

Charlie Waller News

THE CHARLIE WALLER TRUST NEWSLETTER



YOUTH AMBASSADORS IN PARLIAMENT!

Holly and Fatima on an important visit

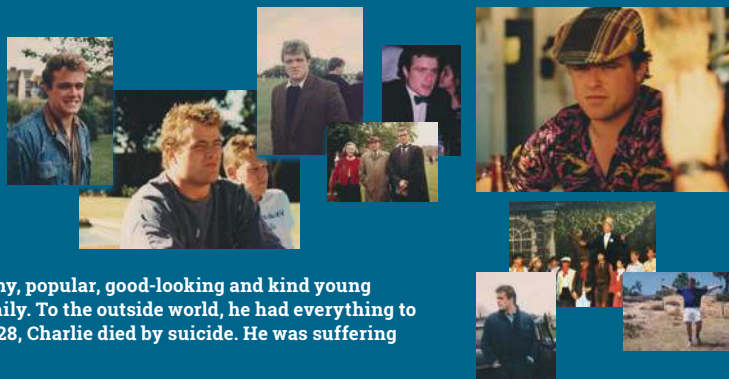
INTRODUCING NICK GARRETT

Our new trustee brings a wealth of experience to the charity

THE GIFT OF TEENAGERS

We review Rachel Kelly's new book

SEPT 2025 • ISSUE 52



Charlie Waller was a strong, funny, popular, good-looking and kind young man, with a close and loving family. To the outside world, he had everything to live for. Yet in 1997, at the age of 28, Charlie died by suicide. He was suffering from depression.

In response to this tragedy, his family founded the Charlie Waller Trust, to open up the conversation around depression, and ensure that young people can look after their mental health and spot the signs in others.

Charlie sits at the heart of our story, our vision and our purpose.

Our mission

We put young people at the heart of what we do: helping them achieve and sustain better mental health. We do this by equipping those closest to young people – families, friends, educators, communities and employers – with strategies and support based on the best available evidence.

Our work

We provide mental health training, resources and consultancy to schools, colleges, universities and workplaces, communities and families. We build partnerships to help create a long-term culture of wellbeing.

We empower educators, employers, parents and carers to support young people through their journey from primary school to the early years of their working lives.

Our approach

We don't offer direct support to individuals. However, we sponsor the Charlie Waller Institute at the University of Reading, facilitating training in evidence-based psychological treatments and increasing the availability of therapists.

Our training is free. The only exception is our work with employers, the income from which is invested in extending our work to support young people.

Our vision

Our vision is of a world in which young people, and families, have the support, the skills and the resilience to be mentally well for life.



Positive

We take a positive approach to mental health. We focus on prevention and early intervention, and recognise the importance of offering hope.



Proven

Our consultancy, training and resources are all based on sound clinical evidence.



Practical

We give people practical strategies and tools to care for their mental health, and to support others in doing so.

Supporting young people's mental health



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Get in touch

hello@charliewaller.org
01635 869754

Find out more

charliewaller.org

Follow us



COVER STORY

Charlie Waller youth ambassadors Fatima (right) and Holly deliver a vital message to MPs.

WHO'S WHO

Presidents

The Trust was founded in 1997 by the Waller family in response to the tragic loss of Charlie, their son and brother. Sir Mark and Lady Waller are now the Trust's presidents.

The Rt Hon. Sir Mark Waller
Lady Waller

Trustees

Our trustees come from a variety of backgrounds and offer a wealth of experience, strategic direction and support.

Richard Waller KC

(Chairman)

Robin Booth

(Hon. Treasurer)

Dr Nick Broughton
(Consultant Psychiatrist)

Donna Colbourne

Michael Cole-Fontayn

William de Laszlo

Mark Durden-Smith

Dr Mina Fazel

(Research Fellow &
Consultant Child
Psychiatrist)

Nick Garrett

Julian Hay

Charles Lytle

James Murray

Katie Tait

Philip Waller

Iain Weatherby

Tim West

Board advisers

Our board advisers are leading experts in their respective fields of mental health.

Professor David Clark

Lord Crisp KCB

Lord Layard

Dr Denise Meyer

John Olsen

Professor Andrew Reeves

Professor Suzanna Rose

Sir Anthony Seldon

Professor Roz Shafran

Professor Sir Simon Wessely

Patrons

Our patrons do important work in promoting the Trust and supporting our aims.

Alexander Armstrong

Gordon Black CBE

Louise Black

The Hon. Mrs de Laszlo

Neil Durden-Smith OBE

Nigel Gray

Professor Steven Hollon

Mary Nightingale

Sue Shenkman

Phoebe Waller-Bridge

Anthony West

Michael Whitfield

Staff team

Under the leadership of the Chief Executive, the staff are responsible for all aspects of the day-to-day running of the Trust.

Head of Fundraising

Nick Appleby

Project Manager (Education)

Paul Bramwell

Fundraising Events Officer

Debs Burles

Finance Assistant

Chelsey Carré

Training & Projects Officer (PCPS)

Kirsty Connelly

Grants Manager

Angela Cunningham

Executive Assistant to CEO

Kerryn Cyfka

Youth Involvement Lead

Naomi Dannatt

Programme Manager (Families)

Annabelle Easton

Corporate Partnerships Manager

Helen Franks

Fundraising Assistant

Grace Garces

Finance & Operations Manager

Carrie Green

Content & Story Manager

Tracey Gurr

Junior Graphic Designer

Sophie Henry

Fundraising Events Manager

Tara Hoskin

Head of Workplace Programmes (contracted consultant)

Abigail Hirshman

Director of Programmes

Emily Kippax

Fundraising Assistant

Michelle Lane

Head of Communications

Tajinder Leonard

Graphic Designer

Amy Martin

Families Administrator

Louise Mustow

PR Officer

Kaelum Neville

Resources Officer

Martha Pipkin

Student Involvement Coordinator

Michael Priestley

Head of Finance & Operations

Faramade Rees

Office and IT Coordinator

Kirsty Smith

Clinical Lead

Lisa Thomson

Fundraising Development Officer

Beth Towler

Chief Executive

Dr Hannah Vickery

Digital Marketing Lead

Emily Wyatt

Youth ambassadors

Our youth ambassadors help us ensure the voice of young people is heard throughout our work.

Fatima Ishaq

Freya Gray

Georgia Taylor

Holly Whitfield

Jonah Sharma

Khadajah Islam

Yasmine Dankwah

Zaph Brouard

You can find out more about all those listed here, as well as our freelance staff, at charliewaller.org/about-us/our-people

Welcome to these new staff team members...



Paul Bramwell
Project Manager
(Education)



Naomi Dannatt
Youth
Involvement
Lead



Grace Garces
Fundraising
Assistant



Lisa Thomson
Clinical Lead

LETTER FROM OUR CHAIRMAN

Connecting with others is a cornerstone of mental health. This is true for us all as individuals: we need bonds with friends, family and others to maintain our wellbeing. I believe it's also true in relation to organisations which are striving to improve our mental health as a society. The more we all work together, the more we will collectively be able to achieve to bring much needed hope to this area.

The Trust has a rich history of collaborating with other charities large and small, from the Boarding Schools Association, Boys in Mind and the Berkshire Community Foundation to the National Children's Bureau and the Centre for Mental Health. We work with local mental health services, and with the schools, colleges, universities and workplaces in which we deliver training, consultancy and resources.

I recently attended a wonderful event at the Prudence Trust where chairs of charities working in the young people's mental health space met to share ideas and discuss topical issues. It was a privilege to meet other chairs all committed to improving young people's mental health and I hope this meeting will act as a springboard for greater and deeper collaboration going forward.

One of our closest relationships, naturally, is with our sister organisation, the Charlie Waller Institute (CWI). Based at the University of Reading, CWI undertakes innovative research and trains hundreds of psychological practitioners each year – in fact, you can read about Hewa, a graduate of the Institute now working as a therapist, on page 20.

In the summer, we held a half-day conference with CWI to showcase the work of both organisations. There were opportunities for delegates to hear about the work we do in partnership, including our training for parent carer peer support workers and for senior mental health leads in schools.



