



November 2024 Newsletter

ACCG, The Claremont Centre, M15 5FS

0161 226 6334

Admin@accg.org.uk

www.accg.org.uk



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DECEMBER 2024

IN OUR CENTRE



ACCG Creative Arts Sessions

with Fine Artist 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

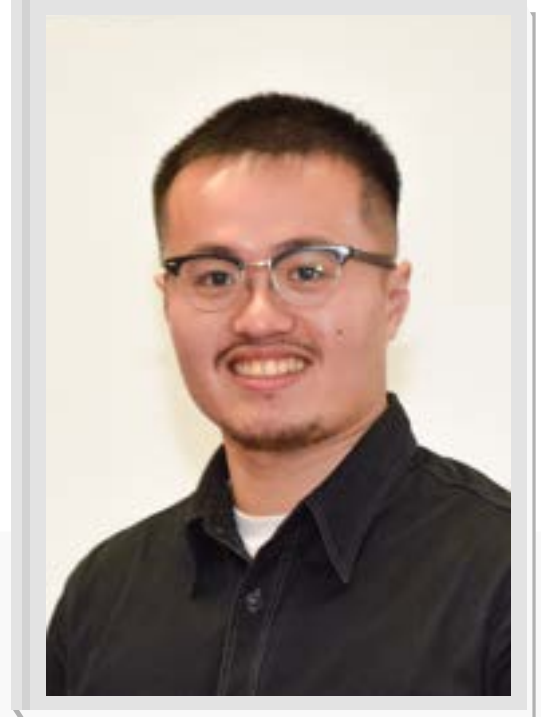
Open Monday to Friday
10am – 3pm

Volunteer Opportunities available
Donations Welcome

INFORMATION & ADVICE

DEMENTIA ADVISOR

Hello everyone, I'm Siu Hei Lo, the Dementia Advisor at ACCG. My role is to support individuals and families impacted by dementia. We offer personalised one-on-one advisory sessions, emotional support, education, and care planning to help people navigate their dementia pathway. Through cognitive screening tests, support groups, and our Dementia Café, our goal is to empower individuals and enhance their quality of life.



Dementia Advisory Session

Early diagnosis is crucial for managing dementia challenges. If you're concerned about your own cognitive decline or that of a loved one, you can contact us for a session with our Dementia Advisor (MoCA certified rater), who can administer the Montreal Cognitive Assessment (MoCA). MoCA is highly sensitive to mild cognitive impairment, aiding in early detection and providing valuable insights into early-stage dementia risks.

Call **0161 226 6334** to book a session

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



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

DECEMBER 2024

COMMUNITY NEWS



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





PROSTATE CANCER UK

Prostate Cancer UK

We want to stop prostate cancer being a killer. We fund groundbreaking research, drive improvements in treatment, and fight injustice in care.

 Prostate Cancer UK

trafford-council-risk-checker-qr-code





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.



Women's 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



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LEARN. MOTIVATE. CHANGE. PROSPER.



Women's 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
@accgmanchester

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:

- You should heat 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 cheaply
- Dress in layers like shirts ,sweaters, jackets etc
- Staying active can help to keep you warm as well as help to maintain strength. So try not to sit for more than a hour or so. Do something 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 etc
- Stock up on cold medicine and throat remedies like soothers since the winter weather can be unpredictable

More information can be found on:

<https://www.ageuk.org.uk/information-advice/health-wellbeing/keep-well-this-winter/stay-healthy-in-winter/>

<https://www.gov.uk/government/publications/keep-warm-keep-well-leaflet-gives-advice-on-staying-healthy-in-cold-weather/top-tips-for-keeping-warm-and-well-this-winter>

Additional support needed: contact ACCG

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



GREATER MANCHESTER
DEMENTIA UNITED
Part of GM Integrated Care Partnership

GMCA GREATER
MANCHESTER
COMBINED
AUTHORITY























GREATER MANCHESTER
POLICE

DECEMBER 2024

DATES FOR YOUR DIARY

KEY



MON 2 DEC	TUES 3 DEC  	WEDS 4 DEC	THUR 5 DEC   	FRI 6 DEC 
MON 9 DEC	TUES 10 DEC  	WEDS 11 DEC	THUR 12 DEC   	FRI 13 DEC 
MON 16 DEC	TUES 17 DEC  	WEDS 18 DEC	THUR 19 DEC   	FRI 20 DEC 
MON 23 DEC	TUES 24 DEC  	WED 25 DEC	THUR 26 DEC	FRI 27 DEC

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

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 knowlege 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.