



## THE MOSAIC COMMUNITY TRUST

*Uniting, empowering and celebrating caring communities*

**ANNUAL REPORT 2012/2013**



### Report from the Chair:

The Mosaic Community Trust, UK (MCT) was registered as a Charity in March 2006 with the primary aim of promoting community cohesion by increasing mutual understanding and respect amongst people of different faiths, race and social and cultural backgrounds. The organisation is governed by a Board of Trustees of 6 members who meet four times a year. Trustees are drawn from different religious backgrounds but committed to the promotion of the aims of the organisation through interfaith dialogue and action.



As part of our long term vision, we continue to focus on community based activities with particular reference to empowering disadvantaged communities through an interfaith and rights based approach. As a result, we became highly popular in Westminster, which provided several opportunities and challenges to work with some of the most disadvantaged communities. Based on the needs identified in the community, we are currently focussing on the health and well being of the most disadvantaged communities in Westminster. The level and nature of funding we have attracted this year clearly demonstrates the recognition and appreciation we have received by our key supports and in particular NHS Public Health department of Westminster.

During the reporting year, I have participated in a number of events and meetings hosted by the Mosaic Community Trust which enabled me to keep in touch with the issues affecting the community and the sector. One such recent event was the graduation ceremony of the community health champions of Church Street. This event gave us an opportunity to demonstrate the impact we are making in changing the lives of disadvantaged communities by empowering local community women to take responsibility for their own well being and also that of their communities. I hope to continue doing this during the coming year, and look forward to meeting many more of the like minded people in the community.

I recommend the annual report to you and also encourage you to contact us at any time you wish whether, simply for more information or to offer your services or support.

**Anil Bhanot (O.B.E.) Chair, The Mosaic Community Trust.**

### Treasurer's Report:

The accounts have been prepared in accordance with the applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) as are set out in the Statement of Committee Member's Responsibilities.

In this reporting year ending March 2013, the Mosaic Community Trust (MCT) received a total income of £60,567.02. A large proportion of this came from NHS Westminster and NHS Hammersmith and Fulham, which supported the Charity's principal activities. In addition, we received funding support from Church Urban Fund jointly with London Catalyst and also a generous grant from London Borough of Westminster City Council.



I am pleased to report that the Mosaic Community Trust, which is one of the few interfaith Charities set up to operate at the community level, has been highly successful in mobilising adequate funds to implement a number of innovative projects to improve the health and well being of the most disadvantaged communities in Westminster.. The achievements presented in the Director's report are a clear demonstration of MCT's commitment to making a difference at the community level. It is my wish to see that the Mosaic Community Trust will continue to focus at the community level and play an instrumental role in disseminating its learning from its Westminster experiences to different parts of London.

We are indebted to all our donors, well wishers, staff and volunteers for supporting our work. Your contributions are much appreciated and have made a positive difference in bringing our diverse communities together.

**Tanvir Ali , Treasurer , The Mosaic Community Trust**



## Director's Report

We had success in a variety of projects until 2010 when the Bangladeshi women in Church Street, Rana Rahman in particular, invited the Mosaic Community Trust to address their health and well-being needs. We began a small mental health and well-being project which attracted the support of the then Westminster PCT and I am glad to see that Pete Westmore is here with us this today to share in and confirm our achievements.



Following the completion of a 24 week course on mental health and well-being in 2012, the women unanimously requested us to continue the programme to address the mental health needs of their men and also the health and well being of their community. We conceptualised the Community Health Champions service as a community empowerment and sustainable model based on core values such as love, mutual concern and care and support for members of the local community. For the first 6 months of the Community Health Champions programme.

We are grateful to the Church Urban Fund/London Catalyst and the North West London PCT who came forward to support the Community Health Champions project and, in particular, Samira Ben Omar and Lesley Derry, who have unstintingly supported us with funding and technical resources. They enabled the Mosaic Community Trust to become part of the wider Community Champions programme promoted by NHS North West London PCT.

