

The Mosaic Community Trust

Annual Report

June 2017



THE MOSAIC COMMUNITY TRUST

Uniting, empowering and celebrating caring communities

Summary

Community Empowerment

MCT builds 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, MCT worked with BME communities in the Church Street area of Westminster, addressing **community integration, cohesion and income generating skills**.

The Mosaic Community Trust's Mission:

To promote leadership, health and economic wellbeing to empower socially and economically marginalised and disadvantaged communities, enabling them to actively participate in strategic decision making at community level and to access mainstream services and economic opportunities.

COMMUNITY INTEGRATION

ADAPT – ENGAGE – INTEGRATE

Community integration is at the heart of the Mosaic Community Trust's work. We believe in **empowering marginalised BME communities to better integrate into UK society** and have developed tried and tested approaches to enable isolated and vulnerable individuals to adapt and engage with the wider community.

INCOME GENERATING SKILLS

EMPOWERMENT - WELLBEING

The Mosaic Community Trust believes that strengthening the **income generating skills** of disadvantaged BME women leads to their empowerment and wellbeing both within the household and the wider community. As trained Indian Head Massage Therapists women establish themselves as an **essential community resource to wellbeing and economic independence**.

COMMUNITY COHEISION

ACTIVE, ENGAGED CITIZENS

Community cohesion is a key outcome of the Mosaic Community Trust's work. Through our projects we demonstrate how **strengthening family life, respecting cultural diversity and promoting individual as well as community learning** creates active and engaged citizens.

Advocacy and Influencing

Our advocacy and influencing work takes root in the communities where we work and as a result of our work in Church Street, we brought together socially and culturally diverse residents who in turn advocated for a stronger local community where residents are keen to integrate socially, are **proud to be Westminster residents** and play an active part in British society.

Message from the Chair:

This was an important year for the Mosaic Community Trust (MCT), not only did we celebrate 10 years as a community based organisation, we were also, for the second time, recipients of the “**Highly Commended – Outstanding Organisation Award**” at the Westminster Community Awards for our work in Church Street.

In 2016/17 we continued to work with the most disadvantaged in North Westminster, targeting the economically and socially deprived communities of the Church Street ward where most of our project participants live:

- 53% of residents were born outside of the UK.
- 42% of children are eligible to receive free meals.
- 43% of the ward is in the top 5% most deprived in England.
- 37% of households earn less than £20,000 a year.
- 43% of older people aged 65 plus live alone.

We empowered socially and economically marginalised and disadvantaged communities to access and influence public services. We did this by advocating for the needs of socially excluded BME communities at key strategic sector working groups and networks, influencing mental health and wellbeing service provision for the BME communities in Church Street.

In adopting a rooted advocacy approach to our influencing work we have effectively delivered the voice of marginalised BME communities at both strategic decision making fora and at service delivery level. And by working in partnership with key sector organisations we have ensured that services meet local residents’ needs and that BME communities are driving the agenda for services in their areas.

Our UK projects focussed on the needs of marginalised BME communities and we actively addressed community integration and cohesion in all our work, using culturally appropriate approaches. Project successes and benefits are underpinned by our interfaith work. This year alone we reached more than **1,950 beneficiaries**, who, as a result of their interaction with MCT, are leading healthier lives and building stronger communities.

I would like to thank here our biggest donors, Sports Relief, Westminster Council administered Edward Harvist Trust, Westminster Adult Education Service and we are deeply grateful for the support provided by all of our supporters.

I continue to be very impressed with the quality of our work and MCT’s commitment to innovation and impact. The leadership provided by our Managing Trustee and Director Lena Choudary-Salter along with her staff, Heike Gloeckner, Fahmida Yesmin and Francesca Robinson, continues to position MCT strategically well in the community empowerment sector; it is here we are recognised as sector leaders at the point of service delivery.

I wholeheartedly encourage you read this annual report and learn about the fantastic progress we have made this year, and I encourage you to 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

MCT is an award-winning **community based organisation** which has been working in North Westminster, London for the past 10 years. We are well established in Church Street, one of the most deprived wards in London.

Over the past year, MCT focussed on the growing issue of mental health and wellbeing in the Church Street area, leading in responding to the needs of the local **marginalised BME communities**. Our approach to community integration and cohesion is based on empowering the most isolated community members as **active, engaged and caring citizens who pride themselves in gaining economic independence**.

