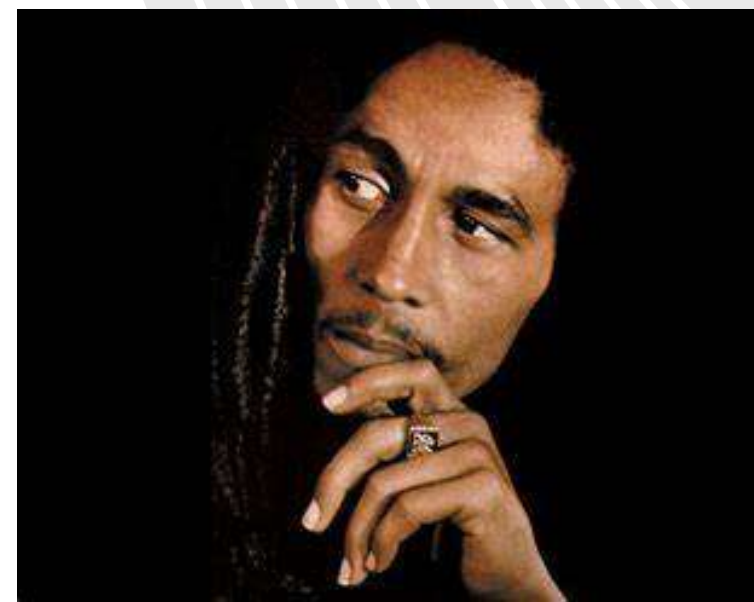


# NEWSLETTER

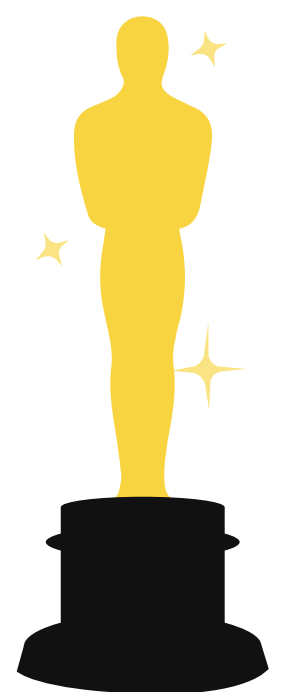
## WHAT WE'VE BEEN UP TO...

### MUSIC THROUGH TIME

We had a great time singing along to some tunes and hearing about the history of different musical genres, including Gospel Reggae and Ska, in our music session at the centre last month



### CARERS' RECOGNITION AWARDS



Following the success of last year's Carers' Recognition Awards, Carers Manchester Central held a second event on Saturday 22nd April, with almost 70 carers awarded for the hard work that they provide in their caring role. We also has the Lord Mayor of Manchester Donna Ludford attend the event

# COMMUNITY NEWS



## DEMENTIA ACTION WEEK 2023

Running from May 15-21, will focus on increasing diagnosis rates. Research shows that misconceptions, denial and referral times to specialists are barriers to seeking a diagnosis. This year, the Alzheimer's Society aims to involve more healthcare professionals, build on the success of their symptoms checklist, and improve people's diagnosis experience to ensure timely diagnosis.


**Asking the same question over and over again.**  
over and over again.  
over and over again.

**It's not called getting old, it's called getting ill.**



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

## AM I A CARER?



It is estimated that 5 million people in England and Wales are unpaid carers! This means taking care of a vulnerable, disabled or elderly family member, friend or partner.

### IF YOU:

- Support somebody with attending appointments and medication
- Help with cooking and cleaning
- Supporting with personal care/ washing bathing
- Supporting somebody with their shopping
- And more



### YOU MAY BE A CARER!

If you identified with the above and would like to see what support you can receive, please call our friendly team on **07398414064** or email **[cmc@accg.org.uk](mailto:cmc@accg.org.uk)**

From 15-21 May is...


