



FEBRUARY

2024

NEWSLETTER



 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

CONTENTS PAGE

PAGE 3	IN OUR CENTRE
PAGE 5	HOLISTIC THERAPIES COMMUNITY GROCER
PAGE 6	OUR MEAL SERVICES
PAGE 7	INFORMATION AND ADVICE This month featuring our Welfare Rights Advisor, Nigar OUR SERVICES
PAGE 8	HEALTH NEWS
PAGE 9	DAY CARE
PAGE 10	ACCG EVENTS
PAGE 12	DATES FOR YOUR DIARY
PAGE 13	ACCG MEMBERSHIP
PAGE 14	COMMUNITY NEWS
PAGE 15	VACANCIES AND VOLUNTEERING CONTACT INFORMATION

FEBRUARY 2024

IN OUR CENTRE

A FOCUS ON FUN!

If you are interested in giving your input on activities and events you'd like to see at ACCG, we've set up a committee which meets on **2nd Tuesday of each month** and provides a service user-informed approach to activities and events taking place at ACCG.



Alternatively, you can contact our service to offer your thoughts on **0161 226 6334**



CONNECTING GENERATIONS

In honour of their school turning 40 this year, ACCG welcomed three lovely students from Trinity High School for afternoon tea. We had sweet treats, wholesome talks and a pleasurable time eating cakes and biscuits. Service users said 'it was very informative' and they 'would like them to come again'.

SOME OTHER ACTIVITIES LAST MONTH...

- Bingo
- Karaoke
- Violin and singing with Paulette
- Cancer Awareness
- Dominoes
- Diabetes Forum

HOLISTIC THERAPIES

Get the Treatment You Deserve

Members

20%

Discount

with

additional

10%

off until end of Feb!

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 COMMUNITY GROCER

Supporting the community with Ethnic & general foods



£3 for up to 15 items

Freshly Stocked!

OPEN MONDAY - FRIDAY 10AM - 3PM

REFERRALS WELCOME

ETHNIC FOODS

VOLUNTEERING OPPORTUNITIES

DONATIONS WELCOME



0161 226 6334

admin@accg.org.uk

www.accg.org.uk

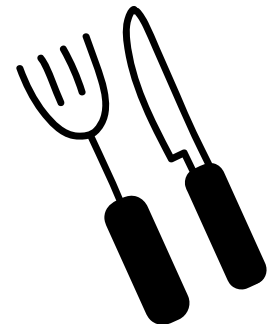
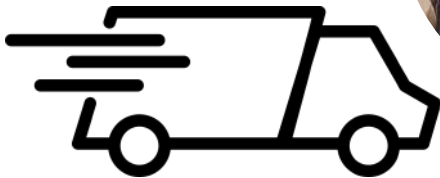
Claremont Centre, 2 Jarvis Road, Hulme, Manchester, M15 5FS

FEBRUARY 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



We cater for a range of diets



Delivered hot to your door

£7.50

INFORMATION & ADVICE

FREE SERVICE



WELFARE RIGHTS ADVISOR

Hello everyone, I am Nigar Najim, Welfare Rights Advisor at ACCG. My main duty is to support all communities. The support provided will offer service users practical assistance, advice, and information to maximise their income and to ensure they are receiving the correct benefit entitlements of the state welfare system. Providing practical assistance including processing of claims and form filling.



WORKING TOGETHER TO TACKLE HOMELESSNESS IN MANCHESTER

Street Support Network is a platform connecting people and organisations locally, to tackle homelessness in Manchester.

Worried about someone you have seen sleeping rough in Manchester. You can get help for someone sleeping rough or get help for yourself through this link <https://streetsupport.net/manchester/>

Alternatively, you can alert the Council on their website, or you can inform Streetlink. Through this link <https://thestreetlink.org.uk> > location

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

FEBRUARY 2024

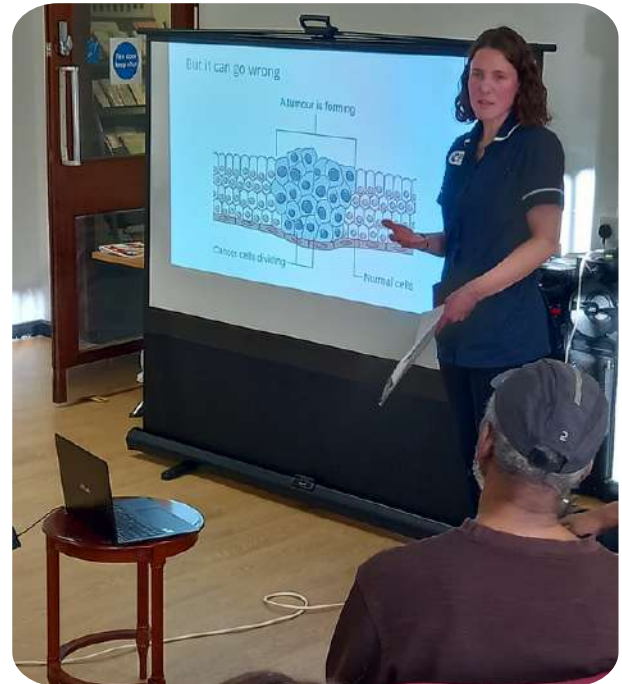
HEALTH NEWS



BECOMING MORE CANCER AWARE

We held two informative cancer awareness sessions last month, courtesy of Cancer Research UK, NHS Greater Manchester and Carers Manchester Central. Attendees found out about how Manchester residents are impacted by cancer, details of available screening and about how to reduce their cancer risk. If you'd like more information about cancer or any other health conditions, or find out how ACCG may be able to support you, please get in touch on **0161**

226 6334



CANCER
RESEARCH
UK



accg
african caribbean
care group

NHS
Greater Manchester



DIABETES FORUM

Diabetes is a condition that causes a person's blood sugar level to become too high.

