

THE GENERATION GAME

HELPING TO BUILD
RELATIONSHIPS ACROSS
THE GENERATIONS



Charity No. 1168343

JOIN THE HISTON AND GIRTON GENERATION GAME PROJECT – JANUARY 2026



HISTON - Tuesdays 3:45–5:15pm | Starts 13th January 2026 | Histon Baptist Church | Funded by

GIRTON - Wednesdays 4.00 – 5.30pm | Starts 14th January | Cotton Hall Girton 2026 | Funded by The logo for 'Girton Town Charity' features the word 'Girton' in blue letters above 'Town Charity' in smaller blue letters.

About the Course

This tailor-made course is designed to help you develop the knowledge, understanding, and confidence needed to be a safe, caring, and supportive visitor for older people.

You'll gain practical, hands-on experience while building a portfolio of your work. On successful completion, you'll receive a certificate that includes First Aid and Dementia Friends recognition.

At the end of the course, you'll be guided towards voluntary opportunities in your local area, where you can put your new skills into practice and make a real difference in the lives of older people.

Programme:

Week 1: Introduction & "About Me" 🗣️

Week 2: Dementia Friends Information 🧠

Week 3: Being a good visitor – communication skills 💬

Week 4: Basic First Aid (2-hour session) 🚑

Week 5: Reminiscence activities 🎨

Week 6: Safeguarding, boundaries & challenging situations 🛡️

Week 7: Identifying strengths & planning an activity night 💡

Week 8: Preparing a care home visit 🏠

Week 9: Activity session or visit to local care home 🏠

Week 10: Volunteering opportunities, networking & Graduation Ceremony 🎓

Why Join?

☀️ Make a real difference in your community

☀️ Gain valuable life skills

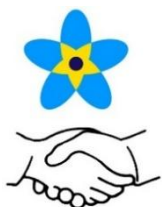
☀️ Complete your Duke of Edinburgh Skills

⚠️ **Limited to 15 young people – don't miss out!**

☀️ Have fun with new friends

☀️ Boost your CV, college, and university applications

Cost: £20 per participant



Sign Up Now!

www.connectionsbusproject.org.uk

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