# DEMENTIA ACTION WEEK 2023



**COME & HELP US**  
**"ACT ON DEMENTIA"**  
**- Thursday 18th May**

## INCLUDE:

- **MINI MEMORY GAME**
- **SELF ASSESSMENT**
- **RESOURCES**



**2pm @ Claremont  
Resource Centre**



0161 226 6334

dementia@accg.org.uk

www.accg.org.uk

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



Supporting public funding  
ARTS COUNCIL  
ENGLAND



COMMUNITY  
FUND



Steve Morgan  
FOUNDATION



The  
Reader

BE PART OF A  
BIGGER  
STORY



# Shared Reading

MEET

PEOPLE

SHARE

EXPERIENCES

FEEL

CONNECTED

Shared Reading groups bring people together through great literature to talk, laugh and share.

Just drop in and enjoy listening to a story or poem.

No pressure to talk or read.

Claremont Resource  
Centre

Last Friday of the Month

11:00 am –  
12:30 pm



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4

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

Registered Charity No: 1028464 Company Limited by Guarantee No. 2802745

# INFORMATION & ADVICE

## ENERGY PRICE GUARANTEE (EPG)

Millions of households will get more support with high energy bills to help ease the cost of living.

The government know people are worried about their bills rising in April, so are keeping the Energy Price Guarantee at its current level for a further three months over April to June, worth £160 in total for a typical household.

Click on the link for more details:

[Energy Price Guarantee - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

## WOOD STREET MISSION

Wood Street Mission helps support families living on a low income in Manchester and Salford, with practical help and services.

All their services are free for your family to access.

### HOME - Wood Street Mission



**WOOD <sup>ST</sup>  
MISSION**

### *How does it work?*

You need to be referred to Wood Street Mission by a professional such as someone at your child's school, a social worker, health visitor, midwife, or support worker.

They will need to send a form -> **For Referrers.**

If you have any questions please call them on 0161 834 3140.

# HEALTH NEWS

## WORLD ASTHMA DAY - 2ND MAY

Asthma is a chronic lung disease that affects over 300 million worldwide. Improving the air quality in your home is one way to help manage the condition:



**Keep rooms well-aired**

**Vacuum regularly**

**Use allergy friendly or chemical-free products**

**Keep your home smoke-free**

**Keep your home warm**

Get in touch with us if you need financial advice

**Prevent condensation**

- Dry washing outside, tumble dry or in aired room
- Use extractor fans
- Fix leaks

