



THE MOSAIC COMMUNITY TRUST

Uniting, empowering and celebrating caring communities

The Mosaic Community Trust

Annual Report

June 2019



“I feel Mosaic is like my own family and they make me feel confident, safe and secure. I can always go to Mosaic family and feel strong and completely different in my attitude and behaviour; feel positive.”

Raphia, Church Street resident

Summary

Community Empowerment

MCT's approach to community empowerment is based on building caring, active, united and inclusive communities. We do this in three ways:

1. By running **community based courses** training local women and men as community outreach workers who focus on their communities' mental health and wellbeing;
2. By building **strong local partnerships** with local service providers and other voluntary sector organisations to maximise project outputs;
3. By **advocating for the voices of marginalised BME communities** at public and voluntary sector policy and strategy briefings, events and meetings.

This year, our work with BME communities in the Church Street area of Westminster, has further strengthened **community integration, cohesion** and addressed the current **health imbalance**.

A strong group of trained Indian Head Massage Therapists and

Community Health and Wellbeing Advocates, the **Mosaic Women**, has emerged as a key driver for community health and wellbeing. These women, trained and supported by Mosaic, represent a key social resource for the local community.

Mosaic Women

"Mosaic has transformed ordinary mothers from being shy, disadvantaged and isolated women to becoming proud, educated and empowered, through encouraging equality, cohesion and diversity.

Women who once had no sense of direction are now women with aspirations and goals.

Women are drivers of success and there is no tool for development more effective than the empowerment of women."

We started an innovative pilot project, **Psycho-educational Approach to Community Mental Health and Wellbeing**, to tackle the growing issue of mental health and wellbeing and access to relevant services for BME women.

We have forged new partnerships with Imperial College NHS Healthcare Trust where we are working to improve the immunisation uptake for young BME mothers and influence policy making.

Advocacy and Influencing

Our advocacy and influencing work continues to be rooted in the communities where we work, as we strive to strengthen the voice of marginalised residents.

In the Church Street area we have brought together socially and culturally diverse residents, who have become advocates for a stronger local community where residents prioritise their health and wellbeing and strive for a more integrated and cohesive community.

"Coming to Mosaic has helped me to develop my self-esteem and has empowered me with knowledge and information. My children and husband as well as my in-laws treat me with respect and acknowledge that I have capabilities that are far beyond cooking and cleaning. I feel more confident to delegate tasks to my husband and we share our roles and responsibilities, we work as a team."

Janatul, Project Beneficiary

Message from the Chair:

2018/19 was another successful year for the Mosaic Community Trust (MCT). We have piloted a new approach to mental health and wellbeing and our projects are being recognised more widely both within the Church Street community and Westminster's health and wellbeing sector.

As a community-based organisation, our focus continues to be on working with the most marginalised BME women in North Westminster, delivering inclusive, cost effective, community driven projects which address the health imbalance in Church Street ward.

MCT continues to represent Church Street voices at key sector working groups and networking events as well as building the capacity of residents to participate in consultations affecting health services in their area. Our rooted advocacy approach works to ensure that our beneficiaries are no longer marginalised by not participating in decision making events or by not having a voice in shaping sector policy.

Our projects strive to provide a culturally appropriate, scalable model for community empowerment based on community driven actions towards the common purpose of cohesion and social integration. Our impact on the community addresses imbalanced power relations both inside and outside the home, challenging residents to prioritise their wellbeing and build stronger communities. This year we have successfully reached more than **500 elderly women and 450 BME families**.

I would like to thank our donors, Westminster City Council, Edward Harvist Trust, Hyde Park Place Estate, Neighbourhood Keepers Programme, Church Street Ward Budget, Berkley Homes, London Catalyst, Saturday Hospital Fund, Comic Relief and Tampon Tax Fund (London Community Foundation), and we are deeply grateful for the support provided by all of our supporters.

I am very proud of our work and MCT's commitment to innovation and impact. The leadership provided by our Managing Trustee and CEO Lena Choudary-Salter along with her staff, Heike Gloeckner, Habiba Haque, Fahmida Yesmin, Janatul Fardousi and the Community Mental Health and Wellbeing Facilitators and Head Massage Therapists is first class. They continue to champion community cohesion and integration into British society for the most socially marginalised.

I encourage you to read this annual report and learn about the continued progress we have made this year. Please contact us at any time, whether simply for more information or to offer your support.

Mark Gifford
Chair, The Mosaic Community Trust

Community Empowerment Programme

Mosaic is a community based organisation in North Westminster, London where we have been working for more than 10 years. We are well established in Church Street, NW8 one of the most deprived wards in London.

