

WINTER EDITION

Exciting News: Mosaic Launches 'One Stop Service' for the Community!

We're excited to announce the launch of Mosaic's brand-new One Stop Service, created to support the Church Street community. Our friendly, dedicated team is here to assist with a variety of services, including:

Housing repairs
Booking GP appointment
Completing forms

Located at The Triangle, right in the heart of Church Street, we've designed a welcoming space where everyone is invited to drop in for help and advice.

Opening Hours:

Mondays: 10:00 AM – 12:00 PM
Thursdays: 10:00 AM – 12:00 PM

We look forward to seeing you soon! For more information or inquiries, feel free to contact us or visit during our opening hours.

"This is an excellent service, the advisors are very professional and helpful. I was able to get help with sorting out my housing."

Funded by

MOUNTAINVIL



Waiting Well - An Alternative Community Based Management Plan

Mosaic's Holistic Patient Empowerment service offers an alternative community based management plan to BAME patients to "Wait Well" while waiting for procedures.

Church Street ward being the most socially deprived area in the whole of Westminster, the patients living here are known to have higher co-morbidities such as heart and respiratory diseases, diabetes, high blood pressure, mental health issues. Evidence shows taking simple steps before surgery or treatment to improve fitness, diet and mental health can play a crucial role in helping patients to recover more quickly and reduce the chances of them being re-admitted to hospital – not to mention the effect on cancellations and postponements.

Mosaic's flagship service "Waiting Well" supported by Imperial Healthcare Charity with active collaborative partnership with Central London Community Healthcare Trust is offering culturally appropriate and accessible community based service, which includes introducing patients to healthy lifestyle, socialising, self-management tools to manage their health conditions, movement exercises to strengthen their physical status, talking therapy to improve their mental health and a free tailor made Indian head massage therapy for stress and pain relief and relaxation.



HIGHLIGHTS

Mosaic co-facilitated alongside bi-borough VCS Health Lead, Liam Pywell, a session to develop measurable outcomes for Westminster's 10-Year Health and Well-Being Strategy.

The event brought together a diverse range of organizations, including PDT, Community Health Champions, NHS, Westminster City Council, and others. Participants engaged in meaningful discussions, shared ideas, and networked to brainstorm innovative solutions. This collaborative effort reflects a shared commitment to creating a healthier, brighter future for Westminster's communities. Together, we are laying the groundwork for impactful, long-term change.



Exciting News: Talk and Connect Café Launching Soon!

We're gearing up to launch our unique Talk and Connect Café—a warm, welcoming drop-in space where mothers can find guidance, support, and meaningful connections.

As part of this exciting initiative, we're thrilled to announce plans to recruit six new community advocates! These advocates, chosen from participants in our training sessions, will provide support within the café and extend their reach to the wider community.

Stay tuned for more updates as we get closer to opening this incredible new space designed to empower and connect mothers in our community!

ANNUAL REPORT 2024

https://www.mosaiccommunitytrust.org.uk/index.php/download_file/view/328/265



"Nihil de nobis, sine nobis" Nothing about us without us!

Church Street Mothers Lead the Change: Building Stronger Minds, Safer Futures

Youth crime is on the rise, and its ripple effects are taking a serious toll on the mental health and well-being of our children and young people. But in the heart of our community, something extraordinary is happening. Church Street Mothers are stepping up to make a difference!

These inspiring women are coming together, getting trained, and taking action to tackle this challenge head-on. Their mission is simple yet powerful: **Raising Awareness, Inspiring Change**. By shining a spotlight on the root causes of youth crime, they're sparking conversations and inspiring change, building a community that prioritizes safety and resilience.

Empowering Mothers of Children with Special

Needs—Recognizing the unique journey of raising children with special needs, the Church Street Mothers are also offering guidance and encouragement to these mothers. By sharing resources, understanding, and a listening ear, they're creating a lifeline for families who need it most. Mental health in children and special needs care often face significant stigma, but our advocates are determined to break these barriers. By offering compassionate and holistic wellbeing support, they aim to create a more understanding and inclusive community for those who need it most.

