



# May 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)



ACCG was bustling with impactful events in April, from Carers Walks to vital Community collaborations. 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.



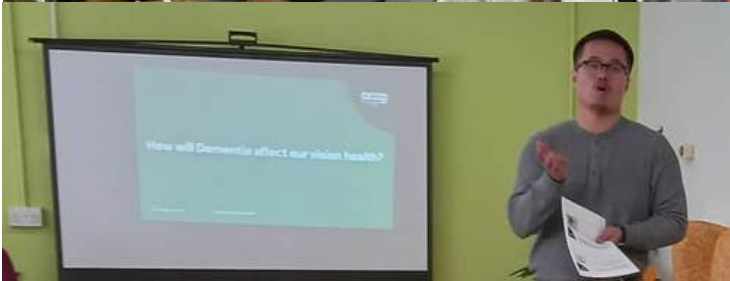
## CARERS WALK

CMC choose the most beautiful day for a walk tot Chorlton EE's



## ANGELS OF HOPE

CMC and ACCG Welfare rights delivered a presentation on Carers Support and Welfare Benefits



## DEMENTIA CAFE

With a focus on Vision health, and tips to how people with dementia can enhance safety in their home enviroment



## CARERS EASTER EVENT

An action packed easter event with interactive games, hot cross buns and easter egg prizes.

In April we said Goodbye to Mary (Student Social Worker), who successfully completed her 90 day placement and Duru (Volunteer) who has been incredibly supportive within Day Care supporting the older community.

We wish you both the best for the future!





This May, 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:

## CARERS DRUMMING CIRCLE

On the 16<sup>th</sup> May and 20<sup>th</sup> of June we will be holding a Drumming Circle brought to you by Drum Therapy Collective.



## CARERS WALK - GOYT VALLEY

Wednesday 30<sup>th</sup> May at 10:00am we will be having our next Carers Walk to Goyt Valley



## DEMENTIA ACTION WEEK

19<sup>th</sup> May to 23<sup>rd</sup> May, we are going to offer screening test awareness sessions to promote early detection and support to empower dementia care.



## PARENT CARER GATHERING

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





Providing culturally appropriate care services to older African Caribbean adults and adults with Disabilities, Dementia and other Long Term Health Conditions.

Family members and Carers can rest assured knowing that their loved one is being supported by trained professionals in an engaging and stimulating environment.

The ACCG offers a range of personalised care packages ensuring that an individuals' social care needs are met in a way that suits them. We offer a wide range of activities delivered by our expert and experienced staff, who bring a can-do attitude to everything they do.

We are so delighted to have welcomed the Halle Orchestra and Race Foundation in April providing an person centred musical performance and research study to the older community

## HALLÉ

### Halle Orchestra

The Halle Orchestra attended the Day Centre in April to play music to service users. Music sessions are important as they can be enjoyed by all, regardless of ability or cognition. Music has a profound impact on those with dementia, often evoking emotions and memories and helping people to connect with their past. Music also has a therapeutic effect, and can improve the mood of people with Dementia.

### Race Foundation Research Study

ACCG service users took part in a research project with the Race Equality Foundation, who are working with the Centre for Ageing Better to support the design of an anti-racist home improvement service and to share their views and experiences of housing issues and improvement services. It is important to the ACCG that the community that we support are consulted and included in research projects that will benefit or affect them.





ACCG's menu is expanding! You can now purchase Jerk Chicken Splits within the Centre every Tuesday. Come along and try this delicious new addition to the menu.

Also, once again, the ACCG have received a **5 Star Hygiene Rating** by the Food Standards Agency



*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

### Takeaway

### Delivered Meals

Served at Claremont Centre on Tuesday, Thursday & Friday at 12pm  
Collect from Claremont Centre, Monday to Friday between 12 and 3pm

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




## ACES DIVERSITY QUALITATIVE STUDY SUMMARY

The ACCG have been supporting a University of Manchester research project. We helped a research team hold focus group discussions at our centre. The research project was called **ACES Diversity**.

