

The Cogwheel Trust Annual Statistics 2019 for All Centres Combined

Impact of the Cogwheel Adult Counselling Service

Through 2019 we were contacted by over 600 people across our centres in Cambridge, Sawston and Ely; and provided 4782 assessments and counselling sessions for adults. We also provided 51 sessions for children, an increase on 41 sessions in 2018, and 35 family sessions, an increase on 20 in 2018.

The following data refers to our adult clients.

What happens when people come to Cogwheel?

Our data show the dramatic difference that counselling at Cogwheel makes to people's wellbeing. At the start of counselling 46% of people were severely or moderately severely distressed while by the end of their counselling only 12% of people were in these categories. By the end of counselling 29% of people were in the healthy category, up from 5%. These percentages are similar to last year, with slightly fewer severely distressed people at the start of counselling.

Why do people seek help?

People come to Cogwheel with a wide range of issues that they want to address. Sixty-one percent of people cite depression, anxiety and stress as the reason for seeking help, up from 55% last year. a further 25% cite relationship difficulties, grief and loss, or abuse, which is similar to last year.

How do people find Cogwheel?

Thirty-eight percent of people contacted us on the recommendation of their GP, up from 31% last year. In addition, 22% of people were directed to us by mental health support services. These ranged from the 111 Helpline to specialist services like Petals and Choices. Twelve percent of people found us through our website, twice as many as in 2018.

Who comes?

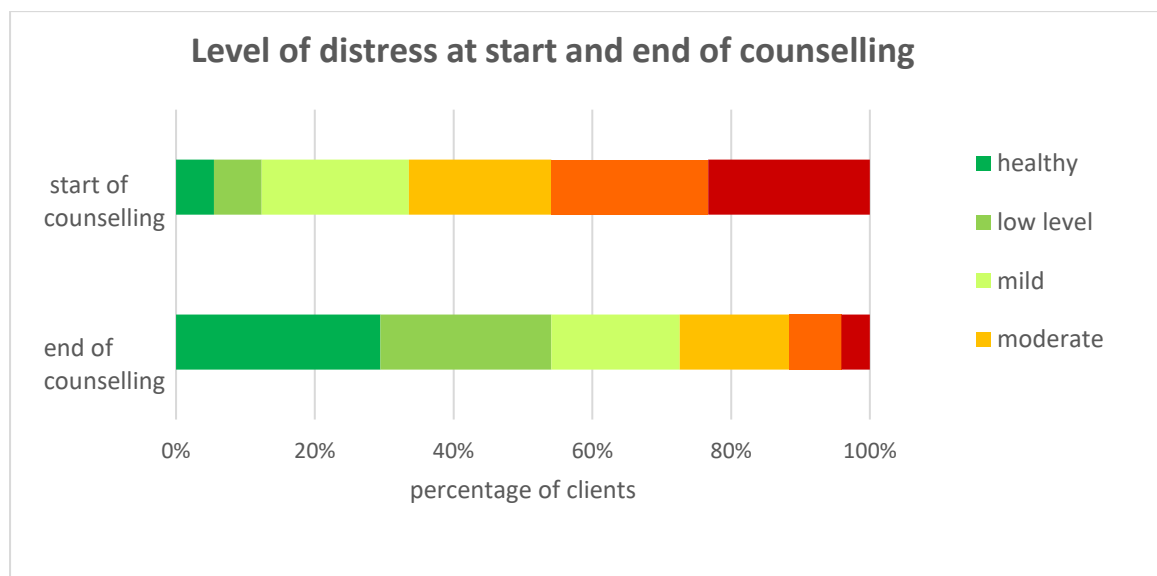
We see people of all ages from children to pensioners in their 80s. The broad age spread of people coming to Cogwheel remains similar to that in previous years with slightly more people in their 20s, and slightly fewer in their 40s. Men and boys constitute a third of the total, which reflects the national figures for access to counselling. Twelve percent of people self-identified as non-white, up from 7% in the previous year. This encouraging

trend was revealed by a change in data collection methods. The largest employment category remains those in full-time work (32%), down from 37%. The percentage of people who described themselves as not in work rose from 16% to 21%.

