

WELLSPRING SETTLEMENT



IMPACT REPORT 2022 - 2023



WELCOME TO OUR IMPACT REPORT

Growing up and living in Bristol for much of my life, Barton Hill Settlement and Wellspring Healthy Living Centre were familiar places. It was with great excitement that in 2023, I took on leading the relatively new organisation that was formed from their merger: Wellspring Settlement. I was attracted to working for Wellspring Settlement as an organisation at the heart of one of Bristol's most diverse communities.



Having formerly led one of Wellspring Settlement's tenants, I thought I was familiar with their work and the community. Since I started though, I have been blown away by the range and depth of services delivered, the number of people supported and the commitment and passion of staff, volunteers, and the community.

2022/23 was a challenging year as we continued to find a new normal post-Covid. Funding became harder to come by and the community faced ever more challenges. It was also exciting as we secured funding to develop The Swan as a youth facility, delivered a new adult education programme and became one of three Family Hubs for Bristol.

I am so proud to be part of Wellspring Settlement and want to thank everyone who helped us achieve so much in the last year.

Beth Wilson, CEO

MESSAGE FROM THE CHAIR OF TRUSTEES



It's been a year of big changes, most notably the departure of CEO Joanna Holmes, who held the position for 20 years including her time leading Barton Hill Settlement. Joanna transformed the Settlement in many ways, winning the confidence of a changing community, and establishing the reputation of BHS at a national level. Finally, she saw through the merger with

Wellspring Healthy Living Centre to leave a thriving organisation well placed for future challenges. Thank you, Joanna, for all you did.

The Board was delighted to appoint Beth Wilson as our new CEO. Beth is an experienced voluntary sector leader who will bring fresh eyes and energy to guide us through the next stage in our development.

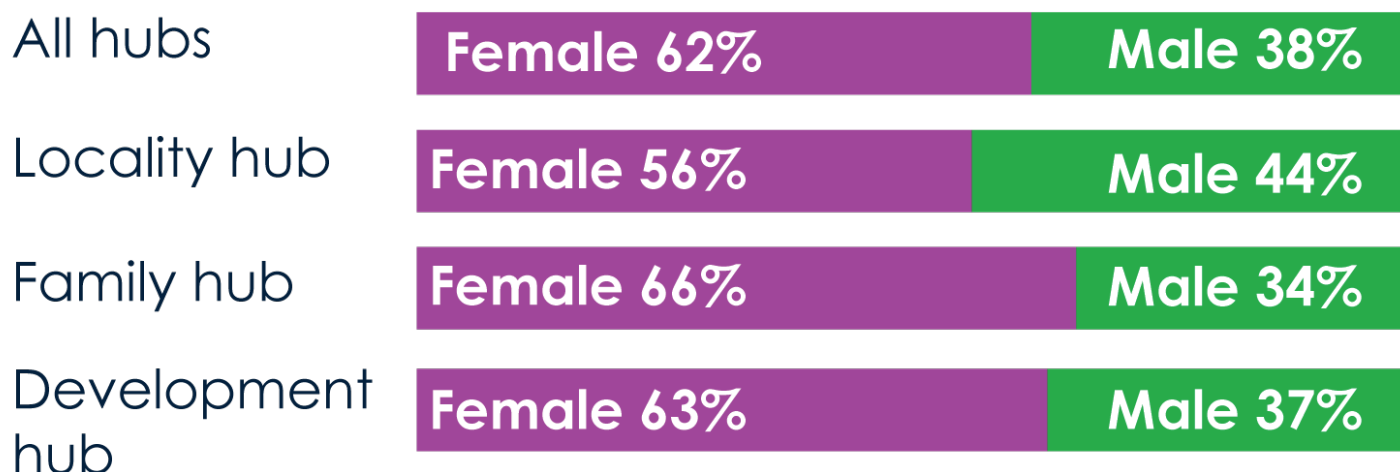
The year has seen many challenges, short-term crisis funding makes it difficult to provide vital long-term support. However we were delighted to secure funding to complete the refurbishment of The Swan as a youth centre, and provide new adult learning services.

My thanks go to all the staff and volunteers who have worked so hard to ensure we do our best to work with and for the local community. Thanks also to my Board colleagues who make a great team as we steer Wellspring Settlement through many challenges.

