



# May 2024 Newsletter

ACCG, The Claremont Centre, M15 5FS

0161 226 6334

[Admin@accg.org.uk](mailto:Admin@accg.org.uk)

[www.accg.org.uk](http://www.accg.org.uk)



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care group

**APRIL 2024**

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**MAY 2024**

# IN OUR CENTRE

## CARERS' EASTER EVENT

In March we held a Carers' Easter Event. This was a fun and connecting session for carers to attend to have a well-deserved break from their caring role. We played bingo, learnt how to make origami tulips and also had scones and tea.



If you are interested in attending any of our carers' sessions, please contact [cmc@accg.org.uk](mailto:cmc@accg.org.uk)



## STAYING CANCER AWARE

As part of our ongoing work raising awareness about cancer, how to prevent it and of available screening, we held a bowel cancer awareness session at the start of last month, courtesy of Venus Cheng from the Robert Darbishire Practice. Thanks again to Venus for a really informative and engaging session!

## SOME OTHER ACTIVITIES LAST MONTH...

- The Untold Orchestra
- Crafting with Carlos
- Bingo with Trinity High School
- Sharing Stories



# ACCG Creative Arts Sessions

*with Fine Artist Donna Michelle Griffith*

FORTNIGHTLY SESSIONS STARTING  
FRIDAY 10TH MAY 11.30AM

Crafts    Clay Work    Mosaic    Painting



## ACCG Community Grocer



Supporting the community  
with Ethnic & General Foods

£5 for up to 15 items

Open Monday to Friday  
10am – 3pm

Volunteer Opportunities available  
Donations Welcome

# INFORMATION & ADVICE

## Welfare Rights Advocate

Hello everyone, I am Nigar Najim, Welfare Rights Advocate at ACCG.

My main duty is to support all communities, offering service users practical assistance, advice, and information to maximize 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 filing.



## Apply for the Boiler Upgrade Scheme

You could get a grant to cover part of the cost of replacing fossil fuel heating systems with a heat pump or biomass boiler.

Fossil fuel heating systems include oil, gas, electric or LPG (liquefied petroleum gas).

Check you are eligible and find out how to apply for the grant through this link:

<https://www.gov.uk/apply-boiler-upgrade-scheme>



## 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.



**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 - £7.00

Non-members - £8.50

Members take-away - £7.50

Non Members take-away - £9.00

### ***Delivered hot to your door***

£11.50

We cater for a range of diets



Inspected April 2024



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# COMMUNITY NEWS

## LEAVE FOR CARERS



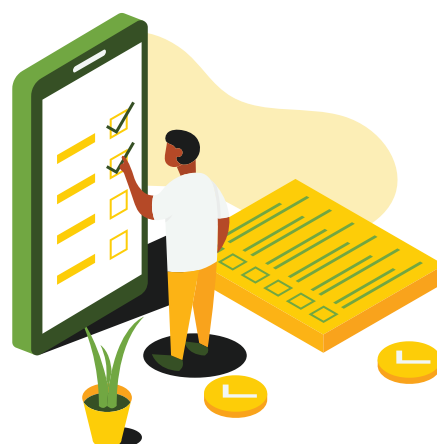
The Carer's Leave Act 2023, effective from 6 April 2024, grants unpaid carers in employment a week of unpaid leave annually for caring responsibilities. Employees can take this leave from their first day, with protected employment rights. They can take up to a week off based on their usual work week, either as a full week or individual days.

## CARERS' SURVEY

This survey aims to gather insights from caregivers about their experiences and needs, covering topics like healthcare access, cultural considerations, and support services. By participating, caregivers can help shape future support programs. Your input is vital to improve well-being and support for caregivers. Join now for a chance to win a holistic therapy session prize.

### Survey Link:

<https://forms.office.com/e/3XcUZ9hufM>



Survey QR Code:







***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.

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# HEALTH NEWS



## HOLISTIC WELLBEING



Staying healthy means taking care of all parts of us. Eating our greens is fantastic, but do we also feel connected with others? Have we moved our bodies yet today? This is why, as part of our ongoing work supporting those within North Trafford with long-term conditions, ACCG are offering a holistic approach to health management tailored for the African Caribbean Community.

Our services include Physical Exercise, Nutritional Advice, Cookery Demonstrations, Peer Support Groups, Befriending and Community Walks.

If you'd like to know more detailed information about these, check out the next page!  
For support or signposting, don't hesitate to get in touch on

**0161 226 6334**

## MENTAL HEALTH SUPPORT

Here are also some helpful contacts to support with your mental wellbeing:

**-African Caribbean Mental Health Service** - Counselling and MH Support  
**0161 226 9562**

**-Samaritans** - speak to someone day or night on freephone **116 123**

**-Manchester Mind** - Mental Health and Wellbeing Services  
**0161 769 5732**



# Healthier and Happier Me

## North Trafford Community Partnership

Are you or a loved one living with long-term conditions like Diabetes, COPD, or Hypertension? We're here to help! ACCG offers a holistic approach to health management tailored for the African Caribbean Community.

Our services include Physical Exercise, Nutritional Advice, Cookery Demonstrations, Peer Support Groups, Befriending, Community Walks, Welfare Support and More!

For more information, email us at [admin@accg.org.uk](mailto:admin@accg.org.uk) or call us on 0161 226 6334.



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



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LEARN. MOTIVATE. CHANGE. PROSPER.



