



# March 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)







## Dementia Carer Course

The course covered understanding dementia, communication techniques, person-centred care, caregiving skills, coping strategies for carers, and future planning, empowering carers to provide better support for individuals with dementia.

## Carers Ceramic Workshop

During February, the first session of the Carers Ceramics Workshop started. The carers began to learn new techniques with clay, the carers also made their first and second piece of artwork and even managed to get them painted!



## Hulme Carer Forum

Every first Monday of the month, ACCG holds a carers forum in Hulme, at the Claremont Centre. Come along for a casual coffee morning and catch up with other carers.

Our next Hulme Forum on Monday 3rd March at 11am.

## Gorton Carer Forum

Every third Monday of the month, ACCG holds a carers forum in Gorton at the Gorton Monastery. Come along for a casual coffee morning and to catch up with other carers.

Our next Gorton Forum is on Monday 17th February 2025 at 11am.



## Cognitive Stimulation Activities

During ACCG cognitive stimulation activities, we provided orientation training to enhance participants' time and place awareness, short-term memory, focus, recall, and communication skills. Activities were delivered in a fun, supportive environment, participants' mental well-being, confidence, and social connection were promoted



## Cookery Demonstration

A baking demonstration took place for service users accessing ACCG, showing how to prepare a Banana Carrot cake and Coconut Snowballs. A step-by-step procedure was demonstrated, and the service users were able to try the baked and prepared samples.

As we welcome the vibrant month of March, we're thrilled to share some exciting updates and events with our community.

March is all about growth, renewal, and taking steps towards better health, and at ACCG, we're committed to supporting every one of you in this journey.

This month, we are hosting a variety of health workshops and fitness activities, including:

## Dementia Cafe

13th of March 2025 2:00pm-  
3:00pm

Dr. Carol Sampson from INSNEURO will attend the ACCG March Dementia Cafe to discuss "Brain Fog", offering tips and knowledge to help manage cognitive and psychological challenges from long-term health conditions.



## Carers Walk to Mam Tor

On Wednesday 26th March at 9:30am we will be hosting our carers walk to Mam Tor, this is a great way for carers to get out of the house, meet other carers and to improve your physical and mental health. For more information, or to book on the walk, please contact [cmc@accg.org.uk](mailto:cmc@accg.org.uk).



## Prioritising Your Health: A Path to Empowerment and Wellness

At ACCG, we believe that good health is the cornerstone of a vibrant, thriving life. Your health is not just a personal asset; it's the foundation for a better quality of life for you and your loved ones. It is vital to take proactive steps towards improving and maintaining your well-being.

Small, consistent changes in your lifestyle and diet can make a significant difference. Incorporating regular physical activity, such as walking, dancing, or yoga, can boost both physical and mental health.



Mental health is just as important as physical health. It's essential to take time to care for your mind, reduce stress, and seek support when needed. ACCG provides resources and support networks to help you on your wellness journey, ensuring you're never alone in your quest for better health.

Taking charge of your health empowers you to live a longer, healthier life, and that's the greatest gift you can give yourself and your family. Let's continue to support one another in building stronger, healthier communities.

**Join us** on Tuesdays for **Tai Chi** classes, and on Thursdays for **Fitness with Dorretta**. It's all chair-based. Your health is your wealth - invest in it today for a brighter tomorrow!

## Did you know that you are able join a diabetes education program if you are diagnosed with type 2 Diabetes?



### Your Legal rights when you have Diabetes:

- **Free prescriptions** – If you take medication for your diabetes, you do not have to pay for it. You have a legal right to free prescriptions for diabetes medication
- **Claiming Benefits** – this includes Personal Independence Payments for adults
- **Getting blood glucose test strips** – If your test strips are being restricted to a certain number on prescription, you contact your GP to find out why
- **Getting diabetes tech** – If you use insulin to manage your diabetes, find out if you qualify on the NHS for a CGM, Flash glucose monitor or – if you have type 1 diabetes – an insulin pump.
- **Driving & Diabetes** – If you drive, having diabetes doesn't automatically mean you can't anymore.

