



FUSION

healthy living centre



*Helping Maidstone
residents since 2003*

Our Review of 2022

ABOUT FUSION

Fusion is a charity based in Maidstone – a healthy living centre working in Park Wood and across Maidstone to help local people start feeling healthier, happier and better connected into sources of support. This is our business model:

INPUTS



FINANCES

- £100,000 grant funding
- £33,000 room hire income
- £20,000 other income

PEOPLE

- Staff
- Trustees
- Volunteers
- Community Partners
- Donors

PREMISES

- Fusion head office
- Community venues

OUTPUTS



OWN ACTIVITIES

- Family Therapeutics
- Information, advice and guidance
- Healthy food and cooking
- Education and training
- Children/youth activities
- Social inclusion activities
- Allotment scheme
- Signposting

HOSTED ACTIVITIES

- NHS services
- One You services
- Benefits advice
- Foot clinic
- Youth club
- Training courses
- Community chef
- Other community groups

IMPACT



LOCAL PEOPLE

- Living healthier lives
- Improved wellbeing
- Less isolated
- Improved Skills
- Better supported
- More employable
- Eating healthy food
- Digital inclusion

COMMUNITY IMPACT

- Improved access to key services
- Better connected
- Reduced health inequalities

LOOKING FORWARD



3-YEAR STRATEGIC PLAN

- Trusted gateway into the community
- Financial stability
- Help more people
- Help the community in more ways
- Grow the Fusion team



FUSION SUPPORTED 12,684 PEOPLE IN 2022



152
people
accessing training
and coaching



8,468
diabetes patients
accessing eye
screening



996
healthy meals served
on Free Food Friday



62
Fusion
volunteers



75
Golden Friends
Club attendees



2,550
coffee shop
visitors



621
people using
office facilities



54
people doing
seated exercise



143
people using
our IT suite



49
families accessing
therapeutic support



300
people accessing
NHS One You support



80
Christmas
meals served



WHAT OUR CLIENTS SAY

"Fusion is a good place to meet people, great for advice, learn new skills and enjoy a meal"

"Excellent centre. I enjoy coming particularly due to the social interaction, chair exercise and lovely staff. The Friday meals are excellent"

"Good atmosphere, good selection of meals, super staff, nothing is too much trouble, good selection of activities, always good tea, coffee and nibbles every time"

"The meal was delicious and such a great standard. Company is very interesting to talk to. Coming to Fusion never fails to lift my mood. Very good"

CASE STUDY

Client G

G is the mum of a young son living in Park Wood who came to us in 2022 for help with a housing issue. Her neighbours' antisocial and abusive behaviour was making her feel very anxious and unsafe in her own home, so she asked Olivia from our Family Therapeutics team for help.

With Olivia's support, over several months G was able to make a successful case for Golding Homes to re-home her, to arrange a nursery place for her son, to feel happier and more confident and to attend our support group for local mums. She is feeling more optimistic and positive and is looking forward to the arrival of a new baby soon!

CASE STUDY

Client M

In 2022 client M was diagnosed with Parkinson's which she was struggling to come to terms with – losing confidence, going out less and worrying about how people would react to her symptoms.

We worked hard to help M think differently about her Parkinson's diagnosis, to access disability support benefits and to embrace activities which make her feel positive and connected to others, including going away on short breaks with family and making new friends here at Fusion.



Funders

KCC – Public Health & Adult Social Care
Colyer Ferguson Charitable Trust
Kent Community Foundation
Maidstone Borough Council
Involve Kent
Golding Homes

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