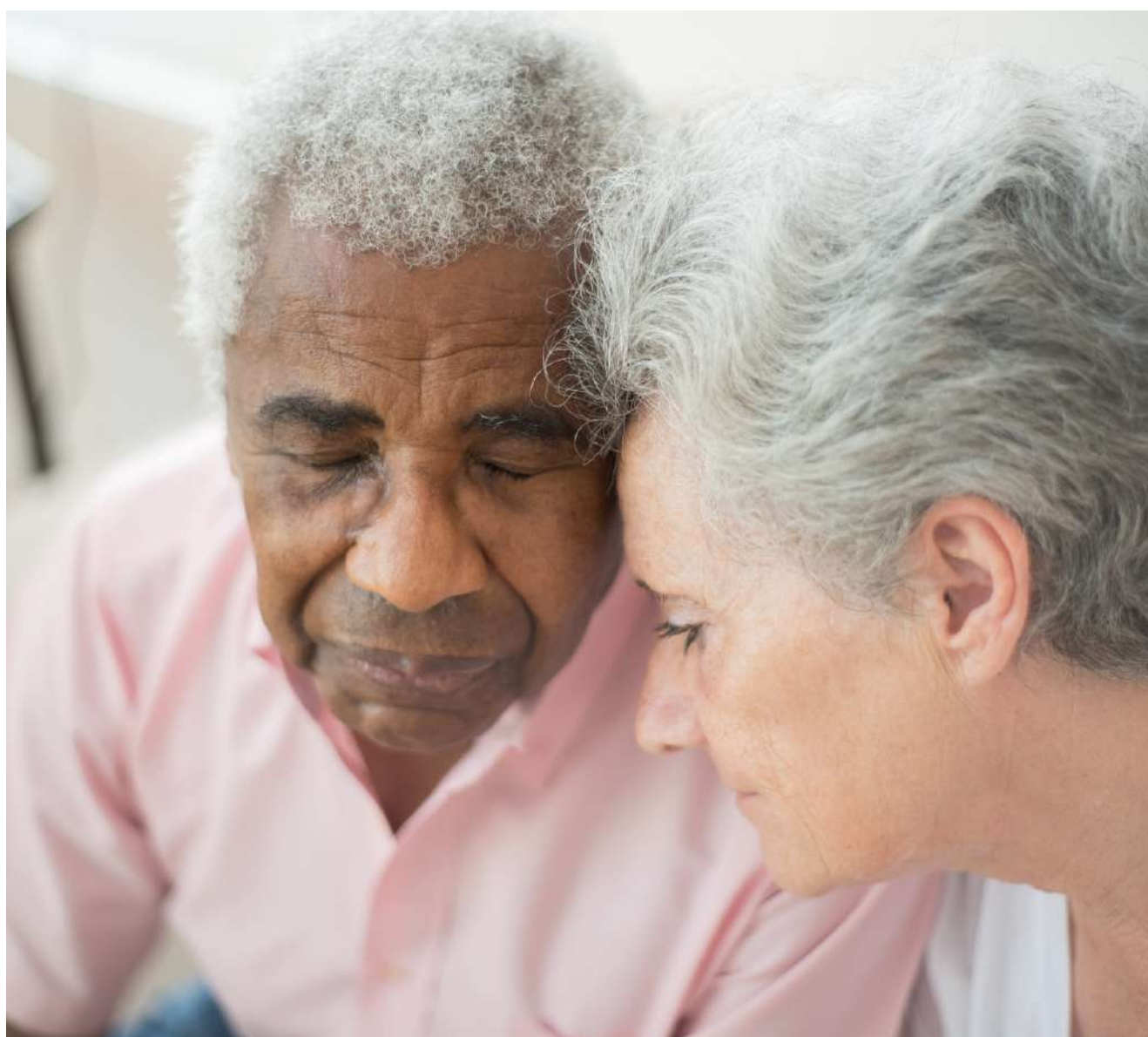
**Use electric or gas heating**

Instead of wood/coal

- Take your prescribed medication
- See your GP - they can write to your landlord if your environment is damaging your health

For more treatment and management tips, go to [www.asthmaandlung.org.uk](http://www.asthmaandlung.org.uk)

## DEPRESSION - DEMENTIA LINK



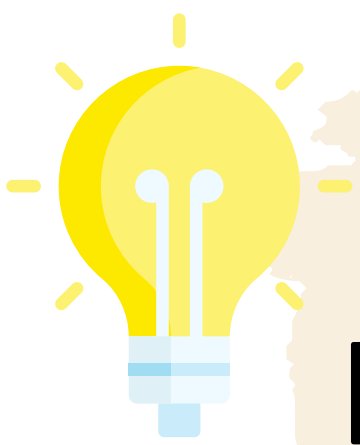
Studies show that people with depression are more likely to develop dementia. Depression can exacerbate symptoms, worsening cognitive decline and behavioral problems. However, many with dementia go undiagnosed for depression, despite it being treatable and potentially slowing the progression of dementia. Seeking help from a healthcare professional is important.

For more details on the topic, please see the poster on the next page.

# DEMENTIA CAFE

## DEMENTIA & DEPRESSION

Depression and dementia are two conditions that can significantly impact a person's quality of life



### 4 facts about the link between dementia & depression

1

People with depression are **more likely** to develop dementia

2

Treating depression can **improve cognitive function** and potentially **slow the progression** of dementia

3

Depression can **worsen the symptoms** of dementia, such as memory loss and confusion

4

**Social engagement**, such as volunteering, may also help **reduce the risk** of both depression and dementia



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# DEMENTIA CAFÉ

DATE	TIME	MONTHLY THEME
11th May	2pm - 3pm	Links between depression and dementia
8th June		Young onset of dementia
13th July		Sundown syndrome
10th Aug		How art can benefit people with dementia
14th Sep		False beliefs and delusions
12th Oct		Reality orientation therapy
9th Nov		Benefits of play therapy for people with dementia
14th Dec		Planning ahead