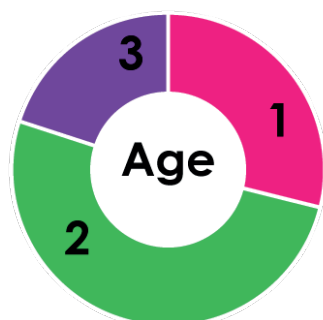
Will Bee, Chair of the Board of Trustees

IMPACT SUMMARY

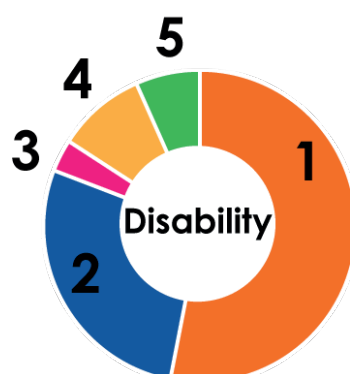
During the year 2022 to 2023, we welcomed over **6000** people through our doors for support with everything from debt and housing, infant feeding, physical activities, art sessions and so much more!



- 1: Asian/ British Asian, 7%
- 2: Black/ Black British, 24%
- 3: Mixed/ Multiple Ethnic Background, 6%
- 4: Other Ethnic Background, 9%
- 5: White, 46%
- 6: Prefer Not To Say, 8%



- 1: 0 to 24 years
- 2: 25 to 49 years
- 3: 50+ years



- 1: Physical impairment or health condition
- 2: Mental health condition
- 3: Sensory impairment
- 4: Learning difficulty or SEN
- 5: Other condition

10% of attendees reported having a disability or health condition

OUR AIMS

Our **VISION** is for strong dynamic community where everyone has a good quality life.

Our **MISSION** is to achieve this by harnessing skills and resources locally to power community-led change. We will promote communities that grow together, challenge inequalities and fight for equity in all forms.

Our **VALUES:**

Integrity of word and deed forms the basis of all relationships

For us real leadership is serving the community first

Celebrating diversity; this is our strength

We will demand equity in all our work

We will dedicate long-term stamina to achieve our goals

Nobody is a stranger and everyone feels safe and welcome

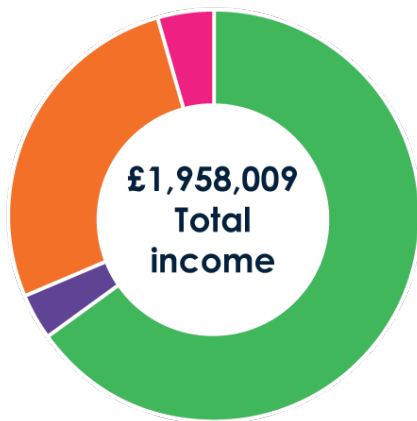
We will do everything we can in partnership



WITH THANKS TO OUR FUNDERS

- Adult Education Community Learning Fund
- Alive Activities
- Bristol City Council
- Bristol, North Somerset and South Gloucestershire CCG
- Central Bristol Children's Services (on behalf of Bristol City Council)
- Go Fund Yourself
- John James Bristol Foundation
- New Philanthropy Capital/John Armitage Charitable Trust
- NHS
- Nisbet Trust
- Quartet Community Foundation: Bristol Community Health Fund
- Sirona
- Sport England
- Small Restricted Funds
- St Monica's Trust
- Thrive Grant
- University of Bristol
- We Care and Repair
- Weston College of Further and Higher education (West of England Works programme, part funded by the European Union through the European Social Fund)

OUR FINANCES



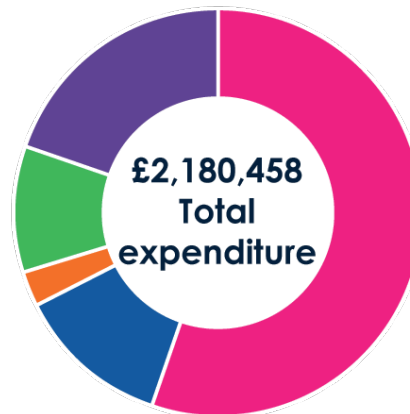
£1,272,958 Grants and contracts

£527,303 Rental income

£84,072 Other earned income

£71,452 Room hire

£2,224 Donations and legacies



£1,205,943 Staff costs

£426,817 Project and operational

£269,406 Premises

£220,842 External partners

£57,450 Governance and professional

These figures are based on draft audited accounts and are subject to change

ROOM BOOKINGS

We had over **2000** room bookings this year, from over **80** different organisations providing physical and mental health support, learning, advice, and community support to the local area.

