

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 took his own life. 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. We have since become one of the UK's most respected mental health charities.

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

Our purpose

Our purpose is to empower young people to live life to the full by giving them, and those who care for them, the skills, knowledge and confidence to look after their mental health.

Our work

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

We focus on support for young people throughout 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 are educated to understand mental health and can get all the support they need.



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.

THE CONNECTION ISSUE



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GET IN TOUCH

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FIND OUT MORE

charliewaller.org

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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
Professor Mina Fazel
(Research Fellow & Consultant Child Psychiatrist)
Julian Hay
Charles Lytle
James Murray
Katie Tait
Philip Waller
Iain Weatherby

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 Whitfeld

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
Fundraising Events Officer
Grace Arthur
Fundraising Assistant
Jack Baldwin
Fundraising Events Officer
Debs Burles
Finance Assistant
Flora Chan (maternity cover for Chelsey Carré)
Grants Manager
Angela Cunningham
Executive Assistant to CEO
Kerryn Cyfka
Social Media Officer
Rosie Driver
Programme Manager (Families)
Annabelle Easton
Corporate Partnerships Manager
Helen Franks
Finance & Operations Manager
Carrie Green
Content & Story Manager
Tracey Gurr
Junior Graphic Designer
Sophie Henry
Fundraising Events Manager
Tara Hingston
Director, Charlie Waller Workplace
Abigail Hirshman
Training & Projects Officer
Khushi Khandelwal
Director of Programmes
Emily Kippax
Fundraising Assistant
Michelle Lane
Workplace Training Coordinator
Jo Lea
Graphic Designer
Amy Martin
Head of Communications
Rebecca Miles-Mallowan
Families Administrator
Louise Mustow
PR Officer
Kaelum Neville
Youth Involvement Lead and Speaker
Alice Palmer
Resources Officer
Martha Pipkin
Student Involvement Coordinator
Michael Priestley
Head of Finance & Operations
Faramade Rees
Project Manager
Christina Sell
Office and IT Coordinator
Kirsty Smith
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.

Fariha Agha
Kyanne Graham
Freya Gray
Sophie Griffiths
Usman Javaid
Amy Knight
Andy Macdonald
Ginya Marr
Emma Pratch
Matilda Prestridge
Patrick Regan

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

Welcome to these new staff team members...



Grace Arthur
Fundraising
Events Officer



Jack Baldwin
Fundraising
Assistant



Rosie Driver
Social Media
Officer



Khushi
Khandelwal
Training &
Projects Officer



Emily Kippax
Director of
Programmes



Faramade Rees
Head of Finance
& Operations

LETTER FROM OUR CHAIRMAN



It is hard to believe that this is the 50th edition of the Charlie Waller newsletter. It has come a long way since it began as a single sheet of A4 sent to our early supporters. This evolution mirrors the sustained growth of the Trust over the period and is testament to the hard work of our office staff, freelance trainers and volunteers and, of course, the generosity of our supporters.

The range and variety of fundraising activities has blossomed, the ideas and challenges becoming more extraordinary and imaginative as the decades have passed. One

constant has been musical events, from our flagship carol service to chamber music, major classical concerts, discos and, most recently, 'Flackstock'. For those supporters who live in the Reading/Newbury area or indeed further afield, I hope you might consider coming to Flackstock next summer. It is a really special night and a must for anyone who loves good music and is interested in mental health.

In the early years, we were able to provide detailed reports of all our fundraising events. Since then, people have chosen to support us with an ever-increasing array of activities and we're delighted

to highlight a number of these on pages 26-29. Our gratitude, of course, extends way beyond this newsletter – we are so very thankful to each and every person who supports our cause.

The overall theme of this 50th edition is connection. A sense of connection is so important for our mental health. We aim to foster that by encouraging children and young people to talk when they feel troubled and to find the help they need. We also want to encourage and help our children and young people to escape the isolation that can arise when time online is not balanced with real life interactions. We want to support them to foster meaningful, healthy connections, whether through sports clubs, music or the myriad other forms of social connection.

We hope, since we issued our first newsletter, that we have also created our own meaningful and lasting connections between those who support us, on sports pitches and hiking trails, in concert halls and discos, school gyms and college campuses – or simply by finding in these pages a community of like-minded people and recognising that we share the same passion to nurture wellbeing, potential and hope in the next generation.

RICHARD WALLER KC, CHAIRMAN

TWO DECADES OF RAISING THE ROOF AT CHRISTMAS

From the very early days of the newsletter we've reported on our annual London carol service. St Luke's Chelsea provides the magnificent setting for the service, which is equally popular today and offers one of the key moments of the year for the Trust to connect with our long-term and new supporters – over 800 of them!

