

# The Mosaic Community Trust



**“THE MOSAIC ...pieces of different forms, shapes, sizes and colours brought together to form a beautiful image – an image of our communities...”**

**Uniting, Empowering, Celebrating Caring Communities**

# OUR MESSAGE

We are delighted to present our Annual Report, showcasing another remarkable year at the Mosaic Community Trust (MCT). Despite numerous challenges, our dedicated staff has shown unwavering commitment and resilience. A significant milestone this year is securing core funding from Westminster City Council for the first time, recognizing our valuable local services and enabling the appointment of a part-time Head of Programmes and Operations.

We engaged in vital conversations with key stakeholders, including Westminster City Council, Imperial College-based research collaborators, and NHS partners. These discussions allowed us to influence their community engagement processes and collaborate as equal partners. We have also attracted interest from university-based and National Institute of Health Research-funded researchers for community-based projects, highlighting the value of participatory approaches in health research.

The pandemic provided opportunities to develop new projects addressing the evolving needs of our target communities, which faced significant impacts. The cost-of-living crisis led to increased mental illness and long-term health conditions, necessitating a focus on health inequalities. We delivered several health literacy workshops in collaboration with the Patient Experience Research Centre (PERC) and Imperial NHS Trust, positively impacting health-seeking behaviours and reducing health inequalities. Our experience suggests that the community is ready to adopt an asset-based model, empowering residents to actively participate in strategic decision-making processes. We are finalizing our Strategic Plan for the next three years to reflect this transition from a rights-based to an asset-based organization.



Mark Glifford,  
Chair Mosaic Community Trust



Lena Choudary-Salter,  
CEO Mosaic Community Trust

We extend our heartfelt gratitude to all our supporters, Westminster City Council, our staff, trustees, volunteers, and our user community for their unwavering support and encouragement, which keeps us strong and motivated.

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## About Us

The Mosaic Community Trust (MCT), established in 2006 works towards empowering Black and ethnic minority communities in the Church Street, Harrow Road, and Maida Vale areas of Westminster. MCT works to help create a healthier and thriving community. We recognise that this is not possible without supporting the community to come together, across religious or cultural divides, reducing isolation and sharing knowledge and support.

We want to help create a compassionate caring community. Our focus is on activities that unite, empower, celebrate, and integrate marginalised communities.

The Mosaic Community Trust approach is to support and empower women from Black and ethnic minority communities to improve their own health and wellbeing. We recognise that women within our community are an untapped and often unsupported community asset. They play a unique role in family life and the wider community and can act as catalysts within the community for the improved health and wellbeing of their families, friends and neighbours.

However, women from black and other ethnic community groups are often marginalised and face significant inequalities themselves. We want to see these women reach their full potential and help to lead community support and change within their neighbourhoods.



# ANNUAL HIGHLIGHTS AND ACHIEVEMENTS

Mosaic has had an exciting year filled with numerous health workshops aimed at promoting wellness and healthy living. These workshops have covered a wide range of topics, including nutrition, mental health, fitness, and chronic disease management. Participants have benefited from expert advice, interactive sessions, and practical tips to improve their overall health. The workshops have been well-received, with many attendees reporting positive changes in their lifestyle and well-being. Mosaic's commitment to fostering a healthier community through education and support has been evident throughout the year, making it a standout period for the organisation.

## Health Literacy

As part of a broader campaign to address the need for early cancer detection, Mosaic successfully co-facilitated a series of cancer workshops. These workshops focused on cervical, breast, and bowel cancer. Led by highly recognized health experts in each field, the workshops were instrumental in educating and informing over 200 residents. Mosaic has effectively enhanced the community's knowledge and approach towards cancer screening and is committed to continuing its efforts in this crucial public health initiative.

## Research Collaborations

We're thrilled to share updates from our impactful research projects on Maternal Genomics and Children's Vaccine Uptake. Back in September 2023, Genomics England (GE) launched an innovative initiative to tackle cultural barriers hindering participation in maternal genomic health research. Led by Professor Claire Shovlin, a prominent figure in genomics, alongside research midwives, the workshops provided attendees with fundamental knowledge of genomics and practical insights into maternal health care. Discussions covered topics such as newborn heel prick tests and pre/post-natal care.





