

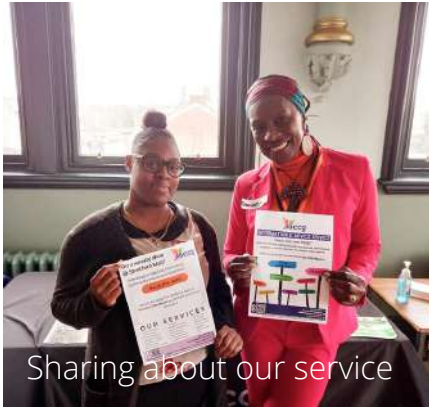
APRIL 2023

NEWSLETTER



WHAT WE'VE BEEN UP TO...

FED AND WATERED



Sharing about our service



Improving our practice

March's Nutrition and Hydration Week was a great success! We had a fun food tasting and held awareness sessions here at the centre for both ACCG and Carers Manchester Central, helping to grow our knowledge about staying healthy as we age. Courtesy of Age UK Salford, we also joined other services at Stretford Public Hall to help plan for the future and celebrate the great work already being done across Trafford!



MOTHER'S DAY AND MODELLING CLAY



We hope everybody had a wonderful Mother's Day! We certainly did at Carers Manchester Central's Mother's Day event at the Claremont Resource Centre. We did some clay modelling and had some healthy snacks.



APRIL 2023

COMMUNITY NEWS

MEMORY PROBLEM FOCUS GROUP

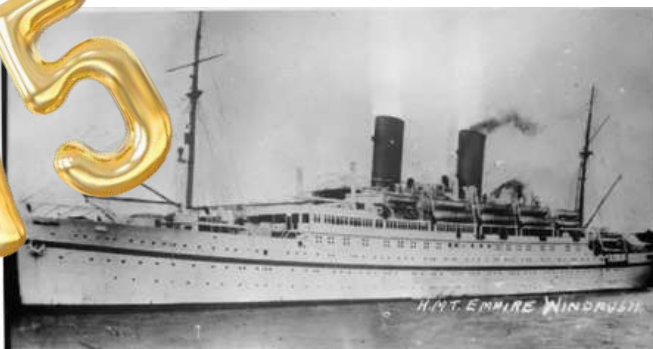


Don't miss out on our upcoming Memory Problem Focus Group on April 27th at 10am, delivered by researchers from the University of Manchester. Following the success of our previous session on March 7th, we're excited to continue the conversation into understanding memory.

Join us for an engaging discussion, where you can share your experiences and contribute to important research. For more details, please see the poster on page 4.

WINDRUSH 75

Show Racism the Red Card paid us a visit last month to introduce their upcoming project marking the upcoming 75th anniversary of the Windrush. They want to hear your stories and help educate younger generations.



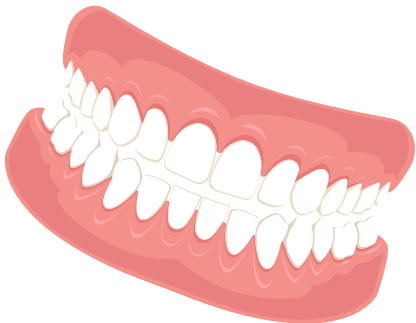
Contact community@accg.org.uk if you'd like to know more about the project and how to get involved.





Oral Health Awareness

Learn How to Improve Your
Oral Health



Tuesday 11th April - 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 

Take part in our study on 'Helping Black Majority Churches to enable Caribbean people to live well with memory problems'



Who can take part?

We want to speak to adults of Black Caribbean ethnicity from the Greater Manchester area, who have problems with their memory. You will need to be able to take part in an interview which will be conducted in English.

Would you like to take part in a **small group or one-to-one interview** to share your experiences and help develop Black Majority Churches as community hubs to help people live well with memory problems?

- These can be in-person in a local community hall in Greater Manchester, at the University of Manchester or online
- They will last between 2-3 hours with lunch and coffee breaks.

