

NEW PIONEERS NEWSLETTER

LEARNING NEVER ENDS



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THE BENEFITS OF LIFELONG LEARNING

- Keep your brain healthy and active
- Help you stay connected to people around you and beyond
- It can help you succeed at your job
- Keeps us actively contributing to society
- Can open the mind to new facts, ideas, and information

Lets Stay Connected!

We like to stay connected with our Pioneers and Volunteers and we have various ways you can stay in contact with us.

Follow our Facebook page: 'New Pioneers' to find out about upcoming and past events and engage with other Pioneers.

Ask your broker to join our WhatsApp group, this is where both Pioneers and Brokers share achievements and information with each other.

Visit our website <https://newpioneersproject.co.uk/> to stay up to date and aware of what is next for New Pioneers



What's happening this month?

Spotland Community Centre- Rochdale

Vocal lessons 6pm-8pm Every Tuesday from 19th July for 12 weeks



International Summer Festival 5pm-8pm Wednesday 10th August

IT Celebration Evening Wednesday 3rd August 6pm-8pm

Craft Club Monday 1pm-3pm

Cooking Lesson week commencing 15th August TBC

Women's Group- Wednesday from 10 am to 12



Heywood Activities

Heady Hill Community Centre-Womens group 10am-12pm Every Tuesday

Future Activities

Dance Lab-September

Preparing for Change programme-September

Cooking Lesson-September

United Nations Celebration Day-October



Recently, Pioneers who have helped out and volunteered their time to help with garden projects and their brokers celebrated their achievements by attending a celebration event which included a meal and a presentation in which certificates were handed out for their continued efforts. Evenings like this are so important to ensure that hard work is acknowledged and celebrated. Volunteering is one way to give back to our local community whilst also gaining experience, making new friends and improving the way we feel. Well done everyone!



Pioneer Achievements

Take a look at what our hardworking and dedicated Pioneers have achieved this month

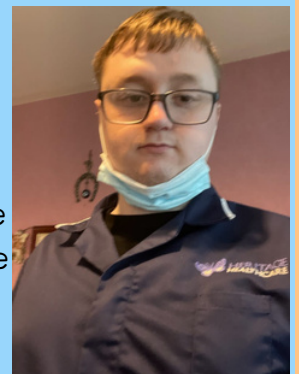
Rochdale had the chance to try different food and drink products from an array of countries by attending the Arabian Food Bazar. Three of our Pioneers participated with their delicious local dishes, all were very popular among the visitors. The three individuals; Emas Hammam from Libya, Hewaida Shahine, and Fatma Shehata from Egypt told their broker that they were very happy to be able to participate in this successful event and that they hope to do it again in the future. New Pioneers broker, Laila Almahrug was very keen to attend the event and show support to her Pioneers.



In the June Newsletter we wrote a story on how Joanna Jacon had secured a part time job in a nursery, after so much hard work and dedication she has been offered a full time role by the manager of her workplace. Furthermore, some serious thinking and discussions took place, as Joanne needed to do what was best for her and her children. She will be starting in a full time position in the nursery on the 1st of August and can't wait to give it her all. Joanna and her broker Aggy are now working together to upskill her qualification in Children's Education and Safeguarding and Child Protection. Joanna is eager to continue education and progress in her career. Thank you for joining us and growing together.



Philip Green is a 21-year-old man who recently relocated from Sheffield to move in with his partner in Rochdale. He is a kind and caring person with many valuable skills. Together with his broker, Suzan Wilson, Philip was supported to compile a CV and apply for employment. He started work as a warehouse operative in Middleton and he was provided with the appropriate work wear but the transport times and location were proving too difficult. Philip showed the right skills and attitude to work within a care home setting, he applied for Heritage care and was offered a role as a care assistant. He has completed his induction training on administering medication, manual handling, and H&S in the workplace, he has also shadowed another colleague to learn the basic routine. Philip has recently completed 160 hrs in work and his loving the job. Well done, Phillip!



Shoutout to Alice Hardaker and Minervina Gomes for completing their Level 3 course in Education and Training with the WEA!

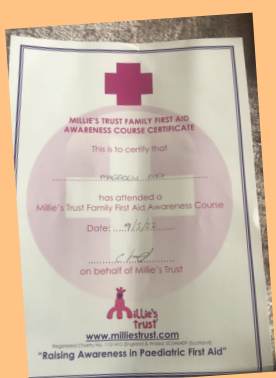


The women's group in Heywood meet up every Tuesday for two hours and enjoy interacting with each other. Often their tasks change weekly and sometimes they will make pom-poms and jewellery, other times, such as seen in the photos they go out to a local park or green space. In the pictures the women, along with brokers Aggy and Nicola are celebrating a group members birthday and enjoying the sun. These groups are so important as they bring women from different backgrounds and nationalities together into a safe environment where they can discuss topics and get crafty with different projects. The women's group is very welcoming and all women are encouraged to join in if they wish to.

