

NOVEMBER 2022



# NEWSLETTER

## WHAT'S NEW?

We've added some extras to our service from this month...

### BRINGING THE FORUM TO YOU!

In addition to the Hulme and Gorton forums we offer, we will now be hosting an online carers forum, to reach carers from the comfort and convenience of their own homes. This will be on the second Monday of the month, starting from 14th November.



**ONLINE  
CARERS'  
FORUM**

### HOME FROM HOME - A WARM SPACE



Alongside many other services, ACCG will be opening our doors at Claremont Resource Centre to anyone needing a warm, welcoming space to be this winter, as part of the Trafford Living Rooms Project.

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# COMMUNITY NEWS

## MUSIC AND MORE

The kind folks at The Bridgewater Hall are offering a series of FREE concerts aimed at older people at risk of isolation. The next 2 events are on 15th November and 14th December. Contact Amy Hughes on 07939 013501 or get in touch with us to book your slot!



## CARERS' RECOGNITION AWARDS



Welcome to the Carers Manchester Central Partnership recognition awards 2022, do you know someone in Central Manchester who has caring responsibility for family member or a friend without being paid? Do you think their sacrifice and dedication deserves to be recognised?

Tickets are £25 but the person that you nominate will attend for **free!** Your nominations need to be in by the 25th of November and places are limited. The prestigious Carers Manchester Central recognition awards ceremony 2022 will be held at 6:30pm going until late on the 17th of December at the new Hyatt Hotel on Booths Street. Call 0161 226 6334 and [cmcevents@accg.org.uk](mailto:cmcevents@accg.org.uk) to book your place.

# ONLINE CARERS' FORUM

VIA MICROSOFT TEAMS

**STARTING MONDAY 14TH NOVEMBER**

**11.00AM - 12.00PM**

**THEN EVERY SECOND MONDAY OF THE MONTH!**

**CHATS  
INFORMATION  
ADVICE  
GUEST SPEAKERS  
FUN ACTIVITIES**

**GET IN TOUCH USING THE CONTACT DETAILS BELOW....**



0161 226 6334



carers-mcr-central@accg.org.uk



www.accg.org.uk



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



# Carers' Aromatherapy Massage Session



*Learn simple aromatherapy theory and learn how to  
utilise essential oils to help you relax*

*First Session:  
Monday 7th  
November 11am  
@ The Claremont  
Resource Centre*

*Second Session:  
Monday 21st  
November 11am  
@ The Gorton  
Monastery*



0161 226 6334



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# INFORMATION & ADVICE

## CARERS RIGHTS DAY

For Carers Rights Day 2022 ACCG will be giving one - on - one advice sessions regarding carers legal rights.

To book in, or for more information, contact [carers-mcr-central@accg.org.uk](mailto:carers-mcr-central@accg.org.uk) or call 0161 226 6634



## ESTATE PLANNING ADVICE



Co-op legal Services will be holding an advisory session this month at the centre.

See poster for more details



## SCAM AWARENESS



We held our Scam Awareness Session here last month courtesy of Age UK. If you'd like to know more about how to protect yourself, or have a home visit from an advisor, contact them on 0161 833 3944



# PLANNING FOR THE FUTURE



## THIS TALK COVERS:

- Protecting your family's nest egg
- Lasting Powers of Attorney
- Inheritance tax
- Stopping 'sideways disinheritance'

