

# NEW PIONEERS NEWSLETTER

## April 2023

### 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 Programme Facebook  
group to hear about events and success stories.



Hello and welcome to the April edition of the New Pioneers Newsletter. What an issue we have for you to read through. As always, this months newsletter is jam-packed with positive stories, community news and upcoming events.

## A little bit about the New Pioneers

New Pioneers Programme (NPP) in Rochdale is a unique employability and community engagement programme with the aim to provide intensive support and life coaching for people who are economically inactive or who have significant barriers to employment or services or for those wishing to explore the opportunity of further education or meaningful employment.

Our vision at the New Pioneer Programme is to empower our participants (our pioneers) with a flexible, personalised, intensive support to improve their wellbeing, health and skills, helping them to find and achieve their long term aspirations.

Our pioneers will receive 1-1 support and mentoring as well as becoming part of a growing New Pioneer community, building community cohesion, resilience as well as a peer network supporting each.

The programme is delivered in partnership with Rochdale Boroughwide Housing and Rochdale Borough Council with the aim to tackle long-term economic inequality



# Positive news .....



## Katarzyna Bardel (Kasia)

Kasia joined the programme as Broker, Aggy's first pioneer.

When Kasia joined, she had a strained relationship at home and lacked stability in her life.

Originally from Poland, Kasia was living in a small flat at College Bank with her partner and 2 children.

The area she was living in was undergoing regeneration and the future of the property where she lived was unclear.

Aggy supported Kasia through the rehousing process and Kasia was able to move into a more stable home within 3 months' of getting support from the programme.

Kasia began to attend many of the NPP well-being activities and events, including the 4 day well being residential in Holmfirth in July 2022. (The residential was a truly enriching experience, where the pioneers were able to focus on their own journey through yoga, meditation, well - being walks, singing and even belly dancing).

She also regularly attends the NPP Choir, the Running Lab, cooking events and the NPP Book Club.

Kasia has volunteered some of her time gardening at the NPP community garden - which when on to win an award with North West in Bloom.

From joining the programme, Kasia's dream was to qualify as an accountant.

The programme has supported Kasia through her English Speaking classes and enrolled her on to Book Keeping Level 1, which she successfully passed.

In Feb 2023 Kasia also passed AAT Level 2 in Book Keeping.

Broker, Aggy recognised Kasia's dedicated, enthusiasm and willingness to learn.

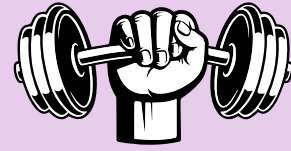
Kasia is now an employee of the NPP programme supporting the team with the book keeping, accounts and admin.

**Welcome to the team Kasia – Well are so happy to have you on board.**





## Marcus Thomson



Marcus Thomson joined the New Pioneers Programme in 2022 whilst he was still on probation.

Marcus had very little education or work experience and at the time he was homeless - sofa surfing at various properties in Heywood. He also had a strained relationship with his family.

NPP Broker, Nicola supported Marcus with a rehousing application and made sure Marcus was receiving the correct support with benefits.

Nicola also supported Marcus with the attendance of his probation appointments, making sure none of them were missed.

Marcus has always had a passion for keeping fit so the NPP provided Marcus with a gym membership and funded some gym clothes for him to train in.

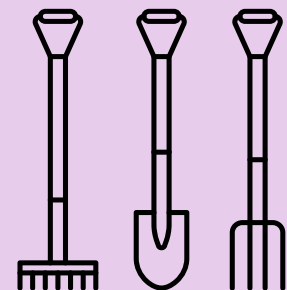
Nicola supported Marcus into education where he enrolled into a Personal Trainer course at Bury College and several short sports courses via YourTrust - including a lifeguard course and a short Sports4All course.

With the help of the programme, Marcus began to improve his relationship with his family, resulting in him making the decision to move back in with his parents.

Since joining Pioneers, Marcus has stated that it has really changed his outlook on life.

His focus has now steered away from a life of crime into a life of wanting give back and to do something positive for the community.

Marcus began to attend many of the NPP events, including our cooking events, the NPP Eid celebration and an Iftar at Spotland CC. He has also enjoyed a trip to the Royal Exchange Theatre in Manchester where the Pioneers watched a culture play on the life of Betty Boothroyd.



Marcus has volunteered many of his hours helping with the NPP community garden project in Heywood and has recently completed both a compassionate fatigue course and a Resilience Level 1 course at Spotland Community (a course in partnership with Hopwood Hall College).

