

ANNUAL REPORT

The Cogwheel Trust CIO

Registered charity 1157141

2019

Inside

Overview

Chair of Trustees report

Impact of the Cogwheel
Adult Counselling Service

Counselling for Children

Counselling for Young People

Together, we can save and
transform lives

Summary

Help when life slips out of gear



OVERVIEW

Established in 1988, The Cogwheel Trust is a charity working throughout Cambridgeshire to improve the emotional and psychological wellbeing of local people. Cogwheel carries out its mission by:

- Providing a range of counselling and psychotherapy services, including a substantial proportion of subsidised places for those on low incomes
- Improving access to counselling and psychotherapy services (our own and the services of other providers in the region)
- Promoting emotional and psychological wellbeing

As we reached our 30th anniversary of The Cogwheel Trust back in 2018, the charity achieved a new milestone - being accredited by the British Association of Counselling & Psychotherapy (BACP). This has been awarded in recognition of the consistent standard of the counselling maintained by our counselling team with the active support of our Head of Counselling and Supervisors.

Cogwheel is the only accredited counselling service in Cambridgeshire. To have this recognition, from BACP, of the quality of our work to reduce the mental wellbeing challenges in the Cambridgeshire community is a testament to the experience accumulated over the last 32 years.

Throughout this review of last year's work, you'll see how we are reaching out to more people and providing affordable mental health counselling for local individual and families.



CHAIR OF TRUSTEES REPORT

Over the last two years the demand for mental wellbeing counselling from Cogwheel at our Cambridge, Ely and Sawston facilities has continued to challenge our able team of counsellors led by Esther McNeill, our Head of Counselling.

In 2019 we were approached by more than 600 individuals and we were able to provide 4,782 counselling sessions.

Cogwheel continues to operate as a social enterprise charity, with about 65% of our funding requirement being provided by donations from our clients. The challenge to Cogwheel is to raise the balance, 35% each year.

The current cost of providing a counselling session is about £40. We continue to be flexible with the range of client donations; about £10 per counselling session for clients with limited means; and a greater, but still affordable amount for our less economically challenged clients. Our ability to be flexible over client donations has been greatly assisted by the range of grants and donations we receive from grant making charities, churches and individuals.

We are delighted to welcome Neil Davies, a retired bank manager and experienced advisor to charities, who joined as a trustee in 2018. Over the last year Neil, together with his fellow trustee Elizabeth Silver, has carried out a strategic review which will significantly assist Cogwheel to meet the anticipated challenges as we enter the 2020's.



As I continue to observe their dedicated work, it is always a pleasure to give my sincere thanks to the Cogwheel team: counsellors, supervisors, management, support staff and volunteers. Many thanks also to the Trustee team- Neil Davies, David Farrer, Chris Palmer, Elizabeth Silver and Nigel Walter.

We enter 2020 confident that Cogwheel can continue to provide an effective counselling service to our clients across Cambridgeshire.

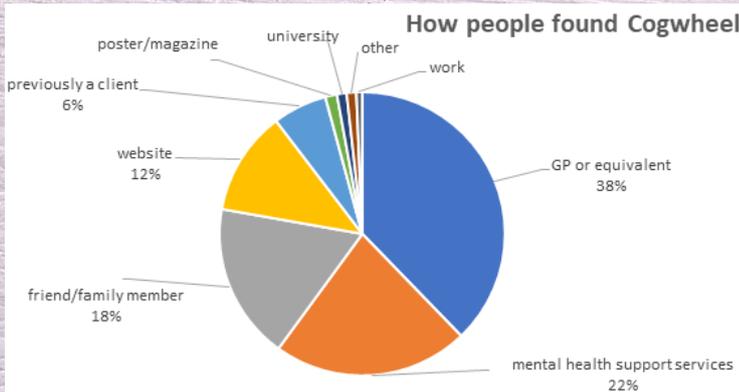
Jeremy Barnett, Chair of Trustees

IMPACT OF THE COGWHEEL ADULT COUNSELLING SERVICE

Through 2019 Cogwheel was contacted by over **600** people and provided **4782** assessments and counselling sessions for adults.

