



NOVEMBER 2023 NEWSLETTER



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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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NOVEMBER 2023

IN OUR CENTRE



BLACK HISTORY MONTH CELEBRATIONS

ACCG would like to extend their appreciation and gratitude to all our partners, service users and artists who joined us in honour of Black History Month. We held a range of performances including: African drumming and bona fide oral tales from Dje Binghi Xhulu, an unmissable performance from The Untold Orchestra also live and direct from The Royal exchange Theatre 'Dominoes & Dahlia's (+Oware!)'.



MORE IN OUR CENTRE

OUR AGM

We had a fantastic turn out for our Annual General Meeting last month! We enjoyed the opportunity of sharing all about the work we've been doing over this last year and we look forward to developing and expanding further in the year to come!



Click to see our [annual report](#)

Members of the board are:



Gary Gillett- Deputy Chair

Monica Weir- Chair



Paulette Hanley - Director



Pauline Gaye - Secretary



Ana Sinclair - Director



Raph Hill - Director



MORE IN OUR CENTRE

INTERNATIONAL DAY OF OLDER PERSONS



We marked the day this year by raising awareness of the benefits people might be entitled to to help maximise household income, as well as holding a fun launch to the new exercise app KOKU, designed with older adults for older adults.



KOKU is designed to improve fitness levels in a way tailored to your individual needs and is proven to reduce likelihood of falls.

If you'd like to know more or borrow a tablet from us to access the app, get in touch with us on **0161 226 6334**

WINTER BOOST

We had the Vaccination Van giving carers and service users their booster COVID and Flu Vaccinations last month. Benefits checks were given to those who need them, as well as information and resources on staying well during the winter!



SOME OTHER ACTIVITIES LAST MONTH...

- Karaoke
- Bingo
- Chair-based Fitness
- Arithmetic
- Gardening
- Arts & Crafts



COMMUNITY NEWS

FUNDRAISING AT THE PAVILION

We had the pleasure of watching an exceptionally talented bunch of musicians last month when we attended a music event in Alexandra Park Pavilion.

The organisers kindly raised donations and publicity for ACCG, so we'd again like to extend our huge thanks for all the support!



CARERS' RIGHTS DAY

On Thursday 23rd November, Carers' Rights Day will be taking place. This is a national event that helps carers to learn about what rights and support are out there to protect them. This year's theme is 'Caring for your future'. It will focus on carers' ability to access to health, employment, finance options.



For further information about Carers' Rights Day, please contact cmc@accg.org.uk or call **07398414064**.

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 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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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



WELFARE RIGHTS WORKER

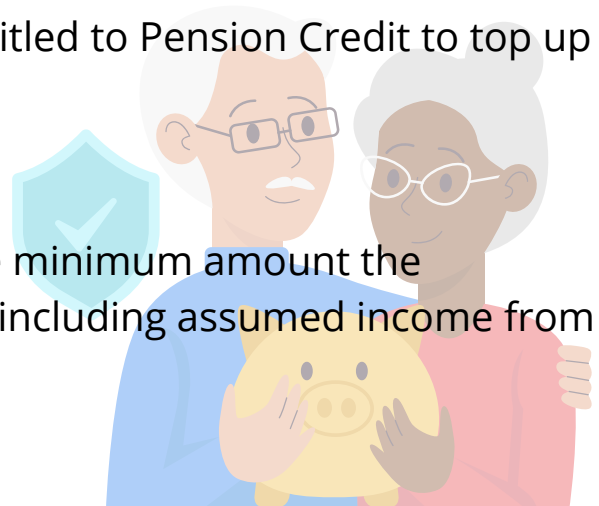
Hello everyone, I am Nigar Najim, Welfare/Advocacy Advisor at ACCG. My main duty is to support older adults, their families, and carers from all communities. The support provided offers service users practical assistance, advice, support and information to maximise their income and to ensure they are receiving the correct benefit entitlements of the state welfare system. Assistance includes processing of claims and form-filling. In addition, we provide EU Settlement Scheme support.

PENSION CREDIT

About 2.3 million older people are entitled to Pension Credit to top up their retirement income.

Who can claim Pension Credit?

- State Pension age.
- If your weekly income is less than the minimum amount the government says you need to live on: including assumed income from savings and capital over £10,000.
 - £201.05 if you're single.
 - £306.85 if you're a couple.



