

## Annual Report 2013/14

### A message from the Chair


Mosaic Community Trust has once again experienced an extremely successful year. 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.

I never fail to be astounded by the amazing work that is taking place within some of the most disadvantaged communities in Westminster, particularly the work carried out by the Community Health Champions within Church Street Ward. These extremely dedicated and committed members of the community are making such a difference to the health and well-being of residents, building on the fantastic work initiated in 2012. I would also like to mention the Children's Champions Project, a new and exciting initiative that got underway in September 2013, which aims to improve the health of both children and their parents. The success and further development of these initiatives is a direct result of Mosaic Community Trust's approach of listening and acting on the feedback and needs of communities.

During the year, I have been fortunate enough to attend a number of events and meetings hosted by Mosaic Community Trust, which enabled me to keep in touch with the issues affecting the community and the sector in general. I hope to continue doing this during the coming year, and look forward to meeting many more like minded people in the community.

The level and nature of funding we have attracted this year clearly demonstrates the recognition and appreciation we have received by our key supporters, in particular Tri-Borough Public Health Services, Hammersmith & Fulham Primary Care Trust, and London Catalyst.

I wholeheartedly recommend reading about the fantastic progress made this year within this report and also encourage you to contact us at any time, whether simply for more information or to offer your services or support.



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

29/6/14

### **A message from the Director**

The progress we have seen since we began our journey with the Church Street Community Health Champions in 2012 is both exciting and rewarding. This year, we said goodbye to the first group of Community Health Champions who joined us in 2012. We hope they will continue to spread important messages about health throughout their communities.

A new group of 15 women joined the project in September 2013, although we were lucky enough that a few women from the first group stayed on with us. I am encouraged to see that many different nationalities are represented within the group, which now includes women from Morocco, Sudan, Afghanistan, Pakistan and Turkey, as well as Bangladesh. This will ensure messages are reaching the wider community, not just the Bangladeshi community. This new group qualified as Community Health Champions in October, having completed their RSPH training in Understanding Health Improvement. It is so inspiring to see them already using their newly gained knowledge, skills and understanding to improve the health and well-being of families throughout the community. These families were identified during a base-line survey that they themselves conducted over four weeks in October and November 2013. The sustainability of this important initiative is down to the amazing effort and commitment from these women. It is their genuine desire to improve themselves, their families and all those around them which makes our work not only totally sustainable but unique. I am very proud of all the Community Health Champions we have worked with since 2012.


Roma's journey is a classic example of the experiences and achievements of several of our Community Health Champions. Roma, like other mothers in the Church Street area, is from a socially disadvantaged and excluded community. Having made such an impact within the community in such a short space of time, Roma was appointed in September 2013 by Mosaic Community Trust as the Project Outreach Worker for the Community Champions Project. She is extremely well respected and valued by her extended family, her community, local GP services, local schools, and other community groups and services, and is often invited to participate in community level consultation meetings. She now has the confidence and capacity to fully access mainstream services and influence service providers and policy makers. Our vision is to see that one day all the residents of Westminster and citizens of our country will be empowered like Roma and enjoy a better quality of life.

We are extremely grateful to Westminster City Council who continue to support the Community Health Champions project and, in particular, Lesley Derry, who enabled Mosaic Community Trust to become part of the wider Community Champions programme of the Tri-borough Public Health Services.

New to this year, we have also developed an exciting and innovative project working with both children and their parents. In collaboration with Westbourne Park Family Centre and Edward Wilson Primary School, and with funding from London Catalyst, this project aimed to increase awareness amongst the school and local community of the benefits of healthy eating and regular exercise by training both children and parents to become Health Champions. I'm delighted to report that there have

already been significant improvements in the children's and parents' health behaviour. We are hoping to develop this project further over the coming year.

I would like to thank all our supporters in particular the Westbourne Park Family Centre, Paddington Development Trust and Church Street Library (Vital Regeneration) for their continued support and co-operation. I would also like to thank the staff of Mosaic Community Trust - Heike, Rana, James, Fabio and Roma - without whom, the work reported in this report could never have happened. I am grateful to the Board of Trustees 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."



**Lena Choudary-Salter**  
**Managing Trustee/Director, 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 2014, Mosaic Community Trust received a total income of £73,750. A large proportion of this came from London borough of Westminster, which supported the Charity's principal activities. In addition, we received funding support from London Catalyst for the Children's Champions project.

I am pleased to report that 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 North Westminster. The achievements presented in the Director's report are a clear demonstration of Mosaic Community Trust's commitment to making a difference at the community level.

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.



**Zeineb Ahmed**  
**Treasurer, Mosaic Community Trust**

## **2013/14 Key Outcomes & Achievements**

### **Trained new group of 15 Community Health Champions**

#### **Empowering women from socially excluded communities**

- Champions feeling more confident and valued by themselves and their families.
- Increased employment opportunities e.g. of the first group of Champions, one has since become a cook, two have set up their own tailoring businesses, and one has joined a drivers group to provide transport services to school children. Over half of the group are also actively engaged in community work through other projects in the area.
- Roma Akter recruited by Mosaic Community Trust as Project Outreach Worker for the Community Champions Project.

#### **Improved health & well-being of the community**

- The Champions have reached 400+ families within community on 1:1 basis.
- Increased knowledge and awareness of health through outreach and events such as Vitamin D Campaign on 8<sup>th</sup> July coordinated by the Champions e.g. 90% of residents reported increased awareness of Vitamin D deficiency.
- Improvements in health behaviour - 60-75% of residents reported changing their behaviour in order to improve their Vitamin D levels e.g. not covering their face, arms and hands when outside in the sun, and eating Vitamin D rich foods.
- 52% of residents reported increasing their physical activity and 60% reported improving their eating habits e.g. more residents are joining exercise classes and eating more healthily as they are now more aware of the link between exercise, diet and cardiovascular disease.

#### **Improved health and well-being of children and their parents**

- Developed successful pilot Children's Champions project in collaboration with Westbourne Park Family Centre and Edward Wilson Primary School.
- Significant changes in both children's and parents' health behaviour e.g. more physical activity, swapping unhealthy snacks for healthier options, and spending less time playing on the computer and watching TV.

#### **Increased access to local health and well-being services**

- Overall 56-70% of the residents reported an uptake in local services.
- More Muslims are accessing health and well-being services e.g. enthusiasm shown by Muslim women in accessing free Zumba classes and healthy eating classes.
- Reaching the wider community, not just the Bangladeshi community e.g. engaging women from Pakistan, Eritrea, and the Middle East.
- Muslim women will now go to see their GPs without any delay and don't wait until it becomes serious.

#### **Influencing and shaping local services**

- Champions invited to consultation meetings by Clinical Commissioning Groups' User Panels, PPGs (Patient Participation Groups) and other local community networks including Westminster Community Network, and One Westminster e.g. the Champions gave evidence at the Central London Clinical Commissioning Group's User Panel seminar on 'local Knowledge and patient experience' in July 2013.
  - The Champions are actively encouraging residents to become members of their PPG to voice any issues, instead of moving to a new surgery when they are dissatisfied.
  - The Champions are now very confident to make GP appointments and speaking to their GP without feeling fearful and anxious.
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