ACES Diversity asked those who have been invited or will be invited to the NHS Cervical Screening Programme about their thoughts on the Programme. Those who took part were shown two new possible self-sampling tests (a self-swab and a urine test) for cervical screening and a video of how to complete them.

They were then asked to talk about what they think about the self-sampling tests. A total of 48 women took part in a focus group across Greater Manchester.

Below is a summary of their views.



Less invasive tests like urine sampling were viewed as especially important for South Asian and African communities for cultural reasons

Women wanted evidence that self-sampling tests are as accurate as the current cervical screening test.

Women thought it would remove a lot of barriers for people who do not currently go to cervical screening when invited.

Self-sampling tests would be less embarrassing, less painful and offers more privacy than the current screening test (where a speculum is used).

Overall, women viewed self-sampling (a self-swab and urine test) positively.

The self-swab test may not be something that all women would use due to some thinking it is still invasive and difficult to use.

They would also take up less time than having to make a screening appointment with a health professional and could be completed at home.

Some women did feel that self-sampling tests might not be useful if the test result is positive, and a follow up test is needed anyway.

The research team are very grateful to everyone who took part and if you would like more information please email them at [acesdiversity@manchester.ac.uk](mailto:acesdiversity@manchester.ac.uk)

## NEW ACES STUDY

ACES would also like to take this opportunity to introduce our project that implements the two self-sampling methods in real life – ACES Choice.

This study is open to all who have missed or delayed their smear test for 6 months or more and would like to try out one of the two self-sampling methods for HPV testing.

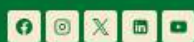
Participants will be given their test results and their GP will be notified of their results. However, their data in the national screening system will not be updated.

This means that they will receive their reminder letters for conventional screening as usual. If you are interested in getting involved, please visit our website to request a kit: <https://sites.manchester.ac.uk/aces-choice/>

If you have any queries about this study, please feel free to email us at [aces@manchester.ac.uk](mailto:aces@manchester.ac.uk)



For more information on Health Projects – Visit the new ACCG Website on [www.accg.org.uk](http://www.accg.org.uk)



TEL: 0161 226 6334 Mon – Fri: 9AM – 4:30PM

ACCG Community Venue Hire

Community Grocers  
& Clothes Store

BECOME A MEMBER



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English

# Connecting Communities, Caring for All





Through our the Summer months, the ACCG will be hosting a series of Day trips with the first being to the Liverpool Docks. If you are interested in hearing more about this or future trips, contact the office on **0161 226 6334**



## Liverpool Docks Trip

Wednesday 18th June 2025  
9am to 5pm

**Members Price: £21, Non Members £25**  
Departure & Return at Claremont Centre, 2 Jarvis Road, M15 5FS







We are incredibly grateful to **Booking.com** and **B.Bold** for their generous volunteering support to regenerate the Claremont Gardens as part of the Community Garden Week.

Despite the challenging weather, their commitment and contributions have helped us transform our garden into a beautiful and welcoming space for the community.







Angels of Hope is a Black Women's Empowerment Group based in Gorton. Known for being friendly, people-focused, and committed to supporting women in the community, it has been a pleasure working with you. We at ACCG are excited about our continued collaboration.

## **Mondays- Aqua Angels**

*1145 AM - 1230 PM*

*Local Leisure Centre*

Join Our Women-Only Swimming Classes for Ages 22 and Up  
Build your confidence in the water within a friendly and supportive atmosphere. Please note that booking is necessary, and spaces are limited. We also offer a self-funding option. These sessions will enhance both your physical and mental well-being.  
Classes begin on October 14th and run for 10 weeks.

*Further information email : [khumbolanga@angelsofhope.co.uk](mailto:khumbolanga@angelsofhope.co.uk)*

## *Learn to Swim - Women Only Classes*

**For Women Aged 22+**

**Gain confidence in the water in a supportive and fun environment**



## **Tuesdays- Volunteer Training**

*Times Confirmed on Booking*

*Gorton Central, High mead Street M18 8PE*

For anyone interested in volunteering in our organisation.