We will ask you to talk about:

- Living with memory problems.
- What helps you.
- What could be better.
- What you would like more support with.
- How the Black majority church could help.

If you would like to know more, have any questions, or want to take part, please contact:

Email: binish.khatoon@manchester.ac.uk, or hannah.gloudon@gmmh.nhs.uk.

Tel: 07748148441



EASTER - AVAGANZA!



Join us on TUESDAY 4TH APRIL for our
Easter Celebration...

GAMES

CRAFTS

PRIZES



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 

APRIL 2023

INFORMATION & ADVICE

FEELING THE PINCH?



UK Government has announced a timeline for Cost-of-Living Payments during 2023/24

Those on qualifying benefits will receive **£900** this year (April 23 – March 24), paid in three instalments. In addition, there is a disability payment and a pensioner payment.

Eligible individuals will receive these payments automatically. No need to apply.

- **First cost-of-living payment of £301 - Spring 2023**
- **£150 disability payment - Summer 2023**
- **Second cost-of-living payment of £300 - Autumn 2023**
- **£300 pensioner payment - Winter 2023**
- **Third cost-of-living payment of £299 - Spring 2024**

HOME ENERGY ADVICE

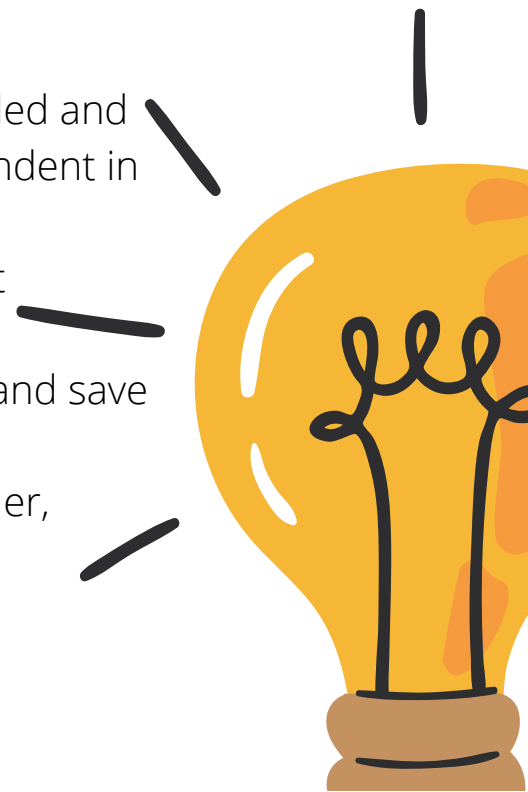
Manchester Care and Repair help older, disabled and vulnerable people to stay safe, warm and independent in their own homes for as long as possible.

60+? You can receive a Home Energy Assessment

What they offer:

- Tailored advice to help reduce energy usage and save cash
- FREE Energy Efficient lightbulbs to replace older, inefficient bulbs
- FREE hot water bottle
- Appliance Exchange

Contact 0161 872 5500



HEALTH NEWS



VASCULAR DEMENTIA

Vascular dementia is the second most common type of dementia and is caused by reduced blood flow to the brain due to damaged blood vessels or strokes. Symptoms include memory loss, confusion, and difficulty with communication.

Although there is no cure, medications and lifestyle changes can help manage symptoms and slow the progression of the disease.

For more details, please see the poster on page 9.

DROPPING OFF

Getting a good night's sleep is essential for our health and wellbeing. However, lots of things can get in the way of us getting what we need. The NHS offers us some simple tips to help get to and stay asleep:



Write Down Your Worries

This helps put our minds at rest

Set the Scene

Dark, quiet and cool environments generally make it easier to fall and stay asleep

Take some Time Out

If you're unable to sleep, don't force it. Get up and do something relaxing for a bit and return to bed when you feel sleepier

Put Down the Pick-me-ups

Caffeine and alcohol can stop you falling asleep and prevent deep sleep

Get in a Routine

Go to bed when you feel tired and try to get up at the same time each morning

Get Moving

Regular exercise in the day can improve your sleep

FREE
MONTHLY
SESSIONS



THE UNTOLD ORCHESTRA

THE UNTOLD ORCHESTRA

Join Members of the Untold Orchestra for a mixture of original music
and some timeless classics...

