



## OUR COMMUNITY HIGHLIGHTS OF 2021

As 2021 has come to an end, we wanted to reflect on the highlights of the year in our work with our communities.

Our work in the community continued to flourish despite the pandemic

### HOLISTIC WELL-BEING 40+ DROP-IN

Our weekly drop-ins operated in Church Street and Harrow Road. Community Health and Wellbeing Therapists provided therapeutic head massage for stress and pain relief. They gave advice on diet and exercise to help BME residents manage long-term health conditions and support to overcome social isolation and loneliness. Many of our service users reported that they experienced a feeling of relaxation and a sense of inclusion within the wider community. They are better able to manage their stress, and with significant lifestyle changes, reduce the number of GP visits.



### SKILL BASED COURSES FOR IMPROVING EMPLOYABILITIES AND CAREER OPPORTUNITIES

Mosaic facilitated a 6-week pre-entry Indian Head Massage course for 15 BME women who gained confidence, knowledge, and employment skills. As part of the course, Mosaic provided pastoral care sessions supporting learners to better manage their stress and worry, supporting them to reach their full potential. The course was funded by Westminster Adult Education Services (WAES).

### KATHRIN BOHM ART WORKSHOP

Mosaic's Advocates were invited to attend an art workshop at The Showroom to share and discuss the meaning of 'Art' in their culture. Advocates presented a piece of art to the group explaining its significance. The group's finished artwork represented participants' values and emotions through words and images which was then showcased to Kathrin Bohm, a German born artist who specialises in Compost Art. The group greatly enjoyed being creative and expressive and learning about the importance of art and culture.



## IMPROVING COMMUNITY POLICING

Mosaic co-facilitated monthly workshops with the local police Ward Officers to discuss the issues and concerns raised by BME residents in connection with youth crime and Section 60 (stop and search). These workshops have improved residents' knowledge and understanding of their rights.

Mosaic held a pop-up stall with the local Church Street Ward Officers to promote and help build a trusting and positive outlook on policing. Due to Mosaic's presence on the stall, residents were less hesitant to approach the police with their queries and concerns and praised Mosaic for facilitating and organising this collaborative event.



## DROP-IN SERVICE FOR INTERGRATION AND WELL-BEING

Mosaic was one of the first Westminster-based community groups to reach out to the Afghan refugees recently entering the UK and now housed at the Hilton Metropolitan Hotel. We secured funding of £7,500 from Choose Love, to support the refugees, many of whom felt very traumatised and alienated, to start integrating into UK society.

Our drop-in service provided a safe and friendly environment for the refugees to openly share their experiences and express their fears and worries. At these drop-in sessions, Louise, our Community Engagement Officer, facilitated basic functional English Language sessions to help improve essential communication. Keep fit sessions were run by Janatul and Zoa to encourage women to adopt a healthier lifestyle. The drop-in service also provided therapeutic massage sessions to improve emotional health and wellness. Overall, this resulted in women starting to embrace British values whilst upholding their identity, learning to understand different cultural norms, and building a sense of belonging.



## REDUCING SOCIAL ISOLATION AND LONLINESS

Together with our trained Community Support Workers (CSWs), we have been working with the Social Prescribers based in local Health Centres to provide befriending, health, and wellbeing support to individuals at significant risk of social isolation and loneliness. Our CSWs reached out to 400 BME women and men, providing a phone-based, tailored support service to address isolation, stress, and loneliness.

*"The advocate has helped me feel relaxed and is a very good listener, I have started to do activities I enjoy, I look forward to her calls every week". Service user, M.M*

*"Nadia (Community Advocate) is an amazing person, she has supported me during my difficult situation and speaks my language, so it is easier for me to communicate". Service user, Mr. H*

## EID HAMPER DISTRIBUTION TO VULNERABLE AND ISAOLED RESIDENTS

MCT received funding from British Land to provide Eid Hampers to the lonely and isolated residents. The Hamper was made up of fruits, sweets, Honey, Dates, and healthy snacks.

MCT advocates helped distribute to the residents of Westminster, many of whom were very grateful and delighted.



## RECOGNITION OF OUR WORK

We were nominated and selected for an award by Faith and Belief for promoting religious inclusion. Our services are inclusive to all, and we believe in tolerance and acceptance. We are recognised as working with diverse communities and are accepting and aware of different cultures and beliefs.

We enrich our community through shared experiences with different people.



## PROMOTING INTERFAITH AND COMMUNITY COHESION

MCT organised a Christmas event to help build good relations between people of different faiths and beliefs, promoting mutual respect and understanding and working towards community cohesion. Community members visited a local church and had conversations with the Vicar.