Volunteering with Us can:  
Boost personal well-being;  
Foster skills development;  
Strengthen social connections;  
Enhance your sense of purpose- and  
Offer potential career advancement

*Registration is required,*

*For further information contact: +447435723028 / +447442608522*

## **Friday- Coffee Morning**

*1030 AM - 1230 PM*

*Gorton Central, Highmead Street M18 8PE*

A welcoming and safe space where community members can gather, enjoy a cuppa! engage in conversations, and relax. It provides networking opportunities in a culturally relevant setting. Discover the various services available within your community. This initiative seeks to create a supportive environment for individuals facing isolation, aiming to enhance their mental well-being through social interaction in a culturally sensitive atmosphere.

*For further information contact: +447435723028 / +447442608522*

## **Wednesday- Community Walk**

*1000 AM - 1100 AM*

*Meeting Point Gorton Central.*

Wellness walks are organized for our community members with the assistance of dedicated volunteers. These volunteers engage in outreach by visiting different locations within the community. Their activities encompass conducting surveys, setting up information tables, and running door-to-door awareness campaigns. Each week brings new experiences, allowing us to better understand the needs of those around us.

*For further information contact: +447435723028 / +447442608522*

## **Thursday- Information Pop Up Desk**

*1300 PM - 1600 PM*

*HMHC Food Bank*

*Gorton Central, Highmead Street M18 8PE*

Join us at our Information Pop Up Desk set up at the HMHC Food Bank, where our dedicated team is here to help you tackle any challenges you may be facing. We provide guidance toward relevant services, all aimed at improving your mental well-being. Your journey to better support starts with us!

*For further information contact: +447435723028 / +447442608522*

## **Friday- Outreach Drop In**

*1330 PM*

*Gorton HUB, Garraat Way M18 8HE*

Whether you're seeking support for housing, employment, or mental health services, our friendly team is here to assist you. We also offer resources for educational opportunities and family support programs. Drop by to chat with our knowledgeable volunteers, who are always ready to listen and provide personalized advice. We believe in fostering a strong, supportive community where everyone feels valued and connected. Come visit us and discover how we can help make a positive difference in your life.

*For further information contact: +447435723028 / +447442608522*





# Dementia Action Week 2025

*"Early Detection, Empowering Care"*

## Cognitive Screening Day (MoCA Assessment)

Monday 19th, Wednesday 21st May 2025 10:00am – 3:00pm  
Claremont Centre, 2 Jarvis Road, M15 5FS

Provide free MoCA assessments by a certified rater to support early detection, raise awareness, and guide appropriate dementia care.

## Awareness Session: KOKU Lite Community Program Introduction

Tuesday 21st May 2025 2:00pm – 2:45pm  
Claremont Centre, 2 Jarvis Road, M15 5FS

Dr. Jaheeda Gangannagaripalli from the University of Manchester will introduce the KOKU Lite Community Program, explaining how the app supports dementia care, enhances independence, and reduces falls.

## Brain Fog & Early Detection of Cognitive Changes

Thursday 22nd May 2025 2:00pm – 3:00pm  
Claremont Centre, 2 Jarvis Road, M15 5FS

Dr. Carol Sampson from INS Neuro will provide insights on Brain Fog and Early Detection of Cognitive Changes, emphasising identification, impact, and proactive care strategies.

## Cognitive Stimulation Group

Friday 23rd May 2025 2:00pm – 3:00pm  
Claremont Centre, 2 Jarvis Road, M15 5FS

ACCG dementia advisor will facilitate the Cognitive Stimulation Group, offering engaging activities to improve memory, thinking, and overall cognitive function for people living with cognitive impairment and dememntia.