How many sessions do people have, and how much do they contribute to the cost of a session?

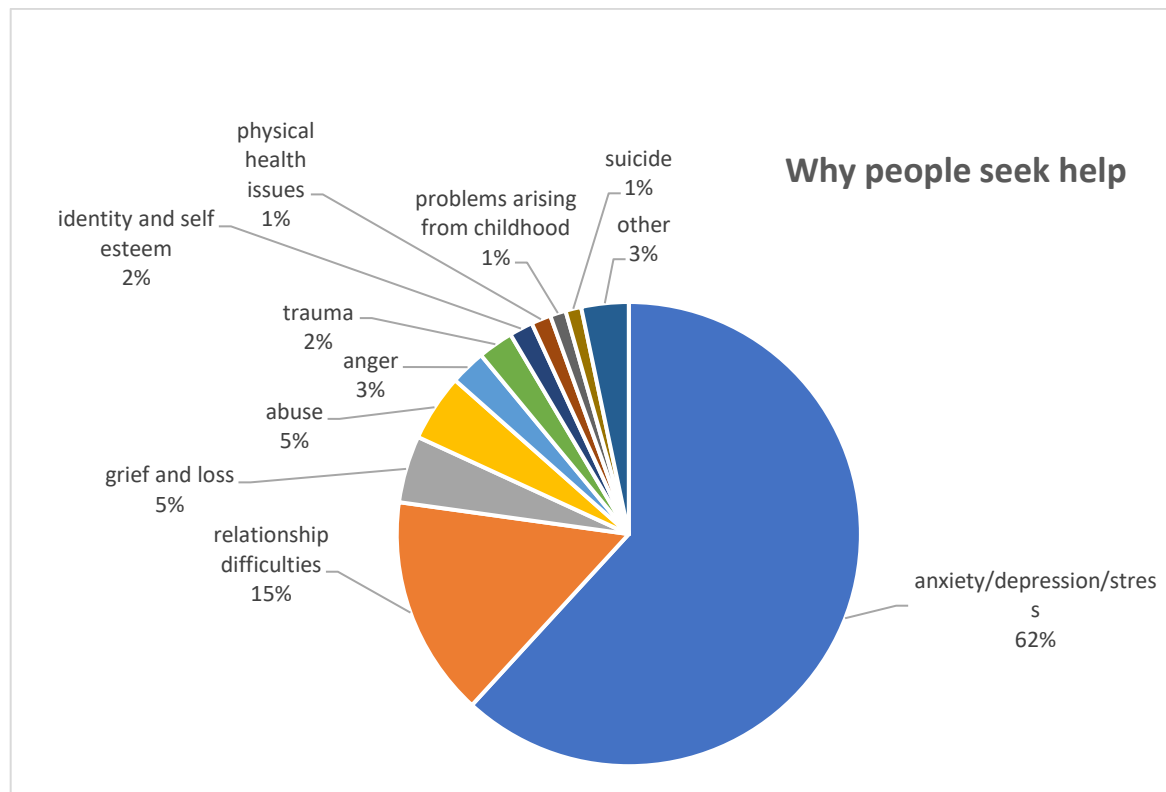
Sixty-five percent of clients received 12 sessions or less. As in previous years, most of our clients were unable to afford private counselling, and 86% contributed £30 per session or less. There was an increase in those paying the minimum £10 fee per session from 38% in 2018 to 44% in 2019.

What happens when people come to Cogwheel?