Above all, the greatest effort and commitment has come from the women in the community. It is their genuine love and desire to improve themselves, their families and all those around them which makes our work not only totally sustainable but unique.

The Trustees and the members of the Mosaic Community Trust and the NHS North West London PCT team have every reason to celebrate the achievement of this project. We now have at least 10 strong dedicated women in Church Street – the most disadvantaged area in the whole of Westminster – with adequate knowledge, skills and understanding to offer brief interventions in the community to improve health and well-being of at least 300 families. These families have been identified during the base-line survey that they themselves conducted and the baseline report is referred to elsewhere in this report.

On behalf of the community Health Champions and me, it is no more than right that I thank Concia Albert and Rana Rahman for their dedication and unflinching hard work.

The women we were working with in Church Street requested us to extend our services to reach out to their men, whom they felt needed such a service in the community. We had a series of consultation meetings with the men through Westbourne Park Family Centre, which is used by several BME communities. These meetings demonstrated that the level of their awareness on mental health is almost non-existent, their health seeking behaviour is very poor and they have many misconceptions on mental health leading to stigma affecting accessing mental health services.

Last year, we initiated a pilot project for BME men in Church Street area and through workshops and groups sessions, the project made a huge impact on the lives of the men who participated in the project. This created a greater demand for such a project in the community and the men who completed the first set of workshops are now interested in being trained as community health champions to work with the men in the community with particular reference to mental health and well being.

We have recently initiated work on Paan and Tobacco chewing cessation and Diabetes mentoring to support Westminster's public health services in addressing these public health concerns in the community.

I wish to thank all our supporters in particular PDT, Vital regeneration, Westbourne Park Family Centre and Church Street Library for their continued support and co-operation. I am very proud of all the Community Champions for their commitment and hard work. The staff of Mosaic Community Trust – Concia and Rana without whom, the work reported in this report could never have happened and for Fabio for his valuable contributions. I am grateful to the Board of Directors of Mosaic Community Trust and in particular the Chair for his unlimited encouragement and availability and guidance, which made a huge difference to my motivation. Finally but most importantly, I thank Samira Ben and Lesley Derry of Inner North West London PCT of Westminster for their huge contributions – not only for their generous financial support but for their ongoing professional guidance and resources which hugely contributed to our success.

**Lena Choudary-Salter , Director and Managing Trustee, The Mosaic Community Trust**



The Mosaic Community Trust

## ACTIVITIES UNDERTAKEN

### Foundation Course



The foundation course began after Mosaic took careful considerations regarding the next step and vision for the Church Street Community. Through needs assessments and Focus groups with residents; it was identified the key areas to focus on in this period was health inequalities and health in particular amongst the large Bangladeshi Community in Church Street.

The course covered the 5 greatest health and well-being needs that were prevalent in the community. These were Hypertension, Diabetes, Vitamin D Deficiency, High Cholesterol and Obesity. The main aim of the course was to equip local people with the knowledge and understanding of these health issues and inspire them to share their new found information with the community.

### Royal Society of Public Health: Understanding Health Improvement Level 2

Mosaic saw the need to formalise the training the Bangladeshi women had been given on the foundation course. Following, ongoing conversations with Westminster PCT Mosaic were offered the opportunity to deliver the Community Champions Programme in Church Street. It was through this network the Royal Society of Public Health's; "Understanding Health Improvement Level 2" was offered. It was important the language needs of these women were recognised and after considering this need Mosaic were given the opportunity



to be the first organization to use an interpreter for the duration of the course.



The 6 month foundation course prepared the women who had no experience or understanding to undertake this prestigious award. The course was run over 3 days. The exam took place on the 4<sup>th</sup> day. The value of the interpreting resource was reflected in the feedback and understanding the women who had very little English language skills to disseminate. It was clear the invaluable impact the foundation course had on influencing the pass rate of the course. Mosaic saw 80% of the women pass the course a huge achievement.

