

St John
Ambulance



Look forward

Opportunities for volunteers aged 16 and over

Look forward
Compiled by West Midlands Youth Services

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Check for updated versions at <http://member.sja.org.uk/wmids/youth>

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Introduction

Welcome to Look forward – a pack designed to help you make the most of your time in St John Ambulance.

Look forward is designed to make you think about the options available to you. Maybe you'll want to pursue one path, or maybe you'll want to mix it up.

St John Ambulance is ever changing and Look forward will continue to be changed to reflect the range of opportunities available to you.

See what you can Look forward to.

Grand Prior Award

Who

Anyone aged 10 to 21.

What

The Grand Prior Award is the highest award a Cadet can achieve.

To gain the award you need to complete 24 subjects and will provide you with a plethora of knowledge and skills.

Why

Gain a variety of knowledge about diverse subjects

When

Most subjects are completed at your unit during normal unit hours. Some subjects can be completed outside your normal unit nights and at a sector and county Events.

Where

At your local Unit or other events that give you the opportunity to take part in subjects.

How

Speak to one of your Cadet leaders or your sector support officer – Cadets.

Look forward

You could work towards your Amalfi Award.

You could work towards gaining your Sovereigns Award.

The Amalfi Challenge

Who

Anyone aged 16 to 25, to be completed by the age of 26.

What

This award consists of 12 elements. These tasks are to encourage your self development both inside and outside of St John Ambulance, they are created by you and your supporter so you can get the maximum out of the award. This award is constructed in three levels, and when you complete each of these you'll get a badge to wear on your uniform.

Why

The Amalfi Challenge empowers you to challenge yourself. You will develop new and exciting skills to benefit you and the organisation.

When

As much time as you can give to complete your challenges, you can do as many challenges as you like. Your challenges will hopefully involve other activities you want to do.

Where

At your local division, on your own with a support person or as part of an Amalfi group



How

Speak to your local division, your sector support officer – youth or contact the County Staff Officer Youth by email (youth@wmids.sja.org.uk)

Look forward

You will find new things to enjoy and pursue as far as you want. You can continue to challenge yourself and achieve great things.

You might find you want to go for a Sovereign's Award – or you might decide to help others get their Amalfi Award.

Sovereign's Award

Who

Anyone who has completed their Grand Prior or Amalfi Award who is under the age of 25.

What

To try for this award you need to demonstrate in your chosen way how the skills you have gained have impacted the local community.

This is done by a variety of methods and using different media.

Why

Gives you the opportunity to reflect on the skills you have learnt and the impact they have had on the local community.

It is a highly prestigious award and only 10 are given out nationally each year.

When

You would complete this in your own time and submissions are then judged once a year

Where

This is awarded nationally, but the evidence to be presented can be done at your unit or at home.

How

Speak to your member in charge of your local unit or contact the your sector support officer – Cadets or sector support officer - Youth

Look forward

You can continue to have a positive impact on your local community.

County Youth Assembly

Who

Anyone up to the age of 25

What

The County Youth Assembly (CYA) is run by young people who have been elected to represent young people. They discuss issues in St John Ambulance and give young people the chance to voice their opinions, which are then forwarded on in the organisation. They also support units in youth participation and implementation.

The CYA organise fun days and residential events and a Grand Day Out each year to allow young people to do a variety of activities, make friends and have a great time.

Why

Have an impact on the issues affecting you both inside St John Ambulance and in the wider world.

Make new friends at the CYA events held during the year.

Have a great time on the various activities the CYA organises.

When

You can attend as many of the events as you like which are spread throughout the year

Where

Venues vary depending on event

How

Look in the County Briefing, speak to your divisional officers or contact the CYA on cya-lead@wmids.sja.org.uk

Look forward

You might want to put yourself forward to be elected as a member of the lead team, or to become a CYA representative in your sector.

Duke of Edinburgh's Award

Who

You can start The Award from the age of 14, although you need to complete it by the age of 25.

What

The Duke of Edinburgh's Award (DofE) is recognised worldwide and is a set of three awards that allows you to set your own goals, develop different skills and build your confidence.

Why

The award is well respected by employers and universities.