I am thrilled that our CEO, Dr Hannah Vickery, has been working with CWI to develop training for Talking Therapies staff in Oxfordshire and Buckinghamshire. NHS Talking Therapies services help thousands of people each year but recent research has demonstrated that young people fare less well, with higher drop-out rates and poorer rates of recovery. You can read more about this on page 6. The Trust was involved in delivering the training for Talking Therapies – previously known as Improving Access to Psychological Therapies (IAPT) – when the service was originally set up about 17 years ago, so it's especially pleasing to be at the forefront of this work.

In the last edition of the newsletter, I reported on the appointment of two new trustees, Tim West and Nick Garrett. The spring issue will include an interview with Tim, and I'm delighted that page 14 of this edition carries an interview with Nick, whose experience of collaborative working will be invaluable to the Trust, as will his expertise in children's services, child protection and community development.

We are extremely fortunate to have built strong, positive and productive relationships with many expert individuals and dynamic organisations over the years. Increasing and deepening these will be key to our work in the coming months and years.

RICHARD WALLER KC, CHAIRMAN

NEWS & UPDATES

LISTENING AND LEARNING

A key strength of our approach at the Charlie Waller Trust is our ability to listen – it is at the heart of everything we do and underpins the work we deliver.

I became aware whilst working as Director of Training at our sister organisation, the Charlie Waller Institute (CWI), that clinicians within NHS Talking Therapies services often lacked confidence in working with young adults. This echoed my experience working in clinical services, and hearing from young people, parents and carers about how difficult the transitions could be from services supporting children and adolescents to those supporting adults. Many complained that adult services seemed to assume that once we turn 16 or 18, or leave full time education if we have been able to access it, we become independent, entirely autonomous individuals. The majority of us experience this as a complex process between the ages of 12-30, and often beyond.

More recently, research has shown that outcomes for young people using Talking Therapies are less positive compared with adults over 25. In partnership with CWI, this year the Trust has been delivering innovative pilot training to Talking Therapies staff working with young adults (16 to 24-year-olds) in Oxfordshire and Buckinghamshire. To our knowledge, this is the first training of its kind across the country and, as such, it has received keen interest from Jane Saunders-Bain (National Head of Adult Mental Health). The objective is to enable staff to engage more effectively with young people, ensuring the therapy is more accessible, collaborative and relevant to their needs. I'm so pleased we're able to work with CWI in this way – it was one of my hopes when I joined the Trust that we would have more opportunities to do



this. I am now an Associate Senior Fellow at CWI and I'm sure this will help our two organisations work together even more fruitfully and promote each other's activities in a mutually beneficial way.

Listening to one another was also at the heart of the half-day summer conference we held with CWI. It was great to hear talks from world-leading academics Associate Professor Fiona Knott and Professor Stella Chan and our wonderful freelance staff Nikki Chapman and Catherine O'Dea-Hughes, both reflecting on their lived experiences and sharing valuable insights into the services they work on within CWT (Parent Carer Peer Support and our New Maudsley skills-based workshops for those supporting a loved one with an eating disorder). It was fantastic to see how lived experience and research expertise dovetailed together through the conference.

Finally on the listening theme, I'm delighted that our youth ambassadors are leading on a new podcast series, hearing from community leaders and learning from their amazing work. You can read more about it on page 18 and the first episode will be available soon at charliewaller.org – do have a 'listen'!

Dr Hannah Vickery, CEO

WORKING WITH WILTSHIRE HEALTHY SCHOOLS

The Charlie Waller Trust has a long association with Wiltshire Healthy Schools, a Wiltshire Council programme that supports schools to address the wellbeing of their young people. Many Wiltshire schools have received support from the Trust, including as members of our Book Club.

Mental health trainer Gemma Howard has been working with primary schools in the area using the whole school approach, an evidence-based framework endorsed by both the Trust and the programme. The work is designed to meet the specific needs of each institution. Whether that's working with the senior leadership team, or supporting pastoral staff in dealing with stress, anxiety, low mood or the impact of trauma, for example, Gemma supports schools to create emotionally healthy spaces where students thrive. She works alongside school leaders, staff, students and families, helping to embed mental health strategies that are sustainable and make a difference. She also delivers the Trust's New Maudsley skills workshops to parents and carers supporting loved ones with an eating disorder.

A NEW IMPROVED WEBSITE

In the same way that the charity has grown exponentially in the last few years, so too has our website. It's one of the reasons Emily Wyatt, our Digital Marketing Lead, was recruited in 2023. The result: a much more streamlined and easier to navigate website that went live in April.

Emily explains: "We first went through all the content, stripping it back and putting the user first. It's gone from over 600 pages to half that. It's much easier and quicker to navigate and to find resources. We've also reduced the 'media load' by 88 percent and have an energy rating of B rather than F, which is great for the Trust's sustainability objectives."

We hope you like the changes.



FREE MENTAL HEALTH WEBINARS

We run live webinars for anyone who looks after children and young people – parents, carers, educators – as well as young people themselves and anyone interested in psychology or mental health.

Our webinars are presented by our mental health trainers and speakers, and by guest speakers who come from a wide range of professions, including education, psychology, social work, youth work, public health, psychotherapy and nursing. Upcoming titles include Talking about Self-Harm, Early Intervention Strategies, and The Create Toolkit - a Whole University Approach to Mental Health.

The webinars explore practical, evidence-based strategies for maintaining positive mental health, whether that's paying attention to our own wellbeing, or how to support those around us.

Please visit charliewaller.org for more information, or scan the QR code:



SUICIDE AND THE WORKPLACE – A NEW BRITISH STANDARD

The Trust is one of more than 50 organisations represented on a committee of experts working on the development of a new British Standard on suicide and the workplace.

Launched in September 2024, this crucial work has resulted in the development of a British Standard which gives guidance to organisations and managers on prevention, intervention and support for people affected by suicide in the workplace.

The guidance, which will be published in November, will assist workplaces in “putting in place systematic, appropriate and compassionate prevention and support measures.” It will also offer recommendations on communicating sensitively with bereaved people and those dealing with grief.

VOLUNTARY CENTRE WEST BERKSHIRE (VCWB) KNOWLEDGE EVENT

Earlier this year, we went to Newbury's historic Shaw House to take part in a showcase of West Berkshire's voluntary sector. After a morning of insightful talks on all kinds of things from artificial intelligence to building resilience in the workplace (delivered by our own mental health trainer, Sarah Ashworth), the public were invited to chat with the various charities in attendance.

The Charlie Waller Trust stood alongside several other mental health organisations during this exhibition – a testament to the breadth of support that's available in the county and beyond.

READING UNIVERSITY COMMUNITY FESTIVAL

We also went along to the University of Reading's Community Festival one sunny afternoon to share our Heart to Art envelope exchange, helping the public, staff and students who attended share messages of positivity and wellbeing with one another.

The activity sees one person take a decorated envelope containing a positive message and then creating one of their own for the next person. It was encouraging and inspiring to see so many words of compassion being gifted between strangers. One such message, highlighting the power of connection, came from Alex, aged 9: “With friendship, you can conquer the world.”



EATING DISORDER WORKSHOPS

Caring for a loved one with an eating disorder can be very distressing and many carers don't know where to turn for help. Our online workshops for parents and carers are based on the New Maudsley Approach, which recognises that parents and carers are in a unique position to support their loved one to tackle the eating disorder. There are also topical sessions looking at specific aspects of eating disorders, including meal planning and meal support, and relapse contingency planning, as well as sessions for male carers.

One recent participant said: “All the New Maudsley sessions I've attended are an absolute lifeline. Nothing like this is available to me locally. Just brilliant.” Another said: “As a nan I am not always with my granddaughter but your course has given me a better understanding of how to relate with her and what she's dealing with.”

Please visit charliewaller.org for more information.

WORKPLACE



WORK LIFE TOOLS

Charlie Waller Workplace recently launched a series of resources designed to support young people with key aspects of working life, while also maintaining their mental wellbeing.

We know that many young people struggle with the world of work. The transition from school, college or university to the workplace can be a big step and can impact the person's mental health. In particular since the Covid pandemic, young people have reported problems in accessing and staying in work due to mental health difficulties.

