



June 2024 Newsletter

ACCG, The Claremont Centre, M15 5FS

0161 226 6334

Admin@accg.org.uk

www.accg.org.uk



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JUNE 2024

CONTENTS PAGE

PAGE 3	In Our Centre
PAGE 4	Claremont Site Development Update
PAGE 5	Creative Arts Sessions Poster
	Community Grocer Poster
PAGE 6	Information and Advice
	This month featuring our Dementia Advisor
PAGE 7	Carers' Respite Poster
PAGE 8	Delivered Meals and Lunch Club
PAGE 9	Community News
PAGE 10	KOKU Exercise Class
PAGE 11	KOKU Focus Group
PAGE 12	Health News
PAGE 13	Trafford Long Term Conditions support
PAGE 15	York Day Trip
PAGE 16	Whitby Day Trip
PAGE 17	Day Care Services
PAGE 18	Dementia Café
PAGE 19	Dates for your Diary
PAGE 20	Become a Member
PAGE 21	Join Our Team

JUNE 2024

IN OUR CENTRE



ENERGY WISE

We were joined last month by Energy Advisor Thomas Day from Caritas who offered our service users some really handy advice on how to save money on their energy bills. Attendees found it so helpful, we'll be booking him in for further sessions and drop-ins over the coming months.

Keep an eye out for updates!

PARENT CARERS' GATHERING

Our monthly parent carers' gathering took place on 28th May 2024. Those attending were helped to feel empowered and relaxed through the creation of Zentangle art. The event also provided a supportive space for sharing experiences, discussing challenges, and accessing community resources.

If you'd like more information or would like to attend you can get in touch on

carerslinkworker.accg.org.uk



SOME OTHER ACTIVITIES LAST MONTH...

- Bingo
- Music Event
- Film Screening
- Creative Arts Session

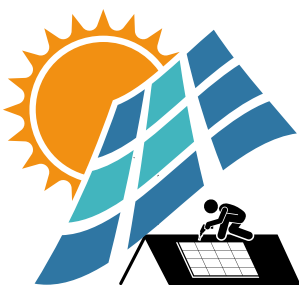
JUNE 2024

CLAREMONT SITE DEVELOPMENT - UPDATE

DECARBONISATION - MAKING OUR BUILDING GREENER


Work is thoroughly underway at our centre and a team of workers have been busy helping us to reduce our carbon footprint and become more energy efficient, for the good of our community and the planet.

We're strengthening our roof so it can support solar panels, our old radiators on the first floor have been replaced with more energy efficient ones and we've had external grounds work to support the electrical wiring for the new boiler and outdoor heat pump.



We've also had our old lighting stripped out and replaced by energy-efficient LED lighting. The changes seem to have been well received, with one of our service users commenting about the change saying "it's way brighter...it's great!"





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

Dementia Advisor

Hello everyone, I'm Alex Chan, Dementia Advisor and qualified adult Social Worker 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.



An Alarm for Peace of Mind

If you are living alone with chronic illness, you could consider installing an alarm to enhance safety and independence at home. The alarm ensures prompt assistance during emergencies. Two service levels are available under Manchester City Council: "Monitoring only" at £4.10 per week, where operators offer guidance and notify emergency contacts, and "Monitoring and response" at £5.95 per week, including response officers' visits and key safe installation. For more details, please click the link:

https://www.manchester.gov.uk/info/200051/home_care/7728/community_alarms_and_assistive_technology

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
☎ or call on 0161 226 6334.



7 **Unpaid Carers Respite**

JUNE 2024

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



JUNE 2024

COMMUNITY NEWS



WALKING MINDFULLY

Mental Health Awareness Week was in May and to mark this Carers Manchester Central took some carers on a Mindfulness Walk around the beautiful Alderley Edge. We focused on being in touch with the things that we see, hear, smell and touch to overall have an immersive experience.

If you are interested in our carers' support services, please contact **0161 226 6334** or email cmc@accg.org.uk

COMMUNITY FUN DAY

Whalley Range Methodist Church will be holding their Community Fun Day on **Saturday 6th July, 12pm-4pm**. Join them at this yearly fun-filled event for all the family. There will be plenty of activities throughout the afternoon, including stalls, children's crafts & games, entertainment and food.

Everyone is welcome.



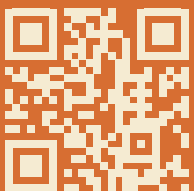
We'll be coming along to hold a stall and share about ACCG's services, so why not pop and say "hi" and enjoy a great afternoon out?