You'll meet new people whilst undertaking activities that will help with your own personal development.

When

When largely depends on what you decide to do. Each level of the DofE demands more time and commitment, with Bronze starting at as little as a few hours a week.

Where

Depends what you decide to do, although there are support meetings throughout the county

How

Contact your sector support officer – youth.

Look forward

You could try for other awards such as the Amalfi and Sovereigns.

You will find new enjoyable activities through the award which you can continue as you wish.

Cadet leadership 1

Who

13 to 17 year olds who would like to develop their leadership skills

What

A weekend course where you have the chance to develop your leadership and presentation skills as well as get to know other people throughout the county. You'll learn about presentation skills, different styles of leadership and the structure of St John Ambulance. You'll also participate in drill and do team building activities.

Why

Develop and learn leadership skills and improve your confidence.
Give yourself techniques to allow you to develop further within your unit.

When

Courses are usually run twice a year and involve a weekend away.

Where

Courses are held at a residential centre, although transport is often provided from locations within the county

How

Speak to your leaders, look in the Youth events guide, the County Briefing or on the members website (<http://member.sja.org.uk/wmids>) for more information and booking forms.

Look forward

You'll use your new skills in St John Ambulance and throughout your life.
You might work to become a Cadet corporal and Cadet sergeant, or attend Cadet leadership 2.

Cadet leadership 2

Who

15 to 17 year olds who have already completed Cadet Leadership 1 and want to develop their leadership skills.

What

A course where further leadership skills will be introduced and more teamwork activities will be completed. This course will give you skills that might help you be a highly effective leading Cadet.

Why

Further develop leadership skills and improve confidence.
Have fun while making new friends.
Share best practice with other Cadets.

When

Courses are normally run once a year and involve a weekend away.

Where

Courses are held at a residential centre, although transport is usually provided from locations within the county

How

Speak to your leaders, look in the Youth events guide, the County Briefing or on the members website (<http://member.sja.org.uk/wmids>) for more information and booking forms.

Look forward

Gives you the opportunity to become a leading Cadet, should your unit require one.

Cadet leadership 3

Who

Anyone over the age of 16, you do not need to have completed Cadet leadership 1 or 2 but it is advised you have completed some basic presentation skills.

What

This is the last in the leadership ladder for cadets, and will enable you to complete the once day youth development course for assistant youth leaders and also gain more knowledge about leadership and learning styles.

Why

Further develop leadership skills and improve confidence.

Have fun while making new friends.

Share best practice with other Cadets.

Also gives you the opportunity to complete some of the necessary courses to become an assistant youth leader.

When

Courses are normally run once a year and involve a weekend away.

Where

Courses are held at a residential centre, although transport is normally provided from locations within the county.

How

Speak to your leaders, look in the Youth events guide, the County Briefing or on the members website (<http://member.sja.org.uk/wmids>) for more information and booking forms.

Look forward

Completing the second part of youth leader development or become a trainer to help develop your skills even further.

Youth leader training

Who

Open to anyone aged 16 or over, including existing youth leaders.

What

A one day course for assistant leaders and an additional two days for unit leaders. During the course you will learn how to plan a youth programme and be given guidance and support to help you develop into an excellent youth leader.

Why

Develop your leadership skills.

Gain an understanding of the process involved in becoming a youth leader and running a unit.

Gain confidence in your leadership and training skills.

Gain a nationally recognised qualification.

When

The course is non-residential and usually run over a weekend on various dates throughout the year.

Where

Courses are usually run at the County Headquarters in Birmingham or at sector headquarters, sometimes they are run residentially.

How

Speak to your leaders, look in the Youth events guide, the County Briefing or on the members website (<http://member.sja.org.uk/wmids>) for more information and booking forms.

Look forward

You could start taking on more responsibility at your unit or go on to become a unit leader.

Assistant Badger leader

Who

Open to anyone aged 16 or over

What

Helping out at a Badger Sett, from planning and helping with paperwork to running activities, helping to create a safe environment for our youngest members.

Why

To gain skills and develop yourself.

To interact and get involved with Badgers and events run for Badgers.

Help others to develop.

