



**THE MOSAIC COMMUNITY TRUST**  
*Uniting, empowering and celebrating caring communities*

## **Annual Report**

### **April 2015 - March 2016**

#### **Message from the Chair:**

The objectives of the Mosaic Community Trust (MCT) for 2015 were threefold: (i) to promote leadership, health and economic well-being among economically marginalised and disadvantaged communities, (ii) to enable those communities to participate actively in strategic decision making at community level and (iii) to increase their access to mainstream services and economic opportunities.

In accordance with these objectives, MCT has continued this year to work at the grassroots level, for it is at this level that our strength and commitment lies. We have been very fortunate to have established a high level of co-operation and engagement with the local communities we serve in North Westminster, in particular with residents of Church Street and its surrounding area. We have received recognition from several local healthcare providers for what they consider to be the high level of effectiveness and low cost of our work in Church Street.

We have maintained our high impact in these local communities by mobilising support provided free of charge from several statutory, private sector and voluntary organisations, as well as from individuals, who offered training resources, venues and professional services. Although I would like to thank here our biggest donors, Comic Relief, Westminster Council administered Edward Harvist Trust, Westminster City Council's Prevent Unit and HCCI, we are deeply grateful for the support provided by all of our supporters.

The project outcomes and impact presented in this report clearly illustrate that MCT provides a high level of value for money. A Social Returns on Investment (SROI) study, undertaken by an external consultant, highlights our appeal and demonstrates that MCT's community empowerment model is both one of the most effective and cost effective models currently being implemented in the UK.

In preparation for our 10<sup>th</sup> Anniversary celebrations in 2016, we undertook a participatory review of our original objectives. Out of this we developed a new three year strategy, which we are proud to present in this report.

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, James Paul and Elena Grbic, 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. Also MCT's Board represents a range of skills and expertise which adds significantly to the organisation, providing effective governance and the setting of a positive working environment.

I wholeheartedly suggest you read this annual report and 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**

## Summary

### Community Empowerment

Building stronger communities is at the heart of MCT's work and **community engagement** is key to MCT's success.

This year, MCT worked with BME communities in the Church Street area of Westminster, addressing isolation, mental health and wellbeing and promoting social integration. MCT also piloted two rural community empowerment projects in Andhra Pradesh, India and Lalitpur, Nepal.

### Influencing

MCT advocated 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.

MCT also initiated a 'Question Time Event' – a discussion panel for young people living in Westminster aimed at **tackling religious intolerance** and stereotyping.

### Strategy 2015 – 2018

MCT's new three year strategy includes the following four aims:

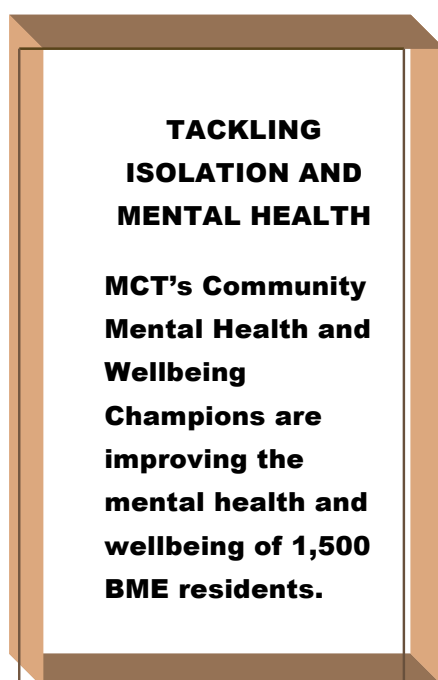
1. To promote **community cohesion** through mutual understanding and respect among people of different faiths, races, social and cultural backgrounds.
2. To empower socially and economically marginalised and disadvantaged communities to access and **influence public services** to eliminate social, health and economic inequalities.
3. To influence partners in the voluntary sector, local authorities, private sector and the National Health Service to create the conditions for **sustainable economic and social development** accessible to people of all faiths, ethnicities and cultures.
4. To **prevent poverty** by in education, training and

