



December 2024 Newsletter

accg
african caribbean
care group

ACCG, The Claremont Centre, M15 5FS
0161 226 6334
Admin@accg.org.uk
www.accg.org.uk



MEET OUR PLACEMENT STUDENTS



Hi everyone, my name is Alka Vinod. I am a second year social work student at Manchester Metropolitan University. I have come to ACCG for my placement to learn and deepen my knowledge on working with people.

I really like working at ACCG because of lovely the staff and service users who have made me feel welcomed and part of the team.

My name is Dires Makambu. I am a BA2 student at MMU in Social Work. I am at the ACCG as a placement student to gain skills and knowledge in preparation for future my future career in Social Work.

What I like about ACCG is how welcoming and friendly everyone is. This has helped me to settle in quickly. I also like how different learning opportunities have been given to me, and the staff are also happy to help me. I feel included and a part of the team. I am really enjoying working at ACCG.



SWEET FAREWELL

We bid farewell to Carlos, our Activity Coordinator. He is continuing his social work journey. We wish him all the best for the future. He will be definitely missed by all.



November has been busy, we have had two trips this month. One organised by ACCG to see the Blackpool Illuminations & Sky TV invited us to visit them in Stockport.

The Blackpool Trip took place on the 20th November where the service users, carers and their loved ones could go see the Blackpool Illuminations. They enjoyed fish & chips and after sunset drove through the illuminations.



Sky TV invited ACCG to come over to their office in Stockport. They offered a lovely buffet lunch, we then played a game of bingo and had three winners. Finally we got to see the theatre of the Sky TV offices and even had the chance to watch a film.

A huge thank you to the Sky TV team for being so accommodating and we hope to be able to hold another trip in the future.

CARERS RIGHTS DAY

Wednesday 20th October 2024

Carers Rights Day Event at Claremont Centre

During the event, we went over the rights of carers, including employment rights, health, benefits and more.

We had a quiz to see how much knowledge the carers had gained during the presentation and did a carers crossword.

We then enjoyed a yummy Caribbean lunch.



If you missed this session, don't worry as there is always next year, or if you need any information please feel free to contact us



Parent Carer Gathering

We had a great time at our November Parent Carer Gathering. Carers connected over a delicious, fresh buffet lunch, courtesy of our skilled kitchen team, that included jerk chicken wings, saltfish fritters and a vegan chicken curry. It was a great chance for everyone to share some more about what support is needed and help shape future gatherings.

Carers also spent some time completing the Carers' Survey, to help provide more insight into the needs and challenges of those caring for a child with special educational needs or disabilities. Thanks again to everyone for making it such an enjoyable 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

☎ or call on 0161 226 6334.



Thank you so much to the whole team who made taking a break possible. You can lose your identity until you stop to take a break... I feel refreshed now that I've had a chance to be myself. Thank you so very much.

A carers feedback regarding the Carers Respite Break

DEMENTIA ADVISORY SERVICE & MONTREAL COGNITIVE ASSESSMENT (MOCA)

At ACCG, our Dementia Advisory Service is here to support individuals with dementia and their carers by offering personalized advice and practical solutions to navigate daily challenges. Our experienced Dementia Advisors provide tailored guidance to reduce stress and enhance quality of life.

We also offer the Montreal Cognitive Assessment (MoCA), a standardized screening test administered by a certified rater. This thorough evaluation measures memory, attention, language, and other cognitive skills, helping to identify early signs of cognitive decline. If you're interested in this service, contact the ACCG Dementia Advisor today at 0161 226 6334 or 01398 414067 to book a session. Let us help you take the next step toward effectively managing dementia.



WHAT IS MILD COGNITIVE IMPAIRMENT (MCI)?

Mild cognitive impairment (MCI) refers to noticeable problems with memory, thinking, or decision-making that go beyond normal age-related changes but do not significantly interfere with daily activities. Symptoms may include difficulties remembering recent events, focusing, reasoning, or finding words in conversation. Some people also experience reduced interest in hobbies or activities.