Joining the Diabetic education program will help you manage your sugar levels, prevent complications (such as heart disease, blindness and amputations), and improve your well-being.



Complete the survey below if you care for someone or are living with type 2 diabetes



# Tell us about your diabetes support



When someone is newly diagnosed with type 2 diabetes they should be offered a series of face-to-face education sessions, to help them manage their condition.

We want to hear if you were invited and attended these sessions, and if so, what you thought of them. We would also like to hear from you if you chose not to attend, so we can design future sessions that better suit your needs

There are several ways you can share your views;

- Complete a survey by scanning the QR code or visit our webpage [www.gmintegratedcare.org.uk/education-for-your-diabetes](http://www.gmintegratedcare.org.uk/education-for-your-diabetes)
- Send us an email: [gmhscp.engagement@nhs.net](mailto:gmhscp.engagement@nhs.net)
- Send us a message or BSL video via WhatsApp on **07786 673762**.
- You can also attend one of our discussion groups, which you can sign up to on our website.



For more information or any questions, please contact the team.

**You have until 2 March 2025 to share your views**

**Get involved**

**NHS**

Greater Manchester



# STAY AHEAD

## Start with a Free Health Check

### What is an NHS Health Check?

A Free NHS Health Check is a quick and simple way to find out your risk of developing:  
**Heart Disease, Stroke, Type 2 Diabetes and Kidney Disease.**

If you take one of our checks, you'll receive:

- Body Mass Index (BMI)
- Blood Pressure
- Cholesterol Levels
- Alcohol Use Score
- Physical Activity Assessment
- Diabetes Risk Assessment



Book your FREE health check today! Register in QR code.

Contact us to sign up: Schola at [scholastic@cahn.org.uk](mailto:scholastic@cahn.org.uk) or 07748 675814





**NHS**

Manchester University  
NHS Foundation Trust

# Patient Services Needs You



SCAN ME



Information Pack

The Group Patient Experience Team wants people like you to be a part of a new group called **Bee Involved**

Have you been a patient at Manchester University NHS Foundation Trust or do you know someone who has?

Do you want to **help us improve** how we do things?

Can you come to at least **3 sessions a year**?

**You do not need any expert knowledge of healthcare**

We can help with **travel costs.**

Speak to us to find out more.

If you would like to Bee Involved please contact: **0161 701 0149** or **beeinvolved@mft.nhs.uk**





## Managing Menopause

Menopause is a significant life change, but with the right tools and support, it's possible to manage symptoms and continue living a fulfilling life. While it is a normal part of aging, the symptoms can sometimes be overwhelming.

**Join ACMHS for this event on Menopause & managing its symptoms**

**AFRICAN AND CARIBBEAN MENTAL HEALTH SERVICES - MANCHESTER**

# Menopause High Tea

**Employers should give you time off to attend.**

**Reserve your place now!**  
**0161 226 9562**


**Are you going through the menopause?**  
**Is it affecting your work? Would you like to meet others going through the same and learn how to better manage symptoms?**

**Friday 14/03/2025**  
**2pm - 4:30pm**

**The Windrush Millennium Centre,**  
**70 Alexandra Rd, M16 7WD**

**Q&A with Dr Sujata Gupta**  
Consultant Gynaecologist  
St Mary's Hospital, Manchester  
Accredited Menopause  
and Endometriosis specialist

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.



**Stewed Fish with Rice and Peas, served with Roasted Vegetables**

**Meal 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 | Pureed 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.



## Living Well with Dementia



Coping with memory loss and slower thinking can be distressing, but there are practical strategies that can help manage these challenges.

Establishing a regular routine can provide structure and reduce confusion, while displaying a weekly timetable in a visible spot, such as on the kitchen wall or fridge, can help you plan activities for times when you feel most alert, like in the mornings. Keeping essentials, such as keys, in an obvious place—like a large bowl in the hallway—can also be helpful.

