



JANUARY

2024

NEWSLETTER



0161 226 6334

info@accg.org.uk

www.accg.org.uk

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

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



JANUARY 2024

CONTENTS PAGE

PAGE 3	IN OUR CENTRE
PAGE 5	COMMUNITY NEWS
PAGE 6	HOLISTIC THERAPIES FOOD PANTRY
PAGE 7	OUR MEAL SERVICES
PAGE 8	INFORMATION AND ADVICE <i>This month featuring our Dementia Advisor Alex</i> OUR SERVICES
PAGE 9	HEALTH NEWS
PAGE 10	DAY CARE
PAGE 11	FLIERS
PAGE 13	DATES FOR YOUR DIARY
PAGE 14	ACCG MEMBERSHIP
PAGE 15	VACANCIES AND VOLUNTEERING CONTACT INFORMATION

JANUARY 2024

IN OUR CENTRE 2024

HAPPY
NEW YEAR

We hope you all had a peaceful Christmas and we'd like to wish you a very Happy New Year!

Our Christmas party last month was a great success and we'd like to thank all those who attended for making it such a special day and end to the year.



JANUARY 2024

MORE IN OUR CENTRE

CHRISTMAS PREP

Our Activity Co-ordinator hosted a range of activities in preparation for the festive period and annual Christmas party. ACCG would like to thank all of our creative participants for their hard work and help in decorating the Centre. Activities included Christmas card making, carol singing and bauble making.



To commemorate the festive period and return our thanks to the community, the ACCG elves were working hard, putting together festive gifts for all service users which consisted of sweet treats like honey, biscuits, chocolates, a spoon and glass mug to enjoy a hot drink.



SOME OTHER ACTIVITIES LAST MONTH...

- Windrush Legends Art Showcase
- Arts and crafts
- Focus group
- Sewing
- Karaoke
- Wordsearches

JANUARY 2024

COMMUNITY NEWS

CARING AND REPAIRING

Care and Repair helps older, disabled and vulnerable adults to keep their homes safe and warm.

They provide:

A handyman service: they can come and assess the safety of the home. They can also do small DIY jobs around the home.

A home from hospital service: To support people in the transition from a hospital stay to back home.

Manchester
care&repair



INCLUSIVE SWIMMING

Abraham Moss and Moss Side leisure centres are offering inclusive swimming sessions:

- Abraham Moss Leisure Centre Saturday 12-2pm
- Moss Side Leisure Centre Sunday 9am-11.30am.

These are for people with autism, other special educational needs or disabilities and their families that require no music and a clear process from entry to the pool.

There is no need to book, simply drop in - spaces are limited though and allocated on a first come first served basis.

Follow the [link](#) for more info.

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

accg
african caribbean
care group

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



6



0161 226 6334

admin@accg.org.uk

www.accg.org.uk

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

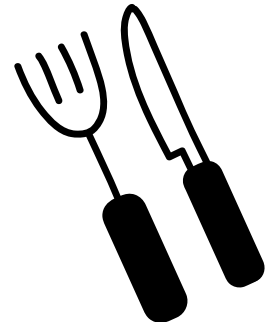
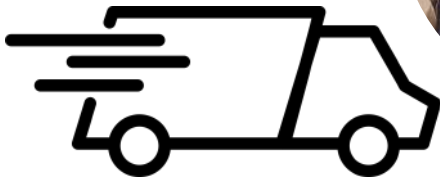
Registered Charity No: 1028464 Company Limited by Guarantee No. 2802745

JANUARY 2024

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



JANUARY 2024

INFORMATION & ADVICE

FREE SERVICE



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.

WINTER FUEL PAYMENT

The **Winter Fuel Payment** is a tax-free payment for UK households with someone born on or before 24 September 1957, aimed at aiding with winter heating costs.

For 2023-24, recipients could receive **up to £600**, varying by age and household eligibility. It's automatically granted to those receiving State Pension or certain social security benefits. Eligible individuals can contact the helpline on **0800 731 0160** to learn 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

JANUARY 2024

HEALTH NEWS



IMPROVING OUTCOMES



Our team attended a day workshop last month at Limelight Health and Wellbeing Hub to hear more about the great work already being done in Trafford to support those with diabetes, heart disease and hypertension, as well as gain greater insight to develop our own work in this area further.

We'll be expanding our outreach work across North Trafford, working closely with the NHS and local organisations to help improve health outcomes. Watch this space for more news in the months to come! If you're in North Trafford and would like some support in relation to any of these conditions, get in touch on **0161 226 6334**



STAY WARM, STAY SAFE, STAY WELL

National older person's charity Independent Age has released this year's edition of the Winterwise guide, with new and updated information on how to stay well during the winter period.

The guide brings together key information for older people on cost-of-living support with messages focusing on three themes - 'Staying warm', 'Staying safe' and 'Staying well'. Click [here](#) to access the Winterwise Guide



JANUARY 2024

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
Don't forget to renew your yearly ACCG membership this month for great discounts. See our membership page for more information...

