

# April 2024 Newsletter

ACCG, The Claremont Centre, M15 5FS 0161 226 6334 Admin@accg.org.uk www.accg.org.uk









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## IN OUR CENTRE

### SO MANY BEAUTIES!

We were joined by Music for Health
Specialist Holly Marland from So Many
Beauties, an organisation who offer music
and creativity sessions for people with
dementia. She held a relaxed music
session where we had a jam and went with
the flow - singing, creating uplifting rhythms
and simply enjoying listening to music.



Holly brought along her Kora, a West African harp to accompany the session as well as different percussion instruments for our service users to try. We look forward to having her join us again soon!



### **HEALTHY HEARTS**

Our heart health session
last month courtesy of the
BHA was a great success!
A big thank you to Akil and
the team for sharing hearthealth tips with our service
users, including diet,
exercise and health
checks.

### SOME OTHER ACTIVITIES LAST MONTH...

- IWD Portrait-making
- Halle Music Session
- Poetry Session with Deanne Heron for IWD and Mothers' Day
- Bingo



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.

Tuesday and Wednesday 09.00 -16.00

- Pedicure
- Manicure
- Massage
- Facial
- Reflexology





# **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.



# **Keeping Safe**

Do you care for someone who has dementia and worry that they might go missing?

The Herbert Protocol is a national scheme being introduced locally by Greater Manchester Police, which encourages carers and family members to compile useful key information which could be used in the event of a person going missing. Please complete the form which is available to download from

<u>www.gmp.police.uk/HerbertProtocol</u>. If the person goes missing, please share it with the police to safeguard the person.





### Short hotel breaks for Unpaid Carers

Breaks consist of 1–2 nights stay with breakfast in a hotel across the UK for the cost of a £33 admin fee.

FREE for Manchester residents (Unpaid Carers).

### Eligible criteria:

- The Carer must be 18+
- Be a full time Carer (30hours per week)

Book your place, register now at:



or call on 0161 226 6334.





# Delivered Meals and Lunch Club

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







## **COMMUNITY NEWS**

### TRAFFORD LONG TERM CONDITIONS



ACCG are part of a partnership supporting the North Trafford community to improve their health and wellbeing if they have long term conditions such as diabetes, hypertension, COPD or would like support with emotional wellbeing. The organisations we work alongside are LMCP, WETA and Voice of BME. Please see our flier for more

information









### KEEP ON KEEP UP

KOKU is a digital platform designed to prevent physical decline and frailty, enabling older adults to live healthier lives by providing access to personalised and proven strength and balance exercises.

ACCG is dedicated to promoting a healthy lifestyle and supporting individuals in building up an exercise habit.



To achieve this, ACCG will run the KOKU focus group and exercise classes, providing a platform for members to discuss, learn, and engage in exercise. More information is available on the following posters.



# Koku Exercise & Falls Prevention Class

**Every Thursday 2:00 PM** 



Phone +44 (0) 161 226 6334 Email admin@accg.org.uk Website www.accg.org.uk @ AfricanCaribbeanCareGroup

@ACCGManchester
 @accgmanchester

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# Koku Focus Group

**Every Tuesday 2:00 PM** 

Join us at the ACCG to learn about how the Koku app works, engage in discussion and learn what you can do to keep your mobility and physical fitness.



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@accgmanchester@accgmanchester



# **HEALTH NEWS**



#### MENOPAUSE MATTERS

Menopause is when your periods stop due to lower hormone levels. Perimenopause is when you have symptoms of menopause but your periods have not stopped. Both can cause symptoms like anxiety, mood swings, brain fog and hot flushes. These symptoms can start years before your periods stop and carry on afterwards.

This can be a challenging time for many. You don't have to feel you're on your own.

Manchester Mind are holding a Mindfulness and Relaxation for Menopause course starting Wednesday 24th April. It's a good chance to connect with others and learn some helpful techniques to manage stress, anxiety and other symptoms.

You can also check out the <a href="NHS website">NHS website</a> for more information on menopause and perimenopause.