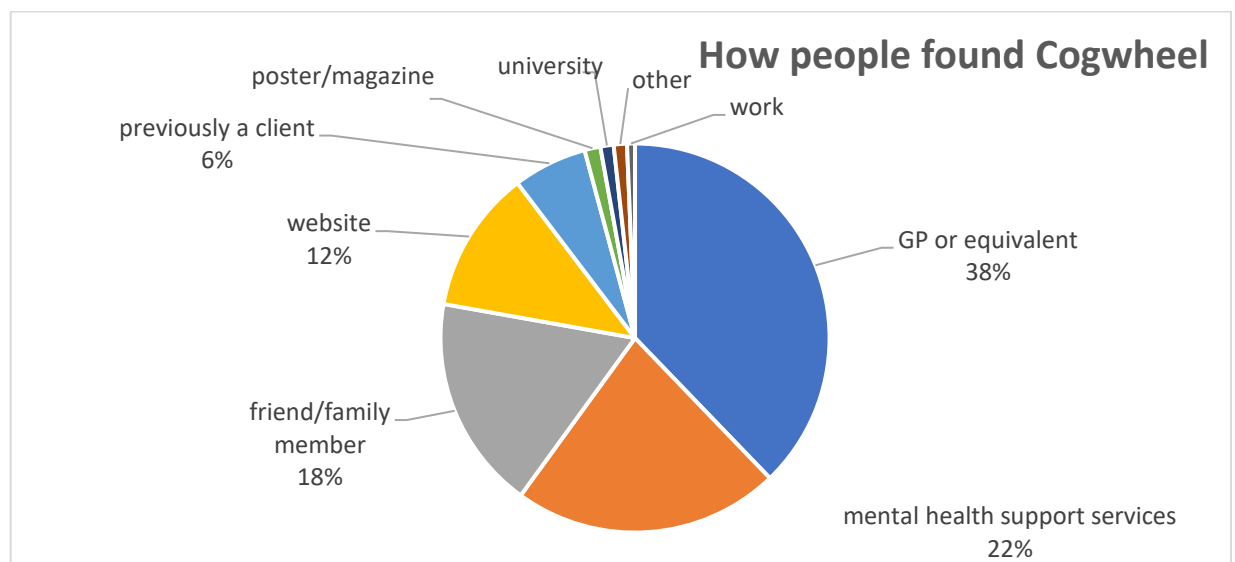


For further details see the following pages.

Why do people seek help?

