



August 2024 Newsletter

ACCG, The Claremont Centre, M15 5FS

0161 226 6334

Admin@accg.org.uk

www.accg.org.uk



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african caribbean
care group

AUGUST 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 Carers' Link Worker
PAGE 7	Carers' Respite Poster
PAGE 8	Delivered Meals and Lunch Club
PAGE 9	Community News
PAGE 11	KOKU Exercise Class
PAGE 12	KOKU Focus Group
PAGE 13	Health News
PAGE 14	Trafford Long Term Conditions Support
PAGE 16	ACCG Open Day Flier
PAGE 17	Day Care Services
PAGE 18	Dates for your Diary
PAGE 19	Annual Events Calendar
PAGE 20	Research Opportunities
PAGE 22	Become a Member
PAGE 23	Join Our Team

AUGUST 2024

IN OUR CENTRE

SHARED READING



Our Shared Reading monthly sessions restarted last month. Shared Reading brings people together through great literature, to talk, laugh and share. You can come along and read, share your thoughts and feelings, or just listen. These sessions are dementia-friendly and open to all.

Join us on the last Friday of the month at 11am.

If you'd like to know more, get in touch on community@accg.org.uk

TACKLING DAMP & MOULD

We had a successful advice session and drop-in from Mahan from Caritas, giving us some useful pointers on preventing and ridding our homes of harmful damp and mould.



You can arrange support with this issue by contacting energyadvice@caritassalford.org.uk

If you'd like to know about our upcoming advisory sessions, please contact us on **0161 226 6334**

SOME OTHER ACTIVITIES LAST MONTH...

- Collage
- Bowl-decorating
- Stenciling
- Music-making

AUGUST 2024

CLAREMONT SITE DEVELOPMENT – UPDATE

IN OUR HANDS

The ACCG has achieved its long term goal of acquiring the Claremont Centre through a Community Asset Transfer. As a result we are making a series of improvements to the building to ensure it's more accessible, safe and economic and provides better facilities for those accessing our support. These include:




- New Radiators
- New Lighting
- Solar Panels
- Heat Pump
- CCTV

CCTV – MAKING OUR BUILDING SAFER



As part of our ongoing development works here at the centre we've just had new internal and external CCTV cameras installed to create a safer place for service users and members of the community accessing ACCG services.

We would like to thank you all for your patience and on-going support throughout this process. Watch this space for future developments!



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

Carers Link Worker

Hello everyone, my name is Siu-hei Lo, and I am the Carers Link Worker at the ACCG. ACCG is the Central Manchester Lead for unpaid carers in Manchester. My role entails identifying and supporting parent carers and those caring for adults with learning disabilities. Contact me at the ACCG for more details to how I could support you.



Carers Assessment

Getting a carer's assessment can be the first step to vital support. It lets you discuss the help you need and how your caring responsibilities affect you. The local council or trust uses it to determine your support needs, willingness to continue caring, and daily life goals. Assessments are usually face-to-face but can be online or by phone, at a convenient time and place for you.

If you'd like a carers' assessment and would like some assistance with this, please do get in touch with our team on **0161 226 6334**

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**

AUGUST 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



AUGUST 2024

COMMUNITY NEWS

ACCG OPEN DAY

We're very excited to announce we will be holding our annual open day on **Tuesday 13th of August**.

As well as finding out all about the work we do at ACCG, expect to be entertained, with DJ, musicians, wacky races, some delicious food and much much more...

We'll be supported by a team of volunteers from booking.com, who are kindly sponsoring the day to help make it that extra bit special, so why not come and join the fun?



Booking.com

Check out the poster on page 16 for more information.

LIFE EXPECTANCY WORKING GROUP

African Caribbean Care Group will be holding a Life Expectancy Working Group, which will be on Wednesday 28th August at 10am.

This working group will cover the topics of reducing health inequalities, diabetes, hypertension, and bowel cancer.



If you are a professional and are interested in joining the working group, please book on by emailing admin@accg.org.uk or calling **0161 226 6334**

AUGUST 2024

MORE COMMUNITY NEWS

SUMMER FUN IN YORK

We went on a day trip to York, a beautiful, historic, walled city founded by the Romans and the Vikings.