For many, it heralds the start of the festive season, bringing together traditional carols, eloquent readings and moving words about the work of the Trust. Since the beginning, the music has been provided by the fabulous voices of the Vox Cordis choir, who one member of the congregation described as "soul touching ... who would surely give those angels a run for their money if a celestial showdown could be arranged."

We have been fortunate to have many illustrious readers, including Trust patrons Alexander Armstrong and Phoebe Waller-Bridge, who kindly give their time. As do the members of the wonderful volunteer fundraising committee, who every year deliver what one supporter described as "a fabulous couple of hours of uplifting cheerfulness."



NEWS & UPDATES FROM OUR CEO

After six months in this role, I'm beginning to feel very much part of this wonderful organisation. I've met and worked with some phenomenal people – the office team, our freelancers, the trustees and other stakeholders. They've all been so welcoming and have all come alongside me so quickly with enthusiasm for my vision for the charity – particularly in terms of equity, diversity and inclusion, and stepping into community spaces.

The different ways we work with our target audiences and the multifaceted nature of what we do have impressed me. For the charity to be sustainable, I want us to be clearer about who we support and how that helps children and young people's mental health. The majority of our work is aimed at supporting the support systems around children and young people and focusing on doing this in the most impactful ways (based on our

evaluation data), will enable us to hold our own when compared to other mental health charities.

Equipping and upskilling 'supporters' doesn't mean we won't work directly with children and young people, but we will always intend for it to be alongside a piece of systemic work with the organisation, whether that be the Brownies, a sports club, school or university. And, of course, always as part of a whole organisation approach as that is one of the most effective ways of shifting cultures and bringing about real changes in wellbeing and mental health.

Our success in working with organisations also comes through in our securing of some great



new corporate partners in the last few months, including Fiera Real Estate, as you can read on page 30. They have already smashed their original target of £40,000 and are now talking about trying to raise much more over the year. Recently, I enjoyed going to London and meeting some of our corporate partners. I saw the sense of community that exists within these workspaces, and I'm delighted they've also engaged with our Charlie Waller Workplace team.

DR HANNAH VICKERY, CEO



A SUCCESSFUL SEASON OF WEBINARS

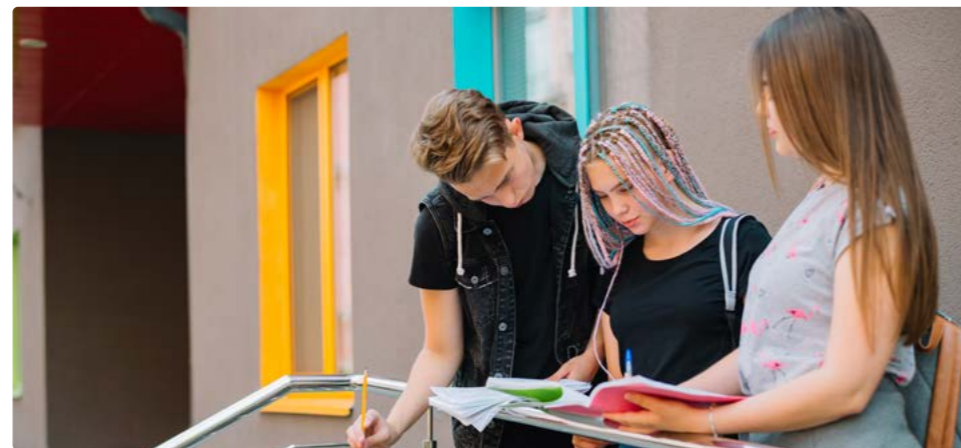
Our latest series of open access webinars has now come to an end and we're making plans for a new series, to start next year.

This series of webinars has been delivered by our expert trainers, members of our youth involvement team and external organisations. Topics have included 'Why relationships are key for young people's wellbeing and how to

develop them' and 'Being autistic, living a good life'. Some of the sessions have had hundreds of people in attendance.

Schools and families trainer Sarah Ashworth led a webinar entitled 'Navigating mental health conversations with highly

sensitive/neurodiverse young people.' One participant said: 'I feel more confident about working with children who are neurodiverse after this webinar. I thought the presenter was excellent and had exceptional knowledge about the topics we covered.'



WHOLE SCHOOL AND COLLEGE APPROACH TOOLKIT

We know that the only way to promote wellbeing and effect a change in culture that supports mental health is a whole organisation approach. However, while most educational settings use standardised measures for work with individual pupils, there has been little use of measures to monitor and evaluate the impact of a whole setting approach.

Now schools and colleges have a tool they can use that will enable them to reflect on the implementation of that approach and track its impact using key outcomes.

The Whole School and College Approach (WSCA) measurement toolkit was developed by the University of Sussex, with support from one of the Trust's schools and colleges trainers, Ian Macdonald. It was funded by NHS England and other partners were Health Innovation (Kent, Surrey, Sussex), West Sussex County Council, NIHR, and NHS Sussex Partnership. There was input from pupils and school staff, and more than 400 schools have so far registered for the toolkit.

