

MARCH 2023

NEWSLETTER

COMING UP...

NUTRITION & HYDRATION WEEK - 13TH-19TH MARCH

An important part of the work that we do at ACCG is supporting older adults to stay well nourished and hydrated. Around 3 million people in the UK are at risk of malnutrition, which highlights just how important it is to raise awareness of this topic. We'll be marking the week with one of our Awareness Sessions, including some fun food tasting and providing some informative literature, courtesy of Age UK.



You can access their resources here:

<https://www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration/our-resources/>

LIVING LIFE TO THE FULL

Lots of people struggle at times in life. Living Life to the Full teaches a range of life skills that are based on the trusted CBT approach, aiming to improve wellbeing and resilience as you go through the journey of life. In just six sessions this course can help you review your emotions and make a plan to change. For more details, please see the poster on page 3.





Living Life To The Full

Six sessions in total

From 6th March to 17th April

1 session each week (Every Mon)

2 pm to 3:30 pm

@ Claremont Resource Centre

INCLUDE:

- UNDERSTAND NEGATIVE EMOTION
- SPOT UNHELPFUL THINKING STYLE
- MAKE A PLAN TO CHANGE



0161 226 6334

dementia@accg.org.uk

www.accg.org.uk



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

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COMMUNITY NEWS



WORLD DELIRIUM AWARENESS DAY

World Delirium Awareness Day is just around the corner! This global initiative, taking place on March 15th, aims to raise awareness about delirium and promote collaboration among healthcare professionals, caregivers, and family members to prevent and manage this condition.

This year's theme, *"Delirium is Everybody's Business"*, highlights the critical importance of a coordinated approach in recognising, preventing, and managing delirium. Come along to our Delirium Awareness Session and help us spread the word!

LOTS OF LOVE



We took some time to connect with others and nurture ourselves for Valentine's Day last month, with Carers' Manchester Central's Carers' High Tea and our self-love themed session here at the centre.

"Love yourself. Be clear on how you want to be treated. Know your worth. Always." – Maryam Hasnaa

"How you love yourself is how you teach others to love you." – Rupri Kaur



DELIRIUM AWARENESS SESSION

Are you interested in learning more about delirium ?

JOIN US FOR ...

Information

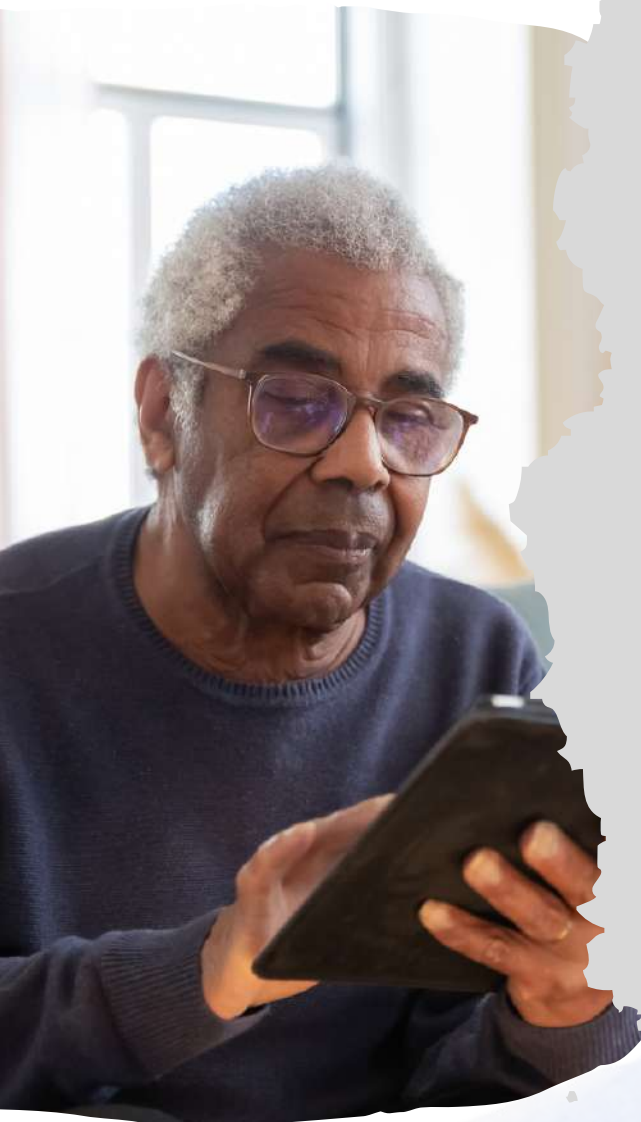
Advice

Quiz

14th March 2023

2 pm to 3pm

**@ Claremont
Resource Centre**



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

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INFORMATION & ADVICE

DID YOU KNOW?

