



May Newsletter

Your monthly newsletter about the New Pioneers Project

Stay Connected!

Follow our Facebook, whatsapp group or visit our website:
www.newpioneersproject.co.uk

See what's going on before it happens.

See what has happened in full colour.

Please ask your broker to join our WhatsApp group to keep in touch with tutors and other pioneers.

The Heywood Hub is open every Monday to Thursday between 9.30am and 4pm. Please pop in for advice or just a friendly chat about your career options.

On the 25th of March we celebrated our volunteer Joanna's birthday! she was joined by staff and shared a delicious cake and was given a few gifts, thanks for all your hard work Joanna!



Welcome to the May New Pioneers newsletter. We would like to thank all pioneers, brokers and volunteers for their continued efforts in everything they achieve.

This month we have a special focus on staying healthy, and cooking on a budget.

We hope you enjoy everything we have put together, and that it is useful to you in your journey and progression with us.

Collaboration is the basis for achieving great things, together we can achieve our goals.

NEW PIONEERS



Top Tips on healthy eating

Try swapping sugar contained drinks (especially fizzy drinks) for water a few times a day, you will feel better and it is good for your skin.

Eat at regular intervals, 3 normal portion meals are healthier than one large meal.

Instead of reaching for a biscuit when you feel like a snack, have a piece of fruit.

Try making homemade meals with fresh ingredients instead of ordering fast food, it is usually cheaper and you may make something you love!

Look at the packages of food products on the shelves, if you see a simple food item with lots of ingredients or preservatives, look for another.



Note from Daisy



Hi there!

We had our Jubilee party on Tuesday 31/05/22. Sharon Dunn sent the invitation to all pioneers. I hope you could make it. What a great excuse to party to celebrate the Queens jubilee. Not that we need one!

This months newsletter we are focusing on health, mind and body. You might have a great mind but if you treat your body with lack of respect, it is more likely that you will feel tired, lethargic and lacking motivating to do what you need to do. So the message is very simple, **eat less and move more.**

Did you know...

Walking at a fast pace for three hours or more at least once a week, you can reduce your risk of heart disease by up to 65%. ...



A good attitude may do more than just brighten your day. According to Harvard Health, a series of studies confirmed that being a "glass-half-full" kind of person is associated with increased longevity. One 1999 study published in JAMA Internal Medicine revealed that optimistic patients who had undergone coronary artery bypass were half as likely to require re-hospitalisation within the following six months as pessimistic patients.

Weekly SCHEDULE

Meet a friend

M

Walk for 15 min. Pay attention to what is going on around you

T

Dance in the kitchen to your favarity tune

W

Eat vegetarian food today

T

F

Meditate fro 5 min and go for a walk alone

What is on in May

Evening IT courses

Spotland Community Centre is fully booked!

We still have places at the Back of the Moss community centre on Mondays from 6 pm to 8 pm.



HEYWOOD ACTIVITIES

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

12 Week IT evening sessions-Starting 09/05/22 6pm to 8pm

SPOTLAND COMMUNITY CENTRE

JUBILEE EVENT- TUESDAY 31ST MAY 12PM-3PM

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 GROUP - TUESDAYS 10AM TO 12PM (USE OF SEWING MACHINES)

CRAFT CLUB MONDAY 1PM-3PM



Please contact your broker ASAP if you wish to join any of these courses.

April Recap

In April we celebrated the first ever New Pioneers Easter event, it was amazing with over 100 pioneers and their families in attendance. Pioneers really enjoyed this chance to meet up for a celebration and an evening of egg hunting. We hope to hold more big events like this in the near future so watch this space!

New Pioneers joined our craft club and enjoyed using different materials in order to create collages, pictures and cards. The craft club love new people and their ideas so please feel free to join.

More of our pioneers got accepted into employment or training courses, and are enjoying their new responsibilities and meeting new people.