In December 2023, Lena Choudary-Salter, Habiba Haque of The Mosaic Community Trust, and Dr. Helen Skirrow from Imperial College London hosted an event in Church Street, Westminster, London. Their research project, 'Why did nobody ask us?!', aimed to address low vaccination rates among children by amplifying the voices of local parents. The findings revealed that while parents recognized the importance of childhood vaccinations, they encountered challenges in scheduling appointments and accessing relevant information. They highlighted the necessity for discussions with healthcare professionals they trust, particularly those who can communicate effectively in their language. This collaborative effort underscored the value of co-production in understanding and meeting community needs. By elevating the perspectives of ethnic minority parents, who often face barriers to vaccination and research participation, the project emphasized the critical role of culturally sensitive communication and accessible vaccine information



### Patients Waiting Well programme

The "Patients Waiting Well" programme, facilitated by Mosaic, has secured one-year funding from the Imperial Health Charity. This initiative aims to offer crucial support through a series of drop-in services tailored for patients awaiting medical treatments, operations, or procedures. Designed to alleviate the challenges and uncertainties that patients often experience during waiting periods, the program provides a supportive environment where individuals can access various services. This includes, providing one to one support to help patients manage anxiety, stress, and emotional well-being while waiting for their procedures as well as Wellness Activities including relaxation sessions, mindfulness workshops, gentle exercise classes and holistic massage sessions to promote overall well-being during the waiting period. This platform has created opportunities for patients to connect with others in similar situations, fostering a sense of community and mutual support. Mosaic aims to enhance the overall patient experience and ensure that individuals awaiting medical care receive comprehensive support beyond clinical treatment. This initiative reflects a commitment to holistic patient care and addresses the broader needs of patients during a potentially challenging time in their healthcare journey.



## Healthcare Advocates

Mosaic health and well-being advocates have completed a training program to perform basic health checks, including blood pressure monitoring. They have received certifications in blood pressure monitoring and are now actively fulfilling this role to help reduce prevalent health conditions within ethnic minority communities. The training, conducted by a nurse at Lisson Grove Health Centre and organized by CLCH, was a pivotal step in equipping advocates with the necessary skills to support community health initiatives.

## Community Events Celebrating Culture and Diversity

On May 8th, 2023, Mosaic organised a street Party at Church Street for the occasion of King Charles' Coronation for the local community. Hundreds of residents including Hamza Taouzale and Leader of the Council Adam Hug attended the joyful event. Activities included face painting, arts and crafts, street games and food which was enjoyed by all attendees. The event served as an opportunity to foster a sense of unity, educate community members about history, and to promote British values.

In May 2023 an Eid Al-Fitr event was organised by Mosaic where 50 women from the local community from diverse backgrounds came together to celebrate. The gathering encouraged community members to share food and customs, facilitating cultural exchange and understanding. This event played a vital role in fostering inclusivity, breaking down barriers, and strengthening community bonds. Celebrating festivals together promotes tolerance, respect, and unity among individuals from different cultural background.





# OUR IMPACT

## Empowering mothers in addressing serious youth crime

In response to the pressing issues surrounding serious youth crime and violence in Northwest London's most disadvantaged areas, Mosaic has been actively advocating for change. Collaborating with the Young Westminster Foundation, Mosaic has organized a series of workshops aimed at empowering mothers with essential information and knowledge to support their children and young people effectively. As a result, the project successfully achieved significant increase in awareness and capability among BAME mothers regarding the prevention of crime, exploitation, and serious violence. The project fostered improved engagement with key external stakeholders, including the WCC, police, and the Integrated Gangs and Exploitation Unit and BAME mothers gained increased skills and knowledge to actively engage in their children's lives, particularly in aspects related to preventing and protecting them from youth crime.



## Holistic Therapy for well-being

Mosaic's flagship therapeutic massage sessions have made a significant impact on our community. More than 300 service users have received complimentary holistic massages, describing them as transformative for their physical, mental, and emotional well-being. Many have shared that their mood has improved, and they experience better sleep as a direct result of these sessions.



