

Appendix 1 - Balsam Centre Outcomes 2021

Activity	Description	Staff	Numbers of users 2021	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 ceased during lock downs, but have now resumed with a maximum of 10 people at a time and appropriate safety measures in place.	Improves physical activity and physical health, social networks, peer support
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.	As above.	Walks ceased during lock downs but have now resumed with a maximum of 8 people on each walk and safety measures in place.	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	56 children registered and attending, facility is close to full operating capacity.	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 an employment project being developed by Jo Gale/Karen Chalke SSDC and Joe Walsh (Abri) re 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	128 active volunteers. Volunteer numbers increased during lock down when more vols came forward to support people shielding, vulnerable and isolated in the community	Volunteers bring and/or gain skills, confidence and experience which can lead to employment. Projects increase capacity and run more effectively with volunteers. Skilled volunteers support individuals and groups through difficult times e.g. Covid.

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.
Wincanton For the Future - Good Stuff -The Core	Skills development and confidence building for young adults not in education, employment or training.	Project Worker	We have worked with 5 young people and one older person this year. It has been difficult with Covid restrictions as the activity has been designed around practical skills development e.g. cooking. There has also been a small, mainly online 'seedling' project attached to this which has involved around 18 people growing plants in their gardens with online support.	Confidence, enthusiasm, learning and relishing a new skill. One young person was supported into an apprenticeship which is going well and is likely to lead to an offer of employment.
Young Carers	Peer, social and practical support and activities for young carers	Senior Youth Worker	The project has been suspended temporarily, due to lack of demand, we suspect due to anxiety around Covid.	The outcomes are expected to be the development of a peer support network amongst young carers locally and some regular time away from their caring commitments.
OPEN Mental Health	A new collaboration between nine Voluntary Sector organisations and Somerset Foundation Trust to support people's mental health.	Four Recovery and Wellbeing Workers (2.3 FTE) a Locality Co-ordinator (0.7 FTE) and management time	The Balsam Centre is the Voluntary Sector lead for South Somerset and supports people with mental health issues directly and indirectly, across the locality. The Centre has provided 1214 individual sessions for people	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

			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	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.	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 24 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 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 each week Contact has been maintained with all young people during lock down. The majority of Face to face activity has resumed, but some young people and their families are still wary of enclosed environments.	Improved personal resilience, social and life skills, social networks. Improved school attendance, exam results, better family relationships and engagement in the community.
Maternal Mental Health	Family support, specialist counselling and peer support for parents experiencing peri/post natal difficulties/depression.	Counsellor and Senior Family Support Worker	71 families supported in last year. Support through Covid has been virtual and face to face when guidance has allowed. Small groups are now meeting in the new Early Years space 'The Nest' at the Centre. . A closed social media group has operated 24/7 and new referrals have been taken throughout the year.	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.
Loose Ends Café	Weekly café aimed at older and isolated people. Volunteers of all ages, some with learning difficulties prepare, cook,	Volunteer Co-ordinator and volunteers	Up to 15 people attending café each week in line with Covid restrictions.	Healthy, affordable lunch for older people. Connection with the 'outside world' during

	serve, wash up and socialise with diners.		Hot meal delivery for up to 20 people/week has been running over the last year, delivering freshly cooked two course meals to former café goers and vulnerable/isolated adults.	continuation of Covid restrictions. 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 6 + people per session. Post Covid numbers have reduced slightly, but a third and possibly fourth day of opening is planned to accommodate more men. Current plans are for the third day to be for men living with dementia	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. Woolcraft, Dementia support, Drop-In groups, Textiles, Older people's peer support etc.	Project worker/Volunteer and/or peer led	100 + people attended groups weekly until March, most have been able to continue virtually through lock down, now all resuming face to face with limited/reduced numbers.	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 will be resuming face to face appointments.	Free advice and support from trained advisors for people needing specialist support and advice
Flexercise	Two groups of chair based exercise, Wincanton and Milborne Port meet each week.	Project worker	Most have been able to continue weekly sessions through Zoom through lock down. Now back to face to face sessions with slightly reduced numbers, around 18 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, Evening Craft group	Reception, Volunteer Co-ordinator, Volunteers	Most groups and individuals have chosen to return bringing 120 + people into the Centre weekly.	Physical activity opportunities, creative, learning, cultural, social and community activities.
Partners	Growing Space, Health Visitors, CAT Bus, Midwife team, CAB, Social Services, Child Contact Centre	Reception	Numbers have reduced very significantly to approx. 50 per week as most partner organisations have not yet fully returned to the Centre.	Accessible health and social services and support for the wider determinants of health.

Growing Space	Independent 'sister' charity providing social and therapeutic horticulture activities	Project Manager and project worker	Face to face work has resumed with limited numbers, currently around 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. People have been very keen to resume their former activities following Covid.	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.	Centre Admin, Finance Officer	10 + staff active in the Centre	Income generation for charity. Operational partners in building supports joined up, integrated and multi-agency working.