

THE GENERATION GAME

HELPING TO BUILD
RELATIONSHIPS ACROSS
THE GENERATIONS



Charity No. 1168343

Recruiting NOW in Cottenham

An opportunity has arisen for 15 young people (aged 13 and over) to attend our Generation Game Project starting on **Tuesday 10th September 2019 from 3.30 – 5pm.**

Do you want:

new skills?
increased confidence?
new friends?
your CV to stand out from the crowd?

How about:

being involved in a positive activity?
helping the local community?
completing your Duke of Edinburgh?
discovering what skills and knowledge you have that could help others!

The Generation Game Project can help you!

What is it?

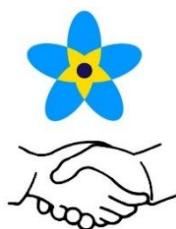
It's a ten-week course meeting every Tuesday from 3.30 – 5.00pm at Cottenham Village College, costing just £15 per young person.

It starts with hot chocolate and cake, as we unwind from our day.

We then look at and discuss topics such as: how to be a good visitor to the elderly; what it's like to live with dementia; how we can help people who live in care homes; how similar/different our hobbies and interests are compared with an older person.



Each week is very different with activities; games; visitors and the chance to put your new skills to the test by visiting a care home with us.



At the end of the course you will have: a portfolio of your work; a Dementia Friends and First Aid Certificate and a host of new knowledge and skills. We'll also offer you the opportunity to take part in voluntary work in the local community.

You could use this course as your Skills Section for Duke of Edinburgh. It will also boost your College and University Application Forms and employment opportunities.

Programme

Week 1	Tues 10 th Sept	Introduction and group agreement "About Me" and How many older people do you know?
Week 2	Tues 17 th Sept	What makes a good/bad visitor? Positive communication
Week 3	Tues 24 th Sept	Reminiscence activities and resources
Week 4	Tues 1 st Oct	Basic First Aid – note this will be a 2 hour session
Week 5	Tues 8 th Oct	Safeguarding and Boundaries Dealing with challenging situations
Week 6	Tues 15 th Oct	Dementia Friends Information
Half Term		No session
Week 7	Tues 29 th Oct	Identifying our strengths Setting up an activities night
	Tues 5 th Nov	No session
Week 8	Tues 12 th Nov	Setting up a visit
Week 9	Tues 19 th Nov	Activities session or visit to local Care Home
Week 10	Tues 26 th Nov	Volunteering opportunities, networking session Graduation Ceremony

What to do next:

Complete the enrolment form online at www.connectionsbusproject.org.uk.

The Generation Game
Connections Bus Project
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Cambridge
CB24 9WZ

Or by email andrea@connectionsbusproject.org.uk

Any questions please get in touch on 0789 990 4959 (Andrea Cowley, Project Leader)
or the office on 07853 795256.