



The Balsam Centre – Allocation of Healthy Living Centre Funding for 2022/23 (Executive Decision)

Strategic Director: *Kirsty Larkins, Service Delivery*
Service Manager: *Tim Cook, Locality Manager*
Lead Officer: *Terena Isaacs, Locality Officer*
Contact Details: *terena.isaacs@southsomerset.gov.uk or 01935 462268*

Purpose of the Report

To consider the allocation of funding to the Balsam Centre.

Public Interest

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

Recommendation

It is recommended that members:

- Award £10,000 to the Balsam Centre for the delivery of the Healthy Living Centre work programme – of which £8,200 to be allocated from the Area East Discretionary / Project Budget and £1,800 from Area East reserves.

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 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, this central budget is delegated to Area East Committee.

Going forward, we are working on the assumption this is possibly the last year this funding will be available.

Appendix 1. Provides information on the Balsam Centre's outcomes for 2022.

Financial Implications

There is currently £8,200 available from the Area East discretionary/project revenue budget. If members agree the recommendation, £0 will remain in the revenue budget.

Council Plan Implications

Focus: Healthy, Self-reliant Communities

- Work with partners to keep our residents safe and feel safe in their homes and communities
- Collaborate with local partners to reduce the impact of social isolation and create a feeling of community
- Work with local partners to support people in improving their physical and mental health and wellbeing and reduce inequalities
- Enable quality and inclusive cultural, leisure and sport activities
- Proactively support residents facing hardship and tackle the causes of economic & social exclusion, poverty, and low social mobility
- Support the Balsam Centre and collaborate in the development of new wellbeing initiatives

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.



South Somerset
District Council

Background Papers

None.