

I love dressing for bed : condoms are between 58-98% effective when used correctly ... / NPL, The Naz Project, an HIV/AIDS service for the South Asian, Middle Eastern & North African communities ; illustrations by Gas Coley.

Contributors

Coley, Gaz
Naz Project (London, England)

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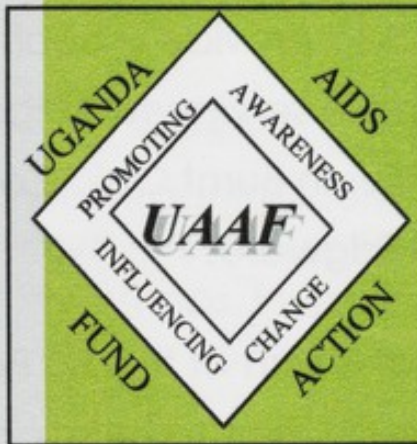
Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
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<https://wellcomecollection.org>

I LOVE DRESSING FOR BED!



GA

**A5 Partnership
Healthy Living
Project**



Phone: 0208 -952-2110

**Grosvenor House
1 High Street
Edgware
HA8 7TA**



The Naz Project

*an HIV/AIDS service for the South Asian,
Middle Eastern & North African communities*

NPL's community based education programme is committed to educating our target communities on all matters relating to sexual health, including HIV, AIDS, STI's transmission, testing and treatments.

Illustrations by Gaz Coley. Printed by Print Fulfillment 0181-291 4454

FOR FURTHER INFORMATION CONTACT

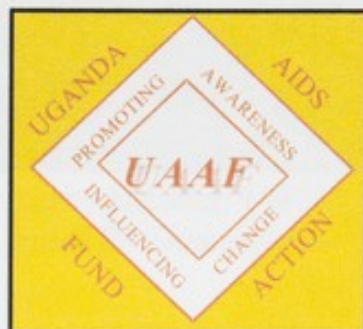
Naz Project London
Palingswick House (Annexe)
241 King Street
London W6 9LP
Tel: 0181 741 1879

Condoms are between 85-98% effective when used correctly. Always use condoms with a British Standard Kitemark or the European CE mark as they are stringently tested. Remember always check the expiry date on the condom packets.

Who are we?

Ugandan Aids Action Fund (UAAF) is a leading African Health promotion agency founded in 1987 providing education, prevention and support to Ethnic minorities Communities. UAAF is commissioned by Barnet PCT to provide a healthy living initiative service to African communities in Burnt Oak, Colindale and Edgware.

The project is part of the A5 Partnership which aims to help local people living along the A5 Edgware Road to improve their health and well being



What we provide?

The A5 Healthy Living Project promotes healthy living initiatives among African communities in Burnt Oak, Colindale and West Hendon.

Our aim is to ensure that those accessing the services have maximum access to health information and services on common health conditions that affect African communities such as Coronary heart disease, Cancer, Diabetes, Obesity, HIV & STD's.



Workshops & networking increases self motivation, opportunities to share & improves ability to cope with stress

What do we do?

1. We provide information to help you make informed choices about your lifestyle, improve your health and take control of your life.

For example

- Physical activity prevents heart disease, builds strong bones and gives good mental health
- Eating well prevents heart disease, stroke, diabetes, osteoporosis, tooth decay and high blood pressure.
- If you stop smoking and taking alcohol you prevent early death.

2. We organise health education workshops to empower and support you

3. We encourage you to take action to change your attitudes and behaviour through one to one support so you can survive and enjoy life

4. We address health issues for young people through counselling.

5. We provide a culturally appropriate service of the highest standards possible to our service users

Networking

We encourage community participation and work co-operatively with Barnet African organisations and other agencies to promote healthy living initiatives and to ensure that your needs are met in a culturally appropriate manner

Events

We organise community support events and educational workshops in partnership with African community and other agencies on healthy living to create awareness and support to those in need.



"YOU NEED TO LIVE LIFE TO THE FULL"

UAAF
Ugandan Aids Action Fund

Supported by



Please, you are free to call for more information and referrals, as well as any activity you or your organisation may have in mind and need to work with UAAF for the benefit of the community.

You should also tell a friend or colleague about these **free** available services

Grosvenor House
1 High Street
Edgware
HA8 7TA

Phone: 0208-952-9604
Fax: 0208-952-9604
Email: barnetoffice@uaaf.org.uk

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