



REQUEST FOR FUNDING FOR SPECIFIC PROJECT

FINANCIAL YEAR 2025 -2026

DATE:5th September 2025

TO: KENILWORTH TOWN COUNCIL / FINANCE & GENERAL SERVICES COMMITTEE.

Please read the Project Support Grant Criteria before completing this form

NAME / GROUP & MAIN CONTACT	New Hope Counselling Kate Morrison
PROJECT TITLE	Mental health support through counselling for CV8 residents
TOTAL SUM REQUESTED	£5,000
COSTING OF PROJECT WITH FULL DETAILED BREAKDOWN	Attachment 1 – Budget with full detailed breakdown of costings.
DETAILS OF OTHER SOURCES OF FUNDING APPLIED FOR AND NAMES OF PARTNER ORGANISATIONS IF PROJECT IS JOINT/ MULTI GROUPS AND DETAILS OF FUNDING SUPPORT REQUESTS MADE BY THEM	To cover the cost of running the Kenilworth service and core costs for the overall service across South Warwickshire (including salaries, insurance, training etc) we continually seek funding from local and national grant funders. Currently we are waiting on results of the following funding applications. WCC Councillors Grant - £347 to purchase projector, stand and screen Marsh Charitable Trust – request for funding towards core service. The 29th May 1961 Charitable Trust - £23k over 3 years towards cost of Manager's Salary
PLEASE CONFIRM THAT YOU HAVE ENCLOSED YOUR MOST RECENT AUDITED BALANCE SHEET OR EQUIVALENT.	Attachment 2 - Annual Accounts 2023-2024
TIMESCALE / DATE OF EVENT	1 st November 2025 – 31 st October 2026 (12 months)
NUMBER OF KENILWORTH RESIDENTS TO BENEFIT	35
OTHER INFORMATION IN SUPPORT OF THE APPLICATION	In 2024 New Hope Counselling was awarded a very generous grant of £5000 from Kenilworth Town Council. This was much needed financial support for us as we found ourselves in a challenging financial situation towards the end of 2024. With this support we were able to maintain

the Kenilworth counselling service and continue to provide vital mental health support to CV8 residents throughout 2024-25.

As a local community-based charity, we are available to support anyone aged 16 plus, living or registered with a GP in South Warwickshire with low-cost counselling. We continue to run the service in Kenilworth with our Counselling Coordinator currently managing 5 volunteer counsellors: 4 qualified counsellors and 1 trainee counsellor. The Kenilworth Coordinator also assesses and provides counselling for both individual clients and couples. Importantly the Kenilworth Coordinator is on site when the service is being delivered to ensure the safety and wellbeing of clients and counsellors. For example, if there is a safeguarding concern the Coordinator is available to talk this through and if necessary, implement appropriate action such as contacting GP or crisis team.

Each year New Hope Counselling provides up to 4 training mornings on a Saturday for our volunteer counsellors, which not only provides much needed continual professional development but importantly is an opportunity for volunteers from all teams to come together for peer support and to hear updates on the charity. For example, during the past year we have held workshops on Creative Environmental Therapy and Neurodiversity. In future we will be providing training mornings on suicide awareness & action planning; grief recovery; menopause. Such high-quality training provision has a cost associated with it as the workshops are delivered by experienced practitioners/trainers.

Building on the positive working relationship with Kenilworth Methodist Church (KMC) we continue to use their rooms on Tuesdays to meet with clients face to face or to undertake online sessions. Our team feels safe and confident working in this environment. Colleagues at KMC have been a great support to the work of New Hope particularly during this past year, resulting in us negotiating a more favorable rate for room hire.

The counselling team in Kenilworth provide confidential counselling to clients looking for support around anxiety, depression, relationship problems, trauma, abuse, bereavement, self-esteem amongst many other presenting issues.

We have begun to see more challenging issues like complex trauma, increased suicide ideation/attempts, rejection/broken attachment and addiction. Of those assessed in 24/25, 23% of clients shared they had attempted suicide, and 44 % had a strong desire or ideation of suicide.

Together the team in Kenilworth saw 31 clients throughout 24/25 conducting 337 counselling sessions. This means that on average the clients in Kenilworth each attended 10 sessions. Like previous year's, 72% of clients have been signposted through the NHS services; GP's, social prescribers, community mental health teams and Talking Therapies. With 10% having been signposted by a friend, colleagues or relatives who had previously used our counselling service.

We use a self-referral system which enables clients to contact us directly themselves without having to have a formal referral through the GP or other NHS or support services. This allows the client to have agency over their counselling support, which can be empowering.

We believe the heart of effective counselling lies in the relationship between client and counsellor, which is why we take care to match each client thoughtfully with their counsellor and offer up to 16 sessions. Occasionally long-term counselling will be offered to a client who presents with more complex issues if the clinical team feels that this will be of benefit.

Our feedback reflects the importance of the counsellor-client relationship with clients telling us it *'allowed me to unburden and explore all my thoughts and feelings,'* or how they feel *'valued and supported'* and *'understood'* and how they *'will never forget the strength of understanding from the counsellor.'* Such feedback not only encourages the team but fuels our mission in offering this incredible and valuable support.

In June 2024 we introduced a minimum charge of £20 per session which has assisted with the sustainability of New Hope as a charity. However, we are acutely aware that not all clients can afford this as a weekly cost and therefore continue to build our hardship fund to financially support those who desperately need mental health support but are unable to afford it and do not meet the criteria for NHS therapy services. The need for the hardship fund is identified at assessment and provides either a level of subsidy towards a client's session or in some cases enables someone to

receive free counselling. The hardship fund therefore enables more CV8 residents to address their mental health issues through counselling which will impact on their lives, bringing positive outcomes to many areas of a person's life as well as the wider community including neighbours, colleagues, workplaces, extended family and friends etc.

In **Attachment 3** please find a case study (client anonymised) completed by one of our qualified counsellors in Kenilworth that highlights long-term work undertaken in the counselling room. This case study provides an insight into the complexity of issues that a client may bring to counselling and the long-term benefit and change that can be achieved.

Data Protection Statement

The information which you give when completing your application form will be used in accordance with the Data Protection Act 1998 and for the following purposes: to enable the organisation to create an electronic and paper record of your application; to enable the application to be processed; to enable the organisation to compile statistics, or to assist other organisations to do so, provided that no statistical information that would identify you as an individual will be published. The information will be kept securely, and will be kept no longer than necessary.

PLEASE RETURN THE COMPLETED FORM AND ENCLOSURES TO

**THE TOWN CLERK
KENILWORTH TOWN COUNCIL**

VIA EMAIL TO kentc@kenilworth.org

On your covering email – please confirm the following

Name and contact email and daytime telephone number.

Bank details – name and address of payee, bank sort code and account number