

Balsam Centre Outcomes 2019

Activity	Description	Staff	Numbers of clients 2019	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 x fortnightly for post natal peer support group	Volunteer co-ordinator and 14 trained volunteer walk leaders	20 + people each week	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.	20 + people each week	Promoting physical activity, social benefits, and led by committed 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 two senior staff, administrator and ten Nursery Nurses	64 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 Club	Support for people experiencing difficulties gaining and maintaining employment.	Trained Volunteers	2 – 5 people supported weekly	Building personal confidence and skills, volunteering and work experience opportunities & improved employability
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	141 active volunteers.	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.
Like Minds	Support for people with low to moderate mental health conditions, primarily depression and anxiety, using a range of interventions, including counselling, social, therapeutic and creative group activities. Target groups are young people in difficulties, especially those who are self harming and people of any age who are isolated or lonely.	Three Wellbeing Workers, two Project Workers	342 people supported in last 12 months	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, improved personal and family relationships, increased independence and hope for the future.

Balsam Centre Outcomes 2019

Activity	Description	Staff	Numbers of clients 2019	Outcomes
Maternal Mental Health	Family support, specialist counselling and peer support for parents experiencing peri/post natal difficulties/depression.	Counsellor and Family Support Worker	73 families supported in last 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
Loose Ends Café	Weekly café aimed at older and isolated people. Volunteers of all ages, some with learning difficulties prepare, cook, serve, wash up and socialise with diners.	Volunteer Co-ordinator and volunteers	Average 23 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 6 + people per session.	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, Men's cooking group etc.	Volunteer or peer led	100 + people attend groups weekly	Improved socialisation and social networks, increased confidence, skills and resilience
CAB	One day a week	Reception and trained volunteers	295 people in the last year.	Free advice and support from trained advisors for people needing specialist support and advice
Flexercise	2 weekly groups of chair based exercise, Wincanton and Milborne Port	Project worker	20 + people per week	Increased physical activity, improved mobility, social networks
Community groups	Pilates, Yoga, Tai Chi, Textiles, Painting and Drawing, Beginners' IT, Balsam Choir, Games Club, talks and events, WEA courses, Life drawing, Lip reading and Sign Language	Reception, Volunteer Co-ordinator, Volunteers	200 people each week	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	250 + people each week	Accessible health and social services.

Young People	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	35+ young people each week	Improved personal resilience, social and life skills, social networks. Improved school attendance, exam results, better family relationships and engagement in the community.
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 hub. Base for multi-agency working.
Tenants	CAT Bus, Health Visitor Team, Heart of Wessex.	Centre Admin, Finance Officer	14 + staff active in the Centre	Income generation. Operational partners in building increase multi-agency working.