

DECEMBER 2022



NEWSLETTER

CHRISTMAS IS COMING!

We're gearing up to our festive celebrations this month...

FESTIVE SING-ALONG

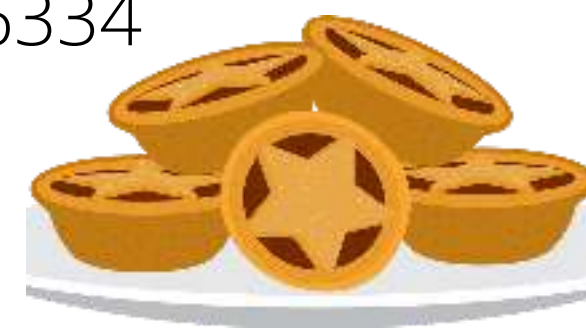
Come and join us on Tuesday 20th December in warming up our voices and bringing in some festive cheer, singing along to some carols and our favourite Christmas songs!



CHRISTMAS CARERS FORUMS

Join us on Monday 5th December at the Claremont Resource Centre or on Monday 19th December at the Gorton Monastery for our Christmas themed carers forum. Festive fun and decoration making, as well as some festive refreshments!

For more information contact carers-mcr-central@accg.org.uk or give us a call on 0161 226 6334



COMMUNITY NEWS

FOOD FOR ALL!

Did you know ACCG offer a Food Bank service to anyone in need? You don't have to provide any evidence, just come down between 10am and 2pm Monday to Friday and take home 15 items for £3.



CLAREMONT FOOD BANK

Supporting the community with Ethnic & general foods

Call 0161 226 6334



THE UNTOLD ORCHESTRA

Members of The (exceptionally talented!) Untold Orchestra paid us a visit last month to share some beautiful music from black, female composers including Jessie Montgomery, Florence Price and Caroline Shaw.

CREATING CALM

Fancy a bit of pampering? We're now offering FREE, weekly aromatherapy relaxation sessions at the Claremont Resource Centre every Friday. Come along, have a massage and bring a little bit of calm to your week.



FESTIVE

SING-ALONG


Come and join us in warming up our voices and bringing in some festive cheer, singing along to some carols and our favourite Christmas songs!

Tuesday 20th
December
- 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

SLEEPING QUALITY

Changes in sleeping patterns can be a symptom of dementia; the study also suggested people getting 6 hours of sleep or less were at greater risk of developing dementia later

TIPS FOR IMPROVING SLEEP



**REGULAR SLEEP
REGIMES**



**EXPOSURE TO
BRIGHT LIGHT**

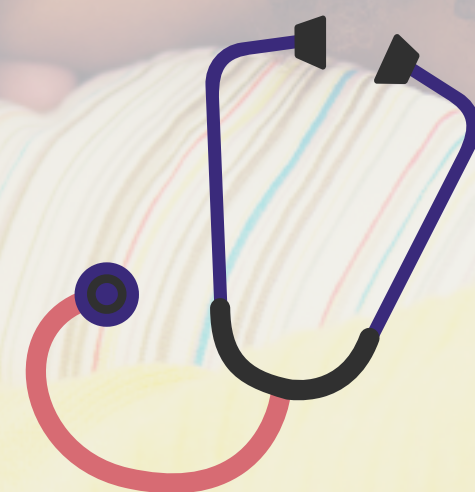


DOING EXERCISE

SCAN ME!



View the
article on
your phone



**SPEAK TO
OUR GP**



**DIFFUSING
AROMAS**



0161 226 6334



dementia@accg.org.uk



www.accg.org.uk



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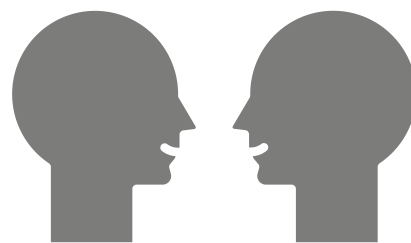
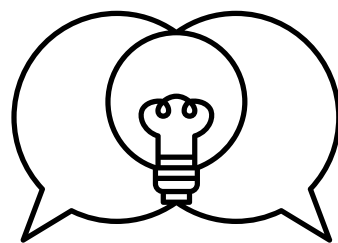
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INFORMATION & ADVICE

ADVOCACY AT LIMELIGHT

We'll now be holding regular advocacy stalls at Limelight Wellbeing Hub 11am-1pm. Come along on Wednesday 14th December and chat with our friendly team, who can offer you information, advice and support with benefits, housing, social needs, and more...



PREDATORY MARRIAGE



Joan Blass was a 91 year old lady with severe dementia and terminal cancer. After her death in 2016, her family members found that a much younger man, age 68, had secretly married her five months previously. Upon her death, Joan's new husband was legally entitled to half of her house and £35,000 savings, in spite of her daughter having power of attorney.

