



# The Bugle Call

The Newsletter of Durham Army Cadet Force



## Commandant's Address

Hello Team

Durham Army Cadet Force has achieved so much during the last few months and I would like to start by thanking my excellent team of adult instructors and permanent staff. Much of the work done is unseen but without it the County would just not operate.

It has been my privilege to thank a few of you for going the extra mile by presenting you with Commandant's Coins. There are some wonderful stories behind each coin, and you can read about some of them in this issue of the Bugle Call. In particular, it is great to see cadets being nominated and reading about the fantastic things they are doing.

If you know of someone deserving of a Commandant's Coin, then please put forward a nomination up through the chain of command.

There has been some brilliant training in preparation for the return of face-to-face training which hopefully is very close now. Indeed, all the staff have been training and you can read about the virtual training weekends further on. There has also been some fabulous training throughout the last year at detachment level all the way up to County training. I would like to thank all the cadets who have attended virtual training and helped keep the ACF flame alive. I hope to see you all on a face-to-face training weekend very soon.

We have a lot of new adult instructors who have been undertaking courses virtually. We also have many new cadets who are eager to join our numbers once detachments reopen. But most importantly we have the cadets and adults who have stuck with us through these challenging times.

As we move back to face-to-face training and detachment's re-open please make sure that you keep a check on all our social media from your Detachment pages to your Company pages, and also the County social media. That way you will always have the most up to date information.

We have not spent much time in our uniforms over the last year so now is a good time to dust them off. Make sure that you still have everything and that it is clean, ironed and still fits. Hunt out your boots and give them a good clean and polish.

The County Training Officer has planned the forecast of events for the year and we have some great Company Weekends and a fantastic Annual Camp at Otterburn to look forward to.

I hope you are all looking after yourself, your families, and your friends and staying safe.

Yours

*Colonel Neil Foster, Commandant*

Wash and iron your uniform, dust off your beret and polish your boots so that you are prepared for a swift return to face-to-face training!

#BootsOn

## Things to do until face-to-face training resumes

**Virtual Training  
Nights**

**iDEA**

**DofE**



## THE VALUE OF FIRST AID TRAINING

In this issue of stories which you may have missed. The first involves cadet L/Cpl Karim of Blaydon detachment who was able to put his training into practice when he came across a 76-year-old woman in distress.

The lady had slipped and fallen on black ice. She had a painful shoulder and arm which were possibly broken. L/Cpl Karim sprang into action talking to her to keep her calm and warm until the ambulance arrived.

When the emergency services arrived L/Cpl Karim had gained all her medical information and was able to hand over to the ambulance crew.

The second is cadet Sergeant Latcham who was at work with his boss when they came across a road traffic incident. A HGV lorry had careered off the road and smashed into the front of an apartment block. Sgt Latcham immediately put his cadet training into action administering first aid to the driver.

Sgt Latcham stayed with the driver until the emergency services arrived. He then assisted his boss in creating a safe route out of the damaged building for the occupants.

Both are not only a credit to themselves but also to the cadet force staff who have trained them and given them the knowledge and confidence to act. Well done to them both who in recognition received Commandant's Coins.

## COMMANDANT'S COIN RECIPIENTS

This month saw the first ten recipients of the Commandant's Coin receive their award. Above you have heard the story behind two of the coin recipients but what of the others?



ExDurham Army Cadet Force Cadet - Signaller Faith Inglis entered a competition set by our Commandant Colonel Neil Foster to design a new Commandant's Coin. Her design was chosen as the winning one from a very strong line up. The design was then minted into the lovely coins

and the first one was presented to the designer Faith Inglis.

Keeping the flame alive by virtual training and online activities has been a major undertaking and one that Durham ACF has excelled at. Some instructors really stood out from the crowd and were nominated for Commandant's Coin awards.

AUO Darren Robson as well as running virtual parade nights undertook some fantastic promotion of the work that could be completed virtually in both the DofE Award and the IDEA scheme. AUO Vicky Kirk created a fantastic library of resources which she shared freely with colleagues not only with Durham ACF but also with CCF contingents. AUO Kirk did some outstanding work promoting all the online activities available to her cadets.

SI Stewart Bradford not only kept his own detachment active driving virtual training but also invited other detachments to join in thus saving work for detachments not as fortunate. Lt Jonathan Miller of Durham ACF Band was presented with unique challenges but has found ways to keep the band engaged and progressing their musical training. The band continue to practice together and produce great music despite being unable to meet face to face.

TSM Wardman was recommended for the award because of his fantastic work both before and during the period of no face-to-face training. He is a great problem solver and his idea for a virtual JCIC was inspired. He plays a key role in bridging the gap between the CCF and the ACF.

During the period of virtual training there were also cadets that particularly stood out from the crowd going above and beyond to help and keep the flame alive. L/Bdr Lateisha Coleman has not only been undertaking virtual training for other cadets but also coming up with imaginative ways to keep cadets engaged such as creating quizzes on subjects that they have been taught. She has also been a keen promoter of mental health of the cadets giving lessons and checking on the welfare of her fellow cadets. L/Cpl Kykle Burnip has been a huge asset to his detachment but also much wider promoting the DofE Award and the IDEA Award. His hard work has seen him nominated for the Gerrish Award and the BAE Systems Award for his leadership.