The resources in Work Life Tools help a young person to develop practical skills and gain knowledge during this transition to help them thrive. They can be used by individuals, by anyone involved in hiring or supporting young people or by people managing new recruits. The resources follow the employee's life cycle, covering:

- Understanding what job might suit you best.
- Job applications and interview advice.
- Managing mental health during recruitment and at work.
- Finances and financial planning.
- How to manage difficult situations or when things go wrong in the workplace.
- Thinking about the future or changing your mind about your career.

For more information about all the Charlie Waller Workplace resources, visit charliewallerworkplace.org

CREATING COMMUNITIES AT WORK

Charlie Waller Workplace supports leaders, managers and staff in creating mentally healthy working environments. The income generated through our training, resources and consultancy is invested in our work with schools, colleges, universities, families and communities.

Being part of a positive workplace community is a key contributor to how we feel at work. That sense of belonging corresponds directly with improved mental health and wellbeing, performance and productivity. Employees who feel connected to their colleagues are less likely to experience stress, anxiety or burnout.

Yet a survey by the Red Cross revealed that 'one in ten workers often or always experience aspects of loneliness at work, while nearly half of workers feel lonely some of the time.'

To help teams reconnect, support one another, and strengthen workplace culture, Charlie Waller Workplace has created an interactive webinar. It covers three topics to help an organisation build a community at work:

Culture – how do we identify shared values and foster psychological safety to support one another?

Connection – why does human connection matter for mental health, and how can we build it formally and informally?

Compassion – how do we show up for each other when it matters most, and build a culture of care and understanding?

For more information please visit charliewallerworkplace.org





CREATIVE COLLABORATION

Mark Lewis is the Head of Student Wellbeing at BIMM University, which specialises in teaching within the creative industries; it has over 9,000 students across nine campuses. Mark's wellbeing team has been working in partnership with trainers from the Trust – it's a "perfect fit" he says.

Mark met Charlie Waller Trust trainers Julie Castleman and Mark Fudge at an external workshop he attended. "It helped us see that different institutions are dealing with similar challenges," he says. "We felt that working with the Trust could help us build a framework to work in an effective way."

Following on from that, Julie ran a session for BIMM's wellbeing managers with a focus on mental health. "It was a great success," Mark says, "we all got something out of it."

Julie has also run sessions on wellbeing strategy and mental health steering groups. She will be using the Trust's CREATE University Mental Health Toolkit to support Mark and the team as they create their mental health strategy.

Mark sees the partnership with the Trust as tremendously beneficial. He says: "You'd be a fool if you thought you could do this on your own. We need extra knowledge and resources, and now we've got some important new tools in our toolkit. We have to work better, internally and externally, and we need 'critical friends' to help us. Plus, you realise you're not on your own, we're all pulling together for the common good."

Mark has seen pressures on students change over the 25 years he's worked in student support. "People speak more openly now about their feelings and know they can seek help," he says. "There's a high demand for our services. Our students face a lot of challenges, some of them quite complex. The cost of living has had a big impact, along with the impact of social media and lifestyle choices. They're not always equipped to deal with what life throws at them."

"It's important we're there for them but we also need to be more proactive with early intervention, which is why we're doing more wellbeing activities and awareness-raising."

Mark was keen they should raise money for the Trust, so eight members of staff and seven students took part in the Great Birmingham Run on 4 May. "It was great," says Mark, "we all participated as one, helping one another while raising awareness of positive wellbeing. I know how great the Trust is and I wore my Charlie Waller Trust T-shirt with pride."

Our CREATE toolkit helps universities create an effective strategy to improve staff and students' mental health. It's evidence-based and was written in partnership with students. This year we've updated and streamlined it. It's free to download at charliewaller.org/mental-health-resources



A GIFT IN YOUR WILL

MAKE GOOD MENTAL HEALTH YOUR GIFT TO THE NEXT GENERATION

Good mental health is one of the keys to a fulfilling life. A gift in your will makes a real impact; it will help ensure we are there to support young people's mental health into the future.

Last October, we launched our free will-writing service, giving supporters the opportunity to leave a gift to the Trust in their will. It's a great way to support the mental health of the next generation, at no cost to you now.



FREE WILL-WRITING SERVICE

Free Wills Month is running again this October and we've partnered with award-winning specialist Farewill to enable you to write a simple will for free online or over the phone. On average it takes just 15 minutes and can be done from the comfort of your own home.

We are hugely grateful for gifts in wills, large and small. It's such a special way of supporting our work, helping us to plan for the future and support the mental health of children and young people for years to come.

Please see the flyer enclosed for more information or, if you'd like to get started on writing your will for free, visit Farewill.com/charliewaller-newsletter, call 0208 050 2686 (quoting 'Charlie Waller Trust') or scan the QR below.



In partnership with
Farewill

The free service applies to a simple will; for a more complex will, there is a charge of £200.

PUTTING PARENTS AT THE HEART OF RESEARCH



**Parent
Carer
Research
Network**

Parents and carers have an invaluable contribution to make when it comes to research into young people's mental health. The Parent Carer Research Network is empowering them to do just that.

It's only relatively recently that children's mental health researchers have involved parents and carers in the same way as they were involving children and young people as valued lived experience voices. And bringing parents and researchers together hasn't always been easy or led to positive outcomes. The Parent Carer Research Network, set up this year in partnership between the Trust and Oxford University's Mental Health in Development (MHID) team, aims to change that.

The parent carer voice has always been central to the Trust's activities, including through our parent carer peer support training, and the PLACE network, which connects individuals and organisations providing parent carer peer support.

The team at MHID, led by Professor Cathy Creswell and Emily Lloyd, have also aimed to champion the voice of parents and carers in mental health research through previous projects such as the Emerging Minds Research Network.

It was through this network that Cathy and Emily worked more closely with Nikki Chapman, who has championed the power of parental involvement for many years, and is now the Trust's Parent/Carer Lived Experience Lead. When the Emerging Minds network ended, Nikki, Cathy and Emily were determined to continue finding ways to make research more inclusive, accessible and relevant to parents and carers. A formal partnership was established between the Trust and MHID to achieve this vision.

RESEARCH LED BY EXPERIENCE

Discussions began around a new network that could support researchers and parents and carers to work together. The team involved members of the PLACE network early in the network's development to help establish its ethos and direction. Nikki says:

"We sense-checked it with them and asked for their good and bad experiences of being involved in research.

"One thing that came out was the need for a steering group to guide the new network, so we set up an application process to recruit seven parents and carers with lived experience. Their experiences and advice have guided everything we've done since."

Group members are passionate about the power of research led by experience. One said:

"My personal experiences have inspired me to use my voice to make a difference. I want to see research that is relevant and empathetic and that listens to the views and experiences of parents, carers and young people."

"I want to see research that is relevant and empathetic and that listens to the views and experiences of parents, carers and young people."

BEST PRACTICE GUIDE

The steering group has created a best practice guide for researchers. It gives advice on what to think about before involving parents and carers in their research project. This includes considering how researchers can help keep parents and carers safe mentally and emotionally, and helps researchers understand what it can feel like to share such personal experiences.

When researchers send in their project requests for the network to advertise, they include details of any payment involved, the time commitment and what parents and carers can expect during and after taking part. Projects may be accepted at this stage, or the network may ask for further information. Some projects are declined after consideration, on the basis that they are not currently suitable for sharing across the network as they do not meet the ethos or standards established in the best practice guide.

VARIED OPPORTUNITIES

There are now over 100 parents and carers in the Parent Carer Research Network, which is facilitated by Nikki and by Shanta Raj and Heather Dyer from MHID, who have played central roles in establishing it. Network members receive regular newsletters detailing research opportunities.

Current projects include 'Parenting after divorce or separation', seeking parents with children aged four to eight to take part in an online interview. Another project, 'Experiences of waiting for mental health services from the perspective of parents or caregivers of young people who self-harm', aims to explore parents' experiences of being on a waiting list – for example, what support was made available, what support was used, and what support would have been helpful.

The network is growing all the time, and the team and steering group are looking forward to creating more resources to support researchers to better include parents and carers in their research, and to equip parents and carers to get involved in a more meaningful and confident way.