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

Dementia Café



11th Jan 24
Thursday
2 - 3 PM



Supporting people with dementia in hospital

- 1 If the person you care for is in hospital, you can still support them by providing them with **comfort** and **reassurance**.
- 2 It is **helpful** to tell the hospital staff about the person's dementia
- 3 If the person you care for is **unable** to make certain decisions and doesn't have anyone who has **LPA**, the doctors or clinical team will usually make decisions about their **medical care and treatment**
- 4 If the individual you're caring for **requires essential community services** to be discharged from the hospital, it's advisable to discuss the **discharge plan** with the **hospital staff**



0161 226 6334

dementia@accg.org.uk

www.accg.org.uk

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



Dementia Cafe

DATE	TIME	MONTHLY THEME
11th Jan	2pm - 3pm	Supporting people with dementia in hospital
8th Feb		Staying positive to deal with dementia
14th March		Drugs to treat dementia
11th April		Rare forms of dementia
9th May		Making things easier
13th Jun		Coping with memory loss
11th July		Eating and drinking for people with dementia
8th Aug		End of life care



0161 226 6334

dementia@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



Cancer Awareness Session Part 1

- Hear from a nurse about how small health changes can reduce cancer risk
- Learn about screening and where to get more information
- Talk about the importance of spotting cancer early by speaking to the GP about any concerns



TUESDAY
9th Jan
2pm



0161 226 6334

community@accg.org.uk

www.accg.org.uk

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

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



Cancer Awareness Session Part 2

- Hear about how Cancer affects Manchester residents
- Learn about Cancer and Screening for those who are in the Black African and Black Caribbean Communities.



TUESDAY
16th Jan
2pm



0161 226 6334

cmc@accg.org.uk

www.accg.org.uk

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

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

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



0161 226 6334 

community@accg.org.uk 

www.accg.org.uk 

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

JANUARY 2024

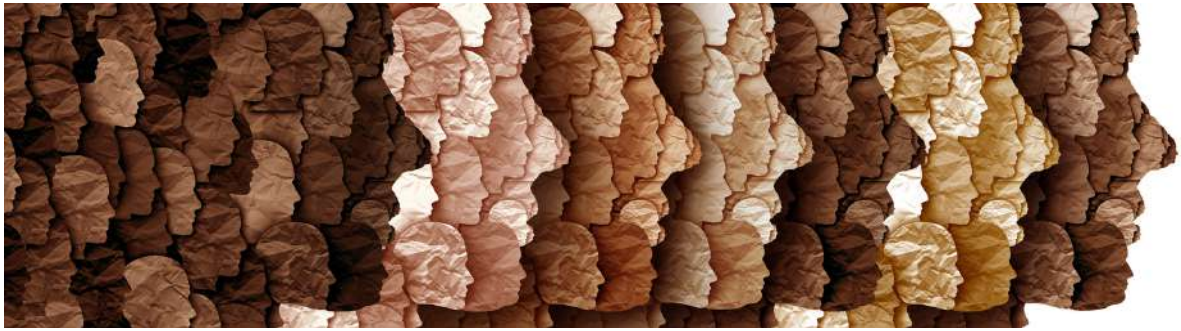
DATES FOR YOUR DIARY

TUES 2 JAN	11AM	TAI CHI
	2PM	LGBTQ+ DEMENTIA GROUP - ONLINE
	2PM	GARDENING CLUB
THUR 4 JAN	11AM	FITNESS WITH DORRETTA
FRI 5 JAN	9.30AM	DIGITAL LOUNGE
MON 8 JAN	11AM	HULME CARERS' FORUM
TUES 9 JAN	11AM	TAI CHI
	2PM	CANCER AWARENESS SESSION - PART 1
	2PM	GARDENING CLUB
THUR 11 JAN	11AM	FITNESS WITH DORRETTA
	2PM	DEMENTIA CAFE
MON 15 JAN	11AM	GORTON CARERS' FORUM
TUES 16 JAN	11AM	TAI CHI
	2PM	CANCER AWARENESS SESSION - PART 2
	2PM	GARDENING CLUB
THUR 18 JAN	11AM	FITNESS WITH DORRETTA
FRI 19 JAN	9.30	DIGITAL LOUNGE
TUES 23 JAN	11AM	TAI CHI
	2PM	GARDENING CLUB
THUR 25 JAN	11AM	FITNESS WITH DORRETTA
TUES 30 JAN	11AM	TAI CHI
	1.30PM	DIABETES FORUM
	2PM	GAREDENING CLUB

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

JANUARY 2024

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

JANUARY 2024

JOIN US!

Want to join our enthusiastic team and contribute towards the work that we do?



CURRENT VACANCIES ✓

CARERS' LINK WORKER

COMMUNITY CONNECTOR

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