

# 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 Limestone 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.*



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 info@mosaiccommunitytrust.org.uk



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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](mailto: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](mailto:habibahaquemct@gmail.com)**