VOLUNTEERING WITH BOOST



I had been working with young students at a local school when I heard Boost were looking for volunteers. I had never considered supporting adults before, so I thought this would be a good way to give it a go. It turned out to be a really eye-opening experience: I had never expected so many people to be in need of support with everything from debt to housing, understanding their bills to legal issues.

It was the first time I had worked in this field, and I had to learn a lot very quickly! The staff were extremely helpful and friendly though, and I enjoyed working with them. After I had been volunteering for almost three months, a paid job opened up. I took the decision to apply for it, and I was successful! My confidence has developed since I began volunteering, and it has continued to increase since I started the paid work. I feel more able to take initiative in stressful situations both in and out of the workplace, and the training was very useful and rewarding.

There have been so many people who have come to Boost in my time with the project, with a range of different issues. I'm really glad I've been able to help them through their situations and see them leave the project knowing that they're in a much better place than when they first came to see us.

I really like that Boost provides support for everyone in the community who needs it and I'm happy that I've had the chance to have contribute towards that.

It's been the best experience I've had all year!

ADVICE, INFORMATION AND LEARNING 2022 - 2023

Sometimes we all need a helping hand. Our Development Hub runs projects that offer advice, information and learning opportunities. Support around food, housing, debt and money are on hand, as well as courses to help you start or change your career.



