



Cpl Calum Bunch: 3 Platoon RSB, Glasgow and Lanarkshire Bn

Cpl Bunch is a living breathing example of everything that the ACF stands for. Not a natural cadet, he has worked tirelessly to overcome several challenges and has become a high performing and valued NCO both at a Detachment and Company level. He is defined by his respectful and engaging manner and he is not only held in high regard by his instructors. He is a role model to his peers and is extremely popular.

In 2024 Cpl Bunch used the first aid skills he has gained through the ACF in the most dramatic and high-pressure situation imaginable. In 2024 Cpl Bunch administered First Aid to his own father, who collapsed outside his home while operating electrical tools, had a seizure, and had to be monitored for 90 minutes before paramedics arrived. During that time, Cpl Bunch kept the area safe and ensured that his father was placed in the recovery position allowing fluid to drain from his airways. Cpl Bunch then prepared to administer CPR when he stopped breathing for a short period of time.

Cpl Bunch received the ACCT Praiseworthy Action Certificate for his actions and has also been recognised and presented with a Praiseworthy award from The Royal Humane Society in recognition of his quick thinking and actions

Cpl Bunch has also recently shaved his head for a cancer charity to support a school friend who is going through cancer treatment, again showing what a fantastic cadet he is.

SI Hanna Riding: Argyll and Sutherland Highlanders Bn

Hannah has been a CFAV for the past 5 years, having previously been a cadet within the Battalion. During that period of time Hannah has really flourished as a CFAV, clearly gaining confidence, and that increased self-belief and confidence has been directly channeled into the Army Cadet Force. Hannah has progressed to become a detachment commander, and has one of the strongest detachments within the Battalion, creating a vibrant and fun detachment. During 2024, Hannah completed her Gold DofE Award, and she uses her knowledge of DofE as a participant to actively encourage cadets across the Battalion to participate in DofE. In addition to this, Hannah has been actively advising and helping cadets progress their DofE Award. Not only has her company the highest level of DofE participants in the Battalion, there has been significant activity with cadets providing evidence and completing sections in their DofE Awards. To achieve this level of participation and progress is most impressive, and is the result of a significant amount of personal effort and support provided by Hannah. It is a true reflection of her positive support and personal enthusiasm which she transfers over to the cadets. All this from a CFAV who openly admitted that her Gold DofE Practice expedition was something that filled her with fear and dread. Hannah is now seeking to get qualified as a DofE Expedition Assessor.