

Week commencing	Monday #skills	Tuesday #employability	Wednesday #wellbeing	Thursday #employability	Friday #social & #wellbeing
5 th April	Easter Monday	<p>11am: Cheltenham Job Club with the GEM team</p> <p>2pm: Mock interviews with Tony and Sue</p>	<p>10am: Yoga with Lisa</p> <p>11am: Music and Song Singalong with GL Communities and friends</p> <p>11.15am: Chair Yoga with Lisa</p>	<p>10am: Gloucester Job Club with the GEM team</p> <p>11.15am: ESL support group with Carole</p>	<p>10am: Journaling for positivity with Donna</p> <p>11.15am: Create Connections with the GEM team</p>
12 th April	<p>10am: Drafting your cover letter with Sue</p> <p>11am: Be Seen Be Heard with Adam</p> <p>2pm: Mock interviews with Tony and Sue</p>	<p>11am: Cheltenham Job Club with the GEM team</p> <p>1.30pm: CV and cover letter workshop with Di</p> <p>2pm: Mock interviews with Tony and Sue</p>	<p>10am: Yoga with Lisa</p> <p>11am: Music and Song Singalong with GL Communities and friends</p> <p>11.15am: Chair Yoga with Lisa</p>	<p>10am: Gloucester Job Club with the GEM team</p> <p>11.15am: ESL support group with Carole</p> <p>1.30pm: Everything you wanted to know about numbers but were afraid to ask with Richard from Adult Education</p> <p>3.00pm: Interview skills workshop with Your Talent Solutions</p>	<p>10am: Journaling for positivity with Donna</p> <p>11.15am: Create Connections with the GEM team</p> <p>1pm: Medals for Courage Textile Workshop with Amanda</p>

#GEMonline

19th April – 30th April

Week commencing	Monday #skills	Tuesday #employability	Wednesday #wellbeing	Thursday #employability	Friday #social & #wellbeing
19 th April	<p>11am: Be Seen Be Heard with Adam</p> <p>1.30pm: Transferable skills with Di</p> <p>2pm: Mock interviews with Tony and Sue</p>	<p>11am: Cheltenham Job Club with the GEM team</p> <p>1.30pm: Time out on Tuesday with Nabeela and Emily</p> <p>2pm: Mock interviews with Tony and Sue</p>	<p>10am: Yoga with Lisa</p> <p>11am: Music and Song Singalong with GL Communities and friends</p> <p>11.15am: Chair Yoga with Lisa</p> <p>3.30pm: Magic Workshop with Tony</p>	<p>10am: Gloucester Job Club with the GEM team</p> <p>11.15am: ESL support group with Carole</p> <p>1.30pm: How to 'sell' yourself to interviewers with Tony</p>	<p>10am: Journaling for positivity with Donna</p> <p>11.15am: Create Connections with the GEM team</p>
26 th April	<p>10am: The Cookery Corner with Sue</p> <p>11am: Be Seen Be Heard with Adam</p> <p>1.30pm: General careers advice with Di</p> <p>2pm: Mock interviews with Tony and Sue</p>	<p>11am: Cheltenham Job Club with the GEM team</p> <p>1.30pm: CV and cover letter workshop with Di</p> <p>2pm: Mock interviews with Tony and Sue</p>	<p>10am: Yoga with Lisa</p> <p>11am: Music and Song Singalong with GL Communities and friends</p> <p>11.15am: Chair Yoga with Lisa</p> <p>12pm: Lunchtime stretch and train with Alex</p> <p>3.30pm: Walk in Nature with Sarah</p>	<p>10am: Gloucester Job Club with the GEM team</p> <p>11.15am: ESL support group with Carole</p> <p>1.30pm: Job searching tips with Jason</p> <p>2.30pm: So you want to work outdoors with Julie</p>	<p>10am: Journaling for positivity with Donna</p> <p>11.15am: Create Connections with the GEM team</p>

#GEMonline: Monday

#skills

10am - 11am

12th April

Drafting your cover letter with Sue

Join Sue as she shares some key points to include in your cover letter to support your CV when completing job applications.

Register [here](#):

11am - 12.30pm

12th April

19th April

26th April

Be Seen Be Heard with Adam

A six-week course to help you develop greater confidence and self-esteem or overcome self-consciousness and develop a sense of ease in front of others. You will develop an insight into what holds you back and how you can become more relaxed and confident in front of others especially in new situations.

Register [here](#)

1.30pm - 2.30pm

19th April

Transferable skills with Di

Did you realise that a large number of skills that you learn and develop during your work and personal life can be transferred into other employment roles? Find out more during this workshop on how you can potentially enhance your skillset.

Register [here](#):

#GEMonline: Monday

#skills

1.30pm – 2.30pm

26th April

General careers advice with Di

Not sure what career path to head down or want some general advice on a certain industry? This session will run through some key advice and information to consider when looking at different careers.

Register [here](#):

2pm – 4pm

12th April

19th April

26th April

Mock interviews with Tony and Sue

One to one practice interview with a member of the GEM team.

By appointment only. Contact gemtony@ggtrust.org / gemsue@ggtrust.org

[Are you a manager with recruitment experience and have time to volunteer to deliver practice interviews? Please contact Tony or Sue]

10am – 11am

26th April

The Cookery Corner with Sue

An informal chat through some simple but delicious recipes made from store cupboard basics and seasonal produce You can simply come along and listen, swap ideas or even ask some cookery questions.