A huge well done and congratulations to all those who received a Commandant's Coin. Your hard work and dedication is much appreciated.

## Durham Army Cadet Force Senior Cadets Ballykinler Night Ambush photo converted to Diamond Painting during training downtime

With very little face to face training happening during 2019 and early 2020 all of us at Durham Army Cadet Force have missed the opportunity to get out onto a training area and take part in a cadet field exercise.

In 2018 Durham Army Cadet Force had our Annual Camp at Ballykinler, Northern Ireland and a senior cadet night ambush was beautifully captured in a photograph taken by Colour Serjeant Paul Fallon.



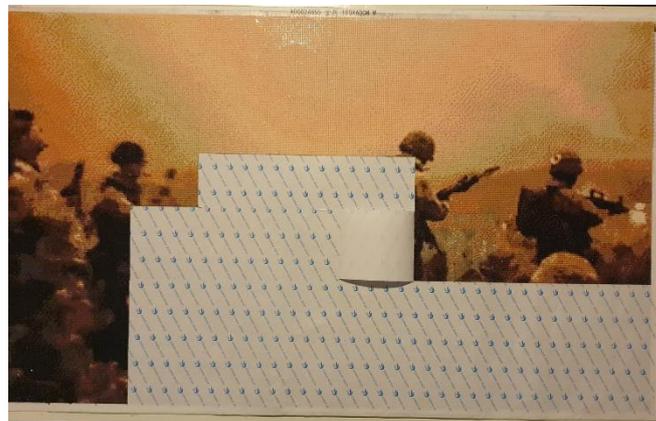
The finished Diamond Painting.

One instructor who was present that evening loved the photo so much that during the Coronavirus break in training she has used her spare time to recreate the photo as a diamond painting. Captain Natalie Neasham said, "it is a very iconic photo which will live with me for a very long time".

Diamond Painting is a mix between cross-stitch and paint-by-numbers where you apply tiny resin 'diamonds' to a coated adhesive canvas to create a vibrant mosaic painting.

The original photo was sent to a company which converts them into a print where each colour is represented by a number. This print is made up of almost 100,000 diamonds and working for several hours each day took just over 8 weeks to complete. The result is well worth the effort and will be displayed prominently so that all the cadets can see it.

I think it is a great reminder of what we have all been missing during the restrictions on face-to-face training. I am sure we all cannot wait to get back into the field on a training exercise.



A work in progress

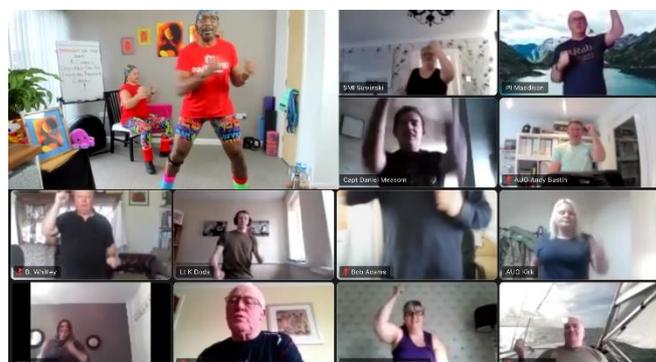
Captain Natalie Neasham said of the photo "it encompasses everything our cadets train for. They got up at 2am to put into practice their skills and enjoyed every minute of it. The cadets inspire me every day and are the reason I put on my uniform. I wanted to create this picture so that there would be a lasting reminder of what we all do this for."

## COUNTY TRAINING

March 2021 saw two County training events aimed at getting adult instructors back up to speed prior to the return of face-to-face training.

The first ran by the County Training Team covered amongst other things an update on training syllabus changes, information on the IDEA Award, navigation in the ACF and the CVQO scheme. The weekend was very well planned and well attended.

The second was ran by A and B Companies who took a slightly less formal approach with lots of fun activities designed to encourage group participation. There was a wellbeing walk, a reward and recognition workshop, an update on the DofE Award. Sunday saw a guest appearance for a fitness session by Mr Motivator who certainly lived up to his name.



Mr Motivator and the adults of Durham ACF

There was also an update on the ACSMS provided by the TSA Mark Hart. There will be a further weekend in April ran by C and D Companies. So, make sure that all adult instructors get themselves signed up on the event.

## C Company Virtual Cadet Training Weekend

C Company's Exercise Osiris was the brainchild of Company Training Officer 2Lt Taylor who knew that the cadets and staff of C Company were itching to get back to some cadet training however realised that young minds can quickly tire of endless virtual lectures. So, she decided to bring about a weekend incorporating short, focused sessions and an array of different activities. Sessions were short and kept the cadets engaged with the varied content and presenters involved.