**TUESDAY 8th**

**November - 2pm**

**@ Claremont Resource Centre**

**& via Microsoft Teams**



0161 226 6334

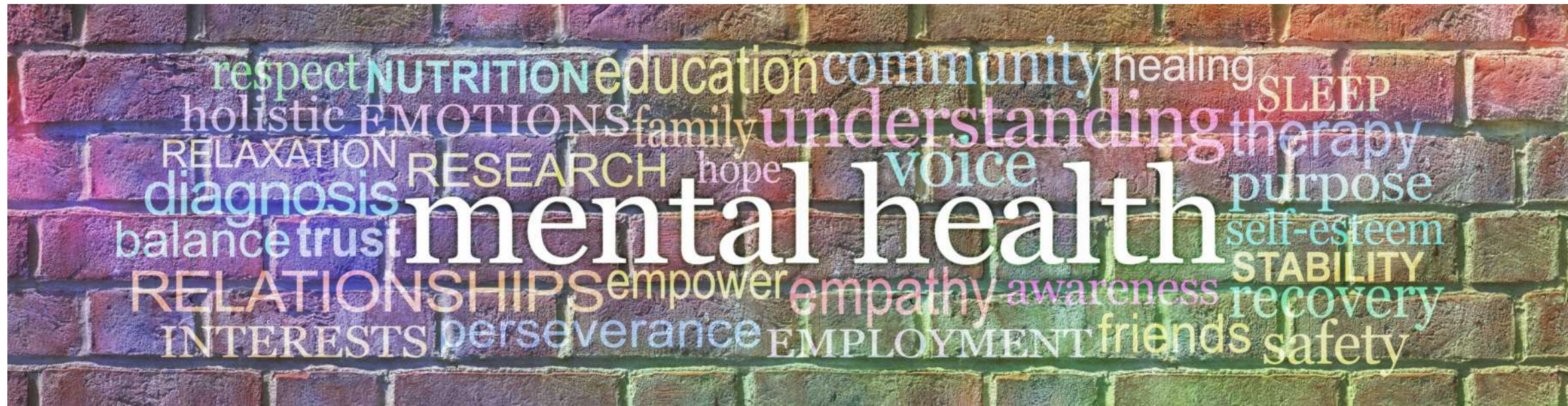
community@accg.org.uk

www.accg.org.uk

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

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

# HEALTH NEWS



## TRANSFORMING MENTAL HEALTH SERVICES

The Living Well programme is aiming to transform mental health services across Manchester using information gathered from service users, carers and services. The chair of the Living Well group from GMMH will be attending THE DANDELION CENTRE, Oatlands Road, Wythenshawe M21 1AH at 2.30pm on Tuesday 22nd November to speak with carers at the forum there.

Contact Nina on 07432 186665 or [nina@connectsupport.org](mailto:nina@connectsupport.org) to book your place and have your say!



