



DECEMBER 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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COMMUNITY NEWS

MANCHESTER SETTLEMENT

ACCG has collaborated with Manchester Settlement, located at 1328-1330 Ashton Old Rd, Openshaw, to offer regular drop-in sessions **every Tuesday from 3:00 PM to 4:30 PM**. Our Dementia Advisor and Welfare Rights Advisor will be available to receive referrals from the community and provide necessary information.



A private room is also available for appointments to ensure your privacy.



It's
Party
time

FESTIVE CELEBRATION

We'll be having our usual end of year celebration this month with our Christmas Party. Expect lots of music, entertainment, prizes a fab 3 course meal from our talented kitchen team! All communities are welcome and the event is FREE. Come along on Thursday 21st December and join the fun! See poster on page 12 for more details...



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 PANTRY

Supporting the community with Ethnic & general foods

£3 for up to 15 items

OPEN MONDAY - FRIDAY 10AM - 3PM

REFERRALS WELCOME

ETHNIC FOODS

VOLUNTEERING OPPORTUNITIES

DONATIONS WELCOME



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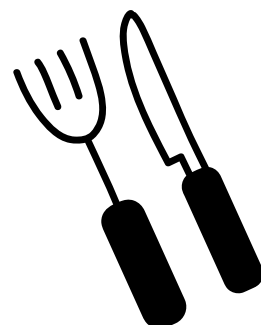
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MEAL SERVICES

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

We cater for a range of diets



FOOD HYGIENE RATING

0 1 2 3 4 **5**

VERY GOOD

INFORMATION & ADVICE

FREE SERVICE



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.

CARERS' ALLOWANCE

You may be entitled to **£76.75** per week in carers allowance if you care for somebody for more than **35 hours a week**. The person you care for must be receiving certain benefits. Carers Allowance is a means tested benefit, so it will depend on your income.

For more information or to check if you could be eligible for carers allowance, please get in touch with us on **07398414064** or email **cmc@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

CANCER SCREENING AWARENESS

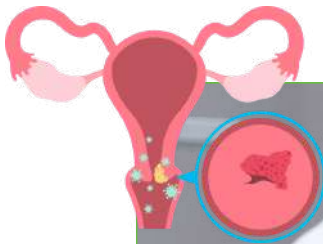
There are currently 3 methods of Cancer Screening in the UK:

- Breast Screening
- Cervical Screening
- Bowel Screening

Cancer Screening saves thousands of lives by detecting cancer at an early stage, sometimes even before there are any symptoms. Early detection means that treatments are more likely to be successful.

To find out more about cancer screening please contact us at the

cmc@accg.org.uk



FOCUS GROUPS

Service users attended focus groups here at the centre last month, led by researchers from The Christie NHS Foundation Trust, to take part in a cancer screening research project called Acceptability of Self-sampling for Cervical Screening in Ethnically Diverse Groups.



If you would like to complete the related survey on this topic and take a step in helping reduce health inequalities, click [HERE](#) for the eligibility criteria and some short questions.

DAY CARE SERVICE

Here at the Claremont Resource Centre we offer person-centred care and support for older adults with varying care needs. This service provides carers with much-needed respite that allows them to continue in their caring roles and remain in employment.



- PREVENTING SOCIAL ISOLATION
- RESPITE FOR CARERS
- WHEELCHAIR AIDED TRANSPORT
- PERSONAL CARE AND SUPPORT
- FITNESS & HEALTH PROMOTION
- CRAFT CLUBS
- GAMES & ACTIVITIES
- LUNCH CLUB
- PERSON CENTRED CARE
- DEMENTIA & CARER SUPPORT
- SEASONAL EVENTS



DAYCARE THIS MONTH

We still have some raffle tickets available to buy for our Christmas Party! Check out the flier on the next page...

Get in touch on **0161 226 6334** to find out more and book a taster session



Christmas

PARTY

Come and join the magic!

