

# **The Balsam Centre – Allocation of Healthy Living Centre Funding for 2019/20 (Executive Decision)**

*Director:* Martin Woods, Service Delivery  
*Manager:* Tim Cook, Locality Manager  
*Lead Officer:* Terena Isaacs, Locality Officer  
*Contact Details:* [Terena.isaacs@southsomerset.gov.uk](mailto:Terena.isaacs@southsomerset.gov.uk) or 01935 462268

## **Purpose of the Report**

To consider the allocation of funding ring-fenced for Healthy Living Centres.

## **Public Interest**

Supporting and helping the Balsam Centre to improve the work of voluntary community organisations in the town and villages across Area East.

## **Recommendations**

It is recommended that Area East Committee:

- 1) Award the £10,000 ring fenced for Healthy Living Centres to the Balsam Centre for the delivery of the work programme.

## **Background**

The Balsam Centre was established in 1998, with the purchase of the former memorial hospital in the centre of Wincanton. The project was established to specifically meet the needs of Wincanton and the surrounding area (this includes some 40 settlements with a population of 30,000) due to an identified gap in services in the area, particularly in mental health services. Extensive refurbishment of the building and the setting up of services was enabled through a Lottery grant and support from a range of funders, including SSDC.

The Balsam Centre delivers a range of integrated health and wellbeing projects and initiatives, most of which directly link with physical activity, healthy eating and mental health support alongside participation in community based activities, supported social engagement and learning.

SSDC has supported the Balsam Centre through both core funding and project grants, since it began. In the past, core funding has been allocated through the Healthy Living Pooled Fund; a budget set up jointly by SSDC, NHS Somerset and SCC and reported annually to the South Somerset Health and Wellbeing Partnership (SSH&WP).

Members will recall that this budget was originally established to support Healthy Living Centres across the whole of the District but, as the only eligible organisation is based in Area East, the budget was transferred and subject to local monitoring by Area East Committee.

## **Annual Report**

Members have already been updated on the Balsam Centre's position in August 2019. Appendix 1. provides information on the Balsam Centre's outcomes for 2019.

## **Financial Implications**

There is £10,000 transferred to Area East from what was the Healthy Living Pooled fund for allocation in 2019/20. If Members agree the above recommendation this will all be allocated for this year. If the recommendation is not agreed, the money is likely to be returned to corporate balances.

## **Council Plan Implications**

Focus: Healthy, Self-reliant Communities

To enable healthy communities which are cohesive, sustainable and enjoy a high quality of life we will:

- Embed social value into all processes and activities to ensure we maximise the support we give to our communities.
- Work with partners to keep our residents safe and help them to feel safe in their local area.
- Work with partners to reduce the impact of social isolation and create a feeling of community
- Work with partners to support people in improving their own physical and mental health and wellbeing.
- Enable quality cultural, leisure and sport activities.
- Support residents facing hardship.

## **Area East Chapter Implications**

Focus: Healthy, Self-reliant Communities

- Work with the Balsam Centre to develop a local services hub.

## **Carbon Emissions and Climate Change Implications**

The Balsam Centre supports and provides various projects, including health walks, wellbeing/ community/partnership groups along with volunteering projects, which negates the need for travel.

## **Equality and Diversity Implications**

The loss of services designed to meet the needs of the most disadvantaged in target communities is likely to have a significant effect over time.

## **Background Papers**

Report to Area East Committee – August 2019

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