## Making a difference to the lives of others

Service users who attend Mosaic's drop-in sessions and receive emotional support and wellness information have reported experiencing transformational changes in their behaviour, attitude, and decision-making. They feel empowered to manage their own lives and have a greater sense of belonging. Mosaic's work extends beyond venue-based activities; they are actively engaged in the community, providing essential support such as school pickups, medication deliveries, cooking for those in need, and transportation to hospitals, GP appointments, and A&E. This comprehensive support profoundly impacts the lives of vulnerable and isolated individuals, significantly enhancing their well-being and quality of life.



## Impact Stories

*“Since coming to Mosaic I haven’t felt lonely, I am ever so grateful for all the support I receive from Mosaic. I feel I belong somewhere and always look forward to coming. I feel empowered, confident, even the way I dress has changed. I feel respected and loved. Before coming to Mosaic, I was very isolated and lonely, I was always sad and depressed and had no hope. Mosaic has truly changed my life around and I will never be able to thank them for all that they have done for me.”*

*“I first joined Mosaic as a refugee, I spoke little English and had low confidence. I left behind my children in Afghanistan and was missing them so much. I felt as if my world was falling apart. I had no one to help me, and I felt very isolated, my health wasn’t great either. At that time Mosaic reached out to the Afghan refugees, and I was one of the fortunate ones. Mosaic taught me how to speak English, I learnt how to book appointments, open a bank account, everyday aspects of life in a new country. Now I have become an empowered individual my health condition has improved by attending health literacy sessions. I have learnt to have a more positive outlook to life, all this would not have been possible without Mosaic.”*



# CELEBRATING PARTNERSHIPS

Celebrating partnerships is a fundamental aspect of Mosaic's culture, particularly those that begin at the community level, which are of immense significance for several reasons. Our community partnerships formed the backbone of cohesive and resilient communities, driving positive change and fostering a sense of belonging. These collaborations have involved sharing resources, knowledge, and skills, effectively addressing community needs.

Mosaic has successfully built and maintained partnerships and collaborations with several external organizations, including CLCH (Central London Community Healthcare) Imperial College London, IAPT, Church Street Regeneration, CAMHS (Children and Adolescent Mental Health Services) Future Men, University of Cardiff, PERC, and Family Lives.



Working with our partners has helped build and strengthen our networks, creating a web of support and collaboration that extends beyond individual projects. For instance, our partnership with CLCH opened wider opportunities by supporting our advocates in training for BP measurements. This initiative not only benefited individual projects but was also implemented across all projects, recognized as integral to improving health and well-being among the global majority by our current funder, Healthy Communities who have launched a three-year funding stream to help manage common health conditions in the most deprived areas of Westminster. Through these partnerships, MCT has broadened its reach, resources, and expertise, allowing it to offer comprehensive support and services to BAME communities and their families. By collaborating with various sectors, MCT has created a holistic and supportive environment that promotes positive partnerships and enhances community well-being.

## COMMUNITY ENGAGEMENT INITIATIVES

Community engagement is a central pillar of Mosaic. MCT believes community engagement plays a crucial role in building strong, resilient, and inclusive communities. By actively engaging with the community, Mosaic understands the needs and aspirations of communities, and it empowers them to take ownership of their challenges and work collaboratively towards positive change.

During the reporting period, Mosaic undertook several engagement activities to promote the work of Mosaic as well as advocate on behalf of the residents- their needs, their views and concerns at various platforms. These include Providers Network meetings, school-based coffee mornings, Pop-up stalls, Community Policing Workshops to strengthen relationship between the Police and the community, representation on Church Street Safer Neighbourhood Panel, which is responsible for improving community safety, Representation on strategic leaderships groups based at Portman Early Childhood Centre, which includes several local providers including social services and mental health services and give us an opportunity to share and mobilise resources, information and referrals. MCT facilitated a community walk for NHS staff to increase their awareness on the needs of the community and increase their appreciation of community based and community led services. The CEO was a guest speaker on 26th September at London's Central

Mosque, when she was asked to speak about “breaking the Wall of Silence” between the Police and the Community. The CEO challenged both the Met Police as well as the Westminster Council for their lack of meaningful engagement with the community to address the ongoing serious crime in Church Street area. Several recommendations were made to build trusting relationship with the community.



# WE WOULD LIKE TO THANK ALL OUR PARTNERS AND SUPPORTERS FOR ALL THE GENEROUS CONTRIBUTIONS TO OUR WORK THIS YEAR



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