



# February 2025 Newsletter

**accg**  
african caribbean  
care group

ACCG, The Claremont Centre, M15 5FS

0161 226 6334

[Admin@accg.org.uk](mailto:Admin@accg.org.uk)

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



# ROUND UP OF 2024

2024 was such a beautiful year for ACCG, we achieved a long term goal of acquiring the Claremont Centre, along with many other successes. We would like to thank our supporters, funders and our precious community for a wonderful 2024.



We are thrilled to share the highlights of our recent ACCG annual Christmas party, which was a resounding success thanks to the incredible support and participation of our special guests and performers.

A heartfelt thank you to: Lord Mayor Paul Andrews for gracing us with his presence and inspiring words.

Councillors Lee Glover (Hulme) and Annette Wright (Hulme) for their continued support and engagement with our community

Deanne Heron for her captivating storytelling that brought warmth and joy to the evening.

DJ Mellow for keeping the energy high and the dance floor buzzing with his fantastic music.

The Emmanuel Choir for their beautiful and uplifting performances that truly captured the spirit of the season.

And Booking.com for volunteering on the day and supporting the community.



...click to play the video

Your contributions made this year's Christmas party truly special and memorable. We look forward to many more celebrations together in the future

# CHRISTMAS 2024



## HULME, MOSS SIDE AND RUSHOLME (HMSR) LIFE EXPECTANCY WORKING GROUP

The African Caribbean Care Group, in collaboration with the HMSR Neighbourhood Partnership, is dedicated to addressing critical health conditions impacting life expectancy within our local community. We are focusing on two major health concerns: Diabetes and Hypertension.

Our first meeting in January was a great success, bringing together a diverse group of stakeholders committed to making a difference. We are excited to announce our second meeting, which will take place on February 19th.



### Who Should Attend?

- VCFSE (Voluntary, Community, Faith, and Social Enterprise) organisations
- Health Champions
- Health professionals
- Anyone with an interest in improving the lives of those affected by Diabetes or Hypertension

### Why Attend?

- Share your insights and experiences
- Collaborate on strategies to improve health outcomes
- Network with like-minded individuals and organisations
- Contribute to a healthier, longer-living community



## HMSR Neighbourhood Partnership Life Expectancy Working Group

**Wednesday 19th February 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](mailto:Admin@accg.org.uk), to book your place**

+44 (0) 161 226 6334, [admin@accg.org.uk](mailto:admin@accg.org.uk),  
[www.accg.org.uk](http://www.accg.org.uk),  
Claremont Centre, 2 Jarvis Road, M15 5FS



# 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**

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](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

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

## UNLOCK YOUR CREATIVITY



We are thrilled to share the wonderful achievements of our Day Care Users who have recently completed a stunning green space art wall.

This project brought together a variety of artistic techniques, including painting, sewing, stenciling, stamping, and more. The result is a vibrant and inspiring piece of art that reflects the creativity and dedication of our community.

Engaging in this project has provided numerous benefits for our Day Care Users. Not only did it allow them to express their creativity, but it also helped improve cognitive function and hand dexterity. Most importantly, it brought joy and a sense of accomplishment to everyone involved.

We are incredibly proud of the hard work and enthusiasm shown by our Day Care Users.

Their collaboration and artistic talents have truly brightened our space and created a lasting impact.



## 2024 SERVICE USER SCRAP BOOK



We would like to extend our heartfelt gratitude to Dires and Alka, two Student Social Workers from Manchester Met University, who have successfully completed their 70-day placement with us.

Their dedication, hard work, and commitment have made a significant impact on our service and the lives of our service users.

During their time with us, Dires and Alka have shown exceptional professionalism and compassion. Their efforts have not only enriched our community but have also left a lasting legacy through the 2024 Scrapbook they created with our service users. This scrapbook will serve as a cherished memory and a testament to their invaluable contributions.

We wish Dires and Alka all the best in their future endeavors and are confident that they will continue to make a positive difference wherever they go.

Thank you, Dires and Alka, for your outstanding service and for being an inspiration to us all.

Day Care services are available Tuesday, Thursday and Friday each week, between 09.00 and 15.30. If you would like to hear more about the support we provide, contact [Admin@accg.org.uk](mailto:Admin@accg.org.uk)



