

#GEMonline

week commencing 13th April

Monday 13th April	Tuesday 14th April	Wednesday 15th April	Thursday 16th April	Friday 17th April
<p>Easter Monday</p>		<p>10am - 11am:</p> <p>Beginners Yoga</p> <p>with Lisa</p> <p>Click here to join</p> <p>#wellbeing</p>		<p>10am - 11am:</p> <p>Media skills and Record a #GEMThankyou</p> <p>with BBC Radio Gloucestershire</p> <p>Register here</p> <p>#social</p>
		<p>11.30am - Midday:</p> <p>CV Workshop</p> <p>with National Careers Service</p> <p>Email gem@ggtrust.org for a registration form</p> <p>#employability</p>		<p>2pm - 3pm:</p> <p>Jobseeking Tips</p> <p>from Glosjobs.co.uk</p> <p>Register here</p> <p>#employability</p>
	<p>12pm - 2pm:</p> <p>Mock interviews</p> <p>with Tony Solomon</p> <p>By appointment only, contact gemtony@ggtrust.org</p> <p>#employability</p>		<p>3pm - 4pm:</p> <p>What benefits am I entitled to and Q&A</p> <p>with GL Communities</p> <p>Register here</p> <p>#information</p>	<p>2pm - 3pm:</p> <p>Creativity through Lego</p> <p>with Forwards Gloucestershire</p> <p>Register here</p> <p>#social</p>

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#employability

Tuesday 14th April
12pm – 2pm

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]

Wednesday 15th April
11.30am – Midday

CV Workshop with the National Careers Service

Guidance from the National Careers Service on how to strengthen your CV and stand out to employers.

Register by contacting your Navigator Developer or email gem@ggtrust.org for a registration form

Wednesday 15th April
2pm – 3pm

Jobseeking Tips from Glosjobs.co.uk

Hints and tips on job seeking and using the Glosjobs website from the team behind one of the most popular recruitment pages in Gloucestershire.

Register [here](#)

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Thursday 16th April
3pm - 4pm

What benefits am I entitled to and Q&A with GL Communities

An introduction to the website *Entitled to* and an online Q&A session with Gary Mills, one of the team at GL Communities supporting people with Universal Credit applications, benefit entitlement, debt advice and support available during the Covid-19 outbreak.

Register [here](#)

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Friday 17th April
10am - 11am

Media skills and Record a #GEMThankyou with BBC Radio Gloucestershire
Learn how to prepare and record a voice note from a BBC radio journalist. After the session you can put your new skill into practice and record your own voice note to say thank you to someone or an organisation that has helped you during the Covid-19 pandemic. No experience needed, just a smartphone to record your voice message.

[Send your voice note to gemnikki@ggtrust.org to feature in our #GEMThankyou]

Register [here](#)

Friday 17th April
2pm - 3pm

Creativity through Lego with Forwards Gloucestershire
For adults who want to be creative while socially isolated and want to find new ways of coping with stress and anxiety. You might enjoy Lego already or would like an introduction to Lego and how it can help reduce stress. The group will chat whilst building Lego and competitions and challenges will be set. All you need is any Lego you have.

Register [here](#)

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#wellbeing

Wednesday 15th April
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