



CAMBOURNE TOWN COUNCIL

District of South Cambridgeshire

APPLICATION FOR FINANCIAL ASSISTANCE

1 Name of Organisation: The Cogwheel Trust CIO
2 Name, address and telephone number of correspondent (and office held): Jane Whitten, Fundraiser, Cogwheel Trust, 47-51 Norfolk Street, Cambridge CB1 2LD, tel:0796 203 8402
3 What are the objectives of your organisation? To work throughout Cambridgeshire to improve the emotional and psychological wellbeing of local people of all ages, particularly those who are not able to receive the service they need through the NHS and cannot afford to access private counselling services. We do this by providing one-to-one affordable weekly counselling sessions with highly trained professional counsellors.
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, we have an equal opportunities policy.
5 Amount of grant applied for £600
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) This money will be used to directly subsidise the cost of future counselling sessions for the people of Cambourne, making them affordable, regardless of income. The level of subsidy provided is dependent on income. All clients are offered up to 20 sessions of counselling irrespective of ability to pay.

Sessions cost Cogwheel £40 each to provide, and people are asked to make an affordable contribution towards this cost, starting at £15.

In 2019 Cogwheel was contacted by 8 people from Cambourne. They all phoned Cogwheel on the recommendation of their GP at the Monkfield Medical Practice. We provided a total of 38 sessions to these people at a cost of £1,520 (38 x £40). This was offset by client contributions totalling £925, giving an outstanding cost to Cogwheel of £595 for providing this service.

Following lockdown many people are struggling with anxiety and depression and there is great uncertainty about jobs, housing and the future. A recent national survey suggested that the incidence of depression is up by 50% in the general population. Our statistics show that counselling at Cogwheel results in a marked reduction in mental distress and symptoms, enabling people to get their lives 'back in gear'.

We anticipate a similar or greater demand for our services from the people of Cambourne in the future and are therefore asking for £600 to help meet the cost of this service in 2020/21.

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)

Annually Cogwheel is contacted by over 600 people and provides about 5,000 counselling sessions at our three centres in Cambridge, Ely and Sawston, or currently online. We receive grants from a number of trusts and businesses to support this work. The total cost of subsidising sessions last year was £63,754.

We have not applied for grant aid to any other organisation to support our work with Cambourne residents. We have approached other Parish/Town Councils to ask for support in working with their local residents: Sawston Parish Council gave us £1,232, Girton Town Charity gave us £900, Waterbeach Parish Council gave us £250, and Lode Parish Council gave us £120.

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

In March Cogwheel rapidly transformed our service from providing face-to-face counselling into an online provision for existing clients. We provided extra training for counsellors around safeguarding and employed an IT assistant to help counsellors with technical issues. Unfortunately online counselling was not suitable for everyone for reasons of space, security or technology and it was necessary to halt children's play therapy.

We have now reopened our Cambridge Centre for children's therapy, and hope to begin to use our larger counselling rooms for face-to-face counselling soon, government guidelines permitting. We have used the period of lockdown to redecorate our rooms and work towards introducing a new client management system which will increase efficiency in the organisation.

9 Please ensure that you have attached up to date examined accounts in support of this application.

Yes

If no please explain why not.

10 Bank Details If Grant approved can be paid directly.

Bank Name:

Account Number:

Sort Code:

Account Name:

Supporting Documents to be supplied with this Application.

Constitution

Committee Membership

Financial Information

I attach details of our Constitution, our Board of Trustees and our Certified Accounts for 2019.