It is designed for any school or college to use and is available at wsca-measurement.co.uk

FREE TRAINING FOR BERKSHIRE CHARITY WORKERS

The Trust has received £5,000 from Berkshire Community Foundation to provide free workplace mental health training for those working in the charity and voluntary sector in Berkshire. Building on the success of last year's funded project to improve mental health in the workplace, the training is being delivered by the Charlie Waller Workplace team.

Abigail Hirshman, Director of Charlie Waller Workplace, said: "We are incredibly excited and honoured to have received this grant for a second year. Our training and



workshops enable attendees to support their own and others' mental health and wellbeing and make a real difference in the workplace."

Rachel Peters, CEO of West Berkshire Volunteer Centre, said: "The session was really well run and delivered by experts in the field. It created some reflective practice and also time to connect with others and share challenges and solutions."

For more information please email jo.lea@charliewaller.org

NEW PODCAST EPISODES

We have just released the first few episodes from season two of our Stigma to Strength podcast. They are hosted by youth ambassador Ginya and she's joined by fellow ambassadors to discuss a whole range of topics, including the stigma around taking mental health medication, autism and the importance of routines for wellbeing.

We're also developing a new 'meet the expert' series, where the host will chat with professionals, including members of our freelance trainer team as well as external experts, in various mental health fields.

YOUTH AMBASSADOR LOGO

We have recently designed a logo for use by our youth ambassadors, which gives them a clear and recognisable identity. It was co-produced with our design team and the ambassadors.

WORKPLACE WEBINARS

Charlie Waller Workplace has recently launched a series of tailored 45-minute webinars to promote mental health and wellbeing in the tech, telecoms and travel industries. The webinars cover a wide range of topics, including using emotional intelligence in the workplace, menopause, and anxiety and social media in young people.

Delivered by our expert trainers, the webinars give participants the opportunity to learn about different mental health conditions, how to recognise signs in colleagues and how to offer support.

Interesting and engaging content, easy to digest. Has made me think about my own and others' mental health.

HR manager, IT consultancy



The webinars are run and tailored exclusively for each organisation, delivered at a time to suit, on Zoom or Teams.

Find out more at charliewallerworkplace.org/workplace-mental-health-webinars

THE VOICE OF PARENTS AND CARERS

The Trust continues to lead the way in developing peer-led support for parents and carers whose children are experiencing mental health difficulties.

PEER SUPPORT FOR PARENTS AND CARERS

Thanks to our unique training course, parents and carers can develop or enhance their expertise to support other parents and carers in their communities. Our online course enables us to welcome parents and carers from across the country. It includes training their supervisors and service leads to make sure that these parent carer peer support workers are in turn helped to deliver in this challenging role.

Our third course was funded by NHS England. In July, we were delighted to celebrate the achievements of the 34 parents and carers who attended the course at their virtual celebration event, with Charlie Waller trustee Professor Mina Fazel, a Research Fellow and Consultant Child Psychiatrist.

One attendee said: "I have a better understanding and knowledge of various different topics that support my role as family ambassador with the NHS. The course has given me confidence and reminded me of the value I hold as a person and as a parent carer peer support worker."

The next course starts in January 2025. If you are a parent or carer, or if you are a commissioner or working in a mental health service and want to introduce or develop your lived experience-led support to local families, you can find out more and register your interest at charliewaller.org/parent-carer-peer-support

HAPPY 4TH BIRTHDAY TO THE PLACE NETWORK!

In May, members came together for a virtual celebration of the PLACE network's fourth birthday. It was a great opportunity for members to remember where it all began, as well as to recognise everything they have achieved.

The PLACE network was created out of a desire that every parent and carer of a child with mental health difficulties should have support from others who had been through the same challenges. Its 206 members include a wide range of projects and services across the voluntary and statutory sectors at both a national and local level.

PLACE has become a national voice for parents and carers with children who have mental health difficulties and the professionals who support them. Members have supported the Children and Young People's Mental Health Coalition with their new strategy, supported the creation of the 'This

May Help' videos and brought the voice of parents and carers to government-level work, such as the Department for Education mobile phone policy and the National Health Service England Solving Together project.

RESEARCH NETWORK STEERING GROUP

In partnership with the Oxford Health Research Centre – under its Mental Health In Development theme – we are creating a network of parents and carers who will be engaged and involved in research relating to the mental health of children and young people.

The aim is to ensure research benefits from the perspective and experiences of parents and carers, also allowing them to shape the research agenda. We hope this will lead to the development of more evidence-informed resources and programmes. So far, nine parents and carers have been recruited to the steering group and they are just beginning to look at priority actions.