MCI is not dementia, though for some, it may signal the early stages of a condition that could lead to dementia. It can also result from factors like sleep disorders or medication side effects.

While symptoms can be frustrating, most individuals with MCI remain independent. If such challenges persist for months, seeking professional advice can help determine the cause and provide guidance.

Hello, I'm Nigar Naim, Welfare Rights Advocate at ACCG. I provide support to service users and their families from all communities, offering practical assistance, advice, and information to help maximize income and ensure they receive the correct benefits.



Additionally, I assist with social housing applications and guide individuals facing financial challenges, including support for grant applications related to energy arrears, white goods, and beds, helping improve their financial well-being and access to essential services.

Contact:

Email: Welfarerights@accg.org.uk

Text or Call: 07930612723

ACCG: [0161 226 6334](tel:01612266334)

Transition to eVisa

Do you have a physical visa?

You may need to switch to an eVisa by 31st December 2024

From 2025, Biometric Residence Permit (BRP) holders must use an eVisa to prove their immigration status. While your immigration status won't change, an eVisa will be required for work, rent, or accessing services.

Apply before the deadline for a smooth transition.

Need help? Call us on 0161 226 6334

Find local support <https://www.gov.uk/government/publications/evisa-community-support-for-vulnerable-people>.

Learn more and apply here: [Get access to your eVisa.](#)

Winter Fuel Payment & Pension Credit

This year, the Winter Fuel Payment is only available to those who receive Pension Credit. To qualify for the full payment, you must apply for Pension Credit by 21 December 2024.

What is Pension Credit?

Pension Credit provides extra money to help with living costs if you're over State Pension age and have a low income. It can also assist with housing costs, like ground rent or service charges.

- Single weekly income topped up to £218.15
- Joint weekly income topped up to £332.95

It's estimated that **£95 million** in Pension Credit goes unclaimed each year in our region.

Additional Benefits with Pension Credit:

- Help with NHS costs, including free dental treatment and travel for NHS care
- Assistance with glasses and contact lenses
- Housing Benefit (if you rent)
- Reduced Council Tax
- Cold Weather Payments or Winter Heating Payments (Scotland)
- Warm Home Discount
- Free TV licence if over 75

Around 39,000 households in Greater Manchester are eligible for Pension Credit but aren't claiming it.

DON'T MISS OUT!



How to Apply

- Call the DWP Pension Credit claim line at 0800 99 1234
- Apply online: Pension Credit: How to claim - GOV.UK
- Call African Caribbean Care Group at 0161 226 6334
- Contact Independent Age Helpline at 0800 319 6789

- National Insurance number
- Income details, including pensions
- Savings and investment details
- Bank account information
- Partner's details (if applicable)

Information You Will Need


Special Rules for Mixed-Aged Couples:

If your partner is under State Pension age, you may not be able to claim Pension Credit. Instead, you might qualify for Universal Credit. For more details, contact the Universal Credit helpline at 0800 328 5644

Prostate Cancer Awareness

If you're over 50, or you're black, or your dad or brother had it, you're at even higher risk.

HOWEVER
1 IN 4 BLACKMEN WILL GET PROSTATE CANCER



1 IN 8 MEN WILL GET PROSTATE CANCER.



Click on this [LINK](#) for a quick risk checker from Prostate Cancer UK or scan the QR code.

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



HMR Neighbourhood Partnership Life Expectancy Working Group

Wednesday 15th January 2025, 14.00–15.00 on Microsoft Teams

You are welcome to join us to discuss the impact of Diabetes and Hypertension on **Life Expectancy** within the local community if you live, work or have community connections in Hulme, Moss Side or Rusholme.

VCSE's, Health Champions and Professionals are welcome.

Contact admin@accg.org.uk place your booking.

