

# Cadet Ross gets national award



St John Ambulance's Ross Senior, who was awarded the Commanderies Cadet of the Year title at the 2015 National Cadet of the Year competition. (Picture by Brian Aldrich)

A STUDENT who hopes to specialise as an emergency medicine doctor has won the Commanderies Cadet of the Year at the 2014 National Cadet of the Year competition.

St John Ambulance cadet Ross Senior took part in the two-day event and competed alongside 30 cadets from across the UK regions at the competition, which was held in Gillwell Park, north-east London.

He was up against participants from Jersey, the Isle of Man, Northern Ireland and the Isle of Wight for the title.

Currently Guernsey Cadet of the Year, he is part of the Sarnian division of St John Guernsey. The 16-year-old was eligible for the national competition having won his district round.

The cadets were assessed on a wide range of exercises including interview and presentation skills, group discussions, a PR scenario and first aid assessment.

The competing cadets also hosted several guests at a formal dinner, including the mayor of Waltham Forest, Counsellor Terry Wheeler. The event culminated in the presentation of the national cadet and eight regional cadet awards.

Elizabeth College student Ross said he was nervous ahead of the event because he knew the level of competition would be very high.

'I am very proud to represent the Commanderies of St John and I look forward to attending various national events as part of this role,' he said.

'Over the next 12 months I will be working closely with the other regional winners as well as the national cadets at UK events and together we will work with the British Youth Foundation.

'I thoroughly enjoyed the weekend and

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made many new friends from all over the UK who I am sure I will stay in touch with. It was particularly good to see how St John works in the UK and to be part of the competition.'

Chief executive officer of the Commandery of St John Vanessa Spiller said: 'Our cadet programme allows young people to learn important skills in a fun and safe environment with challenge and excitement appropriate to their age.

'Ross demonstrates an excellent skill-set at all times. We are so pleased his hard work has been rewarded at this national event. He is fully deserving of this title and an inspiration to his peer group.'

Cadets start at St John Ambulance at the age of 10 and are guided by youth leaders, taking part in an interactive programme and ultimately working towards their Grand Prior Award.

They can choose from more than 70 subjects to help complete their award. These range from fire prevention and photography to sports and first aid.

They work towards achieving a badge and certificate in each subject at cadet unit meetings which are usually held once a week.

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