



# OCTOBER 2023 NEWSLETTER



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[www.accg.org.uk](http://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

<b>PAGE 3</b>	<b>IN OUR CENTRE</b>
<b>PAGE 4</b>	<b>CLAREMONT REDEVELOPMENT</b>
<b>PAGE 5</b>	<b>COMMUNITY NEWS</b>
<b>PAGE 6</b>	<b>HOLISTIC THERAPIES FOOD BANK</b>
<b>PAGE 7</b>	<b>OUR MEAL SERVICES</b>
<b>PAGE 8</b>	<b>INFORMATION AND ADVICE</b> <b>This month featuring our Dementia Advisor Alex!</b> <b>OUR SERVICES</b>
<b>PAGE 9</b>	<b>HEALTH NEWS</b>
<b>PAGE 10</b>	<b>EXPLORING CULTURE</b>
<b>PAGE 11</b>	<b>FLIERS</b>
<b>PAGE 12</b>	<b>DATES FOR YOUR DIARY</b>
<b>PAGE 13</b>	<b>ACCG MEMBERSHIP</b>
<b>PAGE 14</b>	<b>VACANCIES AND VOLUNTEERING CONTACT INFORMATION</b>

## IN OUR CENTRE



### EXCHANGING CULTURES

Our September 27th Mid-Autumn Festival Culture Exchange Day, in partnership with the Hong Kong Cultural Society, was a great success. Over 50 participants shared their cultures and languages, enjoyed reggae and Hong Kong pop music, and tasted Caribbean and Hong Kongese cuisine. We offered free chair-based massages, a tombola and Chinese calligraphy. This event bridged communities, promoting social cohesion, and helped new Hong Kong immigrants establish networks in Manchester.

### VITAL SKILLS

We learnt some essential life-saving skills at our CPR/Defibrillator training last month. A big thank you to North West Ambulance Service for their informative and enjoyable session!



### SOME OTHER ACTIVITIES LAST MONTH...

- Arts and Crafts
- Karaoke
- Enrichment
- Bingo
- Literacy Awareness
- Focus Group

# REDEVELOPING THE CLAREMONT RESOURCE CENTRE

We're excited to announce the news that ACCG are working with Julian McIntosh Architects (JMA) to refurbish and redevelop the Claremont site to better meet the needs of the community and our service users.

INTRODUCING...

# JMA



JMA are an architectural design studio founded by architect and creative director, Julian James McIntosh.

The company is known for their innovative and collaborative approach to designing spaces and places for community groups, homeowners, and commercial organisations.



# COMMUNITY NEWS

*Celebrate*  
**Black**  
HISTORY  
*month*



**International Day  
of Older Persons**

World Mental  
**HEALTH DAY**

## KEY DATES THIS MONTH

Not only is October Black History Month, it is also the month of International Day of Older Persons (1st) and World Mental Health Day (10th). There's lots going on at our centre to mark these (see "Dates for Your Diary" page) and in the local community. Check out the links below for more information on these important dates and how you could get involved...

[Black History Month](#)

[International Day of Older Persons](#)

[World Mental Health Day](#)

## ADVICE DROP-IN

ACCG has collaborated with Coverdale & Newbank Community Association in Ardwick to offer regular drop-in sessions every **Thursday** from **11:00 AM to 12:30 PM**. Our Dementia Advisor and Welfare Rights Advisor will be available to receive referrals from the community and provide the necessary information.



If you're interested in learning more about dementia care and benefit issues, we invite you to reach out to us. Get in touch on **0161 226 6334** to find out more.

# 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



6

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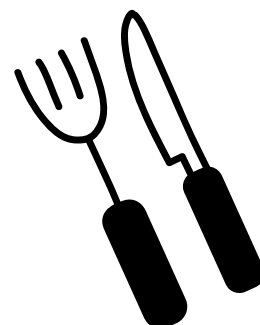
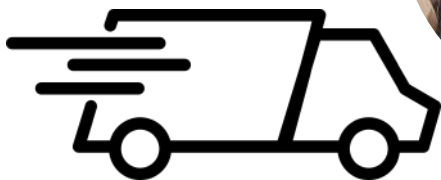
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# MEAL SERVICES

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

## DEMENTIA ADVISOR

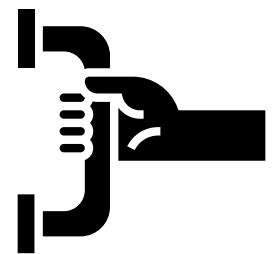


Hello everyone, I'm Alex Chan, Dementia Advisor at ACCG. My main duty is to offer support to individuals and families affected by dementia. We provide 1-2-1 advisory sessions, emotional support, education, and care planning to help navigate this complex journey. Through aromatherapy, support groups, and the dementia café, our aim is to empower individuals and improve their quality of life.

