

JANUARY 2023



NEWSLETTER

HAPPY NEW YEAR!

We hope you've had a restful festive season! Here's some of what we got up to at Claremont Resource Centre...

FESTIVE FUN!



We had a great time in the run up to Christmas, making Christmas cards, enjoying a sing-along to our favourite carols and tunes, and celebrating the end of the year with our Christmas party.

Thanks to the Reggae Rhythm Band for helping us see out last year in style!



NEW YEAR, NEW HOBBIES?

We've got some great events and activities on this January and beyond if you fancy trying something new...



Join us for Tai Chi, Fitness Sessions, Aromatherapy Relaxation, Gardening, Music, Mindfulness and much more!

Read on to find out more...



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COMMUNITY NEWS

WALKING STICK MOT



With the cold, icy weather, it's important to be extra careful getting around. We'll be holding a falls prevention workshop, courtesy of BUZZ, with some helpful advice about how to reduce your risk of falls, including a check of your walking stick and replacement of the rubber ferrule at the bottom. See poster for more details!

NEW ALZHEIMER'S DRUG - IECANEMAB

Currently, people with Alzheimer's are given other drugs to help manage their symptoms, but nothing changes the course of the disease. The first breakthrough drug, lecanemab, works in the early stages of the disease and attacks the sticky gunge that builds up in the brains of people with Alzheimer's slowing the decline. Alzheimer's Research UK said the findings were "momentous".



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

FREE EVENT

LIVE MUSIC

with Hallé Orchestra's
Paulette



Tuesday 3rd
January
1.45pm



@ 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

**TUESDAY 17th
JANUARY
2pm**

**Claremont Resource
Centre**

FALLS PREVENTION

and Walking Stick

MOT



Find out about:

- Ways to get more active and improve your general health, strength and balance
- Falls prevention strategies and tips
- Relevant services in the area, such as local falls teams and home adaptations services

**Come and get your walking
stick checked and get worn out
ferrules replaced for free**



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INFORMATION & ADVICE



MEET SIANNA

Our new Advocacy Worker Sianna is here Monday - Friday to support you with your needs in areas such as housing, debts, benefits, finances and social care. Drop her an email on advocacy@accg.org.uk or call 0161 226 6334 to make an appointment

QUICK ACCESS

Did you know you can access a quick and easy benefits calculator online?

Visit www.entitledto.co.uk where you can put in a few details to see what support you might be able to get.



entitledto

independent | accurate | reliable

COST-OF-LIVING

We will be holding a Welfare Rights information session on 10th January. Come and find out what you're entitled to, how we can help and share with us how the cost-of-living crisis is affecting you.

We will also be joined by Independent Age who are seeking over 65s in Greater Manchester to hear your stories and take some pictures for a cost-of-living shoot, for those who would like to participate in this part.

Overwhelmed?

Hard to
switch off?



Introduction to Mindfulness

Mindfulness is a way of being in your day to day life that helps manage stress, anxiety, poor sleep and low mood by helping you feel more present

Tuesday
24th Jan
2pm

Learn more and try it out yourself
with this one-off workshop from
a trained Mindfulness
practitioner

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COST OF LIVING SUPPORT

COME AND JOIN THE DISCUSSION:

TUESDAY
10th JAN
1.45pm

- Share how you're affected
- Find out what financial support you're entitled to
- Discover what other help is available



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HEALTH NEWS

GREAT DREAM

Ten keys to happier living

- GIVING**  Do things for others
- RELATING**  Connect with people
- EXERCISING**  Take care of your body
- AWARENESS**  Live life mindfully
- TRYING OUT**  Keep learning new things
- DIRECTION**  Have goals to look forward to
- RESILIENCE**  Find ways to bounce back
- EMOTIONS**  Look for what's good
- ACCEPTANCE**  Be comfortable with who you are
- MEANING**  Be part of something bigger

CREATING BALANCE

It's easy to just focus on diet and exercise when trying to stay healthy but a more holistic approach is best. Here's some tips for overall wellbeing based on the latest research. Check out

www.actionforhappiness.org for ideas about how to put these into action!



PROMOTING APPETITE



Aromatherapy helps to increase appetite as it activates the sense of smell, which stimulates the salivary glands. Some essential oils are commonly used to increase appetite including **Bergamot**, **Citrus** and **Peppermint**.



Come along to our free aromatherapy relaxation session every Friday starting at 2 pm to learn more about the ways to use essential oils.

UNSURE WHO TO CALL?

NHS 111 is a free, non-emergency service available for urgent health care assessment. If you are unsure which healthcare service you need to visit, the NHS 111 service will signpost you to the most appropriate care for your condition, which could be your GP, local pharmacy or walk-in centre. It could also be the emergency department or an emergency ambulance if required. The service is available 24 hours a day by dialling 111 or by going to 111.nhs.uk.

DEMENTIA CAFE

PAIN MANAGEMENT

Some people believe that people with dementia don't feel pain, but this isn't true. However, it can be hard to tell if they are in pain

TIPS FOR SPOTTING PAIN IN A PERSON WITH DEMENTIA



Ask Specific Questions

such as "Is your arm aching?"

Changes in body language

such as restlessness, twitching



Changes in appetite

such as refusing food

Physical change

such as sweating, appearing flushed



DATES FOR YOUR DIARY

TUE 3 JAN	11AM	TAI CHI
	2PM	MUSIC FROM HALLE'S PAULETTE
	2PM	GARDENING CLUB
	2PM	LGBTQ+ DEMENTIA GROUP ONLINE
THU 5 JAN	11AM	FITNESS WITH DORRETTA
FRI 6 JAN	9.30AM	DIGITAL LOUNGE
	2PM	AROMATHERAPY RELAXATION
MON 9 JAN	11AM	HULME CARERS' FORUM
TUE 10 JAN	11PM	TAI CHI
	1.45PM	COST OF LIVING SUPPORT
	2PM	GARDENING CLUB
THU 12 JAN	11AM	FITNESS WITH DORRETTA
	2PM	DEMENTIA CAFE
FRI 13 JAN	2PM	AROMATHERAPY RELAXATION SESSION
MON 16 JAN	11AM	GORTON CARERS' FORUM
TUE 17 JAN	11AM	TAI CHI
	2PM	FALLS PREVENTION/WALKING STICK MOT
	2PM	GARDENING CLUB
WED 18 JAN	11AM	ADVOCACY AT LIMELIGHT
THU 19 JAN	11AM	FITNESS WITH DORRETTA
FRI 20 JAN	9.30AM	DIGITAL LOUNGE
	2PM	AROMATHERAPY RELAXATION SESSION
TUE 24 JAN	11AM	TAI CHI
	2PM	INTRODUCTION TO MINDFULNESS
	2PM	GARDENING CLUB
THU 26 JAN	11AM	FITNESS WITH DORRETTA
FRI 27 JAN	11AM	SHARED READING
	2PM	AROMATHERAPY RELAXATION
TUE 31 JAN	11AM	TAI CHI
	1.30PM	DIABETES CLUB
	2PM	GARDENING CLUB

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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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**



GET IN TOUCH | VISIT US

WE ARE OPEN
Monday - Friday
9am - 4.30pm

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