

Early Years

Conkers Nursery



102 children on roll
63 funded places
998 hours of childcare provided weekly

233 breastfeeding clinic attendances



4 children's clothes banks

1203 attendances at **under 5s** drop-in play sessions in The Nest



Young People's Support



75 young people attended Balsam Centre youth groups

55 young people accessed counselling services



551 hours supporting young people



58 hours communicating with parents

Maternal Mental Health



334 counselling sessions

40 mums accessed counselling services



111 communications

48 mums supported by home visits, baby massage and a 'Mums for Mums' group



Family Safeguarding

95 parents



678 therapeutic interventions

Healthy Eating

203 healthy meals cooked by young people in Life Skills



8 average weekly number of lunches served at the Chat Cafe

120 plates served at Woodland Activities



22 children cooked a healthy meal to share with their family at Saturday Cooking Club

25 children enjoyed a healthy meal at HAF Club



Physical Activity

855 attendances at a Balsam Centre Health Walk



19 people attended Flexercise weekly

7 additional exercise classes run by external providers every week



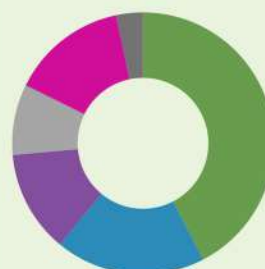
Open Mental Health

187 people supported



2646 interactions

Recovery & Wellbeing Workers



12 participants in Woodland Activities



“The Balsam Centre is my life. Without its support I don't know where I'd be. They have scooped me and my baby up.”

“The Balsam Centre has helped me to come out of myself and move forward in life.”

Balsam People

Volunteers



Working in partnership with

Staff (FTE)



Trustees



14 major partners

Good Stuff at a Glance

Over **200** people participated in Good Stuff activities in Year Two of the project...



...of whom **82%** have attended activities that develop **practical, life and employment skills.**

67 people visited the **Chat Cafe**

“Attending the Chat Cafe has improved my mental and physical health. I was housebound for over a year previously, and very low.”

Good Stuff projects delivered in Year Two:

- Saturday Cooking Club
- HAF Club (Holiday, Activities & Food)
- Forest School
- Wincanton Women's Enterprise
- Military Bushcraft
- Saturday Family Activity Sessions
- Parent Carers Support Group
- Deaf & Hard of Hearing Support Group
- 1:1 Enterprise Training
- Community Events

Employment & Skills



Support Services

- Jobcentre Plus
- Abri Employment Support
- Somerset Skills & Learning
- SIDAS
- SPARK IT
- Citizens Advice

in **114** sessions

Groups for Adults

639 attendances at **Tanners social group, Milborne Port**



418 attendances at **Memory Lane dementia support group**



8 weekly participants in **Men's Shed**



7 weekly attendances at the **North Star Group**



7 regular members of The Balsam Centre **Craft Club**



Key Events

Inaugural **Climate Fair**, May 2023

Open Mental Health Roadshow, June 2023

Balsam Centre Open Day, August 2023

Celebration of Volunteering, September 2023

Ecotherapy Taster Day promoted to professional partners, September 2023

Partnership project with **Bournemouth Symphony Orchestra**, November 2023

Winter Fair raises £20,500 for Balsam Centre projects, November 2023

New Balsam Centre website launched February 2024

Fundraising

122 individual donors



520 donations

£113,877 amount raised