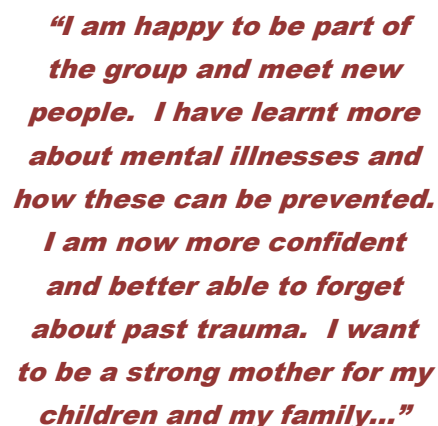
Community Mental Health and Wellbeing Facilitators Project:

As a community based organisation, MCT is driven by the needs of the local community. Project work has shown that there is an urgent need for improved mental health, wellbeing and economic security in the Church Street area and in response to this need, MCT ran a series of courses training 40 BME women as **Community Mental Health and Wellbeing Facilitators** (CMHWFs).

Each Community Mental Health and Wellbeing Facilitator's Course:

1. Improved **community integration** into mainstream society and addressed isolation through workshops on mental health and wellbeing and patient empowerment;
2. Increased **community cohesion** and promoted social renewal through workshops which supported individual and community learning, cultural diversity and strengthening of family life;
3. Addressed disadvantaged BME women's lack of **income generating skills** and economic opportunities through skills building workshops in Ayurvedic Indian Head Massage Therapy.

Community Mental Health and Wellbeing Facilitators were also trained as **Indian Head Massage Therapists**. They used these skills as an entry point for community mental health and wellbeing outreach work and their knowledge, professionalism and skill is widely acknowledged and drawn upon locally. The CMHWFs are perceived as a key resource within their community. (This project was funded by Sports Relief through the London Community Fund.)



"I am happy to be part of the group and meet new people. I have learnt more about mental illnesses and how these can be prevented. I am now more confident and better able to forget about past trauma. I want to be a strong mother for my children and my family..."

Project Participant

Community Empowerment and Skills Building Course:

MCT also trained 25 women as Community Wellbeing Champions, providing them with the skills to engage with local residents to build a stronger, more cohesive and caring local community.

The project made a significant difference to the self-esteem and skills of the BME women trained who are now more knowledgeable of mental health, feel more confident about addressing mental health issues and cultural stigmas, and have made positive, healthy changes to their lives, helping fellow residents to do the same. (This project was funded by Westminster Adult Education Service.)

Advocacy and Influencing Programme

“A voice where it matters”:

In 2016/17 MCT **advocated for community cohesion and integration** to create stronger communities that are integrated into mainstream British society.

MCT was represented on several strategic working groups and networks, where we actively advocated for the voices of the BME community at sector planning and policy making fora.

We also focussed on integrating isolated and marginalised communities into mainstream society by working closely with residents promoting **multi-cultural dialogue and interfaith work**.

As a result of our advocacy and influencing work in Church Street, we brought together socially and culturally diverse residents who in turn advocated for a stronger local community where residents are keen to integrate socially, are **proud to be Westminster residents** and play an active part in British society.

MCT’s contributions to strategies and services affecting local communities:

Central London Clinical Commissioning Group (CLCCG):

As an active member on the User Panel of CLCCG, MCT is valued as an **authoritative and representative voice** for Church Street BME patients. MCT’s Director is the only patient representative on the **Personal Medical Service Review Group**.

Church Street Health and Wellbeing Hub: As a member of this forum, chaired by Westminster City Council as part of the Church Street regeneration programme, MCT contributed to **Church Street’s Health and Wellbeing Strategy**.

Imperial College Healthcare NHS Trust Strategic Lay

Forum: As a member of the Imperial College NHS Trust’s Strategic Lay Forum for Patient and Public Involvement, MCT contributed to the co-design and development of the **Patient Public Involvement Strategy and Implementation Plan**.

Lisson Grove and Paddington Green Health Centres:

MCT partnered with Lisson Grove and Paddington Green Health Centres working closely with both BME patients and Practice Managers to improve **patients’ access to services and patient experience**.

IAPT Westminster: MCT contributed towards the development and design of the **Primary Care Mental Health Model of Care** resulting in improved new IAPT services.

Central London Community Health Services (CLCH): MCT contributed to the development of CLCH **service design for community services** across Central London, West London and Hammersmith and Fulham Clinical Commissioning Groups (CCGs).

Westminster Libraries: MCT established a successful **collaboration with Church Street Library** attracting a significant number of new learners to our courses.

Marylebone Cricket Club (MCC): MCT partnered with MCC to promote **improved mental and physical health** in the community through regular physical activity.