For more information on predatory marriage or Joan's case, go to:

www.predatorymarriage.uk

If you know of anyone in a similar situation, get them to email to

info@predatorymarriage.uk or contact your MP at:

www.writetothem.com



AROMATHERAPY

RELAXATION SESSION

Every Friday
2 pm to 3 pm

Claremont
Resource Centre

**SESSIONS WILL
INCLUDE:**

- RELAXATION
- MASSAGE
- SOOTHING
MUSIC



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HEALTH



NEEDS



Have Your Say

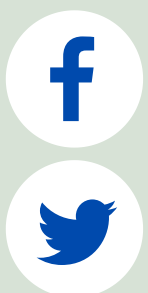
Come and speak with Trafford Council's Public Health Registrar Anna to give your feedback on services and what your need



Tuesday 6th
December
2pm



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HEALTH NEWS



MANAGING STRESS

We picked up some great tips at our Managing Stress Workshop by Self Help last month. If you'd like to know more about the services they offer, including talking therapies, e-therapies and peer support, call 0161 226 3871 or pws.manchester@selfhelpservices.org.uk

YOUR FRIENDLY LOCAL PHARMACIST

Pharmacists can offer advice and over-the-counter medicines for things like coughs, colds, sore throats and tummy aches.

If you cannot afford the medicine you need, ask if you can get it free under the Minor Ailment Scheme.



MENTAL HEALTH SUPPORT

If you or someone you know is having mental health issues, contact the Greater Manchester Mental Health Crisis Helpline. It is free to phone and is open all the time 0800 953 0285



Winter Games

Tuesday 13th
December
2pm

Join us for Fun Games,
Prizes and Festive Treats!
@ Claremont Resource Centre



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ADVOCACY DROP-IN

NEED ANY INFORMATION, SUPPORT
OR ADVICE ABOUT:

Finances?

Housing?

Benefits?

Social
Needs?

Debt?

Come along to...

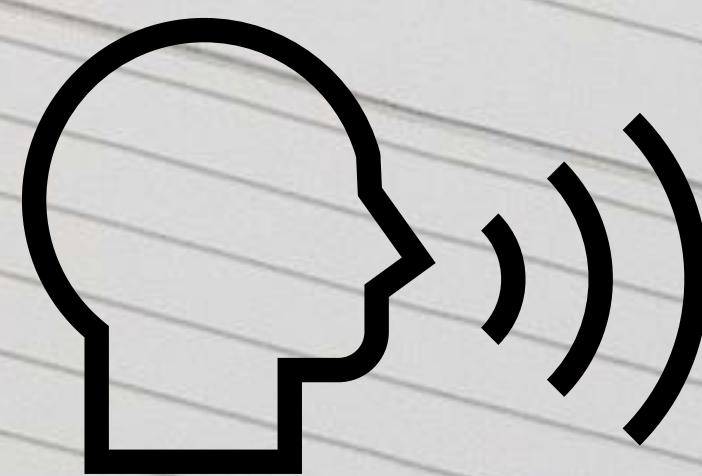
LIMELIGHT (Cafe)

1 Saint Brides Way, Manchester

M16 9NW

Weds 14th Dec

11am-1pm



...and speak with a
member of our
friendly team!



0161 226 6334 

advocacy@accg.org.uk 

www.accg.org.uk 

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DATES FOR YOUR DIARY

THU 1 DEC	11AM	FITNESS WITH DORETTA
FRI 2 DEC	2PM	AROMATHERAPY RELAXATION SESSION
MON 5 DEC	11AM	HULME CHRISTMAS CARERS' FORUM
TUE 6 DEC	11AM	TAI CHI
	2PM	LGBTQ+ DEMENTIA ONLINE GROUP
	2PM	GARDENING CLUB
	2PM	HEALTH NEEDS FEEDBACK SESSION
THU 8 DEC	11AM	FITNESS WITH DORRETTA
	2PM	DEMENTIA CAFE
FRI 9 DEC	10AM	DIGITAL LOUNGE
	2PM	AROMATHERAPY RELAXATION SESSION
TUE 13 DEC	11AM	TAI CHI
	2PM	WINTER GAMES
	2PM	GARDENING CLUB
WED 14 DEC	11AM	ADVOCACY DROP-IN AT LIMELIGHT
THU 15 DEC	11AM	FITNESS WITH DORRETTA
FRI 16 DEC	2PM	AROMATHERAPY RELAXATION SESSION
SAT 17 DEC	6.30PM	CARERS' RECOGNITION AWARDS
MON 19 DEC	11AM	GORTON CHRISTMAS CARERS' FORUM
TUE 20 DEC	11AM	TAI CHI
	2PM	GARDENING CLUB
	2PM	FESTIVE SING-ALONG
THU 22 DEC	11AM	CHRISTMAS PARTY
FRI 23 DEC	2PM	AROMATHERAPY RELAXATION SESSION

We also run our Lunch Club and Food Bank on a weekly 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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Join our enthusiastic team, speak to a member of staff for more information



**BUSINESS SUPPORT
WELFARE RIGHTS ADVISOR
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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