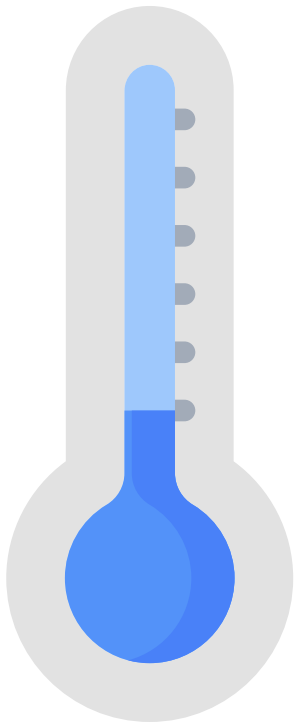
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Top tips on keeping warm in winter

As it gets colder, it is important to know how to keep ourselves warm and safe from the cold by:



- Heating your home to a temperature that is comfortable for you (try to heat rooms that you use most frequently to 18°C).
- Try to reduce draughts; you can fit draft excluders around doors.
- Dress in layers like shirts, sweaters, jackets.
- Staying active can help to keep you warm as well as help to maintain strength. Try not to sit for more than an hour or so. Do an activity that suits and is safe for you.
- Eat warm foods and drink hot drinks can help to keep you warm so try and have one hot meal a day.
- Stop the spread of germs- get vaccinated, wash your hands regularly, using a tissue to catch coughs and sneezes.
- Stock up on cold medicine and throat remedies like soothers since the winter weather can be unpredictable.

If you would like to speak to a member of staff about any concerns, do not hesitate to get in touch!

Alongside our regular delivered Meals, Takeaways and Lunch Club our Kitchen has hosted two events for carers. A Parent Carer Gathering and Carers Rights Day Buffet featuring a Caribbean inspired menu. Carers enjoyed saltfish fritters, dumplings, chicken Wings and fried plantain to name a few.



**Red Pea Soup
with Ground Food
served with
Boiled Dumpling**

Flavour of the Month



**WE WANT YOUR
FEEDBACK**

Your feedback is always appreciated please email them to admin@accg.org.uk or speak to a member of staff



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 | Purified Diet

FOOD HYGIENE RATING
0 1 2 3 4 5
VERY GOOD
Inspected April 2024

**SAVE
THE
DATE**

As per tradition, ACCG will be hosting its Annual

Christmas LUNCH & PARTY

Thursday

DEC
19
2024

10.30AM
TILL
3.30PM

Do not forget to RSVP by
Monday 9th of December!

Ticket
£10

ACCG
Members
& Carers
FREE



P
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10.30 am
Morning Refreshments

11 am
Carols by Emmanuel Singers

12.30 pm
Christmas Lunch

2 pm
Musical Entertainment with DJ Mellow
Christmas Raffle & Tombola



Starters
Vegetable Soup served with Hard Dough Bread

Mains
Roast Turkey with Sage & Onion Stuffing
Roast Leg of Lamb with Mint Sauce
Fried Chicken
Fried Fish
Vegan Curry

Sides
Rice & Peas | Roast Potatoes | Carrots
Brussel Sprouts | Coleslaw

Desserts
Christmas Pudding with Brandy Sauce | Trifle | Fresh fruits

Drinks
Shloer | Fruit Punch

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Remember to renew
your membership
for 2025!

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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VACANCIES

Holistic Therapist

We are seeking a therapist to provide a range of services including Full Body Massage, Reflexology, Manicure & Pedicure

14 hours per week

Volunteer Posts

- Lead Volunteer Post
- Campaigns Volunteer
- Gardening Volunteer
- Kitchen Volunteer
- Dementia Advisor Support Volunteer
- Welfare Rights Support Volunteer
- Carers Support Volunteer
- Social Media and Marketing Volunteer



Contact us for more details

recruitment@accg.org.uk 0161 226 6334



Word Search

W	A	U	C	N	O	B	M	G	P	J	P	S	P	T
I	N	R	P	U	D	D	I	N	G	Y	I	U	Q	I
R	Y	J	D	M	C	L	G	T	U	R	K	E	Y	E
J	E	C	H	P	F	I	I	G	I	I	A	U	P	V
S	S	A	P	A	R	S	N	I	P	S	R	V	M	Y
P	P	R	T	H	V	I	G	N	R	A	S	I	Y	S
E	R	O	H	H	F	B	E	P	A	P	P	B	S	V
R	O	A	K	F	B	M	R	M	D	M	I	U	I	W
X	U	S	U	O	O	K	B	Y	B	M	O	K	S	S
N	T	T	N	G	S	R	R	A	L	C	G	N	A	S
L	S	V	O	C	A	P	E	W	U	P	A	M	A	P
B	R	A	N	D	Y	S	A	U	C	E	I	G	E	T
M	N	P	R	I	P	D	D	R	I	R	P	N	C	R
V	O	O	A	A	R	A	P	F	Y	C	U	O	A	S
A	B	A	E	U	T	D	I	P	U	P	P	B	G	U

