

NEW PIONEERS NEWSLETTER JULY 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.



July





JULY

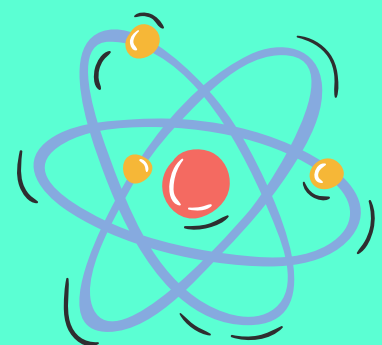


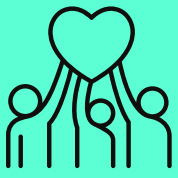
As we bid farewell to July, we recap some of the noteworthy events and success stories from the New Pioneer Project.

In July, the borough was filled with colourful and joyful festivities; from Pride in the Park to The Feel Good Family Picnics series. These events were flourished with numerous exhibitions, performances, and cultural entertainment. It was a great opportunity for our families to get together to celebrate their culture and heritage.



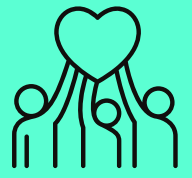
Also in July we give special thanks to Karen Horby of Rochdale Borough Council, who facilitated a trip for over 60 of our Pioneer Families to attend The National Children's Museum - Eureka (a place of Science and Discovery).





SOCIETAL RESILIENCE

**Bringing Communities Together,
Building Stronger Bonds**



Each month, our newsletters feature inspiring stories of resilience within our pioneering community along side the series of engaging events we hold each month.

Our events are aimed to connect individuals and families from diverse backgrounds, to gather and celebrate our shared heritage, helping break down barriers and create an inclusive space for everyone.

On 11th July, consultants, local businesses, local Councillors, the DWP, RBH, the Princes Trust and the chair of Northwest in Bloom, visited the New Pioneers Programme to gain an understanding of how the programme instils Societal Resilience into all our Pioneers.

A resilient community is knowledgeable, has economic opportunities, has well-maintained and accessible services and is a community that is well connected. This means we are better adapted for climate change, digitalisation, energy insecurity and pandemic.

Our Brokers, Pioneers and Project Lead, were then given the opportunity to showcase how the programme empowers our pioneers to navigate through life's challenges with courage and optimism.

The evening was a success and it was acknowledged that together, we are creating a stronger, more united community, ready to face any challenges that come our way.

We thank each and every one of you for your continued support and participation in the New Pioneers Programme.

If you have a story of resilience to share or suggestions for future events, please speak to your Broker.



MENAM

Meet Menam, a Portuguese speaking single parent who embarked on an incredible journey after moving to the UK and joining the New Pioneers Programme.

Menam worked as a HR consultant in her own country but after arriving in the UK, Menam had limited knowledge of the English language and faced numerous challenges adapting to a new culture and environment. She felt extremely lonely with very little support and found herself renting a house with damp and in a state of disrepair.



Menam secured herself a cleaning role here in the UK but had little confidence due to her language barrier.

With a burning desire for a brighter future, Menam was referred to the New Pioneers Programme by Rochdale Borough Council Work and Skills Team.

NPP Broker, Nicola, supported Menam with her housing needs and medical needs and has been Menam's advocate throughout. Nicola negotiated with Menam's landlord to improve her living conditions and supported her with health care appointments.

As Menam's faith in the programme grew, she began to engage in numerous NPP workshops and activities.

She also began to attend weekly life coaching sessions with the NPP life coach, Daisy.

As her English and confidence improved, she joined the NPP Mindfulness Book Club where she felt empowered to read English to the supportive group.

She soon made some lifelong friendships with fellow New Pioneers, which opened up new opportunities for personal growth and community engagement. Menam joined the NPP Running Lab, the Social Tennis Sessions, the Knitting Group, the Sewing Lab and the Womans Group.

Menam continued to study hard to improve her English and has recently passed her Entry Level 3 assessment. She has now enrolled on to an English Course at Hopwood Hall College, which starts in September.

Her determination and positive engagement with the New Pioneers has recently seen Menam secure a volunteering role with us here at The New Pioneers Programme.