## WHAT HELP IS AVAILABLE?

ACCG is delighted to support you in maintaining your independent living. By discussing your needs with local authorities, we can secure essential home adaptations, ranging from ramps to stairlifts, utilizing the Disabled Facilities Grant. Even small changes such as toilet seat raisers and handrails can enhance the safety and accessibility of your home. ACCG is your advocate, guiding you through the process. Stay informed, inspired, and empowered with ACCG.

Get in touch on **0161 226 6334** to find out more.



## 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**

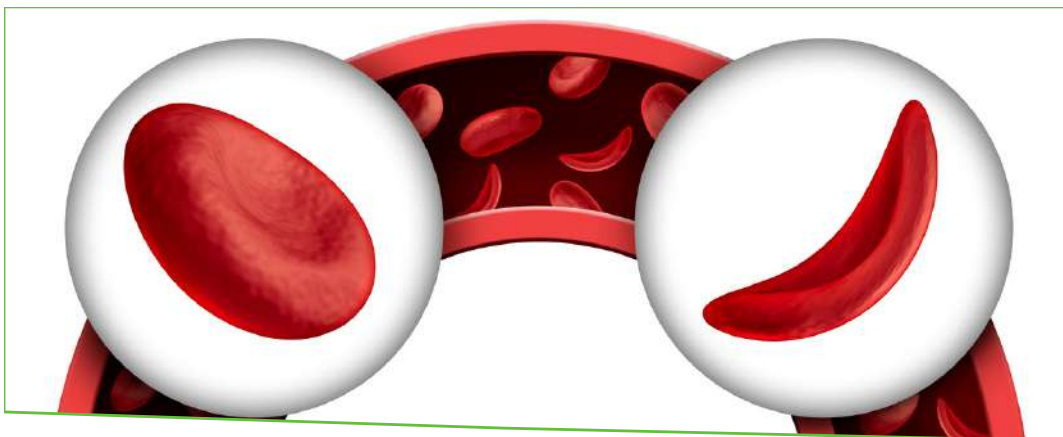


# HEALTH NEWS



## SICKLE CELL ANAEMIA - OVERVIEW

Sickle cell disease is the name for a group of inherited health conditions that affect the red blood cells. The most serious type is called sickle cell anaemia. People with sickle cell disease produce unusually shaped red blood cells that can cause problems because they do not live as long as healthy blood cells and can block blood vessels. This can cause painful episodes called sickle cell crises, which can be very severe and last for days or weeks.



## TREATMENT AND MANAGEMENT

- Drinking plenty of fluids and staying warm to prevent painful episodes.
- Daily antibiotics and having regular vaccinations to reduce your chances of getting an infection.
- Regular blood transfusions if symptoms continue or get worse, or there are signs of damage caused by sickle cell disease.
- Painkillers, such as paracetamol or ibuprofen.
- The only cure for sickle cell disease is a stem cell or bone marrow transplant, but they're not done very often because of the risks involved.

For more information on this or other long-term health conditions, please contact us on **0161 226 6334**

# EXPLORING CULTURE

RISING SUN -ANON



We have seen the darkest night,  
We have felt the coldest chill.  
We have heard the loudest roar,  
We have endured the hardest drill.

But we have never given up,  
We have never lost our will.  
We have always stood our ground,  
We have always climbed the hill.

For we are like the rising sun,  
We are bright and warm and strong.  
We are like the rising sun,  
We are here to right the wrong.

We are like the rising sun,  
We are hopeful and brave and bold.  
We are like the rising sun,  
We are a sight to behold.

