

NEWSLETTER

April 2022

Hello all and welcome to New Pioneers April newsletter. Thankyou to all pioneers and brokers for their continued hard work. On the 14th of April, New Pioneers celebrated with a fun Easter family festival at Rochdale Athletic Football Club, we hope you could make it! Every month we are proud to tell you our pioneers good news stories and we are proud of everything they have accomplished.



The Heywood work and skills hub is open Monday to Thursday between 9.30am to 4pm at Heywood library, please feel free to come along for advice or just a friendly chat with an advisor who can best support your needs.

A 2 session class on motivational interviewing was held by Daisy Silva in April, some brokers and pioneers attended. The main aim of these sessions were to learn about the best way to coach somebody and the importance of healthy guidelines within a coaching/learning environment. This class was very popular due to the amount of content it provided in a warm and welcoming environment. This course may be run again in the near future, of course we will update you each month via this newsletter about the new courses and opportunities, so keep an eye out!

A new activity called The Craft Lab started in March and is very popular with pioneers, it takes place at the Spotland Community Centre in Rochdale every Monday between 1pm and 3pm. Feel free to come along to interact with other learners and have fun being creative with different projects such as making cards, sewing and collage making.

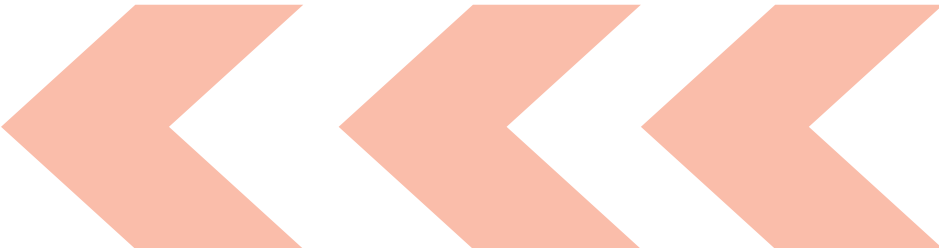
NEW PIONEERS



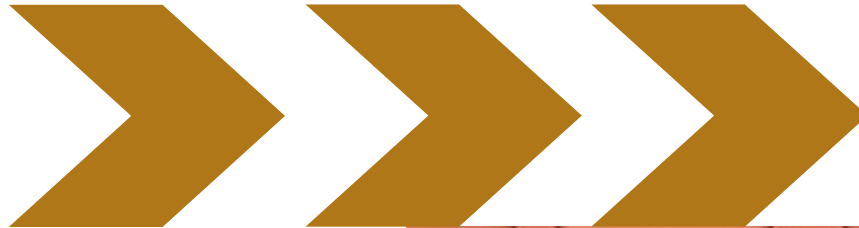
Positive News Stories



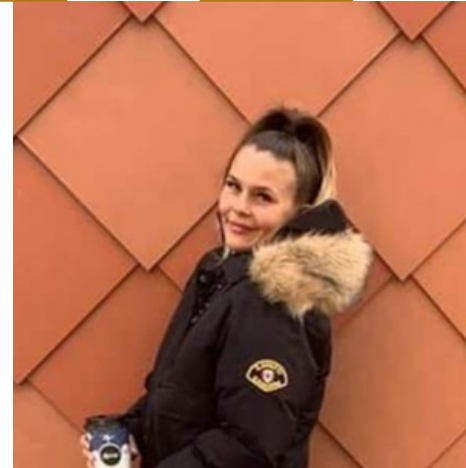
Irene Wilcox had been a community midwife for 40 years working on a NATO barracks in Germany and other locations. Unfortunately, Irene was made redundant over 2 years ago and moved back to the UK. Irene joined the pioneers in late February after dropping into the Heywood Work and Skills Hub and became a proactive and passionate pioneer. Irene began to work very hard with her broker, Nicola, in securing employment and was invited to attend an interview at Sparth Community Centre. Irene was successful at the interview and started her new position as Coordinator at Sparth Community Centre last week. She is really looking forward to taking on this rewarding role, where she can make a positive social impact. Well done, Irene. We are all so proud of you.



This is the very popular sewing club ran by Celia Davies, A New Pioneers Project Volunteer tutor. All participants enjoy working on a project each week and it has found to be very theraputic and a great place to make friends. Currently there is no space but you can put your name down for future sessions, if you would like to join please ask your broker for more details.



