



JULY 2023

NEWSLETTER



0161 226 6334

info@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



CONTENTS PAGE

PAGE 3	IN OUR CENTRE What we got up to last month
PAGE 5	COMMUNITY NEWS
PAGE 6	COMMUNITY DIAGNOSTIC CENTRES (CDCs) The latest about the centres and the work we've been doing
PAGE 8	HOLISTIC THERAPIES FOOD BANK
PAGE 9	OUR MEAL SERVICES
PAGE 10	INFORMATION AND ADVICE This month featuring our Dementia Advisor Alex! OUR SERVICES
PAGE 11	DEMENTIA CAFE
PAGE 12	HEALTH NEWS
PAGE 13	EXPLORING CULTURE
PAGE 14	DATES FOR YOUR DIARY
PAGE 15	ACCG MEMBERSHIP
PAGE 16	VACANCIES AND VOLUNTEERING CONTACT INFORMATION

IN OUR CENTRE

WONDERFUL WINDRUSH

ACCG would like to extend our gratitude to the Windrush Generation for their hard work and contribution to society, as well as our loyal service users for making our 75th Windrush Celebration last month a day to remember!



We have many moments that we can reminisce on from the day such as the African Drumming from- Dje Binghi Xh'ulu, a great music session from DJ Cuttz and the performative arts from Linford Sweeney and Deanne Heron.



SOME OTHER ACTIVITIES LAST MONTH...

Our 'Stimulant' course - interactive play sessions aimed at increasing and improving the dexterity of the hands and fingers alongside being a mindful experience. Next session 27th July!

- Karaoke
- Mosaic Art and Collages
- Bingo
- Arithmetic

JULY 2023

IN OUR CENTRE

JUST TO MENTION

A huge thank you to our guests Linford Sweeney, Dje Binghi Xh'ulu, Deanne Heron, Councillor Igbon, Councillor Midgley, and Robert Frankl from the East Lancashire Masonic Charity!



COMMUNITY NEWS

HALLÉ RELAXED CONCERT: INCLUSIVE CLASSICAL MUSIC EXPERIENCE



Date: 14 July 2023
Time: 2.30pm
Venue: Hallé St Peter's,
Manchester
Tickets: £3

This inclusive classical music experience is perfect for people living with dementia, their caregivers, and vulnerable community members. Enjoy classical music in a relaxed and informal environment. Interact with the Hallé archive before the concert.

For more details visit <https://www.eventbrite.co.uk/e/halle-relaxed-concert-tickets-654772761957?aff=oddtcreator>

BOOKS TO YOUR DOOR!



Do you love to read but find it difficult to get to your local library? Books to Go provides a FREE home delivery service for Manchester residents of any age who have difficulty leaving their home or have issues with access. You can contact them on **0161 227 3800** or email bookstogo@manchester.gov.uk to arrange.

COMMUNITY DIAGNOSTIC CENTRES

INFORMATION AND FEEDBACK

Our information session about the CDCs went well at the centre last month. We shared with attendees what the benefits of the centres are, updates on the locations and offered a chance for people to give their feedback on how to improve upon current access to health services.



Convenience

Access to multiple tests in the same place on the same day



Less Waiting

Waiting times for appointments are shorter



Improving outcomes

Cancer, dementia and other diseases can be diagnosed at an earlier stage of progression, improving the chances of successful treatment



Advanced Technology

Patients will have access to some of the most advanced diagnostic technology available to the NHS.



Money and the Environment

Reduce number of journeys, saving you cash whilst cutting carbon emissions and air pollution

We've been spreading the word about the CDCs at our community stalls within Manchester and Trafford, speaking to the lovely folks in locations such as ASDA, Coppice Library and Ascension Church Hulme. We'll be continuing to get the information out there to you over the coming months, so watch out for updates on upcoming focus groups in your area.

OUT AND ABOUT



COMMUNITY DIAGNOSTIC CENTRES

Community diagnostic centres (CDCs) aim is to provide a broad range of diagnostics (including checks, scans and tests) away from acute facilities, so reducing pressure on hospitals, providing quicker access to tests and greater convenience to patients.

In many cases these will be able to be done in a one stop setting.

Eye Screening

Blood tests

X-Rays

Endoscopy

Referrals can be made through your GP

MRIs

CT scans

and more...