Parents and carers do not need to have lived experience of caring for a child with mental health difficulties to be in the network.

To find out more, and join the network, please visit parentcarerresearchnetwork.org.uk

The Parent Carer Research Network is facilitated by the Charlie Waller Trust in partnership with the Universities of Oxford and Birmingham, and funded by the NIHR Oxford Health Biomedical Research Centre and the Charlie Waller Trust.

REFERENCES

parentcarerresearchnetwork.org.uk
mhid.org.uk
emergingminds.org.uk

A PASSION FOR YOUNG PEOPLE'S MENTAL HEALTH: INTERVIEW WITH NEW TRUSTEE, NICK GARRETT

Our trustees play a vital role in the Charlie Waller Trust, offering a huge amount of experience, strategic direction and support.

In the first of a series of interviews, we spoke to Nick Garrett who joined the board in May.

Nick is the CEO of Wellspring Therapy and Training, a mental health charity in Yorkshire, so he is very well placed to help lead the Trust's governance and planning. Prior to this he had a career in consultancy, specialising in health inequalities, and has held a variety of roles in local authorities and financial services.

Nick's keen interest in young people's mental health arose from his personal experience, as he explains:

"When I was 19 at university, I tried to take my own life. There was no mental health support at the time. Since then, I've been very passionate about young people's mental health and about organisations that are making a difference in that space."

Nick's experience is borne out by statistics: during the 1990s, suicide rates in young men aged 15-24 reached an all-time high and were at their highest since the 1920s in men aged 25-34. This was the decade in which the Charlie Waller Trust was set up by the Waller family, following Charlie's tragic death by suicide.

In the intervening years, the Trust and other mental health charities have been working tirelessly to ensure better support for the mental health of children and young people, and Nick is ideally placed to

help us continue this crucial work. He spent 16 years in local government children's services, including child protection and fostering and adoption, has been involved in community development, and co-founded and ran a community-based social prescribing organisation.

STRENGTHS-BASED APPROACHES

Nick is a specialist in mental health inequalities and describes his work as a population health consultant:

"The work involved forecasting mental health demand for particular areas of the county in which I operated, and taking steps to slow the rate, particularly using strengths-based approaches to mental health."

"I am delighted that the Trust is involved in parenting. I really want to see this continued and developed."

A strengths-based approach is one which emphasises people's self-determination. It focuses on the strengths people bring to a problem or crisis and on what they can do with their skills and the resources available to them. Social prescribing is a good example; it is used by the NHS and starts with what matters to the person.

The community organisation Nick ran connected over 600 people during Covid to establish positive local friendships which improved health and wellbeing.

ADDRESSING INEQUALITIES

A key part of this approach is shared decision-making and drawing on the knowledge, capacity and potential of individuals, families and communities. According to the NHS, it provides a positive shift in power and decision-making that enables people to feel informed, have a voice, be heard and be connected to each other.

These are values which the Trust seeks to embed in its work and for which Nick is a passionate advocate. When asked about his ambitions for the Trust's future, he says:

"I would really like to see a focus on mental health equity; for us to come alongside and listen to children and young people who are struggling the most.

"I'm very supportive of the CEO's ideas of working in collaboration with other organisations which are representative of the people they serve, such as refugees or looked after children."

Nick supports the view that there are many opportunities in partnering with user-led and community-led organisations that are governed and operated by the very people they are alongside. Through listening and learning, we can make the most of these opportunities to codesign resources and training that meet the needs of all communities, growing our reach and impact. For the organisations we partner with, joint working can support access to materials, trainers and mechanisms for measuring impact.

Nick's background in health and social care consultancy means he also believes in the value of the Trust's relationship with the NHS; he believes we should continue to work with our sister organisation, the Charlie Waller Institute (CWI), to shape the training curricula of those working within mental health. Based at the University of Reading, CWI undertakes innovative research and trains hundreds of psychological practitioners each year.

"Working with other organisations, like CWI," says Nick, "the Trust will be seeking to increase its influence on NHS workforce decisions relating to the mental health of children and young people."

In recent years, the Trust has greatly increased the amount of work it does with



parents and carers, empowering them to support children and young people who are struggling with their mental health. Nick says:

"I am delighted that the Trust is involved in parenting. I really want to see this continued and developed, especially for parents and carers who are seldom heard."

Nick is confident that the Trust can make a real impact here. He continues:

"We can make a particular difference in regions where there is housing inequality. Single parents, especially, are struggling because there are not enough organisations helping them with their mental health."

All our work, of course, is made possible by the generosity of our supporters, many of whom attend the fundraising events we hold throughout the year. These include regular concerts and our annual carol services, which Nick is eager to attend.

He says, "I love choral music and am very much looking forward to the Christmas carols."

We're sure Nick will enjoy the music and that our supporters will be very pleased to have the chance to meet him and hear more about his wealth of experience, invaluable knowledge and exciting ideas for the Trust's future.

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A PERFECT PARTNERSHIP

Corporate partnerships play an important part in our work and we're fortunate to have some great partners, like European bank ING. During this two-year partnership, thanks to their incredible dynamism, creativity and dedication, ING have exceeded their £100,000 target.

Rob Perkins, ING's Managing Director, Corporate Finance, has supported the Charlie Waller Trust, along with his wife, for several years. He nominated the Trust to ING's charity committee and was delighted when the Trust was selected. He said: "We are passionate about mental health and wellbeing, and I am particularly keen to embed a strong culture of good mental health at ING UK through this partnership."

DIVERSITY AND INCLUSION

ING's diversity and inclusion team has several pillars, including mental health, and as well as using our resources, they have booked talks and workshops delivered by Charlie Waller Workplace trainers. These have included a talk about bereavement and an interactive session with ING's HR team.

Rob said: "I am so proud that ING chose the Charlie Waller Trust as a charity partner. Its alignment with ING's diversity and inclusion agenda was a strong and major consideration in its selection. Mental health is so important, and the Trust is making a significant contribution to increased knowledge and awareness of good mental health across our UK business."

FUNDRAISING EVENTS

Their charity committee has been very active in encouraging teams to fundraise for the partnership, with a whole variety

of events being organised. During Mental Health Awareness Week they organised fruit smoothie, coffee and cake mornings. They also ran massage sessions and 'Sketch and Sip' events. Their interns team delivered two quiz nights, with the CEO and senior management team taking part in one of them. Their graduate team ran a summer barbeque and raffle, and raffled an extra day of annual leave, plus 80 members of staff took part in a dragon boat race at Canary Wharf Docks. In addition, they have joined in some of the Trust's own events: Rob and a colleague participated in the Trust's 2024 Walk for Wellbeing and two teams competed in this year's Corporate Golf Day. Five runners also used ING's bonded places to run the 2025 London Marathon for the Trust.

Helen Franks, the Trust's Corporate Partnerships Manager, said:

"ING is a very generous, creative and altruistic partner, organising so many fundraising events. I regularly meet with Rob, and with Laura Harmon, who leads on their diversity and inclusion agenda, to optimise staff engagement and support their efforts. They have been incredible to work with and we are so grateful to everyone at ING for helping us improve young people's mental health through our training workshops and resources."

Do you know of a company that would be interested in supporting young people's mental health through the Trust's work? If so, we'd love to hear from you. Please email helen.franks@charliewaller.org

COUNTDOWN TO CHRISTMAS

We have our own yuletide traditions here at the Charlie Waller Trust. Highlights include our ever-popular Christmas carol services in London and Bradfield (see page 30).



NEW CARD DESIGNS FOR 2025

£5.00, pack of 10 Adoring Madonna

£4.50, pack of 10 Peace at Christmas Time

E-CARDS...

...for those who prefer to send their Christmas wishes digitally. Scan the QR code or visit charliewaller.org/get-involved/christmas to find out more.



MORE FESTIVE FARE

In our online shop, you can also find our children's Advent Activity Book, our Advent candle and more Christmas card designs – some at reduced prices!

Please note that postage is an additional cost. Orders are processed by volunteers twice a week and sent by second class post so please allow at least 7 – 10 business days for delivery.

Scan for
all things
Christmas!