### Paan and Tobacco Cessation Project



A lack of understanding and knowledge of the dangers of Paan and Tobacco has seen this culturally accepted practice continue to influence the Health and well-Being of South Asian families with particular emphasis on the Bangladeshi Community. Much research has been done and proves the dangers far out - weighs any benefits that are believed could be had from this practice. Mosaic Community Trust together with the Smokeless Public Health team is strategically addressing this issue. The practice being accepted does create challenges but as we explore the best ways forward to ensure respect and dignified measures are taken to preserve the culture, it is important the Health and well-being aspects are balanced equally.

At this stage, members of the community have met with the Smokeless team and Mosaic to help us to understand the thoughts and beliefs around this issue and a baseline questionnaire of 280 families in the Church Street area has also been undertaken. The data collected is currently at the inputting stage. When this is complete an analysis of the data will take place and the results will then help to shape the service Mosaic will offer to influence people to consider stopping taking Paan and to equip people with the knowledge and understanding of this practice. Here our hope is as they receive the information they will want to be part of a support structure which will enable them to give up this damaging practice.





### Diabetes Mentoring Course



Understanding Diabetes has a variant of complexities and to enable treatment to be effective, good management of the disease also needs to be addressed. Working closely with Judith Ralph the Public Health Coordinate for the Diabetes Mentoring programme, we offered this accredited training to the Bengali community in "Sylehthi" dialect through a trained professional in this field of work. Altogether, 14 Bengali women took up the training and have all recently completed 6 weeks training to work voluntarily as Diabetes Mentors.

In Mosaic's next term the Diabetes Mentor will use their expertise at doctors surgeries and other community groups to meet Diabetic patients who are in need of their expert support. The programme aims to give Diabetic sufferers a better quality of life and prevent further complications with the disease.



### Men's Health and Well-Being Course



The group offered men from all different walks of life to come together and share their struggles in a confidential and supportive environment. This project appeared to be Mosaic's biggest challenge to date because national statistics show men are less likely to engage in these groups. Mosaic is elated to report a resounding success with the Men's Emotional Health and Well-being group as the expertise of the psychologist, Julie Bavridge saw the men willing to engage in this programme in a way none of us had anticipated. We have now ran 3 successful courses. Each last 10 weeks.

The men were all committed to the bettering of the Mental Health and Well-Being and all have reported various levels of life transformation. A number of the men have expressed an interest in being trained as Men's Health Champions in an effort to share some of what they have learnt with other men in the community. They have also requested a regular weekly men's drop-in group where they can continue to build on the success of the course by offering ongoing support. We are currently examining our resources in order to provide both of these services to support Men in the Church Street Area.



### Graduation Ceremony



To celebrate the successes of the Community Health Champions and to launch the findings of the baseline survey MCT marked this moment with a prestigious event which was held at Westminster Council House. We were honoured to have **Cllr Sheila D'Souza**, Deputy Cabinet Member for Adults and Public Health Westminster as our chief guest. Cllr D'Souza presented the RSPH Level 2 Award Certificates to the CHC's and shared an over view on Health Inequalities in Westminster. We were also joined by senior representa-

tives from North West London NHS PCT and Chief Officers of several voluntary & funding organisations and friends & family of the CHC's.

The report which was produced out of the data collected by the Community Health Champions was also launched at the event. The report gives an interesting insight into the health of Church Street residents, especially on that of the Bangladeshi community who were the main participants in the survey.

When told, "You must be proud of your selves", By The Mosaic Community Trust Executive Director, Lena ChoudarySalter, Roma Akter one of the Community Health Champions replied, "We are not proud yet. We will be proud when we see all the people in our community healthy".



### **Project Manager**



Observing the progress of the Community Health Champions has being more rewarding than I could have anticipated. As the Project Manger it has being my role to keep them inspired and to oversee the day to day running of the project.

I have also being part of the Men's Health ad Well-Being Course and the Paan and Tobbacco Cessation teams. I have being in the privliedged position to observe positive change first hand in more peoples live in one year than most. The best thing about the changes in the volunteers is the way they choose not only to enjoy these changes themselves but to share all they have with the community for their bettering also. I can say Church Street is transforming for the better and it is an honour to know happy, heallthier lives are already being lived within this small community. May this good news continue to spread and the impact wider.

