



What is The Cogwheel Trust?



You could say that we are here to help when life slips out of gear...



Talking in a safe space with a highly trained professional can be a real help to anyone who is suffering from worry, stress, burnout, depression, family or relationship problems or other issues. Timely counselling can prevent further problems from developing.

Affordable, subsidised counselling, is at the heart of what we do. Most of our clients are unable to access counselling privately, and whilst the NHS is now offering more psychological help than in recent years, there is still a great need for the service that we offer. Our highly trained counsellors offer weekly sessions for 10 or more weeks, and this continuity is very important. We are the only service in the area which caters to the needs of children, teenagers, adults and couples.

Cogwheel arose from the vision of Jenny Joice, a practising Christian, who was inspired to collaborate with others to open up an easily accessible counselling centre. In 1988 Cogwheel was founded and Jenny worked with others in her church communities to provide a voluntary counselling service to those in need.

Key to the original Cogwheel vision was a real sense of communal interdependence ... which offered the wider Cambridge community love and understanding in action, with no hidden agenda.

Initially the counsellors worked from a Christian perspective but Jenny was adamant that the counselling should not be confined by the narrow limitations of the training and practice of the prevailing Christian counselling courses. Cogwheel counsellors were expected to have undertaken rigorous training on accredited secular courses. One of the riches of this communal life is that with so many counsellors trained and working from different therapeutic models, understanding and learning across our differences continues through shared supervision.

Today, 28 years on, we are a thriving organisation with about 40 part-time counsellors, both volunteers and paid. In 2015 we provided over 5000 affordable sessions and assessments, signposting others on to more suitable resources. Our service is very well respected in the community, with about 70% of our clients seeking us out on the recommendation of their GPs.

Uniquely we are truly affordable, with about 90% of the people we provide for requiring a subsidy of some sort. Nearly 40% of our clients can only afford to contribute our minimum of £10 per session, this is usually reserved for people who are unemployed or on benefits.