



AUGUST 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

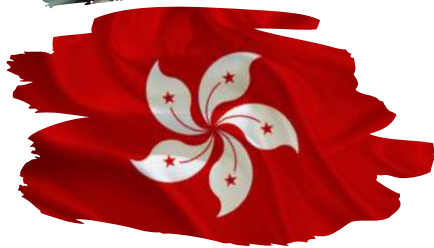


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IN OUR CENTRE

HONGKONGERS MAKE GREATER MANCHESTER THEIR HOME



Since the introduction of the BN(O) visa route, approximately 28,000 Hongkongers have chosen to make Greater Manchester their home, contributing to the diversity of the region. Welcoming their presence, we aim to ensure integration by understanding their needs. ACCG will play a part by hosting a mid-autumn festival cultural exchange event at our centre. Please see the next page for more details.

SINGING SOME TUNES

Our Karaoke sessions, running bi-weekly on a Thursday, have proven to be a continued success! Our Members and Service Users get to relive and rejoice in their youthful memories as we sing along to the following genres: Ska, Gospel-Reggae, Calypso and Blues.



SOME OTHER ACTIVITIES LAST MONTH...

- Health Checks
- Desmond's Show Screening
- Bingo
- Poetry
- The Untold Orchestra
- Talk-About-It Thursday

免費
FREE EVENT



HONG KONG
CULTURAL COMMUNITY
香港文化社

中秋

MID AUTUMN FESTIVAL 文化交流日 CULTURE EXCHANGE DAY

先到 **First Come**
先得 **First Served**



9月27日 (三) WEDNESDAY, SEP 27TH

10:00 - 3:00 PM

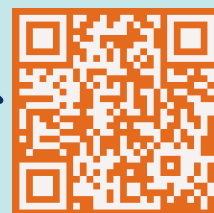
名額 **Quota: 50**

報名 **Sign Up**



CLAREMONT RESOURCE CENTRE

2 Jarvis Road
Hulme, M15 5FS



PICKUP @ PICCADILLY

09:30 AM

Day care 日間中心
Delivered Meal 送餐
Information & Advice 資訊及建議
Food Bank 食物銀行

- ✓ 牙買加雷鬼音樂 **Reggae**
- ✓ 香港流行音樂
HK Pop Music
- ✓ 香港+加勒比美食
HK & Caribbean Food

- ✓ 禮物 **Prize**
- ✓ 英語及廣東話交流
**English & Cantonese
Exchange**



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COMMUNITY NEWS

DAY OUT AT LYME PARK!

We were blessed with bright sunshine for our rejuvenating day trip to Lyme Park in Cheshire last month.



Stunning views; great company; a pre-loved bookshop; a lovely walk and, of course, a cup of tea, helped make the day extra special.



FREE TRIPS!!

We have some more great trips coming up this month and in September.

We'll be going on an overnight visit to London to visit Buckingham Palace. We also have day trips to Llandudno, Chester and Chatsworth House, with some spaces still available!



These trips are completely free of charge, though are only open to our members, so if you'd like to come, get in touch and join us! If you'd like to know more about membership, please see p17 for details.

COMMUNITY DIAGNOSTIC CENTRES

WHAT'S NEW?

The NHS is introducing a new scheme to help the local community improve their health and wellbeing, through local diagnostic centres. These will be known as Community Diagnostic Centres (CDC).

Three Community Diagnostic Centre in Manchester, are in the process of opening – Harpurhey's Community Diagnostic Centre site is opening on Christmas Eve, 24th December 2023.

Withington will be opening in 2025, with Trafford General dates are yet to be confirmed, though additional testing is now available at both.

We value inclusivity and diversity therefore, the ACCG are a member of the CDC Accessibility Focus Group. If you have any questions regarding accessibility i.e., mobility, religious, cultural, language needs etc, we are able to voice your thoughts.

If you would like to know more, please contact us at ACCG.

HARPURHEY SITE

This will be located across two sites within walking distance of each other. Site one will contain a MRI, CT Scanner and a quiet room in a purpose built facility, and Site 2 will be located within the North City Family Fitness Centre.

Watch this space for future updates.