Marcus then went the extra mile to support other males on the programme and founded the very first New Pioneers Mans Club (NPP Mans Lab).

Marcus's Man's Lab is open to all male pioneers, their family and the wider community and is held every Thursday at Heady Hill Community Centre from 2pm.

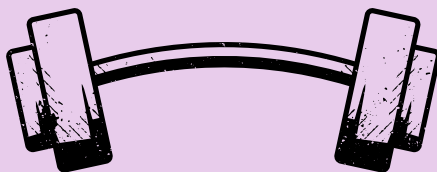
**For further information on our Man's Lab, please contact Broker, Mark on 07432 471668**

Marcus's future is now very positive and he has made lifelong friends with fellow Pioneers.

His aspiration continues to be - that one day he will become a personal trainer.

Well done Marcus, you really have turned your life around. We are so proud of you.

Keep going.



# Also this month....

**Our lovely New Pioneers took their baking skills to the next level.**

Delivered by Hopwood Hall College chef, Rob - both our male and female pioneers learnt how to make delicious cinnamon buns and chocolate chip cookies to industry standard.

**For further information on the next cooking course at Hopwood Hall College, please contact your Broker.**



## Ramadan

The New Pioneers celebrated the month of Ramadan by holding an Iftar (breaking of the fast) at Spotland Community Centre with family, friends and people of the wider community.

Ramadan is the ninth month of the Islamic lunar calendar, observed by practicing Muslims as a month of fasting, reflection, and prayer.



## The RHS Big Seed Sow 2023

Each year the Royal Horticultural Society (RHS) runs community growing events. One of these events is 'The Big Seed Sow' in March and April.

This year we teamed up with Plot2Plate Rochdale, RBH and the RHS to host Seed Sowing sessions with our Pioneers at Heywood and Rochdale.

The sessions were run by our broker Davina who started the event by showing us how to recycle packaging from fruit and veg from the supermarkets to make pots to grow in. She also showed us how to save money by making mini watering cans out of old pop bottles and milk cartons.

We made seed packets to take seeds home in and made plant pots out of old newspaper and empty toilet rolls.

The groups learned about the best way to help pea seeds to germinate before planting them into pots they had made from old newspaper. Once the seedlings grow and the threat of frost has passed the whole thing including the pot can then be planted into the ground or bigger pot, the paper will just decompose into the soil.

We held sessions at Learning Lab, Basic English Group, Pioneers Womens Group at Spotland and the Pioneers Mindfulness Book Club at Heywood.

We are looking forward to the next event which will be the Summer Plant Swap throughout May and June.



# Compassion Fatigue

Living with someone with depression or anxiety and supporting them every day can be exhausting. That's why it's so important to look after your own mental health and wellbeing.

New Pioneers Programme are delivering Compassionate Fatigue support sessions at Back Of the Moss Community Centre in May.

Pioneers who are living with someone with depression will learn about compassionate fatigue and burn out and how to prevent or recover from the symptoms.

During the sessions, Pioneers will also learn how to identify what's important to them and how to live in a way that reflects it.

In a comfortable and safe environment, there will be opportunity to discuss struggles with burnout where lead coach, Daisy will then share tips on how to alleviate stress through mindfulness and creativity.

If you feel you may benefit from these sessions, please contact Daisy or your Broker.



**Compassion fatigue training**  
Taking care of yourself whilst you're caring for others



Do you have a love one who suffers from mental health problems?

Do you want to get ideas on how you can take care of yourself and avoid being emotionally worn out?

**If the answer is YES then this training is for you!**

**Refreshment provided**

**02/05/23 and 03/05/23**  
**10 am to 1:00 pm.**

To book your place please call **Daisy Silva** on **07941654049** or email: [daisy.silva@rmavericklab.org.uk](mailto:daisy.silva@rmavericklab.org.uk)

**Back of the Moss community Centre - Heywood**

**NEW PIONEERS**  
Book Club

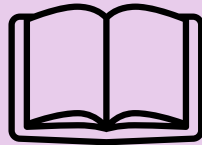
Join our book club to enhance your reading experience, form meaningful connections and build community through reading and discussion.

Discover and discuss  
Learn something new  
Share ideas

Thursdays 10am  
BOTM Community Centre, Heywood  
Contact Aggy 07871914728



NPP mindfulness book club is lead by Pioneer, Sheyla. .  
New members are always welcome.  
Contact your Broker for more information.



