



What we offer the community

Cogwheel is the only counselling service in Cambridgeshire providing affordable counselling to couples and to individuals of all ages: children, teenagers, young adults, those in middle age and pensioners. Some people come in great distress, but many others seek help with emotional difficulties or want help to change patterns of behaviour that are unhelpful.

We have three centres: in central Cambridge, in Ely and in Sawston. We also work in schools in Linton and Sawston.

We offer recently qualified counsellors and some who are in the final stages of their training the opportunity to volunteer alongside the rest of the team. They are able to develop their skills and receive additional training in a supportive environment. Some stay on with Cogwheel, and many move on to work outside the organisation.

We are able to offer listening skills workshops to groups. Learning to listen in a relational way can help to build better relationships and lead to a better understanding of partners, children and others.

If you are interested in organising a workshop for church members or a home group, please get in touch.

Email admin@cogwheel.org.uk or

Phone 01223 464385