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# EXPLORING CULTURE

## COMMUNITY HERO - MADAM CJ WALKER

The first self-made female millionaire (1867-1919)



She was an Entrepreneur, Philanthropist & Political and Social activist. Madam C.J. Walker built her fortunes through her cosmetic, hair care line and a manufacturing company created for black women in a time of prejudice, struggle, and self-identity confusion.

Her success re-ins as her company still stands today- MCJW Madam C.J. Walker Inches. She is a role model for black women, as her story showcases success in entrepreneurship for black women.

## BLACK MADONNA AND CHILD

The black Madonna and child is an ancient dark-skinned depiction of The Virgin Mary and Christ. 400-500 statues have been accounted for and can be found scattered across Europe, the Americas and Asia. The significance of this is the importance for all to regain knowledge of the ancient civilisations which governed globally before European Colonisation as we know it today.

The statues that can be found in the UK are located in London and Nottingham.



Haven't heard of them before?

Ask yourself why and research more if intrigued 😊

Would you like to take part in a...

# **WINDRUSH ARTS PROJECT?**


## **A BIT ABOUT THE PROJECT...**

- The project entails capturing images and stories of **Living Windrush Legends**. People from the **Caribbean** who migrated to the **UK** between **1948** and **1971**.
- **12 Caribbean elders** will take part in this project to share their memories of when they came to the **UK**.
- **12 people** connected to them, eg. Family member, carer, or they can also take part, will join a series of art workshops to recreate their portraits using a collage technique.
- **Artwork, photographs** and their stories will be exhibited at the **Windrush event**.

**TUESDAY  
2ND MAY  
- 2PM**

Join us...

**@ CLAREMONT RESOURCE CENTRE**  
to find out more and get  
involved!

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community@accg.org.uk 

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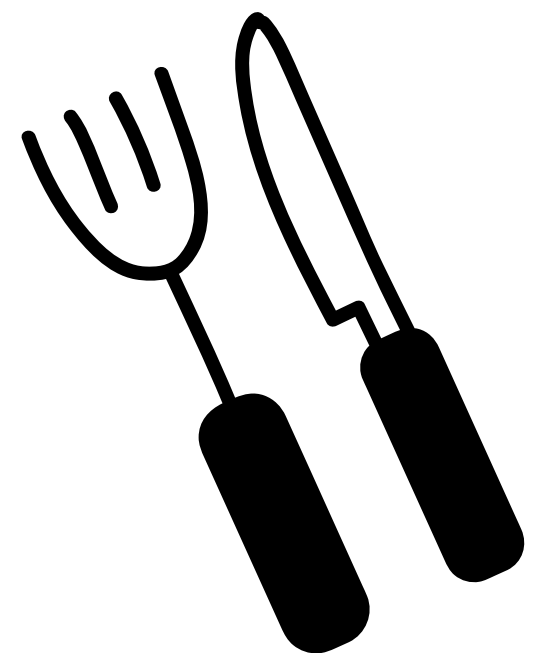
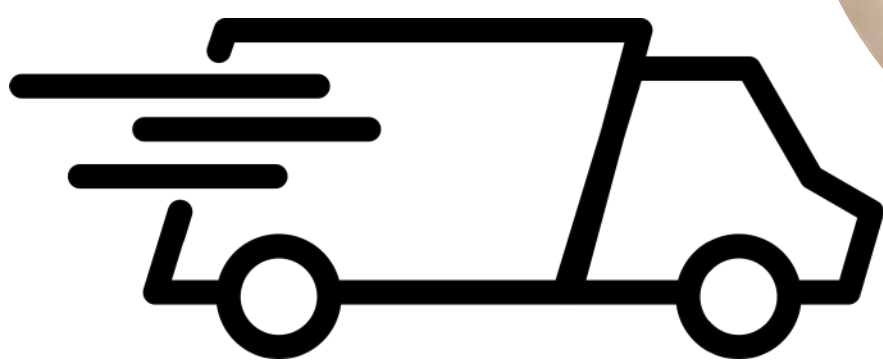


# DID YOU KNOW...?

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!



