

A5 Partnership healthy living project / UAAF, Uganda AIDS Action Fund.

Contributors

Uganda Aids Action Fund

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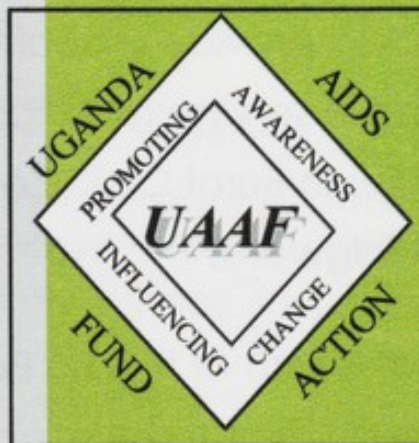
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**A5 Partnership
Healthy Living
Project**



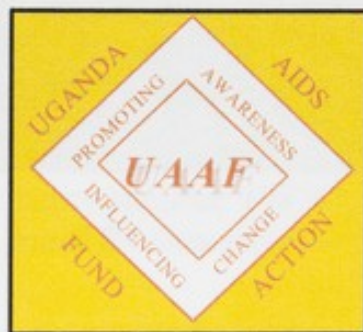
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Who are we?

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

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