There was a chance for us to experience the city through the open bus tour on a beautiful, sunny day in July.

We went to see different monuments in places such as The Minster, The Viking Centre, The National Railway Museum, The Shambles and The Museum Gardens.

Finally, we spent some precious time and enjoy a lovely meal with some of the members who were on the trip.

Carlos Vicente

-ACCG Activity Co-ordinator

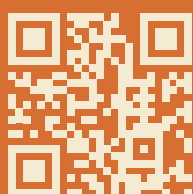




KOKU is a digital platform providing personalised **strength** and **balance exercises** for older adults to prevent physical decline and frailty.

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.



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



@AfricanCaribbeanCareGroup
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AUGUST 2024

HEALTH NEWS



ALL ABOUT OBESITY



Obesity is a serious health concern that increases the risk of many other health conditions including:

- type 2 diabetes
- coronary heart disease
- some types of cancer, such as breast cancer and bowel cancer
- stroke

Being overweight or living with obesity can also affect your quality of life and contribute to mental health problems, such as depression, and can impact self-esteem.

It can feel difficult to know where to start if you wish to lose weight.

There is lots of help out there...

WHAT CAN HELP...

- Eating a balanced calorie-controlled diet as recommended by a GP/weight loss management health professional
- If you can, take up activities such as fast walking, jogging, swimming or tennis for 150 to 300 minutes (2.5 to 5 hours) a week
- Take part in fun, movement-based activities (get in touch if you'd like to know about accessible fitness sessions)
- Joining a local weight management programme with group meetings or online support (ask your GP about these)
- Receiving support and counselling from a trained healthcare professional to help you better understand your relationship with food and develop different eating habits

Check out this [link](#) to the NHS website for more information



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

COME & JOIN US FOR OUR
**ANNUAL
OPEN DAY**

10.30 AM - 3 PM

TUESDAY 13TH AUGUST 2024

CLAREMONT CENTRE, 2 JARVIS ROAD, M15 5FS

FREE ENTRY

Events

Ribbon Cutting Ceremony, BBQ & Cultural Foods, Desserts, Stalls, Games, Children's Activities, Community Grocer, Dominoes Tournament, DJ & Entertainment

For more information or stall bookings contact ACCG

AUGUST 2024

We offer person-centred care and support for older adults with varying care needs.

Our 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

Day Care Service

Get in touch on 0161 226 6334 to find out more and book a taster session

AUGUST 2024

DATES FOR YOUR DIARY

THUR 1 AUG	11AM 2PM	FITNESS WITH DORRETTA KOKU EXERCISE CLASS
FRI 2 AUG	9.30AM 11.30AM	DIGITAL LOUNGE CREATIVE ARTS WORKSHOP WITH MICHELLE
MON 5 AUG	11AM	HULME CARERS FORUM
TUES 6 AUG	11AM 2PM 2PM 2PM	TAI CHI THE UNTOLD ORCHESTRA KOKU FOCUS GROUP GARDENING CLUB
THUR 8 AUG	11AM 11AM	FITNESS WITH DORRETTA KOKU EXERCISE CLASS
FRI 9 AUG	2PM	DEMENTIA CAFE
TUES 13 AUG	10.30AM	ACCG OPEN DAY (SCHEDULE TBC)
WEDS 14 AUG	10AM 2.30PM	LIFE EXPECTANCY WORKING GROUP CARERS' DIGITAL DROP-IN SESSION
THUR 15 AUG	11AM 2PM	FITNESS WITH DORRETTA KOKU EXERCISE CLASS
FRI 16 AUG	9.30AM 11.30AM	DIGITAL LOUNGE CREATIVE ARTS WORKSHOP WITH MICHELLE
MON 19 AUG	11AM	GORTON CARERS' FORUM
TUES 20 AUG	11AM 2PM 2PM 2PM	TAI CHI SO MANY BEAUTIES MUSIC-MAKING SESSION KOKU FOCUS GROUP GARDENING CLUB
WEDS 21 AUG	9.30AM	CARERS' WALK - WALTON HALL
THUR 22 AUG	11AM 2PM	FITNESS WITH DORRETTA KOKU EXERCISE CLASS
FRI 23 AUG	2PM	FRIDAY MATINEE
TUES 27 AUG	11AM 2PM 2PM 2PM	TAI CHI MUSIC THERAPY TASTER SESSION KOKU FOCUS GROUP GARDENING CLUB
FRI 30 AUG	9.30AM 10.30AM 11.30AM	DIGITAL LOUNGE SHARED READING CREATIVE ARTS WORKSHOP WITH MICHELLE