## TRANSPORT SERVICE

Our transport service means that our service users can get to and from our centre with ease, in the careful hands of our friendly driving team.





**NHS**

North West  
Ambulance Service  
NHS Trust



# North West Ambulance Service

Will be joining us at **Claremont Resource Centre**

Find out more about what they do, including...

- How they capture patient experiences and feedback and what is done with it
- How you can share your experiences with them
- Their upcoming community conversation events
- BSL 999 EVRS that allows D/deaf communities to contact 999 services in the case of an emergency.
- NWAS Insight App helping D/deaf communities to communicate with paramedics



**TUESDAY  
9TH MAY  
2PM**



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# DATES FOR YOUR DIARY

<b>TUES 2 MAY</b>	11AM	<b>HULME CARERS' FORUM</b>
	11AM	<b>TAI CHI</b>
	2PM	<b>WINDRUSH ARTS PROJECT</b>
	2PM	<b>LGBTQ+ DEMENTIA GROUP - ONLINE</b>
	2PM	<b>GARDENING CLUB</b>
<b>WEDS 3 MAY</b>	2PM	<b>LIVING LIFE TO THE FULL</b>
<b>THUR 4 MAY</b>	11AM	<b>FITNESS WITH DORRETTA</b>
	2PM	<b>THE UNTOLD ORCHESTRA</b>
<b>TUES 9 MAY</b>	11AM	<b>TAI CHI</b>
	2PM	<b>NWAS PATIENT ENGAGEMENT SESSION</b>
	2PM	<b>GARDENING CLUB</b>
<b>THUR 11 MAY</b>	11AM	<b>FITNESS WITH DORRETTA</b>
	2PM	<b>DEMENTIA CAFE</b>
<b>FRI 12 MAY</b>	9.30AM	<b>DIGITAL LOUNGE</b>
	2PM	<b>AROMATHERAPY RELAXATION</b>
<b>MON 15 MAY</b>	11AM	<b>GORTON CARERS' FORUM</b>
<b>TUES 16 MAY</b>	11AM	<b>TAI CHI</b>
	2PM	<b>GARDENING CLUB</b>
<b>THUR 18 MAY</b>	11AM	<b>FITNESS WITH DORRETTA</b>
	2PM	<b>DEMENTIA ACTION WEEK EVENT</b>
<b>FRI 19 MAY</b>	2PM	<b>AROMATHERAPY RELAXATION</b>
<b>TUES 23 MAY</b>	11AM	<b>TAI CHI</b>
	2PM	<b>GARDENING CLUB</b>
<b>THUR 25 MAY</b>	11AM	<b>FITNESS WITH DORRETTA</b>
<b>FRI 26 MAY</b>	9.30AM	<b>DIGITAL LOUNGE</b>
	11AM	<b>SHARED READING</b>
	2PM	<b>AROMATHERAPY RELAXATION</b>
<b>TUES 30 MAY</b>	11AM	<b>TAI CHI</b>
	1.30PM	<b>DIABETES CLUB</b>
	2PM	<b>GARDENING CLUB</b>
<b>WEDS 31 MAY</b>	1.30PM	<b>MUSIC WORKSHOP - BAND ON THE WALL</b>

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**

## ACCG MEMBERSHIP

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

- £1 OFF EVERY MEAL
- FREE TAI CHI AND FITNESS SESSIONS
- DISCOUNT ON OUR HOLISTIC THERAPIES
- DISCOUNT ON DAY TRIPS

Join our enthusiastic team, speak to a member of staff for more information

**J  
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**WELLBEING WORKER / DRIVER**

CALL: 0161 226 6334  
EMAIL: [recruitment@accg.org.uk](mailto: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](mailto:admin@accg.org.uk)

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