There are 3 National Cancer Screening Programmes in England:

- **Cervical**

Offered to **women aged 25 to 64**. Routine screening is offered every three years up to 49 years of age and every five years from 50 to 64 years of age.

- **Bowel**

Men and women aged 60-74 are sent a home testing kit every two years to collect a small sample of poo to be checked for tiny amounts of blood which could be caused by cancer.

- **Breast**

Breast screening is offered to **women aged 50 to their 71st birthday** in England. You'll first be invited for screening within three years of your 50th birthday.



**MACMILLAN
CANCER SUPPORT**

**IF YOU NEED SUPPORT
TO APPLY FOR FUNDS OR
TO CONNECT WITH A
SUPPORT GROUP PLEASE
CONTACT US**

You can access further resources here:

www.macmillan.org.uk



**1 IN 8 MEN WILL GET
PROSTATE CANCER**

If you're over 50, or you're black, or your dad or brother had it, you're at even higher risk.

The first step to checking whether you are at risk is a **blood test (PSA Test)**.

The PSA test can find aggressive prostate cancer that needs treatment, but it can also find slow-growing cancer that may never cause symptoms or shorten life.

You can access further resources here:

prostatecanceruk.org

MACMILLAN GRANTS

Macmillan Grants are small, one-off payments to help people with the extra costs that cancer can cause.

If you need things like extra clothing, help paying heating bills or even a relaxing UK break, you may be able to get a Macmillan Grant.

How much you will get depends on your situation and needs. **A grant from Macmillan would not normally affect the benefits you are entitled to.**

DEMENTIA CAFE

COMMUNICATION

When a person has **dementia**, the parts of the brain that control their ability to understand language are **damaged**



TIPS FOR COMMUNICATING WITH SOMEONE WITH DEMENTIA

Remove distractions

such as background noise from the television

Adjust your style of speaking

such as speak clearly and slowly

Try to maintain eye contact

Avoid asking open questions

such as "what do you want to do today ? "



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PLANNING FOR THE FUTURE



THIS TALK COVERS:

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

Monday 6th

March 2023

11am

@ The Claremont Resource Centre



0161 226 6334

cmc@accg.org.uk

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

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HEALTH NEWS

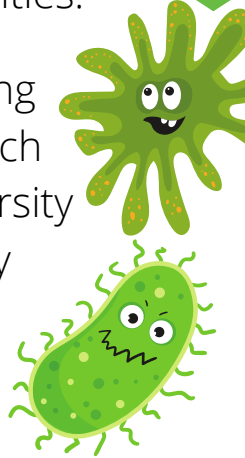
FOOD IN FOCUS...



30+ CHALLENGE

Poor gut health has been linked with many diseases including obesity, diabetes and cancer as well as mental health difficulties.

New research suggests eating 30+ different plant foods each week can help improve diversity in gut bacteria and positively impact overall health and wellbeing.



How many different fruit, vegetables, nuts, seeds, grains, herbs and spices have you eaten this week?

DIET AND DEMENTIA

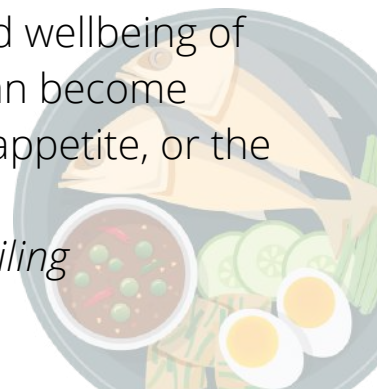


Evidence shows that a diet rich in essential fatty acids (from sources such as fish or nuts), high in plant foods and low in red meat and sugar, could help reduce dementia risks.



Eating well is vital to maintain the health, independence and wellbeing of people with dementia. However, for many people, eating can become challenging as their dementia progresses. Some lose their appetite, or the skills needed to use cutlery.

