



# African & Caribbean Community Health Network

Funded by London Borough of Waltham Forest

Advocating Equity In Health And  
Access To Mainstream Services  
For African & Caribbean  
Residents in Waltham Forest



## Health Equity & Prevention Part One



- Learn how to support a family member or friend with Dementia, understanding the condition and the effect on carers.
- Questions answered managing and controlling Diabetes with tips and latest developments.
- Early detection for undiagnosed and at risk groups.

### PROGRAMME

**Dementia Friends Session**

**Speaker Public Health**

**Diabetes Awareness**

**What A Journey,**

Retired Caribbean Nurses Association

**Featuring Deloris Francis**

Caribbean Singer and Recording Artiste

**Supported by Leyton Orient**

**Community Health Champions**

**Wednesday 28 February 2024**

**Time: 10.30 - 3.30pm**

**Where:** Score Centre  
100 Oliver Road, Leyton E10 5JY

**Places for 45 Residents with Lunch  
Sign-up required**

To find out about the African & Caribbean  
Community Health Network and how to sign-up,  
book place email [hello@mbswellbeingcic.com](mailto:hello@mbswellbeingcic.com).  
Older people can contact Joan 0208 539 6976

