

New Pioneers Newsletter

October/November 2022

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Thanksgiving:

3 Things to be Thankful For

- Your Family - some have none
- A roof above your head- some sleep on the street
- Your hands and your legs- some wish they could walk or hold items

Where to Find Us

Website: <https://newpioneersproject.co.uk/>

Please ask your broker if you wish to join our WhatsApp group

- ◆ Please join our New Pioneers Facebook group to hear about events and see photos of various Pioneer events.

Have Faith in Your Abilities.

The Hug CLUB

The first social network for positive vibes only- Created by THE PIONEERS

by Tatiana Ezeh

"Give Facebook a Hug"

"Do you like social media?", "and if yes, what is your favourite social media network?"

Be it Facebook, Instagram, Twitter, TikTok or another, I would love to ask you one question:

"How many times has a rude comment ruined your day?" Or "are you among the lucky ones who could not care less what other people think?" If so, I envy you, because on the rare occasions I do comment on a certain topic on social media and I get rude responses, I do tend to take it way to personal. Thank God we Pioneers always do come up with wonderful ideas.

Earlier this year, from June to August, the New Pioneers had the amazing opportunity to attend a special kind of IT course, led by the incredible Paul Woodhead, not only the owner of his own company "No Worries IT", but also one of the smartest, most patient and friendliest souls on earth. The 12-week course was held in "Spotland Community Centre" in Rochdale as well as in the "Back of the Moss Community Centre" in Heywood and was created to get us pioneers fit in our usual IT skills like using Microsoft Excel and similar data processing programs...at least so I thought in the beginning. In reality, Paul had given us some digital tools that would make our daily lives easier and potentially enable us to work from anywhere, if we had a laptop and WI-FI access. By the end of the course, we were all able to create a simple app for our smartphone to help manage e.g., our daily spending (or any other budget for that matter), set up a website for a potential business we could own, and - the best part - we all had finished, ready to use, projects the amazing Paul helped us develop.



"The Hug Club" - a great idea of a fellow pioneer, was one of those projects.

"The Hug Club" gives us all the amazing advantages of a social network, BUT WITHOUT THE NEGATIVE STUFF. WHY?

BECAUSE WE DO NOT WANT IT THERE.

No matter which subjects you discuss or which picture you post on there, the users of this exclusive community are asked to leave encouraging and friendly comments, which does not mean that controversial debates are not welcome. One just needs to respect the other person's opinion.

So from now on "we can give Facebook a big hug" and help boost each other's endorphins.

JOIN US!

WWW.THEHUGCLUB.CO.UK

THE IMPOSTER SYNDROME

WHY WE BELIEVE WE ARE ALONE WITH OUR DOUBTS BY TATIANA EZEH

Let's talk about a topic that is particularly close to my heart - the so-called "imposter syndrome".

Contrary to what you may think, it is not classified as an illness and is not connected to depression, anxiety, or self-esteem (even though it carries the name "syndrome").

It is rather a feeling, an experience, or a particularly firm belief and was first studied by psychologist Pauline Rose Clance in 1978.

If we call this very strong feeling "a syndrome", we underestimate completely how

"the imposter syndrome" is present across gender, age, race, and profession.

But what is it? Let us look into it for a moment: a highly skilled and accomplished individual with imposter syndrome tends to think that other people are just as skilled and just as accomplished as they are and therefore, they might hold the belief that they do not deserve recognition and/or opportunities over other people.

"Pluralistic ignorance": this term, which might as well be taken straight out of a psychology textbook, implies that "imposter syndrome" is so common because so many of us second-guess ourselves privately without voicing our thoughts, so many people tend to believe that they are the only ones doubting themselves.

I personally have struggled with "imposter syndrome" many times in my life for the simple reason that, especially in the age of social media and consumer culture, everything seems so easy, so effortless and I just considered myself incapable not really knowing how hard other people worked, how difficult they really found certain tasks and how much they really doubted themselves (this reminds me of a former colleague of mine, who, I found, was always dressed on point, looked gorgeous, and always knew what to say. I once asked her how she managed to remain so confident in every situation and she replied: "confident? Me? Don't be silly.")

How do we overcome "imposter syndrome"? 3 steps that can help us:

1. Start a conversation

This first point connects to the episode I experienced with my former colleague.

Often, if and when we doubt ourselves, we tend not to share our feelings out of fear that the person we are talking to might confirm our beliefs about ourselves - what a pity!