MCT’S WORKING GROUP AND NETWORK MEMBERSHIPS:

NHS Central London Clinical Commissioning Group’s User Panel

NHS Central London Commissioning Group’s Patient Participation Working Group

Westminster Community Network Forum

Westminster Community Leaders Forum

Imperial College NHS Trust’s Strategic Lay Forum

Church Street Health and Well Being Working Group

Faith Identity and Belonging Steering Group

Personal Medical Services (PMS) Steering Review Group

International Programme

Children's Champion Project

MCT continued to pilot its "UK-South Asia Diaspora Model", supporting the work of our partner Hands of Compassion, a non-governmental organisation based in Guruvayapalyam, Andhra Pradesh, India.

As a result of the project, socially disadvantaged children were trained as **Children's Champions**, promoting key messages within the wider community, particularly with their peers and family members, around:

- Personal health and hygiene;
- Regular school attendance and studying;
- Importance of clean water and safe sanitation.

Parents were also involved in the project, participating in focus group discussions around nutrition, health and hygiene and the importance of girls regularly attending school.

As a result of the project, **school attendance has increased** as has the **quality of academic work**. The Champions are actively supporting other school children with their work and motivating them to achieve better results.

Project Achievements:

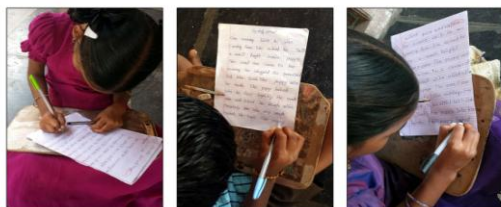
90% of children regularly attending school and completing home work;

35% improvement in hand writing;

60% decrease in number of girls dropping out of school;

50% of parents attending monthly parents meeting;

Improved exam results.