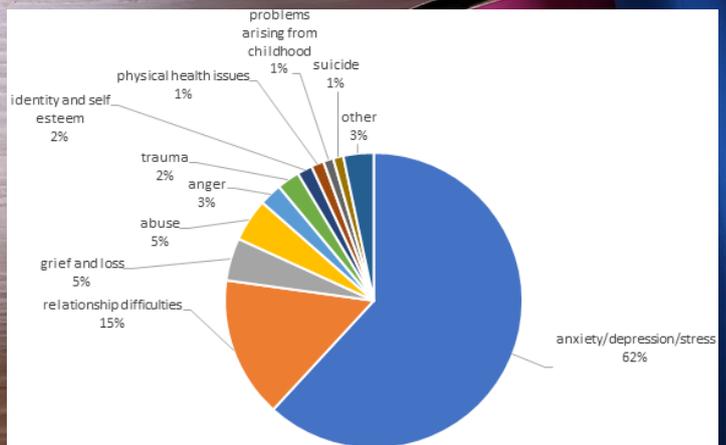
How do people find Cogwheel

- 38% of people contacted us on the recommendation of their GP, up from 31% last year.
- 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.
- 12% of people found us through our website, twice as many as in 2018.



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.

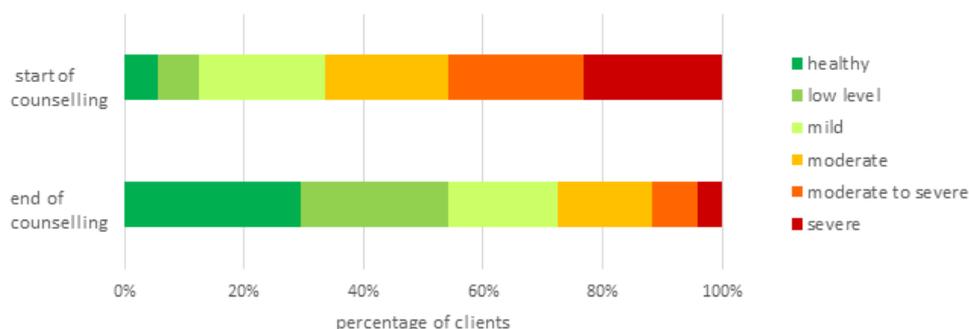


What happens when people come to Cogwheel?

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.

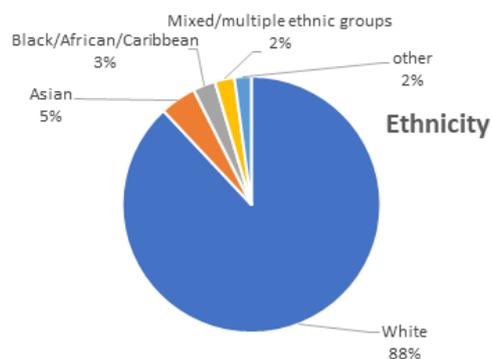
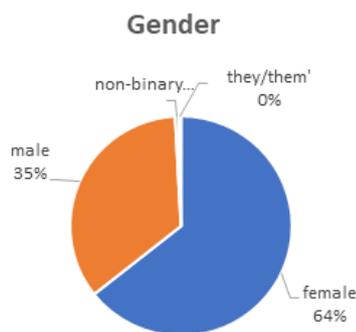
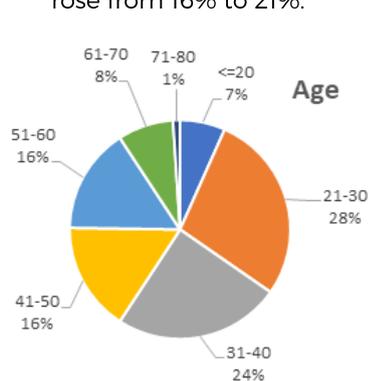
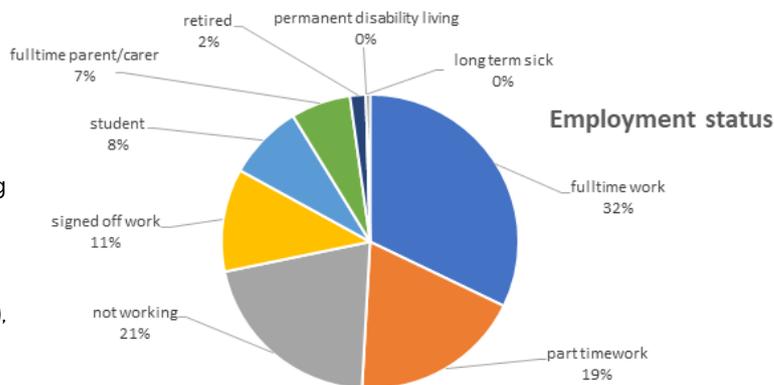
Level of distress at start and end of counselling



