



September 2024 Newsletter

ACCG, The Claremont Centre, M15 5FS

0161 226 6334

Admin@accg.org.uk

www.accg.org.uk



accg
african caribbean
care group

SEPTEMBER 2024

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SEPTEMBER 2024

IN OUR CENTRE

ACCG OPEN DAY

We want to say a great big thank you to all who attended our Annual Open Day last month and helped make it one to remember! As well as all our faithful service users and lots of new faces joining us on what turned out to be a sunny August day, we'd like to extend our thanks to those who gave their time and services in support of the day.



This includes the dedicated team of volunteers from Booking.com, So Many Beauties for their joyful music taster session, John and team offering Tai Chi, as well as the National Institute for Health and Care Research, Lorraine Lawrence, Trafford LCO, Voice of BME, KOKU, AFRUCA, Deanne Heron, Julian McIntosh Architects and not forgetting our hardworking ACCG volunteer and staff team.



Some feedback from one of our carers:

“Excellent. Delicious food, great company, good music. A big thank you to all the staff for your hard work. Thank you for caring.”

SEPTEMBER 2024

MORE IN OUR CENTRE



MAGICAL MUSIC THERAPY

We had such a fantastic, creative time last month when we were visited by Cat, a music therapist with Nordoff & Robbins. Making music together really dissolves those communication barriers that can hamper connection and everyone seemed to really enjoy the energy of the sessions.

We look forward to working more with Cat and Nordoff Robbins in the near future. Watch this space!


HEAD WEAR MAKING

To embrace the celebration of the Caribbean carnival in Manchester and explore its significance to the Caribbean community, the service users had the chance to make Carnival headwear using coloured paper, to be used during our open day to celebrate the day and share some arts and crafts ideas at ACCG.



SOME OTHER ACTIVITIES LAST MONTH...

- Paper Collage
- Bunting Making
- Acrylic Painting on Canvas
- Scrap Book Making



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

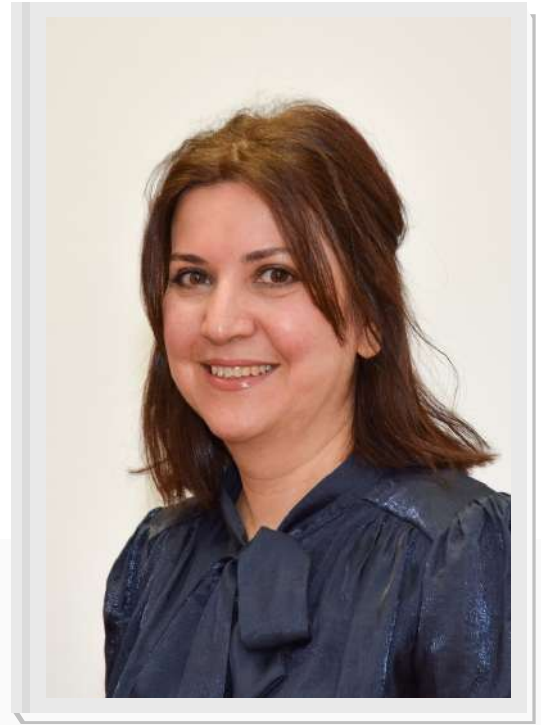
Volunteer Opportunities available
Donations Welcome

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 filling.



Move to Universal Credit if You Get a Migration Notice Letter

The following benefits are ending and are being replaced by Universal Credit:

- Tax credits: Working Tax Credit and Child Tax Credit
- Housing Benefit
- Income Support
- Income-based Jobseeker's Allowance (JSA)

·Income-related Employment and Support Allowance (ESA)

Other benefits, such as Personal Independence Payment (PIP), will stay the same.

INFORMATION & ADVICE CONTINUED...

Look out for a letter called a Universal Credit Migration Notice from the Department for Work and Pensions (DWP) explaining what you'll need to do and when.

To continue receiving financial support you must claim Universal Credit by the deadline date given in your letter. This is 3 months from the date the letter was sent out. You won't be moved automatically.



If the amount you are entitled to on your existing benefits is more than you'll get on Universal Credit, a top up is available.

This is called 'transitional protection'.

You can only get this additional amount if you have received a Migration Notice and claim by the deadline date on your letter.

If your circumstances change after you've made your claim, any transitional protection you receive may stop.