We have to understand that others often have the same fears as we do and that they might actually see us as the confident ones :)

2. Collect your positive experiences

think most of us can agree on the fact that we tend to remember criticism and forget praise-right? But why is that so? If you can truly admire and appreciate people for who they are and what they do, don't you think that they might truly appreciate you?

Next time somebody compliments your work/efforts/looks etc., take your time to really listen and try to acknowledge the fact that they might be right :)

3. Realise you are not alone

If we openly speak about the challenges we face (e.g., at work), we will for sure find out that we are not alone in how we feel. Sometimes we face difficulties not because of a lack of competence, but because of mistakes in equipment. Understanding this could be an important step towards feeling more confident.



WHAT IS HAPPENING in...

SPOTLAND COMMUNITY CENTRE, ROCHDALE - Weekly Sessions

- Math class – Mondays 10 am till 12 pm
- Literacy class – Tuesdays 10 am till 12 pm
- Sewing lab – Tuesdays 9:30 am till 12:30 pm
- Choir – Tuesdays 4:30 pm till 6:30 pm.
- Women's group – Wed 9:30 am till 12:00 pm
- Belly dancing – Wed 6 pm till 7 pm



HEYWOOD

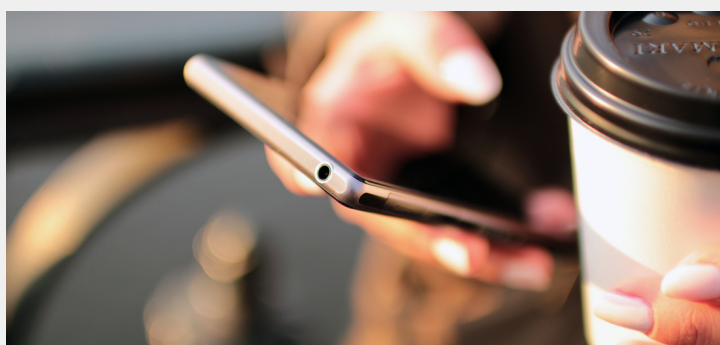


HEADY HILL COMMUNITY CENTRE, HEYWOOD

Weekly Sessions

- Women's group –
Tuesday from 10 am till 12 pm
- Sewing classes 12-week course (fully booked)

TBC



To book your places or find out more:
please contact Sharon Dunn on
07970285870 or email
Sharon.Dunn@Rochdale.Gov.UK
Subject to availability and spaces
available.



NEW PIONEERS SUCCESS STORIES



Congratulations to Mohamed Eldali for getting a job as a takeaway delivery driver. Mohamed works part-time at the moment and dreams about owning a taxi company in the future.

We wish Mohamed the best of luck and look forward to his future achievements.



Hugo Cidral das Chagas could not be happier- after several months of studying software development, he is thrilled to announce the start of his career change!

He is starting a new position as Software Developer at the UK Home Office! What a success!

“Thank you, “New Pioneers”, for encouraging me to take this step towards changing my career” - says Hugo.

Congratulations from all of us and the best of luck.



Anna joined our project about a year ago, she lives in Heywood with her little girl and her partner. Anna arrived in England following her love, she quite quickly got pregnant so she didn't have much time to explore the English job market or get used to the language around her. As her little girl grew older, Anna managed to find work as a cleaner for a few hours in the afternoon, to support household income. Since the beginning of her journey, Anna was very much involved in our various well-being activities like our cooking course, the Lady's group, Easter celebrations, and ESOL lessons. In October 2021 Anna started a voluntary placement as a Manchester Handball clubs Physiotherapist, supporting players and coaches throughout the season

Anna also attended our Residential trip. Anna's transformation was amazing to watch, although unfortunately after returning from the trip Anna lost her job. We started applying for several positions which resulted in Anna getting invited for a job interview for a role she was particularly interested in.

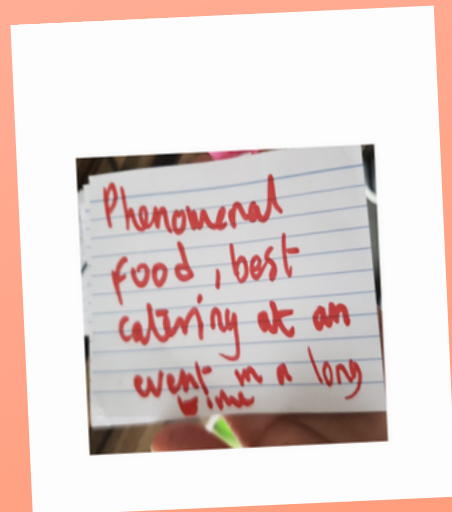
We practiced Annas's interview techniques and organised a new outfit from the RBH working wardrobe. Even though Anna had some initial doubts about how well her job interview went, her broker Agata Gorczyza got contacted a few days later requesting a reference which she happily provided knowing how great Anna's potential is, after which Anna received her job offer for a full-time position at the Senior home care in Littleborough.