Who comes to Cogwheel?

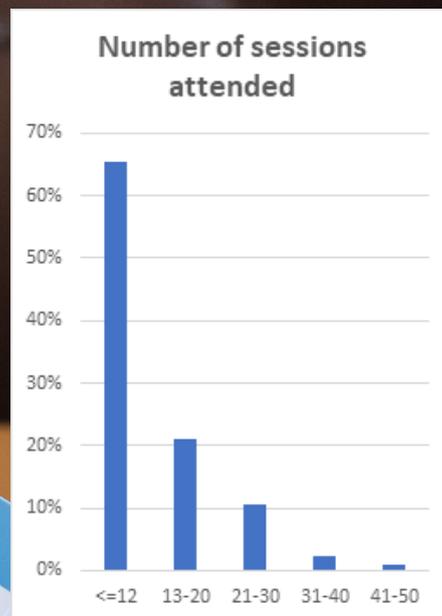
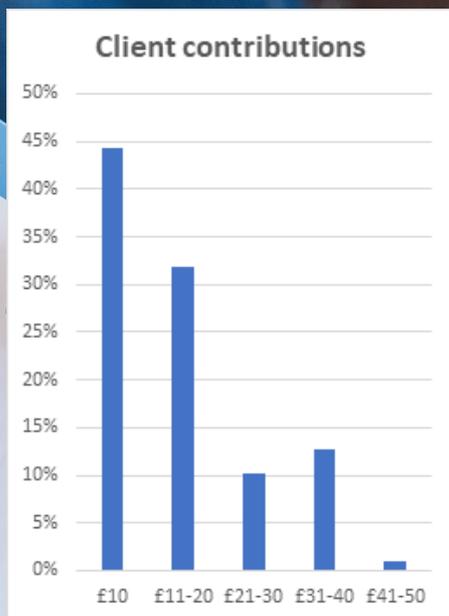
We see people of all ages from children to pensioners in their 80s. The broad age spread of people coming to Cogwheel remains similar to that in previous years with slightly more people in their 20s, and slightly fewer in their 40s.

- 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.



COUNSELLING FOR CHILDREN



At times children, young people and families may need extra support if they are going through a difficult time.

Counselling gives children a space to talk and play through whatever is on their mind. It can be a difficult decision to seek emotional support for a child. Counselling is a non-judgemental and confidential space to explore how a child is thinking and feeling about things.

We understand that many children (and adults) find it hard to talk about their feelings. **Our child counsellors are professionally trained to use many creative activities to help children express themselves.** This can be talking, but can also be using play, art, and writing, alongside other techniques.

- The sessions take place in a child-friendly room with a selection of toys, games, arts and crafts.
- Children can play freely with whatever they choose and may talk and say as much or as little as they want to.