There is further information here:

<https://www.gov.uk/guidance/tax-credits-and-some-benefits-are-ending-move-to-universal-credit>

For help with making your application, contact:

-African Caribbean Care Group - 0161 226 6334

-Citizens Advice - 0800 144 8444

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.



8 **Unpaid Carers Respite**



Meals Club

Connecting Communities,
Caring for All

ACCG in house chefs prepare freshly cooked hearty meals Monday – Friday. We aim to provide a balanced meal, that can be enjoyed by all

Lunch Club

Served at Claremont Centre on Tuesday, Thursday & Friday at 12pm

Takeaway

Collect from Claremont Centre, Monday to Friday between 12 and 3pm

Delivered Meals

Monday – Friday (except bank holidays)
Delivered to your door between 12 and 2pm.
We deliver to Central or South Manchester or North Trafford

Our Meals are suitable for those living with health conditions such as diabetes and high blood pressure. We also cater to the following diets: Vegetarian | Pescatarian | Vegan | Halal | No MSG | Pureed Diet



Inspected April 2024

SEPTEMBER 2024

COMMUNITY NEWS

ON THE RADIO

On August 9th, 2024, our Carers Service Link Worker joined Dragon Voice, a Mandarin-language broadcast, to discuss the essential services that the African Caribbean Care Group (ACCG) provides for carers in Manchester.



The conversation highlighted our support options, including respite care, mental health resources, and guidance for carers.

If you missed it, you can listen to the show through the link below.

- **Broadcast link:** <https://www.mixcloud.com/.../broadcast-on-9th-aug-24-in.../>
- **English Transcript:** <https://accgmcr-my.sharepoint.com/.../EdyAwBNQAoFBj2uhZd7...>

SO MANY BEAUTIES



We've loved having Holly Marland from So Many Beauties engaging our service users in music-making sessions over the past few months, as well as entertaining the crowd at our Open Day last month. So Many Beauties' **Dementia-Friendly Music Festival** is coming up on **20th September**, which looks to be an amazing day, including a performance of the piece of music written with ACCG service users. Check out [this link](#) for details of tickets, or contact Bridgewater Hall on **0161 907 9000**. See pages 19 & 20 for further information.



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
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SEPTEMBER 2024

HEALTH NEWS



CARERS' MENTAL HEALTH

In a survey recently held by Carers Manchester Central (CMC) the main thing that was recognised was the need for mental health support for carers. If you are a carer and you struggle with your mental health, we would like your help in constructing ACCG wellbeing services that suit your needs.

We will be arranging a focus group shortly, but in the meantime, we'd love to hear your feedback on what you'd like your mental health support from us to look like.

Please contact us on **0161 226 6334** or email cmc@accg.org.uk

READY TO HELP

Last month our staff spent a day completing our Emergency First Aid at Work Training, to better prepare us in case of emergency situations. We refreshed our skills in a number of areas including using a defibrillator, CPR and helping someone who is choking. We hope we'll never have to use these skills, but it feels good to be updated and ready to help out if we do.





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



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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 or call us on
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Voice of BME Trafford
Having a voice to influence change



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LEARN. MOTIVATE. CHANGE. PROSPER.



Womens Empowerment Through Arts

Day Care & Respite

Connecting Communities, Caring for All







Day care, personal care & support for older adults, people living with learning disabilities, dementia and other long term conditions

Preventing Social Isolation | Befriending | Respite for Carer | Culturally Appropriate Support

For more information contact our friendly team



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 @accgmanchester
 @accgmanchester

International Day of Older Persons 2024

THEME: "The part we play": Celebrating the integral role of older people in our communities

JOIN US FOR...

