

Week commencing	Monday #skills	Tuesday #information	Wednesday #wellbeing	Thursday #employability	Friday #skills & #wellbeing
15 <sup>th</sup> June	2pm: <a href="#">Mock interviews</a> with Tony and Sue	2pm: <a href="#">What is the GEM Project</a> with the GEM team	10am: <a href="#">Yoga</a> with Lisa  1pm: <a href="#">Music and Song Singalong</a> with GL Communities and friends  3pm: <a href="#">Bike Workshop</a> with Access Bike	10am: <a href="#">Presentation skills</a> with Tony  2pm: <a href="#">Job Searching tips</a> with Jason and Diane	11am: <a href="#">Creative Stressbusters</a> with Art Shape  1pm: <a href="#">Growing edible plants in small spaces</a> with Fair Shares
22 <sup>nd</sup> June	11am: <a href="#">Building confidence to engage online</a> with Explore Change  1pm: <a href="#">Restaurant style cooking</a> with Laurence  2pm: <a href="#">Mock interviews</a> with Tony and Sue		10am: <a href="#">Yoga</a> with Lisa  1pm: <a href="#">Music and Song Singalong</a> with GL Communities and friends  3pm: <a href="#">Rainbow Quiz</a> with Inclusion Gloucestershire	10am: <a href="#">Using LinkedIn effectively</a> with GRCC  2pm: <a href="#">Interview Skills</a> with Laenus	11am: <a href="#">Creative Stressbusters</a> with Art Shape  1pm: <a href="#">Online Facials</a> with Slobian
29 <sup>th</sup> June	1pm: <a href="#">Cooking on a budget</a> with Laurence  2pm: <a href="#">Mock interviews</a> with Tony and Sue	2pm: <a href="#">Starting your own business</a> with Co-operative Futures	10am: <a href="#">Yoga</a> with Lisa  1pm: <a href="#">Music and Song Singalong</a> with GL Communities and friends  3pm: <a href="#">Confidence building for women</a> with The Nelson Trust		11am: <a href="#">Creative Stressbusters</a> with Art Shape  4pm: <a href="#">Fakeaway Friday</a> with Healthy Lifestyles Gloucestershire

Week commencing	Monday #skills	Tuesday #information	Wednesday #wellbeing	Thursday #employability	Friday #skills & #wellbeing
6 <sup>th</sup> July	<p>1pm: <a href="#">Restaurant style cooking</a> with Laurence</p> <p>2pm: <a href="#">Mock interviews</a> with Tony and Sue</p>	<p>2pm: <a href="#">Support available for unpaid carers</a> with Gloucestershire Carers Hub</p>	<p>10am: <a href="#">Yoga</a> with Lisa</p> <p>1pm: <a href="#">Music and Song Singalong</a> with GL Communities and friends</p> <p>2.30pm: <a href="#">Confidence building for women</a> with The Nelson Trust</p>	<p>2pm: <a href="#">Job Searching tips</a> with Jason and Diane</p>	<p>11am: <a href="#">Creative Stressbusters</a> with Art Shape</p> <p>1pm: <a href="#">The ‘Ourboretum’ Project</a> with BBC Radio Glos</p> <p>4pm: <a href="#">Fakeaway Friday</a> with Healthy Lifestyles Glos</p>
13 <sup>th</sup> July	<p>1pm: <a href="#">Cooking on a budget</a> with Laurence</p> <p>2pm: <a href="#">Mock interviews</a> with Tony and Sue</p>	<p>2pm: <a href="#">What is the GEM Project</a> with the GEM team</p>	<p>10am: <a href="#">Yoga</a> with Lisa</p> <p>1pm: <a href="#">Music and Song Singalong</a> with GL Communities and friends</p>	<p>10am: <a href="#">Presentation Skills</a> with Tony</p>	<p>11am: <a href="#">Creative Stressbusters</a> with Art Shape</p> <p>1pm: <a href="#">Photography tips</a> with Reyaz</p> <p>4pm: <a href="#">Fakeaway Friday</a> with Healthy Lifestyles Glos</p>
20 <sup>th</sup> July	<p>11am: <a href="#">Building confidence to engage online</a> with Explore Change</p> <p>1pm: <a href="#">Restaurant style cooking</a> with Laurence</p> <p>2pm: <a href="#">Mock interviews</a> with Tony and Sue</p>		<p>10am: <a href="#">Yoga</a> with Lisa</p> <p>1pm: <a href="#">Music and Song Singalong</a> with GL Communities and friends</p>	<p>10am: <a href="#">CV Workshop</a> with The National Careers Service</p> <p>2pm: <a href="#">Interview Skills</a> with Laenus</p>	<p>11am: <a href="#">Creative Stressbusters</a> with Art Shape</p> <p>4pm: <a href="#">Fakeaway Friday</a> with Healthy Lifestyles Glos</p>

