

Table 1 Outcomes 2015/16

Activity	Description	Staff	Numbers of clients 2015/16	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
Children’s Centre provision in two reaches, covering large area of Area East delivered until end of June 2015	Provision of a comprehensive range of health, social and educational child and family focussed services and activities. Play and Learn groups, Bumps and Babies, Buggy Walks, Toddler Groups, Toy Library, Mums 4 Mums post natal support, Child Contact, Supervised Contact, Swimming, Balsam Burblers, Home Visits, outreach to villages, work with Child Protection, Incredible Years parenting support and specialist support groups.	CC Manager, Family Support Workers, Early Years Development Worker, admin/project staff, health & social care professionals & partner agencies	In combined reach area of 1411 children aged 0 - 4, covering 18 LSOA's 62% (average) are registered users of centre with over 90% of children in the 3 Wincanton LSOA's registered. Average annual use of centre for each child is X 13 p.a.	To reduce health, social and educational inequalities and improve lives and life chances for children and families
Children’s Centre Buggy Walks, Playdays and Special Events	Outdoor and physical activity sessions, using the local countryside and Stourhead Estate	Early Years Development Worker, Family Support Workers, Family Workers and Lead Centre Officer	400 + children and parents	Children and families taking more exercise, enjoying outdoor play and socialising with their peers.
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.

Wellbeing	Mental health support for people with low to moderate mental health conditions, primarily depression and anxiety, using a range of interventions.	Wellbeing Worker	128 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 young volunteers	Volunteer Co-ordinator and young volunteers	Average 20 people attend each week	Healthy, affordable lunch for older people and social contact with younger people. Volunteering opportunities for young people.
Touch Wood Forest School	Early interventions for families needing additional support, using Forest School approach.	Early Years Development Worker	80 children and parents supported	A better start for vulnerable young children, improved family health.
Touch Wood Men's Shed	Creative social project for isolated and older men based on woodworking and activities using natural materials.	Volunteer Co-ordinator	21 men supported	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.
Touch Wood Wellbeing groups	Social and therapeutic groups and activities	Wellbeing Worker	22 people attending groups weekly	Improved socialisation and social networks, increased confidence, skills and resilience
CAB	Twice weekly sessions	Reception	tbc	Free advice and support from trained advisors
Flexercise	2 weekly groups of chair based exercise	Trained volunteer	12 + people per week	Increased physical activity, improved mobility, social networks

Community groups	Pilates, Textiles, Painting and Drawing, Beginners' IT, Country Market, Games Club, Patchwork and Quilting, talks and events, WEA courses	Reception	250 people each week	Physical activity opportunities, creative, learning, cultural and community activities.
Partners	Balsam Nursery, Growing Space, Health Visitors, CAT Bus, Wholemeal Media, Midwives	Reception	450 + people each week	Accessible health and social services.

Food	One to one or small group cooking skills for parents and older adults and cooking as a sociable and nurturing activity for individuals and groups	Wellbeing Workers, Project Workers and Volunteers	5 - 15 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	Low cost hire of 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..
Growing Space	Independent 'sister' charity providing social and therapeutic horticulture	Project Manager	60 + regular users, plus school children twice weekly	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, Transition Vision (media co.), Health Visitor Team, Midwives, Balsam Nursery.	Centre Admin, Finance Officer	62 place Balsam Nursery currently at 90%+ occupancy	Income generation. Operational partners in building increase multi-agency working.