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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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.



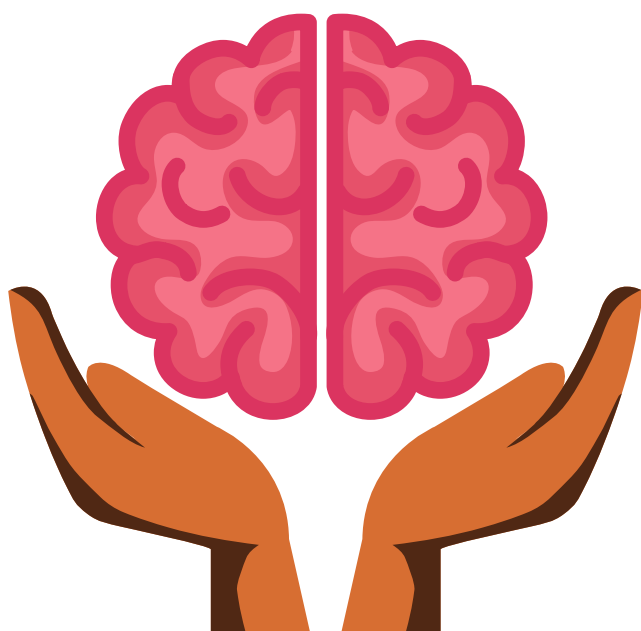
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HEALTH NEWS



CARERS' HEALTH

In a recent survey we created to assess the needs of carers in Manchester, it was recognised that 74% of those completing the survey feel their caring role negatively impacts their emotional and mental wellbeing. The services we provide are intended to support wellbeing including our carers' forums, health and wellbeing activities, pamper days and day trips out to give carers that much needed break.

If you are interested in any of the above, please contact **0161 226 6334** or email cmc@accg.org.uk

UPCOMING HEALTH WORKSHOP

As part of Moss Side, Rusholme and Hulme Health Partnership, ACCG are leading on the delivery of a workshop about hypertension, diabetes and cancer, with a focus on bowel cancer.

This is designed to support VCSEs (voluntary, community and social enterprise organisations), and the community in improving health inequalities, identifying pathways of support and raising awareness around these conditions.



12th June at ACCG's Claremont Centre - 10am-12pm

Contact admin@accg.org.uk for more details or to register for a place. Watch this space for further details!



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 or call us on 0161 226 6334.



Voice of BME Trafford
Having a voice to influence change



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 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



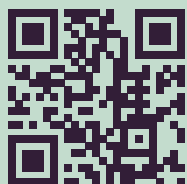
York Day Trip

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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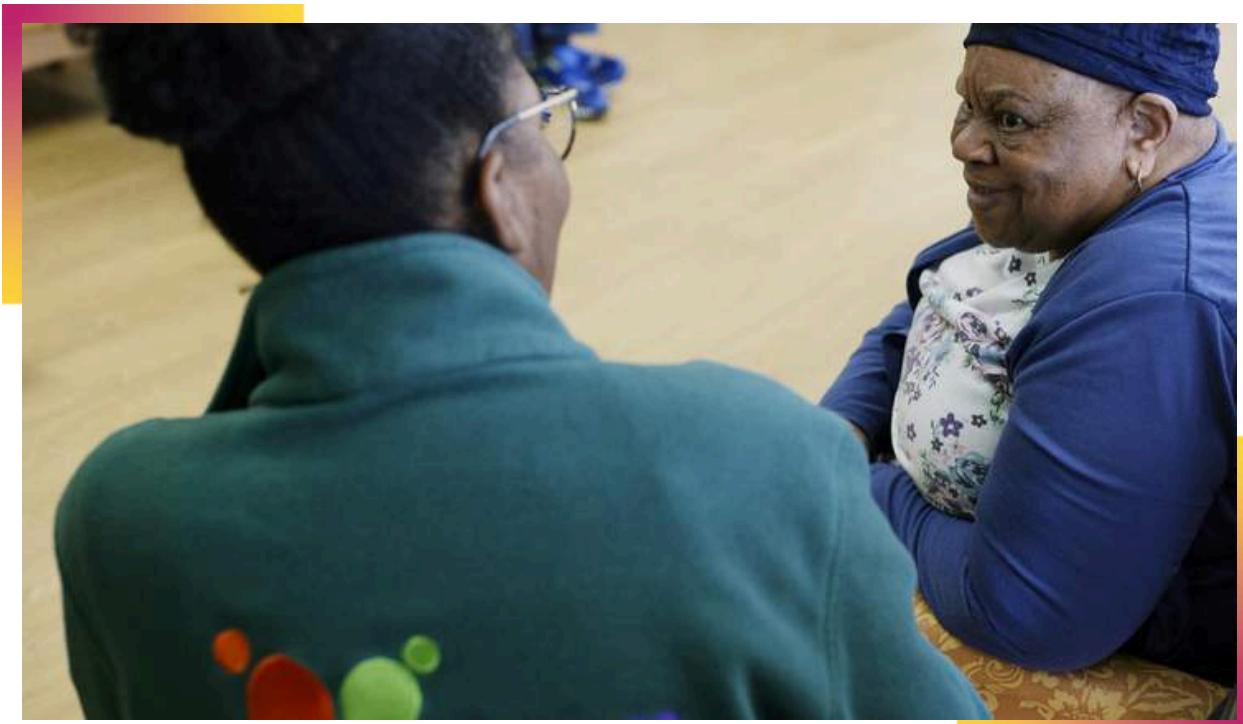
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JUNE 2024

