

Spring Newsletter

THE MOSAIC
COMMUNITY TRUST

April 2024



What We Do?

In the heart of our community, Mosaic Community Trust stands as a beacon of hope and empowerment for BAME women. Our mission is clear: to provide essential health information and foster confidence, enabling women to make informed choices in their lives. With care, knowledge, and support, we're dedicated to nurturing a brighter future for every individual we serve.

We're thrilled to welcome all BAME women in our community to participate in our weekly sessions, each designed to cater to diverse needs. Here's a glimpse of what we offer:

Holistic Patient Wellness: Every Tuesday at the Penfold Community Hub, delve into healthcare enlightenment. Learn to navigate through healthcare letters, understand basic health checks, manage diabetes, receive pastoral care, free therapeutic massage, nutritional advice, and targeted joint exercises.

This session aims to demystify healthcare, empowering you to take control of your health.

Mother's Support Network: Join us every Tuesday at the Portman Early Childhood Centre for solace and support. Share experiences and strategies to tackle challenges such as youth violence and fostering children's health. Receive support and information from professionals to empower you in supporting your children and young people.

Wellness Together: Every Friday at the Portman Centre, indulge in a variety of activities for your overall wellbeing. Enjoy a nutritious breakfast, engage in exercise, socialize with peers, and unwind with free massages. It's a day dedicated to nourishing the mind, body, and soul.

At Mosaic Community Trust, we believe in the power of community and the strength it brings.

In this newsletter
you can expect:

What We Do

Last Month

Upcoming
Events

Research
Collaborations

Exciting News

Health Updates



Nutritional advice for patients waiting well

Our sessions are more than just meetings; they are a gateway to a more confident and informed life. So, we warmly invite you to join us, to grow, learn, and thrive together. Let's build a stronger, healthier, and more connected community!

Last Month...

We conducted a workshop in the community to educate women about the signs, symptoms, and treatment options for breast cancer. With the invaluable expertise of specialist nurse Madhu Agarwal and the Imperial Healthcare team, including Ada. Humphrey, Maria Piggins, and Kelly Gleason, we tackled misconceptions and barriers surrounding cancer screening and treatment. To conclude the session, our highly skilled team of massage therapists provided much needed stress and pain-relief massages for the attendees.

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.

Through these workshops, the Mosaic Community Trust identified key barriers and misconceptions, offering recommendations to stakeholders including Genomics England and healthcare institutions. Suggestions included promoting cultural sensitivity among healthcare professionals, providing accessible information in multiple languages, and conducting research within communities.



Maternal Genomics workshop

In December 2023, Lena Choudary-Salter, Habiba Haque of The Mosaic Community Trust, along with Dr Helen Skirrow, NIHR Clinical Doctoral Research Fellow at Imperial College London, hosted an event to address low vaccination rates among children in Church Street, Westminster, London.

Their collaborative research, aptly named 'Why did nobody ask us?!', sought to amplify the voices of local parents whose views on vaccination had previously gone unheard.

The findings were illuminating. While parents acknowledged the importance of vaccinating their children, they faced challenges in booking appointments and accessing information. They emphasized the need for conversations with trusted healthcare professionals, particularly those who spoke their language, to address their concerns.

This collaborative effort underscored the significance of co-production in understanding and addressing community needs. By amplifying the voices of ethnic minority parents, who are less likely to vaccinate their children and engage in research, the project shed light on the importance of culturally sensitive communication and accessibility to vaccine information.

Furthermore, the impact of the Covid-19 pandemic on parental concerns about vaccination cannot be overstated. It has heightened the need for clear, informative discussions surrounding vaccines, especially among ethnic minority communities. Together, these initiatives highlight the power of

community engagement and collaborative research in promoting vaccination and understanding maternal genomics. By listening to and acting upon community insights, we can overcome barriers and ensure the health and well-being of all.



Dissemination event for vaccine uptake

Moreover, Esta Orchard (Mohn Centre for Child Health and Wellbeing, Imperial College London) was invited to attend the Mosaic team meeting. Present were the health and wellbeing advocates and Mosaic's core team members. The discussion was focused on the barriers to involvement in health research and how the group would like health research to become more relevant. This discussion is to feed into the REN 3 Project looking at barriers to engagement of children and young people with health research. MCT is one of the community partners in this NIHR funded research. Mosaic team firmly expressed to the consultant representative of this research the : "Co-designing research with the community is very important to ensure that the research topics are informed by the community's needs. This is especially important to make sure research is culturally relevant. Community projects like Mosaic can help educate researchers to support this. It's not just about what can researchers do for these communities but also what these communities can do to help educate researchers".

Finally, MCT is one of the two Public Patient Involvement (PPI) community partners on PPI Advisory Group of an NIHR funded National level research involving several UK Universities, Imperial College and Imperial College Healthcare NHS trust. The project started in 2023 and has already identified several critical factors affecting BAME women in effectively accessing maternal services resulting in health inequalities, which urgently need to be addressed. Three community events are planned as part of the research study to gather information from BAME mothers and Mosaic's health and well-being advocates with vast experience in maternity related issues and services being accessed by local community.

The recent PPI forum meeting highlighted the issues faced by socially deprived communities. The CEO of MCT, Who is one of the PPI Leads said "If we want to reduce health inequalities in maternity, we need to talk to multiple diverse communities. For example, the thoughts and needs of South Asian communities and North African mothers or Middle Eastern mothers, are likely to be different.

The relationships with their midwives may be different. Experiences are likely to be different. What are the factors which affect the needs of women in different communities? We are likely to get more information from service users in the community by trained members of the community - 'total strangers coming into communities will not get all the information I can tell you that from experience"

Upcoming Events

If you couldn't attend our last workshop, don't worry! We're hosting another Breast Cancer session on April 26th, the location is currently to be decided, so keep your eye peeled for any updates. Additionally, mark your calendars for our upcoming Cancer Sessions on Bowel and Cervical Cancer:

- 09th May- Bowel Cancer with Catherine Munro, Specialist Screening Practitioner Nurse @ TBC
- 21st May - Bowel Cancer with Catherine Munro, Specialist Screening Practitioner Nurse @ TBC
- 23rd May- Cervical Cancer with Ojone ILLAH, Obstetrics and Gynaecology Doctor @ TBC
- 4th June Cervical Cancer with Miss Stacey Bryan, Consultant Gynaecologist and Gynaecological Oncology Surgeon @TBC
- 25th June Community Event on 25th June for gathering information and experiences for Midwifery Continuity of Carers research study. Facilitated by Imperial College Healthcare Partners: Tina Prendeville RM MSc (Genomic Medicine) Lead Midwife and Susan Barry Associate Director @ TBC