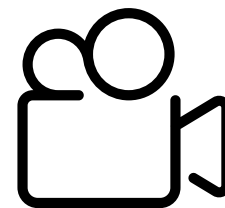
If you are interested in any of these events, please use the following contact details to book:

+44 (0) 161 226 6334  
+44 (0) 7398 414067  
dementia@accg.org.uk  
www.accg.org.uk  
Claremont Centre,  
2 Jarvis Road, M15 5FS



@AfricanCaribbeanCareGroup  
@ACCGManchester  
@accgmanchester  
@accgmanchester

## CHANNEL 5 DOCUMENTARY: WILL YOU GET DEMENTIA?



“Will You Get Dementia?” is a Channel 5 documentary exploring the rising rates of dementia in the UK. Presented by Dr. Claire Taylor, it follows real-life stories of individuals diagnosed with dementia, including early-onset cases. The film highlights common symptoms, emotional challenges, and the significant impact on families. Experts from the UK Dementia Research Institute share insights into current research, risk factors, and prevention strategies. The documentary aims to raise awareness, promote early diagnosis, and encourage conversations about dementia, ultimately calling for greater support and understanding for those affected by this life-changing condition.

**Source:** <https://www.channel5.com/show/will-you-get-dementia>

## LISTEN TO THE LIVED EXPERIENCE OF PEOPLE LIVING WITH DEMENTIA



Dementia Diaries, a unique project where people living with dementia share their personal stories through audio diaries. These recordings provide a rare and authentic insight into their daily lives, challenges, and emotions, giving voice to individuals who are often overlooked in conversations about dementia. Listening to these real-life experiences helps raise awareness and offers a deeper understanding of what it's like to live with dementia. Whether you're living with dementia or supporting someone who is, these stories create a sense of connection and understanding. You can explore these powerful stories at [Dementia Diaries](#), where you'll find a range of experiences that are both insightful and inspiring.

**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 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

## Carers Easter Event



On Wednesday 16<sup>th</sup> April CMC held an Easter Event for our wonderful carers. We enjoyed some fun games and activities including an Easter Quiz, crosswords, bingo and figured out some anagrams.

The winners received a delicious chocolatey treat and we shared Hot Cross Buns and mini chocolate eggs as refreshments.

We hope everybody had a lovely Easter!



## Carers' Wellbeing Videos Available



Our online videos for carers have been released again this month. This is a resource which allows our carers to access wellbeing resources in the comfort of their own home. This month's video is all about the Window of Tolerance, which is the best emotional "zone" we can be in to help us function well, where we feel calm, present and emotionally regulated. This is particularly important for our carers who do such an important yet often stressful job.



If you're a carer and would like to sign up to access these videos, just get in touch.



## Carers Hospital Discharge Project

ACCG is proud to be supporting the Manchester Central locality as part of the Accelerating Reform Fund (ARF) Carers Hospital Discharge Project —an exciting national initiative aimed at transforming social care services to better meet the needs of local communities.

As part of this work, ACCG will be based weekly at Manchester Royal Infirmary to enhance the support available to carers when their loved ones are preparing to leave hospital. By working alongside hospital teams, we aim to ensure carers are recognised, listened to, and offered the right information and assistance at the right time.



## Carers Walk – Chorlton Ees



On Wednesday 30<sup>th</sup> April we had a Carers Walk around the lovely Chorlton Ees.

We are grateful for the opportunity to offer these walks to carers as it is important for physical and mental health.

Our next carers walk will be to Goyt Valley on Wednesday 28<sup>th</sup> May at 10am, please contact [cmc@accg.org.uk](mailto:cmc@accg.org.uk).



## Together We Can Support for Women 65 and Over

ACCG offers support with **Housing Benefit** Helps low-income pensioners cover rent payments.

### To qualify:

- You must be on a low income.
- Have savings below £16,000 (unless you receive Pension Credit).
- The amount awarded depends on your rent, income, and household circumstances.
- Not available to those claiming Universal Credit.