# #GEMonline: New sessions

2pm – 3pm

7<sup>th</sup> July

**Support available for unpaid carers** with Gloucestershire Carers Hub

Gloucestershire Carers Hub provide support, training, assessments and assistance with contingency planning for unpaid carers across the county. This session will allow people the opportunity to ask questions and understand what services are out there for carers.

Register [here](#):

2.30pm – 3.30pm

8<sup>th</sup> July

**Confidence building for women** with The Nelson Trust

Designed especially for women and delivered by a female life coach, this session will provide exercises and tips to help you build your confidence and boost your self esteem. Limited numbers available.

Register [here](#):

1pm – 2pm

10<sup>th</sup> July

**The ‘Ourboretum’ Project** with BBC Radio Gloucestershire

Did you know up to 90% of ash trees in Gloucestershire will be dead or diseased within the next few years? BBC Radio Gloucestershire and the Cotswold AONB is launching a campaign to reduce the impact of this, and they want your help. Together we’re being asked to grow 2,020 native trees from seed. Here more about the project and how to get involved.

Register [here](#):

10am – 11am

23<sup>rd</sup> July

**CV Workshop** 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 advice. Register by emailing [gem@ggtrust.org](mailto:gem@ggtrust.org) or asking your Navigator Developer.

# #GEMonline: Monday

## #skills

11am – 12pm

22<sup>nd</sup> June

20<sup>th</sup> July

**Building confidence to engage online** with Explore Change

A supportive session to help you build your confidence and skills to engage with online activities including Zoom. This will also be streamed live on our GEM Facebook page.

Register [here](#):

1pm – 2pm

29<sup>th</sup> June

13<sup>th</sup> July

**Cooking on a budget** with Laurence

Join Laurence, a professional chef as he cooks and shares some great ways to make simple yet tasty meals using common items from your cupboard. There's also time to share ideas and ask any questions you may have.

Register [here](#):

2pm – 4pm

15<sup>th</sup> June

22<sup>nd</sup> June

29<sup>th</sup> June

6<sup>th</sup> July

13<sup>th</sup> July

20<sup>th</sup> July

**Mock interviews** with Tony and Sue

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

By appointment only. Contact [gemtoney@ggtrust.org](mailto:gemtoney@ggtrust.org) / [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 Tony or Sue]

# #GEMonline: Monday

## #skills

1pm - 2pm

22<sup>nd</sup> June

6<sup>th</sup> July

20<sup>th</sup> July

### Restaurant style cooking with Laurence

Join Laurence, a professional chef as he cooks and shares various delicious dishes to help you create some quality meals at home. There's also time to share ideas and ask any questions you may have.

Register [here](#):

## #information

2pm – 3pm  
Coming soon

### Benefits & Budgeting with GL Communities

An online Q and A session providing advice and support with benefit entitlements, basic budgeting tips, debt advice, Universal Credit and other support which may be available to you.

2pm – 3pm  
30<sup>th</sup> June

### Starting your own business with Co-operative Futures

If you have an idea or a hobby that you want to turn into a business, this will take you through the things you need to consider.

Register [here](#):

2pm – 2.30pm  
16<sup>th</sup> June  
14<sup>th</sup> July

### What is the GEM Project with the GEM team

Join Diane and our Navigator Developers for an informal discussion to find out more about the GEM Project and how we support people back into work, with time to ask any questions you may have.

Register [here](#):

# #GEMonline: Wednesday

## #wellbeing

3pm – 4pm

17<sup>th</sup> June

### Bike workshop with Access Bike

Cycling is a great way to help your mental health but it's also important to take care of your bike too. Join Emyln as he covers basic bike safety checks and fixes that you're able to do with some simple tools to ensure your bike rides smoothly.