COLLABORATIONS

Church Street Regeneration Programme

MCT continues to influence local services on behalf of the BME communities and is an important member of Church Street Regeneration Working Group, a forum established and facilitated by Westminster City Council as part of the Church Street regeneration programme. The CEO and the Community Engagement Lead of MCT represent the Church Street community on this Group, which meets monthly. Mosaic plays a highly influential role at this Council facilitated working group responsible for the future for Church Street redevelopment and regeneration.

Working with CAB

Mosaic organised a community workshop in partnership with the Citizens Advice Bureau, focused on the topic of "Understanding Your Income Better" and how to access relevant support services. The session provided a platform for participants to engage in discussions about social benefits, explore their rights and entitlements, and learn about available resources. It offered an opportunity for individuals to ask questions and gain clarity on complex financial issues, empowering them with knowledge to make informed decisions.

Community Partnership with CLCH

Mosaic, in collaboration with a specialist nurse from the Lisson Grove Health Centre, facilitated an engaging workshop on diabetes management and prevention. This initiative was made possible through Mosaic's strong, ongoing partnership with Central London Community Healthcare (CLCH). The workshop provided valuable insights into practical strategies for managing diabetes, highlighted key prevention techniques, and emphasized the importance of early intervention. By fostering this partnership, Mosaic reinforced its commitment to addressing health inequalities.

Community Chest Fund Project

In July, CEO Lena Choudary-Salter and the Learning & Development Lead Habiba Haque, were invited to celebrate the successful completion of the Community Chest Fund project. The event highlighted Mosaic's collaboration with Imperial and NHS cancer specialists in delivering six co-facilitated workshops focused on cancer-related themes. It also recognised the vital partnerships between community organisations and stakeholders. Mosaic seized the opportunity to share and showcase the project's achievements.

Partner in National Research

MCT is a collaborative research partner of a major national study "Factors influencing the implementation of the Midwifery Continuity of Carer (MCoC) model of care in England: a mixed method cross-case analysis", awarded by National Institute of Health Research (NIHR). The other partners are: Plymouth, Birmingham, Cardiff Universities, Imperial College, Imperial College Healthcare NHS Trust and Tommys. The CEO, as a member of the project's PPI Advisory Group participated in the Project Advisory Group meeting in Birmingham on 14th October, when she made a presentation to complement the research framework to incorporate community perspective. Two community based events were held as part of the research study.

Paddington Life Sciences of Imperial Healthcare Trust

We are in conversation with the Director of Strategic Partnership to engage in their work supported by several major corporate Pharmaceutical and healthcare companies who wish to see more community engagement in their research work.

MCT facilitated a Community Consultation

meeting on 23rd September to inform the community about the Demolition and development plans for Church Street area, where 400 units will be built - to provide mainly social/affordable housing. The participants offered several useful suggestions and expressed their concerns on some of the proposed plans.

Art Therapy: Creativity for Healing and Connection

Mosaic facilitated a 28 week Art Therapy session partnered with St. Mary's Hospital to promote relaxation and emotional well-being through creative expression.

Participants explored various materials, embraced upcycling for sustainability, and created beautiful handmade items, including some for sale.

A standout achievement was the design of a mural, now set to be displayed at St. Mary's Hospital, accompanied by a message from participants on how art reduces stress and anxiety in ethnic communities.

This program fostered creativity, resilience, and connection, leaving a lasting impact on participants and the community.



Holistic Health Service Making a Difference

A unique Holistic Health Service, delivered in a safe and welcoming community space, is transforming lives by reducing social isolation, loneliness, and health inequalities. Funded by Westminster City Council, this weekly drop-in service has become a lifeline for many, especially for BAME women who may not feel secure or comfortable venturing out alone.

For these women, the service is more than just a program—it's a second home. Here, they find safety, warmth, and a strong sense of belonging. They are embraced, valued, and empowered, knowing that this space is truly theirs.

This initiative is a shining example of how community-centered care can foster connection, trust, and well-being.

