



October 2024 Newsletter

ACCG, The Claremont Centre, M15 5FS

0161 226 6334

Admin@accg.org.uk

www.accg.org.uk



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OCTOBER 2024



BLACK HISTORY MONTH

1st – 31st October 2024

This month is all about promoting and celebrating the great contributions made by those with African and Caribbean heritage to our society and creating awareness of black history more generally.

2024's theme is "Reclaiming Narratives" – recognising and correcting the narratives of Black history and culture.

To mark it we will be hosting a presentation called Empire and Allied Women in WW1 and WW2 by Barbara Ellis. See the poster on p17 for more information...

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IN OUR CENTRE

ENERGY ADVICE

A big thank you to Caritas for another engaging and helpful session at our centre. We heard all about the latest energy news and how to help save ourselves some cash during these approaching colder months. We hope to continue to work with Caritas to keep bringing you updates and advice, so watch this space for future events.



LONELINESS WORKSHOP

Our loneliness workshop last month was well received and we really enjoyed connecting with other professionals from organisations within Trafford, sharing in each others knowledge and expertise and pooling our resources to best support those feeling isolated.



We're currently in the process of planning our next loneliness workshop which will be open to anyone who'd like to find out a bit more about the topic and spend time connecting with others.

See our health news page for our feature on loneliness.

SOME OTHER ACTIVITIES LAST MONTH...

- Nature Painting on Canvas
- Autumn Themed Leaf Collage - Making
- "See My World" Art Exhibition Workshop
- Tangrams - Dissection Puzzle



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ANNUAL
GENERAL
MEETING
2024


Join us for our AGM 2024

- Annual Report Presentation
- Future Plans & Visions
- Meet ACCG Directors
- Q & A with ACCG Directors
- Nominate the ACCG Directors for 2025
- All Welcome

Tuesday 15th October 2024, 2pm – 3pm
Claremont Centre, 2 Jarvis Road, Manchester M15 5FS

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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 Service Project Worker

Hello everybody, my name is Tiegan Bingham and I am the Carers' Service Project Worker at the ACCG, lead partner for Carers Manchester Central.

My role involves identifying and supporting unpaid carers (a person who looks after a family member or friend) at the earliest possible stage, ensuring they have the emotional, financial and practical support they need.



Expert By Experience Panel

Carers Manchester are offering an opportunity for carers to join the new Experts By Experience Panel. This gives carers a chance to make positive change to services that support carers by offering their lived experience. If you are a carer over the age of 18 and are interested in making a difference, please contact cmc@accg.org.uk and we can help you to get involved, you will also be paid for your time!

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

☎ 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

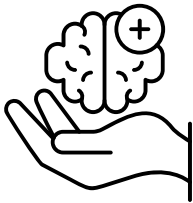
Delivered Meals

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



COMMUNITY NEWS



NATIONAL DEMENTIA CARERS DAY



12th September was National Dementia Carers Day and we hosted a sharing session focusing on the welfare and benefits available to carers, alongside effective communication strategies. Participants learned ways to enhance understanding, reduce frustration, and create a supportive environment for their loved ones, fostering better connections and care.



WORLD ALZHEIMER'S DAY

To mark World Alzheimer's Day last month, we organized a Dementia Café, where attendees explored ways to maintain brain health and reduce dementia risks. Through informative discussions, we shared practical tips and lifestyle adjustments to support long-term cognitive well-being.





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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CANCER AWARENESS



The ACCG has been commissioned, in partnership with other organisations in the Trafford borough, to raise awareness of BLOOD and PEE cancers in men in the African and Caribbean communities.



If this is something that impacts you or you would like to know more, contact us on **0161 226 6334**

Click on this [LINK](#) for a quick risk checker from Prostate Cancer UK.

BLOOD AND PEE

BOWEL

PROSTATE

BLADDER



HEALTH NEWS

LONELINESS

Lots of us feel lonely from time to time. Loneliness is the feeling that our need for connection with others isn't being met, which is something that can be felt only sometimes or chronically.

