

FEBRUARY 2023

NEWSLETTER

KNOW YOUR RIGHTS!

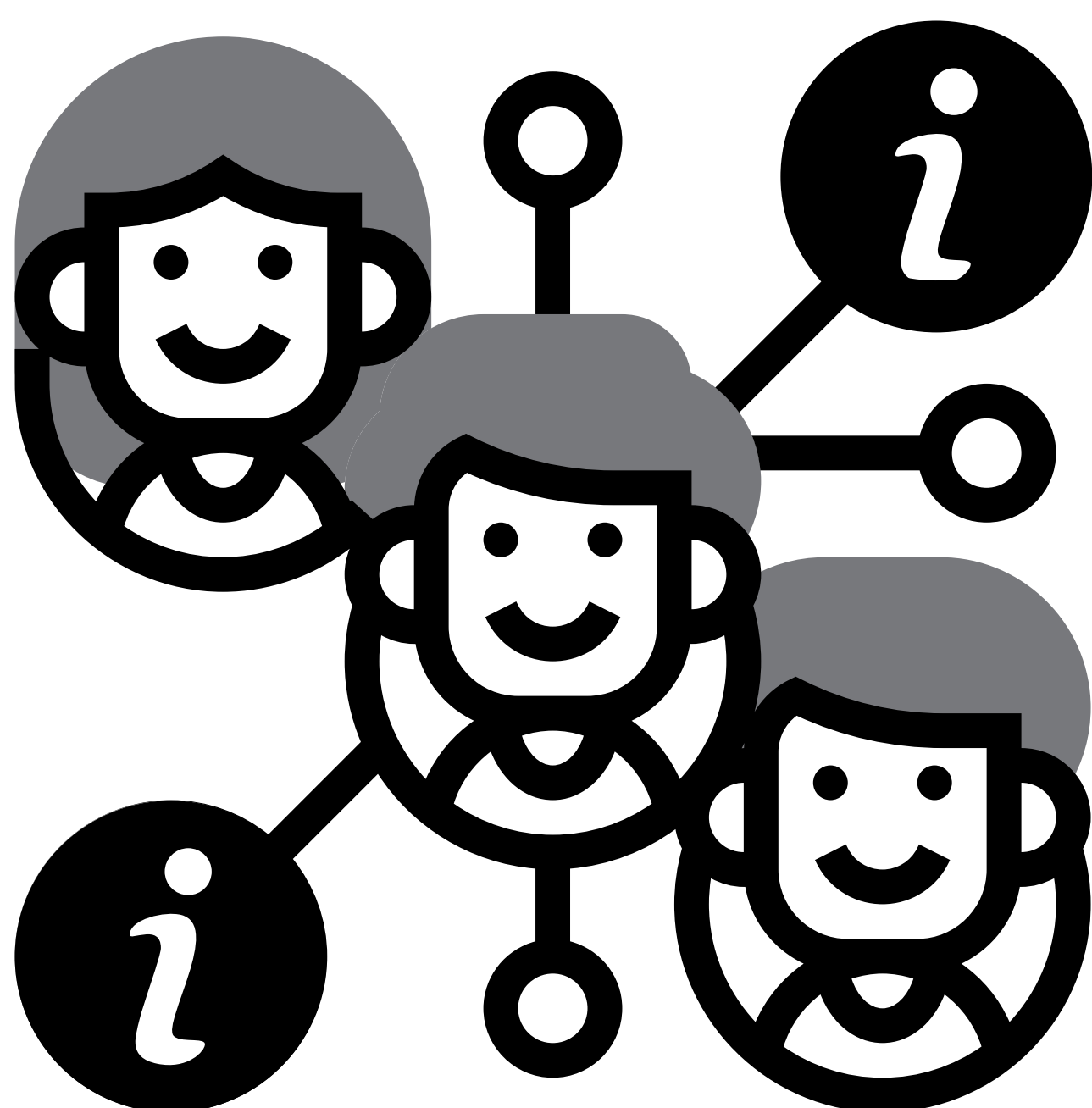
We're working alongside Independent Age to support older adults to maximise their income...