Our social knitting and crochet group is lead by pioneer, Tessa  
Beginners are as welcome as are experienced knitters.  
All equipment and yarn, snacks and refreshments are provided. Contact your Broker from more information.



**Beginners Knitting & Crochet Classes**

AT HEADY HILL COMMUNITY CENTRE  
HEYWOOD  
10am - 12 noon  
Every fortnight on Fridays  
All Ages Welcome!

Learn a new craft and meet new friends in an informal setting, over a nice cuppa and biscuits. Materials and needles provided free, or bring your own!  
Led by our lovely New Pioneer Tessa!

For further information, contact Nicola on 07530 258 253

NEW PIONEERS MAVERICK LAB RBH ROCHDALE BOROUGH COUNCIL

Our social running sessions are continuing each week.  
Why not pop on a pair of trainers and join us for a stroll or gentle run around Falinge Park at 12 noon every Wednesday.

**NEW PIONEERS**  
RUNNING LAB

Couch to 5K

EVERY MONDAY AND WEDNESDAY 12PM - 12.45PM

WHETHER YOU'VE NEVER RUN BEFORE OR YOU JUST WANT TO GET MORE ACTIVE, WHY NOT JOIN THE NEW PIONEERS RUNNING LAB?

IN LINE WITH THE NHS COUCH TO 5K PROGRAMME, IT INVOLVES COMMITTING TO 3 RUNS/WALKS PER WEEK. (EVERY MONDAY AND WEDNESDAY WITH THE GROUP AND AN ADDITIONAL RUN/WALK IN YOUR OWN TIME).

TO CONFIRM YOUR PLACE CONTACT NICOLA ON 07530258253

ALTERNATIVELY, MEET AT SPOTLAND COMMUNITY CENTRE MONDAY AND WEDNESDAY AT 12PM.

ROCHDALE BOROUGH COUNCIL RBH MAVERICK LAB





# And finally.....

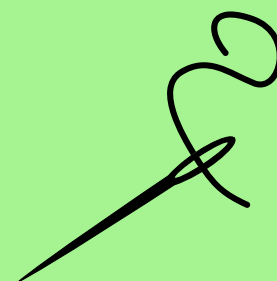
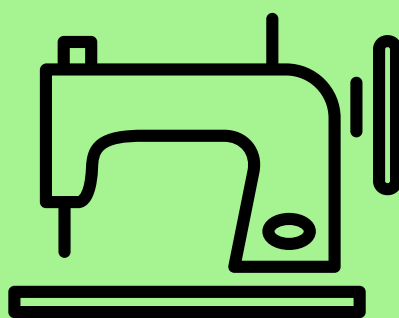
On the 17th March we said farewell to Phillip Worthington – Community Investment Team Manager at RBH. Phill has been a huge supporter of the New Pioneers Programme as well as a partner in the project. His advice and guidance has been invaluable to all of us involved with the Pioneers.

When we were thinking of what to get Phill as a gift to leave a lasting memory of the New Pioneers Programme, the obvious choice was to present him with one of the Urban Artisan aprons.

The Urban Artisans is a project set up by the NPP to help our pioneers learn new skills through our weekly sewing classes and gain the knowledge of how to set up a small business making unique aprons out of recycled jeans.

Our incredibly talented and creative pioneers made Phill's repurposed jeans apron extra special by embroidering all NPP brokers names onto it.

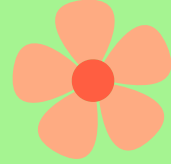
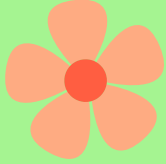
We wish Phill and his family all the very best for the future in his new role.



If you have any old jeans you wish to donate, please contact your Broker or donate directly to Spotland Community Centre, where the Urban Artisan Project can recycle and repurpose into aprons.

# Useful Contacts

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



Aunt Irene's Pantry  
St James Church  
Milnrow  
07870172142  
Wednesdays 6pm - 7pm and Sunday 11.30am - 2pm

Petrus Emergency Food Parcels and Vouchers  
Great George Street  
Rochdale  
01706 526289  
[www.petrus.org.uk](http://www.petrus.org.uk)

Citizens Advice Rochdale  
Freephone 08082787803

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](mailto:Vicky.Burgess@Rochdale.Gov.UK)

**NEW  
PIONEERS**

