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# April 2025 Newsletter

**accg**  
african caribbean  
care group

ACCG, The Claremont Centre, M15 5FS

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[www.accg.org.uk](http://www.accg.org.uk)





# ROUND UP OF MARCH

ACCG was bustling with impactful events in March, from Arts to vital Community Outreach Initiatives. These events highlighted the Groups continued dedication to empowering and supporting African and Caribbean communities, fostering unity, and driving positive change. Here are the events that happened.



CARERS WALK MAMTOR



DEMENTIA CAFE



CARERS HIGH TEA



CARERS MONEY & MORE



GORTON CARER FORUM



CARERS SERVICE



DAY CARE SERVICE



DEMENTIA CARER  
COURSE



SECOND SELECTS



CERAMIC WORKSHOP



COMMUNITY GROCES



MEAL CLUBS

This April, ACCG is excited to offer a range of activities designed to support the health, wellbeing, and social engagement of our community.

From health workshops, fitness sessions to social events, our focus is to bring people together, promote healthy lifestyles, and provide valuable resources. Some of our upcoming events include:



## Talk by Versus Arthritis

Tuesday, the 8<sup>th</sup> of April, 2pm  
Interactive session to learn more about managing Arthritis and mobility challenges



## Carers Forum

**Hulme:** Monday 7<sup>th</sup> April, 11am, Claremont Centre  
**Gorton:** Monday 28<sup>th</sup> April, 11am Gorton Monastery



## Eye Screening Presentation

Tuesday 22<sup>nd</sup> of April, 2pm  
Greater Manchester South Diabetic Eye Screening Programme will be holding an interactive presentation



## CMC Ceramic Exhibition

Wednesday 16<sup>th</sup> April, 11am  
Join us to see the outstanding ceramic masterpieces created by carers



## Parent Carer Forum

Tuesday 29<sup>th</sup> April, 11am, Claremont Centre



## THRIVING TOGETHER: Your Health and Wellness

At **ACCG**, we are committed to ensuring the **health** and **wellbeing** of members of our Community. As we age, maintaining a healthy lifestyle is more important than ever, and it's crucial that we understand the specific health challenges we may face.

Our community often experiences unique health conditions, such as higher rates of **diabetes**, **cardiovascular diseases**, and **sickle cell anemia**, which can require extra attention and care.



One of the most important steps in supporting our elderly is encouraging **regular health check-ups** and ensuring that culturally appropriate access to medical services is available. We also want to highlight the importance of preventative care, such as **regular blood pressure checks**, **cholesterol screenings**, and **diabetes monitoring**. These simple steps can help detect potential issues early, ensuring that our loved ones receive timely treatment and maintain better overall health.

We encourage our elderly members to stay active and connected with the community. Social engagement has been shown to improve mental health, reduce feelings of isolation, and even enhance physical wellbeing. Joining our community events, wellness programs, or simply participating in local social gatherings can make a world of difference!

## Health Tips for Our Community



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

**Regular Health Checkups** and visits to your doctor are key to managing and preventing long-term health issues. It is crucial in staying ahead and detecting complications early.

**Staying active**, even in small ways, can greatly improve both physical and mental health. Walking, light stretching, or even engaging in community fitness programs can help improve circulation, strengthens muscles, and boosts overall mood.

**Mental Health** matters. Social isolation can be a concern for many in our community, you can stay connected with people through our activities, local events, or simply reaching out to a friend can have a profound impact on mental health.

Eating a **balanced, nutritious diet** is essential for maintaining good health. Focus on a variety of fresh fruits, vegetables, whole grains, and lean proteins. Our community has a rich tradition of cooking healthy and flavorful meals. Ask us for a menu to get a taste of what we offer at the Claremont Centre at our meal clubs.

# Move forward with employment at Be Well-Work Well Manchester



Does your health or disability  
feel like a barrier to employment?

Want support to overcome obstacles  
when applying for work?