Register [here](#):

#employability

11am – 12pm

6th April
13th April
20th April
27th April

Cheltenham Job Club with the GEM team

A weekly job club which will focus on building your job searching skills and confidence. You will have the option to discuss different aspects of job searching and the team will feature various available jobs in your area.

Register [here](#):

1.30pm – 2.30pm

13th April
27th April

CV and cover letter workshop with Di

A practical tips session to help you understand the basics of CV and cover letter writing, what should and should not be included and typical layouts to help you stand out from the crowd.

Register [here](#):

2pm – 4pm

6th April
13th April
20th April
27th April

Mock interviews with Tony and Sue

One to one practice interview with a member of the GEM team.

By appointment only. Contact gemtony@ggtrust.org / gemsue@ggtrust.org

[Are you a manager with recruitment experience and have time to volunteer to deliver practice interviews? Please contact Tony or Sue]

#employability

1.30pm - 2.30pm

20th April

Time out on Tuesday with Nabeela and Emily

Sit down with a cup of tea and take part in our friendly time out session, filled with some relaxing and light-hearted activities to ease you through the afternoon. You will just need a piece of paper and pen. Register [here](#):

#wellbeing

11.15am – 12pm

7th April

14th April

21st April

28th April

Chair Yoga with Lisa

A gentle form of Yoga using a chair. This session will help build strength and increase flexibility with some gentle mobilisations and yoga poses using a chair.

Click [here](#) to join:

12pm – 1pm

28th April

Lunchtime stretch and train with Alex

Join Alex as he takes you through a mild exercise and stretching class, helping to break up your day and boost your physical and mental wellbeing. Suitable for all ages and abilities including children.

Register [here](#):

3.30pm – 4.30pm

21st April

Magic Workshop with Tony

Have some fun and learn a trick or two that will impress your friends and family.

Register [here](#):

#wellbeing

11am – 12pm

7th April

14th April

21st April

28th April

Music and Song Singalong with GL Communities and friends

Enjoy an afternoon of music and singing performances to various songs; you can simply watch and listen or even take part as one of the main singers performing.

For the opportunity to take part, please contact Paul on paul@glcommunities.org by Monday evening with the songs you would like to sing.

Register [here](#):

10am – 11am

7th April

14th April

21st April

28th April

Yoga with Lisa

A Yoga class suitable for complete beginners with former GEM participant Lisa who has set up her own business Yoganna Be.

Click [here](#) to join:

3.30pm – 4.30pm

28th April

Walk in Nature with Sarah

Take a walk in Nature and notice the changes happening all around as we head into Spring. Notice how it changes you, lifts your spirits and makes you smile. Join Sarah as she shows you how a short walk in your local area can support you in times of hardship. You will be sharing your experiences and learning about nature.

Register [here](#):

#employability

11.15am – 12.15pm

8th April

15th April

22nd April

29th April

ESL (English as a second language) support group with Carole, Wanda or Sarah.

Is English your second (or third) language? This group is for ESL learners of all abilities to meet and develop skills and confidence in speaking, reading and writing English together.

Register [here](#):

1.30pm – 2.30pm

15th April

Everything you wanted to know about numbers but were afraid to ask

with Richard

The workshop is open to all. It is especially aimed at those who worry about their maths skills. Join Richard as he helps you understand decimals and build your confidence in your own skills.

Register [here](#)

10am – 11am

8th April

15th April

22nd April

29th April

Gloucester Job Club with the GEM team

A weekly job club which will focus on building your job searching skills and confidence. You will have the option to discuss different aspects of job searching and the team will feature various available jobs in your area.

Register [here](#):

#employability

1.30pm – 2.30pm

22nd April

How to ‘sell’ yourself to interviewers with Tony

Join Tony as he shares some of his top tips and advice on how to present yourself in the best possible light to prospective interviewers.

Register [here](#):

3pm – 4pm

15th April

Interview Skills with Your Talent Solutions

Learn how to be your best in an interview-based situation.

Register [here](#)

1.30pm – 2.30pm

29th April

Job Searching tips with Jason

A run through of some useful tools and techniques to help make your job searching more efficient and to not miss out on great opportunities.

Register [here](#):

#employability

2.30pm – 3.30pm

29th April

So you want to work outdoors with Julie

Come and explore what is available locally that will enable you to work outdoors. Topics include looking at Gardening, water butts, scything, compost heaps, working co-operatively, rural crafts, hedge laying, stonewalling, chainsaw and tree work, wildlife surveying, ecological work

Register [here](#)

#social & #wellbeing

11.15am – 12.15pm

9th April
16th April
23rd April
30th April

Create Connections with the GEM team

An online group to build friendships and support each other on their employment journeys by building connections and sharing creative ways to connect and destress. A friendly and informal group supported by our GEM team and GEM participants.

Register [here](#):

10am – 11am

9th April
16th April
23rd April
30th April

Journaling for positivity with Donna

Join Donna as she shares some creative ways that writing, drawing and doodling can help release stress and leave you feeling much more positive. All you will need is an exercise book and some pens.

Register [here](#):

#social & #wellbeing

1pm - 2pm

16th April

Medals for Courage Textile Workshop with Amanda

The aim of this session is to celebrate people's everyday bravery and courage during lockdown. You might want to think about who you would like to make a medal for? It can be anyone, real or fictional, someone you know or someone you have never met. It can be anyone you think who has shown everyday courage. It can even be you!

A pack with materials will be sent after registration but if there are materials, phrases, extra bits of decoration or anything else associated with this person, have a think about how you might incorporate this into the design of the medal.

Register [here](#)