

Early Years



Conkers Nursery

88 children on roll
53 funded places
1041 hours of childcare provided weekly

163 **breastfeeding clinic** attendances



10 children's **clothes banks**



1590 adult and children attendances at **under 5s** drop-in play sessions in The Nest



Young People's Support



78 young people accessed **counselling services**

 **756** hours supporting young people

 **238** contacts with parents and school

Maternal Mental Health

27 mums accessed **counselling services**



 **395** **counselling sessions**

50 mums supported by **home visits, one-to-one visits** to the Centre, **baby massage** and a '**Mums for Mums**' group



Family Safeguarding

108 parents



393 sessions

Healthy Eating

126 meals served at **Military Families Cooking Club**



 **12** average weekly number of **lunches** served at the **Chat Cafe**

140 meals cooked on an open fire at **Woodland Activities**



 **109** **fireside snacks** served at **King Arthurs Growing Project**

27 **Christmas dinners** served



 **6** meals cooked at **TDAH!** every month

Physical Activity

989 attendances at a Balsam Centre **Health Walk**



 **7** additional **exercise classes** run by external providers every week

Open Mental Health

Each month, **Recovery & Wellbeing Workers** support:

74 people in one-to-one sessions



90 people in group sessions



16 people attended **Woodland Activities**

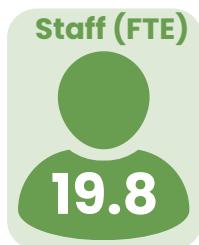


8 people attended **5 Ways to Wellbeing Group**

“The Balsam Centre has helped me so much over the years with advice and support. It has become my second home.”

“Coming to The Balsam Centre makes me get up in the morning. I feel like I've really progressed.”

Balsam People



Working in partnership with



14 major partners

Good Stuff at a Glance



106 individuals have attended since it began



Good Stuff projects delivered in Year Three:

-  Chat Cafe
-  Motor Heads
-  Wincanton Women's Enterprise
-  Military Cooking Club
-  Military Bushcraft
-  Saturday Family Activity Sessions
-  Parent Carers Support Group
-  Deaf & Hard of Hearing Support Group
-  1:1 Enterprise Training
-  Parkinson's Support Group
-  TDAH! Women's ADHD Support Group
-  King Arthurs Growing Project
-  Inclusion Days
-  Community Events

Groups for Adults



8 weekly attendances at **Memory Lane dementia support group**



25 people attended **Changes peer-support groups** each week across four locations



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

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



Employment & Skills

 Jobcentre Plus

 Somerset Skills & Learning

33 attended women's enterprise courses



Support Services

 SPARK iT

 Citizens Advice

2 job/volunteer fairs hosted

Key Events



Beneficiaries attended **Bath Opera** performances, July 2024



Inaugural **Family Pride Day**
August 2024



Wild & Green Community Fair
September 2024 (180 attendances)



Celebration of Volunteering
September 2024



Winter Fair raises £30,000 for Balsam Centre projects, November 2024



Lantern Workshops & Parade
November 2024 (201 attendances)



Christmas Extravaganza
December 2024 (170 attendances)

Fundraising

114 individual donors



£112,872 amount raised