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 [community@accg.org.uk](mailto:community@accg.org.uk)

# 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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## DATES FOR YOUR DIARY

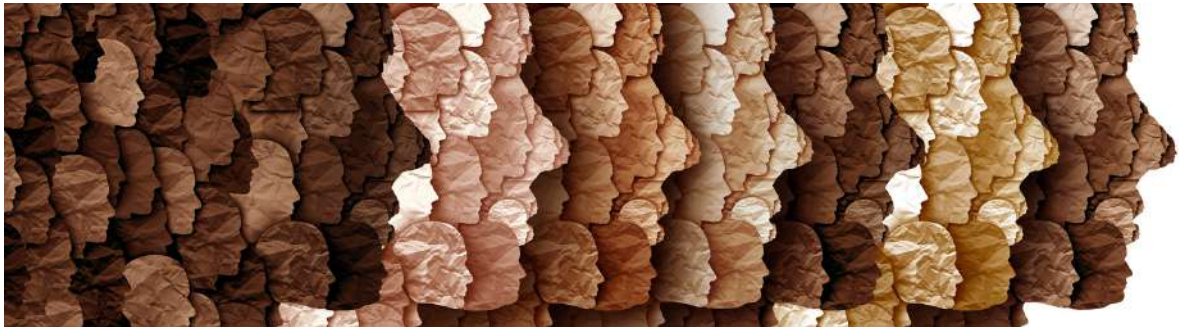
<b>MON 2 OCT</b>	<b>11AM</b>	<b>HULME CARERS' FORUM</b>
<b>TUES 3 OCT</b>	<b>11AM</b>	<b>IDOP - PENSION CREDIT PRESENTATION</b>
	<b>12PM</b>	<b>IDOP - KOKU LAUNCH</b>
	<b>1.45PM</b>	<b>HALLE MUSIC SESSION</b>
	<b>2PM</b>	<b>LGBTQ+ DEMENTIA GROUP - ONLINE</b>
	<b>2PM</b>	<b>GARDENING CLUB</b>
<b>THUR 5 OCT</b>	<b>11AM</b>	<b>FITNESS WITH DORRETTA</b>
<b>FRI 6 OCT</b>	<b>2PM</b>	<b>AROMATHERAPY RELAXATION</b>
<b>TUES 10 OCT</b>	<b>11AM</b>	<b>TAI CHI</b>
	<b>2PM</b>	<b>ACCG ANNUAL GENERAL MEETING</b>
	<b>2PM</b>	<b>GARDENING CLUB</b>
<b>THUR 12 OCT</b>	<b>11AM</b>	<b>FITNESS WITH DORRETTA</b>
	<b>2PM</b>	<b>DEMENTIA CAFE</b>
<b>FRI 13 OCT</b>	<b>9.30AM</b>	<b>DIGITAL LOUNGE</b>
	<b>2PM</b>	<b>AROMATHERAPY RELAXATION</b>
<b>MON 16 OCT</b>	<b>11AM</b>	<b>GORTON CARERS' FORUM</b>
<b>TUES 17 OCT</b>	<b>11AM</b>	<b>TAI CHI</b>
	<b>2PM</b>	<b>DRUMMING AND STORYTELLING</b>
	<b>2PM</b>	<b>GARDENING CLUB</b>
<b>THUR 19 OCT</b>	<b>11AM</b>	<b>FITNESS WITH DORRETTA</b>
<b>FRI 20TH</b>	<b>2PM</b>	<b>AROMATHERAPY RELAXATION</b>
	<b>2PM</b>	<b>FRIDAY MATINEE</b>
<b>TUES 24 OCT</b>	<b>11AM</b>	<b>HARPURHEY CARERS' FORUM</b>
	<b>*</b>	<b>DOMS AND DHALIAS PERFORMANCE</b>
	<b>11AM</b>	<b>TAI CHI</b>
	<b>2PM</b>	<b>GARDENING CLUB</b>
<b>THUR 26 OCT</b>	<b>11AM</b>	<b>FITNESS WITH DORRETTA</b>
	<b>2PM</b>	<b>KARAOKE</b>
<b>FRI 27 OCT</b>	<b>9.30AM</b>	<b>DIGITAL LOUNGE</b>
	<b>11AM</b>	<b>SHARED READING</b>
	<b>2PM</b>	<b>AROMATHERAPY RELAXATION</b>
<b>TUES 31 OCT</b>	<b>11AM</b>	<b>TAI CHI</b>
	<b>1.30PM</b>	<b>DIABETES CLUB</b>
	<b>2PM</b>	<b>GARDENING CLUB</b>

\*Check our socials for updates

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

OCTOBER 2023

# 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](mailto: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](mailto: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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