CLUED UP



We held a Cost of Living Support session last month to help spread the word about the financial and other support that's out there as well as how ACCG can help.

Independent Age came to take some photos and hear how people are being impacted by the current situation.



REACHING OUT

We're further expanding our work in the community over the next 12 months and beyond to respond to increasing need. This means improving people's access to welfare rights information by delivering sessions, working with other services who support older adults, leafleting and more.



**Independent
Age**

FEBRUARY 2023



COMMUNITY NEWS



CARERS COME TOGETHER



Carers Manchester Central held an event in December at the Hyatt Hotel, to highlight the importance of the work that unpaid carers do within our community. 70 nominated carers were awarded for their hardwork and dedication. They received an award as well as a lovely dinner and a fun dance.

For carers support please contact

carers-mcr-central@accg.org.uk

or call **0161 226 6334**



COME FOR A CUPPA

We hold our Dementia Café on the 2nd Thursday of every month, to help service users and carers share their experiences of dealing with dementia and increase knowledge of how to manage it well.



Dr Sarah and her colleague from the University of Manchester came to introduce her project about the beautiful moments of everyday connection for people living with dementia. Everyone had lots of fun!



Celebrating...

Valentine's Day

Community

Connection

Aromatherapy

Self-Love

Tuesday

14th Feb -2pm

@ Claremont Resource Centre



0161 226 6334

community@accg.org.uk

www.accg.org.uk

Claremont Resource Centre, 2 Jarvis Road, Hulme, Manchester, M15 5FS

Registered Charity No: 1028464 Company Limited by Guarantee No. 2802745

FREE EVENT

Monthly LIVE MUSIC


with Hallé Orchestra's
Paulette

Next Session:
Tuesday 7th
February
1.45pm



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INFORMATION & ADVICE



ADVOCACY AT LIMELIGHT

We are holding our Advocacy Stall at Limelight, Old Trafford every other Wednesday 11am - 1pm. Our next event will be 1st February 2023!

If you need help, feel free to drop by and we can assist you as best as possible.



DID YOU KNOW?



Helping you understand, manage & improve your mental health and money issues

If you disagree with the decision made by the DWP you have one month to ask for '**Mandatory Reconsideration**'. We advise that you either write to the DWP or fill in the form so you can keep a copy for your reference.

This applies to the following benefits:

- Personal Independence Payment (PIP)
- Disability Living Allowance (DLA)
- Universal Credit (UC)
- Employment and Support Allowance (ESA)
- Jobseeker's Allowance (JSA)



<https://www.mentalhealthandmoneyadvice.org/en/welfare-benefits/how-do-i-ask-for-a-mandatory-reconsideration/w>

DEMENTIA CAFE

WANDERING

Six in 10 people living with dementia will **wander** at least once; many do so repeatedly. It could be a sign that they have an **unmet need**

TIPS FOR SUPPORTING SOMEONE WITH WANDERING



Ensure all basic needs are met
such as toileting, nutrition

Involve the person in daily activities
such as folding laundry

Provide distractions
such as baby doll, robotic pet

Prepare your home
such as door disguise, safe wandering garden



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Supporting public funding
ARTS COUNCIL
ENGLAND



COMMUNITY
FUND



Steve Morgan
FOUNDATION



The
Reader

BE PART OF A
BIGGER
STORY



Shared Reading

MEET

PEOPLE

SHARE

EXPERIENCES

FEEL

CONNECTED

Shared Reading groups bring people together through great literature to talk, laugh and share.

Just drop in and enjoy listening to a story or poem.
No pressure to talk or read.

Claremont Resource
Centre

Last Friday of the Month

11:00 am –
12:30 pm



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EXPLORING CULTURE



RELEVANT EVENTS

Find & purchase tickets on eventbrite

Eventbrite: US black history month

- **The Black Love Project: How We Love in the UK** - Wed, 8 February 2023, 18:30 – 19:45 GMT & online
- **What and Why We Celebrate Black History Month?** - Sun, February 5, 2023, 7:00 PM – 8:30 PM CST & online
- **Black Futures Month: Cultivating Safer Workplaces for Black Employees** - Wed, February 8, 2023, 10:30 AM – 11:30 AM PST & online



POEM OF THE MONTH

A month where love is highlighted, professed and shown off. The month known to leap a couple of years in a lifetime.

