



THE MOSAIC COMMUNITY TRUST

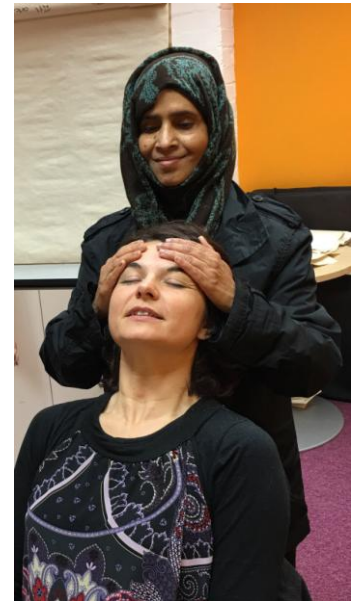
Uniting, empowering and celebrating caring communities

Indian Head Massage Therapist Training

Between 2014 and 2015, MCT successfully implemented Phase I of the Patient Empowerment and Engagement Project. As part of the project, MCT conducted a survey, focus group discussions and introduced regular community based monitoring tools to determine project impact in addition to the health and wellbeing needs still to be addressed within the BME community. Results from the survey demonstrated that the need for improved mental health and wellbeing within the community is becoming a growing issue. Residents are not accessing mental health services either by referral through their GP or self-referral, even though a need for these services clearly exists.

Further discussions with project participants and regular needs assessments have also highlighted BME women's lack of confidence and autonomy within the household. Since the beginning of 2015, MCT projects have started to address disadvantaged women's lack of skills and opportunities to contribute to family income. Several options and ideas were presented and discussed with the existing champions. Finally, a pilot project was launched innovatively combining the need for marketable income generating skills with mental health promotion work. This necessitated the introduction of Ayurvedic Indian head massage therapist training for champions, a skill which serves both as an entry point for promoting mental health and wellbeing and an opportunity to generate much needed income for the socially disadvantaged families.

The Ayurvedic Indian Head massage therapists' course has become increasingly popular and the progress being made by the trainee therapists is highly encouraging. Some of them have already started providing massage therapy to some of their family members and friends in the community.



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