There are 2 main types of diabetes:

- **type 1 diabetes** – a lifelong condition where the body's immune system attacks and destroys the cells that produce insulin.
- **type 2 diabetes** – where the body does not produce enough insulin, or the body's cells do not react to insulin properly.

Come along to our diabetes forum on the **last Tuesday of every month** at 2pm to find out more.

FEBRUARY 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



Get out of the house
and come along for a
game of dominoes,
make new friends, get
involved in an activity
or just simply enjoy a
nourishing hot meal!

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



Wednesday 14th February
Claremont Centre, 2 Jarvis Road, M15 5FS
1pm- 4pm

Are you a carer for someone without being paid?
Come along for a wonderful event of
aromatherapy, refreshments and lots of useful
information!

cmc@accg.org.uk
07398414064

A close-up photograph showing a hand holding a glass bottle and pouring a yellow liquid (likely essential oil) into another hand held palm up. The background is dark, and a white flower is visible in the lower right corner.

**Carers' Valentine's
Day Event**

Dementia Café

accg
african caribbean
care group



8th Feb 24
Thursday
2 - 3 PM



Staying positive to deal with dementia

Coping with dementia can be difficult, but maintaining a **positive attitude** can have a significant impact on well-being for both caregivers and those living with the condition

- 1 Understanding and Acceptance:** recognizing the symptoms, knowing what to expect, and accepting the condition. Understanding leads to **better care** and **less frustration**.
- 2 Focusing on Abilities, Not Losses:** Focusing on what the person can still do and enjoy, rather than dwelling on the skills and memories that are being lost. **Celebrate small successes** and **enjoyable moments**.
- 3 Maintaining a Positive Environment:** Create a supportive and loving environment. This can involve playing their **favorite music**, keeping **familiar objects around**, and ensuring a safe and comfortable living space



0161 226 6334

dementia@accg.org.uk

www.accg.org.uk

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



FEBRUARY 2024

DATES FOR YOUR DIARY

THUR 1 FEB	11AM	FITNESS WITH DORRETTA
FRI 2 FEB	9.30AM	DIGITAL LOUNGE
MON 5 FEB	11AM	HULME CARERS' FORUM
TUES 6 FEB	11AM	TAI CHI
	2PM	GARDENING CLUB
THUR 8 FEB	11AM	FITNESS WITH DORRETTA
	2PM	DEMENTIA CAFE
TUES 13 FEB	11AM	TAI CHI
	2PM	VALENTINE'S TEA PARTY
	2PM	GARDENING CLUB
WEDS 14 FEB	1PM	CARERS' VALENTINE'S DAY EVENT
THUR 15 FEB	11AM	FITNESS WITH DORRETTA
FRI 16 FEB	9.30AM	DIGITAL LOUNGE
	2PM	FRIDAY MATINEE
MON 19 FEB	11AM	GORTON CARERS' FORUM
TUES 20 FEB	11AM	TAI CHI
	2PM	GARDENING CLUB
THUR 22 FEB	11AM	FITNESS WITH DORRETTA
	1.30PM	HALLE MUSIC SESSION - PAULETTE
FRI 23 FEB	11AM	SHARING STORIES
TUES 27 FEB	11AM	TAI CHI
	2PM	DIABETES FORUM
	2PM	GARDENING CLUB
THUR 29 FEB	11AM	FITNESS WITH DORRETTA

We also run our Lunch Club and Community Grocer on a daily basis.

FEBRUARY 2024

BECOME A MEMBER

Become a member
for just **£12** a year
to get
**DISCOUNTED
SERVICES AND
FREE EVENTS!**



Visit our website or contact: admin@accg.org.uk or call 0161 226 6334



FEBRUARY 2024

COMMUNITY NEWS

SONGS AND SCONES

The Bridgewater Hall are holding Songs and Scones events, with the next on 9th February 1.30pm-3pm, aimed at older people at risk of loneliness and isolation or who are living with dementia. This will be an afternoon of tea, coffee and scones followed by an hour-long concert with professional musicians Ali Mac & Ben Gorb.



Spaces are FREE but limited, so if you are interested in attending or finding out more about these events, contact amy.hughes@livemusicnow.org.uk or call 07939 013501



LOVE IN ACTION - REDUCING HATE CRIME (DISABILITY)

Don't miss this great event coming up this month, courtesy of the kind folks at Caritas...

The event includes:

- A celebration of different cultures at home in Manchester.
- Music performance by Sacred Heart Choir.
- Short inputs from people with lived experience of disability from different cultures.
- A shared lunch and opportunity for further discussion.
- Information about Hate Crime and how to report it

12pm - 2.30pm on 11th February

@ Sacred Heart Parish Centre, Levensulme Road, Gorton, M18 7WJ

For more information and to register your attendance, email accessibility@caritassalford.org.uk

ARE YOU FROM A DIVERSE ETHNIC BACKGROUND ?

Have you been invited for **CERICAL SCREENING?**

WE NEED YOU!

Only 2 in 3 women attend cervical screening.

In ethnically diverse communities, even fewer attend.

Not attending screening **INCREASES** the risk of cervical cancer.

We are keen to explore your thoughts about at home self-sampling options for cervical screening!

Could you spare 15 minutes to share your views?

Participants must be aged 16 or older

Raffle prizes available



MANCHESTER
1824

The University of Manchester

adves
Alternative Cervical Screening

If you are interested in taking part in the survey, please follow the link [HERE](#) (manchester.ac.uk) or ask for a paper copy at the Claremont centre.

FEBRUARY 2024

JOIN US!

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



CURRENT VACANCIES ✓

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 