### The Mosaic Community Trust's Mission:

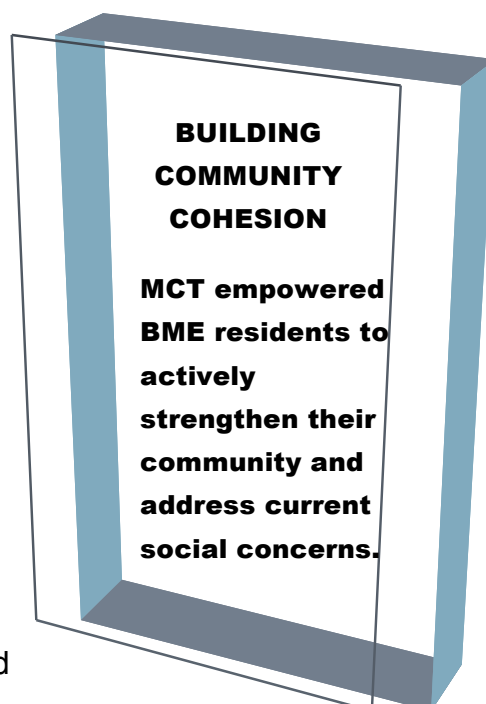
**To promote leadership, health and economic wellbeing to empower socially and economically marginalised and disadvantaged communities, enabling them to actively participate in strategic decision making at community level and to access mainstream services and economic**



barriers.



poverty related economic and social disadvantages and



funding international projects healthcare and eliminating

## **Community Empowerment Programme**

### **Creating Stronger Communities Project**

MCT implemented the ‘**Creating Stronger Communities Project**’, funded by Westminster City Council, which focussed on creating stronger communities by addressing participants’ concerns around extremism, domestic violence, internet safety for children, gangs, radicalisation, parenting, drug and alcohol abuse.

14 BME women gained a better awareness of and increased confidence in tackling some of the broader social concerns they currently face and are working with 1,300 fellow residents to promote social integration.

### **Community Mental Health and Wellbeing Champions Project**

15 BME women living in the Church Street Area of Westminster were trained as **Community Mental Health and Wellbeing Champions**.

The project, funded through the Comic Relief/ Evening Standard Dispossessed Fund, trains participants as community outreach workers, who offer mental health and wellbeing advice and support to vulnerable residents as well as advocating for improved local mental health and wellbeing services.

As part of the project, the Community Mental Health and Wellbeing Champions were also trained as **Ayurvedic Indian Head Massage Therapists**. As therapists the Champions provide a skilled service to vulnerable residents as well as supporting them with their mental health and wellbeing.

### **International Projects**

MCT piloted its “UK-South Asia Diaspora Model” in partnership with locally based non-governmental organisations in India and Nepal.

#### **India**

MCT initiated a Children’s Champion project in Guruvayapalyam in Andhra Pradesh with its partner Hands of Compassion.

#### **Nepal**

A water and sanitation project was initiated in Mali Gaun, Lalitpur District to support the costs of rehabilitating the existing water system, damaged during the recent earthquake, installation of public toilets, road construction and drainage and repairs to the community centre. This project was funded by the HCCI Service Company’s Nepal Appeal.

*“I am loving this course and meeting new people. It really helps you to come out of yourself, out of your comfort zone, and opens your mind”.*

*“Women are being empowered. Learning about gangs, domestic violence and gaining new skills really prepares you and gives you the tools and skills for parenting”.*

**Project Participant**



## Research and Learning

### Patient Survey

MCT conducted a survey to capture the level of care and support BME residents, with long term health conditions, receive from local primary care services. Findings from the survey will inform the future direction of MCT's project and influencing work.

