



CAMBOURNE PARISH COUNCIL

District of South Cambridgeshire

**APPLICATION FOR FINANCIAL ASSISTANCE**

**1 Name of Organisation:**

**Relate Cambridge – operating at Sackville House, Cambourne**

**2 Name, address and telephone number of correspondent (and office held):**

**Claire Godward CEO  
3 Brooklands Avenue  
Cambridge  
CB2 8BB  
Tel 01302 347710**

**3 What are the objectives of your organisation?**

**Relate** are the relationships experts. Relationships impact on every aspect of people's lives. They are fundamental to people's wellbeing and sense of self. Today relationships are under increasing pressure and here at Relate we know we can save marriages, improve relationships or make a separation more amicable. Relationships remain central to overall wellbeing and affect every part of our lives. With 42% of marriages ending in divorce and three hundred thousand families separating each year, there has never been a greater need for our services.

Relate's vision is to develop and support healthy relationships by helping couples families and individuals to make relationships work better. We also offer much needed support to children affected by relationship turmoil and the pressures of the modern world.

We offer counselling and emotional support. The couple, family and children counselling that we provide acts as a shock-absorber; it sees people through good times and bad and provides support that helps people in times of need. We help people with a range of issues including domestic violence, alcohol problems, self-esteem and communication issues.

Through our work, aimed at helping families with their relationships, we also encounter a large number of children and young people with mental health problems. Some are as young as 5 years old.

By offering counselling and education we aim to prevent longer term illness and give children the best possible outcomes in life. We have a BBC Children in Need grant , and so in addition to supporting the adults in your region we can now offer **free** counselling to support and help their children too.

**4 Is membership/support open to any resident of Cambourne, regardless of sex, age, ethnic origin, religion, disability or sexual orientation? If not, please give reason:**

Yes our services are open to all.

**5 Amount of grant applied for £1,500**

**6 Purpose for which the money will be used. Please explain clearly and simply the reason for your request. (a separate sheet can be used if required)**

We would use this grant to support the Relate counselling service for the benefit of the residents of Cambourne and to support the outpost at Sackville House. This service meets the needs of Cambourne residents by offering them accessible affordable services. We support people experiencing social and economic difficulties and we thereby promote equality of access and opportunity for all Cambourne residents. We attach our report on local activity which reveals we helped **92** Cambourne residents since August 2018. You will see they presented with a range of issues including domestic abuse, mental illness and financial problems.

We need funding to help us continue to offer our services to all Cambourne residents, regardless of their ability to pay. Receiving no state support we are entirely dependent on donations and grants such as this one. These grants help us survive and make a real difference. It means we can target the residents of Cambourne and their families and ensures our facilities are always accessible to them.

Evidence shows that what we do achieves a significant improvement in relationship quality and overall well-being with 86% of clients feeling confident about their relationship after counselling

We do not receive any statutory funding to run our Charity. So we depend entirely on donations and grants like this one to survive.

By offering counselling and education we aim to prevent longer term illness and give children the best possible outcomes in life.

**7 Have you applied for grant aid to any other organisation (including local authorities)? If so, to whom (please give details of the decision on your application): (a separate sheet can be used if required)**

We apply to many local Parish Councils for support, but none that relate specifically to Cambourne. We are not funded by South Cambridgeshire District Council, nor the City Council.

**8 Is there anything else you wish the Parish Council to take into account when considering this application? (a separate sheet can be used if required)**

- Our Cambourne outpost had been closed for a while due to counsellor illness but is resuming again in April. We do see Cambourne residents across our other venues too.
- Relate is a federated charity, meaning there is a national charity which offers us support and guidance and sets and maintains standards. But services are delivered at a local level by independent local charities. We are not part of the larger organisation and rely entirely upon our own efforts to obtain funding. Our head office is based in Cambridge and has a network of local venues including Cambourne, Melbourn, Huntingdon, Ely, Girton, Sawston,

<p>Peterborough, Stamford, and Newmarket.</p> <ul style="list-style-type: none"> <li>• The cost to the Charity of delivering each counselling session is £60. All our counsellors are highly trained and supervised and they are all paid.</li> <li>• We find many people can't afford to cover the full cost on a weekly basis and so we subsidise their sessions from our reserves. We therefore seek funding to help us meet those costs and continue to offer counselling services to all Cambourne residents that need it, regardless of their ability to pay.</li> <li>• Please also note that although we have reserves these are in line with recommendations by the Charity Commission and our own reserves policy.</li> <li>• Please <b>HAVE A LOOK AT OUR 3 MINUTE SHORT FILMS: here</b>  <a href="http://bit.ly/1NZp4PV">http://bit.ly/1NZp4PV</a> <a href="http://bit.ly/1PDNMZz">http://bit.ly/1PDNMZz</a></li> </ul>
<p><b>9 Please ensure that you have attached up to date examined accounts in support of this application.</b></p> <p>Yes</p> <p>If no please explain why not.</p>
<p><b>10 Bank Details If Grant approved can be paid directly.</b></p> <p><b>Bank Name:</b></p> <p><b>Account Number:</b></p> <p><b>Sort Code:</b></p> <p><b>Account Name:</b></p>

Supporting Documents to be supplied with this Application.

- Constitution
- Committee Membership
- Financial Information