A season which sprouts the nations loved potatoes ready to be packed with our favourite stuffings and help our bodies stay jacked.

As the Tulips begin their life journey, they spread their spirituality by integrating their symbol of friendship and good luck, bring healing to those who may not have luck- pun not intended, with these areas of life.

The pop of yellows signifies the end of the meteorological winter and the beginning of rebirth as we head to spring.

February is a second chance to commit to those new year resolutions we all love to create and share whether it is a focus of fitness, finances, or hobby finding, February reminds you that putting you first is key and that they love that is promoted this season is for all to indulge in.

Poem by *Shanel Finlayson-Small*

FEBRUARY 2023



DATES FOR YOUR DIARY

WED 1 FEB	11AM	LIMELIGHT ADVOCACY STALL
THU 2 FEB	11AM	FITNESS WITH DORRETTA
FRI 3 FEB	9.30AM	DIGITAL LOUNGE
	2PM	AROMATHERAPY RELAXATION
MON 6 FEB	11AM	HULME CARERS' FORUM
TUES 7 FEB	11AM	TAI CHI
	1.45PM	LIVE MUSIC WITH PAULETTE
	2PM	LGBTQ+ DEMENTIA GROUP ONLINE
	2PM	GARDENING CLUB
THU 9 FEB	11AM	FITNESS WITH DORRETTA
	2PM	DEMENTIA CAFE
FRI 10 FEB	2PM	AROMATHERAPY RELAXATION
	11AM	DEMENTIA CAFE
TUES 14 FEB	11AM	TAI CHI
	2PM	VALENTINE'S DAY EVENT
	2PM	GARDENING CLUB
WED 15 FEB	11AM	LIMELIGHT ADVOCACY STALL
THU 16 FEB	11AM	FITNESS WITH DORRETTA
FRI 17 FEB	9.30AM	DIGITAL LOUNGE
	2PM	AROMATHERAPY RELAXATION SESSION
MON 20 FEB	11AM	GORTON CARERS' FORUM - ESTATE PLANNING
TUES 21 FEB	11AM	TAI CHI
	2PM	GARDENING CLUB
THU 23 FEB	11AM	FITNESS WITH DORRETTA
FRI 24 FEB	11AM	SHARED READING
	2PM	AROMATHERAPY RELAXATION
TUES 28 FEB	11AM	TAI CHI
	1.30PM	DIABETES CLUB

We also run our Lunch Club and Food Bank on a daily basis.

FEBRUARY 2023

HOW WE CAN SUPPORT YOU

- Holistic Therapies
- Carers Support
- Dementia Support
- Advocacy Support
- Information & Advice
- Digital Lounge
- Personal Care & Support
- Transport
- Wellbeing Activities
- Arts & Craft Sessions
- Fitness Sessions
- Day Care Service
- Health Promotions
- Claremont Gardens
- Social Clubs
- Lunch Club
- Delivered Meals
- Cultural Events
- Food Bank
- Welfare Checks
- Trips

**ALL
COMMUNITIES
WELCOME
GET IN TOUCH
WITH OUR
FRIENDLY TEAM**

**J
O
I
N

U
S**

Join our enthusiastic team, speak to a member of staff for more information



BUSINESS SUPPORT

WELLBEING WORKER / DRIVER

CALL: 0161 226 6334
EMAIL: recruitment@accg.org.uk



**DAY CENTRE HELPERS DRIVING HOUSE KEEPING
BEFRIENDING GARDENING ADMIN FUNDRAISING
CATERING ...AND MANY MORE OPPORTUNITIES!**



GET IN TOUCH | VISIT US |

WE ARE OPEN
Monday - Friday
9am - 4.30pm



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