To order cards, please visit charliewaller.org/get-involved/christmas or call 01635 869754 Monday - Friday, 9am - 5pm



EXPERIENCE, ENERGY AND ENTHUSIASM OUR YOUTH AMBASSADORS HAVE IT ALL!

In the last edition of the newsletter, we introduced you to this year's cohort of youth ambassadors, who play a key role in ensuring the voice of young people is at the centre of our work. Since then, they have worked their magic in so many areas of the Trust's activity. In fact, they have more than hit the ground running, they are positively flying!

Their first experience of the Trust was in London, where they were warmly welcomed by staff and the freelance trainers at the Trust's awayday. As well as chatting informally, three of the ambassadors Freya, Zaph and Fatima, delivered a presentation on co-production to the full Charlie Waller team. Alice Palmer, our former Youth Involvement Lead, said: "They really are exceptional. We got to recruit them, and it's been a joy."

PODCASTS AND WORKSHOPS

In the past, our youth ambassadors have been instrumental in creating podcasts; the most recent series, called Stigma to Strength, covered subjects such as being autistic and stigma around taking medication for mental health. Several of

the current ambassadors Jonah, Georgia and Yasmine, are working on a new series, entitled Community in Mind. This will explore how community leaders and young people create, nurture, and advocate for 'brave spaces' – where community, identity and mental health intersect. It will feature guests from varied social, ethnic and cultural backgrounds sharing their insight and experience.

Our youth ambassadors have also added their personal contribution to workshops run by some of our trainers. For example, Georgia and Fatima have talked about their experience of eating disorders or supporting people with an eating disorder as part of trainer Ros Rea's workshops for parents and carers.

BRINGING OUR APPEALS TO LIFE

The ambassadors' own experience also played a key part in bringing our recent June appeal to life. They created videos describing their own experiences of the transition from school to college, from university to work and, in the form of a poem no less, the transition from primary to secondary school.

In June, Alice worked with Khadijah and Freya on a training session about exam stress for Marlborough College and a webinar delivered to Association of Colleges staff about online digital wellbeing. Both included videos created by the ambassadors.

The ambassadors have also been reviewing some of our resources, and have been particularly helpful in suggesting ways of improving our Life At University material.

MEETING IN PARLIAMENT

Charlotte Rainer, from the Centre for Mental Health, worked with Alice in the past and is always keen to find ways to involve the youth ambassadors in external policy work. On 23 June, Fatima and Holly accompanied Charlotte to a meeting in Parliament with the Children and Young People's Mental Health Coalition as part of the 'Fund The Hubs' campaign. This calls for better access to early mental health support through a network of early support hubs for young people in every local area in England.

We can't wait to see what else our wonderful youth ambassadors bring to the Trust over the next few months!



Holly (right) and Fatima at the House of Commons

A JOURNEY TO BE PROUD OF

We recently caught up with Sophie, a former youth ambassador for the Trust. She told us how the role helped her.

Sophie was a youth ambassador for two years, a time which she says "helped me personally and has been brilliant for my career." Now 26, she's currently completing a master's degree in education and psychology and has a part-time role for Mind as a peer support worker.

She applied for the youth ambassador role while on her university undergraduate placement year, motivated by personal experience. She said: "It's a really rewarding way to use my experiences to make positive change, rather than dwelling on all the sad times."

Sophie is currently completing her master's degree at the University of Bedford. Her job with Mind involves facilitating small groups of service users with a trained counsellor. She told us she's sure her experience as a youth ambassador was fundamental in getting the role.



A warm welcome to Naomi Dannatt

Naomi has recently joined the Trust as our new Youth Involvement Lead. Naomi started her career as a secondary school French teacher, which helped her to develop a strong understanding of the mental health challenges faced by young people today.

Naomi will build on the excellent work done by Alice Palmer who has gone on to be the Schools Engagement Project Manager at the National Theatre. We wish her all the best in her new venture!



A THERAPIST'S JOURNEY

PROFILE OF A CLINICIAN TRAINED AT THE CHARLIE WALLER INSTITUTE

In 2021, Hewa Khalilifar won a scholarship to train as a therapist at the Charlie Waller Institute (CWI); it was funded in memory of Caroline Gilbey, a longstanding and dedicated supporter of the Charlie Waller Trust.

At the time, Hewa said: "I feel a career as a therapist would allow me to continue learning about human nature, to hear people's stories, and ultimately be of service to others. I want to be the person that I needed back when I was in a difficult place. Sometimes it is as simple as telling someone that it is okay for them to feel the intensity of emotion and confusion and convincing them that you believe they have the ability to endure and overcome."

Four years on, Hewa told us: "I undertook a Postgraduate Diploma in Evidence-based Psychological Treatments, which lasted just under a year.

"It is essentially training in CBT [cognitive behavioural therapy], the form of talking treatment with by far the largest empirical evidence base.

"I want to be the person that I needed back when I was in a difficult place."

"It was a very practical course on working with people experiencing a whole range of issues, including depression, anxiety, PTSD, low self-esteem and perfectionism.

"I had a very positive experience of the training. A lot of that was down to the people I encountered, especially the staff and the guest speakers – some of whom had literally developed the therapeutic protocols we were working with, such as Professor David Clark and Professor Roz Shafran [both CWT board advisors].

"The staff were brilliant. It's no exaggeration to say that the course administrator, namely Nicky Elliman, really shaped my journey; she was a huge, pivotal part of it, even before I actually submitted my application. She had an intricate understanding of the inner workings of the course and the organisation – the whole 'machine' – which is so important for the students. It really sets the course apart from others."

We asked Hewa if she had experienced any barriers to training as a therapist before receiving the scholarship to train at CWI:

"One of the main challenges is getting enough relevant work experience to meet the entry requirements. You need to have had in-depth immersion in a relevant environment, for instance as a psychology assistant – so that you know what you're getting yourself into, because training as a therapist is not for the faint-hearted!

"I attended an event in London for BAME [Black, Asian and Minority Ethnic] students and the implication was that we were expected to snap up any opportunities, even unpaid.

"I toggled between finding it a barrier and a challenge to find relevant experience. I had worked part-time for a GP for eight years, which was a help, and I asked private clinics if they would give me work experience. I also had good family support, which of course may not be the case for everyone.

"When I meet students now who are thinking of going down a similar route, I help them navigate the process – it could be the difference between their being able to train and not."

"It can be helpful to talk... about how they can tap into their particular strengths, rather than taking a 'deficit-based' approach"

Hewa is now a qualified and experienced therapist and lecturer. Half her time is spent training students at a university in Buckinghamshire and half in her clinical practice. Her therapy clients come from diverse communities and she says:

"I'm very aware of the need to work in a way that is culturally sensitive. This has been especially shaped by mentorship by Mallika Sharma, who has received recognition by the BABCP [British Association for Behavioural and Cognitive Psychotherapies] for her work in the area of culturally adapted CBT. People from some cultures, for example, don't convey the experience in terms of 'depression' or similar terminology; they may

be more likely to speak in more physical terms, such as tiredness, fatigue or head pain. I try and use some of the language the client feels comfortable with.

"It can still be really difficult for people to say they have mental health difficulties so it can be helpful to talk in terms of wellbeing, and also to talk about how they can tap into their particular strengths, rather than taking a 'deficit-based' approach that's all about the problem."

Since completing her training, Hewa has clearly gone from strength to strength as a therapist and has helped many people. She says, "Once you have the qualification, there are so many opportunities. I particularly like giving hope, encouragement and excitement to other people who are thinking of doing the training."

The Charlie Waller Institute was founded as a collaboration between the Charlie Waller Trust, the University of Reading and Berkshire Healthcare NHS Foundation Trust.

It combines psychological research and high-quality teaching, and its workshops and courses are led by nationally and internationally recognised clinical academics whose expertise is helping improve clinicians' skills.

CWI's teaching is grounded in the latest developments in psychological research into a variety of conditions including anxiety, depression, phobias and post-traumatic stress disorder.

As one of its main objectives, CWI delivers a range of government-funded clinical training programmes to increase the number of psychological practitioners in the workforce. It also provides non-clinical and continued professional development (CPD) training in the form of short courses delivered by clinical academics who are leaders in their field.



