

104 (City of Cambridge) Squadron

730 Newmarket Road

Cambridge

CB5 8RS



PRESS RELEASE

AIR CADETS HAVE FUN IN THE FIELD

Twenty Air Cadets from 104 (City of Cambridge) Squadron and 2461 (Sawston) Squadron have recently learnt military skills by spending a weekend undertaking fieldcraft training at RAF Barnham in Norfolk.

The weekend, organised by Flight Lieutenant Marion Watson and Civilian Instructor Ian Griffiths allowed cadets to experience life in the field as they learnt skills such as camouflage, concealment, movement skills, shelter building and cooking in the field. Cadets slept in bashas, which are shelters made from a sheet of waterproof materials and ate military rations for the weekend.

Whilst in an already challenging situations cadets were able to develop their first aid skills by taking part in some very realistic first aid scenarios. This gave a practical element to first aid which is being formally delivered at Squadron level. The cadets were also given the opportunity to develop their leadership and communication skills as they put their new skills into practice during a series of challenging exercises and command tasks.

Cadet Corporal Tom Lawson (18) said *"I really enjoyed the weekend, it was really fun. I learnt lots of new skills which were fun to put into practice. Although challenging I would certainly recommend this to anyone"*

Flight Lieutenant Richard Slack added *“The weekend was really good fun and of excellent training value. This was aided by a fantastic group of cadets and a committed staff team”*

104 (City of Cambridge) Squadron meet on Wednesday and Friday evening at our headquarters on Newmarket Road. For more information about joining as either a cadet or member of staff please contact 01223 295324 (Wed and Fri Evenings) or email info@104atc.org

Pilot Officer Chris Cox RAFVR(T)
Media and Communications Officer

Notes to editor

Pictures

BarnhamOct1 – Cadet Ruben Smith takes cover

BarnhamOct2 – Cadet Corporal Tom Lawson and Cadet George Metcalfe attend an ‘injured’ Cadet Sergeant Adam Hartwell in a first aid exercise