadets together on a larger scale, combining learning with shared experiences.



Northumbria Cadets get active!



A group of determined Cadets recently stepped well outside their comfort zones to take part in the Clarty Bairns Muddy Obstacle Course, tackling a challenging route packed with mud, water, and obstacles.

Cadets from **North Tyneside** and **Northumberland** VPC Units embraced the challenge with enthusiasm, supporting one another throughout the event. Despite the muddy conditions and demanding obstacles, spirits remained high as they worked together to complete the course and cross the finish line with a real sense of achievement.

What made the event even more special was the reason behind their participation. Earlier in the year, cadets received an inspiring presentation from The Connor Brown Trust, learning about the charity's important work supporting young people, families, and victims of violent crime, with a focus on knife crime awareness and community development.

Moved by the charity's message, the cadets chose The Connor Brown Trust as their fundraising cause for the event.



Each cadet secured sponsorship before taking part, and together they have so far raised an impressive £455 for the charity.

A huge well done to all the cadets who took part and to everyone who supported their fundraising efforts and congratulations to all participants for raising money, raising awareness, and representing Northumbria Police Cadets so positively.



Cadets from across Northumbria came together at Gateshead International Stadium for the second annual Northumbria Police Cadets Sports Day. Following the success of last year's event, the Sports Day has firmly established itself as a highlight of the cadet calendar and will now become an annual fixture.

Teams representing all Area Commands were assembled by the cadets themselves and took part in a packed programme of athletics and traditional sports day events.

Throughout the day, cadets demonstrated outstanding teamwork, determination, sportsmanship and enthusiasm, making the event a fantastic showcase of everything the Volunteer Police Cadets programme represents.

Competition was fierce across all events, but **South Tyneside** successfully retained the Cadet Cup following last years success.





Lancashire VPC coordinator gets Royal approval



A huge congratulations to **Ashley Lawton**, Cadet Coordinator from the **Blackburn with Darwen VPC** Unit, on receiving a prestigious invitation from The Duke of Edinburgh to attend the Royal Garden Party at the Palace of Holyrood House in Edinburgh, celebrating Gold Duke of Edinburgh's Award recipients.

Ashley was selected in recognition of his outstanding dedication and commitment to the Duke of Edinburgh's Award programme as one of the DofE leaders within Lancashire Police Cadets. His passion for supporting and developing young people has made a significant impact across the programme.

This year alone, Ashley with the support of his team has helped more than 40 young people from our Police Cadet DofE programme achieve their Bronze Award, providing guidance, encouragement and leadership throughout their journey.

This invitation is a well-deserved recognition of Ashley's hard work, commitment and the positive difference he continues to make in the lives of young people.

Well done, Ashley, and thank you for your dedication to Lancashire Police Cadets and the Duke of Edinburgh's Award programme.



Merseyside Cadets role play for major incidents

Merseyside Police Cadets took part in JESIP (Joint Emergency Services Interoperability Principles) role play events at the Emergency Services Training Centre at Birkenhead Docks, Wirral.

The cadets performed as role players on both days, acting as victims for a train and car crash and then a terrorist attack the following day. Cadets were decked out in makeup fake injuries and provided some Oscar winning performances.

The cadets worked with Firearms Officers from North Wales Police, the North West Ambulance Service and Merseyside Fire and Rescue.

Over 30 cadets attended the event over the 2 days and they left with an improved knowledge of JESIP principles as well as having a great couple of days.





Cumbria hold annual competition

Four VPC Units from across from across Cumbria came together to compete in their annual cadet competition.

The Cadets competed for the coveted Jack Taylor Memorial Shield at Cumbria Police Headquarters in Penrith.

The day included various events including:

- Command task – team problem solving
- Command task – communication and sensory task
- First aid scenario – bandaging and triage for casualties, CPR simulation and an emergency scenario.
- Search task
- Quiz on Kahoot



The overall winners were **Barrow Cadets** who were awarded the Jack Taylor Memorial trophy & Jack's parents (pictured below) attended to present the winners with their trophy.



The Jack Taylor Memorial Shield is in memory of 19-year-old ex-Cumbria Cadet and Police Volunteer, Jack Taylor (pictured right) who sadly died following a road traffic collision in 2021. Jack had volunteered at Cumbria police during the COVID-19 pandemic, where he collected and delivered PPE equipment for frontline officers.





Avon & Somerset Cadet awarded for courage



Congratulations to **Jay** from the **South Gloucestershire Police Cadet Unit**, who won the Courage

Award at the Children and Young People Policing Awards, held at Weston-Super-Mare's Grand Pier in July.

Jay received the award after showing exceptional courage and compassion in early 2026 when he noticed a distressed person on

a bridge. Acting quickly, he approached the individual, calmly offered reassurance and support, and asked a friend to call 999. His kindness, quick thinking and maturity helped ensure the person was not left alone during a critical situation.

In recognition of his bravery, Jay has also been awarded a British Transport Police Chief Constable's Commendation. We are incredibly proud of his achievement and the outstanding example he has set for others.

Two other Cadets in Avon & Somerset have also been honoured in becoming High Sherriff Cadets.

Matthew and Olivia from **Weston-Super-Mare Police Cadets**, have been chosen as the High Sheriff's Cadets for Somerset, recognising their outstanding enthusiasm, dedication and commitment to the police cadet programme.

The pair were chosen to represent the Avon and Somerset Police Cadets throughout the High Sheriff's

year, serving as ambassadors for the cadet organisation at a range of formal and community events.