### Information You Will Need to Apply



- Your National Insurance number
- Your address and contact details
- Proof of residency, such as a utility bill
- Income details for yourself and your partner
- A tenancy agreement
- Rent statements or receipts
- Landlord's name and contact details
- Details of any adults or dependents.
- Income information for any non-dependents (such as adult children) who live with you
- Apply online: [www.gov.uk/housing-benefit](http://www.gov.uk/housing-benefit)

**DON'T  
MISS OUT!**







# 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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welfare@accg.org.uk  
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Claremont Centre,  
2 Jarvis Road, M15 5FS

 @AfricanCaribbeanCareGroup  
 @ACCGManchester  
 @accgmanchester  
 @accgmanchester

BE PART OF THE ACCG FAMILY

# 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



## 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**

Visit our new website to learn more about the activities and events happening in May 2025.

<https://accg.org.uk/whats-on/>



TEL: 0161 226 6334 Mon – Fri: 9AM – 4:30PM




**accg**  
active care group


Home Services and Support Information and Advice What's On Opportunities Contact Us English

ACCG Community Venue Hire Community Grocers & Clothes Store

BECOME A MEMBER

Donate






**Tai Chi**

TIME: 11.00am to 12.00pm  
DATE: Tuesday  
LOCATION: Day Room  
Free For Members


**DESCRIPTION:**  
Our Tai Chi exercise class is designed to enhance your overall well-being by focusing on increasing joint mobility, strengthening muscle groups, and improving posture and breathing. This gentle yet effective form of exercise is suitable for all ages and fitness levels.



**Gardening Club**

TIME: 2.00pm – 3.00pm  
DATE: Tuesdays  
LOCATION: Claremont Gardens


**DESCRIPTION:**  
Join us to explore the beauty of nature within the Claremont Gardens, where we foster a sense of community and connection with the environment.



**Arts and Crafts**

TIME: 11:30am – 12:30pm  
DATE: Friday  
LOCATION: Day Room

**DESCRIPTION:**  
Join us for an engaging and hands-on fine arts craft class designed to ignite your creativity and enhance your dexterity. This instructor-led class will guide you through various forms of art, including printmaking, painting, textiles, and pottery. Whether you're a beginner or an experienced artist, you are welcome.



**Fitness with Doretta**

TIME: 11.00am – 12.00pm  
DATE: Thursday  
LOCATION: Day Room

**DESCRIPTION:**  
Fitness with Doretta is a high energy, upbeat fitness sensation, aimed at improving a persons physical strength, core stability and confidence for falls prevention and improving a persons wellbeing.

**Office Hours**

**9am – 4.30pm**  
Monday to Friday

**Lunch Club**

**12pm – 1.30pm**  
Tuesday, Thursday & Friday

**Community Grocer & Second Selects**

**10am – 3pm**  
Monday to Friday

**Social Members**

**10.30am – 3pm**  
Tuesday, Thursday & Friday

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



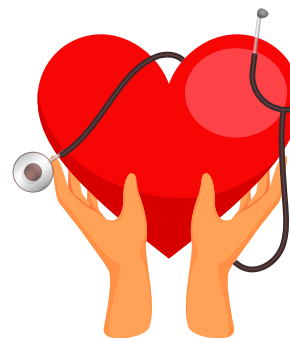
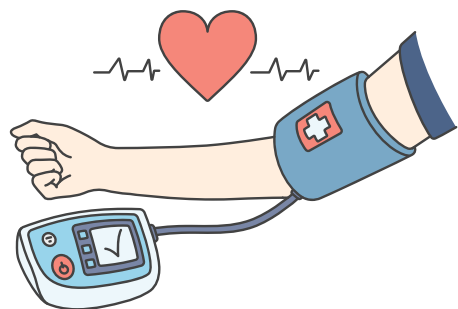


## Word Search

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

### Words to find:

Hypertension  
Blood Pressure  
Heart  
Artery  
Salt  
Stress  
Diet  
Exercise  
Medication  
Symptoms  
Diagnosis  
Treatment  
Prevention  
Lifestyle  
Risk



## Sudoku

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