Pioneers and Brokers have recently completed a 12 week course with IT teacher Paul Woodhead. The courses took place in In Heywood on a Monday and in Spotland community centre on a Wednesday- This meant many people could attend the nearest class to them. Throughout the 3 month course, learners in the class were taught about databases and how to use different formulas. They were also taught how to create a quiz and turn the results into a measurable graph. Later on in the course, learners used their creativity to come up with ideas for different clubs and groups with an online presence. Paul taught learners about open source materials and how to access them. Learners were also given access to an online class to complete in their own time and those who completed the different units were issued with certificates from Google. Learners report the sessions greatly improved their knowledge and thank Paul for his enthusiastic teaching style and positive attitude.



RBH has been supplying free laptops to Pioneers on the programme to help with job searching and to overall improve computer skills. The laptops are in used but still very good condition and have all previous programmes and information on them wiped so the Pioneers can start anew. Pioneers say that the laptops have been very useful and have managed to use them to apply for employment opportunities, complete CV's and cover letters, and help them generally stay connected with society. Brokers can refer any Pioneers they think will benefit from this scheme, please ask your broker if you think a laptop will help you on your journey.





Pioneers Residential Trip



New Pioneers and their Career Brokers have recently benefited from taking a step back from the stresses of daily life to experience a carefully crafted personal-development residential programme in Holmfirth- West Yorkshire

The residential was deeply experimental but successful. The Pioneers really got to know themselves and each other through cooking, eating, walking, and working together. Most importantly, the trip helped the Pioneers to discover their own true potential.

The programme consisted of 4 motivational workshops prior to the residential stay, where the Pioneers completed a Gallup 2.0 strength assessment to help to find their DNA strengths. The pre – residential workshops also gave the Pioneers the opportunity to get to know the other participants and got them thinking about what they wanted to achieve in the future.

Whilst in Holmfirth, the Pioneers were able to focus on their own journey through yoga, meditation, well- being walks, singing and even belly dancing. Specialised coach, Daisy Silva, motivated the pioneers to focus, discover and reaffirm their life and employment aspirations.

Kerry Tottingham from the company Brilliant Thing designed a creative thinking workshop – working on our journeys and guiding Pioneers to focus on their physical, mental and emotional wellbeing to create a pathway to a fulfilled future.

After the residential the Pioneers met for four weeks, to revisit their strengths, review their goals, and create an on-going support group.



The benefits of volunteering

Can help you gain new skills and knowledge that can be used in other areas of your life.

Helps to connect you to employers and important organisations and businesses

Volunteering can keep you active and healthy and improve your mental health too.

Where can I volunteer?



Foodbanks

Local events ie fayres

Your local animal shelter

Nurseries and schools
(after police check)



Retirement/Support/
Care homes

Hospitals and
nursing facilities



Local charity/Second
Hand shops

Homeless organisations

Parks, fields and other
green areas.

Place of worship
ie church or temple





Interview tips and advice



We all know going for an interview for a new job, apprenticeship or volunteering can be tricky and take a lot out of us, that's why it is always best to be prepared the best you can. Some anxiety is normal and even healthy, but how can you be ready for the day? Read this handy guide below on the do's and don'ts of interviews!



Before the interview



- Research the company you are having the interview with, this can help you answer questions, and appear interested in the organisation
- Think of answers to basic questions that you may be asked during the interview such as "What made you apply for this position?"
- Prepare your interview outfit in advance, make sure it is washed and ironed at least one day before your interview
- Practice interview questions with a family member or friend- remember to take these questions seriously and ask for feedback
- Prepare any paperwork that you have been asked to bring, this could include a photo ID or proof of address
- Look at the job description and remember the most important qualities that the interviewer has listed before the interview

During the interview

- Arrive on time or a little bit before your interview slot, if you arrive too early or late you will be inconveniencing the person doing the interview and you may be seen as unreliable
- Remember to ask the interviewer/s questions too, this is your chance to find out as much as possible about the position and the company
- Allow yourself a few seconds to answer a question and if you can't answer a question ask the interviewer to clarify what they mean
- Be honest-if you don't know the answer to a question or have had no experience using a certain application then tell the interviewers-they will appreciate the truthfulness
- Be polite to everyone you meet including the people at reception- smile, shake hands and maintain eye contact. A good first impression can decide whether you get the job or not
- Do **NOT** at any time ask the interviewers how much you will get paid or how many holidays/sick days you can take.