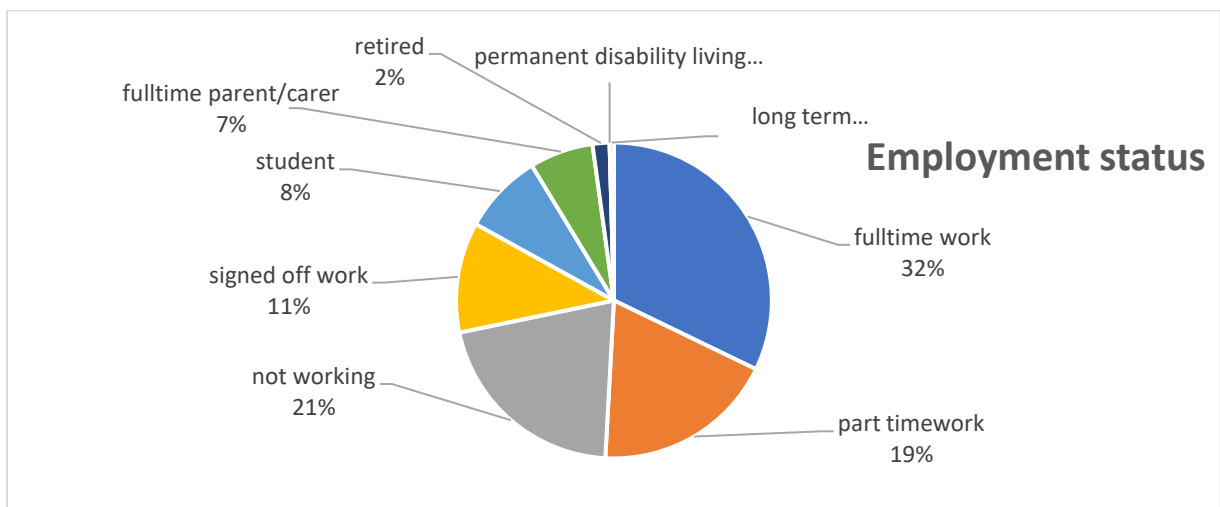
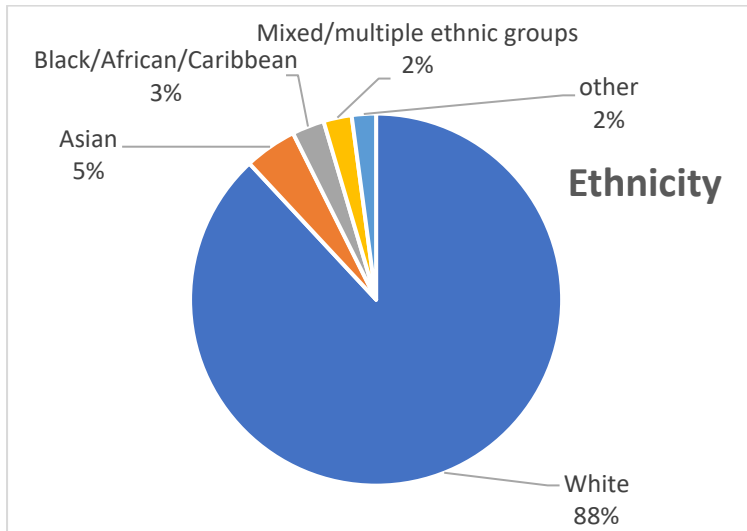
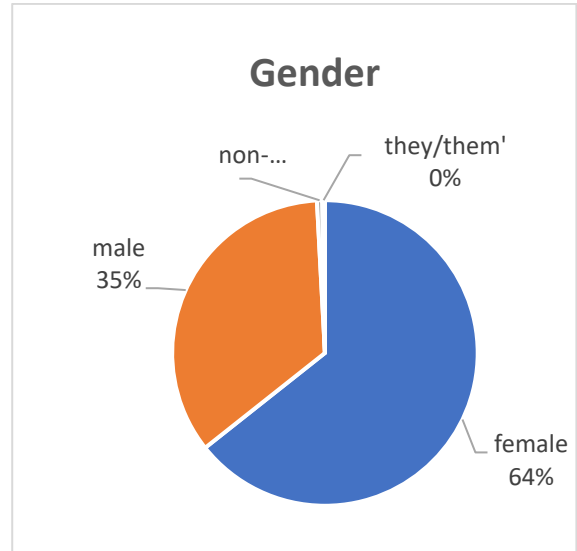
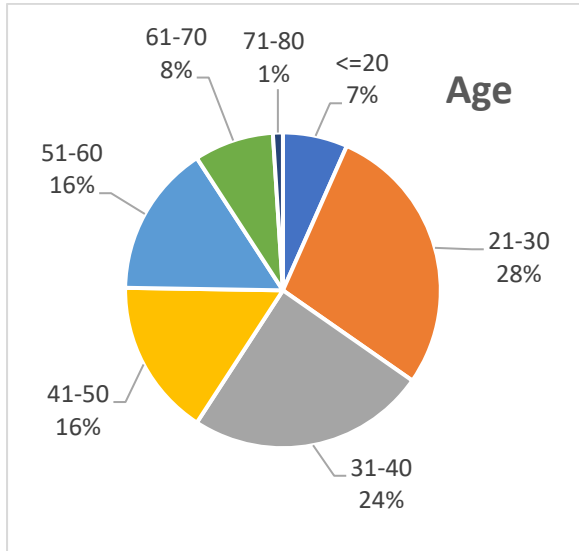


How do people find Cogwheel?

