

#GEMonline

week commencing 1st June

Monday 1 st June	Tuesday 2 nd June	Wednesday 3 rd June	Thursday 4 th June	Friday 5 th June
<p>11am - 12pm:</p> <p>Stay and Play at Home with PATA <i>Register here</i></p> <p>#wellbeing</p>		<p>10am - 11am:</p> <p>Beginners Yoga with Lisa <i>Click here to join</i></p> <p>#wellbeing</p>		<p>11am - 12pm:</p> <p>Creative Stressbusters with Artshape <i>Register here</i></p> <p>#wellbeing</p>
<p>2pm - 4pm:</p> <p>Mock interviews with Tony Solomon <i>By appointment only, contact gemtony@ggtrust.org</i></p> <p>#employability</p>	<p>12pm - 2pm:</p> <p>Mock interviews with Sue Guilding <i>By appointment only, contact gemsue@ggtrust.org</i></p> <p>#employability</p>	<p>1pm - 2.30pm:</p> <p>Music and Song ‘Singalong’ with GL Communities and friends <i>Register here</i></p> <p>#wellbeing</p>		
	<p>1pm - 2pm:</p> <p>Cookery Top Tips with Laurence Freshwater <i>Register here</i></p> <p>#skills</p>			

#employability

Monday 1st June
2pm – 4pm

Mock interviews with Tony Solomon

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

By appointment only. Contact gemtony@ggtrust.org

[Are you a manager with recruitment experience and have time to volunteer to deliver practice interviews? Please contact gemtony@ggtrust.org]

Tuesday 2nd June
12pm – 2pm

Mock interviews with Sue Guilding

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

By appointment only. Contact gemsue@ggtrust.org

[Are you a manager with recruitment experience and have time to volunteer to deliver practice interviews? Please contact gemsue@ggtrust.org]

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#skills

Tuesday 2nd June
1pm - 2pm

Cookery Top Tips with Laurence Freshwater

Ever wondered how you can cut an onion without crying? Join Laurence, a professional chef as he shares some of his top cookery tips and invites you to talk through some future cookery sessions that he will be hosting through #GEMonline.

Register [here](#)

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#wellbeing

Monday 1st June
11am - 12pm

Stay and Play at Home with PATA

Music, movement, stories and songs for 0-5 year olds and their parents or carers. This session is ideal for children and their families to come together and have some fun led by an experienced Early Years teacher. Bring anything you've got to make music - kitchen pans, wooden spoons, rice shakers - use your imagination. At the end of each session there will be a show and tell for the children and an opportunity for parents and carers to ask questions, share ideas and advice to support each other. Register [here](#)

Wednesday 3rd June
10am - 11am

Beginners Yoga with Lisa

A Yoga class suitable for complete beginners with former GEM participant Lisa who has set up her own Yoga business Yoganna Be. Click [here](#) to join

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Wednesday 3rd June
1pm - 2.30pm

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 no more than three songs that you would like to sing.

Register [here](#)

Friday 5th June
11am - 12pm

Creative Stressbusters with Art Shape

A series of workshops where you can engage in some simple creative activities using resources you will have in your home, with embedding stress busting techniques. All you need is a pen and paper and optional colouring pens / pencils / paints.

Register [here](#)