This year we continued to focus on the mental health and wellbeing of Church Street area BME residents. We piloted a new approach and developed psycho-educational tools for improved mental health and wellbeing; worked in partnership with the BME Health Forum and IAPT Westminster; expanded our weekly Drop-in Wellbeing Services to 50+ women; introduced a Level 2 Indian Head Massage Therapy course and promoted inter-generational activities and conversations. We continue to target isolated community members, strengthening women's skills, knowledge and confidence to become **active, engaged and empowered citizens**.

Psycho-educational Approach to Community Mental Health and Wellbeing:

Mosaic's pilot project, which focuses on a psycho-educational approach to mental health and wellbeing, is already triggering key behaviour changes in terms of BME women's engagement in mental health issues by applying cognitive behaviour therapy (CBT) approaches to mental health. This project successfully trailed innovative approaches to mental health and wellbeing using

culturally appropriate approaches and tools developed by Mosaic. Our psycho-educational approach to mental health complements CBT and prepares beneficiaries to better engage with local mental health and wellbeing services such as IAPT Westminster. Mosaic facilitated weekly workshops for up to 15 BME women who are now applying these skills as part of their role as Community Mental Health and Wellbeing Advocates.

Impact has been far reaching; messages and advice have influenced extended family members living in other parts of London, in some cases influencing family members living in resident's country of origin. These family members have witnessed women's growing self esteem and influence within the household.

*"It's been fantastic seeing a supportive community network where women bond together to learn about wellbeing and work together to provide support to others within the community". **Sophia Kosmider, Practitioner, CNWL Talking Therapies, Westminster***

These workshops were funded by Westminster City Council Ward Budget and London Catalyst/Hospital Saturday Fund



City of Westminster

Emotional Wellbeing:

This project trained three bilingual BME women to provide 1:1 emotional wellbeing support for Westminster residents who are not fluent English speakers. These women supported up to five clients each making referrals and recommendations to primary health care services where necessary. As a result of the project, beneficiaries were able to think about changes to their lives, be more open-minded to other opportunities and their thinking was clearer. In addition, the support clients received from the wider Mosaic group reinforced their learning and provided a supportive and safe space for change.

The Emotional Wellbeing Project was funded by the Black Minority Ethnic Health Forum

BME
healthforum

Wellbeing Drop-In Service for 50+ BME Women:

The weekly 50+ drop-in service continued to attract a number of BME women, who as a result of Mosaic's work are overcoming social isolation, are exercising more, building friendships, sharing knowledge and leading healthier lifestyles. They are gaining in confidence in expressing their feelings, improving their English language skills and knowledge of British values, interacting with women of difference ages, race, class, sexual orientation, are adopting Mosaic's values and are respecting cultural diversity. Approximately 525 marginalised 50+BME women have benefitted from health and wellbeing advice either through regular attendance at the drop-in service or directly from Mosaic's trained therapists.

Connecting Mothers and Grandmothers:

We launched the project "Connecting Young Mothers and Grandmothers" to encourage intergenerational support and

"Mosaic has been an inspiration for our younger generation coming together to celebrate the success and achievements of our women, appreciating the struggles women have to endure to be part of the community, which has only become possible with the support, love and training Mosaic has and continues to provide". Habiba Haque, Mosaic Programme Worker

learning and, after some initial sessions will extend the project into November 2019. Sessions will include baby massage training and we plan to facilitate two open community events in September and November 2019.

Indian Head Massage Therapist Course:

Mosaic delivered both a Level 1 and Level 2 Indian Head Massage Therapists course, training both new and more experienced Therapists with the knowledge and skills to provide health and wellbeing massage therapy and essential mental health advice and support in the community.

Mosaic has recruited and trained 15 women who are firmly rooted in the Church Street area with the dedication and passion to trigger positive changes in the mental health and wellbeing of residents, particularly 50+ BME women. In time they will join previous course

participants as long-term social assets, both valued and recognised within the community.

The Mosaic Women:

Our core group of trained and locally based community advocates, the **Mosaic Women**, continue to be the key to the success and sustainability of our work. This group of women, dedicated to improve the mental health and wellbeing of their community, is growing steadily and continues to make an impact on the health and wellbeing of Church Street BME residents. The Mosaic Women are highly valued and represent a strong community based team and voice for isolated, underrepresented BME women. They are a key local resource and are recognised as a long-term social asset. Through their outreach work they have improved community cohesion and built the community's capacity to meet its own needs and social renewal. Mosaic's work has empowered

The Connecting Mothers and Grandmothers project and 50+ Drop-in Service was funded by Westminster City Council Neighbourhood Keepers Programme and the Edward Harvist Trust

Part of the Neighbourhood Keepers programme, funded by Westminster City Council, for the benefit of the Church Street neighbourhood.