### **MEASLES INFORMATION**



Symptoms of measles include high fever, runny nose, cough, red and watery eyes, and small red spots with a bluish-white centre inside the mouth. 15 mins with someone who has measles is enough time for the virus to be passed on.

Measles can have serious and sometimes fatal consequences, so make sure you're up to date with MMR vaccinations, and ask your GP about catch up jabs if you need.



York Day Trip

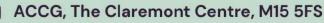
Wednesday 17th July 2024 9.30am to 6.30pm

Members Price: £20, Non Members £30

Depart from ACCG, Claremont Centre, 2 Jarvis Rd, M15 5FS









Community@accg.org.uk



www.accg.org.uk





# Whitby Day Trip

Wednesday 12th June 2024 9.30am to 8.30pm

Members Price: £28, Non Members £38

Depart from ACCG, Claremont Centre, 2 Jarvis Rd, M15 5FS



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# Day Care Service

Here at the Claremont 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 in touch on 0161 226 6334 to find out more and book a taster session



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 meals



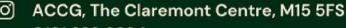
# Dementia Café

Theme: Rare forms of dementia

11th April 2024, 2-3PM







0161 226 6334

admin@accg.org.uk www.accg.org.uk





# **BOWEL CANCER AWARENESS**

Join us at the Claremont Centre to find out more about screening and have your questions answered





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## DATES FOR YOUR DIARY

MON 1 APRIL 11AM HULME CARERS' FORUM

TUES 2 APRIL 11AM TAI CHI

2PM BOWEL CANCER AWARENESS

2PM KOKU FOCUS GROUP
2PM GARDENING GROUP

THUR 4 APRIL 11AM FITNESS WITH DORRETTA

2PM KOKU EXERCISE CLASS

TUES 9 APRIL 11AM TAI CHI

2PM THE UNTOLD ORCHESTRA

2PM KOKU FOCUS GROUP
2PM GARDENING GROUP

THUR 11 APRIL 11AM FITNESS WITH DORRETTA

2PM DEMENTIA CAFE

2PM KOKU EXERCISE CLASS

FRI 12 APRIL 9.30AM DIGITAL LOUNGE

MON 15 APRIL 11AM GORTON CARERS' FORUM

TUES 16 APRIL 11AM TAI CHI

2PM BINGO WITH TRINITY HIGH SCHOOL

2PM KOKU FOCUS GROUP 2PM GARDENING GROUP

WEDS 17 APRIL 1PM FITNESS WITH DORRETTA
THUR 18 APRIL 11AM KOKU EXERCISE CLASS

2PM FRIDAY MATINEE

FRI 19 APRIL 2PM SHARING STORIES

11AM TAI CHI

TUES 23 APRIL 11AM KOKU FOCUS GROUP

2PM GARDENING GROUP

WEDS 24 APRIL 1PM CARERS' EVENT

2PM PARENT CARER LEARNING DISABILITY FORUM

THUR 25 APRIL 11AM FITNESS WITH DORRETTA

2PM KOKU EXERCISE CLASS

FRI 26 APRIL 9.30AM DIGITAL LOUNGE

11AM SHARING STORIES

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



## **BECOME A MEMBER**

Join Us and become a part of the ACCG Family.

For just 12.00 per year, you will have access to discounted services (including meals and holistic therapy), access to free health and wellbeing classes, have advance notice for ACCG Events, be invited to our Annual General Meeting and much more...





# Join Our Team!

### **Community Connector Role**

We are looking for a dynamic, focused and committed person to join us at the ACCG as part of our Community Team.

14 hours per week Fixed Term 2025

### **Volunteer Posts**

Lead Volunteer Post
Social Media and Marketing Volunteer
Campaigns Volunteer
Gardening Volunteer
Welfare Rights Support Volunteer
Dementia Advisor Support Volunteer
Carers Support Volunteer
Kitchen Volunteer
Gardening Volunteer

Contact <u>recruitment@accg.org.uk</u> for more information or call 0161 226 6334

Like, Follow and Subscribe to stay updated with ACCG events, offers and more!

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