



# April 2024 Newsletter

ACCG, The Claremont Centre, M15 5FS

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care group

**APRIL 2024**

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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 heart-health 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



# Holistic Therapy

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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.

Tuesday and Wednesday 09.00 -16.00

- Pedicure
- Manicure
- Massage
- Facial
- Reflexology

## ACCG Community Grocer

Supporting the community  
with Ethnic & General Foods

£3 for up to 15 items

Open Monday to Friday  
10am - 3pm

Volunteer Opportunities available  
Donations Welcome





# 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 [www.gmp.police.uk/HerbertProtocol](http://www.gmp.police.uk/HerbertProtocol). 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:**

✉ [cmc@accg.org.uk](mailto:cmc@accg.org.uk)  
☎ or call on 0161 226 6334.

A photograph of a woman with dark curly hair, wearing a grey long-sleeved top, sitting in a chair. She is holding a white mug to her lips with her right hand and reading a book with her left hand. In the background, there is a fireplace with a fire burning inside. The scene is lit with warm, indoor lighting.

# Unpaid Carers Respite



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# 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

We cater for a range of diets



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# 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



**Voice of BME Trafford**  
Having a voice to influence change



*Women's Empowerment Through Arts*

## 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** is a digital platform providing personalised **strength** and **balance exercises** for older adults to prevent physical decline and frailty

# Koku Exercise & Falls Prevention Class

Every Thursday 2:00 PM

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Phone +44 (0) 161 226 6334  
Email [admin@accg.org.uk](mailto:admin@accg.org.uk)  
Website [www.accg.org.uk](http://www.accg.org.uk)



@AfricanCaribbeanCareGroup  
@ACCGManchester  
@accgmanchester  
@accgmanchester





**KOKU** is a digital platform providing personalised **strength** and **balance exercises** for older adults to prevent physical decline and frailty

# 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.



Phone +44 (0) 161 226 6334  
Email [admin@accg.org.uk](mailto:admin@accg.org.uk)  
Website [www.accg.org.uk](http://www.accg.org.uk)



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# 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 [NHS website](#) 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



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# 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 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](tel:01612266334) to find out more and book a taster session





# Dementia Café

Theme: Rare forms of dementia

11th April 2024, 2-3PM



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2pm  
Tuesday  
02.04.2024

Early Detection Saves Lives

# 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.



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## 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...





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# 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 [recruitment@accg.org.uk](mailto:recruitment@accg.org.uk) 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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