Cal us on **0161 226 6334** if you think you may be missing out on this

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



HYPERTENSION - OVERVIEW

High blood pressure, or hypertension, is indicated by two numbers: systolic (higher) and diastolic (lower) measurements in mmHg. High blood pressure is generally defined as 140/90mmHg or higher, while ideal pressure ranges from 90/60mmHg to 120/80mmHg. Readings of 121/81mmHg to 139/89mmHg suggest potential hypertension risk. Blood pressure varies among individuals, so what's high or low may differ. Regular monitoring and medical guidance are essential.



TREATMENT AND MANAGEMENT

Lifestyle changes

Try to:

- Reduce salt intake to less than 6g a day, about a teaspoonful
- eat a low-fat, balanced diet – including plenty of fresh fruit and vegetables
- be active
- Reduce alcohol and caffeine
- lose weight
- stop smoking



There are a range of medications that can also assist in lowering your blood pressure - speak with your GP for more information

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

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're selling RAFFLE TICKETS for our Christmas party so come along and get yours!
Big prizes up for grabs including **£150 cash**, a **tablet** and a **festive hamper!**

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

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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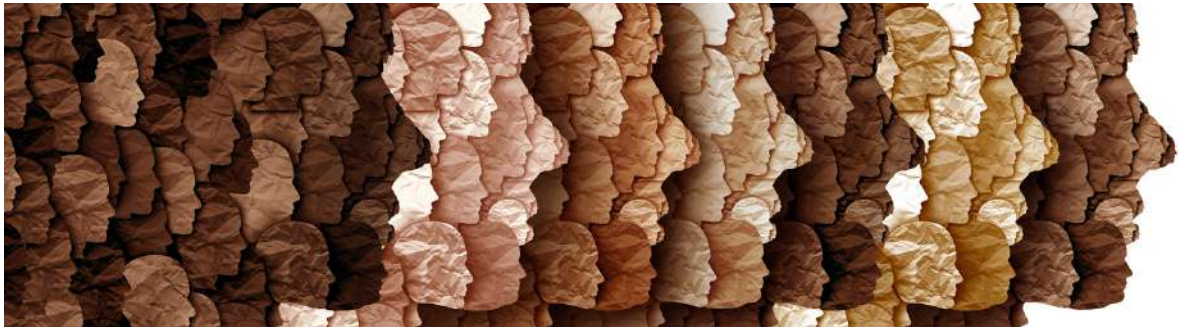
DATES FOR YOUR DIARY

THUR 2 NOV	11AM	FITNESS WITH DORRETTA
FRI 3 NOV	2PM	AROMATHERAPY RELAXATION
MON 6 NOV	11AM	HULME CARERS' FORUM
TUES 7 NOV	11AM	TAI CHI
	2PM	WINTER SOLSTICE POETRY SESSION
	2PM	GARDENING CLUB
	2PM	LGBTQ+ DEMENTIA GROUP - ONLINE
THUR 9 NOV	11AM	FITNESS WITH DORRETTA
	2PM	WINTER SOLSTICE LITERATURE SESSION
	2PM	DEMENTIA CAFE
FRI 10 NOV	9.30AM	DIGITAL LOUNGE
	2PM	AROMATHERAPY RELAXATION
TUES 14 NOV	11AM	TAI CHI
	1.45PM	HALLE MUSIC SESSION WITH PAULETTE
	2PM	GARDENING CLUB
THUR 16 NOV	11AM	FITNESS WITH DORRETTA
	2PM	TALK ABOUT IT THURSDAY
FRI 17 NOV	2PM	AROMATHERAPY RELAXATION
	2PM	FRIDAY MATINEE
MON 20 NOV	11AM	GORTON CARERS' FORUM
TUES 21 NOV	2PM	CARERS' RIGHTS DAY
	11AM	TAI CHI
	2PM	GARDENING CLUB
THUR 23 NOV	11AM	FITNESS WITH DORRETTA
FRI 24 NOV	9.30AM	DIGITAL LOUNGE
	2PM	AROMATHERAPY RELAXATION
TUES 28 NOV	11AM	TAI CHI
	1.30PM	DIABETES FORUM
	2PM	GARDENING CLUB
THUR 30 NOV	11AM	FITNESS WITH DORRETTA

*Please check social media for updates

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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