Music from The
Untold Orchestra

Quiz & Prizes

"Pride in You"
Craft Activity

Tai Chi



Tuesday Oct 1st

10.30am – 3pm

Claremont Centre

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SEPTEMBER 2024

DATES FOR YOUR DIARY

MON 2 SEPT	11AM	HULME CARERS' FORUM
TUES 3 SEPT	11AM	TAI CHI
	2PM	THE UNTOLD ORCHESTRA
	2PM	KOKU FOCUS GROUP
	2PM	GARDENING CLUB
WEDS 4 SEPT	10AM	LONELINESS WORKSHOP
	10.30AM	PHOTOGRAPHY COURSE - WORKSHOP 1
THUR 5 SEPT	11AM	FITNESS WITH DORRETTA
	2PM	SO MANY BEAUTIES MUSIC-MAKING SESSION
	2PM	KOKU EXERCISE CLASS
TUES 10 SEPT	11AM	TAI CHI
	2PM	KOKU FOCUS GROUP
	2PM	GARDENING CLUB
WEDS 11 SEPT	10.30AM	PHOTOGRAPHY COURSE - WORKSHOP 2
THUR 12 SEPT	11AM	CARERS' DEMENTIA DAY EVENT
	11AM	FITNESS WITH DORRETTA
	2PM	KOKU EXERCISE CLASS
FRI 13 SEPT	9.30AM	DIGITAL LOUNGE
	11.30AM	CREATIVE ARTS WORKSHOP WITH MICHELLE
	2PM	FRIDAY MATINEE
MON 16 SEPT	11AM	GORTON CARERS FORUM
TUES 17 SEPT	11AM	TAI CHI
	2PM	HEALTH INEQUALITIES TALK
	2PM	KOKU FOCUS GROUP
	2PM	GARDENING CLUB
WEDS 18 SEPT	10.30AM	PHOTOGRAPHY COURSE - WORKSHOP 3
THUR 19 SEPT	11AM	FITNESS WITH DORRETTA
	2PM	KOKU EXERCISE CLASS
FRI 20 SEPT	2PM	DEMENTIA CAFE
TUES 24 SEPT	11AM	TAI CHI
	1.30PM	DIABETES FORUM
	2PM	KOKU EXERCISE CLASS
	2PM	GARDENING CLUB
FRI 27 SEPT	9.30AM	DIGITAL LOUNGE
	10.30AM	SHARED READING
	11.30AM	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
- Friday 20th - World Alzheimer's day

October 2024

- Tuesday 1st - International Day for Older Persons (IDOP)
- Tuesday 15th - Annual General Meeting (E)
- 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



Dementia Friendly Music Festival Friday 20 September, The Bridgewater Hall

ACCG members are warmly invited to join So Many Beauties and partners!

This festival showcases the incredible creativity of older people and people living with dementia who have worked with us to produce this unique and exciting event

The music we have been creating together at ACCG will be performed in the lunchtime concert which also features new music written with other local support groups

The concert is in the main auditorium between 12.45pm - 1.45pm

The event runs from 10am - 5pm and you are welcome to join us at any time but please RSVP to somanybeauties@gmail.com to let us know when you're coming

We hope to see you there!





Dementia Friendly Music Festival
Friday 20 Sept 10am-5pm The Bridgewater Hall
Outline Festival Programme

Morning Programme	<p>10am - 12.30pm: Relaxed live performances on the Cafe Stage including classical, pop and world music</p> <p>10am - 10:50am: Music Making workshop with Manchester Camerata (limited capacity - please email learning@bridgewater-hall.co.uk to book your place)</p> <p>11.15am - 12.15pm: Singing for wellbeing workshop with Shared Harmonies</p>
Live at lunchtime concert *	<p>12.45pm - 1.45pm: Showcase of new music on the Main Stage</p>
Afternoon programme	<p>1.45pm - 5pm: Relaxed live performances on the Cafe Stage including gospel and popular music from the '40s to present day</p> <p>2.20pm - 3.10pm: Music Making workshop with Manchester Camerata (limited capacity - please email learning@bridgewater-hall.co.uk to book your place)</p> <p>2.30pm - 3.10pm: Colbert Hamilton (Black Elvis) on the Main Stage</p> <p>3.30pm - 4.10pm: Show music performed on the Bridgewater Hall organ</p>

Pop up workshops, arts and nature craft activities, immersive theatre experiences, Dancing with Dementia photo booth and the Healthy Brain space will be accessible all day

Please RSVP to let us know what time you would like to join us by emailing somanybeauties@gmail.com

Find out more about our work at www.somanybeauties.com
listen to a sound collage of our project launch event at Bridgewater Hall in September 23 [here](#)

SEPTEMBER 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...



SEPTEMBER 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

Carers Link Worker

We have a new opening for a professional to join the ACCG Team as our Carers Link Worker.
14 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

Like, Follow and Subscribe to stay updated with ACCG events, offers and more!

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