

#GEMonline

week commencing 11th May

Monday 11 th May	Tuesday 12 th May	Wednesday 13 th May	Thursday 14 th May	Friday 15 th May
<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>10am - 11am:</p> <p>Confidently capturing video with your phone with BBC Radio Gloucestershire <i>Register here</i></p> <p>#skills</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 - 1.30pm:</p> <p>Beginners British Sign Language with Gloucestershire Deaf Association <i>#skills</i></p>	
			<p>2pm - 3pm:</p> <p>Marvel / DC Quiz with Forwards Gloucestershire <i>Register here</i></p> <p>#social</p>	

#employability

Monday 11th 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

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

Tuesday 12th 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

[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

Thursday 14th May
10am - 11am

Confidently capturing video on your phone with BBC Radio Gloucestershire
Join a BBC Radio journalist as he shares three key points to get right to help you capture a good video on your smartphone. No experience needed, just a smartphone.
Register [here](#)

Thursday 14th 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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week commencing 4th May

#social

Thursday 14th May
2pm - 3pm

Marvel / DC Quiz with Forwards Gloucestershire

A superhero quiz with questions based on well known Marvel and DC characters. A great chance to meet new people whilst testing your knowledge. You will just need a pen and paper to take part. Register [here](#)

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#wellbeing

Monday 11th May
11am - 12pm

Wednesday 13th May
10am - 11am

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](#)

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 13th May
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 15th 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](#)