

Balsam Centre Outcomes 2022

Appendix 1

Activity	Description	Staff	Numbers of users 2022	Outcomes
Health Walks	Inclusive, accessible walks designed to increase fitness, aerobic activity and access to the countryside. Long walk 3-5 miles x 1 weekly Buggy walk at Stourhead or Newt fortnightly for post-natal peer support group.	Volunteer co-ordinator and 14 trained volunteer walk leaders	Walks have fully resumed as pre-covid with average 11 people attending.	Improves physical activity and physical health, social networks, peer support.
Short Health Walks	Weekly short circular walks for people with physical conditions that cause limited mobility; people with learning difficulties or those new to walking for health.	As above.	Walks have fully resumed with an average of 9 people attending each walk	Promoting physical activity, social benefits, and led by trained volunteers. In combination with other lifestyle changes, some walkers reduce their BMI significantly.
Conkers Nursery	Day Care and Early Education for 0-5's providing high quality wraparound, all year round provision with Forest School ethos.	Nursery Manager and Deputy, Administrator and ten Early Years Educators	57 children registered and attending, facility is at full operating capacity and there is a waiting list.	Children have best start in life. Working parents have childcare options. Children are ready for, and are eager learners at school.
Employment Support	Support for people experiencing difficulties gaining and maintaining employment, especially post Covid.	SSDC/Abri staff and Employment Co-ordinator	The Balsam Centre is a partner in a South Somerset employment project led by Karen Chalke SSDC and Martin Clayton (Abri) supporting people into employment in Wincanton through the Centre's holistic offer.	Building personal confidence and skills, volunteering and work experience opportunities & improved employability. Linking with local businesses and employment opportunities and infrastructure.
Volunteering Project	Recruitment, placement and management of volunteers and provision of a range of volunteering roles/opportunities that support the activities of the Centre and the community.	Volunteer Co-ordinator	104 active volunteers. Volunteers support in all areas of Centre activity from e.g. the maternal mental health group, to teaching English to speakers of other languages, to gardening and maintaining our grounds.	Volunteers bring and/or gain skills, confidence and experience which can lead to employment. Projects increase their capacity and run more effectively with volunteers. Skilled volunteers support individuals and groups through difficult times e.g. Covid.

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Hopscotch Family Support	Support and peer support for families with children under 18, undergoing a range of difficulties that impact family life.	Senior Family Worker and Senior Youth Worker	We have worked with 32 distinct families in the last year.	Individual family members' health, wellbeing and life chances are improved. Families are able to function independently are more resilient, more engaged in their communities and are less likely to need state interventions. Children attend school and continue their education.
The Good Stuff Project	A new, four year, mainly Lottery funded project for Wincanton which aims to improve the health, social, cultural, employment and environmental fabric of the community. The project works with under-served communities in the town and in close partnership with other local services and organisations	Two Good Stuff Project Workers	The project started in July and its first phase involved connecting with people in the town, through door knocking, meeting with delivery partners, researching skills needs and activities and recruiting volunteers. The project has so far made contact with 348 people in Wincanton. Two new groups have started and the Centre will be opening on a Saturday to enable families and working people to be involved.	After the initial planned research and ground works for the project it is now moving into its delivery phase where outcomes will be focused on increased community activity and engagement, opportunities for building practical, life and employment skills and generating an increased sense of purpose, identity and belonging within the community.
Young Carers	Peer, social and practical support and activities for young carers	Senior Youth Worker	The project has been running since January 22 with a peer support group of 7 young carers.	A peer support network has developed between young carers locally and they enjoy the benefits of some regular time away from their caring commitments.