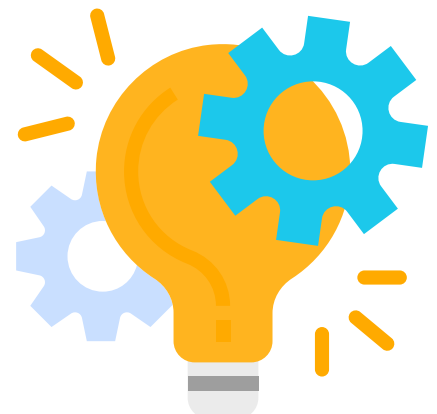
Additionally, having a list of important contacts, including emergency numbers, by the phone ensures quick access when needed. Setting up direct debits for regular bills can prevent missed payments, and using a pill organiser (dosette box) can help you remember when to take your medications, with assistance available from your pharmacist if needed.

## Need extra help and support for people with Dementia

As the condition progresses, however, people with dementia may need extra help with daily tasks such as housework, shopping, and cooking. Recognizing when additional support is needed can help maintain quality of life and ease the challenges of daily living.

The first step to accessing this support is to apply for a needs assessment from the adult social services department of your local council. This assessment helps identify areas where assistance could be beneficial.

It's best to apply soon after receiving a diagnosis, as the assessment can highlight support options you might not have considered.





## Sight Loss and Dementia

Around 250,000 people with dementia in the UK experience sight loss. This can be caused by eye conditions like cataracts, other health issues such as stroke, natural ageing of the eyes, or the effects of dementia itself. In some cases, dementia can cause visual difficulties due to changes in the brain, even if the eyes remain healthy.

If you have dementia, signs of sight loss may include difficulty reading, recognising people, coping with bright or low light, finding things, avoiding obstacles, locating food on your plate, or seeing clearly with your current glasses. Noticing these changes early can help you get the support needed to maintain your quality of life.



## Dementia-Friendly Home Environment

To make a home dementia-friendly, focus on creating a safe, comfortable, and supportive environment.

Start by applying for a needs assessment from your local council to identify necessary adjustments, such as grab rails. Improve lighting to reduce confusion and fall risks by maximizing natural light and using automatic sensors. Minimize background noise with soft furnishings and avoid rugs or shiny floors to prevent trips. Use contrasting colors for walls, furniture, and signs to aid recognition, and cover mirrors if reflections cause distress. Labels, assistive technology, and clear signage can help with navigation. Safe outdoor spaces can also promote well-being and engagement.





## 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*

# 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



## Carers High Tea

During February we held a Carers High Tea event, this was a event for the carers to get together and have a fun, relaxing event. The carers were served yummy sandwiches, teas, coffees and delicious cakes.

The carers also participated in a game of bingo and the winner won a £25 gift voucher.

For more information about our carers support service, please contact [cmc@accg.org.uk](mailto:cmc@accg.org.uk)



## Parent Carers Support

We had our Parent Carers Forum on Tuesday 25th Feb where we explored the topic of "Window of Tolerance". This was a great opportunity to bring awareness to those things that help keep us in that relaxed space where our minds are calm and we feel in control. We had a chat about our experiences, what works for us and what can push us into a state of stress or overwhelm, to help better recognise the signs and stay in our window of tolerance.



Next month we'll be thinking about what we want for the future and helping set our goals by creating vision boards.



## Together We Can Support for Women 65 and Over

Are you struggling to understand your UK State Pension? Help is available! You can receive guidance and assistance to navigate the system.

### What is State Pension?

The State Pension is a regular government payment for those who have reached State Pension age. Your National Insurance (NI) record determines how much you receive.

- Must have at least 10 qualifying years on your NI record.



### How to Apply:

- Call the DWP Pension Service line at: 08007310469
- Apply online: [www.gov.uk/state-pension](http://www.gov.uk/state-pension)
- Call African Caribbean Care Group at 0161 226 6334
- Contact Independent Age Helpline at 0800 319 6789

- If applying online, you'll need an invitation code from the government.
- Haven't received one? Request it if you're within 3 months of reaching State Pension age.

### Information You Will Need

- National Insurance number
- Marriage, civil partnership, or divorce dates
- Time spent living/working abroad
- Bank details & social security numbers (if applicable)

## ACCG welcomes new members to the team



### **Victoria Ekaette** **Community Connector**

We are excited to welcome Victoria Ekaette as our new Community Connector. In her role, Victoria will be responsible for fostering strong community relationships, connecting individuals with vital resources, and supporting outreach efforts to ensure our services are accessible to those in need. We look forward to the positive impact she will make within our community!

