

# #GEMonline

week commencing 4<sup>th</sup> May

| Monday 4th May  | Tuesday 5 <sup>th</sup> May  | Wednesday 6 <sup>th</sup> May   | Thursday 7 <sup>th</sup> May   | Friday 8 <sup>th</sup> May   |
|---|--|---|--|--|
| <p><b>11am - 12pm:</b></p> <p><b>Stay and Play at Home</b><br/>with PATA<br/><i>Register <a href="#">here</a></i></p> <p>#wellbeing</p>   |  | <p><b>10am - 11am:</b></p> <p><b>Beginners Yoga</b><br/>with Lisa<br/><i>Click <a href="#">here</a> to join</i></p> <p>#wellbeing</p>                                   |  | <p><b>11am - 12pm:</b></p> <p><b>Creative Stressbusters</b><br/>with Artshape<br/><i>Register <a href="#">here</a></i></p> <p>#wellbeing</p> |
| <p><b>2pm - 4pm:</b></p> <p><b>Mock interviews</b><br/>with Tony Solomon<br/><i>By appointment only, contact <a href="mailto:gemtony@ggtrust.org">gemtony@ggtrust.org</a></i></p> <p>#employability</p> | <p><b>12pm - 2pm:</b></p> <p><b>Mock interviews</b><br/>with Sue Guiding<br/><i>By appointment only, contact <a href="mailto:gemsue@ggtrust.org">gemsue@ggtrust.org</a></i></p> <p>#employability</p>                              | <p><b>2.30pm - 3pm:</b></p> <p><b>10 simple tips for better photos with your phone</b><br/>with Fair Shares<br/><i>Register <a href="#">here</a></i></p> <p>#skills</p> | <p><b>12pm - 1pm:</b></p> <p><b>We can move</b><br/>with Active Gloucestershire<br/><i>Register <a href="#">here</a></i></p> <p>#wellbeing</p> |  |
|   | <p><b>1pm - 1.30pm:</b></p> <p><b>CV Writing Tips</b><br/>with the National Careers Service<br/><i>Register by emailing <a href="mailto:gem@ggtrust.org">gem@ggtrust.org</a> for a registration form</i></p> <p>#employability</p> | <p><b>3pm - 3.30pm:</b></p> <p><b>Rainbow Quiz</b><br/>with Inclusion Gloucestershire<br/><i>Register <a href="#">here</a></i></p> <p>#social</p>                       | <p><b>1pm - 1.30pm:</b></p> <p><b>Beginners British Sign Language</b><br/>with Gloucestershire Deaf Association</p> <p>#skills</p>             |  |

## #employability

Monday 4<sup>th</sup> May  
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](mailto:gemtony@ggtrust.org)

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

Tuesday 5<sup>th</sup> May  
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](mailto:gemsue@ggtrust.org)

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

Tuesday 5<sup>th</sup> May  
1pm – 1.30pm

### CV Writing Tips with The National Careers Service

Learn about the correct structure of a CV and how to stand out in a crowd. Follow up one to one conversations available to give you some personalised careers guidance and CV advice.

Register by emailing [gem@ggtrust.org](mailto:gem@ggtrust.org) for a registration form or asking your Navigator Developer

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## #skills

Wednesday 6<sup>th</sup> May  
2.30pm – 3pm

### 10 simple tips for better photos with your phone with Fair Shares

Learn 10 simple tips to help you develop your photography skills. After the session, you can put your skills into practice and capture something that makes you smile. No experience needed, just a smartphone and a love of taking photos.

*[Send your photo to [gemnikki@ggtrust.org](mailto:gemnikki@ggtrust.org) to be featured in our #GEMsmile montage]*

Register [here](#)

Thursday 7<sup>th</sup> May  
1pm – 1.30pm

### Beginners British Sign Language with Gloucestershire Deaf Association

A course to introduce you to the basics of BSL which will enable you to meet and greet British Sign Language users.

Course underway but let us know if you would like to join a waiting list

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## #social

Wednesday 6<sup>th</sup> May  
3pm - 3.30pm

### Rainbow Quiz with Inclusion Gloucestershire

Why not sit down with a cup of tea and take part in the Inclusion Gloucestershire Rainbow Quiz. Fun for everyone with questions based on rainbow colours. The quiz is suitable for all age groups and abilities including children. You will just need paper and a pen. Coloured pens optional!

Register [here](#)

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## #wellbeing

Monday 4<sup>th</sup> May  
11am - 12pm

### Stay and Play at Home with PATA

Music, movement, stories and songs for 0-5 year olds and their parents or carers. Ideal for children and their grown ups to come together and have some fun led by an experienced Early Years teacher. An active session for families who want to move and make some noise or just join in by watching. Bring anything you've got to make some music, pans, wooden spoons, rice shakers, cardboard box drums, kitchen roll trumpet - use your imagination. There will an opportunity at the end of the session for parents to share any good ideas they have for families in the current situation.

Register [here](#)

Wednesday 6<sup>th</sup> May  
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

Thursday 7<sup>th</sup> May  
12pm - 1pm

### We can move with Active Gloucestershire

Learn about the we can move movement of people helping each other to get active. We'll be sharing ideas specifically about how we can get active during this lockdown while also following the government guidelines.

Register [here](#)

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## #wellbeing

Friday 8<sup>th</sup> May  
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. For this week's session all you need is a pen and paper and optional colouring pens / pencils / paints.

Register [here](#)