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OPEN Mental Health	A collaboration between a group of Somerset Voluntary Sector organisations and Somerset Foundation Trust to improve access to mental health services and activities.	Five Recovery and Wellbeing Workers (3.3 FTE) a Locality Co-ordinator (0.9 FTE) and management time	The Balsam Centre is the Voluntary Sector lead for South Somerset and provides mental health support and activities both directly and indirectly, across the locality. The Centre has provided 2582 individual sessions for people across South Somerset in the last year. Activities include 1:1 support, counselling, and trauma informed social, therapeutic and creative group activities, including Ecotherapy at Ham Hill in partnership with SSDC.	People experiencing mental health problems are able to be introduced to the right service or support at the right time. All relevant services are working together. People with a range of mental health support needs have improved mental health, reduced dependence on medication/NHS and are better able to cope with life. People have improved diet and physical health, greater confidence.
Family Safeguarding	A new model of support for families with a Child Protection, or Child in Need order and where parents are at risk of having a child removed.	2 FTE Recovery & Wellbeing workers and management time.	The R & W workers are embedded in the Children's Social Care work team in Yeovil and work across South Somerset. Staff are currently operating on a full case load of 32 families.	The aim of the work is to prevent children from going into care, by ensuring that their families are able to care for them safely and appropriately.
Young People	Young People's specialist counselling, Nurture Café, Life Skills and Young People's group – The Hive. Opportunities for young people, especially those who are vulnerable or experiencing difficulties in the home/school to engage in a supportive, creative and nurturing environment.	Project worker, counsellor and trained volunteers	50 + young people supported each week.	Improved personal resilience, social and life skills, social networks. Improved school attendance, exam results, better family relationships and engagement in the community.

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Maternal Mental Health	Family support, specialist counselling and peer support for parents experiencing peri/post natal difficulties/depression.	Counsellor and Senior Family Support Worker	62 families supported in last year in 319 sessions. 'The Nest' is being used as a Family Support and Early Years hub at the Centre with new groups and interventions set up to meet demand.	Improved family relationships and family dynamics. Parental understanding of importance of bonding, attachment and baby and child development. Mums form friendships and peer support groups. Mums have improved personal and family relationships, increased independence and hope for the future.
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 8 + people per session. (100 sessions) The last year has been devoted to fundraising and finding the optimum configuration for an extension to the Men's Shed to allow greater use, including for families and at weekends.	Improved mental health and wellbeing of men who are isolated or alone or who have long term limiting or degenerative condition.
Wellbeing groups	Social and therapeutic groups and activities including outreach to villages. Dementia support, Drop-In groups, Textiles, Older people's peer support etc.	Project worker/Volunteer and/or peer led	65+ people access groups weekly at the Centre and outreach to Templecombe and Milborne Port	Improved socialisation and social networks, increased confidence, skills and resilience
CAB	One day a week	Reception and trained volunteers	CAB has been by phone or on line appointment throughout the year and numbers accessing are not currently available to us. CAB have rented space in the Centre and have resumed face to face appointments, but are primarily working online.	Free advice and support from trained advisors for people needing specialist support and advice

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Flexercise	Two groups of chair-based exercise, Wincanton and Milborne Port meet each week.	Project worker	Face to face sessions with 16 + people weekly.	Increased physical activity, improved mobility, social networks
Community groups	Yoga, Tai Chi, Textiles, Painting and Drawing, Breastfeeding support, Games Club, talks and events, Women's Shed, Carers Support, Warm Hub and cost of living support	Reception, Volunteer Co-ordinator, Volunteers	120 + people into the Centre weekly.	Physical activity opportunities, creative, learning, cultural, social and community activities.
Partners	Growing Space, Health Visitors, CAT Bus, CAB, Social Services, SSDC access point, Child Contact Centre, Employment Opportunities Hub	Reception	Based at or using the Centre to meet their client groups. Approximately 200 people	Accessible health and social services and support for the wider determinants of health, including employment.

Growing Space	Independent 'sister' charity providing social and therapeutic horticulture activities	Project Manager and project worker	15 per week.	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.	The Centre has continued as a valued community hub and source of information and support for the whole community.	Income generation. Development of community hub. Base for multi-agency working, including both tiers of the Local Authority and the NHS,
Tenants	CAT Bus, Health Visitor Team, Rural Practice Network	Centre Admin, Finance Officer	20 + staff active in the Centre	Income generation for charity. Operational partners in building supports joined up, integrated and multi-agency working, including a new administrative base for the Rural Practice Network.