When

You'll need to be able to commit to attending a unit on a regular basis, although this could be as little as a couple of hours a week or perhaps once a month on a rota basis.

Where

Vacancies exist across the county in most Badger Setts.

How

Speak to your unit leader or the Badger leader of your local Badger Sett. Alternatively contact your sector support officer - Badgers

Look forward

You might decide you wish to become a Badger leader

Assistant Cadet leader

Who

Open to anyone aged 16 or over

What

Helping out at a Cadet unit, from planning and helping with paperwork to running activities, helping to create a safe environment for Cadets.

Why

Gain skills and develop yourself.

Interact and get involved with Cadets and events run for Cadets.

Help young people develop.

When

You'll need to be able to commit to attending a unit on a regular basis, although this could be as little as a couple of hours a week or perhaps once a month on a rota basis.

Where

Vacancies exist across the county, in most Cadet units.

How

Speak to your unit leader or the member in charge of your local Cadet unit. Alternatively contact your sector support officer - Cadets

Look forward

You might decide you wish to become a unit leader

Badger leader

Who

Open to anyone aged 18 or over.

What

You'll take the lead in running a Badger Sett consisting of young people aged 5 to 10 years old, ensuring that Badgers get to meet, have fun and develop themselves in a safe environment where everyone can participate.

Why

Running a Badger Sett is very rewarding and great fun. You'll gain valuable skills and develop yourself.

When

You'll probably need to be able to attend a weekly unit meeting, although some divisions meet for longer on a less regular basis. You'll also need to make time to prepare for sessions – how long this will take will depend on the content of each session.

Where

At your local Sett or a variety of locations throughout the West Midlands.

How

Speak to your unit leader. Alternatively contact the Youth Services team on youth@wmids.sja.org.uk.

Look forward

After having led a Badger Sett you may wish to move to a sector or county role. You might decide to become a warrant holder to enable you to take Badgers on camps or residential events.

Cadet unit leader

Who

Open to anyone aged 18 or over.

What

You'll take the lead in running a Cadet unit consisting of members aged 10 to 18, ensuring that Cadets get to get to meet, have fun and develop themselves in a safe environment where everyone can participate.

Why

Running a Cadet unit is very rewarding and great fun. You'll gain valuable skills and develop yourself.

When

You'll probably need to be able to attend a weekly unit meeting, although some divisions meet for longer on a less regular basis. You'll also need to make time to prepare for sessions – how long this will take will depends on the content of each session.

Where

At your local unit or a variety of locations throughout the West Midlands.

How

Speak to your unit leader. Alternatively contact the Youth Services team on youth@wmids.sja.org.uk.

Look forward

After having led a Cadet unit you may wish to move to a sector or county role.

You might decide to become a warrant holder to enable you to take Cadets on camps or residential events.

LINKS

Who

Any member studying at university

What

LINKS units are St John Ambulance units based in universities. LINKS units are run by a committee of the unit's student members and have no rank structure.

As well as being a St John Ambulance unit, LINKS units also belong to their student union/guild as a social society and a student volunteering project. This means that they are governed by both organisations and elect a new committee annually as well as abiding by their unit's constitution.

As an existing member of St John Ambulance you can remain a member of your home unit and attend LINKS meeting at your university or transfer your membership to the LINKS unit and attend your original unit whenever you can. If there is not a LINKS unit at your university, you could set one up or attend a local unit.

LINKS units aim for a good balance of training and duty options (both on and off campus) with a strong emphasis on the social activities.

LINKS units in the West Midlands reflect the national trend of being vibrant units which offer member development and volunteering opportunities in a student friendly manner, making them popular societies for existing members and for new members to St John Ambulance.

Why

LINKS enables you to carry on your SJA careers while in university, meet new people, have a lot of fun, gain and maintain your qualifications, as well as the great opportunities to get involved in the running of your unit and developing fantastic transferable skills which will enhance you CV when you leave university.

When

Most units in the West Midlands meet weekly during university term time, with some weekend and holiday training, social and operational events.

In the West Midlands there is an annual LINKS weekend away. This combines training and assessment in a residential setting where LINKS members from the six West Midlands LINKS units can get together and meet new friends, learn new skills and get away from the stress of studying.

