

#GEMonline

week commencing 27th April

Monday 27th April	Tuesday 28th April	Wednesday 29th April	Thursday 30th April	Friday 1 st May
	<p>10am - 11am:</p> <p>Chair Exercises with Gloucester Rugby Foundation Register here</p> <p>#wellbeing</p>	<p>10am - 11am:</p> <p>Beginners Yoga with Lisa Click here to join</p> <p>#wellbeing</p>	<p>10am - 10.30am:</p> <p>Effective Job Search Online with Jason Dunsford Register here</p> <p>#employability</p>	<p>11am - 12pm:</p> <p>Creative Stressbusters with Artshape Register here</p> <p>#wellbeing</p>
<p>2pm - 2.30pm:</p> <p>Top tips for managing stress & anxiety with @ExploreChange Register here</p> <p>#wellbeing</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 - 1.30pm:</p> <p>Beginners BSL with Gloucestershire Deaf Association <i>Email gem@ggtrust.org for more information about this course</i></p> <p>#skills</p>	<p>2pm - 4pm:</p> <p>Creativity through Lego with Forwards Gloucestershire Register here</p> <p>#social</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>2pm - 2.30pm:</p> <p>Confidence during a supermarket trip with Forwards Gloucestershire Register here</p> <p>#wellbeing</p>		<p>2pm - 3pm:</p> <p>Beginners German with Ines Register here</p> <p>#skills</p>	

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#employability

Monday 27th April
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 28th April
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]

Thursday 30th April
10am - 10.30am

Effective Job Search Online with Jason Dunsford

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

Register [here](#)

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#skills

Thursday 30th April
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.

Register by attending the BSL taster session on Thursday 23rd April [here](#) or email gem@ggrtrust.org to join the waiting list.

Thursday 30th April
2pm - 3pm

Beginners German with Ines

Have you always wanted to learn a new language? Come along to a taster session to learn some of the basics of German with Ines Higgins, former GEM participant now working at Gloucestershire County Council. If there is the demand, we will continue as a weekly beginners German club during lockdown. Register [here](#)

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#social

Friday 1st May
2pm - 4pm

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

Monday 27th April
2pm – 2.30pm

Top tips for managing stress and anxiety with @ExploreChange

A 30-minute webinar including resilience boosting tips and understanding what we can and cannot control. There is no requirement to share your camera or tell your story, just come along and listen in. A free PDF handout will be shared with all those who register.

Register [here](#)

Tuesday 28th April
10am – 11am

Chair Exercises with Gloucester Rugby Foundation

Exercise that you can do from your chair at home based on sessions delivered by Gloucester Rugby Wheelchair Rugby. Ideal for anyone with a disability, low mobility or who just wants to do something a bit different. All you need is a chair and two ‘weights’ such as two tins or water bottles.

Register [here](#)

Tuesday 28th April
2pm – 2.30pm

Confidence during your supermarket trip or daily exercise with Forwards

A session to support those dealing with a lack of confidence when making those important trips to the supermarket and concerns over leaving the house.

Register [here](#)

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#wellbeing

Wednesday 29th 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

Friday 1st May
11am - 12pm

Creative Stressbusters with Artshape

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](#)