For support or more information, you can get in touch by emailing dementia@accg.org.uk or give us a call on **0161 226 6334**.



FREE SESSION!



Join us this...

NUTRITION & HYDRATION WEEK



FOOD TASTING
Try something new

TEAS
Stay hydrated with our selection of hot drinks

HEALTH
Information booklets and tips on eating & drinking well



Fri 17th March
11am
@ Claremont Resource Centre



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8th March is...



International Women's Day

Come and Help us Celebrate Women - Tuesday 7th March

Quiz | Refreshments | Prizes

2pm @ Claremont Resource Centre



#EmbraceEquity

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MARCH 2023



EXPLORING CULTURE

POEM OF THE MONTH

MARCH THE MONTH THE WOMB-MEN ARE CELEBRATED, HIGHLIGHTED AND CHANGE IS DISCUSSED. THE SPRING EQUINOX PEAKS THROUGH THE LAST DAYS OF THE WINTER SOLSTICE.

THE SPRING GIVES US HOPE OF SEEING MORE OF THE SUN AND WARMTH ENHANCING THE SOCIAL MOOD.

HIBERNATION DECREASES AS SOCIALISATION CHANGES COURSE - LESS INDOOR MEET UPS AND AN ARRAY OF GARDEN GATHERINGS, BRINGING MORE PEOPLE TO THE SOILS THEIR FOOD WERE GROWN.

PLANTERS BECOME CATALYSTS OF SELF-LIBERATION, FOR THE CONSCIOUS MIND TO BEGIN CONVERSATION THAT WILL GROUND THE FOUNDATIONS OF THEIR FUTURE GENERATIONS.

MARCH CELEBRATES STORIES FROM PERFORMANCE PIECES TO PHYSICAL LITERATURE, NOT FORGETTING THE BROTHERS AND SISTERS OF AFRICAN DIASPORA FROM GHANA CELEBRATING THEIR 64TH YEAR AS AN INDEPENDENT.

MARCH IS TO MARCH ON WITH POSITIVITY, LOVE AND OVERSTANDING OF YOURSELF AND YOUR CHANGING COMMUNITY.



Poem by Shaneil FS



DATES FOR YOUR DIARY

WED 1 MAR	11AM	INFORMATION & ADVICE @ LIMELIGHT
THUR 2 MAR	11AM	FITNESS WITH DORRETTA
FRI 3 MAR	2PM	AROMATHERAPY RELAXATION
MON 6 MAR	11AM	HULME CARERS' FORUM -ESTATE PLANNING
	2PM	LIVING LIFE TO THE FULL
TUES 7 MAR	11AM	TAI CHI
	2PM	LGBTQ+ DEMENTIA GROUP ONLINE
	2PM	GARDENING CLUB
	2PM	INTNL. WOMEN'S DAY SESSION
WED 8 MAR	2PM	INTNL. WOMEN'S DAY SESSION - CARERS
THUR 9 MAR	11AM	FITNESS WITH DORRETTA
	2PM	DEMENTIA CAFE
FRI 10 MAR	2PM	AROMATHERAPY RELAXATION
MON 13 MAR	2PM	LIVING LIFE TO THE FULL
TUES 14 MAR	11AM	TAI CHI
	2PM	DELIRIUM AWARENESS DAY SESSION
	2PM	GARDENING CLUB
WED 15 MAR	11AM	INFORMATION & ADVICE @ LIMELIGHT
THUR 16 MAR	11AM	FITNESS WITH DORRETTA
FRI 17 MAR	11AM	FOOD TASTING & AWARENESS SESSION
	2PM	AROMATHERAPY RELAXATION
MON 20 MAR	11AM	GORTON CARERS' FORUM
	2PM	LIVING LIFE TO THE FULL
TUES 21 MAR	11AM	TAI CHI
	2PM	GARDENING CLUB
THU 23 MAR	11AM	FITNESS WITH DORRETTA
FRI 24 MAR	2PM	AROMATHERAPY RELAXATION
TUES 28 MAR	11AM	TAI CHI
	1.30PM	DIABETES CLUB
	2PM	GARDENING CLUB
THUR 30 MAR	11AM	FITNESS WITH DORRETTA
FRI 31 MAR	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

0161 226 6334

admin@accg.org.uk

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