

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

Volunteers



Working in partnership with

Staff (FTE)



Trustees



14 major partners

Good Stuff at a Glance



461 people attended **Saturday Family Activity Sessions**



Chat Cafe attendances
106 individuals have attended since it began

10

people attended **Motor Heads**

















women attended **women's enterprise courses**

20

people attended **Parkinson's Support Group**

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

 SPARK IT

 Citizens Advice

33 attended women's enterprise courses

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