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
- Harpurhey (coming soon!)

with further sites to be identified in priority areas



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community@accg.org.uk 

www.accg.org.uk 

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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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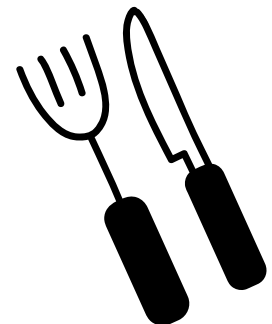
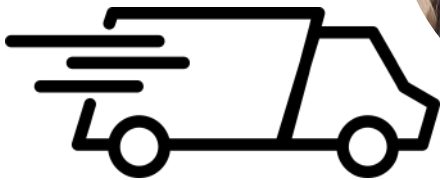
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MEAL SERVICES

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

WELFARE ADVICE SERVICE



Hello everyone, I am Nigar Najim, Welfare Advisor at ACCG. My main duty is to support older adults, their families, and carers from all communities. The support provided will offer service users practical assistance, advice, and information to maximize their income and to ensure they are receiving the correct benefit entitlements of the state welfare system. Providing practical assistance including processing of claims and form-filling.

WHO'S NOT CLAIMING WHAT?

- Individuals and families need extra financial support for basic household costs.
- Do a benefit check to see you are missing out on unclaimed benefit.
- Do a grant check and your to see your eligibility.
- Claim State Pension, Pension Credit, Universal Credit and Council tax support.

We can empower your financial strength via a benefit check and grant entitlement.

For more information, please get in touch:

Mobile: 07930612723
Welfarights@accg.org.uk

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

HEALTH NEWS



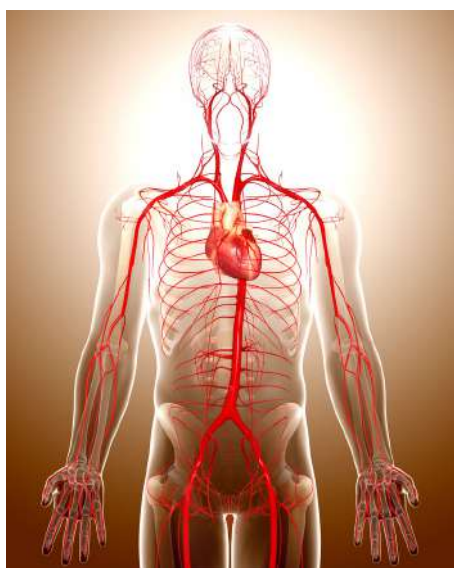
CARERS' HEALTH

Carers are more likely to have a long-standing health condition than those in the general public. The national GP Patient Survey 2017 showed that three in five carers suffer from a long-term health condition, with higher levels of arthritis; high blood pressure; and long-term back problems more common amongst carers who provide hands-on care.



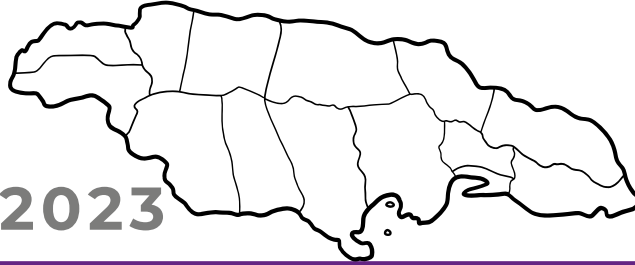
If you are a carer who needs support, contact us to see how we can help, on **0161 226 6334** or **07398414064**

ABDOMINAL AORTIC ANEURYSM (AAA)



The aorta is the main blood vessel supplying blood to your body. The wall of the aorta can become weak with age and expand to form an AAA. This is most common in males 65+ and is unlikely to show symptoms. The simplest way to identify an AAA is to do a simple, free ultrasound scan of your abdomen, so it can be monitored or treated, helping to prevent it causing serious problems.

Find out more information at www.nhs.uk/aaa or at our centre on **Tuesday 8th August, 2pm**, where males aged 65 can book in for a scan on 22nd August.



EXPLORING CULTURE

JAMAICA - BY SILAS

Jamaica

An island: who are we?

We can see exactly what we want to be.

We work, we thrive, we sing, we dance

Though we may never get a fair a chance



Jamaica

An island: who are we?

