

Appendix A - Outcomes 2016/17

Activity	Description	Staff	Numbers of clients 2016/17	Outcomes
Health Walks	Weekly walks accessible for all	Volunteer co-ordinator and trained volunteer leaders	12 - 20 people each week	Promoting physical activity, social benefits, and committed volunteers.
Short Health Walks	Twice weekly walks for people with physical conditions that cause limited mobility; people with learning difficulties or those new to walking for health. One walk leaves from Balsam Centre, one leaves from the Health Centre.	Volunteer co-ordinator and trained volunteer leaders	15 – 20 people each week	Promoting physical activity, social benefits, and committed volunteers. In combination with other lifestyle changes, some walkers reduce their BMI significantly
SCC Getset Children's Centre provision in two reaches. Balsam Centre is working with Getset to support children and families	Balsam Centre supports provision of health, social and educational child and family focussed services and activities.	Centre Manager, Like Minds staff, admin/project staff, health & social care professionals & partner agencies	Data held by partner organisations	To reduce health, social and educational inequalities and improve lives and life chances for children and families
Conkers Nursery	Children's Day Care for 0-5's providing high quality wraparound, all year round, teacher led provision with Forest School ethos.	Nursery Manager and 3 senior staff, administrator and five Nursery Nurses, Centre Manager, HR and Finance Officer	67 children registered and attending	Children have best start in life. Working parents have childcare options. Children are ready for and are eager learners at school
Job Done!	Provide support and training for those experiencing difficulties gaining and maintaining employment. To support some people into employment, others into training and or volunteering.	Job Done! Volunteer	2 – 5 people supported weekly	Building personal confidence and skills, volunteering and work experience opportunities & improved employability
Volunteering	Recruitment and management of volunteers and provision of a range of volunteering roles/opportunities.	Volunteer Co-ordinator	61 active volunteers.	Volunteers gain skills, confidence and experience which can lead to employment. Projects can run more effectively with volunteers. Skilled volunteers support individuals and groups.

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Like Minds	Support for people with low to moderate mental health conditions, primarily depression and anxiety, using a range of interventions. Target groups are young people in difficulties, especially those who are self harming and older, isolated and lonely people.	Two Wellbeing Workers, two Project Workers	185 people supported in last 12 months	People with a range of mental health support needs are less dependent on medication and better able to cope with life. People have improved diet and physical health, greater confidence and improved personal and family relationships
Loose Ends Café	Weekly café for older and isolated people with volunteers of all ages	Volunteer Co-ordinator and volunteers	Average 20 people attend each week	Healthy, affordable lunch for older people and social contact with other people. Volunteering opportunities.
Men's Shed	Creative social project for isolated and older men based on woodworking and activities using natural materials.	Volunteer Co-ordinator	Runs twice weekly with around 6 people per session (space is limited and intention is to expand)	Improved mental health and wellbeing of men who are isolated or alone or who have long term limiting or degenerative condition. Pathways to other services.
Wellbeing groups	Social and therapeutic groups and activities	Volunteer or peer led	20 + people attending groups weekly	Improved socialisation and social networks, increased confidence, skills and resilience
CAB	One day a week	Reception	tbc	Free advice and support from trained advisors
Flexercise	2 weekly groups of chair based exercise, Wincanton and Milborne Port	Trained volunteer	18 + people per week	Increased physical activity, improved mobility, social networks
Community groups	Pilates, Textiles, Painting and Drawing, Beginners' IT, Balsam Choir, Games Club, Patchwork and Quilting, talks and events, WEA courses	Reception, Project Worker	200 people each week	Physical activity opportunities, creative, learning, cultural and community activities.

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Partners	Balsam Nursery, Growing Space, Health Visitors, CAT Bus, Midwives, Getset	Reception	450 + people each week	Accessible health and social services.
Food	One to one or small group cooking skills for adults and cooking as a sociable and nurturing activity for individuals and groups, includes holistic weight management group	Wellbeing Workers, Project Workers and Volunteers	5 - 10 people weekly	Access to good quality fresh food at low cost; learn how to cook healthy food on a budget. Social time with a shared meal builds self-esteem & networks
Toy Library	Extensive range of toys and equipment for under 5's.	Reception	Available to groups and outside agencies for their activities at the Centre. 10 -20 users weekly	Resources available on site for e.g. Children's Social Care, Getset, Health Visitors.
Growing Space	Independent 'sister' charity providing social and therapeutic horticulture	Project Manager	60 + regular users, plus groups of primary school children.	Supported mental health work, peer support, focus on additional needs and learning difficulties. Horticultural skills.
Building use/hire	Developing health, social and community use of the centre	Centre Admin, Receptionist, Finance Officer and Centre Manager.	Total weekly 'uses' of Centre 1000 +	Income generation. Development of community resource. Base for multi-agency working.
Tenants	CAT Bus, Health Visitor Team, Heart of Wessex, Balsam Nursery.	Centre Admin, Finance Officer	62 place Balsam Nursery currently at 90%+ occupancy	Income generation. Operational partners in building increase multi-agency working.