Where

Most units meet in their student union/guild buildings or university teaching rooms. Training happens at the university and at St John Ambulance buildings. First aid events can be on campus where the LINKS members run and staff the majority of the first aid provision, or at local on national events.

How

If you are thinking of going off to university either here in the West Midlands or further afield, speak to your unit leader, look out for LINKS at your freshers fair or contact the Sector Support Officer – Youth (LINKS) (links@wmids.sja.org.uk) for more information.

Look forward

On graduating from university you will have maintained your SJA membership so can continue volunteering back home or wherever your future takes you. Having held a committee post and successfully run a unit, you can put these experiences to good use in obtaining your dream job!

Student health care professionals (HCPs)

Who

All adult members who are currently pre-registration healthcare students

What

Student HCPs, who also fulfil the requirements for going on duty, have the opportunity to obtain clinical supervision while on operational duty. This involves working with a registered HCP and enables the student to develop their knowledge, skills and their professional portfolio. Whilst being clinically supervised on duty, student HCPs wear coloured stripes on their rank slides so that they can be identified as being under clinical supervision.

Student HCPs and other healthcare students may also attend the regular HCP meetings and may be able to access additional specialist pre-hospital care training.

Why

Relevant training and clinical supervision will help a student HCP to develop their skills and knowledge, as well as assisting them in developing their professional portfolio.

When and where

Clinical supervision on duty must be arranged in advance and agreed by the duty manager and the registered HCP who will be supervising you.

HCP meetings are held approximately bi-monthly at County HQ (see the volunteer training programme - contact Pam Lake; pam.lake@wmids.sja.org.uk for more information).

How

To register as a student HCP, complete a SJF36 form (<http://member.sja.org.uk/downloads/lrp/forms/SJF36.pdf>) and return it to Membership Services, 100 Lionel Street, Birmingham B3 1DG who will forward the form to the County Nursing Officer or County Medical Officer as applicable.

Look forward

Once qualified and you have registered as a HCP with St John Ambulance, you will be able to utilise your advanced assessment and treatment skills on duty with St John Ambulance. You will be able to supervise the next generation of student HCPs.

First aider

Who

Anyone aged 16 or over can become an adult first aider

What

Providing first aid cover at a variety of first aid events across the county. First aid events range from fairs to football matches, concerts to car races and bonfires to bushido.

Why

Meet new people, develop first aid skills, help injured and sick people, experience events or watch sports events for free, go places the public don't go and experience things the public can't.

When

There is an eight week rolling programme – it will take about 10 hours to finish your initial training. Then a wide variety of first aid events are available throughout the year.

Where

First aiders train around the county and attend first aid events all over – although priority should be given to covering local first aid events before going further a field.

How

Talk to your unit leader in the first instance. Duty requests are published on the members website (<http://member.sja.org.uk/wmids/operations>) although first aid events in your own area need to be covered before travelling further a field.

Look forward

You could go on to become an advanced first aider, patient transport attendant, emergency transport attendant, manage some minor first aid events or to become a radio controller. You might decide that you wish to train others by becoming a member trainer.

Advanced first aider

Who

Any first aider with over 12 months experience can become an advanced first aider

What

Advanced first aiders use their additional first aid skills to provide the public with a further level of care.

Why

Use your more advanced skills to help injured or sick people

When

Advanced first aiders do additional training in a rolling programme and are reassessed for role once every year.

Where

Courses are available across the county

How

Talk to your unit leader in the first instance.

Look forward

You could on to become patient transport attendant, emergency transport attendant, manage first aid events or become a radio controller.

You might decide to train others and become a member trainer.

Patient transport attendant (PTA)

Who

National regulations restrict this to those aged 18 or over. To train as a patient transport attendant (PTA) you must first be a qualified advanced first aider.

What

Learning new skills to enable you to use the equipment on the ambulances.

PTAs over the age of 21 may wish to train as drivers, although this is not a requirement

Why

Develop new skills, train to use new pieces of medical equipment.

When

Training consists of four days followed by an assessment. You will need to be reassessed for role once every year and attend annual updates.