Children Involved in Hand Writing Classes



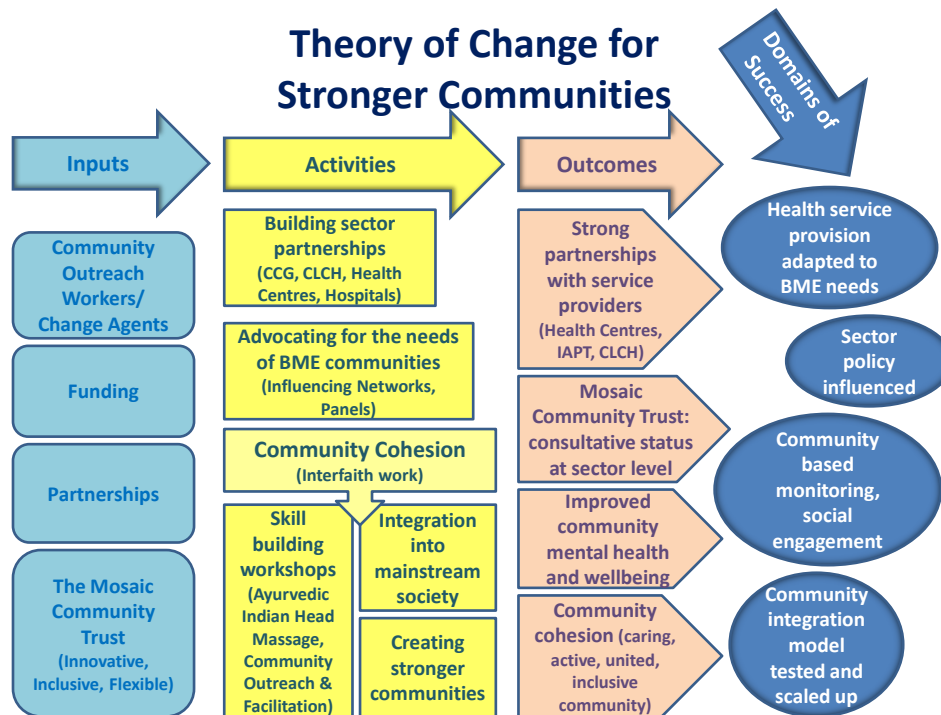
Children's Day Celebrations



Mosaic's Way

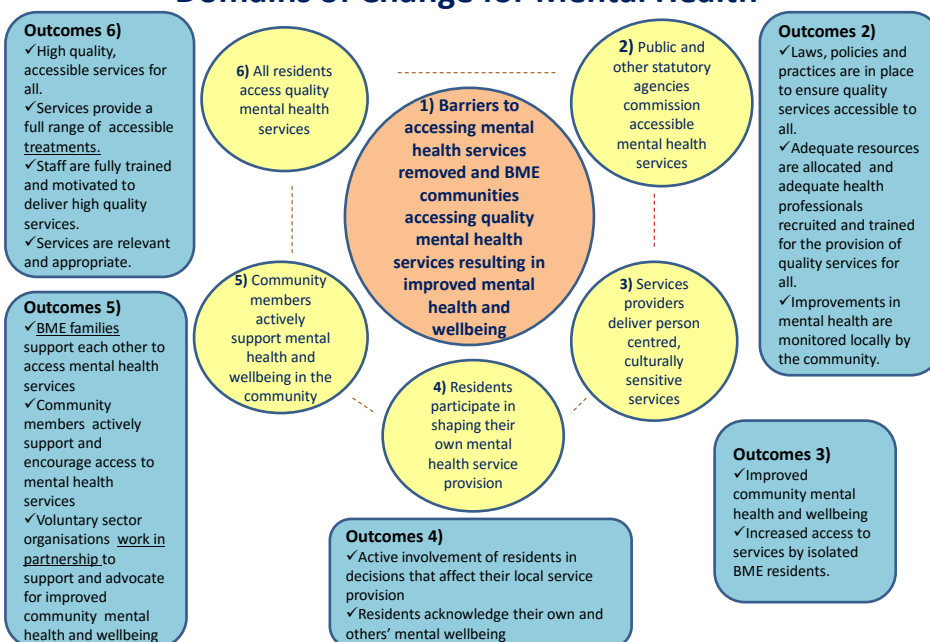
MCT's approach to community empowerment is based on our **Theory of Change** for building stronger communities, **Domains of Change** for improving mental health and wellbeing and **Mosaic's Approach** to community integration. These bespoke pathways to change underpin the way we approach our work, engage with partners and communities to initiate and create lasting change:

Theory of Change



Domains of Change

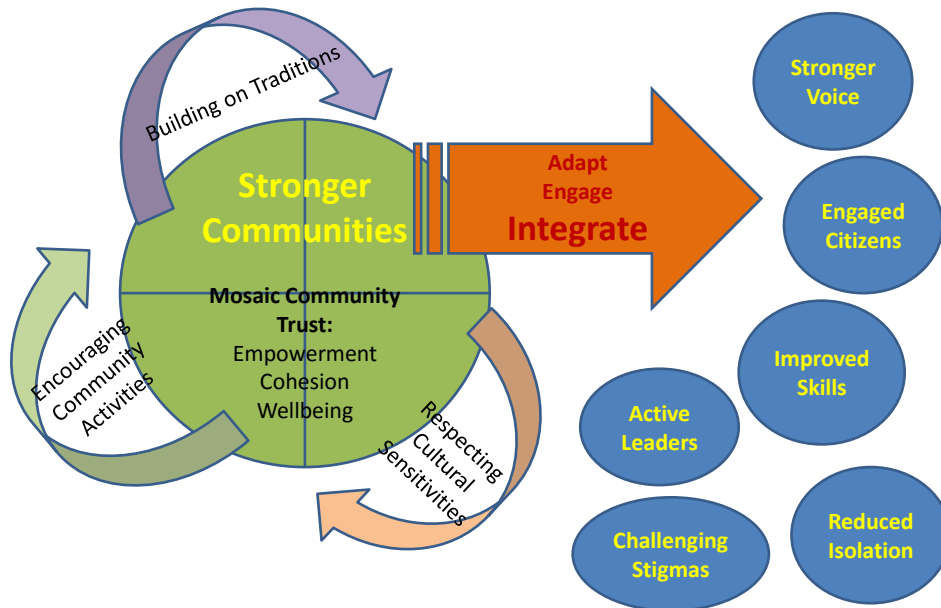
Domains of Change for Mental Health



Community Integration Model

MCT partners both with the communities we seek to empower and key local sector organisations and agencies we seek to influence. We are proud to be a **representative voice for BME communities**, creating strong working partnerships with local organisations to deliver projects which respond directly to the needs voiced by BME communities.

Mosaic's Approach to Community Integration



Thank You

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

Westminster City Council
Sports Relief
Edward Harvist Trust
Westminster Wellbeing Team
One Westminster
The BME Health Forum
IAPT Westminster
Hyde Park Place Estates
Marylebone Cricket Club

HCCI Service Company
Karen Buck MP
Lisson Grove Health Centre
Westbourne Park Family Centre
Paddington Green Health Centre
The London Community Fund
Westminster Adult Education Service
Westminster Academy
Westminster Library Services

PARTNER ORGANISATIONS:

Improved Access to Psychological
Therapies (IAPT), Westminster

Black and Minority Ethnic Health
Forum (BME Forum)

Central London Clinical
Commissioning Group (CLCCG)

Central London Community Health
Care (CLCH)

Paddington Development Trust

One Westminster

Vital Regeneration

Westminster Council Prevent Unit

Lisson Grove Health Centre

Westbourne Park Family Centre

Paddington Green Health Centre

Marylebone Cricket Club (MCC)