BOOST Community

Food Club

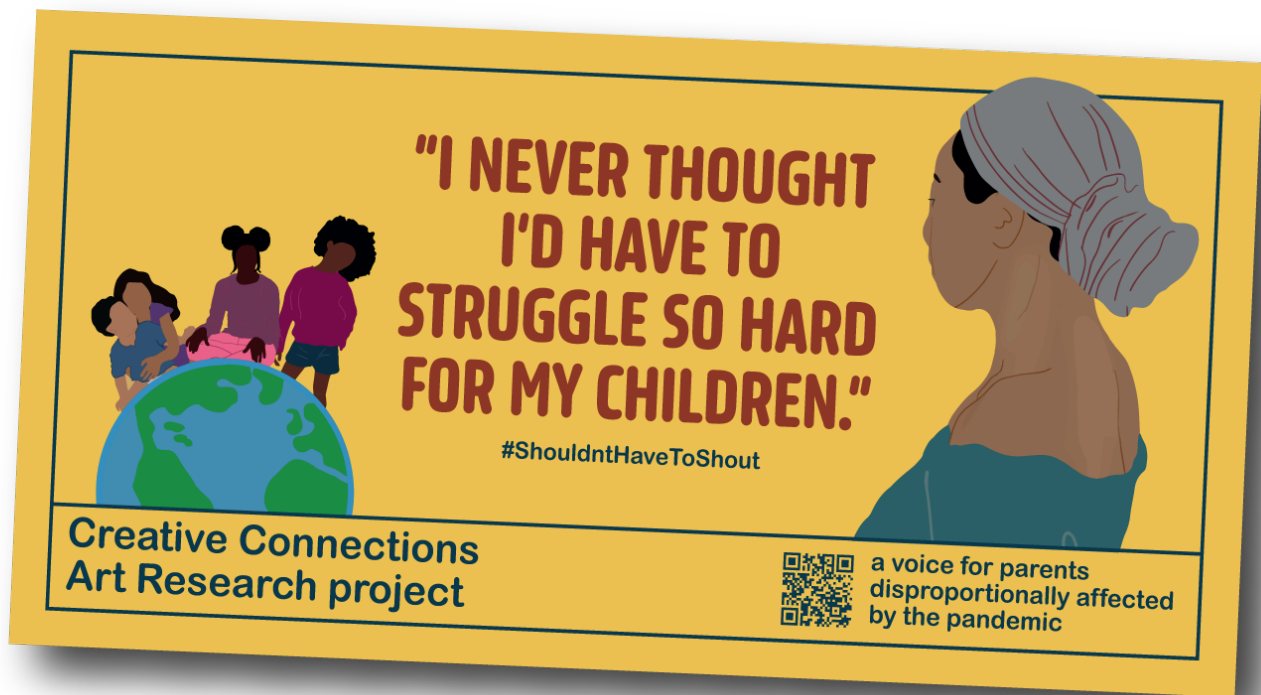
West of England Works

Adult Learning

CREATIVE CONNECTIONS



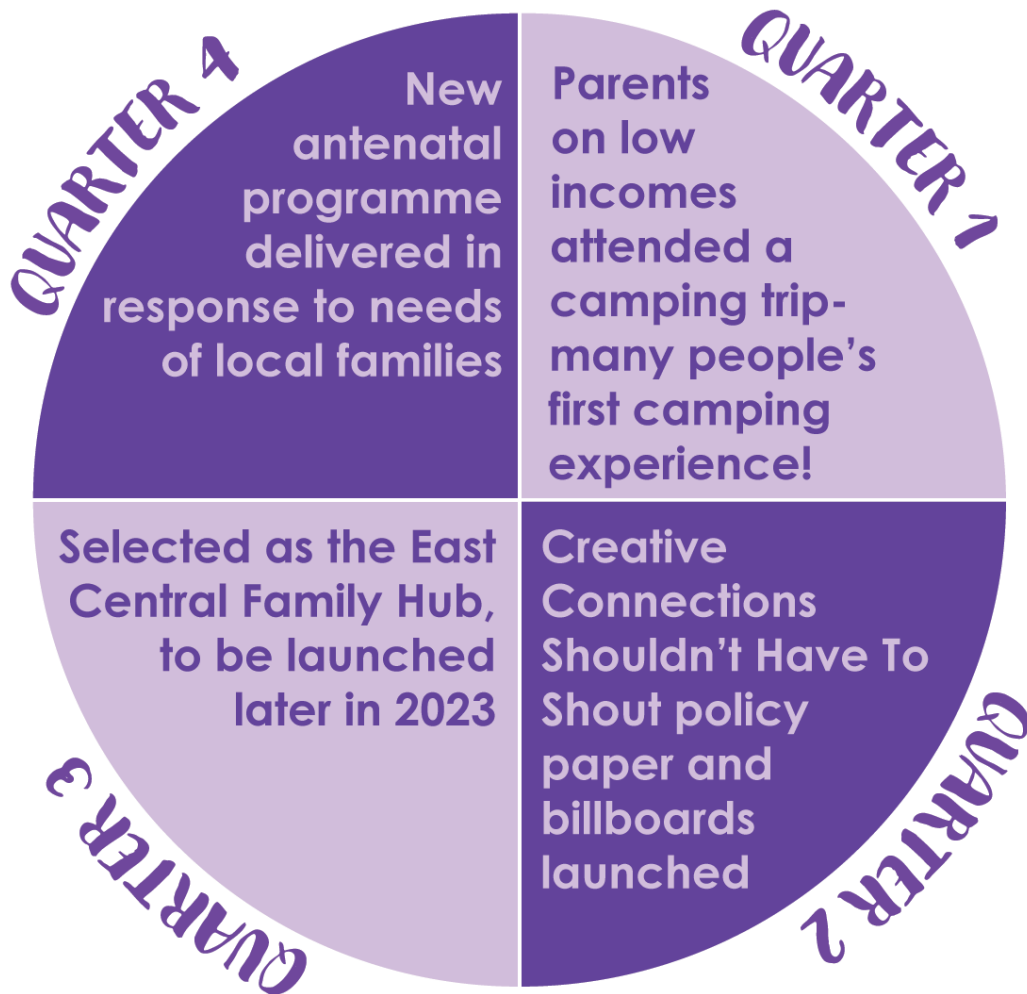
In October the Creative Connections Art Research Project launched its policy paper demanding changes to childcare, schooling, support around SEND children and more. This was accompanied by a two-week city-wide billboard campaign featuring moving quotes from participating parents and bold illustrations. The project gathered mothers from under-represented families, including ethnic minorities, single parents, new parents, those with low income or a disability in the family.