## BOOSTING BRAIN HEALTH TOGETHER

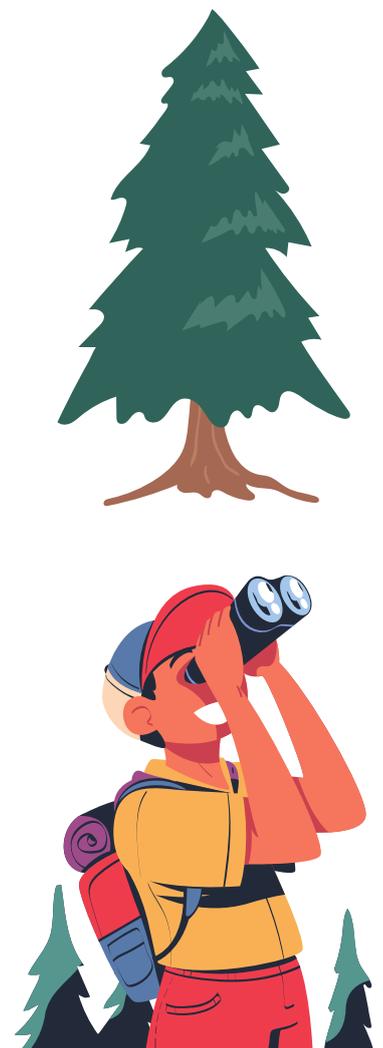
Boosting brain health is vital for reducing dementia risk and maintaining cognitive function. Engaging in activities like solving puzzles, reading, or learning new skills builds cognitive reserve and sharpens the mind. Regular exercise improves blood flow to the brain, while a balanced diet supplies essential nutrients. Managing chronic conditions such as high blood pressure or diabetes is crucial to minimize risks associated with cognitive decline.

Social engagement enhances brain resilience, fostering emotional well-being and strengthening neural connections. Staying connected through family, friends, or group activities is key. Additionally, avoiding harmful habits like smoking or excessive alcohol use protects brain health. These simple steps support well-being and reduce dementia risk effectively.

## THE ROLE OF NATURE IN DEMENTIA PREVENTION

Spending time in nature is vital for dementia prevention, promoting physical and mental well-being. Natural environments reduce stress, boost mood, and improve mental clarity, supporting cognitive function and resilience. Activities like walking in green spaces, gardening, or enjoying fresh air encourage relaxation and physical activity, both of which lower dementia risk. Nature fosters mindfulness and emotional balance, helping to build cognitive reserve, which strengthens the brain's ability to cope with damage.

Connecting with the outdoors can also improve sleep, reduce anxiety, and lower blood pressure, all contributing to brain health. Making time for nature in daily life is a simple yet powerful step toward reducing the risk of dementia.



## ACCG DAY SERVICE FRIDAY: COGNITIVE STIMULATION ACTIVITIES

At ACCG's Friday afternoon cognitive stimulation activities (Every Friday, 2pm–3pm), we offer a stimulating program to support brain health and overall well-being. **Koku** provides tailored exercises scientifically proven to maintain physical function, prevent falls, and improve quality of life—particularly for those seeking to return to low-intensity exercise due to neurological conditions. Our sessions also include **orientation training** to enhance time and place awareness, **short-term memory training**, **attention stimulation**, and **language exercises** to improve focus, recall, and communication skills. Delivered in a fun, supportive environment, these activities promote mental well-being, confidence, and social connection.



## UNDERSTANDING BEHAVIOURAL AND PSYCHOLOGICAL SYMPTOMS OF DEMENTIA (BPSD)

Behavioral and Psychological Symptoms of Dementia (BPSD) affect 90% of dementia patients, causing significant stress for patients and caregivers.

Symptoms like aggression, wandering, delusions, anxiety, and inappropriate behaviors may result from cognitive decline, communication issues, psychological stress, or environmental factors. Effective management includes identifying triggers, improving communication, creating supportive environments, and engaging patients in therapeutic activities.

Patience, consistency, and non-pharmacological approaches are essential in reducing symptoms and enhancing the patient's well-being.





## 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 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*

## CARERS WALKS IN 2025

In 2025 we will be holding monthly Carers Walks, our first walk was to Sale Water Park and it was lovely to get out in the fresh air.

It is so important for us to get out into nature and move our bodies, it helps us with our mental and physical health.

Our next walk will be to Goyt Valley on Wednesday 19th February.

We will also be hosting a walk to Mam Tor in March, so keep an eye out!



**FREE**

## CARERS HIGH TEA

**DO YOU CARE FOR SOMEONE WITHOUT BEING PAID?**

WE CARERS

Places are limited so call **0161 226 9562** or email **cmcevents@accg.org.uk**

TO BOOK YOUR PLACE

*You are invited to join us for high tea*

AT THE WINDRUSH MILLENNIUM CENTRE  
70 ALEXANDRA ROAD, M16 7WD

**Thursday 13th February 2025**  
**1pm - 3:00pm**

## CARERS HIGH TEA

On Thursday 13th February, CMC will be holding a Carers High Tea Event at the Windrush Centre.

Take time to look after yourself and have a relaxing afternoon tea with us!

If you are a carer and would like to join, please contact **cmcevents@accg.org** or call **0161 226 9562**.



## New Carers Card...



## CARERS CARDS

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](mailto:admin@carersmanchester.org.uk)



## PARENT CARERS SUPPORT

The aim of the January Parent Carer Gathering in the month of January was exploring Self Care. The carers discussed:

- What is self-care?
- What gets in the way of self-care?
- How can I improve my self-care? and they made a self-care plan.

The next Parent Carers Gathering will be on Tuesday 25th February at 11am the focus will be Window of Tolerance.