As part of their role, Matthew and Olivia attended the High Sheriff Declaration Ceremony where Peter Dixon was officially appointed as the new High Sheriff of Somerset.

The ceremony marked the beginning of the High Sheriff's year of service and provided an opportunity for the cadets to meet local dignitaries, community leaders and representatives from across the county.



During their time as High Sheriff's Cadets, Matthew and Olivia will support the High Sheriff at engagements across Somerset, helping to represent the values and achievements of Avon and Somerset Police Cadets. Their duties will also include taking part in remembrance events, where they will proudly lay wreaths on behalf of the cadet organisation during local Remembrance Day parades and

Their appointment reflects the positive contribution they have made to the cadet programme and their commitment to supporting their communities.



It's heating up in Humberside

On what felt like two of the hottest days of the year **Humberside Police Volunteer Police Cadets**, Community Safety Volunteers and a whole host of staff and officers came together to support their second annual Cadet event at Raywell Scout Camp. But the sun and heat didn't stop them from taking up the challenge and making the most of a fantastic overnight stay.



First up was a 4 mile walk in the afternoon sun to give the cadets a chance to build on their relationship with each other and those supporting them on the walk.

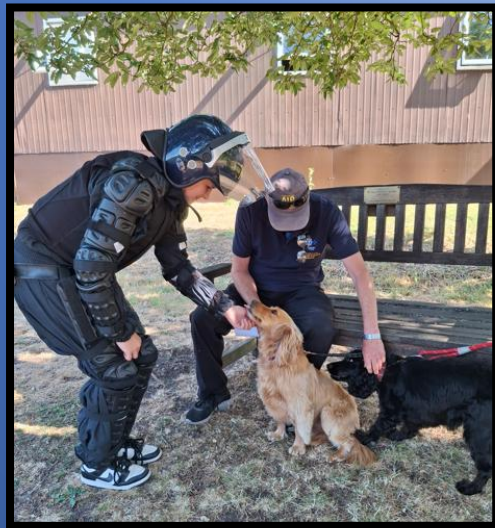
4 miles might not sound like much but the heat was a real challenge and the halfway Welfare Bus staffed by Safer Schools Officers was a very welcome sight!

After a night of (very little) rest and a breakfast of sausage buns, toast and a lot of coco pops, the Cadets were joined by young people from Goole Youth Action and YOS and the fun really began!

Staff from Humberside Fire joined the Cadets to share their knowledge on water safety in a practical session using their River Simulator.

The wonderful team within Officer Safety Training gave the Cadets a challenge to test their knowledge on first aid and they really committed to the part with some great acting and being dragged along the apple strewn lawn on a stretcher.

But there was no time to waste! Teams then had to tackle an assault course in full PSU kit. Luckily 2 very adorable dogs were able to cheer them on and distract everyone from the heat of the day.



The final two challenges were about how we look for things and missing people.

The teams were shown how we look in rooms and buildings for items to help with investigations and find information that may help us find a missing person. They then moved outside in a wooded area to see how difficult it can be to search open spaces for clues and people with our POLSA Coordinator.



Following all this there was then a final challenge of Lawn Skis, Hula Hoops, football and bean bags where the cadet's full competitiveness came out in force!

All the young people (and staff, officers and volunteers) were amazing throughout the day keeping everyone engaged.

Hertfordshire Cadets enjoy a trip to Wales



Members of the **Welwyn & Hatfield Police Cadets** attended a residential adventure training week at Sealyham Activity Centre, Pembrokeshire, Wales.

The residential provided cadets with a unique opportunity to develop valuable life skills whilst taking part in a wide range of challenging outdoor activities.

Throughout the week, cadets engaged in activities including coasteering, canoeing, surfing, kayaking, raft building, climbing, high ropes and orienteering.

Each activity was designed to challenge participants both physically and mentally, encouraging them to step outside their comfort zones and build confidence in their abilities.

A key theme of the residential was teamwork and communication. Cadets worked together to overcome obstacles, support one another through challenges and develop trust within the group.

Whether navigating coastal waters, tackling climbing routes or completing orienteering exercises, the importance of cooperation and effective communication was evident throughout the week.



The residential also provided significant opportunities for personal development and resilience building. Many cadets overcame individual fears and achieved goals they had not previously thought possible.

Through perseverance and determination, they demonstrated an ability to adapt to new situations, remain positive under pressure and support their peers in achieving success.

The programme encouraged the development of leadership, problem-solving and decision-making skills, whilst also promoting independence and responsibility. Cadets embraced every opportunity offered to them and displayed enthusiasm, maturity and professionalism throughout the residential.

The conduct of the Welwyn & Hatfield Police Cadets was exemplary and reflected positively on both the unit and the conduct of the

Welwyn & Hatfield Police Cadets was exemplary and reflected positively on both the unit and Hertfordshire Constabulary.

They were a credit to the organisation, demonstrating respect, discipline and a willingness to fully engage in all aspects of the programme.

Overall, the residential was an outstanding success, providing cadets with unforgettable experiences, strengthened friendships and valuable skills that will benefit them in their future personal, educational and professional lives.

The week highlighted the positive impact that adventurous learning and challenging experiences can have in developing confident, resilient and capable young people.



Do you have a story that can be shared with everyone?
Has your Cadet unit done something to shout about?
If so, contact us at –

[*vpc.admin@vpc.police.uk*](mailto:vpc.admin@vpc.police.uk)

