



Quick Facts

Cogwheel was founded 28 years ago and works throughout Cambridgeshire to improve the emotional and psychological well-being of local people. We are the only general provider of affordable counselling in Cambridgeshire.

Today Cogwheel has:

- 3 centres - in central Cambridge, Ely and Sawston.
- about 40 dedicated part time counsellors, paid and volunteer.
- experienced supervisors.
- a small team providing administrative support and
- a dedicated group of Trustees.

In 2015 Cogwheel:

- was contacted by over 650 people.
- provided over 5,000 sessions.
- Is attended by people most of whom benefit dramatically from their weekly counselling sessions.

Emotional difficulties and mental ill-health are common:

- One person in four will experience mental ill-health at some time in their lives.
- Depression, debilitating anxiety and other difficulties can affect anyone,
- Having money, a job or good community doesn't mean it can't affect you.
- We all know someone who has struggled.
- It can feel shameful to the sufferer who may therefore hide their condition.
- These people are our family, our friends, our employers and our employees.

Coming to Cogwheel:

- Clients are asked to contribute towards the cost of their counselling.
- This contribution is always affordable.
- we do not receive any government or NHS funding.
- the shortfall between our outgoings and income from clients has to be met from donations.