










SAWSTON PARISH COUNCIL

APPLICATION FOR GRANT OR DONATION

Name of Organisation	Cogwheel Counselling
Address	
Registered charity number (if applicable)	1157141
Telephone number	
E-mail	
Contact name and position in Organisation (plus address if different form above)	 Business Support & Fundraising Manager 
Bacs payment details	
Describe the overall aim of your organisation and the activities or services it provides	<p>Cogwheel Counselling's primary objective is to provide affordable mental health counselling to those on lower incomes and who are financially disadvantaged in order to improve their wellbeing and help them to function better in their own lives, in their families, in their work and to take their place in the community.</p> <p>Counselling is provided to individuals of all ages, including children and young people, families and couples.</p> <p>The NHS does provide counselling but only to those who are high risk which results in many being unable to access counselling that they need. Private counselling is available at a cost at anything between £50 and £80 per session. Many are unable to afford</p>

	<p>private counselling and therefore are unable to access the support they need. Cogwheel is able to provide one to one affordable weekly counselling sessions with trained counsellors at locations in Sawston and Cambridge.</p>
<p>Explain the direct benefit to Sawston of your organisation's activities including the number of Sawston residents who have benefitted in the past</p>	<p>Cogwheel has operated a satellite counselling service in Sawston since 2008 when Cogwheel was approached by Sawston Medical Practice to provide counselling services for the benefit of Sawston residents and those of surrounding villages. In person counselling was provided at Sawston Medical Practice upto the start of the first Lockdown in March 2020 after which counselling had to be provided online.</p> <p>Sawston residents have received online counselling support over the last two years.</p> <p>Over the last 12 months in person counselling has been started taking place again and Sawston Medical Centre has recently agreed that in person counselling can restart which is really welcome. We now have a counsellor providing counselling sessions there every Wednesday afternoon.</p> <p>Cogwheel will offer a bespoke service of both in person and online sessions for Sawston residents. Some clients prefer the convenience of online sessions.</p> <p>In the last 15 months Cogwheel has provided counselling services to 19 Sawston residents some of whom are continuing their course of 20 counselling sessions that Cogwheel offers. The maximum number of sessions offered to clients increased from 12 to 20 in July 2020.</p> <p>Service-users are asked to contribute towards the cost of their counselling sessions but this is kept affordable.</p> <p>In Sawston it usually results in a deficit of £18 per session to Cogwheel. With Sawston residents receiving on average of 16 counselling sessions each the average cost to Cogwheel is 16 x £18= £288 per person. With 9 clients having completed their counselling the cost to Cogwheel is £2592.</p> <p>A contribution towards this sum, as you are able would be gratefully received.</p>
<p>Amount requested</p>	<p>£1000</p>

Explain why your Organisation is applying for funding and the purpose for which is will be used	The last two years have been both operationally and financially challenging. The complexity of the issues that clients have been presenting has increased markedly and which has required additional support to be provided. Cogwheel receives no NHS funding and relies on client session contributions and grants/ donations to meet costs which are showing signs of tightening with the impact of the cost of living crisis. Cogwheel does really need help please to continue to offer affordable counselling.
Detail the total cost of each item covered by your funding request (please use separate sheet if needed)	The cost to Cogwheel of providing a session is £44 per session. This is calculated from our overall expenses to include payment to counsellors, their supervision and service administration and support.
Have you applied to Sawston Parish Council for assistance before? If so give details	Yes in May 2020 and a grant of £1232 was agreed.
Signed	
Date	5/5/2022
Position in Organisation	Business Support & Fundraising Manager

Completed form should be sent to:

Mrs J Keeler
Parish Clerk
Sawston Parish Council
Link Road
Sawston
Cambridge
CB22 3GB

Telephone: 01223 832470

e-mail: clerk@sawstonparishcouncil.gov.uk