Are you in work but struggling  
with a health condition or disability?

Whether it's finding a job or staying in one, we can help  
you to move forward.

We provide tailored, holistic support that helps you  
overcome barriers, build confidence, and puts you on  
an employment path that works well for you.

For more information, speak to your healthcare  
professional today or call us on **0161 470 7120**



Funded by  
UK Government



# What support can you expect from Work Well?

## We'll help you move into work by

- Supporting you to understand and overcome the barriers you face when applying for work.
- Connecting you to the services that can help you move into work.
- Helping you to find employment and training opportunities.
- Giving you tools and know how, so you feel more confident applying for employment.
- Helping you understand the financial benefits of work.

## We'll help you thrive in your current job by

- Providing quick access to support from our team of specialists and coaches including physiotherapy/ chiropractic treatment, mental health coaching, counselling and HR advice.
- Giving you tools and know how, so you feel more confident about progressing in your job or to a new role.
- Offering tailored support to navigate current work, health, and wellbeing challenges and their effect on your employment and lifestyle.
- Connecting you to local support groups and services to help you move forward.

**To get our support you must be 16 years or over and live in the Manchester area**



## JOIN THE IBHO RESEARCH

Improving Black Health Outcomes (IBHO) is leading an exciting study to better understand how various health conditions, including diabetes, cardiovascular diseases, and sickle cell disease, impact Black communities.

Join the team for engaging drop-in sessions on **Wednesday, April 9th**, and **Thursday, April 10th**, from **9:30am to 12:30pm** at the Manchester Sickle Cell & Thalassaemia Centre, located at 352 Oxford Road, Manchester, M13 9NL.



There will be **food & refreshments** available for attendees provided by the team and participants can claim up to **£22.50 for travel**. All participants also will receive a **£15 voucher** as a thank you from the study sponsor.

Taking part in the study will take up to an hour overall and involves filling out a consent form and some questionnaires as well as providing a blood sample.

Anyone interested in attending will need to email the team at – **[NMH.Trials@mft.nhs.uk](mailto:NMH.Trials@mft.nhs.uk)** to register their interest.





IMPROVING BLACK HEALTH OUTCOMES

# Join the **Improving** **Black Health Outcomes** **BioResource**



In UK Black communities, more research is needed to improve our understanding of health conditions and to develop better treatments.



[qrco.de/ibho](https://qrco.de/ibho)

**Our research is open to anyone...**

- **AGED 16+**
- **LIVING IN ENGLAND**
- **FROM BLACK COMMUNITIES**

**NIHR** | BioResource



**KING'S**  
*College*  
**LONDON**

**FOOD &  
REFRESHMENTS  
AVAILABLE**



**NHS**  
Manchester University  
NHS Foundation Trust

# RECRUITMENT DROP IN

**WEDNESDAY 9TH & THURSDAY 10TH APRIL**

**MANCHESTER SICKLE CELL & THALASSAEMIA CENTRE**

**352 OXFORD RD, MANCHESTER, M13 9NL**

**9:30AM – 12:30PM**

Our team is inviting individuals from Black Communities to participate in IBHO BioResource aimed at improving our understanding of how health conditions affect black communities including *Sickle Cell Disease, Thalassaemia, Diabetes and Cardiovascular diseases.*

## **JOIN THE IMPROVING BLACK HEALTH OUTCOMES BIORESOURCE**

We are inviting anyone who is:

- Aged 16+
- From the Black community
- Living in the UK

We are also inviting people with a **confirmed diagnosis** of **Sickle Cell** or **Thalassaemia** to join regardless of ethnic background.

**Email the team to register:  
[NMH.Trials@mft.nhs.uk](mailto:NMH.Trials@mft.nhs.uk)**



SCAN ME




**Learn  
more  
about  
taking  
part**

**NIHR | BioResource**





As the spring is upon us, we sadly say farewell to our hearty soups, however keep your eyes peeled for our menu on our new website!



