

SAWSTON PARISH COUNCIL

Link Road, Sawston, Cambridgeshire, CB22 3GB

Phone: 01223 832470


Email: info@sawston.org.uk



Application for grant or donation

Name of organisation	Relate Cambridgeshire
Address	Register office - Wellington Court Cambridge CB2 1JZ
Registered charity number (if applicable)	1096974
Phone	01302 347710
Email	director@relatecambridge.org.uk
Contact name and position in organisation (plus address if different from above)	Claire Godward
Cheques to be made payable to	Relate Cambridgeshire
Describe the overall aim of your organisation and the activities or services it provides	<p>For many years we have been providing counselling and support services to local residents. We are currently working online, delivering our services remotely, but we hope to return to working out of the offices of the John Huntingdon Charity in Sawston just as soon as we can.</p> <p>We offer a range of services. These have increased over time and now includes not only counselling and guidance to those facing issues within their relationships, but also for individuals suffering mental health issues, families, young people and children. We hold a BBC Children in Need Grant, which means that the children of your residents can also benefit from free counselling.</p> <p>The pandemic has put a strain on the charity's finances and we are facing a second year of deficit and so support such as this is vital to our survival.</p> <p>Our services are needed more than ever as individuals, couples and families emerge in the</p>

	<p>wake of long periods of isolation and trauma experienced during the pandemic. We know that poor quality relationships can result in relationship breakdown, parental conflict, child protection and safeguarding issues, domestic abuse, debt, mental health issues, addiction and homelessness. We have already seen the peak in domestic abuse and we are acutely aware of the impact on children who will have witnessed this trauma whilst in lock down and after.</p> <p>We have seen an increase in individuals experiencing stress and anxiety as a direct response of Covid, and we are dealing with issues such as loss and grief more than ever before too. You will see from our attached reports that the impact of Covid is a common presenting issue.</p> <p>Your funding, enables us to continue to offer our services to all, regardless of their ability to pay. We create a bursary so we can offer a service to everyone who lives or works in Sawston who needs it. So the fund goes directly to pay for counselling services for your residents .</p> <p>Finally, evidence shows that our services really do make a difference to people's lives.</p> <p>Our feedback forms indicate 94% of our clients would recommend us.</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>Please see detailed reports attached. These cover the period from 1st January 2021 to date, and record the number of clients who live or work in Sawston and who accessed our services. We hope to return to offering our services face to face from the John Huntingdon Charity's office in Sawston as soon as we can. In the meantime our services are all available online.</p>
<p>Explain why your organisation is applying for funding and the purpose for which it will be used</p>	<p>Due to the pressures imposed during the pandemic our finances have been stretched and we are facing a second year of deficit. We do not receive any statutory funding to run our services. So we rely entirely on donations and grants like this one to survive. In supporting us</p>

	with this grant you are helping us to continue to offer services to Sawston residents.
Detail the total cost of each item covered by your funding request (please use separate sheet if needed)	The cost to the Charity of each counselling session is £70. However we still find many people can't afford this 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 Sawston residents that need it and to support the local delivery.
Have you applied to Sawston Parish Council for assistance before? If so give details	Yes. We enjoyed a £1,500 grant in 2020. See attached reports for the activity in the town since January 2021.
Signed	
Date	21/07/22
Position in organisation	Chief Executive
Amount requested	£1,500 please

The completed form should be sent to Jo Keeler, Parish Clerk, by post or email:

- Sawston Parish Council, Link Road, Sawston, Cambridge CB22 3GB
- jo.keeler@sawston.org.uk