BOOK REVIEW

THE GIFT OF TEENAGERS

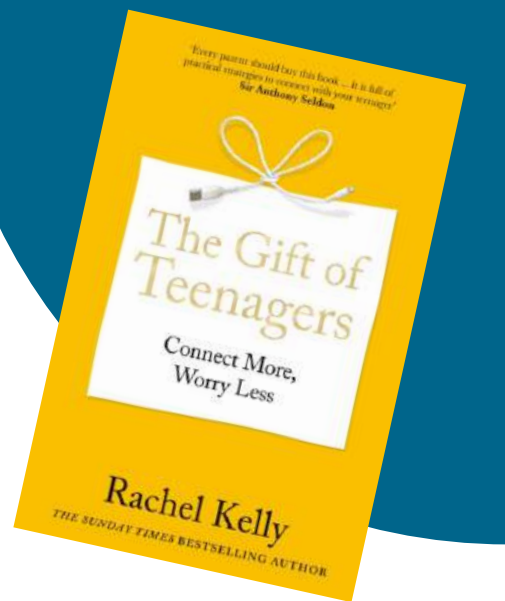
by Rachel Kelly

A young person's view

Reading a book about parenting teenagers felt unnatural at first, as a teenager myself. Expecting to find it unrelatable or even mildly irritating, I actually really enjoyed it. I learnt several things about activating my soothing system, which Rachel Kelly advocates throughout, and connecting with my mum too. This is a credit to the book's accessibility, as I am not the intended audience and still found it very relevant. It was easy to read later in the evening or in snatched moments, due to the brief sub-titled chunks that make up each clearly structured chapter. This made the book feel like the perfect length, as it moves at a good pace through the key topics on a parent's mind (including those people are likely to shy away from). Kelly links together chapters and highlights where techniques and knowledge discussed earlier can be applied to a new concept being introduced. She constantly signposts to other relevant sections or, where necessary, external sources of support and guidance.

"I would recommend this book to both parents and the parented."

I would recommend this book to both parents and the parented. Firstly, Kelly talks throughout about being kinder to yourself, challenging negative thought tracks and using mindfulness techniques. These are valuable tools for anyone, and I certainly benefited from this. Moreover, reading a parenting guide as a teenager myself has also made me reconsider the stresses on



a parent beyond those I feel as a young person. The tips Kelly gives about having more constructive, debate-style arguments, rather than just rows, are applicable to us as teenagers and I really liked Kelly's technique of using "I" fronted statements. Intrigued? You will have to read the book to learn this trick!

However, I did find that the techniques and learning points within the book were not always neurodiverse friendly and Kelly's advice seems better focused to parenting neurotypical young people, or those without additional or special educational needs. The book also ends with a summary of the debate about the benefits of a diagnosis or not and I felt that my opinions sometimes differed from those of Kelly, but she explained valid points for both. Overall, it is hard to criticise this book because Kelly does breathe confidence into parents throughout the pages, including advice on having those tricky conversations that many parents anxiously avoid or hope to only endure once (such as relationships). The emphasis on being kind to yourself is always an important message, and it shines through in here too.

For an overview guide on parenting, this is a fantastic option. Kelly uses examples from young people she has spoken to in research workshops and from her experiences of bringing up five children. I admire her ability to convey the learnings from these experiences whilst respecting the dignity of her children and their confidentiality. There

is a lot to be learnt from these examples and it certainly contextualises the theory she discusses by bringing it to life, laying the pathways for parents and their young people to follow.

Freya Gray

Charlie Waller Youth Ambassador

A parent's view

The Gift of Teenagers aims to encourage parent carers of young people between the ages of 14 and 18 to "dial down the worry and instead increase our ability to be close to teenagers and understand their lives and the different challenges they are facing". It aims to show how parent carers can develop a positive approach to parenting teens through relationships and connection. It is based on a mixture of lived parenting experience, interviews, published research, and quotes from recognised mental health experts.

It is not specifically a parenting mental health book as it concentrates mainly on what Freud refers to as "ordinary human unhappiness", although there is a section dedicated to mental health difficulties.

The Gift of Teenagers is quite a long and wordy book which could make it difficult for some people to process the content. Busy parent carers and those in crisis may not have the capacity to read the whole book but it does have good introductions and summaries for each chapter and across the six parts. I feel it would be more accessible for more people if the summaries included charts and visuals.

Part one is about parent carers understanding and being kind to ourselves, overcoming our own emotional blocks and taking care of our own physical and mental wellbeing. Not everything is "about us" and we need to allow our teens to develop in their own way, at their own pace.

The author asserts that rather than trying to be perfect parents it's healthier and better for everyone if we can be open and honest with ourselves and our teenagers and instead concentrate on being "good enough" parents.

The remaining parts of the book provide an in-depth consideration and explanations across a wide range of challenges, potential pitfalls and opportunities as teens connect with themselves, their peers and the wider world.

I personally found the later chapters around mental health and neurodivergence a bit too opinion-based and at times contradictory, but they do provide a summary and starting place for understanding specific difficulties. There are links for further support and future editions will hopefully include the Charlie Waller website and resources, and the Place Network (for parent carer peer support groups).

The book may sometimes seem a bit too optimistic, particularly to parents of children with mental health conditions, those in crisis, or with difficulties relating to neurodivergence; however, the information, advice and strategies are helpful and realistic.

"The book may sometimes seem a bit too optimistic, particularly to parents of children with mental health conditions"

Overall, I liked the tone of this book. I recommend beginning with the Introduction and Part One, and reading up on specific issues in preparation for challenges which may arise.

I found The Gift of Teenagers to be a useful book. It was a reminder of the hope and positivity of the teenage years and beyond. It was a reassuring read. It helped me to feel curious and reflective about my parenting of teens, my own mental health and wellbeing, and life in general.

Louise Engels

Charlie Waller Parent Carer Peer Support Lived Experience Partner

A clinician's view

Rachel Kelly's The Gift of Teenagers is an ambitious, 373-page book (plus references) which aims to equip parents with the knowledge and skills to navigate the turbulent adolescent years. Drawing on her experience as a married mother of five, Kelly blends personal anecdote with interviews and research, offering practical suggestions throughout.

The book is generally well-evidenced, drawing from neuroscience, psychology, and social commentary, though some sources are dated.

Notable strengths include accessible explanations of adolescent brain development, balanced and nuanced discussion of gender identity, a thoughtful critique of diagnostic inflation in youth mental health, and practical, safety-focused advice on digital life, bullying, and substance use. Kelly writes engagingly, weaving in resonant ideas such as Khalil Gibran's reflections on the independence of children, the influence of one's own upbringing on parenting style, and Winnicott's "good enough" parent concept.

Despite a brief acknowledgment of diverse family forms, the author's frame of reference is firmly rooted in a traditional, relatively privileged family model. This perspective could risk alienating single parents and carers and those in less conventional family structures.

Kelly provides a huge amount of information and covers so many possible interventions including dietary changes, communication strategies, lifestyle shifts, self-reflection exercises and many more, that while she insists perfect parenting is not the goal, the sheer volume of expectations could risk increasing parental guilt for some.

"Kelly excels in practical, safety-focused advice on digital life, bullying, and substance use."

Some advice is questionable, such as recommending "punching a pillow" to manage anger, which is unsupported by evidence and potentially counterproductive. There are occasional culturally insensitive descriptions ("blonde, leggy, and slim") and reinforcement of gender stereotypes.

Conversely, there are flashes of practical wisdom. The suggestion to ask adolescents "what else is possible?" when setbacks occur encourages resilience and creative problem-solving. Kelly excels in practical, safety-focused advice on digital life, bullying, and substance use.

The discussion of digital life includes useful insights on platform features that can exacerbate exclusion. There is the briefest suggestion to parents to put aside their

own devices when communicating with adolescents. However, there is growing evidence of the impact of perceived parental/carer technofence or 'phubbing' [ignoring someone in order to look at a phone] on the mental health of adolescents, which is also linked to their own problematic device use and even dehumanisation. Given that other areas of the book are well evidenced, this is an area on which the audience might benefit from additional reading.