**Mackerel  
Rundown with  
Boiled Dumplings  
& Green Banana**

**Meal of the Month**



Your feedback is always appreciated please email them to [admin@accg.org.uk](mailto: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 | Pured Diet



## ACCG ART PIECE SHOWCASE IN JOHN LEWIS



We are very proud that the works created by the ACCG service users are being displayed in John Lewis at the Trafford Centre. These are "Mindful Mandalas" featuring works from Voilet, Louis, Duhaney, Mrs Sheriff and Queenie.

The works will be available for viewing in the Café until the 8/4/25. Make sure you pop in and have a look!

## ACCG : A Brand New Website!

We are thrilled to announce that ACCG has officially launched our brand-new website! After months of hard work, we're excited to present a vibrant, user-friendly platform that will serve as a hub for everything related to ACCG and the incredible work we do within the African Caribbean Community.

Check it out on : <https://www.accg.org.uk>





## LASTING POWER OF ATTORNEY

A **Lasting Power of Attorney (LPA)** lets individuals with dementia appoint someone to make decisions for them when they lose mental capacity.

There are two types:

- **Property and Affairs LPA:** Manages finances and property.
- **Health and Welfare LPA:** Covers medical care and daily living.

Setting up an LPA early ensures a person's wishes are respected and relieves the burden on Carers. It must be registered with the Office of the Public Guardian, providing security and peace of mind for both individuals and families.



## ADMIRAL NURSE SUPPORT

**Admiral Nurses** are Specialist Dementia Nurses who provide expert support to individuals with Dementia and their Carers.

They offer tailored advice, practical solutions, and emotional support to manage care needs, crises, and improve quality of life. They also help Carers navigate healthcare systems and access resources.

These Nurses work in Communities, Care homes, Hospitals, and through Dementia UK's free helpline:

**0800 888 6678** or [helpline@dementiauk.org](mailto:helpline@dementiauk.org).

## SHORT-TERM COGNITIVE BOOST FROM EXERCISE MAY LAST FOR 24 HOURS



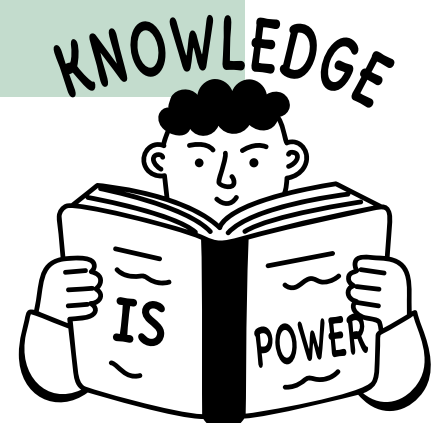
A UCL study found that exercise can boost cognitive function for up to 24 hours. Tracking 76 adults (ages 50–83) over eight days, researchers found moderate to vigorous exercise, like brisk walking, improved memory the next day. Each extra 30 minutes increased episodic memory by 2.2% and working memory by 5%. Deep sleep also helped cognitive function. The results highlight the long-lasting benefits of exercise and quality sleep for brain health in older adults.

Source: <https://www.ucl.ac.uk/news/2024/dec/short-term-cognitive-boost-exercise-may-last-24-hours>

## ONLINE RESOURCE RECOMMENDATION: "KNOWLEDGE IS POWER 2"

The "Knowledge is Power 2" booklet from the Dementia Services Development Centre (DSDC) at Bangor University offers practical guidance for people with dementia and their carers. It covers understanding dementia, managing daily challenges, and accessing support, with tips on maintaining independence, improving communication, and navigating care services. This resource helps carers and individuals with dementia make informed decisions and improve their quality of life.

You can access it here:







## 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](mailto: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 taking 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*

# Unpaid Carers Respite



Gaddum  
...

Are you an unpaid carer  
living in Manchester?

Join our  
Lived Experience Panel!