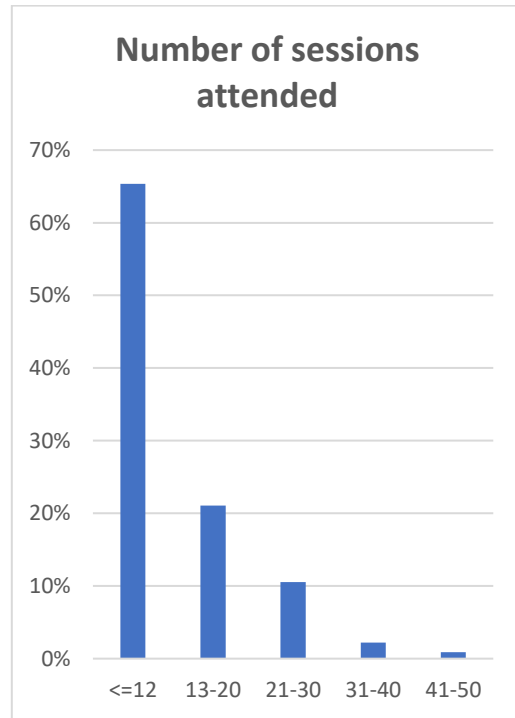
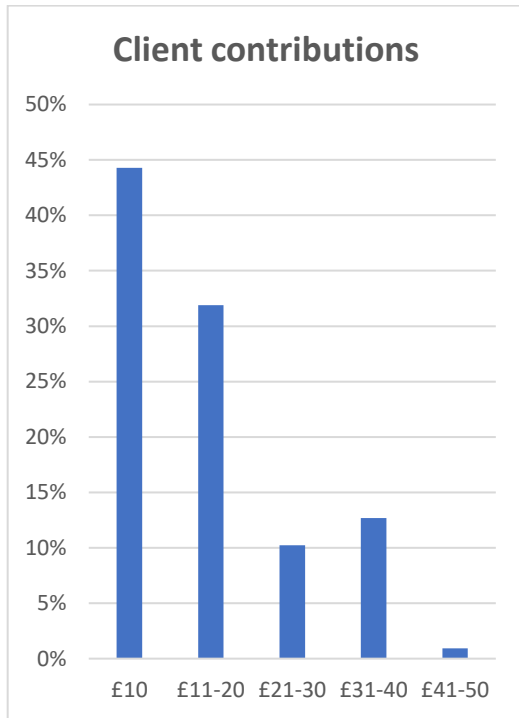




Who comes?



How many sessions do people have, and how much do they contribute to the cost of a session?



For Summary please see the following page.

Summary

- Over the past year the Cogwheel Trust has continued to provide an affordable service throughout Cambridgeshire to adults and children who wish to benefit from talking and creative therapies.
- Cogwheel has a talented team of over 40 qualified and trainee practitioners comprising counsellors, psychologists, cognitive behavioural and play therapists.
- Our services have been provided regardless of sexual identity, gender identity, sexual orientation, race, age, ethnicity, physical abilities, beliefs, etc.
- The squeeze on NHS mental health providers' funding, together with a lack of available staff, mean resources continue to be overstretched and cannot meet the needs of all those seeking help. We work closely with local NHS services and other specialist agencies to help people access the most appropriate care, whether that be with Cogwheel or elsewhere.
- Clients contact Cogwheel for support with a great range of issues including relationship difficulties, bereavement and loss, physical health problems, work stress, and issues around sexuality and gender. However, the majority of clients – nearly 62% in 2019, presented predominantly with anxiety and depression. We can demonstrate that the majority of clients reported feeling emotionally healthy or having low levels of distress by the end of their time with Cogwheel.
- 2019 also saw a significant increase in our children and families' work. Awareness of the importance of high quality mental health support for children and young people has never been greater, and Cogwheel's team of highly-qualified children's therapists are experienced in working with some of the most complex and deep-rooted childhood difficulties. Our outcome measures have consistently shown that counselling and play therapy improves behaviour, relationships with self and others, and decreases levels of anxiety and depression in young people; as well as alleviating pressure on teachers.