



SEPTEMBER 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
PAGE 4	COMMUNITY NEWS
PAGE 5	COMMUNITY DIAGNOSTIC CENTRES (CDCs) The latest about the centres and the work we've been doing
PAGE 7	HOLISTIC THERAPIES FOOD BANK
PAGE 8	OUR MEAL SERVICES
PAGE 9	INFORMATION AND ADVICE This month featuring our Carers' Project Worker Tiegan! OUR SERVICES
PAGE 10	HEALTH NEWS
PAGE 11	EXPLORING CULTURE
PAGE 12	FLIERS
PAGE 13	DATES FOR YOUR DIARY
PAGE 14	ACCG MEMBERSHIP
PAGE 15	VACANCIES AND VOLUNTEERING CONTACT INFORMATION

IN OUR CENTRE



TIME TO TALK

As part of the newly introduced 'Stimulant' project, our Activity Co-Ordinator has implemented a new program called: 'Talk About it Thursday'. Hosted on the **3rd Thursday of each month**, the session is a mind-engaging activity that allows the service users to discuss topics such as ethics, philosophy and current affairs.

ENERGY ADVICE

We were joined by Citizen Advice Manchester's Energy Champion Jess last month, who was able to offer us some up-to-date tips on saving money and our entitlements.

If you need support to maximise your income, don't hesitate to get in touch with us to see how we can help:

welfarerights@accg.org.uk



SOME OTHER ACTIVITIES LAST MONTH...

- Karaoke
- Arts & Crafts
- Dominoes
- Quizzes & Wordsearches
- Arithmetic
- Focus Groups

COMMUNITY NEWS

OUR ADVENTURE DOWN SOUTH!

Our trip to London last month was a great success! We took a small coach and headed southward to the 4* Clayton Hotel and enjoyed some free time out in the evening exploring the local area and restaurants. We woke to a tasty buffet breakfast in the hotel restaurant, then jumped back on the coach to take us through the city to Buckingham Palace. We spent the afternoon in the very grand palace and garden, having the opportunity to see King Charles III and Queen Camilla's magnificent Coronation outfits and the vast display of paintings covering the palace's walls.



COMMUNITY DIAGNOSTIC CENTRES



SPREADING THE NEWS

- ACCG has been active in Harpurhey raising awareness and informing the community about the new community diagnostic centres opening soon
- There will be more upcoming stalls in the Harpurhey area, answering questions and delivering interactive sessions.

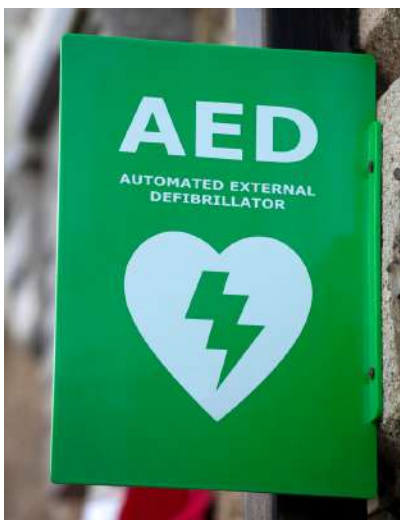
Due to our involvement with the community diagnostic centres, the ACCG has created a life support zone within our day care centre in the day room. This includes a Defibrillator, first aid box and a resuscitation first aid pack issued by St Johns ambulance. Our ACCG staff will soon receive training on how to utilise this equipment efficiently.



DEFIBRILLATOR

Defibrillation is a process in which an electrical device called a defibrillator sends an electric shock to the heart to stop an arrhythmia resulting in the return of a productive heart rhythm.

In the incident of a heart attack, the defibrillator is the most efficient method of resuscitation compared with the CPR method.



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



0161 226 6334 

community@accg.org.uk 

www.accg.org.uk 

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

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.

- Pedicure
- Manicure
- Massage
- Facial
- Reflexology

Hours:

Tuesday and Wednesday 09.00 -16.00



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



7

0161 226 6334

admin@accg.org.uk

www.accg.org.uk

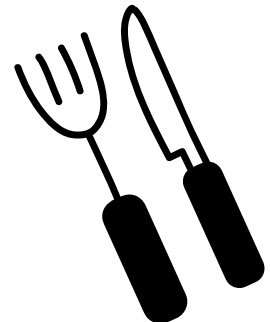
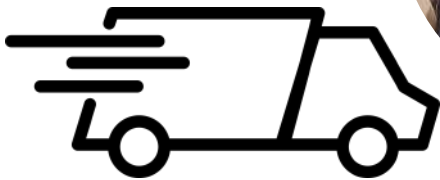
Claremont Resource Centre, 2 Jarvis Road, Hulme, Manchester, M15 5FS

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

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



CARERS PROJECT WORKER

Hello everybody, my name is Tiegan Bingham, I am the Carers' Service Project Worker at the ACCG. ACCG are the lead partners for Carers Manchester Central and my duty is to identify carers (people who look after a vulnerable, elderly or disabled family member or friend) at the earliest stage of their caring role to make sure that they have emotional; financial and practical support, as well as helping to improve services for them and their cared for.