**Rana Rahman**

### **Communications Manager**

It has being a real pleasure making and maintaining new relationships on behalf of the Mosaic Community Trust. The diverse aspects of this role have meant a great balance between working directly with the community and supporting the work behind the scenes exploring various avenues of communications to promote and inform both the public, services and community organisations of the work Mosaic are doing in North Westminster. It has being a busy year for The Mosaic Community Trust.

However the rewards of seeing the benefits the Trust is offering to the community makes this role all the more rewarding and the hard work a pleasure.



The significant relationships built with local agencies are already being reflected in the community. In the next year MCT are planning on developing these relationships further and make new ones to empower the community. I imagine the next year will be just as busy as this past year with a continued commitment to serve the North Westminster community in a uniting and caring way.

**Concia Albert**

## A Baseline Health and Wellbeing study of the Bangladeshi Community in Church Street

This study was conducted by the Community Health Champions. Looking at recent studies of community responsiveness was increased because "residents might be more likely to be trusting and transparent in providing their opinions.....in a relaxed and informed manner" when the person asking is a familiar face from their community. This argument does seem to fall in-line with our findings as the 10 Community Health Champions were each able to find 30 families to interview in 4 weeks and had qualitative responses which informed a comprehensive piece of work. To view the full analysis of this study please visit : [http://communitychampionsuk.org/wp-content/uploads/2013/03/ChurchStreetBangStudy\\_FINAL.pdf](http://communitychampionsuk.org/wp-content/uploads/2013/03/ChurchStreetBangStudy_FINAL.pdf)

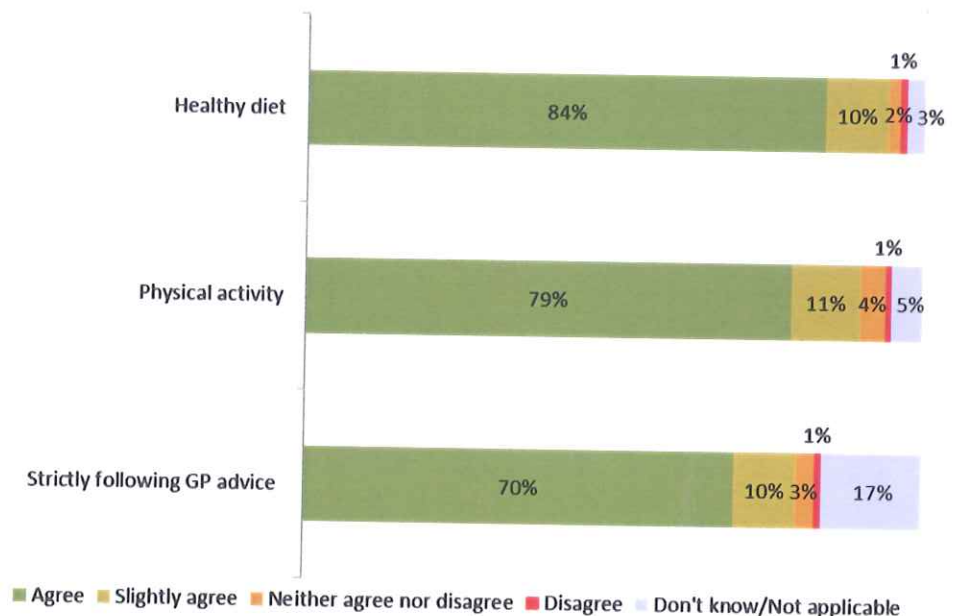
### Key Recommendations:

- Targeted activity for public health campaigns to encourage more physical activity amongst residents.
- Specialist support to be offered to the 12% of respondents who indicated they are currently struggling with their lifestyles and believed this to be having an effect on their health and personal wellbeing.
- Awareness and understanding of heart disease and high blood pressure/hypertension is relatively low. These could be the focus for public health awareness raising.
- Awareness of community health services is limited and respondents predominately access services via a GP referral. Interventions to promote greater awareness of the full compliment of community health services are recommended.
- Repeat the consultation in 1-2 years to assess whether these interventions have made the desired impact and check whether the needs of the population have altered.