There are many things that can lead to us feeling lonely, but here are just a few:

- Communication Difficulties
- Mental Ill-Health
- Bereavement
- Trauma
- Relationship Break-Up
- Retirement
- Facing Discrimination
- Becoming a Parent
- Moving House or Job
- Poverty
- Moving to a New Country

Let's beat the stigma around this, get talking to one another, share experiences and connect...



We'd love to have you join us at our next Loneliness Workshop, which we'll be announcing dates for shortly. We'll be learning more about loneliness in a friendly, relaxed environment here at Claremont Centre.

In the mean time, why not attend one of our fitness sessions or Tuesday afternoon events?



Everyone's welcome

Yes, you too!





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

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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BLACK HISTORY MONTH



Empire and Allied Women in WW1 and WW2: Black History Month Presentation

**22nd October 2pm
at Claremont Centre**



Why did Black West Indian women from the British Empire struggle to participate in WW2 in Britain?

Learn about the problems they faced and how they overcame them and contributed to WW1 and WW2.

In March 1942, the British War Office made it clear which women they wanted in their armed forces:

"We are prepared to accept any suitable European woman from the colonies (West Indies) for enrolment in the ATS... (but) I must emphasise that this applies to European women only and that we cannot agree to accept coloured women for service in this country"

~Brigadier Alan Pigott (War Office) to Amber Thomas (Colonial Office, West Indies), March 1942.

"Lest We Forget Calendar 2025: The African-Caribbean Contribution to Wartime Britain" will be available for purchase at the event



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Dementia Café








































Theme: Understanding Mild Cognitive Impairment

Thursday 10th October 2024 2–3pm
Claremont Centre, 2 Jarvis Road, M15 5FS

Contact
dementia@accg.org.uk
0161 226 6334

OCTOBER 2024

DATES FOR YOUR DIARY

	TUES 1 OCT 10.30am International Day of Older Persons Event    	WEDS 2 OCT 10.30am Carers' Photography Workshop	THUR 3 OCT 2pm Black History Month Colouring   	FRI 4 OCT 2pm Friday Matinee - Bob Marley 	KEY
MON 7 OCT 11am Hulme Carers' Forum	TUES 8 OCT 2pm Bingo   	WEDS 9 OCT 10.30am Carers' Photography Workshop 2.30pm Carers' Digital Drop-In	THUR 10 OCT 2pm Dementia Café   	FRI 11 OCT 9.30am Digital Lounge 11.30am Creative Arts Workshop 	 Tai Chi 11am
MON 14 OCT	TUES 15 OCT 2pm Annual General Meeting   	WEDS 16 OCT	THUR 17 OCT 2pm African Mask- Making   	FRI 18 OCT 11am Light Exercise 2pm Friday Matinee - Comedy 2pm African Mask- Making 	 Gardening Club 2pm
MON 21 OCT 11am Gorton Carers' Forum	TUES 22 OCT 2pm Black History Month: Women in WW1 & WW2   	WEDS 23 OCT	THUR 24 OCT 2pm Young Onset Dementia Day Information Session   	FRI 25 OCT 9.30am Digital Lounge 10.30am Poetry Reading 11.30am Creative Arts Workshop 	 The Untold Orchestra 2pm
MON 28 OCT	TUES 29 OCT 11am Parent Carer Gathering 2pm Viola Music Session - Halle   	WEDS 30 OCT	THUR 31 OCT 2pm Halloween Arts and Crafts   		 KOKU Fitness 2pm


Lunch
Club
12 till
1.30pm

Office Hours	Lunch Club	Community Grocer & Charity Shop	Social Members
Monday-Friday 9am-4.30pm	Tues, Thurs and Fri 12pm-1.30pm	Monday-Friday 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 22nd - Black History Month Presentation (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

(E) = Event

Membership

Connecting Communities, Caring for All

£12

Annually

Join Us, Become
Part of the ACCG
Community

Benefits include discounts on:
Lunches & Takeaway | Holistic Therapies
Fitness & Wellbeing Sessions | Trips | Events
Annual General Meeting & much more

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Facebook: @AfricanCaribbeanCareGroup
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LinkedIn: @accgmanchester

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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 X2

We are looking for two dynamic, focused and committed people to join us at the ACCG as part of our Community Team.
14 hours per week, Fixed Term 2025
21 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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