Office Hours	Lunch Club	Community Grocer & Charity Shop	Social Members
M-F 9am-4.30pm	Tues, Thurs and Fri 12pm-1.30pm	M-F 10am-3pm	Tues, Thurs and Fri 10.30pm-3pm

Annual Events Calendar 2024 - 2025

Some of our planned events and activities, contact ACCG for more information.

We look forward to seeing you!

June 2024

- Carers' Week:
 - Monday 10th - Poetry Showcase Event
 - Tuesday 11th - Walk in Alexandra Park
 - Thursday 13th - Carers' Wellbeing Sharing Talk
 - Friday 14th - Welfare Drop-In Session
- Tuesday 25th - Windrush Day

July 2024

- Tuesday 13th - Parents' Day

August 2024

- Tuesday 13th - ACCG Open day (E)
- Friday 9th - Carnival Activity

September 2024

- Thursday 12th - National Dementia Carers Day
- Date TBC Mid - Autumn Festival (E)
- Friday 20th - World Alzheimer's day

October 2024

- Tuesday 1st - International Day for Older Persons (IDOP)
- Tuesday 15th - Black History Month Celebration (E)
- Thursday 24th - Young Onset Dementia Day

November 2024

- Thursday 7th - National Stress Awareness Day
- 11th - 17th - Malnutrition Awareness Week
- Thursday 14th - Kings Birthday, Afternoon Tea (E)
- Thursday 21st - Carers Rights Day

December 2024

- Tuesday 3rd - International Day of Persons with Disabilities
- Thursday 19th - Christmas Party (E)

February 2025

- Friday 14th - Valentine's Day (E)

March 2025

- Date TBC - Mothers' Day Event
- Friday 9th International Women's Day
- Date TBC - ACCG Birthday (E)
- Thursday 13th - World Delirium Day
- Friday 21st - National Memory Day
- 11th-17th Nutrition and Hydration Week

April 2025

- Thursday 17th - Easter Celebrations (E)

May 2025

- 19th - 25th Dementia Awareness Week (E)
- 12th - 18th Mental Health Awareness Week

July 2025

- Date TBC - ACCG Gala Event (E)
- Date TBC - Day Trip



Have you or anyone you know experienced fatigue after a **stroke** or **mini-stroke**?

Poor historical research practices have negatively impacted people from diverse ethnic communities. If we're going to correct these poor practices, healthcare must listen to those who haven't previously been heard.

You can **join a 1 hour focus group** and share how **being tired impacts everyday activities for you.**

So, if you:

- Have experienced **tiredness after a stroke** or mini-stroke
- Care for, or live with someone who experienced tiredness after their stroke
- Are from the Black, African, Caribbean, or South Asian community

Then, **call/ text 07483342912 to participate!**

Focus Groups will be held in July & August 2024.

You will be reimbursed for your time!

ARE YOU ELIGIBLE FOR CERVICAL SCREENING NOW OR IN THE FUTURE?

WE NEED YOU!

Only 2 in 3 women attend cervical screening.

Not attending screening **INCREASES** the risk of cervical cancer.

We are keen to explore your thoughts about **at home self-sampling** options for cervical screening!

Could you spare 15 minutes to share your views?



Participants must be aged 18 or older

Raffle prizes available



AUGUST 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...



AUGUST 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

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

Dementia Advisor

We have a new opening for a professional to join the ACCG Team as our Dementia Advisor.
35 hours per week, Fixed Term 2025

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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