### Attitudes towards Healthy Behaviour:

-84% of respondents agreed that a healthy diet is essential to reducing health risks and a similar proportion agreed that physical activity was.

-The essentials of strictly following GP advice was essential in reducing health risks.



### Emotional Well-Being:

- Correlation between levels of self-defined health status and achieving a good lifestyle balance.
- Emotional wellbeing scores are typically lower amongst Black ethnic groups and, to a lesser extent, Bangladeshi groups.
- Respondents average sleeping patterns.

## The Mosaic Community Trust

**Contact us: 61a Warwick Avenue, London, W9 2PR**

**Telephone : 0207 289 1170**

**Email: [lenac@mosaiccommunitytrust.org.uk](mailto:lenac@mosaiccommunitytrust.org.uk)**

**Website: [www.mosaiccommunitytrust.org.uk](http://www.mosaiccommunitytrust.org.uk)**

**Supporters & Partner's:**



**The Mosaic Community Trust is a UK Registered Charity (No:1113196)**



**THE MOSAIC COMMUNITY TRUST UK**  
**REPORT AND ACCOUNTS**  
**YEAR ENDED 31 MARCH 2013**

**The Mosaic Community Trust UK**  
**Accounts for the Year to 31 March 2013**

| <b>INDEX</b>                  | <b>Page</b> |
|-------------------------------|-------------|
| Trust Information             | 2           |
| Income & Expenditure Account  | 3           |
| Balance Sheet                 | 4           |
| Independent Examiner's Report | 5           |



**The Mosaic Community Trust UK**

**Trustees**

**Patron**

Lord Bhatia OBE

**Chair Person**

Mr Anil Bhanot OBE

**Vice-Chair Person**

Dr Natubhai Shah MBE

**Secretary**

Mr M Gifford

**Treasurer**

Mrs Tanvir Ali

**Managing Trustee**

Mrs Lena Choudary-Salter

**Trustees**

Dr. Zainab Ahmed

Ms Emma Klein

**Independent Examiner**

D M Patel & Co.

40 Great James Street

London WC1N 3HB

**Bankers**

HSBC Bank Plc

90 Baker Street

London W1U 6AX

**The Mosaic Community Trust UK  
Income & Expenditure Account  
for the year ended 31 March 2013**

| <b>INCOME</b>                                        | <u><b>2013</b></u><br><b>£</b> | <b>£</b>                | <u><b>2012</b></u><br><b>£</b> |
|------------------------------------------------------|--------------------------------|-------------------------|--------------------------------|
| Westminster Council                                  | -                              |                         | 6,517.00                       |
| Donation                                             | -                              |                         | 4,000.00                       |
| Central & North West London NHS Foundation Trust     | 3,000.00                       |                         | -                              |
| Central & North West London NHS                      | 3,000.00                       |                         | -                              |
| Church Urban Fund                                    | 7,000.00                       |                         | -                              |
| Hammersmith Fulham                                   | 15,000.00                      |                         | -                              |
| Steve Holmes Design                                  | 520.00                         |                         | -                              |
| London Borough Westminster                           | 2,587.02                       |                         | -                              |
| Westminster PCT Smokeless Tobacco Project            | 3,260.00                       |                         | -                              |
| NHS Hammersmith & Fulham. Men's Health               | 2,200.00                       |                         | -                              |
| NHS Hammersmith & Fulham. Community Health Champions | 24,000.00                      |                         | -                              |
| <b>Total Income</b>                                  | <u>60,567.02</u>               | <b>60,567.02</b>        | <u>10,517.00</u>               |
| <b>EXPENDITURE</b>                                   |                                |                         |                                |
| Project Management                                   | 3,600.00                       |                         | 562.96                         |
| Sessional Workers                                    | 14,678.00                      |                         | 1,908.40                       |
| Volunteer                                            | 3,440.00                       |                         | -                              |
| Book-keeping & Administration                        | 987.40                         |                         | 870.00                         |
| Petty Cash                                           | 396.99                         |                         | 13.89                          |
| Counsellor Training                                  | 2,128.97                       |                         | 2,642.50                       |
| Refreshments                                         | 518.40                         |                         | -                              |
| Mental Health Workshop                               | 766.60                         |                         | 2,026.11                       |
| Mental Wellbeing Events                              | -                              |                         | 3,000.00                       |
| Outreach                                             | 640.00                         |                         | 1,800.00                       |
| Communications & Publicity                           | 520.00                         |                         | -                              |
| Office Overheads & Equipments                        | 3,169.73                       |                         | 420.14                         |
| Hire of facilities                                   | 2,388.50                       |                         | 2,207.00                       |
| Creche Worker                                        | 366.00                         |                         | 511.60                         |
| Stipend                                              | 1,160.00                       |                         | -                              |
| Depreciation                                         | 79.99                          |                         | 99.98                          |
| <b>Total Expenditure</b>                             | <u>34,840.58</u>               | <b>34,840.58</b>        | <u>16,062.58</u>               |
| Surplus/(Deficit)                                    |                                | <u>25,726.44</u>        | <u>- 5,545.58</u>              |
| <b>Surplus/(Deficit) for the year</b>                |                                | <u><b>25,726.44</b></u> | <u><b>- 5,545.58</b></u>       |