After the interview

- Self-evaluate-what went well? What can I improve on for next time?
- Send a follow up email thanking the interviewer for their time-this will help you stand out from other applicants
- **Don't** assume you haven't got the job because you aren't contacted straight away-often workplaces are busy and may be running late or have more people to interview
- See every job interview as a positive thing, it is a way of learning and understanding how we can improve next time.
- Carry on applying for jobs and attending interviews whilst you are waiting for a response from the interview-never close your options off to one particular workplace
- Breathe a sigh of relief!-you got through this!



Communal Garden Project



The communal garden on Tintern Place was once just a waste ground used by dog walkers and by youths who often drank late into the night causing distress to the elderly residents nearby. However, in 2014, RBH agreed with the residents to gate the area to discourage antisocial behaviour, and placed raised flowerbeds in the area for the residents to use and maintain. The garden was the centre of the community for Tintern Place and was enjoyed for many years.

However, by 2019 several of the residents had become immobile or too ill to continue to maintain the upkeep of the garden. The garden became lifeless with no real purpose.

So, the residents took to social media earlier this year, reaching out on the Heywood Acts of Kindness Page, seeking help to make the garden beautiful, functional, and manageable. Luckily, pioneer Josh Emmott who is an admin of the site and keen gardener saw the post and told his broker Nicola, they then formed a plan.

Josh and Nicola contacted the residents of Tintern Place to discuss their aspirations for the garden and soon began to generate interest amongst other pioneers to volunteer on the project.

RBH agreed to fund the project and work soon started clearing the ground weeds. Then, along with a team of pioneers, Nicola and Joshua have worked tirelessly painting and weeding the flower beds, planting perennials and fruit, vegetables and herbs.

The garden has been purposefully planned to be low maintenance yet functional with an abundance of fruit, herbs and vegetables which the residents can benefit from every year.

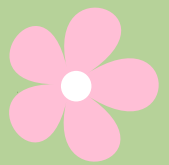
Engineering Apprentices from Rochdale Training are currently up-cycling a BBQ for the residents to enjoy over the summer. Vintage Worx volunteers in Falinge Park will also be up-cycling the old picnic bench.

The residents can now enjoy a beautiful display of year long flowers and fruit to harvest annually. The garden has brought a real sense of community back to Tintern Place and has even been entered into the North West in Bloom competition!





Spotland Garden Project

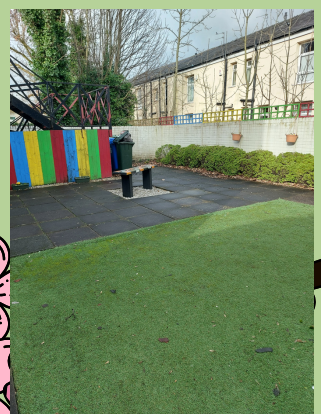


Spotland Community Centre, which is a building often used for pioneer events and classes have recently renovated their garden area. This task was undertaken to get the garden back in good shape and be inviting to pioneers, brokers, and volunteers. It is now in a good condition and ready to be used year round. Recently the women's group who meet at the centre once a week have held their group outside and commented on how refreshing and peaceful it was to be able to learn and chat in the fresh air.

This renovation was undertaken by a number of individuals including; 3 students from Hopwood Hall College who are currently undertaking T-levels in planning, surveying, and design, they did a great job with painting the exterior walls and fencing. Another helper was Jake who is a student working with Wilmott Dixon as part of a 6 month Kickstarter scheme. Wilmott Dixon also provided paint for exterior walls and tidied up all brickwork to the raised garden and steps.

The work undertaken was to a very high standard and included jet washing, painting, placing hanging baskets, and weed removal. The environment is a topic that New Pioneers care deeply about, this is why they made sure to think about bio-diversity and ethics before embarking on this project. Everybody who joined the project has or is now more aware of what changes we need to make to ensure our local green spaces are both environmentally friendly and accessible to all.

Before



After



Important contact information

Heywood Food Bank
OL10 4HE
07396071193
Mon-Fri 10-12

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

Aunt Irene's Pantry
St James Church, Milnrow
07870172142
Weds 6-7 Sun 11.30-2

Rochdale AFC Community Trust
Dale vs Hunger food pantry
The Crown Oil Arena, Sandy Lane
OL11 5DR
Static bus outside the ground
Mon-Fri 9.30am-4.30pm
01706643836

Kirkholt Pantry
The Strand Community Hub
The Strand
Kirkholt
OL11 2JG
£12 worth of food for £3
Open Thursday 9.30am-12pm