We live on a small land in the vast blue sea

Where we catch crab and fish for you and me,

And rock happily for this is exactly what we want to be.



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

WORRIED ABOUT YOUR ENERGY BILLS?

Join Jess, Citizens Advice Manchester's Energy Champion at Claremont Resource Centre.

We will be talking about all things energy, including:

- What the energy crisis is and how it might affect you
- The current support that is available
- Ways to maximise your income
- Simple energy saving tricks to reduce how much energy you are using
- Answering any other energy questions you might have

**TUESDAY
1ST
AUGUST
2PM**

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DEMENTIA CAFE

HOW ART CAN BENEFIT PEOPLE WITH DEMENTIA

- 1 Creating art involves **problem-solving**, **decision-making**, and **memory recall**, which can help **keep the brain active**
- 2 Art provides a **non-verbal** and **creative** way for individuals with dementia to **express their emotions** and **feelings**
- 3 Completing an art project, it gives a **sense of accomplishment** and boosts **self-esteem**
- 4 The act of creating can **promote relaxation** and a **sense of mindfulness**



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dementia@accg.org.uk

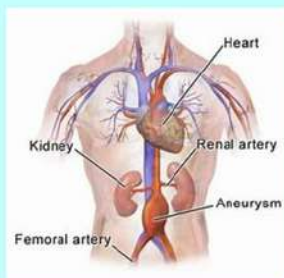
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Men Aged 65+ Years



Are you male aged 65 years or older? A simple scan can tell if you have an abdominal aortic aneurysm



This is an enlargement of the main blood vessel in your abdomen and can be fatal if left untreated.

Come to our awareness session to find out more

**Claremont Resource Centre
TUESDAY 8TH AUGUST - 2pm**

Get your free NHS scan at a centre near you – it is quick, painless and you get the result straight away! Call 0161 291 5716 to make an appointment.

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FREE MONTHLY SESSIONS

THE UNTOLD ORCHESTRA

Join Members of the Untold Orchestra for a mixture of original music and some timeless classics...

WITH SINGERS:

THURS 6th April - RUTH OWENS

THURS 4th May - ALICE PHELPS

THURS 1st June - ADA GRACE FRANCIS

THURS 6th July - YEMI BOLATIWA

THURS 3rd August - WILL JAQUET

THURS 7th September - NADIA ESKANDARI

2PM
@ Claremont Resource Centre



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Buckingham Palace Trip

PRICE:
FREE FOR ACCG MEMBERS
(membership £12 p/a)

PICK UP:
CLAREMONT RESOURCE CENTRE
PICK UP- 9AM

**WEDNESDAY 2ND AUGUST-
THURSDAY 3RD AUGUST**

Call us on the number below to book!



Trip includes:

- Arranged Transport
- Overnight Stay - 4* hotel (Breakfast Included)
- Excursion to Buckingham Palace



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Day Trip to Llandudno, Wales

WEDNESDAY 9TH AUGUST 2023

Call us on the number below to book!



PRICE:
FREE FOR ACCG MEMBERS
(membership £12 p/a)

PICK UP & DROP OFF:
CLAREMONT RESOURCE CENTRE
PICK UP- 9AM
DROP OFF- 6PM



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Day Trip to Chatsworth House

PRICE:
FREE FOR ACCG MEMBERS
(membership £12 p/a)

PICK UP & DROP OFF:
CLAREMONT RESOURCE CENTRE
PICK UP- 9AM
DROP OFF- 6PM

WEDNESDAY 23RD AUGUST 2023



Call the number below to book!



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Day Trip to Chester

PRICE:
FREE FOR ACCG MEMBERS
(membership £12 p/a)

PICK UP & DROP OFF:
CLAREMONT RESOURCE CENTRE
PICK UP- 9AM
DROP OFF- 6PM



WEDNESDAY 6TH SEPTEMBER 2023



Call us on the number below to book!



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DRIVER WANTED

Would you like to come and
work for our friendly team?