Where

Initial training is usually done at a St John Ambulance centre.

How

Further information can be found at <http://member.sja.org.uk/wmids> or by talking to your unit leader – keep an eye on the County Briefing for courses and events.

Look forward

You could go on to become an emergency transport attendant

Emergency transport attendant (ETA)

Who

National regulations restrict this to those aged 21 or over. To train as an emergency transport attendant (ETA) you must first be a qualified patient transport attendant.

What

Providing cover for first aid events in an ambulance. ETAs have advanced first aid skills and have training to use all the equipment carried by ambulances.

Further courses and assessments are required to enable you to drive the vehicle

Why

Meet new people, develop first aid skills, help the injured and sick, develop communication skills.

When

Training consists of six days followed by an assessment. Opportunities to use your new skills are available at many first aid events - there is no minimum number of hours required but 30 per year is a good number to keep your skills level high. You will need to be reassessed for role once every year and attend yearly updates.

Where

Initially training is usually done at a St John Ambulance centre – first aid events are available across the county, although transport from a variety of locations is normally available.

How

Further information can be found at <http://member.sja.org.uk/wmids> or by talking to your unit leader – keep an eye on the County Briefing for courses and events.

Cycle response unit

Who

You need to be a first aider, and you'll need to complete the AED course before you can go on duty. You will need to be reasonably fit and able to ride a bike. Training and uniform is expensive so priority is given by those who regularly attend meetings, can commit to attending duties and are prepared to help with fundraising.

Cycle Response Unit (CRU) members remain members of their units and attend bi-monthly CRU meetings. Advanced first aiders will be able to provide first aid at a greater variety of events

What

Cycle responders provide rapid response and treatment to casualties at major first aid events and those spread across wide areas.

Working in pairs carrying minor and major treatment items including AEDs and oxygen.

Why

Cycle responders get all the benefits of first aiders with the fun of riding bikes. As bikes can often be on the scene first, cycle responders will develop excellent patient assessment skills and treat a wide range of cases.



When

Cycle response members need to complete the Cyclists' Touring Club (CTC) level 3 qualification to go on duty. They meet every couple of months to develop advanced cycle skills such as riding up and down steps, emergency stops and slow riding skills.

Where

The CRU meets around the county. First aid events are across the county and members undergoing training will be expected to attend first aid events in other sectors.

How

Attend a CRU meeting or email cru@wmids.sja.org.uk for further details.

Radio controller

Who

Anyone aged 16 or over.

What

Larger events have one or more designated radio controllers to assist the duty manager to allocate resources where they are needed.

Why

Gain an insight into the complexity of managing major first aid events, meet new people and learn new things. Gain skills.

When

St John Ambulance covers major first aid events around the year, mostly around weekends or bank holidays.

Where

Wherever there are major events held across the county, which are having first aid cover provided by St John Ambulance.

How

Speak to your unit leader, or contact operations@wmids.sja.org.uk

Look forward

You might want to become a duty manager at events

Duty manager

Who

Anyone with relevant skills and experience who is over the age of 18

What

Every first aid event we attend requires a duty manager to look after members' welfare, liaise with organisers and make decisions to ensure the duty is a success.

Why

You'll develop your people and man management skills, make new friends and get a sense of accomplishment at the end of it.

When

St John Ambulance cover hundreds of events a year - the majority are weekends but there are also evenings and some day events.

Where

Across the county.

How

Speak to your unit leader or look our in the County Briefing for duty management courses.

Look forward

You might want to manage bigger first aid events, take on a sector role or become a radio controller

Residential/camping warrants

Who

Anyone over 18 can become a warrant holder. Anyone 16 and over can become an assistant warrant holder.

What

Every St John Ambulance event for young people needs to have suitably trained people to ensure the event runs smoothly and safely. Warrant holders are trained to make sure this happens for events lasting over 24 hours.

Why

Running residential events and camps is hard work, but great fun. You get the opportunity to meet new friends while helping young people to have a great time.

When

Attend an intensive weekend training course, and then build a portfolio to demonstrate the skills and knowledge you have learned whilst organising events with a residential and camping warrant assessor.