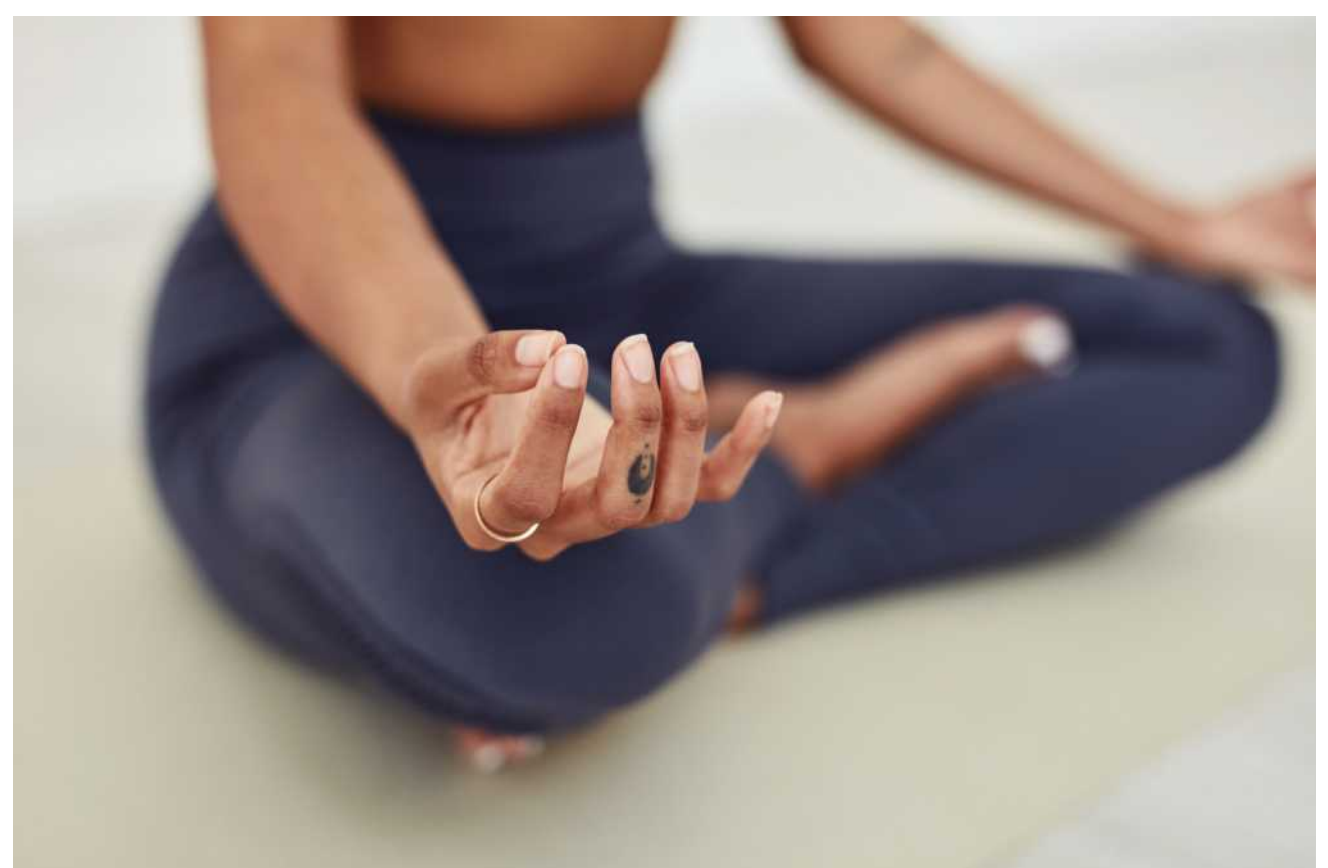
## MENTAL HEALTH WORKSHOPS

Connect Support are offering a new round of workshops for carers/families of those with severe mental health issues via Zoom. If you'd like to know more or book a place, contact Lisa on 07432.194741

## MANAGING STRESS

Feeling stressed? Want to know how to cope better and feel calmer?

Self-Help Service will be hosting a free session here at Claremont Resource centre this month. See poster for more details.



# Managing Stress

## WORKSHOP

Explore the  
signs and  
symptoms of  
stress

Learn quick and easy  
strategies to help  
manage stress using  
practical skills and  
Cognitive Behavioural  
Techniques.

**Tuesday 15th November**  
**2pm**

**- Claremont  
Resource Centre**



0161 226 6334

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# DEMENTIA CAFÉ

**Every Second Thursday Of The Month  
2 pm to 3 pm  
Claremont Resource Centre**

**Casual drop in for people living with  
Dementia & their carers. Dementia  
information, advice & support available.**



0161 226 6334



dementia@accg.org.uk



www.accg.org.uk



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



## DATES FOR YOUR DIARY

<b>TUES 1 NOV</b>	11AM	<b>TAI CHI</b>
	2PM	<b>GARDENING CLUB</b>
	2PM	<b>LGBTQ+ ONLINE DEMENTIA GROUP</b>
<b>THUR 3 NOV</b>	11AM	<b>FITNESS WITH DORETTA</b>
<b>MON 7 NOV</b>	11AM	<b>HULME CARERS' FORUM</b>
		<b>AROMATHERAPY</b>
<b>TUE 8 NOV</b>	11AM	<b>TAI CHI</b>
	2PM	<b>ESTATE PLANNING SESSION</b>
	2PM	<b>GARDENING CLUB</b>
<b>THUR 10 NOV</b>	11AM	<b>FITNESS WITH DORRETTA</b>
	2PM	<b>DEMENTIA CAFE</b>
<b>FRI 11 NOV</b>	9.30AM	<b>DIGITAL LOUNGE</b>
<b>TUES 15 NOV</b>	11AM	<b>TAI CHI</b>
	2PM	<b>MANAGING STRESS</b>
	2PM	<b>GARDENING CLUB</b>
<b>THUR 17 NOV</b>	11AM	<b>FITNESS WITH DORRETTA</b>
<b>MON 21 NOV</b>	11AM	<b>GORTON CARERS' FORUM</b>
		<b>AROMATHERAPY</b>
<b>TUE 22 NOV</b>	11AM	<b>TAI CHI</b>
	2PM	<b>THE UNTOLD ORCHESTRA</b>
	2PM	<b>GARDENING CLUB</b>
<b>WED 23 NOV</b>	---	<b>CARERS' RIGHTS DAY - DROP IN</b>
<b>THUR 24 NOV</b>	11AM	<b>FITNESS WITH DORETTA</b>
<b>FRI 25 NOV</b>	9.30PM	<b>DIGITAL LOUNGE</b>
	11AM	<b>SHARED READING</b>
<b>TUE 29 NOV</b>	11AM	<b>TAI CHI</b>
	1.30PM	<b>DIABETES CLUB</b>
	2PM	<b>GARDENING CLUB</b>

We also run our Lunch Club AND Food Bank on a weekly basis.

# ACCG ADVOCACY SERVICE



DO YOU NEED ANY INFORMATION, SUPPORT OR ADVICE ABOUT ANY OF THE FOLLOWING?:

- Benefits
- Housing
- Social Needs
- Debt
- Finances

**ACCG ARE HERE TO HELP!**



0161 226 6334

advocacy@accg.org.uk

www.accg.org.uk



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

# 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**

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



**ACTIVITY CO-ORDINATOR  
BUSINESS SUPPORT  
COMMUNITY CONNECTOR  
WELLBEING WORKER / DRIVER**

**CALL: 0161 226 6334  
EMAIL: [recruitment@accg.org.uk](mailto: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

0161 226 6334   
[admin@accg.org.uk](mailto:admin@accg.org.uk)   
[www.accg.org.uk](http://www.accg.org.uk)   
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