- Up to 35 hours p/w
- Supporting day care users
- Delivering meals
- Day trips
- D1 license required

Visit our website for more details or
contact us on the details below



0161 226 6334

recruitment@accg.org.uk

www.accg.org.uk

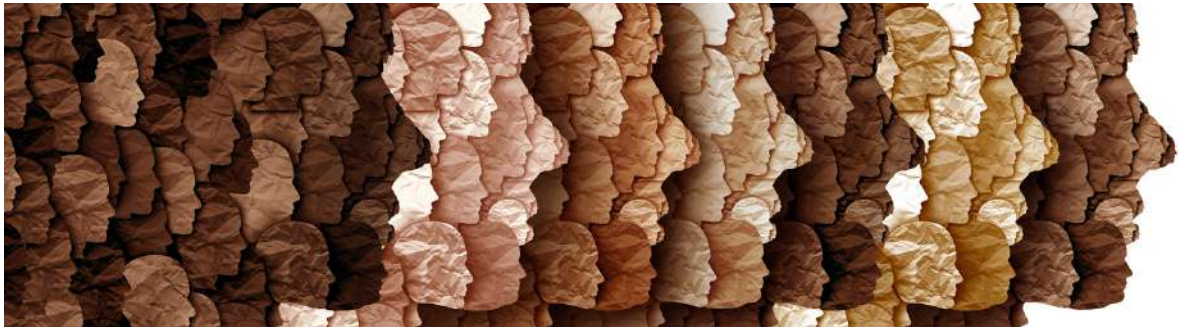
Claremont Resource Centre, 2 Jarvis Road, Hulme, Manchester, M15 5FS

DATES FOR YOUR DIARY

TUES 1 AUG	11AM	TAI CHI
	2PM	ENERGY ADVICE TALK
	2PM	LGBTQ DEMENTIA GROUP - ONLINE
	2PM	GARDENING CLUB
WEDS 2 AUG	9AM	BUCKINGHAM PALACE TRIP
THUR 3 AUG	11AM	FITNESS WITH DORRETTA
	2PM	THE UNTOLD ORCHESTRA
FRI 4 AUG	9.30AM	DIGITAL LOUNGE
	2PM	AROMATHERAPY RELAXATION
MON 7 AUG	11AM	HULME CARERS' FORUM
TUES 8 AUG	11AM	TAI CHI
	2PM	ABDOMINAL AORTIC ANEURYSM DROP-IN
	2PM	GARDENING CLUB
THUR 10 AUG	11AM	FITNESS WITH DORRETTA
	2PM	KARAOKE
FRI 11 AUG	2PM	AROMATHERAPY RELAXATION
TUES 15 AUG	11AM	TAI CHI
	2PM	GARDENING CLUB
WEDS 16 AUG	2PM	LIVING LIFE TO THE FULL - IN CANTONESE
THUR 17 AUG	11AM	FITNESS WITH DORRETTA
	2PM	DEMENTIA CAFE - ART AND DEMENTIA
FRI 18 AUG	9.30AM	DIGITAL LOUNGE
	1.30PM	KARAOKE
	2PM	AROMATHERAPY RELAXATION
MON 21 AUG	11AM	CARERS' FORUM - GORTON
TUES 22 AUG	11AM	TAI CHI
	2PM	GARDENING CLUB
WEDS 23 AUG	9.30AM	CHATSWORTH HOUSE DAY TRIP
	2PM	LIVING LIFE TO THE FULL - IN CANTONESE
THUR 24 AUG	11AM	FITNESS WITH DORRETTA
	2PM	TALK ABOUT IT THURSDAY
FRI 25 AUG	11AM	SHARED READING
	2PM	AROMATHERAPY RELAXATION
TUES 29 AUG	11AM	TAI CHI
	1.30PM	DIABETES CLUB
	2PM	GARDENING CLUB
WEDS 30 AUG	2PM	LIVING LIFE TO THE FULL - IN CANTONESE
THUR 31 AUG	11AM	FITNESS WITH DORRETTA

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

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



HOW YOU COULD HELP...



BEFRIENDING

DAY CENTRE SUPPORT

DRIVING

ADMINISTRATION

GARDENING

FUNDRAISING

CATERING

AND MANY MORE OPPORTUNITIES!

VOLUNTEER WITH US!

GET IN TOUCH | VISIT US

WE ARE OPEN
Monday - Friday
9am - 4.30pm



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