

# NEWSLETTER

## WHAT WE'VE BEEN UP TO...

### A FULL LIFE

Our "Living Life to the Full" sessions have come to an end, and two participants have completed all six sessions, earning a well-deserved certificate. These interactive sessions aim to empower individuals to embrace positivity, promote self-awareness, explore their own strengths, and plan for change. Congratulations to our participants!



If you're interested in joining us, please call us on **0161 226 6334** or text LLTTF to **07398 414 067**

### **BAND ON THE WALL** HEROES OF MANCHESTER



ACCG and Carers Manchester Central welcomed two of Manchester's most celebrated young musicians, Ellen Beth Abdi & Berry Blacc, to explore the music and heritage of Manchester's unsung musical heroes.



### SOME OTHER ACTIVITIES LAST MONTH...

- Patient Engagement session from North West Ambulance Service
- The Untold Orchestra music session
- Halle music sing-along
- Focus Groups researching accessibility of online consultation notes

## COMMUNITY NEWS

CARERS' WEEK - 5TH-9TH JUNE



Carers' Week is an annual event that takes place to celebrate and raise awareness of the hard work that carers put in to looking after a loved one, family member or friend. At Carers Manchester Central we have events on across the week from wellbeing to providing information to carers.

Please see next page for details about what's on, or contact [cmc@accg.org.uk](mailto:cmc@accg.org.uk) or **0161 226 6334**.

### WINDRUSH 75!

This month marks the 75th anniversary of the HMT Empire Windrush arriving in Britain on 22 June 1948, bringing with it over 800 passengers from the Caribbean to contribute and help shape the Britain we know today.

We'll be honouring it with a big bash here at Claremont Resource Centre with our ACCG members, full of music, storytelling, tasty food and more...

We'll also be joined by other local organisations to speak with attendees about the support they can provide. Not to be missed! See poster for more details!

Would you like to learn more about The Windrush? Follow the link!

<https://www.windrush75.org/>



# CARERS' WEEK TIMETABLE

## MONDAY 5TH JUNE

### -Hulme Carers' Forum

11am- 1pm

@ Claremont Resource  
Centre

### -FREE aromatherapy hand massage for carers

10:00am - 12:00pm

## TUESDAY 6TH JUNE

### -Tai Chi Sessions @

Claremont Resource  
Centre

11:00am -12pm

### -FREE aromatherapy hand massage for carers

10:00am - 12:00pm

## WEDNESDAY 7TH JUNE

### -FREE Carers' Massages

with our wonderful  
holistic therapist.

\*\*Limited Slots so  
please make sure to  
book!

9:30am - 4:00pm

## THURSDAY 8TH JUNE

### -Dementia Café

Theme: Early Onset  
Dementia

2:00pm- 3:00pm

@Claremont Resource  
Centre

### -Fitness Session

@ Claremont  
Resource Centre  
11:00am -12:00pm

## FRIDAY 9TH JUNE

### -Shared Reading

2:00pm-3:30pm

@Claremont Resource  
Centre

Poetry Reading and  
discussion

### -Aromatherapy Relaxation Session

2:00pm - 3:00PM

If you would like to book on for any of  
the events, please email  
[cmcevents@accg.org.uk](mailto:cmcevents@accg.org.uk)  
or call 07398414064



0161 226 6334 

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

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

Claremont Resource Centre, 2 Jarvis Road, Hulme, Manchester, M15 5FS 



OPEN DAY  
ALL WELCOME



75

# WINDRUSH

Join us to celebrate the 75th anniversary of HMT Empire Windrush arriving in Britain!

MUSIC

FOOD

STALLS

STORY-TELLING

& POETRY

*with Linford Sweeney and Deanne Heron*

TUESDAY 20TH JUNE 10.30AM-3.30PM  
CLAREMONT RESOURCE CENTRE

Get in touch if you'd like to come along and join the fun!



0161 226 6334

community@accg.org.uk

www.accg.org.uk

Claremont Resource Centre, 2 Jarvis Road, Hulme, Manchester, M15 5FS

Registered Charity No: 1028464 Company Limited by Guarantee No. 2802745

# COMMUNITY NEWS

## COMMUNITY DIAGNOSTIC CENTRES

ACCG are working with Manchester Foundation Trust to raise awareness of community diagnostic centres (CDCs), which are being built around Greater Manchester.

### The primary aims of the centres:



Improve health outcomes

Reduce health inequalities

Increase diagnostic capacity

Improve patient experience

Support better integrated care



We'll be holding community stalls and events to help spread the word about the centres.

If you'd like to know more about the CDCs, see the poster on the next page. You can also give us a call on **0161 226 6334**



# COMMUNITY DIAGNOSTIC CENTRES

Community diagnostic centres (CDCs) aim is to provide a broad range of diagnostics (including checks, scans and tests) away from acute facilities, so reducing pressure on hospitals, providing quicker access to tests and greater convenience to patients.

In many cases these will be able to be done in a one stop setting.

Eye Screening

Blood tests

X-Rays

Endoscopy

Referrals can be made through your GP

MRIs

CT scans

and more...

