

# Tichborne Parish Council.

## Grant Application Form 2024-25

*You may use a continuation sheet if necessary.*

Name of organisation making the application: The Olive Branch Counselling Service Limited	
Name of person to whom correspondence should be addressed:  <b>Helen McMahon MBE</b> Director/Trustee	Address for correspondence: 14 St Clement Street Winchester  Post Code: SO23 9HH
Payee name: Andrew Jenvey Treasurer – Director/Trustee	Daytime Tel: 01962 842858

<p>Details of the organisation ie what does it do          The Olive Branch Counselling Service started in 1997; a small charity offering talking therapies in Winchester and the surrounding area. Our aim is to provide professional and affordable counselling to adults experiencing mental health issues or diagnosed with a mental health disorder. Common presenting issues include anxiety, depression, stress, bereavement and loss, relationship difficulties and impact of trauma.</p> <p>We aim to help 300 people each year. Our 35 - 40 counsellors are all volunteers; either fully qualified or in training and passionate about helping people improve their health and wellbeing. Counselling provides a space for clients from Tichborne to explore how they are feeling and to understand difficulties they may have experienced and how they respond to these, with the aim of bringing about change, improve their self-esteem and ongoing wellbeing.</p> <p>The Olive Branch wishes to see all clients in need have a positive outcome, which not only benefits them but their family, friends and the local community of Tichborne.</p>	Amount of Grant applied for:  £300.00
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<p>What is the Grant for and who will benefit? (Give details of the project)</p> <p>Financial contribution towards the cost of a counselling session to access to affordable counselling. Our demand has never been greater - especially for those on zero or low income. We ask clients to contribute what they can afford for their counselling sessions; due partly to the cost-of-living crisis for some this is as little as £1 per 50 minute session, the remaining costs are covered by the charity.</p> <p>The average cost of running each counselling session is approximately £45 which includes 4 part time staff, utilities, rent and rate costs, safeguarding, governance and digital services. No one in Tichborne is denied counselling due to lack of funds. On completion of counselling, clients fill out an Evaluation Form. In 2022, 99% of respondents said counselling positively impacted their lives.</p>
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Completed application forms should be sent to:  
 Tichborne Parish Council, 15 The Heath, Denmead, Waterlooville PO7 6JT

Between January and June 2023, 73% of our clients were on an annual income of less than £20,000. We have seen the average contribution per session decrease over the past few years and we cannot rely solely on these client contributions to keep the service running. In 2022, the majority of our clients paid £10 or less per session.

£300.00 will pay for 6+ counselling sessions.

Have you applied to any other body for a grant towards this project? (If yes, please give details)  
Parish Councils, Winchester City Councillor

How else do you raise income? (Give details of subscriptions, fund-raising, contributions “in kind” etc)  
40% of our costs are from clients. The Olive Branch meets shortfall in the cost of counselling sessions by applying for grants, community fundraising and kind donations.

What age groups do you cater for? 18+ - adults – weekly counselling sessions irrespective of gender, ethnicity, disability, finances.

Total Membership:  
Up to 300 clients a year, 35 - 40 counsellors, 10 supervisors and 3 x part time Clinical Team and 1 x PT Office Administrator

Are you a registered charity, if yes please provide your number?

1140475

Signature of Responsible Adult (eg Chairman, President, Leader)  
  
*H E McMahon* MBE, Director/Trustee of The Olive Branch Counselling Service Limited  
  
11 December 2023

**For Tichborne Parish Council use only**

**You must attach the following to your application:**

Copy of: Last year’s accounts, Minutes of your last AGM, current Constitution or Rules.