There were several guest speakers brought in, some of whom the cadets already knew. Including Private Gowland, currently in Basic (recent ex cadet), Private Inglis, currently in phase 2 (ex-cadet), Para Dobson, currently serving - with funky moustache 😊 (ex-cadet). As well as Mr Martin from the fire service who managed to show us around the station - virtually of course! 😊 . AUO Kirk also joined us to enable a little online game to be played, with cadets and staff broken down into groups, this was a massive hit and some staff members clearly enjoyed the competition! Well done Blue Team!



Ex-cadet - Signaller Faith Inglis

There were also sessions for the cadets to engage in and learn in preparation for the return to face to face training including some theories and practicalities of Fieldcraft, introduction to planning exercises - Problem Solving, Mental health, Leadership including Values and Standards and Teaching Practices. They also completed activities towards these sessions including researching for the game, producing models from whatever they could utilise - one of whom used Cauliflower as trees as they didn't have any Broccoli! 😊 the cadets utilised planex briefings to create solutions and present these to their respective groups.

On the theme of military guest speakers, the cadet Teaching Practices were based on researching the history of various corps and regiments - expanding their knowledge to other units and not just the Rifles cap badge. There were some independent and comprehensive presentations on these which gave the listening cadets

some good understanding of the range of the military services.

There was also a comprehensive talk on the topic of Mental Health, this being quite pertinent in days of late. A lot of details and comprehension was provided from this with the inclusion of signposting and the importance of supporting one another where possible. Cadets also added their own comments to this which shows the presentation had a positive impact.



Create a poster on mental health activity briefing

Our very own Cadet CSM was extremely important during the weekend, supporting in organising and monitoring the rooms and introducing sessions and guest speakers. Although he sounded like a robot at times (isn't the virtual world cruel at times?) during the weekend he managed to successfully and enthusiastically present a detailed session on Values, Standards and Leadership.

Finally, we also were lucky enough to have WO1 D Lightfoot join us on the call, he provided us information on his job roles and how it affects the ACF in general down to the individuals directly and indirectly. Some little snippets of upcoming developments were shared - which you have all undoubtedly heard about by now! 😊 WO1 D Lightfoot is going to be a tremendous asset to the ACF moving forward and we would suggest if you can bring him in for a talk to do so, it is inspiring to see where the ACF is headed, and we all want to be a part of that!



ACSMID Lightfoot

Overall C Company had a very successful weekend which we are sure the cadets enjoyed as it was different to the norm, keeping them on their toes with activities they completed themselves and presenting to the huge range of personal experiences and professional information given by the guest speakers and their wealth of knowledge and understanding. Well done to all!

## NEW ARMY CADET FORCE WEBSITE

The observant among you will have noticed that the National Army Cadet website has had a revamp. The website has been completely refreshed and re-written giving it a much better look and feel. Where previously each County had their own microsite linked from the main website things are now much more interlinked.

Any new joiners be they cadet or adult are pointed to an online form which feeds directly into the new joiner tracker. Cadets are pointed towards their local detachment based on the detachment locations as stored in Westminster.

Our social media is linked directly to the website and anyone visiting gets the latest information. I would urge everyone to take a look at the National page at [www.armycadets.com](http://www.armycadets.com) and the Durham Army Cadet Force page at [www.armycadets.com/durham-acf](http://www.armycadets.com/durham-acf)

## KEEP UP TO DATE WITH OUR SOCIAL MEDIA FEEDS

For all the latest Durham Army Cadet Force news you need to keep an eye on our social media accounts. You not only need to be on your local detachment pages but also on our County social media feeds. If you have not visited and liked our County feeds, then do so now as this will be where you can get the latest information on the return of face-to-face training.

Our Facebook feed is: [www.facebook.com/durhamarmycadetforce](http://www.facebook.com/durhamarmycadetforce) and our twitter feed is <https://twitter.com/durhamacf>

## FACE TO FACE TRAINING IS JUST AROUND THE CORNER

We have all missed face to face training and finally the signs look good that it is not too distant. I am hopeful that this year's Annual Camp to Otterburn will take place although it may look a little different to the camps that we are used to.

With that in mind you all need to get prepared. Hunt out your uniform, wash, iron it, and make sure it still fits. If it does not fit, you will be able to get exchanges as soon as detachments start parading again. Make sure you still have your beret, twisters, and that your boots are clean and polished.



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Cadets – If you have not completed the Annual Camp survey yet please go to your Company Facebook page and fill it out.

## SHOUT OUT CORNER

A huge shout out to our QM Captain Bill Ellison who set himself a one-year fitness challenge back in March 2020. Since then, he has covered a total of 3,603 miles on the cross trainer, 602 miles road running, and 10,450 press ups.

Not only has he improved his fitness levels he has been raising funds to support PAPHOS which is the National Charity for the prevention of Young Suicide. Well done to him he is an inspiration to us all!

Keep your eyes peeled for our next issue which will have all the latest Durham Army Cadet Force News. If you have a news story then please get in touch.

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