Experiences of the pandemic were shared creatively through art activities in **“an amazing opportunity to learn and express our feelings and frustrations”**, and these perspectives informed the research. The campaign messages amplified the voices of the parents who took part: **“I feel heard and represented!”**, and the policy recommendations aim to contribute to a future where all families can thrive.

FAMILY HUB 2022 - 2023

The Family Hub offers parenting programmes, baby groups, support for parents and carers, activities for kids and more! The team work in partnership with other local Children's Centres and organisations to share information to support families in our local community.



**Strengthening Families,
Strengthening Communities**

Stay and Play sessions

Infant Feeding Support

Antenatal Rockabye

Outreach Sessions

0-12 months Baby Club

MAKING HISTORY



The history of the former Barton Hill Settlement Site was recognised this year with the installation of two Blue Plaques to celebrate important local figures.

Albert Victor (AV) Alexander moved to Barton Hill when he was a year old. He attended Barton Hill Boys school on Meyrick Street, and later declined the opportunity to attend St George Higher Grade School as he thought his mother would not be able to afford it. Instead, he started working aged thirteen, first for a leather merchant, and five months later as a junior clerk with the Bristol School Board.

In 1929, Alexander became a member of the Labour cabinet, eventually becoming First Lord of the Admiralty. Following the outbreak of World War II, Alexander worked closely with Winston Churchill in this role.

The second plaque, unveiled in March, recognised the life of Hilda Cashmore, a pioneering Bristolian woman who became the first warden of the Barton Hill Settlement – now Wellspring Settlement!

Hilda was a key figure in the British Association of Residential Settlements project, however developed her own vision of Settlements that addressed the social problems faced by poor people. After winning support from the University of Bristol, Cashmore worked tirelessly to embed the Settlement in the area by winning the trust and confidence of local people, starting with the many families with young children.

COMMUNITY HUB 2022 - 2023

Our Community Hub helps local people connect, share interests and make friends - putting in place the building blocks for a strong community. We also run activities that support people to get involved and make positive changes in the local area.



Creative Connections

Community Engagement

Art Sessions

Physical Activities

SPRING FUN DAY



The school holidays are a great time for the community to get together in Barton Hill, and something we do regularly at the Wellspring Settlement is hold family fun days. They're a great chance for local people to try some new activities and make new friends. We use the local parks in the area and invite anyone that wants to come along. And of course, most importantly we always bring food!

One event in spring saw a range of activities from scooting to obstacle courses, tag to egg hunts. Community Engagement Worker Beth said: "We thought it would be great to have a day to celebrate something that's relevant to all communities – spring! We have seen quite a few families today, the kids had great fun playing games and having a picnic."