Hurray, Congratulations Anna !!!!



Enas Hammam aspires to start her private catering business, she wants to introduce her oriented Middle Eastern flavour to the Rochdale community. She loves cooking but she was hesitant to take catering as a profession. With the help of the New Pioneers program, she started to take some orders and the feedback was overwhelming.

Her dishes were described as exquisite and superb. New Pioneers are providing Enas with all support she needs to put her business on track.



David Kevins was economically inactive when he joined the New Pioneers in June 2022.

David has a gentle nature and wanted to give back. He volunteered at the BOTM garden for experience in July and attended the "NPP food and music festival" at "Spotland Community Centre" in August.

He really enjoyed the event.

David's broker, Nicola referred David to a "Step into Care" course via the WEA. David had a work placement as a carer as part of the course and enjoyed the role.

In October and only 4 months after joining to programme, David was offered a job role with possibilities as a full-time carer.

David continues to enjoy his role and is grateful to NPP for the support he has received to get there.



October outcomes

17 new Pioneers joined the program

7 Pioneers started some form of training

3 Pioneers gained a qualification

2 Pioneers gained employment

November outcomes

2 new Pioneers joined the prog

3 Pioneers gained employment

Congratulations!

BELLYDANCING – A FUN WAY TO STAY FIT

"The New Pioneers" were able to receive funding to start a wonderful project connecting music, well-being, and confidence. This exciting project is run by a very talented pioneer: Alexandra, belly dancing instructor and qualified Yoga Instructor.

We managed to hire a room in the "Spotland Community Centre" in Rochdale and the "Heady Hill Community Centre" in Heywood is able to provide sessions for pioneers and residents to bring people together. Thanks to "Your Trust" funding we were able to secure the room hire, and buy a speaker and professional dancing belts. Our youngest participant is about 4 months old and the oldest is 84 years old. "Belly dancing Lab" managed to reach out to about 50 regular participants. We also created a WhatsApp group with all the participants where great friendships were created immediately with some participants exchanging delicious recipes of cakes brought by to share after the dance class. We are now rehearsing and trying to prepare a small show that is going to add some special magic to our annual Christmas party. We are hoping to continue the project after Christmas as it made so many people happy and even opened opportunities for Mums with babies in the pram as they can dance with them and with all of us :)



COMMUNAL GARDEN PROJECTS

The New Pioneers Programme Communal Garden projects at both "Tintern Place" in Heywood and "Spotland Community Centre" in Rochdale entered the North West in Bloom into the category 'It's your Neighbour' earlier this year.

The communal garden on "Tintern Place" was once just waste ground used by dog walkers and also by youths who often drank late into the night causing distress to the elderly residents nearby.

"Spotland Community Centre" garden was an unused space at the back of the Centre. The gardens had both become lifeless and weed ridden with no real purpose.

During the summer, volunteers from the New Pioneers Programme worked tirelessly on both gardens painting, weeding flower beds, and planting year-round perennials.

The volunteers also planted fruit, vegetables, and herbs for the local residents to enjoy. Once vegetables are ready to be harvested any surplus crop is donated to Hopwood Hall College. Students at the College use the crop as ingredients to make nutritious meals, which they then donated to the local food pantries and part of Rochdale's food solution network.

Both Gardens have been recognised for their achievements and were both awarded a North West in Bloom award: Level 4 – Thriving.



NEW PIONEERS' HALLOWEEN PARTY



Family parties are part of the New Pioneers' trademark in the community and this year's Halloween party was proof. "Centre" transformed into a spooky residence with Halloween decorations. The Pioneers Team became a combination of witches, vampires, and zombies. More than one hundred pioneers attended the event and enjoyed music, food, and drinks, while children had so much fun doing colouring, crafts, and participating in different contests.

Halloween is not complete without plenty of candies, so a Punyata hitting game was a precious chance for kids to collect as many candies as they could.

Goodie bags were ready for our little ones on the go.

Positive feedback was received from all attendees who emphasize the importance of such events which allow families to socialize.

Big thanks to all volunteers from "Princes Trust" who participated in the success of the party.



Contact details

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

TOGETHER

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



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

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

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

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

Citizens Advice Rochdale
Freephone: 0808 278 7803