

# NEW PIONEERS NEWSLETTER

## March 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.





# International WOMENS Day



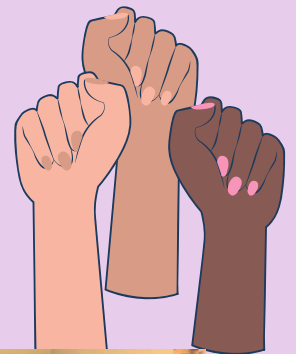
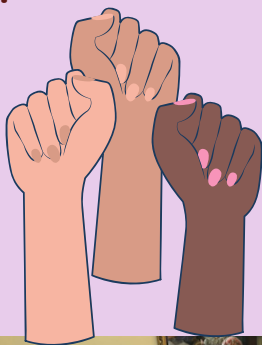
Welcome to March Newsletter. Can you believe it has already been 3 months since the New Pioneer Family celebrated Christmas at Castlemere Community Centre?

This month the project has celebrated International Womens Day. On Wednesday 8th March our Woman Pioneers were invited to Spotland Community Centre to honour and appreciate the different achievements that women have accomplished around the world economically, politically and culturally - including the successes in our own community.

The woman pioneers were pampered with facials, Japanese hand massages, international food and enjoyed cultural dancing.

As well as celebrating, it was a day to highlight the issues that women have faced in the past and to focus on the many inequalities and gender stereotyping that still exists in society today.

We also thought of those who continue to go unheard and are prevented from reaching their full potential.





# Also this month....

13 Pioneers headed to Hopwood Hall College Kitchens and took their baking skills to the next level. Delivered by Hopwood Hall College chef, Rob, our lady pioneers learnt how to make delicious home made artisan bread to industry standard



Some of the benefits of homemade bread include:

- Its considerably cheaper
- Its preservative free
- Its a fun hobby
- It tastes way better
- Its healthier to eat
- Its lower in calories
- It gives you a sense of achievement and satisfaction.

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

## New Pioneers Running Lab is now expanding

After successfully completing the NHS couch to 5k programme last month, the New Pioneers continue to meet every Wednesday at 12pm, [Spotland Community Centre] for maintenance runs around Falinge Park.

Due to its huge success we are now expanding the sessions by introducing a walking session. If you would like to join our walking group or our running group please contact your broker.



# The NPP mindfulness book club.

NPP book club continues its success at BOTM community centre, every Thursday at 10am lead by pioneer, Sheyla.

Its a book club for all reading abilities. The book clubs focus is to help build bonds through books and conversation and to develop enhanced mindfulness and spirituality.

New members are always welcome. Please contact your broker for further information.



## Walk in blood pressure clinic.....

On the 22nd March, Pioneers were invited to attend a walk in clinic in Spotland to have their blood pressure read by Rob from LivingWell seeing 20 Pioneers attending

Rob discussed lifestyle changes such as healthy eating and exercise strategies.

High blood pressure is often related to unhealthy lifestyle choices and can increase your risk of developing long-term health conditions. Low pressure can be caused by a number of underlying conditions.

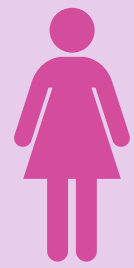
If you have any concerns about your blood pressure, contact your GP or LivingWell on 01706 392210.







# Success of Agata Minicz



Agata joined the New Pioneers in November 2022 and together with her dedicated broker went through some very difficult challenges from addressing Agata's lack of confidence to her lack of professional motivation.

Agata is a passionate baker but never thought she had enough perseverance or motivation to bake for a living.

NPP broker, Aggy supported Agata to pursue her dream. Agata was hired on a self-employed basis to cater for the New Pioneers at our Christmas party, where she prepared cakes for over 200 people.

Not only has Agata began to explore Self Employment, she also attends the New Pioneers English classes with former Pioneer and English Tutor, Andy Littlewood. She has completed a community learning course gaining a level 1 qualification in resilience and attends driving theory practice at Spotland community centre. Agata also regularly attends NPP running lab and has begun to gain confidence.

Agata has commented that because of the project she is loving her life once again.

Since the Christmas Party, Agata has gone on to bake for many local community events. Agata is now on her way to pursuing her dreams of becoming a passionate self-employed baker.

We could not be more proud of her.  
Well done Agata.