Lived Experience  
Panel

Carers Manchester has a Lived Experience Panel,  
and we're looking for new members!

By joining, you'll share power with professionals and  
use your expertise to help shape services which  
impact carers.

There's a variety of opportunities to get involved in.  
See reverse for FAQs about compensation,  
eligibility, and more.

Carers Card

☎ 0161 834 6069 [ext. 1133]

✉ LivedExperience@carersmanchester.org.uk

## At Carers Manchester, we now offer Carers Cards.



The card's primary purpose is to help unpaid carers identify themselves as a carer. The cards include the carer's full name and date of birth so it can be used in conjunction with a form of photo ID (such as a driving license) to further verify the carer's identity.

On the card reverse we can print emergency contact information and the name of the person who is cared for.

We are working on linking the cards to a reward scheme which could provide discounts in the future.

### Request a Carers Card:

☎ 0161 834 6069 [ext. 1133]

✉ admin@carersmanchester.org.uk





## Money and More Workshop



**Caring** can cause some financial difficulties, especially if you are caring for a loved one full time, this is why we would like to give a big thank you to **Manchester Carers Centre** for coming along and talking to our Carers about financial issues and to impart energy efficiency and safety information. Carers were also able to access the **Carers Winter Fund** to receive ASDA Vouchers.



## Creative Vision board session with Parent Carers



This month, our **Parent Carers** spent some time thinking about their goals for the future and started aiming for them with a **Creative Vision Board** making session. Attendees began the session with some discussion around what they most wanted their life to look like, then began to find images and words to represent this from some of the old magazines donated by our service users and supporters.



## Together We Can Support for Women 65 and Over

ACCG offers support with **Attendance Allowance** for pensioners who need help with personal care due to illness or disability.

### What is Attendance Allowance?

**Attendance Allowance** is a government benefit in the UK designed to help people aged 65 or older who have a disability or health condition that requires them to need help with personal care or supervision. It is not means-tested, so it is available regardless of income or savings

### Information You Will Need to Apply



- your National Insurance number
- your address and contact details
- details of the disability or health condition that you need extra help for
- details of your GP surgery or medical centre
- details of your care home, hospital or hospice if you're currently staying in one
- Apply online: [www.gov.uk/attendance-allowance](http://www.gov.uk/attendance-allowance)





# Welfare Rights Advocacy Service

As part of the **Together We Can**, the ACCG are holding drop-in sessions at **Moss Side Powerhouse** every **first** and **third Wednesday** between **14.30 and 16.30**, Supporting Women of pension age to have access to state benefit entitlements, however all are welcome, if support is needed

**Moss Side Millenium Powerhouse**  
140 Raby St, Moss Side, Manchester M14 4SL

**No appointment needed, All are welcome!**



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2 Jarvis Road, M15 5FS

Facebook: @AfricanCaribbeanCareGroup  
Twitter: @ACCGManchester  
Instagram: @accgmanchester  
LinkedIn: @accgmanchester