CDC main sites:

- Withington Hospital
- Trafford General Hospital
- North Manchester (coming soon!)

with further sites to be identified in priority areas



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Get the Treatment You Deserve

Members
20%
Discount

Whether you need a little pampering after a long day of work, or just want to try something new and interesting, ACCG services are designed with you in mind.

Hours:

Tuesday and Wednesday 09.00 -16.00

- Pedicure
- Manicure
- Massage
- Facial
- Reflexology



CLAREMONT FOOD BANK

Supporting the community with Ethnic & general foods

£3 for 15 items

OPEN MONDAY - FRIDAY 10AM - 3PM

REFERRALS WELCOME

ETHNIC FOODS

VOLUNTEERING OPPORTUNITIES

DONATIONS WELCOME



8



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MEAL SERVICES

As well as creating tasty Caribbean food for service users at our day centre, our kitchen team and drivers work hard to supply delivered meals door-to-door to those in need in the community.

MEET THE TEAM!



AFFORDABLE RATES

Our lunch, takeaway and delivered meals service is open to all! Food is freshly produced, locally sourced and prepared and cooked on site.

Made by local people for local people.

We offer affordable rates:

At the centre

Members - £5.50

Non-members - £6.60

Members take-away - £6

Non Members take-away - £7.10



Delivered hot to your door

£7.50

INFORMATION & ADVICE

DEMENTIA ADVISORY SERVICE



Hello everyone, I'm Alex Chan, Dementia Advisor at ACCG.

My main duty is to offer support to individuals and families affected by dementia. We provide 1-2-1 advisory sessions, emotional support, education, and care planning to help navigate this complex journey.

Through aromatherapy, support groups, and the dementia café, our aim is to empower individuals and improve their quality of life. For any questions, please call us at **0161 226 6334**.

JULY'S DEMENTIA CAFÉ: SUNDOWN SYNDROME

Learn about this phenomenon, where individuals with dementia experience increased confusion and agitation during late afternoon and evening hours. Gain insights, practical tips, and support from our advisor whilst connecting with others facing similar challenges. Let's navigate sundown syndrome together at the Dementia Café. For more details on the topic, please see the poster on the next page.



ACCG SERVICES

- 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**

DEMENTIA CAFE

SUNDOWN SYNDROME



is a phenomenon commonly experienced by individuals with dementia, particularly in the later stages of the disease.

1

It refers to a pattern of **increased confusion**, **restlessness**, and **agitation** that occurs in the **late afternoon** or evening

2

Factors such as **disruption of the body's internal clock**, **fatigue**, and **sensory overload** can contribute to its occurrence

3

It can be **challenging** for both individuals with dementia and their caregivers, as it can lead to **increased stress** and **sleep disturbances**.



0161 226 6334

dementia@accg.org.uk

www.accg.org.uk



HEALTH NEWS



HOT WEATHER AND HYDRATION



As the temperatures rise, it's crucial to prioritize hydration. Stay cool and hydrated by having 6-8 drinks throughout the day. Avoid sugary drinks and opt for refreshing options like infused water or herbal teas. Remember to take regular breaks in shaded areas, wear lightweight and breathable clothing, and use sunscreen. Stay safe and beat the heat this summer! For more nutrition and hydration tips, please visit www.ageuk.org.uk



SIGNS OF DEHYDRATION IN ADULTS

Here's some symptoms to watch out for that could mean you are dehydrated and need to increase your fluid intake:

- feeling thirsty
- dark yellow, strong-smelling pee
- peeing less often than usual
- feeling dizzy or lightheaded
- feeling tired
- a dry mouth, lips and tongue
- sunken eyes



Ask for an urgent GP appointment or get help from NHS 111 if:

- you're feeling unusually tired
- you're confused and disorientated
- you feel dizzy when you stand up and it does not go away
- you have dark yellow pee or you're peeing less than normal
- you are breathing quickly or have a fast heart rate



These can be signs of serious dehydration that need urgent treatment. You can call 111 or [get help from 111 online](https://www.nhs.uk/111).

EXPLORING CULTURE

THE GUEST HOUSE - BY JALALUDDIN RUMI*

This being human is a guest house.

Every morning a new arrival.

*A joy, a depression, a meanness,
some momentary awareness comes*

As an unexpected visitor.

Welcome and entertain them all!

*Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still treat each guest honorably.*

*He may be clearing you out
for some new delight.*



*The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.*

*Be grateful for whoever comes,
because each has been sent
as a guide from beyond.*

***translation by Coleman Barks**

Do you have a favourite poem you'd like us to feature?
Or maybe you or someone you know write poetry and would like to
showcase your work here.

Send your poems or suggestions to community2@accg.org.uk

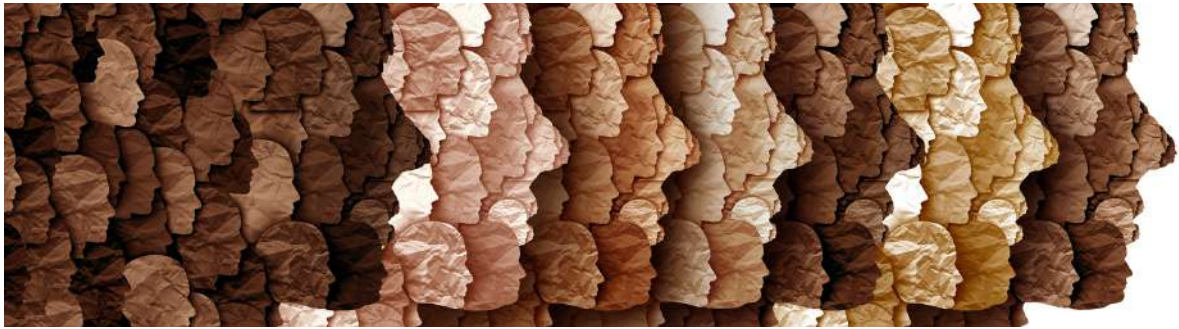
JULY 2023

DATES FOR YOUR DIARY

MON 3 JULY	11AM	HULME CARERS' FORUM - CDC INFO
TUES 4 JULY	11AM	TAI CHI
	2PM	TUESDAY MATINEE - ALEX PARK FILM
	2PM	GARDENING CLUB
	2PM	LGBTQ DEMENTIA GROUP - ONLINE
THUR 6 JULY	11AM	FITNESS WITH DORRETTA
	2PM	THE UNTOLD ORCHESTRA
FRI 7 JULY	9.30AM	DIGITAL LOUNGE
	2PM	AROMATHERAPY RELAXATION
TUES 11 JULY	11AM	TAI CHI
	2PM	GARDENING GROUP
	2.30PM	BINGO
THUR 13 JULY	11AM	FITNESS WITH DORRETTA
	2PM	DEMENTIA CAFE
FRI 14 JULY	2PM	AROMATHERAPY RELAXATION
MON 17 JULY	11AM	GORTON CARERS' FORUM - CDC INFO
TUES 18 JULY	11AM	TAI CHI
	1.30PM	HALLE MUSIC SESSION
	2PM	GARDENING CLUB
THUR 20 JULY	11AM	FITNESS WITH DORRETTA
	2PM	KARAOKE
FRI 21 JULY	9.30AM	DIGITAL LOUNGE
	2PM	AROMATHERAPY RELAXATION
TUES 25 JULY	11AM	TAI CHI
	1.30PM	DIABETES CLUB
	2PM	GARDENING CLUB
THUR 27 JULY	11AM	FITNESS WITH DORRETTA
	2PM	STIMULANT - INTERACTIVE SESSION
FRI 28 JULY	11AM	SHARED READING GROUP
	2PM	AROMATHERAPY RELAXATION
MON 31 JULY	2PM	CARERS' AFTERNOON TEA

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

BECOME A MEMBER



Become a member for just £12 a year and you'll get:

- REDUCED MEAL PRICES
- FREE TAI CHI AND FITNESS SESSIONS
- DISCOUNT ON OUR HOLISTIC THERAPIES
- FREE DAY TRIPS



Visit our website or contact: admin@accg.org.uk or call 0161 226 6334

JULY 2023



JOIN US!

Want to join our enthusiastic team and contribute towards the work that we do?



CURRENT VACANCIES



WELLBEING WORKER / DRIVER

CALL: 0161 226 6334
EMAIL: recruitment@accg.org.uk



VOLUNTEER WITH US!

HOW YOU COULD HELP...



BEFRIENDING

DAY CENTRE SUPPORT

DRIVING

ADMINISTRATION

GARDENING

FUNDRAISING

CATERING

AND MANY MORE OPPORTUNITIES!

GET IN TOUCH | VISIT US

WE ARE OPEN
Monday - Friday
9am - 4.30pm



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