

NEW PIONEERS NEWSLETTER SEPTEMBER 2023

WHERE TO FIND US

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

Facebook page:
<https://www.facebook.com/groups/1094210857963627>



Greetings New Pioneers!



Welcome to Septembers newsletter. As the nights are drawing in, we continue to keep a positive mindset here at The New Pioneers Project. This month we are celebrating all our successful events and developments that took place during the month of September 2023. Here are a few of our greatest achievements and a snapshot of some good news stories:

- 15 Pioneers gained a qualification
- 8 Pioneers gained employment
- 20+ Pioneers engaged in life skills
- 12 New referrals to the project



Mindfulness Walk

and the White Ribbon Campaign



In September, the New Pioneers woman's group took part in a mindfulness walk to Hebden Bridge.

The women wore white ribbons to reflect on the challenges when overcoming violence against women and girls on the run-up to 'White Ribbon Day'.

A special thank you to Karen Hornby who facilitated the day, to The Town Hall of Hebden Bridge and providing lunch and The National Rail for providing travel.

Further information on White Ribbon Day can be found here:

<https://www.whiteribbon.org.uk/white-ribbon-day-2023>

The New Pioneer Project will be holding a special afternoon tea on Tuesday 21st November 2023 in support of 'White Ribbon Day'.

Contact your broker to book tickets.



New Pioneers

Beginners Knitting

Article written by Libby Whittaker (multi-media assistant and volunteer)

The New Pioneers knitting group is held at Heady Hill Community Centre every Friday, 10AM to 12PM.

The group is free to join. All materials (including needles and yarn) are provided. Refreshments are also provided.

Knitting is seen as a simple and repetitive task, but it is much more. The benefits of knitting are limitless. Knitting improves cognitive function, as it requires thought and precision - helping with critical thinking. It can also help to relieve stress and anxiety to boost your mental health and well-being.

The group all accept that they enjoy the knitting aspect, but being part of the group has helped massively with self-confidence, has created friendships and given each participant a sense of pride with the work that they have achieved. The group all agree that being part of the NPP knitting group has also allowed the group to take time off worries and stress.

Everyone is welcome. Please contact your Broker for more information.



Mosaic Workshop

A group of 8 Pioneers, have been learning how to mosaic over the past few weeks.

St Johns Church kindly donated a church pew to the project and delivered a two-hour mosaic workshop to our willing Pioneers.

The plan is to transform the pew into a bench that will be used in Spotland Community Centre's garden. It will be designed and decorated with repurposed ceramic to symbolise the strength, resilience, and unity of all our New Pioneers.

The Project asked the community for any unwanted ceramic tiles or crockery and we had an amazing uptake - so a 'Big Thank You' to all who donated to the cause.

We now have enough ceramic to complete the project which will be revealed in November. Date to be confirmed.



Workwear Wardrobe

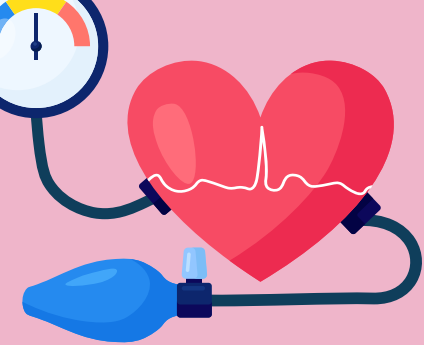
At New Pioneers Project, we are committed to breaking down barriers for our Pioneers.

The Work Wear Wardrobe is just one of the many ways we are able to support our Pioneers with their employment goals.

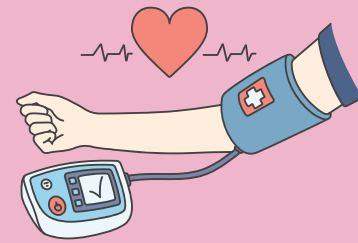
The Wardrobe provides Pioneers with workwear ready for their job interview, or for their first day at work. The Wardrobe allows our Pioneers to illustrate a great first impression to showcase the best version of themselves.



For more information, please contact your Broker.



Blood Pressure Event



The New Pioneers Project and Living Well jointly organized a blood pressure event on September 6th and 7th, 2023. The event featured a drop-in session, which ran from 10 AM to 4 PM, and was in line with the 'Know Your Numbers Week' initiative. Over 300 residents attended the event and had their blood pressure monitored. Additionally, many engaged in conversations about lifestyle choices, with the aim of promoting and maintaining healthy blood pressure levels.

The primary objective of the event was to educate the Pioneers and wider community on the significance of maintaining good health and how to achieve it.

Participants also engaged in other activities such as a fitness stretch session with Broker, Aggy and Shiatsu hand massage tutorial with Broker, Nicola.



Learning Lab



The Learning Lab has been developed to support the children of our Pioneers with homework and other learning provisions.



Parents can either stay at the sessions or leave their children

Learning Lab continues to give our children the opportunity to participate in extracurricular activities every Monday evening, 5pm - 7pm.

Understanding the importance of socialisation and community building, the Learning Lab provides a space for children to interact with their peers. It is a place where children can have fun, learn, and grow in a supportive and inclusive environment, expressing their creative freedom through an activity of their own choice.

From cooking, art and music, to Arabic, Math's and English, the children have a choice of what they want to learn each week.

In September the Learning Lab is excited to announce their *PIANO PROJECT*.

Led by an experienced Culture Co-op artist, a donated piano is now having a make-over.

The children are designing then painting the piano - expanding their creativity. The big reveal will be later in the year. Watch out for the date.

We look forward to continuing to provide enriching experiences for the children at the Learning Lab, and we welcome new families to join us on this exciting journey.

Thank you for being a part of our community!



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.

For information about the Digitech library email Vicky Burgess
Vicky.Burgess@Rochdale.Gov.UK



Warm Space
Available

- Hot drinks
- Cold drinks
- Water
- Activities
- Signposting to services

Community buildings – libraries – churches

rochdale.gov.uk/warmspaces