## CDC main sites:

- Withington Hospital
- Trafford General Hospital
- North Manchester (coming soon!)

with further sites to be identified in priority areas



0161 226 6334

community@accg.org.uk

www.accg.org.uk

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# Get the Treatment You Deserve

Members  
**20%**  
Discount

Whether you need a little pampering after a long day of work, or just want to try something new and interesting, ACCG services are designed with you in mind.

## Hours:

Tuesday and Wednesday 09.00 -16.00

- Pedicure
- Manicure
- Massage
- Facial
- Reflexology



# CLAREMONT FOOD BANK

Supporting the community with Ethnic & general foods

£3 for 15 items

OPEN MONDAY - FRIDAY 10AM - 3PM

REFERRALS WELCOME

ETHNIC FOODS

VOLUNTEERING OPPORTUNITIES

DONATIONS WELCOME



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0161 226 6334

admin@accg.org.uk

www.accg.org.uk

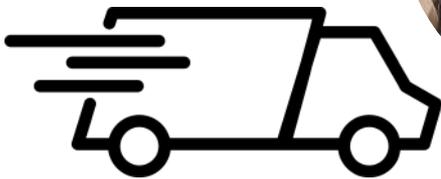
Claremont Resource Centre, 2 Jarvis Road, Hulme, Manchester, M15 5FS

Registered Charity No: 1028464 Company Limited by Guarantee No. 2802745

# MEAL SERVICES

As well as creating tasty Caribbean food for service users at our day centre, our kitchen team and drivers work hard to supply delivered meals door-to-door to those in need in the community.

## MEET THE TEAM!



## AFFORDABLE RATES

Our lunch, takeaway and delivered meals service is open to all! Food is freshly produced, locally sourced and prepared and cooked on site.

Made by local people for local people.

We offer affordable rates:

### ***At the centre***

Members - £5.50

Non-members - £6.60

Members take-away - £6

Non Members take-away - £7.10



### ***Delivered hot to your door***

£7.50

# INFORMATION & ADVICE

## EMPLOYMENT REFERRALS FOR WOMEN

*“Get the clothes, get the confidence, get the jobs” across Greater Manchester.*



### Smart Works

[HomePage - Manchester Smart Works](#)

If you'd like to be referred to Smart Works just contact us on 0161 226 6334 or email [advocacy@accg.org.uk](mailto:advocacy@accg.org.uk) and we'll help you get the support you need.

- Career Coaching session for unemployed women who are looking for work.
- Interview Styling session for unemployed women with a confirmed job interview, provides appropriate clothing, shoes and accessories (theirs to keep) for their job interview.
- Coaching 1:2:1 personalised interview preparation coaching session.

### ACCG SERVICES

- |   |  |  |
|---|--|--|
| <ul style="list-style-type: none"><li>• Holistic Therapies</li><li>• Carers Support</li><li>• Dementia Support</li><li>• Advocacy Support</li><li>• Information &amp; Advice</li><li>• Digital Lounge</li><li>• Personal Care &amp; Support</li></ul> | <ul style="list-style-type: none"><li>• Transport</li><li>• Wellbeing Activities</li><li>• Arts &amp; Craft Sessions</li><li>• Fitness Sessions</li><li>• Day Care Service</li><li>• Health Promotions</li><li>• Claremont Gardens</li></ul> | <ul style="list-style-type: none"><li>• Social Clubs</li><li>• Lunch Club</li><li>• Delivered Meals</li><li>• Cultural Events</li><li>• Food Bank</li><li>• Welfare Checks</li><li>• Trips</li></ul> |
|---|--|--|

**ALL  
COMMUNITIES  
WELCOME  
GET IN TOUCH  
WITH OUR  
FRIENDLY TEAM**

# HEALTH NEWS

## EARLY ONSET DEMENTIA

Early onset dementia, occurring before the age of 65, presents unique challenges. It affects approximately 10% of dementia cases, often caused by genetic mutations or other factors. Alzheimer's disease is the most common form, but other types can occur.



Management of early onset dementia includes medication, cognitive stimulation, and adaptations.



Understanding and support are crucial for individuals facing this condition. For more details, please see the poster on page 11.

## CANCER AWARE

We joined lots of other professionals at Answer Cancer's stakeholders' gathering last month. It was a great way to connect with other services and learn more about how to better support individuals in preventing cancer.