Womens Empowerment Through Arts

# Healthier and Happier Me

## North Trafford Community Partnership

### Physical Activity Classes

Our weekly health and fitness groups are designed for all levels, providing a supportive environment to help you reach your wellness goals.

Our physical activity groups include:

- Resistance training: energetic and fun workout to get your heart pumping!
- Tai Chi: Improve your balance and flexibility .
- Chair Based Fitness: Perfect for those who prefer low-impact exercises.

### Regular Health Checks

Take control of your health with our Body MOT! This personalised health check includes:

- Blood Pressure Check: Understand your heart health better.
- Height and Weight Measurement: Keep track of your physical growth and weight management.
- Lifestyle Assessment: Get insights into your lifestyle habits for a healthier you.

### Peer Support Groups

ACCG is excited to announce our weekly peer-led support groups, followed by an educational workshop. Here's what you can expect:

- Peer-Led Support Groups: Share experiences, gain insights, and find comfort in a supportive environment.
- Educational Workshop: Learn about various topics, raise awareness, and explore interventions.

### Cookery Advice and Support

Here's what we have in store for you:

- Cookery Demonstrations: Watch and learn as our experts make nutritious delicious dishes.
- Interactive Discussions: Engage in lively discussions about nutrition, cooking techniques, and more.
- Exploring Alternatives: Discover healthier and tastier alternatives to your favorite dishes.

**For more information, email us at [admin@accg.org.uk](mailto:admin@accg.org.uk) or call us on 0161 226 6334**



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





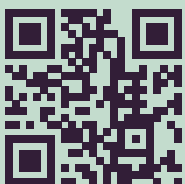
# York Day Trip

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



📍 ACCG, The Claremont Centre, M15 5FS  
☎ 0161 226 6334  
📧 [Community@accg.org.uk](mailto:Community@accg.org.uk)  
🌐 [www.accg.org.uk](http://www.accg.org.uk)

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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**



ACCG, The Claremont Centre, M15 5FS



0161 226 6334

Community@accg.org.uk



www.accg.org.uk

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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: Making things easier

9th May 2024, 2-3PM



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0161 226 6334  
admin@accg.org.uk  
www.accg.org.uk

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# Carers Caribbean Day

Thursday 23rd May 2024

11am – 2pm

Unit 18, Windrush Millennium Centre, 70 Alexandra Rd, Moss Side, M16 7WD

Come along for a wonderful event of food tasting, presentations, poetry and storytelling. Booking details below.



Phone 0161 226 9562  
Email [admin@acmhs-blackmentalhealth.org.uk](mailto:admin@acmhs-blackmentalhealth.org.uk)

MAY 2024

## DATES FOR YOUR DIARY

WEDS 1 MAY	9AM	IMPACT NETWORK REVIEW MEETING
THUR 2 MAY	11AM	FITNESS WITH DORRETTA
	2PM	KOKU EXERCISE CLASS
MON 6 MAY	11AM	HULME CARERS' FORUM
TUES 7 MAY	11AM	TAI CHI
	2PM	THE UNTOLD ORCHESTRA
	2PM	KOKU FOCUS GROUP
	2PM	GARDENING CLUB
THUR 9 MAY	11AM	FITNESS WITH DORRETTA
	2PM	DEMENTIA CAFE
	2PM	KOKU EXERCISE CLASS
FRI 10 MAY	9.30AM	DIGITAL LOUNGE
TUES 14 MAY	11AM	TAI CHI
	2PM	KOKU FOCUS GROUP
	2PM	GARDENING CLUB
THUR 16 MAY	11AM	FITNESS WITH DORRETTA
	2PM	KOKU EXERCISE CLASS
MON 20 MAY	11AM	GORTON CARERS' FORUM
TUES 21 MAY	11AM	TAI CHI
	2PM	KOKU FOCUS GROUP
	2PM	GARDENING CLUB
THUR 23 MAY	11AM	FITNESS WITH DORRETTA
	2PM	KOKU EXERCISE CLASS
FRI 24 MAY	9.30AM	DIGITAL LOUNGE
	11.30AM	CREATIVE ARTS WORKSHOP WITH MICHELLE
	2PM	FRIDAY MATINEE
TUES 28 MAY	11AM	PARENT CARER GATHERING
	11AM	TAI CHI
	1.30PM	DIABETES FORUM
	2PM	KOKU FOCUS GROUP
	2PM	GARDENING CLUB
THUR 30 MAY	11AM	FITNESS WITH DORRETTA
	2PM	KOKU EXERCISE CLASS
FRI 31 MAY	11AM	SHARING STORIES

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

MAY 2024

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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...



MAY 2024

## Join Our Team!

### **Holistic Therapist**

We are seeking a therapist to provide a range of services including

- Full Body Massage
  - Reflexology
  - Manicure & Pedicure
- 14 hours per week

### **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

- |   |   |
|---|---|
| <b>Lead Volunteer Post</b>                  | <b>Gardening Volunteer</b>                |
| <b>Social Media and Marketing Volunteer</b> | <b>Dementia Advisor Support Volunteer</b> |
| <b>Campaigns Volunteer</b>                  | <b>Kitchen Volunteer</b>                  |
| <b>Welfare Rights Support Volunteer</b>     | <b>Carers Support Volunteer</b>           |

Contact [recruitment@accg.org.uk](mailto:recruitment@accg.org.uk) for more information or call 0161 226 6334

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