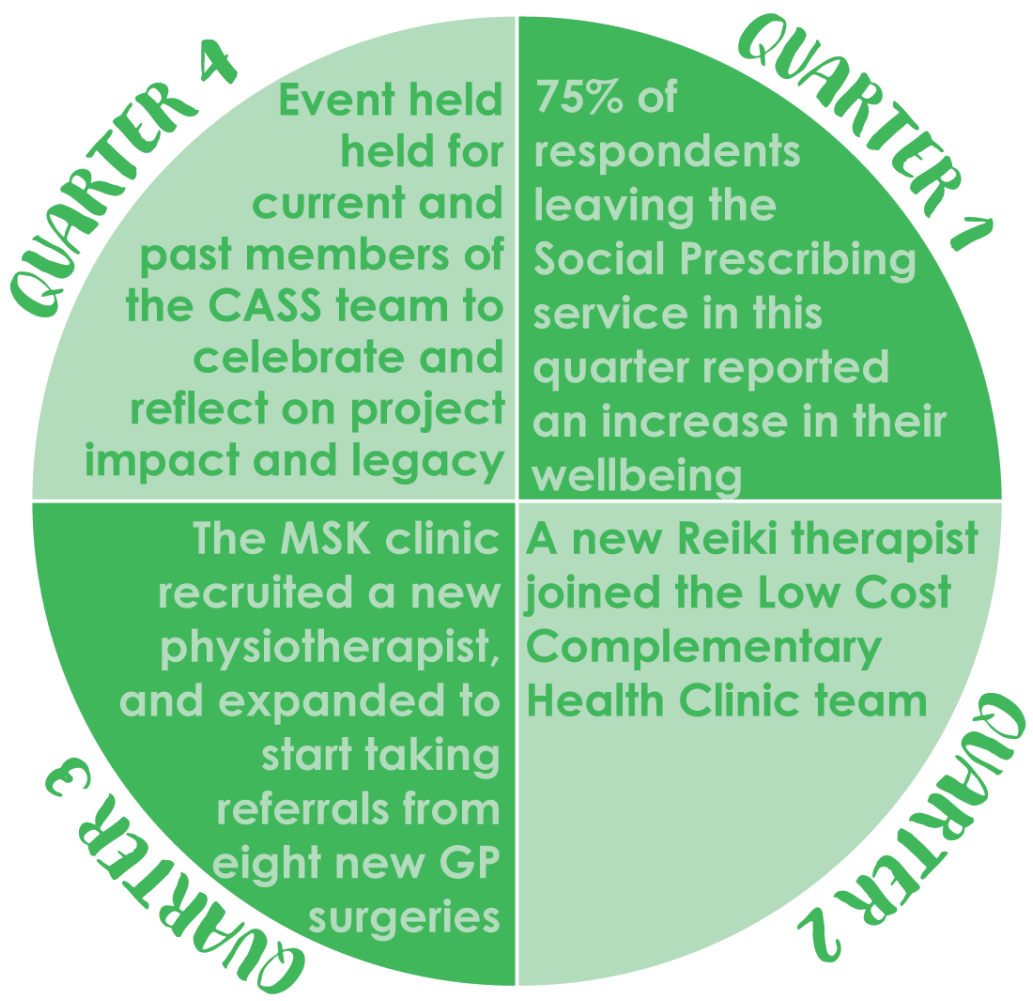
All ages were present, including a grandmother from nearby Marsh Lane, who was with her grandchild. She said: **"I stumbled across this on Facebook this morning and thought it would be brilliant."**

Bringing people together in the community like this was important to her family, as she had strong roots in the area across generations. **"I know of Wellspring Settlement as my mum used to go there for bingo, but I didn't realise they did events like this. I'm going to check their website as we want to get involved more."**

These open access events offer the first port of call for many to meet staff and a chance for local people to find out about the other services on offer at Wellspring Settlement, and the wider offer in the local area.

HEALTH AND WELLBEING 2022 – 2023

There's plenty on offer to keep your body and mind happy and healthy! We run services that offer mental health support, activity classes and our complementary health clinic offers low-cost therapies to local residents.



Community Access
Support Service

Social Prescribing

Musculo Skeletal Clinic

Complementary
Health Clinic

GETTING ACTIVE



As I like walking my GP suggested I try Nordic walking. I vaguely knew what it was but had never tried it. I thought it was for upper- and middle-class people. I'd never seen any BAME people Nordic walking so I wasn't sure it was for me.

My GP referred me to Jane, the Physical Activities Co-ordinator at Wellspring Settlement, who called me and chatted to me about the course, where it would be held and what to expect. This was really reassuring and I thought I'd give it a go especially. The course was free, and started out from my local GP surgery, so I knew there would be local residents and I would not feel out of place. Jane helped me to sign up to a free six-week course, starting at Charlotte Keel health centre.

When I arrived I was met by Subitha, one of the Let's Walk Bristol Nordic walking instructors. She was brilliant, putting everyone at ease and really giving clear instructions on the walking techniques and pole usage. It did not feel difficult to do and I really enjoyed it.

I learned that Nordic walking is a great way to improve your range of movement, increase your strength, and tone your muscles. The health benefits of Nordic walking have been an eye opener for me. It makes you think about posture, balance, feet and arm movements, breathing, connecting to nature and more.

Thank you to Jane, and Subitha and her team for improving both for my mental and physical wellbeing.

STAY IN TOUCH

Settlement Site, 43 Ducie Road, Barton Hill, BS5 0AX



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Wellspring Site, Beam Street, Barton Hill, BS5 9QY



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