

356 (Felixstowe) Squadron RAFAC Felixstowe Town Council Grant Report 2024

Like many youth organisations we suffered in lockdown. In June 2021 when we re-opened we were down to 6 cadets, who were reticent to do any activities. We now have 30 cadets attending regularly and we have cadets who now feel confident and are keen to grab every opportunity they can! We were successful in gaining funding from Felixstowe Town Council for two projects – Get Active and Life Saving Skills.

Get Active

Sport and fitness are key elements of the air cadet experience we provide for the young people of Felixstowe. We have opportunities for both males and females to take part in football, tag rugby, athletics, cross country, netball and swimming. We have struggled to help train our cadets in the past and events such as the Wing Athletics suffer as we are unable to train in any of the events other than Track.



The grant from Felixstowe Town Council has enabled us to purchase equipment to help train in Field Athletics and relay; purchase a selection of footballs and rugby balls; and also buy sports active wear for our cadets to book out of stores so that every cadets can wear the same strip have access to shorts and footwear. We are currently training hard ready for the first sports event of 2024 which will be the Wing Athletics.

Wish us luck!



Life Saving Skills

We are passionate about delivering First Aid at 356 Squadron, and many of our cadets have been able to use these skills locally in assisting member of the public, including on Tom Hildeston's mum! Our first aid equipment was need of replacing and an upgrade so our bid to Felixstowe Town Council was to purchase Casualty Simulation Kits to enable the cadets to get a more realistic training experience as well as stocking up on training equipment. We would like for all of our cadets to complete the two-day Activity First Aid Course, and thanks to our grant, 42% now have this qualification and climbing. We are also going to be able to run 'random casualty at the sqn' training events which our senior cadets are planning!