WITH SINGERS:

THURS 6th April - RUTH OWENS

THURS 4th May - ALICE PHELPS

THURS 1st June - ADA GRACE FRANCIS

THURS 6th July - YEMI BOLATIWA

THURS 3rd August - WILL JAQUET

THURS 7th September - NADIA ESKANDARI

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

DEMENTIA CAFE

VASCULAR DEMENTIA

is a type of dementia caused by a **reduced blood flow** to the brain, which can happen when **small blood vessels** in the brain become **blocked or damaged**, leading to cognitive decline and memory loss

TIPS FOR MANAGING VASCULAR DEMENTIA WELL



Staying physically active to improve blood flow

Maintaining a healthy diet rich in nutrients that support brain health
such as omega-3 fatty acids

Engaging in mental stimulation activities to keep the brain active
such as puzzles and games



0161 226 6334



dementia@accg.org.uk



www.accg.org.uk



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



CANCER SCREENING AWARENESS

*Come along to speak
with the lovely Faiza
from Answer Cancer
for some information
and advice*

**Monday 3rd April
11:00am
@Claremont Resource
Centre
2 Jarvis Road
M15 5FS**

**Monday 17th April
11:00am
@Gorton Monastery
89 Gorton Lane
M12 5WF**



0161 226 6334

07398414064

cmc@accg.org.uk

www.accg.org.uk

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



APRIL 2023



DATES FOR YOUR DIARY

MON 3 APRIL	11AM	HULME CARERS' FORUM - CANCER AWARENESS
	2PM	LIVING LIFE TO THE FULL
TUES 4 APRIL	11AM	TAI CHI
	2PM	EASTER EVENT
	2PM	LGBTQ+ DEMENTIA GROUP ONLINE
	2PM	GARDENING CLUB
THUR 6 APRIL	11AM	FITNESS WITH DORRETTA
	2PM	THE UNTOLD ORCHESTRA
FRI 7 APRIL	-	BANK HOLIDAY
MON 10 APRIL	-	BANK HOLIDAY
TUES 11 APRIL	11AM	TAI CHI
	2PM	ORAL HEALTH SESSION
	2PM	GARDENING CLUB
THUR 13 APRIL	11AM	FITNESS WITH DORRETTA
	2PM	DEMENTIA CAFE
FRI 14 APRIL	9.30AM	DIGITAL LOUNGE
	2PM	AROMATHERAPY RELAXATION
MON 17 APRIL	11AM	GORTON CARERS' FORUM - CANCER AWARENESS
	2PM	LIVING LIFE TO THE FULL
TUES 18 APRIL	11AM	TAI CHI
	2PM	GARDENING CLUB
THUR 20 APRIL	11AM	FITNESS WITH DORRETTA
FRI 21 APRIL	11AM	HALLE MUSIC SESSION
	2PM	AROMATHERAPY RELAXATION
SAT 22 APRIL	6.30PM	CARERS' RECOGNITION AWARDS @ MCDONALD HOTEL
TUES 25 APRIL	1.30PM	DIABETES CLUB
	2PM	GARDENING CLUB
	2.30PM	INTRODUCTION TO WINDRUSH ARTS PROJECT
THUR 27 APRIL	11AM	FITNESS WITH DORRETTA
FRI 28 APRIL	9.30AM	DIGITAL LOUNGE
	11AM	SHARED READING
	2PM	AROMATHERAPY RELAXATION

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

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
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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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admin@accg.org.uk
www.accg.org.uk
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