### **Aisha Masood** **Wellbeing Volunteer**

We are pleased to have Aisha Masood as a volunteer with the ACCG. Aisha provides essential day care and befriending services and is available every Tuesday from 11:30 am to 3:00 pm. Her support is invaluable to our community. We are thankful for her dedication.

### **Ornela Karafili** **Placement Student**

We are delighted to introduce Ornela Karafili, a student from Global Banking School who is currently pursuing her HND. Ornela supports our day care and befriending services. She is available every Tuesdays and Fridays. We are grateful for her contributions!

### **Simone Walker** **Counselling Volunteer**

We are delighted to welcome Simone Walker as one of our new volunteers at the ACCG. Simone offers professional counselling services to our members and is available every Wednesday from 9:00 am to 1:30 pm. Her support aims to provide emotional well-being and guidance to individuals in need within our community. We are grateful to have her on board!

### **Tatiana Pereira** **Wellbeing Volunteer**

We are pleased to introduce Tatiana Pereira as one of our new volunteers at ACCG. Tatiana offers a variety of services, including hair care, befriending, and day care support. Her contributions are greatly appreciated as she helps enhance the well-being and comfort of our community members. We're thrilled to have her as part of our team!

### **Mary Osinuga** **Placement Student**

We are pleased to introduce Mary Osinuga, a Master's student from Manchester Metropolitan University (MMU), who is currently completing a 90-day placement with us. During her time here, Mary has been actively involved in supporting our day services, assisting with administrative tasks, and providing valuable welfare and benefits support to our community.





# 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; Second Selects Clothing Store 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 Mar	TUE 4th Mar	WEDS 5th Mar	THUR 6th Mar	FRI 7th Mar
<b>11am</b> Hulme Carers' Forum <b>11am</b> Dementia Carer Course	<b>11am</b> Tai Chi <b>2pm</b> Bingo	<b>10.30am</b> CMC Ceramics Workshop	<b>11am</b> Fitness with Dorretta	<b>11.30am</b> Creative Arts Workshop
  	  		 	  
MON 10th Mar	TUES 11th Mar	WEDS 12th Mar	THUR 13th Mar	FRI 14th Mar
	<b>11am</b> Tai Chi <b>2pm</b> Bingo	<b>10.30am</b> CMC Ceramics Workshop	<b>11am</b> Fitness with Dorretta <b>2pm</b> Dementia Café	<b>11.30am</b> Creative Arts Workshop
	  		 	  
MON 17th Mar	TUES 18th Mar	WEDS 19th Mar	THUR 20th Mar	FRI 21st Mar
<b>11am</b> Gortons Carers' Forum	<b>11am</b> Tai Chi	<b>10.30am</b> CMC Ceramics Workshop	<b>11am</b> Fitness with Dorretta	<b>11.30am</b> Creative Arts Workshop
	  		 	  
MON 24th Mar	TUES 25th Mar	WEDS 26th Mar	THUR 27th Mar	FRI 28th Mar
	<b>11am</b> Tai Chi <b>11am</b> Parent Carer Gathering <b>2pm</b> Diabetes Forum	<b>9.30am</b> CMC Carers Walk	<b>11am</b> Fitness with Dorretta	<b>11.30am</b> Creative Arts Workshop
	  		 	  
MON 31st Mar				

## 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

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



**Word Search**

N Q F I P F S D R I B L S B F Z R  
 J V P X X O X S B G P I S R E P S  
 T D X M R A W S N P T R R F S Q E  
 N M Z B G T E A E O Z P E N J M O  
 Y D B M P G A R N I X A W A J E U  
 G S Y C T X S G I U R V O T N V V  
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SPRING  
 MAY  
 GREEN  
 WARM  
 UMBRELLA



MARCH  
 FLOWERS  
 GRASS  
 SHOWERS  
 EASTER



APRIL  
 BASEBALL  
 SUNSHINE  
 RAIN  
 BIRDS



**Sudoku**

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