Through 2019
Cogwheel provided
200 sessions for children
and 35 family sessions

COUNSELLING FOR YOUNG PEOPLE

Cogwheel has had 20 part-time counsellors working with young people over the last year. In this time:

- 51 young people aged 18-25 contacted Cogwheel
- 201 counselling sessions were delivered
- Many young people received advice and were signposted to other appropriate agencies

Young people filled out CORE questionnaires at the start and end of counselling. These measure:

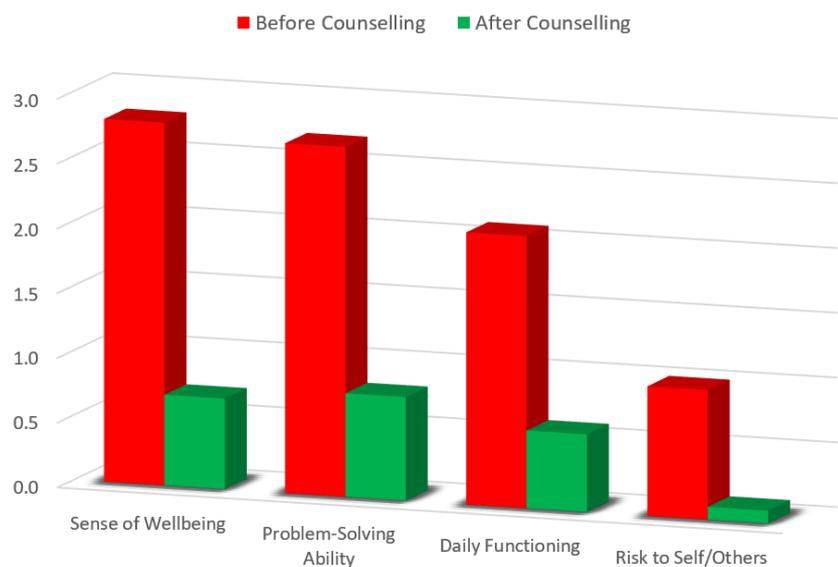
- Sense of wellbeing, daily functioning, problem-solving ability and risk to self and others.
- An overall category of distress is also calculated, and scores are categorised into 6 bands: Severe, Moderate to Severe, Moderate, Mild, Low Level, and Healthy

The young people came to Cogwheel experiencing, on average, Moderate to Severe distress (Level 5 out of 6), ranging from Low Level (Level 2) to Severe (Level 6) distress. They were overwhelmingly struggling with anxiety and depression, but parent-child relationships, bullying, bereavement and self-esteem issues also featured.

All the young people saw an improvement in their scores following counselling, with the exception of one severely distressed young person who did not. This person had to be referred to an NHS service. Their results were atypical and have been excluded from the detailed analysis. At the end of counselling, all the other young people showed an improvement in their scores.

The average post-counselling score was Low Level distress (Level 2), and they ranged from Healthy (Level 1) to Mild (Level 3). These scores illustrate a dramatic improvement in mental wellbeing for these young people.