# 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

## 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](mailto:recruitment@accg.org.uk) 0161 226 6334



# DATES FOR YOUR DIARY

<p><b>Office Hours</b></p> <p><b>9am – 4.30pm</b> Monday to Friday</p>	<p><b>Lunch Club</b></p> <p><b>12pm – 1.30pm</b> Tuesday, Thursday &amp; Friday</p>	<p><b>Community Grocer &amp; Second Selects</b></p> <p><b>10am – 3pm</b> Monday to Friday</p>	<p><b>Social Members</b></p> <p><b>10.30am – 3pm</b> Tuesday, Thursday &amp; Friday</p>
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	TUES 1 <sup>st</sup> Apr	WED 2 <sup>nd</sup> Apr	THU 3 <sup>rd</sup> Apr	FRI 4 <sup>th</sup> Apr	KEY
	<p>11am Tai Chi 2pm Gardening Club</p> <p>  </p>		<p>11am Fitness with Dorretta</p> <p> </p>	<p>11.30am Creative Arts Workshop</p> <p>  </p>	
<p><b>MON 7<sup>th</sup> Apr</b> 11am Hulme Carers' Forum</p>	<p><b>TUE 8<sup>th</sup> Apr</b> 11am Tai Chi 2pm Versus Arthritis Talk</p> <p>  </p>	<p><b>WED 9<sup>th</sup> Apr</b></p>	<p><b>THUR 10<sup>th</sup> Apr</b> 11am Fitness with Dorretta 2pm Dementia Café</p> <p> </p>	<p><b>FRI 11<sup>th</sup> Apr</b> 11.30am Creative Arts Workshop</p> <p>  </p>	
<p><b>MON 14<sup>th</sup> Apr</b></p>	<p><b>TUE 15<sup>th</sup> Apr</b> 11am Tai Chi 2pm Halle</p> <p>  </p>	<p><b>WED 16<sup>th</sup> Apr</b> 1pm Carers Easter Event</p>	<p><b>THU 17<sup>th</sup> Apr</b> 11am Fitness with Dorretta</p> <p> </p>	<p><b>FRI 18<sup>th</sup> Apr</b></p> <p> <b>GOOD FRIDAY</b></p>	
<p><b>MON 21<sup>st</sup> Apr</b></p> <p> <b>EASTER MONDAY</b></p>	<p><b>TUE 22<sup>nd</sup> Apr</b> 11am Tai Chi 2pm Diabetic Eye Screening Forum</p> <p>  </p>	<p><b>WED 23<sup>rd</sup> Apr</b></p>	<p><b>THU 24<sup>th</sup> Apr</b> 11am Fitness with Dorretta</p> <p> </p>	<p><b>FRI 25<sup>th</sup> Apr</b> 10.30am Shared Reading 11.30am Creative Arts Workshop</p> <p>  </p>	
<p><b>MON 28<sup>th</sup> Apr</b> 11am Gorton Carers' Forum</p> <p>Booking.com Gardening Day (E)</p>	<p><b>TUE 29<sup>th</sup> Apr</b> 11am Tai Chi 2pm Diabetic Eye Screening Forum</p> <p>  </p>	<p><b>WED 30<sup>th</sup> Apr</b> 10am Carers Walk</p>			

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





**Word Search**

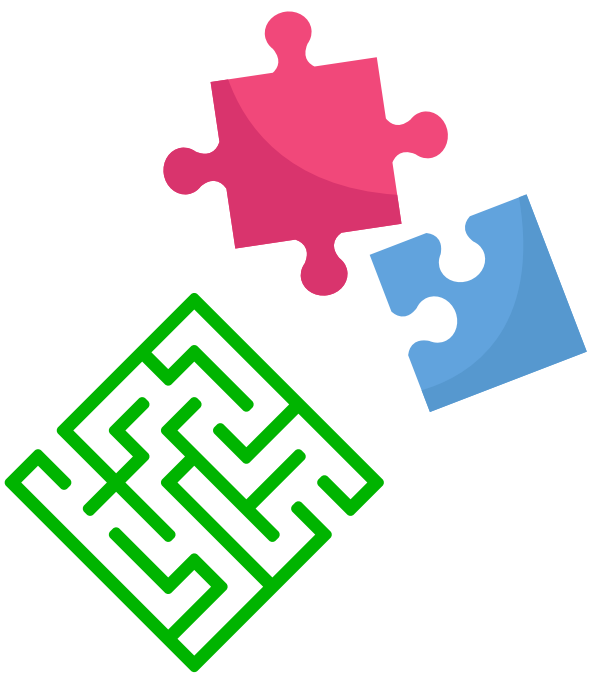
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SPRING  
MAY  
GREEN  
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UMBRELLA

MARCH  
FLOWERS  
GRASS  
SHOWERS  
EASTER

APRIL  
BASEBALL  
SUNSHINE  
RAIN  
BIRDS

**Sudoku**



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