Can you find all the Christmas foods ?

- Brandy sauce
- Cinnamon
- Gingerbread
- Gravy
- Parsnips
- Roast
- Sprouts
- Stuffing
- Turkey
- Pudding

Guess the Christmas Carol by the lyric



*"Sleep in heavenly peace,
Sleep in heavenly peace"*

Sudoku

4		6	5				9	2
5		9	6	7	2	3	4	8
	2	8		9	1		5	
		1	7	5	4	8		
	4		3	6	8	2	1	
	6	3						4
1	5	2	9	3		4	8	
6		4	8		7	9	2	5
9	8	7		4	5	6	3	

Answers available in the admin office



ACCG Creative Arts Sessions

with Fine Artist Michelle Griffith

SESSIONS ON FRIDAYS

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



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.

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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Keep People With Dementia Safe & Found

The Herbert Protocol is a national scheme operated by Greater Manchester Police which encourages carers to compile useful information which can be used if a person living with dementia goes missing.

Safe and Found Online has created an online version where this information can be stored on a secure registered profile. In a missing persons incident, Police will have direct and instant access to the profile.

For more information and how to register please visit www.safeandfoundonline.co.uk



Find out more at:
www.safeandfoundonline.co.uk



DATES FOR YOUR DIARY

Office Hours	Lunch Club	Community Grocer & Charity Shop	Social Members
9am - 4.30pm	12pm - 1.30pm	10am - 3pm	10.30am - 3pm
Monday to Friday	Tuesday, Thursday & Friday	Monday to Friday	Tuesday, Thursday & Friday

MON 2 DEC	TUE 3 DEC	WEDS 4 DEC	THUR 5 DEC	FRI 6 DEC
11am Hulme Carers' Forum	2pm Untold Orchestra	Blackpool Illuminations Trip	1.30pm Intergenerational Card Making Workshop by Gorse Hill Studios	9.30am Digital Lounge 11.30am Creative Arts Workshop
MON 9 DEC	TUES 10 DEC 2pm Ovarian Cancer Talk	WEDS 11 DEC	THUR 12 DEC 10.30am Health Day 2pm Board Games	FRI 13 DEC 11am Sharing Stories
MON 16 DEC 11am Gortons Carers' Forum	TUES 17 DEC	WEDS 18 DEC	THUR 19 DEC Christmas PARTY	FRI 20 DEC No daycare or social clubs
MON 23 DEC	TUES 24 DEC ACCG closes for Christmas	WEDS 25 DEC 		

- KEY**
-  Tai Chi
11am till 12pm
 -  Fitness with Dorretta
11am till 12pm
 -  Lunch Club
12 till 1.30pm
 -  Arts & Crafts with Michelle
11am till 12pm
 -  Community Engagement Meeting
1.45 till 2pm
 -  Friday Matinee
2 till 3pm

CHRISTMAS CLOSURES

<p>ACCG OFFICE</p> <p>CLOSE ON TUESDAY 12PM 24 / 12 / 2024</p> <p>REOPEN ON THURSDAY 9AM 02 / 01 / 2025</p>	<p>DELIVERED MEALS</p> <p>LAST DELIVERY TUESDAY 24 / 12 / 2024</p> <p>RESUMES ON THURSDAY 02 / 01 / 2025</p>	<p>DAY CARE & SUPPORT</p> <p>CLOSE ON THURSDAY 19 / 12 / 2024</p> <p>RESUMES ON THURSDAY 02 / 01 / 2025</p>
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