Where

Events can be run close to home or elsewhere across the country – subject to satisfactory sites being available.

How

Look out for events in the County Briefing or email camping@wmids.sja.org.uk

Look forward

To running events, to becoming a camping and residential warrant assessor or to developing your warrant to enable you to take larger groups.

Competitions

Who

Members of all ages, although each category has specific entry requirements.

What

Competitions are made up of a team test and an individual test for each team member. A driving test is included in ambulance competitions. Teams consist of three members. There are different areas in which you can compete: Cadet quiz, first aid and ambulance, providing the required qualifications are held.

Why

To put into practice skills you have gained and apply them to real life situations in a fun, safe and competitive environment.

When

There are county competitions run each year, with the winner from each category going forward to the regional round. Then the winner from each category at the regional round goes forward to the Priory Challenge at a national level.

Where

The first stage of competitions is held at a sector level.

How

Speak to your member in charge of your local unit or contact your sector support officer - training

Look forward

You might decide to help train a team in the future, or enter a new category.



Member trainer

Who

Any one over the age of 16 who holds relevant first aid qualifications or certificate in subject they wish to train.

What

Allows you to train members, builds your confidence and gives you training in standing up and speaking. You will attend a two day stand up and speak course to help give you the skills you need to enable to deliver training to other members of St John Ambulance.

Why

You'll develop your skills in training and making presentation and generally become more confident.

When

There are a number of courses running through at the year. You'll agree to train courses, which may be on weekends or during the week as you are able to.

Where

A variety of locations throughout the county.

How

Speak to your sector support officer – training. You'll need to have an interview and skills assessment before you are put forward for the course

Look forward

You could go on to train people in the community, or members of the public on our commercial courses.

You might increase the subjects you can teach, or become an assessor.

Community trainer

Who

Any one over the age of 16 who holds relevant first aid qualifications or certificate in subject they wish to train.

What

Allows you to train members and the local community in first aid, it also gives you the chance to build your confidence. You will also gain an external qualification from City and Guilds, this means there will be a portfolio you need to complete. However you will be supported by Training Services to complete this.

Why

You'll pass on skills to the public, so they might be able to save lives.

You'll develop your skills in training and making presentations and you'll gain an external qualification.

When

There are a number of courses running through at the year, however prior experience might be able to be taken into account.

Where

A variety of locations throughout the county.

How

Speak to your sector support officer – training. You'll need to have an interview and skills assessment before you are put forward for the course

Look forward

You might increase the subjects you can teach, or become an assessor. You might like to start teaching members of the public on our commercial courses.

Member assessor

Who

Anyone over the age of 18 who hold the relevant qualification in the area they wish to assess.

What

Allows you to assess members of St John Ambulance so they can gain relevant qualifications. You will attend a two day course to help you gain the skills you need and help to build your confidence so you can deal with any situation you may come across.

Why

Gives you the ability to assess members and gain an external qualification

When

There are a variety of courses run throughout the year. Once qualified, you would agree times when you are available on evenings or weekends.

Where

This course is offered at a variety of locations. Assessments tend to be in unit and sector headquarters

How

Dates for courses are publicised on the county website <http://member.sja.org.uk/wmids> or contact your sector support officer - training

Look forward

You could become a member trainer, or you might choose to increase the subjects you can assess.

Webteam member

Who

Anyone aged 16+

What

West Midlands maintain web pages both in the public domain and on members only sites. They also support three web applications designed to assist with management of the county. As well as producing the actual web pages they also get involved with writing articles for the web.

Why

You may have a desire to write news stories or articles of interest for the web, or perhaps you are a keen computer programmer who wants to put your skills to the test.

When

This role can be carried out at any time to suit yourself.

Where

Much of the work is done via electronic communications from within your own home, there are meetings of the webteam usually once every three or four months, they are normally held at county headquarters although this can vary.

How

Get in touch with the county webteam by email webteam@wmids.sja.org.uk

Look forward

You may be able to use some of the challenge that the team provides towards you Amalfi or Grand Prior Awards. The skills you learn and practice may help in the world outside St John Ambulance.

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