

WEEKLY SERVICES



The
Mosaic
Community
Trust

MONDAYS

Holistic Wellbeing Drop-In

10am - 2pm

Portman Centre NW8 8DE

Activities : Health checks, Healthy Breakfast, Physio exercises, befriending chats, therapeutic massage.

One-Stop-Service

10am - 12pm

66 Church Street NW8 8ET

Activities: Personalised service in dealing with housing, banking, social services, schools. Information, support and signposting.

TUESDAYS

Talk and Connect Cafe for Mothers

10am - 12.30 pm

Portman Centre

Activities: Mindfulness for Mothers, balancing caregiving with self-care

WEDNESDAYS

Mosaic's Wellness Hub

10am - 2pm

4 Lilestone St NW8 8SU

Activities: Health Literacy for self-management of health conditions, health checks, movement exercises, healthy breakfast, therapeutic massage.

THURSDAYS

One-Stop-Service

10am - 12pm

66 Church Street NW8 8ET

Activities: Personalised service in dealing with housing, banking, social services, schools. Information, support and signposting.



FOLLOW US! 



FRIDAYS

Art For Wellbeing

10am - 1pm

Portman Centre NW8 8DE

Activities: Creative art for reducing stress. Connect, relax, and enjoy free relaxing therapeutic massage.



**NEW FRIDAY
SESSION
COMING SOON**



07462 561885



info@mosaiccommunitytrust.org.uk



The
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Community
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WE CORDIALLY INVITE YOU TO:
MOSAIC COMMUNITY TRUST'S 5 YEAR PLAN LAUNCH
FOLLOWED BY AN AWARD CEREMONY!

Join us in celebration for a gathering of Mosaic Community Trust's key allies, supporters, and Board members as we launch our **5-Year Strategic Plan**, with **Cllr. Nafsika Butler-Thalassis**, Cabinet Member for Adult Social Care, Public Health and Voluntary Sector, as our Chief Guest.

Light Lunch will be served.

Monday 13th October | 12pm - 2pm

35-37 Church St, NW8 8ES

Please RSVP to: habibahaquemct@gmail.com



INVOLVING MOTHERS IN ADDRESSING YOUTH CRIME



The
Mosaic
Community
Trust

A STAKEHOLDER EVENT & DISCUSSION



City of Westminster



Young
Westminster
Foundation

You are warmly invited to **join Mosaic Community Trust and local partners in exploring how mothers can play a vital role in preventing youth crime.**

With **Cllr. Aicha Less**, Deputy Leader and Cabinet Member for Children and Public Protection, as our chief guest.

- **Presentation of findings** from our survey with BAME mothers in Church Street
- **Small group discussions** on culturally appropriate solutions
- Opportunities for **stakeholder participation**



Light Lunch will be served.

Tuesday 30th September | 11am - 1pm

35-37 Church St, NW8 8ES

Please RSVP to: habibahaquemct@gmail.com