Menam is now the New Pioneers Programme HR assistance and admin support.

Her willingness to lend a helping hand has already made a significant impact on the programme.

Please join us in celebrating Menam's success and let her journey be a reminder that language should never be a limitation in the pursuit of one's dreams. We are so proud of you Menam.



New Pioneers Collaborates with St Johns Church to Create 300 Buntings

In a heartwarming display of unity and creativity, The New Pioneers joined hands with the local church spending countless hours crafting and sewing 300 bunting. Laughter, stories, and a shared sense of purpose filled the air as individuals from diverse backgrounds and age groups worked side by side.

The partnership between The New Pioneers and the local church has been nothing short of inspiring.

One of the standout contributions from the church was the donation of a charming church pew to the New Pioneers Project.

This antique piece will not only adds a touch of history to our projects community garden, but will also serve as a symbol of the shared values that connects the New Pioneers Community with St Johns church.

The plan is to transform the Pew into a seated area designed and decorated with mosaic tiling.

In line with the commitment to learning and growth, The New Pioneers are embracing the opportunity to learn the ancient technique of mosaic. We are now calling for any Unwanted Broken Ceramic Tiles or Crockery.

Whether it's a cracked plate, chipped mug, or a leftover tile from a past renovation project, every single contribution counts.

By upcycling materials into beautiful mosaic patterns, The New Pioneers are not only acquiring a new skills but also contributing to the sustainable ethos that underpins the project. The pew will symbolise the strength, resilience, and unity of all our New Pioneers.

Please contact Nicola on 07530258253 for any donations you wish to be collected. Alternatively, it can be dropped off at Spotland Community Centre



The NPP Mindfulness Book Club

The structure of a Mindfulness Book Club

The structure typically involves selecting a book that aligns with the club's themes and goals. We are currently reading, GOOD VIBES, GOOD LIFE by Vex King.

Weekly meetings are held to read and discuss the book, share insights, and explore the ways in which its themes relate to personal experiences. These discussions often delve into emotions, values, and life lessons, fostering a deeper connection among members.

The Mindfulness Book Club stands out as a beacon of social cohesion, and language learning. Its holistic approach to well-being, inclusivity, and education showcases the power of literature to transform lives on multiple levels.

Language Learning in a Natural Setting

For those whose native language is not English, the NPP Mindfulness Book Club offers a unique opportunity to learn and practice the language in an organic manner. Engaging in discussions about the book in English exposes non-native speakers to conversational nuances, vocabulary expansion, and improved fluency. Unlike traditional language learning methods, which can sometimes feel detached from real-life situations, the book club creates an authentic environment for language practice. This immersive experience accelerates language acquisition and boosts participants' confidence in using English for the Pioneers.

Fostering Social Inclusion

One of the standout features of the NPP Mindfulness Book Club is its ability to bring together people from diverse backgrounds. Participants of varying ages, cultures, and life experiences converge to share their thoughts on selected books. This environment of inclusivity and open dialogue breaks down barriers and promotes empathy. Friendships are formed, understanding is cultivated, and isolation is diminished.



Weekly Classes and Clubs

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 ALL TOGETHER BETTER LIVING MAVERICK LAB

Beginners Knitting & Crochet Classes

AT HEADY HILL COMMUNITY CENTRE HEYWOOD 10am - 12 noon

NOW EVERY FRIDAY

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

MEN'S LAB



WE MEET EVERY THURSDAY AFTERNOON BETWEEN 2PM - 4PM

AT HEADY HILL COMMUNITY CENTRE

WE ARE A SUPPORT GROUP FOR MEN TO SOCIALISE AND GET SUPPORT. COME ALONG AND HAVE A BREW AND A CHAT.

#ITSOKAYNOTTOBEOKAY

FOR MORE INFO, PLEASE CONTACT: info@mavericklab.org.uk

ROCHDALE BOROUGH COUNCIL RBH MAVERICK LAB NEW PIONEERS



TENNIS SOCIAL SESSIONS

Meet at Spotland Community Centre at 11.45am every Wednesday.

No need to book.

For more information, contact Nicola on 07530258253

Please contact your broker for any further information on any of our weekly clubs, sessions and events.

NEW PIONEERS

