

NEW PIONEERS NEWSLETTER MARCH 2024

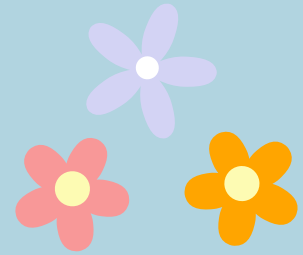
WHERE TO FIND US

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

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



Welcome March...



As we say goodbye to the dark and gloomy nights, and we welcome in the light nights, which brings both excitement and enjoyment of what's to come. With each passing day, the weather grows milder, flowers begin to bloom, and the world comes alive with vibrant colours.

March is a month filled with new beginnings, and the promise of spring, as the weather begins to fluctuate, with cold winter nights leaving, and as we are welcomed by exciting opportunity's and experiences. Here's what March had in store for us at New Pioneers Project.



Rochdale Town Hall Reopening

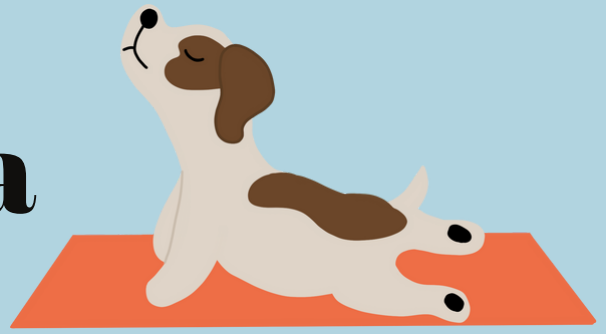
The New Pioneers took part in the light show for the reopening of Rochdale Town Hall, on the 4th and 5th of March in the evening. Our volunteers made it an unforgettable night, we all embraced the cold weather, and wrapped up warm, for the specular light show.

The Light Show showcased all the great things about the Rochdale borough and just makes us as the people of Rochdale exceptionally proud to be from our town. From Lisa Stansfield to Gracie Fields, Rochdale has enhanced so many people's lives for the better, and it was nice to see the people's pride when it comes to Rochdale.

The New Pioneers volunteers were the ones who participated in directing the audience into the newly opened town hall, there was a 15-minute audio of stating the most exciting things about Rochdale. It was an amazing event to be a part of, as the Town Hall is an amazing asset to our community. We would like to say a Big Thank You to all of our volunteers!



Puppy Yoga

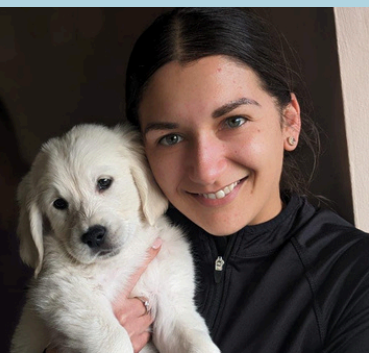


Yes, you heard it right, puppy yoga, on the 7th March, The New Pioneers held puppy yoga, we had a few retriever puppies, whilst doing yoga, what a great mix. Both the participants and the puppies both enjoyed the experience very much as it made us all so much more relaxed and set a positive mindset for all of our pioneers and brokers.

The puppy yoga class had many positive aspects, it brought enjoyment and relaxation to everyone, even the puppies, it was an amazing way to increase endorphins within the body through the light-hearted experience.

The yoga class was held at BOTM Community Centre, and some would say it was a tail-wagging success! We would like to have a big shout to Centre manager, Jane, for agreeing to our madness and making this a paw-atively delightful event for all of the participants.

All the feedback was positive from all the new pioneers and everyone thoroughly enjoyed the experience, wanting to do it all again!



African Fashion Week



On Friday 8th March, at Rochdale Town Hall, the NPP Urban Artisans were in the spotlight, as they showcased their incredibly repurposed denim to amazing aprons. The aprons were hand made and stitch by our very talented ladies, these aprons are being sold. If you would like one follow the following link and get one of these hand crafted masterpieces, at <https://urbanartisans.co>.

Through showcasing their aprons, the women got the chance to do a cat-walk during the African Fashion Week at the Town Hall to show case their amazing work, in result getting more sales on the aprons and showing the public the hard-work they have been showing, The up-cycled aprons are sustainably eco-friendly as the material they are made out of it recycled jean/denim which reduces wastage ad the women have clearly shown there initiative when creating this product, alongside it should be proudly showcased and they were able to do this which was an amazing thing to see! Yet again big congratulations!

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International Women's



Day

International Women's Day is celebrated every year internationally, in the UK it is celebrated on the 8th March every year, it is the day we celebrate the strength, resilience and beauty of all women. We also share the importance of all women at NPP, whose friendships transcend languages and cultures making our community richer and more vibrant through all its amazing members.

At the New Pioneers Project, we couldn't let this day go by without celebrating in some way, so our amazing NNP Urban Artisan Ladies did a catwalk to showcase their amazing aprons to the public at the African Fashion Week event at Rochdale Town Hall. The NPP does not ever want to forget the importance of women and the value within society, with this we like to celebrate ourselves and our pioneers strength, empowerment and beauty.

Good News Story!

Nicola and Russel



Big well done to pioneer Nicola and partner Russel for completing a 10K at Tattan Park. Congratulations on the completing the run, both of your hard work and dedication has paid off!

Slow Cooker Events



In March, there were two healthy slow cooker events, the first at Heady Hill Community Centre, and the other was at BOTM.

Within the last few months with the cost of living increasing essential goods and services, within the economy, it's hard to maintain a balanced and nutritious diet, while juggling the financial demands of everyday life. The event showcased how unaware we are of high blood pressure, which is hazardous to our health, this is due to unhealthy and poor quality diet. Our Men's Lab clearly demonstrated how effective the slow cooker can be, as they can be cost effective, energy saving, but most importantly they are a health-conscious tool which transforms affordable ingredients into rich and flavorful meals.

Living Well attended the event to offer the men a free blood pressure check, and to talk about lifestyle changes which can effectively prevent them from high blood pressure. So we would like to say a big thank you to them.

By the end of the demonstration, each participant received a slow cooker each of their own. The event was very successful.

