

Appendix 11. Tilehouse Counselling

=Document Control:

Version	Issue Date	Changes
1.0	NA	First Draft (BE)

Reference	CG-121			
Name of Organisation	Tilehouse Counselling			
Organisation Type	Registered charity			
Ward	All Hitchin Wards			
Project Type	Group counselling			
Green option considered?	N/A			
NHC Councillor involvement that may constitute a conflict of interest	None known			
Previous financial support within six years	None			
Documentation reviewed and approved*	Safeguarding	Yes	Accounts	Yes
	Demonstrates clear governance	Yes		
Total applied for	£1,000	Total project cost	£1,340	

[Tilehouse Counselling](#) are requesting funding to help them expand their services to local people in the form of workshops and group therapy, which would provide a way for more people to get the information and support they need to improve the mental wellbeing for themselves, or people they care for.

Individual (one on one) sessions for clinical counselling cost almost £100 per hour currently, and while the organisation is exploring ways to reduce some of the costs, by also introducing group work alongside, they believe they can offer better value for money by offering sessions for groups of between 5-10 people.

The organisation would deliver fortnightly one-hour sessions at their existing premises. The sessions would focus on the needs of the group participants and explore principles of wellbeing, art therapy, walk & talk sessions, and cover topics such as how to support your teenager while respecting their need for time, space and confidentiality.

They expect to have two distinct types of groups - one for young people who want to explore their mental health and ways to build resilience (potentially as a precursor to counselling, or in place of) and the other to be for parents/carers of young people experiencing mental health difficulties or going through counselling. These two distinct groups will run alternately, and there may be a higher £10 charge for the latter. After three sessions, participants will be consulted to see what they would like to achieve further - and if possible, expand the service to reflect those needs.

The grant funding requested will pay for a freelance specialist (clinical team) to develop and deliver the workshops plus any materials such as worksheets, art materials etc for 30 x 90 minute sessions. The cost of the room and the support costs involved are already funded via a National Lottery Reaching Communities Grant.

*Funding will only be released on receipt and approval of all supporting documentation