THE GENERATION GAME
HELPING TO BUILD RELATIONSHIPS ACROSS THE GENERATIONS

THE CONNECTIONS BUS PROJECT

Cottenham Parish Council

JOIN THE GENERATION GAME PROJECT

For Young People Aged 12+ | Cottenham Village College | Wednesdays 3.30 – 5pm | Starts13th January '27

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: Being a good visitor – communication skills and boundaries 💬
Week 3: Setting up a visit and 'the perfect handshake' 🏠
Week 4: Identifying strengths & planning an activity night 💡
Week 5: Dementia Friends Information 🧠
Week 6: Reminiscence activities 🎨
Week 7: Safeguarding & challenging situations 🛡️
Week 8: Basic First Aid (2-hour session) 🚑
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
- 🌟 Have fun with new friends
- 🌟 Boost your CV, college, and university applications

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

Cost: £20 per participant

Sign Up Now!

🌐 www.connectionsbusproject.org.uk

📞 07863 129423 (Andrea Cowley, Project Leader)

📧 andrea@connectionsbusproject.org.uk