Average CORE scores for 18-25 year olds



TOGETHER, WE CAN SAVE AND TRANSFORM LIVES

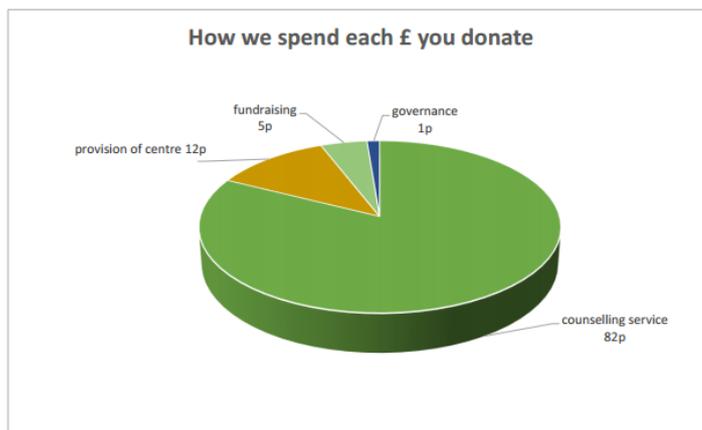
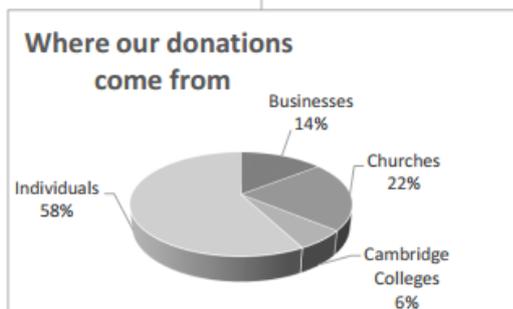
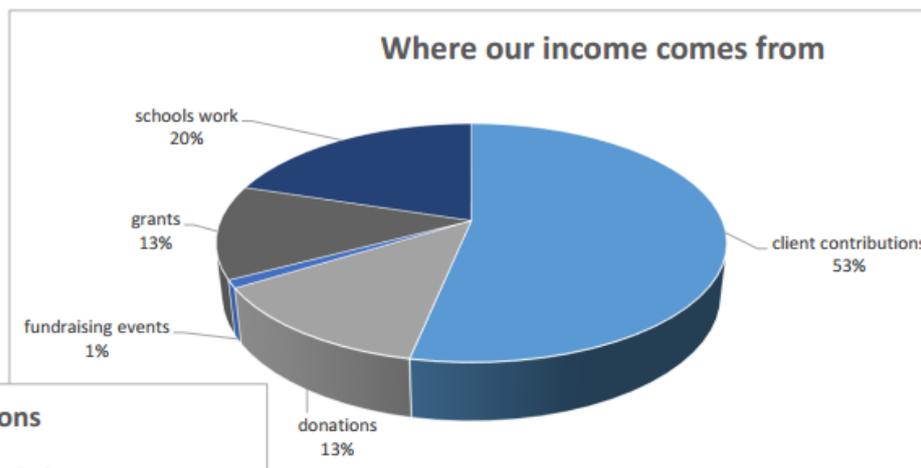
Funding and Income: an overview

Cogwheel is a small charity providing invaluable counselling in the capacity of preventative mental health support to the people of Cambridgeshire. **The budget cuts amongst local authorities have meant that the demand for our service remains high.**

Cogwheel is grateful to all those organisations and individuals that support our work financially. Thanks to your generosity we're working to make sure nobody has to face a mental health problem alone. People need our support more than ever, and demand for our services is growing.

The Cogwheel Trust has been working to develop a sustainable funding approach, so we're not reliant on one source of funding. This is very important to us as it means we can remain entirely independent. This broad range of income streams allows us to continue operating as a charity after over 30 years of service.

We're very grateful to everyone who supports us financially. We simply couldn't carry out our work without the support of our volunteers, generous donations from local businesses and individuals, as well as grants. **Together, we can save and transform lives.**



Every penny means we can improve the emotional and psychological wellbeing of local people. With the help of sponsorships and donations, we are able to ensure that every child, young person, adult or family receive the best care available throughout Cambridgeshire.

Grants

Each year a number of grant making trusts support our work and we also provide some counselling services on behalf of the local education authority and city and county councils:

- Barkway Chapel
- Barnabus Oley Fund
- Birketts
- CCF
- Claire College
- Cole Charitable Trust
- Coop
- Downing Place URC
- Ely Diocese Cambridge
- Female Welfare Fund
- Ely Diocese Council for Social Aid
- Girton College
- Girton Town Charity
- Gonville and Caius College
- Histon and Impington Feast
- Histon and Impington Parish Council
- Jesus College
- John Huntingdon's Charity
- Marsh Christian Trust
- Northwick Trust
- Orwell PCC
- Pye Foundation
- St Mary's Church Brinkley
- St Paul's Church Cambridge
- Trinity College

Donate or Fundraise

Along with many grant proposals and fund applications we have also taken Cogwheel fundraising out into the wider community in 2019.