Register [here](#):

3pm – 4pm

1<sup>st</sup> July

### Confidence building for women with The Nelson Trust

Designed especially for women and delivered by a female life coach, this session will provide exercises and tips to help you build your confidence and boost your self esteem. Limited numbers available.

Register [here](#):

1pm – 2pm

17<sup>th</sup> June

24<sup>th</sup> June

1<sup>st</sup> July

8<sup>th</sup> July

15<sup>th</sup> July

22<sup>nd</sup> July

### 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](mailto:paul@glcommunities.org) by Monday evening with the songs you would like to sing.

Register [here](#):

## #wellbeing

3pm – 4pm

24<sup>th</sup> June

**Rainbow Quiz** with Inclusion Gloucestershire

Sit down with a cup of tea and take part in the Inclusion Gloucestershire Rainbow Quiz. Fun for everyone with colour themed questions. The quiz is suitable for all ages and abilities. You will just need a pen and paper. Coloured pens optional.

Register [here](#):

10am – 11am

17<sup>th</sup> June

24<sup>th</sup> June

1<sup>st</sup> July

8<sup>th</sup> July

15<sup>th</sup> July

22<sup>nd</sup> July

**Yoga** with Lisa

A Yoga class suitable for complete beginners with former GEM participant Lisa who has set up her 24<sup>th</sup> own business Yoganna Be.

Click [here](#) to join:

## #employability

10am - 11am

Coming soon

### CV Workshop 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 advice. Register by emailing [gem@ggtrust.org](mailto:gem@ggtrust.org) or asking your Navigator Developer.

2pm - 3pm

25<sup>th</sup> June

23<sup>rd</sup> July

### Interview Skills with Laenus

Advice and top tips on making your next interview a success from one of the county's top recruitment agencies.

Register [here](#):

2pm - 3pm

18<sup>th</sup> June

9<sup>th</sup> July

### Job Searching tips with Jason and Diane

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

Register [here](#):

## #employability

10am - 11am

18<sup>th</sup> June

16<sup>th</sup> July

### Presentation skills with Tony

Learn some top tips about how to manage your fears and make really effective presentations. An enjoyable session with plenty of time for questions.

Register [here](#):

10am - 11am

25<sup>th</sup> June

### Using LinkedIn effectively with GRCC

LinkedIn is the world's largest professional network on the internet. You can use it to find the right job and build professional relationships. Find out how to get the most of it to help you and your career.

Register [here](#):

## #skills & #wellbeing

11am – 12pm

19<sup>th</sup> June

26<sup>th</sup> June

3<sup>rd</sup> July

10<sup>th</sup> July

17<sup>th</sup> July

24<sup>th</sup> July

### Creative Stressbusters with Art Shape

A series of workshops where you can engage in simple creative activities using resources you 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](#):

4pm – 5pm

3<sup>rd</sup> July

10<sup>th</sup> July

17<sup>th</sup> July

24<sup>th</sup> July

### Fakeaway Friday with Healthy Lifestyles Gloucestershire

A series of cook-a-long sessions to make delicious healthy meals, perfect for a Friday night. Each week will focus on a different fakeaway theme. Details of any ingredients / preparation needed will be sent prior to each session.

Register [here](#):

## #skills & #wellbeing

1pm – 2pm

19<sup>th</sup> June

### Growing edible plants in small spaces with Fair Shares

Discover which edible plants are good to grow including how to sow seeds and make sure they continue to grow. Our gardener will also share creative ways to use small spaces and items that can be upcycled for seed trays and pots. If you want to join in practically, you will need some seeds (herbs, salad, strawberries), compost, small seed tray, newspaper and something to pour water with. Gloves are optional.

Register [here](#):

1pm – 2pm

26<sup>th</sup> June

### Online Facials with Siobian

Take some time for a little self care with a facial treatment delivered by our facial therapist Siobian. Facials can tone the muscles and release tension carried in the face whilst boosting circulation and flushing out waste and toxins. You will be provided with a face pack ahead of the session to use during the activity.

Register [here](#):

1pm – 2pm

17<sup>th</sup> July

### Photography Tips with Reyaz

An interactive session focused around top tips for better composition; looking at what to think about when aiming your camera. No specific experience needed.

Register [here](#):