**The Mosaic Community Trust UK**  
**Balance Sheet as at 31 March 2013**

|                                          | 2013                    | 2012                    |
|------------------------------------------|-------------------------|-------------------------|
|                                          | £                       | £                       |
| <b>Assets:</b>                           |                         |                         |
| Fixed Assets                             | 399.95                  | 499.93                  |
| Less: Depreciation                       | <u>-79.99</u>           | <u>-99.98</u>           |
|                                          | 319.96                  | 399.95                  |
| <b>Current Assets:</b>                   |                         |                         |
| Cash at Bank                             | 40,588.70               | 14,782.27               |
| Cash in Hand                             | 38.30                   | 38.30                   |
| Current Liabilities:                     |                         |                         |
| Other Taxes & Social Security 08/09      | -18.37                  | -18.37                  |
| <b>Net Assets</b>                        | <u><u>40,928.59</u></u> | <u><u>15,202.15</u></u> |
| <b>Financed by:</b>                      |                         |                         |
| Private Fund Account:                    |                         |                         |
| Balance brought forward at 1 April 2012  | 15,202.15               | 20,747.73               |
| Surplus/(Deficit) for the year           | 25,726.44               | -5,545.58               |
| Balance carried forward at 31 March 2013 | <u><u>40,928.59</u></u> | <u><u>15,202.15</u></u> |

Approved by

.....  
Chair Person: Mr Anil Bhanot

.....  
Vice-Chair Person: Dr Natubhai Shah

Date: 22/6/13

Date: 22/6/13

**INDEPENDENT EXAMINER'S REPORT**  
**TO THE TRUSTEES OF**  
**THE MOSAIC COMMUNITY TRUST UK**

**FOR THE YEAR ENDED 31 MARCH 2013**

I report on the accounts of The Mosaic Community Trust UK ("The Association") for the year ended 31st March 2013 which are set out on pages 3 & 4.

**Respective Responsibilities of trustees**

As the association's trustees, you are responsible for the preparation of accounts; you consider that the audit requirement of section 43(2) of the Charities Act 1993 (the Act) does not apply. It is my responsibility to state, on the basis of procedures specified in the General Directions given by the Charity Commission under section 43(7)(b) of the Act, whether particular matters have come to my attention.

**Basis of independent examiner's report**

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the association and comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. I do not express an audit opinion on the view given by the accounts.

**Independent examiner's statement**

In connection with my examination, no matter has come to my attention, which requires me to report to the members of the The Mosaic Community Trust UK.

.....  
D M Patel  
D M Patel & Co  
Chartered Certified Accountants  
40 Great James Street  
London WC1N 3HB

Date: 22/6/13 .....