Plans were established by brokers to hold a residential event for Pioneers, they are currently finalising the details. The idea of this is to promote wellbeing and to encourage independence.



Positive news stories

The women's group meet up every Wednesday, to discuss a different topic each week. This particular time they discussed helping others. The group is made up of individuals from different backgrounds and countries, so having a place to meet other women and discuss topics like this in a friendly and an open environment is very important to these ladies. Why not pop in and and join them?



Sewahreen, A New Pioneer recently gave birth to her first baby, Sam. She celebrated her first baby with her friends and family who gifted her with flowers. Her family are overjoyed and wish the baby a happy and healthy life. Her New Pioneers broker Laila was there to wish the new mother happiness and joy in her new adventure. Laila was also able to join in with the Sudanese hospitality and traditions.



Pioneers and brokers enjoyed a day out at Hollingworth Lake to relax and recharge. They went on a boat, a few walks and had some good conversation. Days like these are so important to both pioneers and brokers in order to reflect and recharge from so much hard work



Iwona Krzeminska is a New Pioneer who lives in Heywood, she is also a mother of 3 and English is her 2nd language. Her dream is to work in the beauty industry, this would allow her to work flexibly around her children and do the job she is passionate about. We prepared her CV and started looking for a part time job and a course for her to attend. We enrolled in a level 3 nail and beauty technician course and continued applying for paid positions. Iwona got invited for an interview at the hospital working for the NHS, they offered her a position which will allow her to study for a dream job, earn some money and have sufficient time for her family. Iwona is really happy that her life is now going in the direction she dreamed of and that's all thanks to New Pioneers Programme.



Connor Wilcox was referred to the New Pioneers programme through his Grandparents, Irene and Derrick who are also pioneers. He is a sociable 18-year-old and a keen football fan. In September 2021, Connor enrolled on a Level 3 Extended Diploma in Uniformed Public Services at Hopwood Hall, however keen to earn money again he made the decision to give up studying and gained full time employment in a warehouse to financially support himself and spend more time with friends, especially after the lockdown. Although Connor had no regrets leaving college, he had little job satisfaction with very little opportunity to progress or develop. Connors broker, Nicola, became aware of Connors passion for football and sourced a job at Rochdale football club where Connor would work in customer service for 25 hours per week. Nicola then negotiated with the club and Rochdale Training Academy to work towards his position with an adult apprenticeship – working towards a Customer Service level 2. The NPP bursary funded the start-up fee for the apprenticeship. Connor and his family are so pleased that he has now gained a job at a professional football club, that he is working towards an accredited qualification and that he has great job satisfaction.

How can I improve my self-esteem?

Most people have self esteem issues, in all shapes and forms. These could be due to a variety of reasons such as; bullying, issues with your body image, physical health problems or low self-esteem just to name a few. It is very important you understand that anything can improve, as you deserve to feel good about yourself. Motivation is the key to improving how you think, feel and react about yourself.

WHAT IS SELF ESTEEM AND WHY IS IT IMPORTANT?

- Self-esteem is how we value and perceive ourselves. It's based on our values opinions and beliefs in our lives.
- Self-esteem can play a significant role in your motivation and success throughout life. Low self-esteem can hold you back from succeeding at school , work and in your personal life, because you don't believe yourself to be capable of success.

WHO CAN HELP ME?

Help starts from within, however if your low self-esteem is very badly affecting you, it may become part of a bigger issue such as depression or anxiety. Going to see a Doctor, a therapist or other professional in talking is the best option.

How ever if you are too scared or frightened or just do not feel that you are ready to talk to a professional.

You might be able to talk to the people around you., your family or a trusted friend. They may be able to help, but only if they understand you are struggling. This also makes your loved ones aware if you do not react positively in situations you do not like.

If none of these are an option for you, there are phone lines that you call to talk anonymously.

HOW CAN I IMPROVE MY SELF-ESTEEM?