There are lots of different ways that you can support us. You can get involved by joining in one of our upcoming events, holding an event of your own, by making a donation, organising your own fundraiser or by leaving a legacy.

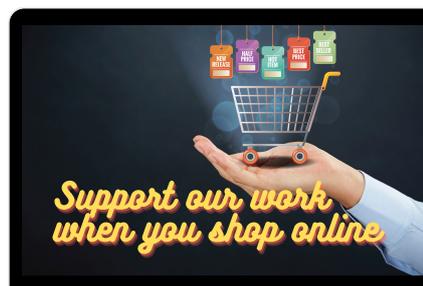
Along with many grant proposals and fund applications we have also taken Cogwheel fundraising out into the wider community in 2019.

There are lots of different ways that you can support us. You can get involved by joining in one of our upcoming events, holding an event of your own, by making a donation, organising your own fundraiser or by leaving a legacy.

- You can support our work *making a one off or regular donation* with **Virgin Money Giving**, or **by sending a cheque to our office:**
47-51 Norfolk Street, Cambridge CB1 2LD.
- You could *create your own fundraising page* with **Facebook** (some of our supporters have created a 'birthday fundraiser', etc.).
- You can also support us when you *shop online* using **Easyfundraising** and **Amazon Smile UK**.

What could your donation do?

- £5 could help us to provide a listening ear on the phone
- £25 could subsidise an initial assessment session
- £50 could subsidise two play sessions for a child in distress
- £100 could provide 4 weeks' clinical supervision for 3 counsellors
- £250 could subsidise 10 weekly sessions for a depressed person on benefits
- £375 could subsidise 15 sessions for a financially disadvantaged couple who are struggling in their relationship
- £500 could give someone a safe place to address long-standing issues with 5 months of counselling



TOGETHER, WE CAN SAVE AND TRANSFORM LIVES

Volunteering

We are able to continue playing a vital role in providing counselling when people need it most because of the amazing support of people like you.

Volunteering can be a really rewarding and useful experience. You can get involved by joining in one of our upcoming fundraising events (setting up, marshalling, etc.), holding an event of your own, creating your own online fundraiser, making a donation, or becoming a Cogwheel Ambassador in your community.

We are very grateful to everybody who supports Cogwheel by volunteering as counsellors, trustees, fundraisers, user group members, or by providing admin and IT support

thank you

We also keep a register of volunteers who we can call on for events. If you would like further information on any of these please do get in touch with our **Community Fundraiser at communityfundraiser@cogwheel.org.uk**.



The Cogwheel Trust CIO
Registered charity 1157141
Counselling changes lives. Sometimes it saves lives.

Join our team today and become a
VOLUNTEER

YOUR TIME, EFFORT, AND
PRESENCE AS A VOLUNTEER WILL
MAKE A WORLD OF A DIFFERENCE IN
THE LIVES OF SO MANY!

HOW CAN YOU GET INVOLVED?

We would love you to support us! You can get involved by joining in one of our upcoming events (setting up, marshalling, etc.), holding an event of your own, making a donation, or becoming a Cogwheel Ambassador

Please email your contact details to Jane at communityfundraiser@cogwheel.org.uk

Want to know more?
Visit our website at www.cogwheel.org.uk



TOGETHER, WE CAN SAVE AND TRANSFORM LIVES

Events

The fundraising events we hold and take part in during the year, such as the Cogwheel 5k Canter Running Festival, are an important part of our income. Here it is a sample of what we did in 2019:

ALUN LUCAS RAN 2093 MILES IN A YEAR AND RAISED £2500 FOR COGWHEEL!



Following his own mental health challenges and a chance meeting with someone who had lost a partner to suicide Alun took on a personal challenge of running 2019 miles from 1 February 2018 to 31 January 2019 and complete an ultra-endurance event every month.