The section on mental health conditions is stronger, offering practical decision-making questions and a useful service navigation overview. Suggestions such as sourcing private psychological support before psychiatric input may be unrealistic for many families. Greater emphasis on physical health screening for mental health presentations would have been welcome.

Ultimately, *The Gift of Teenagers* offers a wealth of insight and useful reframing for those with the time and attention to focus on what is a dense read. It provides a panoramic view of current thinking on adolescence, peppered with moments of genuine warmth and wisdom. It may resonate most with parents in stable, resource-rich circumstances who have the capacity to implement multiple lifestyle and relational changes. For those in more constrained settings, it may be overwhelming. A more streamlined, resource-sensitive approach would strengthen its applicability across the broad spectrum of families navigating the adolescent years.

Sarah Ashworth
Charlie Waller Mental Health Trainer

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FUNDRAISING HIGHLIGHTS

Thank you
to all our
supporters

It's been another great summer of fundraising as you will see from the following pages. That includes not just the physical challenges and events but also our first ever summer appeal – Life Skills for Life Stages – which raised £16,000. It was fantastic that so many people watched our videos, viewed our resources and took part in our very successful webinar.

We've had a great response to our free will writing service, which we launched last October. So much so that we'll be running this offer again during Free Wills Month this October. You can read more about it on page 11.

Also happening next month is Walk for Wellbeing, bigger than ever, and with more ways to take part. We would love your support, so do please get involved. And in December, do look out for the Big Give Christmas Challenge, a fantastic opportunity for us to raise awareness as well as much-needed funds.

Corporate partnerships are immensely important to us, and I want to thank global financial institution ING for their incredible support over the last two years. You can read more about what they have achieved on page 16. If your company would be interested in partnering with us, please get in touch.

To everyone who has supported us, a huge thank you. Our vital work supporting young people's mental health wouldn't be possible without your wonderful generosity.

NICK APPLEBY
HEAD OF
FUNDRAISING



TEXAS SCRAMBLE

This year, 21 teams took part in the ever-popular Texas Scramble, held at Badgemore Park Golf Club in May, and raised over £25,000.

The day follows a well-established and highly successful format, starting with bacon rolls before the competition begins, and including a delicious lunch and an auction. New for this year, however, was the introduction of the Weatherby Cup, set up in memory of long-standing supporter John Weatherby.

His son, Iain (who is also a trustee of the charity), said: "My father was a keen supporter of the Trust and never missed the Texas Scramble – by my reckoning a 26-year streak. Our family was deeply touched when the Waller family told us that a new trophy for the tournament would bear his name. At this year's event, our mother came to see the trophy inaugurated and our team did him

proud by winning it. And my brother Paul followed in our father's footsteps by gamely succumbing to auctioneer Mark Durden-Smith's high-pressure sales tactics! We hope to be back to defend the trophy next year."



Iain celebrates with his team

THE LONDON MARATHON

A grand total of 12 runners ran the London Marathon for us on 27 April, five holding charity places, five holding places through our corporate partner ING and two with their own ballot places. Between them, they raised over £39,000, including matched funding from some of their employers.

One of those runners was Molly Pridmore, who has firsthand experience of the difference the Trust can make and wanted to give something back. She explains: "In 2021, I was battling anorexia during the challenges of lockdown. While I was lucky to have incredible professional support, my parents were the ones who carried me through – and they couldn't have done it without the help of the Charlie Waller Trust.

"The charity provided them with invaluable guidance, helping them understand how to support me effectively. This knowledge not only transformed my recovery but also gave my whole family the tools to create a strong, supportive network around me."

If you've secured a ballot place in the 2026 London Marathon, we would love you to run for the Charlie Waller Trust and help more young people like Molly. We'll support you all the way. Please email fundraising@charliewaller.org for more information.



BRADFIELD CRICKET TOURNAMENT

Eight teams took part in this very popular annual event held at Bradfield College, Berkshire. We were delighted that a number of new teams joined the tournament. The sun shone beautifully and a marvellous total of £6,000 was raised.

Katie Waller said: "It was a great day. The new teams were a brilliant addition and the weather was perfect."



CORPORATE GOLF DAY

The Trust's inaugural Corporate Golf Day took place in June at the Drift Golf Club in Surrey.

Our Corporate Partnership Manager Helen Franks opened the day with a few words about our work and the impact of the funds raised. The players, including teams from our corporate partners ING and dunnhumby, then enjoyed breakfast before teeing off. The event included a 'beat the pro' competition at hole 16, which was followed by lunch and a raffle.

The tournament was won by one of the dunnhumby teams, whose captain Jonathan Dunkley said: "A big thank you to Helen and everyone involved in putting together such a fantastic day. It was a privilege to represent dunnhumby, enjoy some friendly competition and, most importantly, support a cause that matters deeply."

NEON DISCO

Nearly 300 children in Years 7 and 8 enjoyed a wonderful evening in the grounds of Englefield Estate in July. The neon disco has become a hugely popular annual event, with a bucking bronco, mocktail bar and, new for this year, ice creams supplied by Jude's Ice Cream. On a warm summer's evening, these were enjoyed particularly enthusiastically! The event raised just over £18,000.

The event was supported by staff from our central team, including Grants Manager Angela Cunningham, who said: "It was lovely to see all the young guests having such a great time. They were very excited when they arrived!"

Thank you to Lord and Lady Benyon for allowing us to hold the disco in their beautiful grounds, to our sponsors Malverleys, Fowlers, Jenna Burlingham, The Retreat and DJ Nick Amore, and to the organising committee: Alice Agar, Zoe Benyon, Jane Bevan, Jennie Miners, Clare Pannell, Francesca Penn, Anna Wakeham, Annabella Ward and Claire Whitworth.



FLACKSTOCK

This year's Flackstock festival took place in August and in a completely different venue – moving from Englefield House, Berkshire, its home for the last three years, to the Crystal Palace Bowl in South London. This outdoor amphitheatre with 60 years of live music heritage was the perfect setting for a unique festival that celebrates the life of TV presenter Caroline Flack while promoting mental health awareness. We were once again one of four charity partners, alongside Mind, Samaritans and Choose Love.

The 'heart to art envelope exchange' at our art exhibition in March was so well received that we took the same concept to the festival. We encouraged festival goers to share feel-good messages in envelopes that they had decorated themselves.



Photo credit: Elly Godfrey



We're hugely grateful to every single person who raises funds for our vital work. Here are a few more highlights:

THE LONGEST RIDE

Keen cyclist Sean Maywood completed his longest ride by pedalling 300km in one day and raised £1,685 for the Trust. His employer, PwC, added £250 matched funding as part of its One Firm One Day, an annual event for its employees to take part in fundraising and volunteering activities.

Cycling has benefited Sean's own mental wellbeing. He said: "My mental health has been pretty good despite some health scares and getting out on my bike has been a significant factor in that."

FRAZER'S JOURNEY

Frazer Last completed an epic walk of 516 miles during June, raising over £5,000 each for Mental Health Ireland and the Charlie Waller Trust. He says: "My family has tragically lost two incredible people to suicide, and we need to do whatever we can to raise awareness and help others who are suffering this often-unseen illness."



Frazer with Tara Hoskin, the Trust's Fundraising Events Manager

PARIS MARATHON

Six runners took part on 13 April, raising just over £5,000: Carl Gaskin, Georgia Polson, Matt Hardy, Monty Crawford, Will Sandbach and the Trust's former Fundraising Events Officer Grace Arthur.

A DUO OF MARATHONS

Friends Henry and Tommy ran the Newcastle-Gateshead Marathon, raising over £4,000. Alex Bass-Phillips ran the Hackney Half Marathon and raised over £700.

A TRIPLE FUNDRAISER

Alice Campbell completed three races to raise money for two charities in memory of two "very special people," Cammy and Nick, who both died by suicide. She took on a duathlon, a 13km trail race and a 24-hour relay race, raising £800 for the Trust.



Alice with her daughter, Beatrice

MIND THE GAP!

Katy and Giles Gordon-Smith ran the Goring Gap 52km Ultra on 18 May with friends Charlie and Alastair Yarrow. Katy and Giles have children at Elstree School, which has a longstanding relationship with the Trust (Charlie was a pupil there). Together, they raised over £5,000.

