

During the current period of **'CoVid-19 Lockdown'** whilst all face-to-face community activity on fire stations has been suspended, an exciting new development in the history of LFB Fire Cadets is evolving to ensure that regular engagement continues with all our Fire Cadets and Volunteer Cadet Instructors.

## What are 'Virtual Units'?

Our Fire Cadets Coordinators are continuing to run Fire Cadets **'virtually'** with every established unit having scheduled weekly engagement with young people using a variety of video conferencing and social media platforms.

Each of our established cadet units are running a **'Virtual Unit'** on their normal unit days. Times vary dependant on which platform is in use, and the collective needs and wishes of the group of young people on the unit.

Although the weekly **'Virtual Units'** are shorter than the usual three hours, we are trying to maintain a regular weekly routine:

1. Virtual Roll Call

2. Activities/  
Team Game

3. BTEC Related  
Discussion

4. De-Brief

### Virtual Drop-In Sessions

Fire Cadets Coordinators have also set aside allocated 'virtual drop-in session' times each week.

During this time they are **available by phone** to take individual calls from their Fire Cadets and Volunteer Cadet Instructors who may have questions, to discuss concerns, and listen to ideas of activities they would like to do and their suggested methods of doing this.

## The next six weeks...

Our brand new **Six Week Themed Curriculum** (see overleaf) will be delivered by our Fire Cadets Coordinators via our **'Virtual Units'**

The **first six weeks of planned engagement** will start **after the Easter holidays** on the week **commencing Monday 20th April 2020**

In **three weeks time**, we will release the **next curriculum** plan for the **six week period commencing Monday 1st June 2020**, with the intention of delivering **BTEC sessions** to enable our young people to continue to work towards their qualification

Examples of activities at **'Virtual Units'** include:

Quizzes

Games

Research  
Tasks

Guided  
Discussions

Guest  
Speakers

Practical Tasks

Creative  
Tasks

Challenges

## Week 1

Commencing Monday 20th April 2020

### Topic: Wellbeing

#### Learning Outcome:

To understand and promote healthy eating, mental wellbeing and fitness. In these uncertain times where a normal routine is difficult to maintain, it is important to look at how maintaining a positive mental attitude can also benefit overall health and wellbeing.

#### Activities:

Fire Cadets will be asked to explore their own health and wellbeing especially during this particularly difficult time, and strategies they are using to stay active and positive, and how they are maintaining a normal daily routine.

## Week 2

Commencing Monday 27th April 2020

### Topic: Teamwork

#### Learning Outcome:

Understanding the importance of working as a Team both in a personal and professional setting. Many departments within London Fire Brigade work together to keep Londoners safe.

#### Activities:

Fire Cadets will be set tasks that can either be around working in their watches, unit teams, or wider LFB Fire Cadets team. These activities will be tailored to ensure that they are completed more easily if the Cadets recognise that they should be working as part of a team.

## Week 3

Commencing Monday 4th May 2020

### Topic: Communication and Leadership

#### Learning Outcome:

Identifying effective communication methods and how good communication skills can make you a better leader.

#### Activities:

Fire Cadets will take part in a fun activity around communicating a message. Ideas could include learning a new way of communicating e.g. finger spelling, semaphore, phonetic alphabet.

## Week 4

Commencing Monday 11th May 2020

### Topic: Emergency Services Family

#### Learning Outcome:

Identify how London Fire Brigade works with other Emergency Services to ensure we deliver a safe and effective response. It is important to recognise that in life, we all need to work together to achieve better outcomes. (Links back to Week 2 on Teamwork).

#### Activities:

Fire Cadets will either complete a discussion around London Fire Brigade's changing working practices or engage with guest speakers about how LFB is part of the wider emergency service sector.

## Week 5

Commencing Monday 18th May 2020

### Topic: YOU London (Youth Organisations in Uniform)

#### Learning Outcome:

Identifying the benefits of working together with other uniformed youth organisations and celebrating diversity. (Links back to Week 4 on Emergency Services Family).

#### Activities:

Fire Cadets will be asked to investigate what the other uniformed youth organisations active in London are doing to continue to engage with their young people at this time. This will help identify where we are different, but more importantly where we have similar goals, ethos and activities.

## Week 6

Commencing Monday 25th May 2020

### Topic: Reasons To Be Thankful

#### Learning Outcome:

Encouraging our young people to remain humble, remembering to be grateful for what they have, and to support us in building a more compassionate community.

#### Activities:

Fire Cadets will take part in activities surrounding celebrating those that have supported London throughout this current crisis and what their risk and selflessness has done for us.

## Engagement through social media

### #MondayMotivation

A '**Fire Cadets Challenge**' will be posted every Monday at 15.30hrs across **Facebook, Instagram, Twitter** and **TikTok** to recognise that in life, we all need to work together to achieve better outcomes. (Links back to Week 1 on teamwork).

### #ThankYouThursday

On **#Thank YouThursday** week, cadets will be asked to post a 'thank you' to a key worker or a relative and tag in **@LFBFireCadets /#LFBFireCadets**. This will be alternated every other Thursday across **Facebook, Instagram and Twitter**.

### #ThrowbackThursday

On **#ThrowbackThursday** week we will be posting out photos of **Fire Cadets activities** remembering some of the key achievements of our young people over the past 12 months. This will be alternated every other Thursday across **Facebook, Instagram and Twitter**.

### Collated Posts of Responses

Specific '**collated**' posts of responses to our challenges and activities will be posted out at various times of day across **Facebook, Instagram and Twitter** on **Wednesdays and Fridays**.