



March 2024 Newsletter

ACCG, The Claremont Centre, M15 5FS

0161 226 6334

Admin@accg.org.uk

www.accg.org.uk



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MARCH 2024

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IN OUR CENTRE



LOTS OF LOVE AT VALENTINE'S

For Valentine's Day we had a great time in our centre. We had a themed quiz, Arts & Crafts sessions, gift giving and card making. Here's the winners of the quiz holding their handmade chocolate bouquet! ACCG would like to thank all of attendees for their creative input.

We also held a Valentine's carers' event, offering an aromatherapy session, massages and a buffet. It was a lovely, relaxing day.

TIME FOR SOME TEA

This month our Activity Co-Ordinator hosted a fun and informative session about different teas and their benefits. Our service users even had the chance to make their own tea-bags. Service users said: 'it was fun', 'I enjoyed the activity' and 'I learnt a lot'.



More pictures from our Valentine's and tea events on the next page!

SOME OTHER ACTIVITIES LAST MONTH...

- Dominoes
- Karaoke
- ACCG Sewing Club
- Friday Matinee
- High Intensity Fitness
- Group Reading Session

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MORE IN OUR CENTRE

On trend for Valentine's...



...busy crafters...



...and some care for our carers.



Holistic Therapy

accg

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



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INFORMATION & ADVICE

Carers Link Worker

Hello everyone,
My name is Siu-hei Lo, and I am the new
Carers Link Worker at the ACCG.

ACCG is the Manchester Central Lead for
unpaid Carers in Manchester.

My role entails identifying and support
Carers, who are individuals responsible for
the care of a vulnerable, elderly, or
disabled family member or friend.
Contact me at the ACCG for more details
to how I could support you.



Carers Respite Offer

Are you a Carer for someone without being paid? Do you
need a break?

ACCG can offer Carers a 1 to 2 day stay in hotels across
the UK!

Breakfast is also included.

Contact the ACCG on 07398414064. 0161 226 6334 or
email cmc@accg.org.uk



Welcome a relaxing break!

Unpaid Carers can have up to 2x overnight stays in hotels across the UK.

Contact the ACCG for more details on:

cmc@accg.org.uk

0161 226 6334

07398414064



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.

Now offering complimentary freshly prepared soup from our kitchen with every meal.

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

GORTON CARERS' FORUM



Carers Manchester Central holds forums at the Claremont Centre on the first Monday of each month, we also get out in the community and hold a forum at the beautiful Gorton Monastery on the third Monday of each month. Come along for informative talks, socialising with other carers and refreshments.

Contact Tiegan on cmc@accg.org.uk or **07398414064**

Would you like someone to speak to but find it hard to get out the house? Or maybe you get out and about but want to share your news with a friendly, listening ear. We run a **free befriending service** here at ACCG and one of our team can give you a call once a week and see how you are. Why not call and find out more? We'd love to hear from you.

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FANCY A CHAT?

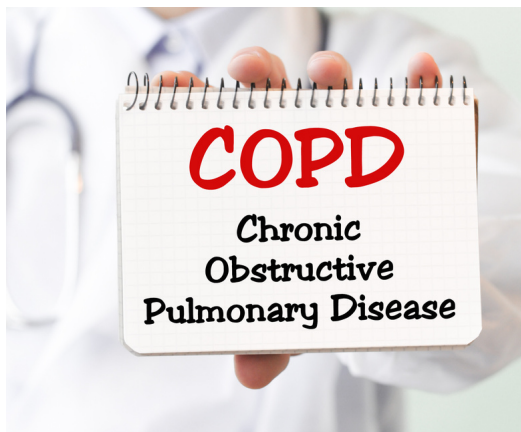


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HEALTH NEWS



WHAT IS COPD?