- Avoid comparing yourself to others. Try to remember that what other people choose to share about their lives isn't always the full picture and comparing ourselves isn't realistic.
- Don't take too much on. It's OK to set boundaries around how much you do for other people. Over-stretching yourself to please others can drain your energy and affect your wellbeing.
- Try to get enough sleep. Getting too little or too much sleep can have a big impact on how you feel. Try to stick to a regular routine.
- Try to do some physical activity. Exercise can be really helpful for your mental and physical wellbeing and some people find it helps improve their self-esteem.
- Do something for yourself every day. Try to get into the habit of doing something to be kind to yourself or look after yourself and remember you don't have to be perfect at everything, just have fun.

Ready, Steady...Cook!

Andrew, who is a qualified chef has been running a course on how to cook on a budget, he has been working alongside pioneers and members of the public for the past 4 weeks in the Q gardens in Rochdale.

In the gardens there are two portable cabins, areas to grow vegetables and herb planters where fresh herbs such as rosemary and lavender are grown.

They have been working in association with the pantry at the Strand in Kirkholt who also function as a food bank. Andrew then takes specific ingredients, mostly fruits and vegetables and uses them to make different meals such as soups and banana ice cream.

Individuals on the course have also been learning about different sugars and salts and their effects on the body, they also did a salt taste test and they discovered that naturally occurring salt tastes the best.

Members on the course also learned how to make a roast dinner and a delicious rhubarb and apple crumble dessert.

We will update the newsletter if this course goes ahead in the future, we expect it to be very popular!



Important contacts

Please speak to your broker if you need help ASAP with anything regarding food, mental health or money problems. They can point you in the right direction and explain what support you can apply for.

Heywood Food Bank

94 Adelaide Street
OL10 4HE
07396071193
Monday and Friday
10am-12pm

Kirkholt Pantry

The Strand Community Hub
OL11 2JG
Members can access a weekly shop for £3
Thursday
9.30am-12pm

Auntie Irene's Pantry

St James Church, Milnrow
No booking required
Bring your own bag
Weds 6pm-7pm
Sun 11.30am-2pm
07870172142
irene.davidson@rochdale.gov.uk

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

Petrus Day Centre

Emergency Food Parcels and Vouchers
73 Great George Street
Rochdale OL16 1QG
01706526289
<http://www.petrus.org.uk/>

For information about the Digitech library email Vicky Burgess

Vicky.Burgess@Rochdale.Gov.UK

Samaritans

116 123

Citizens Advice Rochdale

Freephone: 0808 278 7803

Rochdale Mediation Service

Ground Floor, Mardyke, College Bank,
Rochdale, OL12 6TX
Tel: 01706 347700
Mob: 07947 770188

Milnrow Wellbeing Café

Butterworth Hall, New Street, Milnrow,
OL16 3PQ
Tel: 01706 249100

Advocacy in Mind

for people aged 18-65 years with mental
health issues.
3-11 Drake Street
Rochdale
OL16 1RE
Tel: 01706 752344

Rochdale Access Team

Referrals via GP only
01706676100
Laurence House, Birch Hill Hospital
Birch Road
Rochdale
OL12 9QB

Recovery Republic

63-65 York Street, Heywood, OL10 4NR
01706 622722
info@recoveryrepublic.co.uk



And finally...



We would like to thank all the brokers, volunteers and pioneers for attending the Jubilee event. Lots of work, planning and preparing went into this event and it really paid off, despite the adverse weather conditions!. Pioneers and their families were provided with buffet style food with vegetarian options and cake. Lots of children came along and got involved in a colouring competition with exciting prizes. We were also joined by Rochdale Councillor Iram Faisal who got involved with celebrations and spoke with pioneers about their experiences. We also had face painting, temporary henna tattoos, and our amazing singer pioneer Roksana Wrzesien performed. We hope to hold many more events like this in the future so please look out for the next one, we will be sure to advertise it in this newsletter!