# 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.**

## 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.



**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

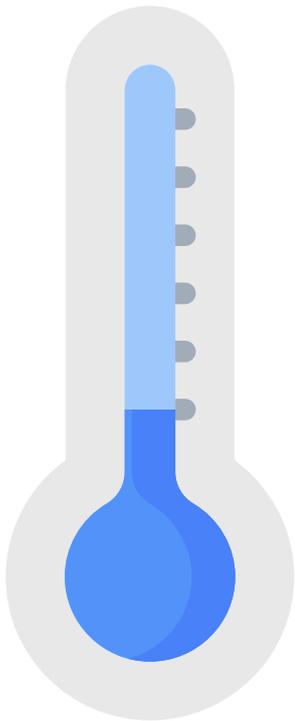
### Special Rules for Mixed-Aged Couples:

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



## 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!**

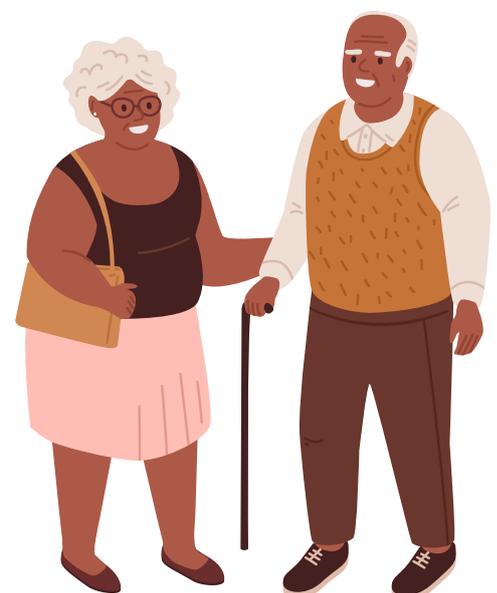


We are sadly saying farewell to Rotami (Wellbeing Worker) who has been with the ACCG for almost a year.

Thank you for everything, we wish you the best for the future.

Dires and Alka (Student Social Workers) and Rose (Placement Student)

We wish you all the best for the future!



# 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



<b>Office Hours</b>	<b>Lunch Club</b>	<b>Community Grocer &amp; Charity Shop</b>	<b>Social Members</b>
<b>9am – 4.30pm</b>	<b>12pm – 1.30pm</b>	<b>10am – 3pm</b>	<b>10.30am – 3pm</b>
Monday to Friday	Tuesday, Thursday & Friday	Monday to Friday	Tuesday, Thursday & Friday

MON 3rd Feb	TUE 4th Feb	WEDS 5th Feb	THUR 6th Feb	FRI 7th Feb
11am Hulme Carers' Forum	2pm Bingo			9.30am Digital Lounge 11.30am Creative Arts Workshop
	 		  	 
MON 10th Feb	TUES 11th Feb	WEDS 12th Feb	THUR 13th Feb	FRI 14th Feb
11am Dementia Carer Course	2pm Bingo	10.30am CMC Ceramics Workshop	2pm Board Games	11am Sharing Stories 11.30am Creative Arts Workshop
	  		  	 
MON 17th Feb	TUES 18th Feb	WEDS 19th Feb	THUR 20th Feb	FRI 21st Feb
11am Gortons Carers' Forum 11am Dementia Carer Course	2pm Private and Occupational Pension Presentation	9.30am CMC Carers Walk		11.30am Creative Arts Workshop
	  		  	 
MON 24th Feb	TUES 25th Feb	WEDS 26th Feb	THUR 27th Feb	FRI 28th Feb
11am Gortons Carers' Forum 11am Dementia Carer Course	1.30pm Diabetes Forum	10.30am CMC Ceramics Workshop		11.30am Creative Arts Workshop
	  		  	 

## 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 Cognitive Stimulation Activities  
2 till 3pm



**Word Search**

**Ice Cream Flavors**

C	A	S	A	H	O	K	E	Y	P	O	K	E	Y
O	T	E	T	N	U	T	A	E	E	I	C	S	T
T	B	C	C	R	T	C	O	O	C	A	N	K	A
T	U	O	H	A	A	U	E	T	A	R	S	C	Y
O	N	O	O	E	T	W	A	A	N	U	L	A	C
N	E	K	C	T	U	O	B	T	C	I	N	R	V
C	O	I	O	N	E	O	T	E	A	T	L	T	A
A	P	E	L	E	A	R	O	T	R	Y	R	E	N
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E	A	H	T	U	N	O	C	O	C	I	A	O	N
L	N	N	N	T	D	A	O	R	Y	K	C	O	R

- COCONUT
- STRAWBERRY
- VANILLA
- FUDGE
- ROCKY ROAD
- COOKIE DOUGH
- NEOPOLITAN
- COTTON CANDY
- HOKEY POKEY
- CHOCOLATE
- MOOSE TRACKS
- GREEN TEA
- TIGER TAIL
- PECAN
- REESES
- BANANA

**Sudoku**

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

