



NORTH HERTFORDSHIRE DISTRICT COUNCIL

AREA COMMITTEE DEVELOPMENT GRANT APPROVAL FORM

1. Committee: **Hitchin Area Committee**2. Date: **24 May 2016**3. Summary of application: **on-going funding support, insurance, admin, training**Name of organisation: **Hitchin Counselling Service**Sum requested: **£2,700**Total project cost: **£3,000**

Brief details:

The Counselling Service provides free one-to-one long term counselling for depression, anxiety, relationship problems, inability to cope. It evaluates its work and can consistently show improvements in coping and wellbeing. It has 26 staff providing the service free in the Bedford Road Helath Centre (made available gratis by NHS) in the evenings. It has run for 22 years.

Matched / linked funding: **£300**Funder: **From own funds**Matched /linked funding : **£0**
or DRR

Funder:

Comments from Development Officer:

HCS makes it possible for people to access professional help without the stigma of a mental health label, or the need to find £40-£60 a week in the private sector.

Amount recommended: **£1,500**