*Congratulations*



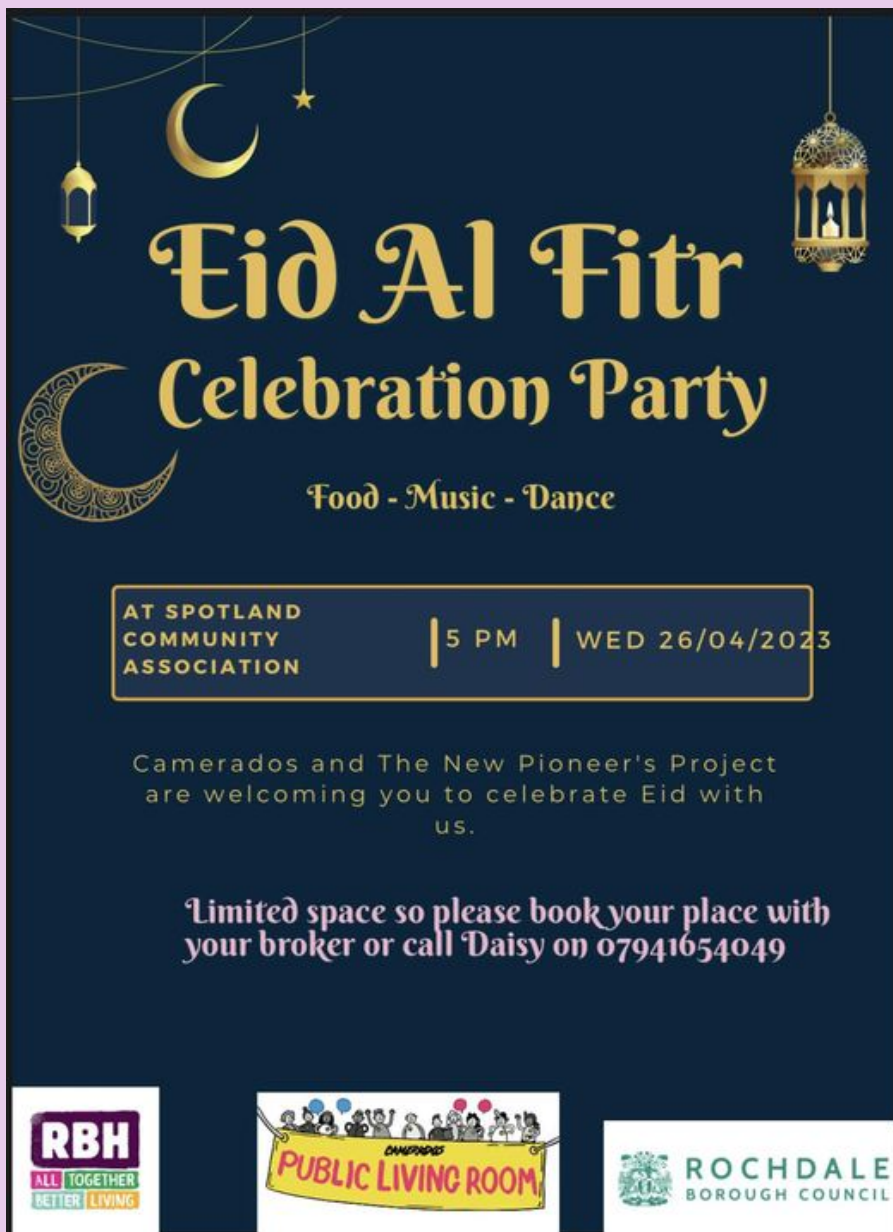
# Ramadan

The lunar month of Ramadan is a period of 29 or 30 days where Muslims around the world fast from dawn to sunset. It's also a time of prayer, giving and self reflection.

In 2023 Ramadan started on Thursday 23rd March.

When the holy month of Ramadan comes to an end, we would like to invited you to Eid al-Fitr celebrations at Spotland Community Centre.

Please confirmed your place via your broker.



**Eid Al Fitr  
Celebration Party**

Food - Music - Dance

AT SPOTLAND  
COMMUNITY  
ASSOCIATION | 5 PM | WED 26/04/2023

Camerados and The New Pioneer's Project  
are welcoming you to celebrate Eid with  
us.

Limited space so please book your place with  
your broker or call Daisy on 07941654049

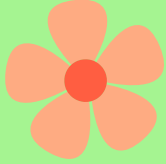
**RBH**  
ALL TOGETHER  
BETTER LIVING

EMERGENS  
PUBLIC LIVING ROOM

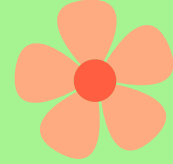
**ROCHDALE**  
BOROUGH COUNCIL

عيد الفطر





**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)**