

NEW PIONEERS NEWSLETTER

MAY 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.





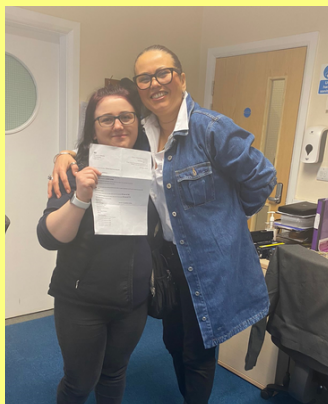
May



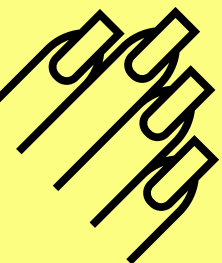
Hello and welcome to the May edition of the New Pioneers Newsletter. This month we look back at April's events and celebrations, including the celebration of Eid, a trip to Pendle Hippodrome and we give some special shout outs to all our amazing Pioneers for their achievements.

Shout Outs

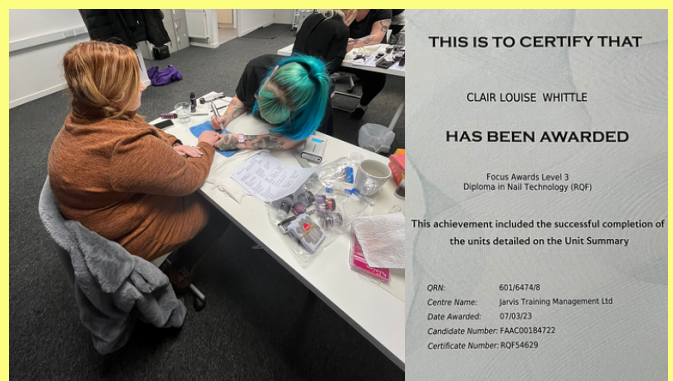
CONGRATULATIONS, CAROLE
You have recently started employment with the NHS.



FANTASTIC NEWS, AGATA
With the support from the programme you have successfully passed your driving theory test



WELL DONE, CLAIR
You have been awarded a level 3 Diploma in Nail Technology.



THIS IS TO CERTIFY THAT

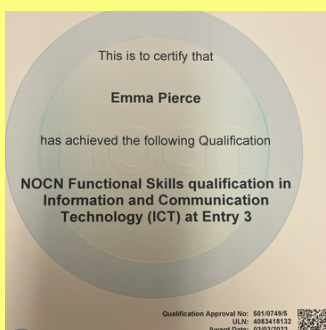
CLAIR LOUISE WHITTLE

HAS BEEN AWARDED

Focus Awards Level 3
Diploma in Nail Technology (RQF)

This achievement included the successful completion of the units detailed on the Unit Summary

QRN: 601/64748
Centre Name: Jarvis Training Management Ltd
Date Awarded: 07/03/23
Candidate Number: FAAC00184722
Certificate Number: RQF54629



AMAZING WORK, EMMA
You have recently received your ICT at Entry Level 3 certificate that you worked so hard towards.

EID MUBARAK

The celebration of Eid al-Fitr is a celebration by Muslims worldwide because it marks the end of the month fasting of Ramadan.

Pioneers celebrated Eid in style at Spotland Community Centre last month.

It was a time for Pioneers to come together to celebrate the joyous occasion, regardless of their background or beliefs.

The centre was decorated with colourful lights, banners, and balloons - creating a festive atmosphere.

Families and friends gathered to sing, dance and share traditional Eid delicacies , all prepared by the Pioneers themselves.

Children enjoyed playing games and receiving Eid gifts, while adults could catch up with each other, sharing stories and laughter.

Spotland Community provides a safe and welcoming space where everyone can come together. Celebrating Eid was no different.

It was a time of joy, unity, and a reminder of the importance of community.





In partnership with Camerados movement, the New Pioneers visited Middleton Arena where they set up another public living room.

The Camerados movement think it would be great if people just looked out for one another more. Not fixing each other. Not trying to solve anyone's problems. Just being a bit more human.

It's about chatting to someone, helping out a stranger or maybe just having a cuppa and a conversation with someone new.

No judgement, no agenda.

For more information about the public living rooms or Camerados, please speak to your broker or visit

<https://camerados.org/news/>



More news.....



Working the Room

Driftwood Studio delivered a confidence building workshop 'WORKING THE ROOM' to the New Pioneers Programme at Spotland Community Centre.

The workshop included modules on CONFIDENCE, CREATIVE SPIRIT, STORY-TELLING, KNOWLEDGE SHARING and HAVING FUN.

During the sessions the Pioneers discussed things such as Fear & Focus, Space & Movement and Acts of Human Kindness.

Thank you David Nixon - Writer, Performer and Founder of Driftwood Studios

For more information contact: davidnixonwriting@gmail.com



Mental Health Awareness Week: 15 May 2023 – 21 May 2023

Mental Health Awareness week is vital in increasing public understanding of mental health and how mental health problems can be prevented.

On the 19th May, the New Pioneers joined Rochdale Training and other local partners to successfully complete a 10-mile walk for local charity, MIND Rochdale.

The walk started at Rochdale Training and followed the canal directly into Todmorden, taking in some impressive scenery.

Well done to all who completed this challenging walk whilst raising awareness to mental health and well-being.



The Story of Ireland Live

Funded by Culture Co-Op, 20 pioneers enjoyed a trip to Pendle Hippodrome to watch the production, 'The Story Of Ireland Live'

Using narration, poetry and song, the performers relived the Irish history from the Celtic times, through various famous historical moments such as mass emigration, the famine, famous characters who helped shape the culture of the country, right up to the music we know and love over the last number of years. The Pioneers then heard stories of the Titanic build, the 1916 Rising, the forming of the Dubliners, and finding peace in Northern Ireland.



Compassion Fatigue

This month, Pioneers with caring responsibilities attended our Compassionate Fatigue support sessions both at Back Of the Moss Community Centre and at Heady Hill Community Centre.

There they learnt about compassionate fatigue and burn out and how to prevent or recover from the symptoms.

They discussed their struggles with burnout in a safe environment and lead coach, Daisy shared tips on how to alleviate stress through mindfulness and creativity.

If you think you would benefit from coaching sessions, please contact your Broker.



Weekly Clubs and Sessions

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.**



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

NEW PIONEERS
Book Club

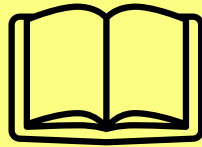
Join our book club to enhance your reading experience, form meaningful connections and build community through reading and discussion.

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



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

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**

**NEW
PIONEERS**