Natalia Wrzesien joined New Pioneers at the end of February, Natalia has a twin sister and they lived at Lower Falinge with their Mother. They weren't in the best living situation and not long after Natalia met her broker she ran away with her sister. Natalia worked occasional shifts for several agencies but her dream was to work in a sports role where she can continue her passion within this sector. We started working towards Natalia`s goal, prepared her CV and she was chosen for an interview at the local sport complex. Natalia made very good impression and received conditional offer for a job. However she needed to attend and pass Lifeguard qualifications, but she did not have money for it. We managed to support her financially and she passed her qualifications and started working about a month ago. She loves her job and she continues her journey with New Pioneers Project. Natalia said " New Pioneers and Aggy changed her life, Thank you so much"



As part of our aim in supporting the local community, New pioneers programme has joined forces with Nigerian community association providing various food supplies for struggling families.

More than 15 families were supplied with fresh vegetables, fruits and canned food. Shout out to Mary Adekugbe the Nigeria Community Associations founder and manager and to volunteers who made this collaboration happen!





Coming up



Recruitment Fair-Number 1 Riverside Rochdale

**Opportunities' in school roles, admin, management, adult care, children's services, planning etc
Thursday 12th May and Saturday 14th May**

Recruitment Fair- Middleton Shopping Centre

**Jobs from all sectors including retail, health and social care, customer service, admin, warehouse & more
Starting from 11am**

May 24th

Spotland Community Centre

Numeracy with Pioneer Andy – preparing for Level 1 functional skills- Monday 10am till 12pm

Literacy with Andy- Tuesdays 10 am to 12 pm

Women's Group- Wednesday from 10 am to 12

Sewing class – fully booked at the moment

Craft Club 1pm to 3pm

First aid course 9th May 9.30am - 3.30pm

Heywood

Mondays – 10 am till 12 pm - Darn Hill library - Basic IT/literacy.

Falinge park activities

Crafts 10am – 12pm- Monday

Gardening club at Falinge park 11am -1pm- Friday

Furniture upcycling 10am – 12pm- Friday

Soft furnishings with Pioneer Celia- Friday 10 am -12pm

IT evening classes at Spotland Community Centre and at the Back o'th Moss Community Centre. Sharon will send more information soon

Please ask your broker for more information if you wish to join any of these groups.

Important contacts

Aunt Irene's pantry

St James Church, Milnrow

07870172142

Weds 6-7 Sun 11.30-2

Family Action Food Club

OL10 4QJ

£1 to join for a year

£3.50 for a bag worth £15 open Fri 9.30-11.30

MUST BOOK

01706369889

Heywood food bank

OL10 4HE

07396071193

Mon-Fri 10-12



For information about the Digitech library email Vicky Burgess

Vicky.Burgess@Rochdale.Gov.UK

Join the Get Rochdale Working group on Facebook- Opportunities' for jobs and apprenticeships daily and engage with local employers. The team can help with a variety of things including interview clothes and a laptop to help with job searching.

A quick message from Daisy.



Hi everyone,

We had our Easter celebration festival with over 60 children attending with their families. We had so many activities varying from Easter Egg hunt, art and craft to bingo. We had live music and we were honoured to have RAFC mascot with us, The great Desmond!, thanks Mark. The children loved it! So thank you all for turning up and making the evening so magical.

I was discussing the subject happiness and how we can be happier in life a few days back with a pioneer. "What is happiness for you"? I asked. When you stop to think, happiness is those moments of joy, for example, seeing your children having fun, laughing with your friends or family, helping someone without expecting anything in return, being in the moments doing something you enjoy, and staying active and connecting with others.

Action for Happiness calendar can help us all being active this month visit the following website to look at and print your calendar. [Active April | Action for Happiness](#). I will be reminding you, via the New Pioneers WhatsApp group, of everyday actions and the steps you can take to make your life more joyful. If you are not in the group please let your broker know and I add you in.

For now look at the 3 simple steps for a happier living.

How can I Cultivate Happiness?

While some people just seem to be naturally happier with little effort, there are things that you can do to cultivate your sense of happiness.

1-Pursue Intrinsic Goals

Achieving goals that you are intrinsically motivated to pursue, particularly ones that are focused on personal growth and community can help boost happiness.

2-Enjoy the Moment

Studies have found that people tend to over earn—they become so focused on accumulating things that they lose track of actually enjoying what they are doing.

So, rather than falling into the trap of mindlessly accumulating to the detriment of your own happiness, focus on practicing gratitude for the things you already have and enjoying the process one step at a time.

3-Reframe Negative Thoughts

When you find yourself stuck in a pessimistic outlook or experiencing negativity, look for ways that you can reframe your thoughts in a more positive way.

Thankyou for attending

A massive thankyou to all Brokers, Pioneers, Volunteers, Rochdale Athletic Football Club, Willmott Dixon and everybody else who attended or donated to the first of what we hope will be many Easter events. We had a great time interacting with new people, hunting for Easter eggs, playing bingo for some fantastic prizes, and handing out special rewards to those people who went the extra mile. Also a massive shoutout to our great vocalist on the night Roksana Wrzesien We hope to see you at the next event!