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** to find out more and book a taster session



Dementia Café

Theme: Coping with memory loss

13th June 2024, 2–3 PM

Contact
dementia@accg.org.uk
0161 226 6334

JUNE 2024

DATES FOR YOUR DIARY

MON 3 JUNE	11AM	HULME CARERS' FORUM
TUES 4 JUNE	11AM	TAI CHI
	2PM	UNTOLD ORCHESTRA
	2PM	KOKU FOCUS GROUP
	2PM	GARDENING CLUB
THUR 6 JUNE	11AM	FITNESS WITH DORRETTA
	2PM	KOKU EXERCISE CLASS
FRI 7 JUNE	9.30AM	DIGITAL LOUNGE
	11.30AM	CREATIVE ARTS WORKSHOP WITH MICHELLE
MON 10 JUNE	1.30PM	CARERS' POETRY SHOWCASE EVENT
TUES 11 JUNE	11AM	CARERS' WALK - ALEXANDRA PARK
	11AM	TAI CHI
	2PM	ENERGY ADVICE SESSION
	2PM	KOKU FOCUS GROUP
	2PM	GARDENING CLUB
WEDS 12 JUNE	9.30AM	WHITBY DAY TRIP
	10AM	LIFE EXPECTANCY WORKSHOP
	12.30AM	DELIRIUM WORKSHOP
THUR 13 JUNE	11AM	FITNESS WITH DORRETTA
	2PM	DEMENTIA CAFE
	2PM	KOKU EXERCISE CLASS
FRI 14 JUNE	1.30PM	CARERS' HAND & ARM MASSAGE
MON 17 JUNE	11AM	GORTON CARERS' FORUM
TUES 18 JUNE	11AM	TAI CHI
	2PM	MUSIC SESSION - SO MANY BEAUTIES
	2PM	KOKU FOCUS GROUP
	2PM	GARDENING CLUB
THUR 20 JUNE	11AM	FITNESS WITH DORRETTA
	1.30PM	ART SESSION - LYNDA STERLING
	2PM	KOKU EXERCISE CLASS
FRI 21 JUNE	9.30AM	DIGITAL LOUNGE
	11.30AM	CREATIVE ARTS WORKSHOP WITH MICHELLE
	2PM	FRIDAY MATINEE
TUES 25 JUNE	11AM	TAI CHI
	1.30PM	DIABETES FORUM
	2PM	KOKU FOCUS GROUP
	2PM	GARDENING CLUB
THUR 27 JUNE	11AM	FITNESS WITH DORRETTA
	2PM	KOKU EXERCISE CLASS
FRI 28 JUNE	11AM	SHARING STORIES

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

JUNE 2024

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...



JUNE 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

Wellbeing Worker Role

We are seeking a dedicated worker to support service users in our Day Centre

21 hours per week
Temporary - Maternity cover

Volunteer Posts

Lead Volunteer Post

Social Media and Marketing Volunteer

Campaigns Volunteer

Welfare Rights Support Volunteer

Gardening Volunteer

Dementia Advisor Support Volunteer

Kitchen Volunteer

Carers Support Volunteer

Contact recruitment@accg.org.uk for more information or call 0161 226 6334

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