OVERBURY QUIZ

Overbury is a company that specialises in fitting out offices and higher education buildings. They donated an incredible £24,100 to the Trust from their annual quiz, which saw 100 teams compete across multiple rounds. We are enormously grateful to them for their amazing generosity.

THE SUMMER SOIREE

Moulsford Prep School in Oxfordshire hosted its annual fundraising event in June with the Trust as its chosen charity, raising an amazing £25,000.

More than 250 guests enjoyed a delicious dinner and shopping and were entertained by fantastic speakers including the Trust's Alice Palmer, Felicity Ashley and Milly Whitehead, who inspired them to get travelling, face challenges and put down their mobiles!

Huge thanks to the committee – Tilly Meynell, Sarah Craig and Clemmie Turner – and to sponsors, The Country House Department.



Become a Friend of Charlie Waller and help us support more young people to look after their mental health.

Right now, thousands of young people and their families are struggling. By becoming a Friend of Charlie Waller and giving a regular donation, you'll help us plan our future work with confidence, building crucial partnerships with schools, colleges, universities and community organisations.

It's such a powerful way to ensure future generations of young people are able to prioritise and look after their mental wellbeing and reach their full potential, as this supporter highlights:

"They are a great charity, their work is incredibly important"

"I first encountered the Charlie Waller Trust when I started my first job out of university and one of their representatives gave us a talk about mental health at work and how to spot signs that something might be going in an unhealthy direction. That was more than 10 years ago. Ever since, I've been following their work and the progress of this wonderful charity that has been going from strength to strength.

"I'm proud to have cycled from Land's End to John o' Groats a few years ago to raise funds for them and am myself a regular donor. I've also used and recommended their resources a number of times. They are a great charity, their work is incredibly important, and I'd encourage anyone who can afford it to consider becoming a donor."

Tanja Velling, Friend of Charlie Waller

Visit charliewaller.org/get-involved/friends-of-charlie-waller

email fundraising@charliewaller.org

or call **01635 869754**

– and please help us spread the word!



What's on

These are the events we have planned for 2025 and early 2026. Please bear in mind they may be subject to change and keep an eye on our website for updates.

2025

6–12 October WALK FOR WELLBEING

Please see opposite for details

Weds 15 October QUIZ NIGHT

St Columba's Hall, London

Our annual quiz returns, giving you the chance to battle to be the Charlie Waller quiz champions.

Weds 29 October ECLIPSE DISCO

Stone Barn, Gloucestershire

A Halloween-themed disco for Years 7 and 8 to party the night away at the stunning Stone Barn in the Cotswold countryside.

Tue 2 December BRADFIELD CAROL SERVICE

Bradfield College, Berkshire

A wonderful way to bring in the season with carols by Bradfield College and Elstree Chapel Choirs and festive readings from celebrity guests.

Mon 8 December LONDON CAROL SERVICE

St Luke's Church, Chelsea

Join us for our hugely popular and wonderfully festive evening of candlelit carols and celebrity readers.



FIND THE CHALLENGE FOR YOU!

We have partnered with Run for Charity, which gives us access to over 500 runs and challenge events. Why not take a look and find just the challenge for you? charliewaller.org/our-events/find-the-challenge-for-you

2026

Thur 12 February ANDREW ROBSON BRIDGE DAY

Englefield House, Berkshire

Andrew Robson OBE is England's best known bridge player. A great day of bridge and a delicious lunch.



Sat 28 February U18 LACROSSE TOURNAMENT

Marlborough College, Wiltshire

Invitational event hosted by the college for schools' U18 lacrosse teams.

Sun 8 March CAMBRIDGE HALF MARATHON

One of the UK's most iconic races through the historic streets and beautiful university grounds of Cambridge.

Sun 15 March BATH HALF MARATHON

One of the most popular city centre road races in the UK. The predominantly flat route takes you through the picturesque streets of this beautiful city.

Thur 19 March LAUGH OUT LOUD FOR MENTAL HEALTH!

Newbury Corn Exchange, Berkshire

Join us for a wonderful evening of comedy with a host and some great stand-up comedians to entertain you. Line-up to be announced soon!

Please see our website for event tickets, entry forms and more information, or contact us

01635 869754
fundraising@charliewaller.org

Sun 22 March READING HALF MARATHON

Take in the highlights of Reading and the university grounds and enjoy huge crowd support with a stadium finish.

Weds 22 April BACH'S MASS IN B MINOR

Cadogan Hall, London

Please see opposite for details

Sun 26 April LONDON MARATHON

If you have a ballot place, we would love you to raise funds for us! We're also looking for volunteers to cheer on team CWT on the day.



Weds 13 May CHARLIE WALLER TEXAS SCRAMBLE

Badgemore Park Golf Club, Henley-on-Thames

Teams of four are invited to compete at this renowned golf club and enjoy a delicious lunch.

Tues 2 – Tues 9 December THE BIG GIVE CHRISTMAS CHALLENGE

Our theme this year is 'Mental health: starting early, staying well'. Take part in the UK's biggest match-funded event and raise funds for the Trust. Look out for more details on how to make a donation soon.

Bach's Mass in B Minor

Wednesday 22 April 2026

Cadogan Hall, 5 Sloane Terrace, London SW1X 9DQ

The Charlie Waller Trust will be returning to the wonderful Cadogan Hall, where Vox Cordis choir and the Aurum Vocale Instrumental Collective will perform Bach's monumental work under the baton of longstanding friend of the Trust, Charlie Grace.

Ticket prices

£25, £40 or £60 (transaction fees apply)

Box office: 020 7730 4500

Or buy tickets online at: cadoganhall.com



CADOGAN HALL

Charlie Waller

Walk for Wellbeing

Kindly sponsored by
BODEN



Your Challenge

6–12 October 2025

10 October is World Mental Health Day – mark it with your own walk that week. Take part by choosing your route and distance, and we'll provide you with training tips, fundraising ideas, a motivational Spotify playlist and a FREE T-shirt.



Scan the QR code for more information:



South Downs Challenge

Sat 11 October 2025

Or join us for our South Downs Challenge on 11 October, a beautiful 21.2km walk along part of the South Downs Way.

New for 2025!



Schools Challenge

6–12 October 2025

New for 2025, we're inviting teachers and students to walk – or wheel – one mile. Our FREE pack includes a wellbeing lesson plan, fun activity ideas and resources on young people's mental health.

LOOKING FOR HELP?

As we don't provide clinical help to individuals, we have listed below some organisations which offer direct advice if you are concerned about anyone's mental health.

SAMARITANS **116 123**

For confidential emotional support
24/7

YOUNG MINDS **PARENTS' HELPLINE** **0808 802 5544**

For parents concerned about their
child's emotional problems or
behaviour

NHS 111 **111**

For help and reassurance 24/7
when it is less urgent than 999

SHOUT **Text 85258**

Free, confidential text messaging
service for anyone struggling to cope

NHS URGENT MENTAL **HEALTH HELPLINES** **nhs.uk/service-search/ mental-health/find-an- urgent-mental-health- helpline**

Help to find a local NHS urgent mental
health helpline in England

BACBP **bacbp.com**

For a register of accredited therapists

BACP **bacp.co.uk**

For a directory of registered/accredited
therapists

PAPYRUS HOPE LINE **0800 068 4141 Text 07786 209697**

For practical advice on suicide
prevention – particularly in teenagers
and young adults

HUB OF HOPE **hubofhope.co.uk**

A comprehensive directory of mental
health support services local to you
based on your postcode

Inclusion here does not
mean the Charlie Waller
Trust recommends or
endorses any of these
organisations above others,
nor can we guarantee that
the organisation will
have a solution to your
particular problem.

All details correct at
time of going to press.

Mental health resources

Free guides and workbooks for professionals,
parents, young people and others interested
in mental wellbeing.

All resources are available as free
downloads, and some are available
as printed copies.

Visit charliewaller.org/resources
where you'll also find lots more
information on mental health
and wellbeing.



The Charlie Waller Trust

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The Charlie Waller Trust is a registered charity in England and Wales 1109984.
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Registered address: as above.



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Waller
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