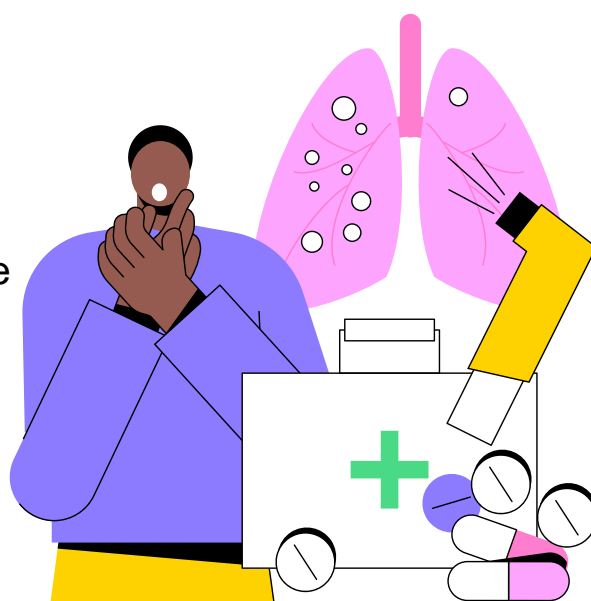


Chronic Obstructive Pulmonary Disease (COPD) is a progressive condition marked by breathing difficulty, persistent cough, and sputum production, mainly due to prolonged exposure to cigarette smoke. Other causes include air pollution and occupational dusts. Early detection and management are crucial to slow progression, as COPD significantly impacts lung function, leading to increased risk of heart disease and lung cancer.

There's currently no cure for chronic obstructive pulmonary disease (COPD), but treatment can help slow the progression of the condition and control the symptoms.

TREATMENTS INCLUDE:

- **stopping smoking** – if you have COPD and you smoke, this is the most important thing you can do
- **inhalers and tablets** – to help make breathing easier
- **pulmonary rehabilitation** – a specialised programme of exercise and education
- **surgery or a lung transplant** – although this is only an option for a very small number of people



A doctor will discuss the various treatment options with you.

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

Dementia Café

14th March 24



Thursday

2 - 3 PM



Drugs to treat dementia

1

Currently, there is **no cure** for most types of dementia. However, medications can assist in **symptom management**, enhance quality of life, and potentially slow disease progression.

2

Donepezil: used for mild to moderate Alzheimer's disease by boosting a memory-related chemical messenger. It can **alleviate or stabilize symptoms temporarily** by influencing communication chemicals in nerve cells.

3

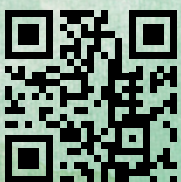
Memantine: Used to treat moderate to severe Alzheimer's disease. It regulates the activity of glutamate, a different chemical messenger in the brain that's involved in **learning and memory**. Memantine may slightly **delay progression** of symptoms in some people.

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Dementia@accg.org.uk

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Heart Health Drop-In



**Tuesday 19th
March – 2pm**

Join us at the ACCG to learn about hearth health, engage in discussion and learn what you can do to keep your heart healthy.

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DATES FOR YOUR DIARY

FRI 1 MAR	9.30AM	DIGITAL LOUNGE
MON 4 MAR	11AM	HULME CARERS' FORUM
TUES 5 MAR	11AM	TAI CHI
	2PM	MOTHERS' DAY ARTS AND CRAFTS
	2PM	GARDENING CLUB
THUR 7 MAR	11AM	FITNESS WITH DORRETTA
	2PM	KARAOKE
TUES 12 MAR	11AM	TAI CHI
	2PM	MUSIC SESSION
	2.15PM	EVENTS COMMITTEE
THUR 14 MAR	11AM	FITNESS WITH DORRETTA
	2PM	DEMENTIA CAFE
FRI 15 MAR	9.30AM	DIGITAL LOUNGE
MON 18 MAR	11AM	GORTON CARERS' FORUM
TUES 19 MAR	11AM	TAI CHI
	2PM	HEART HEALTH SESSION
	2PM	GARDENING CLUB
THUR 21 MAR	11AM	FITNESS WITH DORRETTA
	2PM	EASTER THEMED ARTS AND CRAFTS
FRI 22 MAR	2PM	FRIDAY MATINEE
TUES 26 MAR	11AM	TAI CHI
	1.30PM	DIABETES CLUB
THUR 28 MAR	11AM	FITNESS WITH DORRETTA
FRI 29 MAR	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 our us at the ACCG as part of 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 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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