



## Amplifying the Lived Experience of East London Communities



This is a community-based project to understand the **lived experiences, health journeys and needs** of Black, Asian and Minority Ethnic Communities in East London.

We want to hear the voices of those often not heard or listened to. We want to amplify the lives of all racially minoritised communities in East London. Each and every lived experience is valued and important to us.

The first communities we are focussing on are:  
**Women of Black African heritage and Women of Black Caribbean heritage.**

There are clear and persistent differences in people's health and wellbeing across the UK.

Women of Black African and Black Caribbean heritage do not always experience as good health and wellbeing outcomes as other women of the same age.

However, there is not enough research that explores the experiences of women of Black African and Black Caribbean heritage to understand why these differences exist. This needs to change.

**ALIVE is a mixed-methods, observational study.**

It consists of:

- **Surveys** – at least 800 women of Black African and Black Caribbean heritage in East London (London boroughs of Tower Hamlets, Newham, Waltham Forest, Redbridge, Hackney, Barking and Dagenham and Havering)
- **Focus groups**
- **1:2:1 interviews**

The study has been, and will continue, to be driven by Black women.

**We want to work with you to ensure we include the voices of as many Black women, in all their diversity.**

**#letsbeheard, #letsbeseen, #letssharetoadvance  
#healthequity, #engagingallinallways, #blackwomenshealthjustice**

For more information and to work with us, please email [info@amplifyinglives.com](mailto:info@amplifyinglives.com).



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