'Eighty four men in the UK take their own lives every week (<https://www.projecteightyfour.com>). On New Years Eve 2017, I met a gorgeous woman whose partner had committed suicide. She was intending to Run Every Day January for Mind. I joined in. At the end of January, I kept going - inspired to say 'Thank You' to all who have helped me with my mental health: my children, family, great friends and colleagues, a wonderful GP who 'went the extra mile' and referred me to the Cogwheel Trust - and in doing so helped save me - the counsellor at the Cogwheel Trust who repeatedly asked 'Who are you?', a special godfather and his wife, and the woman who inspired me to start this journey from which I have already gained so much. Thank you.'

STRAWBERRY FAIR 2019



Cogwheel volunteers were shaking buckets at the Strawberry Fair. This annual Cambridge event was well attended and it was an opportunity to raise awareness about Cogwheel and the work we do.

THE COGWHEEL 5K CANTER RUNNING FESTIVAL 2019

The Cogwheel Trust launched its first ever running event. We had a 5k race, a 2k fun run and a mini-run - the 200m toddle. The event took place on New Year's Eve, Tuesday 31st December, at Jesus Green in central Cambridge. **Over 400 runners** enjoyed a scenic, off-road course along the River Cam and through Cambridge's Jesus Green and Midsummer Common parks. Every runner received a uniquely designed medal,



Credits: Cambridge Independent newspaper

TOGETHER, WE CAN SAVE AND TRANSFORM LIVES

Our Supporters

Cogwheel is grateful to all those organisations and individuals that support our work financially. Thanks to their generosity we have been able to sustain our services over 31 years.

We receive regular donations from local individuals many of whom decide to donate using gift aid. We also receive donations from local churches, businesses and colleges. Each year a number of grant-making trusts support our work and we also provide some counselling services on behalf of the local education authority.

A big Thank You to all those who supported our work in 2019

The John Huntingdon Charity, The Joseph Rank Trust, The Evelyn Trust, Harston Parish Church, The Alfred Haines Trust, The Marsh Christian Trust, The European Social Fund, The Frank Litchfield Charitable Trust, Soham United Charities, Trinity College, Soham Town Council, Cambridgeshire Community Foundation, St. Columba's Church, The Pye Foundation, Cambridgeshire Pro-Help, Corpus Christi College, Emmanuel URC, Jesus College, ARM, Cambridge & West Suffolk Solicitors, Ridgeons, Tucker Gardner, Avanit Systems Ltd, Neil Marsh Health & Fitness, Cambridge Bid, Jesus Lane Quackers, Barkway Chapel as well as many other Cambridgeshire Chapels, Churches and Individuals.



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. In 2019 we provided counselling to over 600 people across our centres in Cambridge, Sawston and Ely.
- Our services have been provided regardless of gender, sexual orientation, transgender, race, ethnicity,
- Cogwheel has a talented team of over 40 qualified and trainee practitioners comprising counsellors, psychologists, cognitive behavioural and play therapists.
- 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.

- Through 2019 we were contacted by **over 600 people** and provided **4782 assessments** and counselling sessions for adults
- We also provided **200 sessions for children, 201 sessions for young people and 35 family sessions.**

"Over the coming months we aim to broaden our reach even further across the community, in order to help all those who could benefit from counselling to access Cogwheel's services. Whilst our data shows that our client demographic continues to be diverse, we also understand that there is room to further improve accessibility. In 2019 just 35% of our clients were men, which is broadly reflective of the gender split nationally in terms of people seeking help.

Our aim is to reduce the stigma which is still unfortunately attached to asking for help, and which has a particularly dangerous impact on men. This is evidenced in the stark statistic that eight out of ten people who die from suicide are men. We will be looking closely at what we can do as an organisation to help dismantle the barriers that are faced by those needing psychological support. This is challenging but vital work."

Esther McNeill, Head of Counselling

- 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.