Accessing cancer screening can be lifesaving. If you'd like to know more about screening or the great work Answer Cancer do, check out their website <https://www.answercancergm.org.uk/>

# DEMENTIA CAFE

## EARLY ONSET DEMENTIA



### HAVE YOU HEARD ABOUT EARLY ONSET DEMENTIA BEFORE ?

1

Early onset dementia occurs before **the age of 65**, affecting approximately **5-10%** of dementia cases

2

Causes of early onset dementia can include **genetic mutations, head injuries, infections, strokes**, or certain medical conditions

3

Younger people with dementia are **less likely to have memory** loss as one of their first symptoms

4

**Open communication and understanding** can **help alleviate stress and anxiety** for the individual with early onset dementia



0161 226 6334



dementia@accg.org.uk



www.accg.org.uk



11  
Claremont Resource Centre, 2 Jarvis Road, Hulme, Manchester, M15 5FS



# EXPLORING CULTURE

POEM FOR JUNE - BY SHANEIL FINLAYSON-SMALL

*The birth month of the Gemini & Cancer (Twins and the Crab),*

*What comes to mind?*

*Not Astrologically attuned, June the bosom where  
honeysuckle and rose bloom,*

*Combined represents a romantic scene.*

*In union both are enriched with medicinal properties which  
can heal the ill.*

*From soothing inflammation, hypertension reduction to  
aromatherapy aiding sinus relief and relaxation.*

*The sun will shine a little brighter, as Mancunian pray for  
no rain.*

*The fathers who have fathered, in June, they, we shall  
celebrate.*

Do you have a favourite poem you'd like us to feature?  
Or maybe you or someone you know write poetry and would like to  
showcase your work here.

Send your poems or suggestions to [community2@accg.org.uk](mailto:community2@accg.org.uk)



## DATES FOR YOUR DIARY

<b>THUR 1 JUNE</b>	<b>11AM</b>	<b>FITNESS WITH DORRETTA</b>
	<b>2PM</b>	<b>THE UNTOLD ORCHESTRA</b>
<b>FRI 2 JUNE</b>	<b>2PM</b>	<b>AROMATHERAPY RELAXATION</b>
<b>MON 5 JUNE</b>	<b>11AM</b>	<b>HULME CARERS' FORUM</b>
<b>TUES 6 JUNE</b>	<b>11AM</b>	<b>TAI CHI</b>
	<b>2PM</b>	<b>LGBTQ DEMENTIA GROUP - ONLINE</b>
	<b>2PM</b>	<b>GARDENING CLUB</b>
<b>THUR 8 JUNE</b>	<b>11AM</b>	<b>FITNESS WITH DORRETTA</b>
	<b>2PM</b>	<b>DEMENTIA CAFE</b>
<b>FRI 9 JUNE</b>	<b>9.30AM</b>	<b>DIGITAL LOUNGE</b>
	<b>2PM</b>	<b>CARERS' SHARED READING</b>
	<b>2PM</b>	<b>AROMATHERAPY RELAXATION</b>
<b>TUES 13 JUNE</b>	<b>11AM</b>	<b>TAI CHI</b>
	<b>2PM</b>	<b>HALLE MUSIC SESSION</b>
	<b>2PM</b>	<b>GARDENING GROUP</b>
<b>THUR 15 JUNE</b>	<b>11AM</b>	<b>FITNESS WITH DORRETTA</b>
<b>FRI 16 JUNE</b>	<b>2PM</b>	<b>AROMATHERAPY RELAXATION</b>
<b>MON 19 JUNE</b>	<b>11AM</b>	<b>GORTON CARERS' FORUM</b>
<b>TUES 20 JUNE</b>	<b>10.30AM</b>	<b>WINDRUSH EVENT</b>
<b>THUR 22 JUNE</b>	<b>11AM</b>	<b>FITNESS WITH DORRETTA</b>
<b>FRI 23 JUNE</b>	<b>9.30AM</b>	<b>DIGITAL LOUNGE</b>
	<b>2PM</b>	<b>AROMATHERAPY RELAXATION</b>
<b>TUES 27 JUNE</b>	<b>11AM</b>	<b>TAI CHI</b>
	<b>1.30PM</b>	<b>DIABETES CLUB</b>
	<b>2PM</b>	<b>GARDENING CLUB</b>
<b>THUR 29 JUNE</b>	<b>11AM</b>	<b>FITNESS WITH DORRETTA</b>
<b>FRI 30 JUNE</b>	<b>11AM</b>	<b>SHARED READING GROUP</b>
	<b>2PM</b>	<b>AROMATHERAPY RELAXATION</b>

We also run our Lunch Club and Food Bank on a daily basis.

# BECOME A MEMBER



Become a member for just £12 a year and you'll get:

- REDUCED MEAL PRICES
- FREE TAI CHI AND FITNESS SESSIONS
- DISCOUNT ON OUR HOLISTIC THERAPIES
- FREE DAY TRIPS



Visit our website or contact: [admin@accg.org.uk](mailto:admin@accg.org.uk) or call 0161 226 6334

JUNE 2023



# JOIN US!

Want to join our enthusiastic team and contribute towards the work that we do?



## CURRENT VACANCIES



WELLBEING WORKER / DRIVER

CALL: 0161 226 6334  
EMAIL: [recruitment@accg.org.uk](mailto:recruitment@accg.org.uk)



## VOLUNTEER WITH US!

## HOW YOU COULD HELP...



- BEFRIENDING
- DAY CENTRE SUPPORT
- DRIVING
- ADMINISTRATION
- GARDENING
- FUNDRAISING
- CATERING

AND MANY MORE OPPORTUNITIES!

# GET IN TOUCH | VISIT US

**WE ARE OPEN**  
Monday - Friday  
9am - 4.30pm



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



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