Edward Harvist Trust

This training course was funded by Westminster City Council Ward Budget, Tampon Tax Fund, Hyde Park Place Estate

 **The London Community Foundation**
Hyde Park Place Estate



local BME women with the skills and knowledge to tackle mental ill health and challenge associated stigma.

The Mosaic Women celebrated International Women's Day with Westminster Academy IB students with whom Mosaic has an ongoing collaborative relationship. Based on this year's theme "**Think Equal**", we explored gender and the role of women in the family and household.



Promotion of Maternal Vaccinations:

Mosaic is delighted to have partnered with Imperial College NHS Trust's BRC and with a team of experts from BRC, we jointly initiated the promotion of maternal vaccinations.

"It's so refreshing to connect with the community to whom these interventions are actually delivered and hear their questions and be able to answer some of them".

Beate Kampmann, Professor of Infection and Immunity, Imperial College London and London School of Hygiene and Tropical Medicine.

Key Achievements

This year we focussed on building the capacity of our staff and Church Street residents to engage in discussions directly affecting their community, thereby promoting the voice of culturally diverse residents as part of our **community strengthening and health equality work**.

Securing Comic Relief Core Strength funding enabled us to increase our representational and advocacy work, gathering empirical evidence to influence policy and strategy, developing appropriate activities and services and increasing our fundraising capacity. We can demonstrate increased funding levels and diversified funding streams. We have also contributed towards building our reserve fund for organisational sustainability.

Mosaic continued to advocate for the voice of BME communities at sector planning and policy making events, as well as using sector strategic working groups and networks to disseminate our approaches for wider learning and dissemination.

We continue to retain our sector profile as a "low-cost high-impact" community based community led organisation and are recognised in the local community as a safe, credible, approachable and accessible service provider.

We have maintained our integrity and high quality professionalism at leadership, governance and service delivery levels.

Mosaic's Impact

- ❖ Mosaic's unique, culturally sensitive **head massage therapy and psycho-education training courses** developed a core group of 22 strong community based mental health and well being advocates.

We have seen increasing numbers of women become more independent, confident and self-assured. The skills the Mosaic Women gained from our workshops, e.g. to manage mental health and wellbeing and long-term health conditions, is reducing the health inequalities widely experienced in Church Street.

- ❖ Improved health and wellbeing of 525 BME women through Mosaic's weekly **50+ Drop-In Service** and community outreach work.
- ❖ Our unique psycho-education model delivered in partnership with IAPT, proved to be highly effective in delivering culturally accessible **Cognitive Behavioural Therapy**.

Through our work with IAPT Westminster, we provided a service which is culturally sensitive and appropriate and where BME women can access psycho-educational services which speak directly to their needs. Our project has enabled isolated women to draw on the language, skills and tools developed by Mosaic as a first step to improved mental health. These tools are also enabling a more sustainable and effective application of CBT methodology.

"Mosaic is embedded in the local community and through their connections able to mobilise individuals who would not traditionally be engaged in public involvement. They provide a safe, effective network of local community members who work with local residents to improve their health & wellbeing."

Dr Helen Skirrow, Specialist,
Public Health, Imperial College

- ❖ Influencing key public health bodies by developing a **critical platform for engagement and exchange** where the voices of underrepresented BME women are heard.

We are also seeing an increased interest in and acknowledgement of the value of our work in the community, in particular our approaches and relationships with socially disadvantaged sections of society. For example, public health bodies are seeking our advice and expertise as we remove the barriers between public service providers and isolated BME women, Westminster City Council continues to fund our weekly wellbeing drop-in service for 50+ and research bodies seek our knowledge and expertise in working with underrepresented sections of society.

Our collaboration with Westminster Academy has encouraged intergenerational discourse and learning and is setting the stage for a stronger, more **resilient and engaged local community**.

Thank You

We would like to thank the following organisations and individuals who supported us this year:

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Ms. Heike Gloeckner, Programme Manager

Ms. Habiba Haque, Community Projects Co-ordinator

Ms. Fahmida Yesmin, Community Outreach Officer

Ms. Janatul Fardousi, Community Outreach Worker

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