THURSDAY 21ST DECEMBER

10:30AM - 3:30PM

@ CLAREMONT RESOURCE CENTRE

RAFFLE

CHRISTMAS MEAL

CAROL SINGING

MUSIC FROM DJ MELLOW

ENTERTAINMENT



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DEMENTIA CAFE

PLANNING AHEAD

- 1 Most people with dementia will **reach a point** where they can **no longer make decisions** about their finances or care. This is called '**loss of mental capacity**'
- 2 Making an **Lasting power of attorney** (LPA) before the person with dementia loses mental capacity means they can **state their preferences about their future care and affairs** while they are still able to
- 3 **An Advance Care Plan** is a record of your preferences, including decisions about **medical treatment** and **end of life care**. It is sometimes known as an Advance Statement.
- 4 **Attendance Allowance** is a weekly benefit for older adults who have **a long-term physical or mental disability** that means **they need extra help**. This often includes people with dementia. It is paid directly to the person with the disability.



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dementia@accg.org.uk

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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

FRI 1 DEC	2PM	AROMATHERAPY RELAXATION
MON 4 DEC	11AM	HULME CARERS' FORUM
TUES 5 DEC	11AM	TAI CHI
	2PM	WARM HOMES - MANCHESTER CARE & REPAIR
	2PM	GARDENING CLUB
	2PM	LGBTQ+ DEMENTIA GROUP - ONLINE
THUR 7 DEC	11AM	FITNESS WITH DORRETTA
	1.45PM	HALLE MUSIC SESSION WITH PAULETTE (TBC)
FRI 8 DEC	9.30AM	DIGITAL LOUNGE
	2PM	AROMATHERAPY RELAXATION
TUE 12 DEC	11AM	TAI CHI
	2PM	WINDRUSH LEGENDS ART SHOWCASE (TBC)
	2PM	GARDENING CLUB
THUR 14 DEC	11AM	FITNESS WITH DORRETTA
	2PM	DEMENTIA CAFE
FRI 15 DEC	2PM	AROMATHERAPY RELAXATION
MON 18 DEC	11AM	GORTON CARERS' FORUM
TUES 19 DEC	11AM	TAI CHI
	2PM	CAROL SINGING
	2PM	GARDENING CLUB
THUR 21 DEC	10.30AM	ACCG CHRISTMAS PARTY
FRI 22 DEC	9.30AM	DIGITAL LOUNGE

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

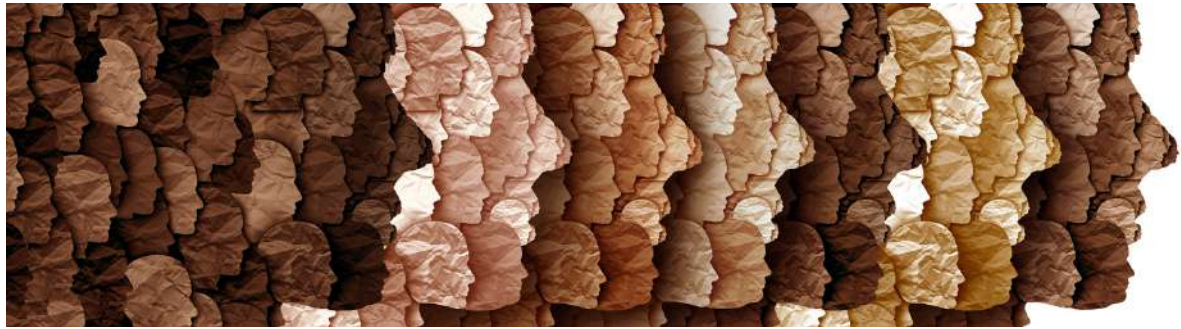
***PLEASE NOTE

Our centre will be closed from end of day Friday
22nd December until Monday 4th January

**We wish you all a Peaceful Christmas and a
Prosperous New Year!**

DECEMBER 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 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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