

You are invited to

Africa
Community in
Surrey & Sussex C.I.C.



AFRICA DAY 2026



30th
MAY
2026

A CELEBRATION OF UNITY,
CULTURE, AND PROGRESS.



Venue:

HORLEY RECREATION GROUND
Vicarage Ln, Horley RH6 8AR

Time: 1pm-7pm

For sponsorship and
advert placement, contact:

admin@aciss.uk

07309514958

www.aciss.uk

PARTNERS:



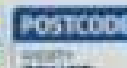
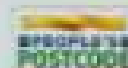
Alliance for
Better Care



Growing
Health
Together



COMMUNITY
FUND





Come see the Modality East Surrey team

Africa Day | 30 May 2026 | 1pm - 7pm

Horley Recreation Ground | Horley | RH6 8AR

3pm - Metabolism and Ethnicity

How genetics, diet and culture can affect metabolism, weight and long-term health.

Free
Health Talks

4.30pm - Menopause across ethnicities

Understanding how menopause experiences can differ, and the support available.

Free
Health Checks

Between 1pm - 7pm:

- Blood pressure checks
- Body Mass Index advice
- Cholesterol checks
- Baby weighing
- Healthy lifestyle advice
- NHS app support