SUPPORT THAT WE OFFER

- Monthly carers' forums
- Carers' activities and events
- Referrals for carers' assessments
- Emotional support
- Carers' courses
- Day trips



We can help support you in any area of your caring role!

Contact Tiegan by email cmc@accg.org.uk

or text I AM A CARER to 07398414064

ACCG SERVICES

- | | | |
|---|--|--|
| <ul style="list-style-type: none"> • Holistic Therapies • Carers Support • Dementia Support • Advocacy Support • Information & Advice • Digital Lounge • Personal Care & Support | <ul style="list-style-type: none"> • Transport • Wellbeing Activities • Arts & Craft Sessions • Fitness Sessions • Day Care Service • Health Promotions • Claremont Gardens | <ul style="list-style-type: none"> • 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

OSTEOARTHRITIS - OVERVIEW

Osteoarthritis is the most common type of arthritis in the UK. It most often develops in people in their mid-40s onwards. Osteoarthritis can emerge from injury or related conditions, such as gout. Starting with cartilage damage, pain and stiffness. Progression brings tougher tendons and swelling. Severe cases lead to bone-to-bone contact, altering joint shape and position. The most commonly affected joints are those in the hands, spine, knees.



TREATMENT AND MANAGEMENT

There's no cure for osteoarthritis, but the condition does not necessarily get any worse over time.

The main treatments for the symptoms of osteoarthritis include:

- lifestyle measures – such as maintaining a healthy weight and exercising regularly
- medication – to relieve your pain
- supportive therapies – to help make everyday activities easier
- In some cases, surgery

See [NHS Website](#) for more information

We offer services which may be able to support you in managing this and other long term health conditions. Get in touch on **0161 226 6334** to find out more

EXPLORING CULTURE

SEPTEMBER - BY ANDREA DIETRICH

Slipping slipping sweet summer is slipping
away,
Ebbing into the ocean of my memories.
Palpable is my changing mood when all too
soon,
The Equinox arrives to l e n g t h e n shadows.
Enticed by cooler days and nights,
My birth month acquiesces, then brilliantly
begins
Bursting forth in bright beguiling hues!
Elegies evoked in me by summer's leaving still
linger in my poetry.
Resolved to all of it - at last - I turn to the revelry
of fall festivities.

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

DEMENTIA CAFE

FALSE BELIEFS AND DELUSIONS

1

False Beliefs and Dementia:

People with dementia might **believe things** that **aren't true** due to changes in their brain. These beliefs are not intentional

2

Why It Happens:

Memory loss, confusion, and stress can lead to false beliefs. **New places** or **medicines** can also trigger these feelings

3

Kind Communication:

Be patient and understanding. Instead of arguing, **listen to** and **distract** them with positive topics or activities they enjoy

4

Get Expert Help:

Talk to a doctor or specialist



0161 226 6334

dementia@accg.org.uk

www.accg.org.uk



DATES FOR YOUR DIARY

MON 4 SEPT	11AM	HULME CARERS' FORUM
TUES 5 SEPT	11AM	TAI CHI
	2PM	CPR/DEFIB TRAINING
	2PM	LGBTQ+ DEMENTIA GROUP - ONLINE
	2PM	GARDENING CLUB
WEDS 6 SEPT	9.30AM	CHESTER DAY TRIP
	2PM	LIVING LIFE TO THE FULL - IN CANTONESE
THUR 7 SEPT	11AM	FITNESS WITH DORRETTA
	2PM	THE UNTOLD ORCHESTRA
FRI 8 SEPT	2PM	AROMATHERAPY RELAXATION
TUES 12 SEPT	11AM	TAI CHI
	2PM	LITERACY AWARENESS
	2PM	GARDENING CLUB
WEDS 13 SEPT	2PM	LIVING LIFE TO THE FULL - IN CANTONESE
THUR 14 SEPT	11AM	FITNESS WITH DORRETTA
	2PM	DEMENTIA CAFE
FRI 15 SEPT	9.30AM	DIGITAL LOUNGE
	2PM	AROMATHERAPY RELAXATION
MON 18 SEPT	11AM	GORTON CARERS' FORUM
TUES 19 SEPT	11AM	TAI CHI
	2PM	CULTURE BOX SESSION
	2PM	GARDENING CLUB
WEDS 20 SEPT	2PM	LIVING LIFE TO THE FULL - IN CANTONESE
THUR 21 SEPT	11AM	FITNESS WITH DORRETTA
FRI 22 SEPT	2PM	AROMATHERAPY RELAXATION
TUES 26 SEPT	11AM	TAI CHI
	1.30PM	DIABETES CLUB
	2PM	GARDENING CLUB
WEDS 27 SEPT	10AM	MID-AUTUMN FESTIVAL CULTURE EXCHANGE
THUR 28 SEPT	11AM	FITNESS WITH DORRETTA
	2PM	KARAOKE
FRI 29 SEPT	9.30AM	DIGITAL LOUNGE
	11AM	SHARED READING
	2PM	AROMATHERAPY RELAXATION

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



0161 226 6334



info@accg.org.uk



www.accg.org.uk



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

