



Reflections of a police cadet

REFLECTING ON my year working with the High Sheriff of East Sussex, Major General John Moore-Bick CBE DL, I cannot believe how incredibly lucky I have been to be a part of such a wonderful team of people, and to have been given many exceptional opportunities, meeting many inspiring individuals.

For me, the highlight of the year has certainly been meeting and working with a wide variety of professionals and volunteers, each with their own fantastic stories. The year was made so enjoyable by every person I met being so welcoming and inclusive, providing me with a clear insight into their work and sometimes even allowing me to undertake a more hands-on role. Such work has also enabled me to take part in further charitable events in the county, namely a collection for a local homeless charity as well as the Mayor of Brighton's Spring Sleepout!

Of course, I enjoyed gaining further experience in policing, such as shadowing an officer for the day in Eastbourne, listening to 999 calls and attending multiple police awards; however, it was also fantastic to be given further insight into the other emergency services with which I had not had much contact before. For instance, we visited the St John Ambulance team on duty at Brighton football stadium, the Rye Harbour Lifeboat Station, as well as an enlightening performance organised by the Fire Service called 'Safe Drive Stay Alive'. All of these were extremely informative about their crucial work. Similarly, it was interesting to visit other cadet units, such as the Newhaven Sea Cadets and the Sussex University Royal Naval Unit, where we spent the evening learning how to tie various knots and about different roles in the Royal Navy and Amphibious Forces.

One of the things I enjoyed most was meeting so many outstanding volunteers with charities working with the homeless. I feel as if their work is sometimes overlooked and that most volunteers do not even realise how much they are valued for the little



Above: The Declarations of the High Sheriff and the High Sheriff of West Sussex Caroline Nichols, shown with the Lord-Lieutenants of East and West Sussex, outgoing High Sheriffs, Circuit Judges, Mr Nichols, Mrs Moore-Bick, High Sheriff's Cadet and (front row) Mr Justice Stuart-Smith and their Chaplains

things they do, such as giving out a simple pot noodle or a coffee; but by shadowing them for an evening it has become clear that they are very well respected and appreciated by the street community.

A further honour has been representing the county for Remembrance celebrations for both world wars; not only did I take part in the Brighton and Hove Remembrance marches, but together with the High Sheriff I had an active role in various other beautiful ceremonies. In August we travelled to Dieppe for celebrations commemorating soldiers who lost their lives during the Dieppe Raids in 1942, participating in several extremely moving ceremonies. Additionally, we were invited to take part in a ceremony which celebrated the work of hospitals in Brighton that treated 12,000 Indian soldiers during World War One. It was a huge privilege to be a part of every event, at which we remembered those who lost their lives.

With General Moore-Bick's military background, he felt he should uphold the values representing Her Majesty The

Queen in matters of law and order by adopting a relatively formal approach to his year as High Sheriff. One thing he made extremely clear was his aim to make as many people smile as possible, something he certainly accomplished and in which I felt huge pride in having a part, knowing that people were grateful and content with our presence, such as visiting primary schools where the children were fascinated by our uniforms, and, of course, the shrieval sword!

Furthermore, our journey did not end at the Declaration of our successors, as Major General Moore-Bick invited me to become his apprentice in the Skinners' Company in the City of London – something else I am enormously honoured to be.

Thank you for a wonderful year, General John and Anne!

◆ Emily Mabbott

Assigned Police Cadet to Major General John Moore-Bick CBE DL, High Sheriff of East Sussex 2018-19