### Social Returns On Investment Study

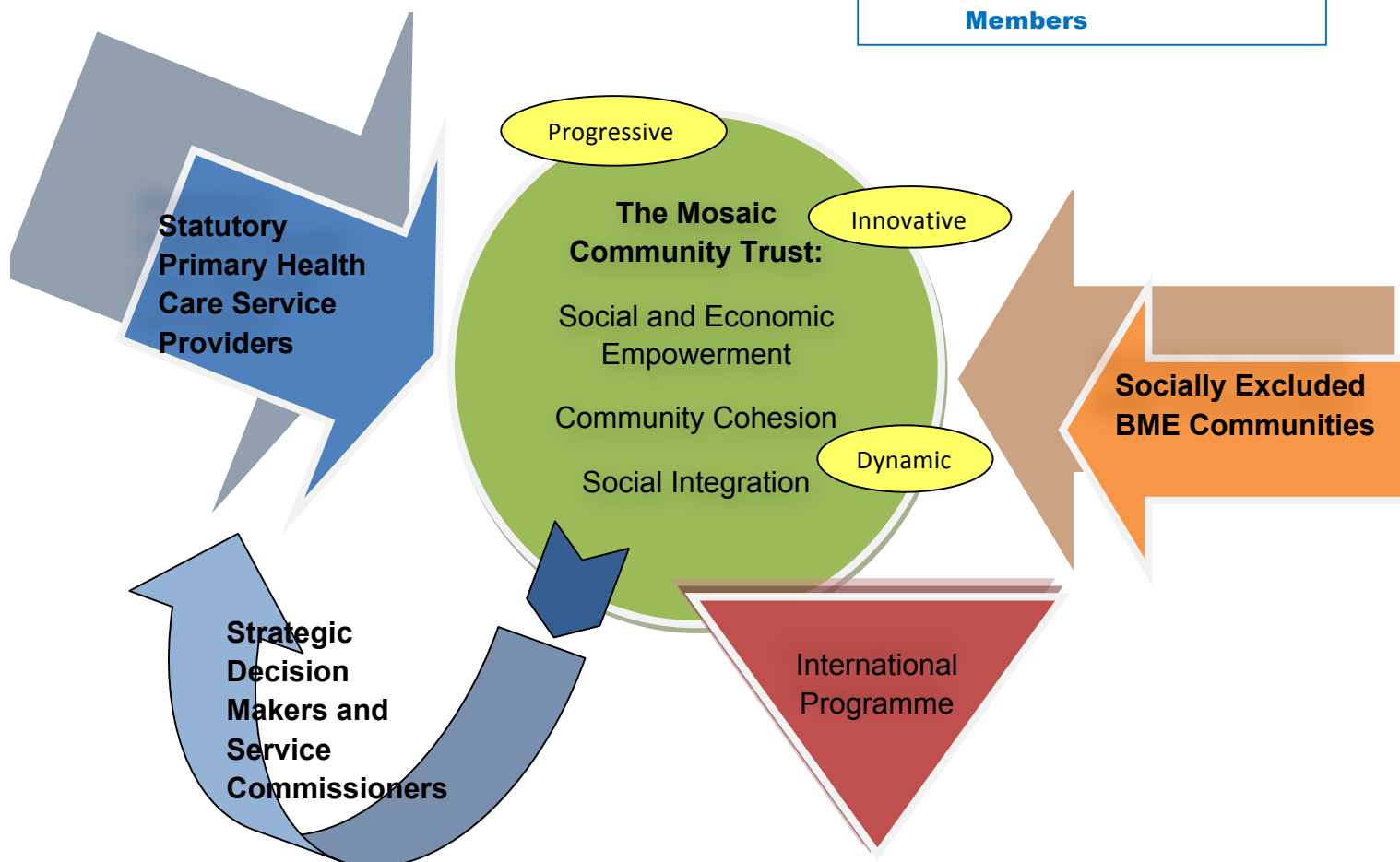
MCT published a SROI (Social Returns on Investment) report highlighting the effectiveness and low cost-high impact of MCT's projects, confirming that MCT's approach to improving health and wellbeing in the community is less than £1.60 per person per year. The BME Health Forum contributed funding towards this report.



## Mosaic's Way

Over the last 10 years, MCT has been using a rights based community empowerment model to implement projects. Learning from past projects, undertaking regular community based monitoring and evaluation activities and initiating discussions with sector partners and project beneficiaries have highlighted that the following **five conditions** need to be in place in order to facilitate lasting community change and empowerment:

1. **Strong Leadership**
2. **Active Communities**
3. **Equality**
4. **A Focus on Sustainability**
5. **Critical Partnerships between Service Providers, Development Partners and Community Members**





## **Advocacy and Influencing**

### **Question Time Event**

MCT lead a panel discussion to tackle religious intolerance and stereotyping amongst school children. The event was co-facilitated with One Westminster, Paddington Arts, Westminster Academy and Westbourne Park Family Centre.

Community leaders and young people from different faiths came together to discuss current issues affecting religious intolerance. As a result, a series of events and workshops were held to increase young people's knowledge and understanding of different cultural and faith groups.

### **Partnerships**

MCT worked collaboratively with the following organisations and agencies:

- Improved Access to Psychological Therapies (IAPT), Westminster
- Black and Minority Ethnic Health 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

MCT has influenced mental health and wellbeing service provision for the BME communities in Church Street by working closely with CLCCG, IAPT Westminster and two local Health Centres to make key changes to BME **patient experience**.

**Mosaic Community Trust was represented on the following strategic working groups and networks:**

**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**

## **Thank You**

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

Westminster City Council  
Comic Relief/Red Nose Day  
Edward Harvist Trust  
Westminster Wellbeing Team  
One Westminster  
The BME Health Forum  
IAPT Westminster  
Hyde Park Place Estates

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