COUNTDOWN TO CHRISTMAS

At the Charlie Waller Trust, we have our own Christmas traditions. They include, of course, our hugely popular Christmas carol services in London and Bradfield (see page 31).

NEW FOR 2024

We have some wonderful new Christmas card designs including a new twin pack this year – penguins and puddings. Order yours using the form enclosed or visit charliewaller.org/christmas

E-CARD

Also new for this year are our e-cards for those who prefer to send their Christmas wishes digitally. Scan the QR code or visit charliewaller.org/christmas to find out more.



Scan for all things Christmas!



MORE CHRISTMAS...

In our online shop, you can also find our children's Advent Activity Book and our Advent candle – as well as some more Christmas card designs.



The festive season can be a wonderful time of celebration, but it can also be stressful and trigger difficult feelings for some. Find wellbeing advice from our experts at charliewaller.org/Christmas

YOUNG PEOPLE'S MENTAL HEALTH: THE CHANGING LANDSCAPE

The Charlie Waller Trust is privileged to work with expert clinicians who have operated in the field of children and young people's mental health since our first newsletter was published in 1998. We spoke to two of them.

Lisa Thomson has been a trainer for the Trust since 2015 and has worked with Children and Adolescent Mental Health Services (CAMHS) since its inception, and Roz Shafran, a former trustee and current adviser to the Trust, is Professor of Translational Psychology at the UCL Great Ormond Street Institute of Child Health. They gave us some personal and professional observations on the changes they've seen.

Major surveys of the mental health of children and young people in England have been carried out since 1999, showing a broad increase in rates of mental health problems. In 2023 the prevalence of mental ill health was highest in 17-19 year-olds, 23.3 percent of whom were estimated to have a mental health disorder.

Increase in mental health problems in adolescent girls

The data shows that, whilst behavioural problems are more common in young boys than in young girls, adolescent girls are more likely to have mental health problems than adolescent boys. Lisa says her clinical experience bears this out:

"From 2000 to 2020, people seemed to think there was going to be a huge surge in mental health problems amongst children and young people in general, but the surge was primarily in young women between 16 and 19, and this was repeated each year since the pandemic until 2023 when there was a slight reduction in reported rates.

"I definitely see more young women than men in my clinical practice. Their presenting problems are often low mood, anxiety, self-harm, and emotional dysregulation – they may have trouble managing their emotions and have rapidly changing moods."

This is not to say, of course, that boys and young men don't have mental health difficulties. Since most of the available data uses *reported* mental health issues, it could be that reluctance to seek help in boys and

young men is part of what's going on behind the statistics.

Lisa says: "This is something we really need to understand more about. There is good evidence that seeking help is a problem for teenagers and that young men are less likely to seek help."

Research into practice – bridging the gap

One of the bright points for young people of all gender identities is our increased understanding of the adolescent brain. We now know that adolescence continues into the mid-twenties, though unfortunately this is not yet reflected in our mental health services.

Roz says: "We used to think people were adult at 18 and many services are still set up for this, though the

The Charlie Waller Institute pulls out the practical ideas from the emerging evidence base and brings them to the frontline.

Psychoeducation is at the heart of what the Trust does.

brain continues to develop to 25. But to what degree can we expect services to keep up with science? It can take up to 17 years for science to translate into practice."

Roz and Lisa agree that the Trust has played an important role here. Lisa says: "The Trust really helps bridge that gap with its mental health training, and through the Charlie Waller Institute (CWI)."

CWI is the Trust's sister organisation, based at the University of Reading, founded by Roz in 2007 as the Chair in Evidence-Based Psychological Treatments. The training arm of the institute was led between 2020 and March 2024 by our current chief executive, Dr Hannah Vickery. CWI combines research into evidence-based psychological interventions with high quality teaching. Since it was set up, it has trained 2,752 practitioners. In 2011 it began offering courses specifically related to children and young people and has since trained 1,225 practitioners on these.

Lisa continues: "I started working in children's mental health services in the community 30 years ago. At that time the mental health provision for children and young people was very scarce, often with limited medical input to social services teams.

"In the last 20 years, research has pointed us to what helps children and young people – such as cognitive behavioural therapy (CBT) for depression and anxiety – and CWI has been key to that. It really helps pull out the practical ideas from the emerging evidence base and bring them to the front line."

An example of this is CWI's research into a therapeutic approach known as brief behavioural activation (BBA), a practical, structured treatment for depression in adults which was adapted and demonstrated as effective for adolescents by previous CWI chair, Professor Shirley Reynolds, and her colleagues.

Lisa explains: "It's about not waiting until you feel better to engage in

activities that matter to you – but doing those things in order to help you feel better."

BBA can be delivered by different professionals without extensive training or specialist qualifications. It can be used in schools as well as clinics and is recommended for children and young people by the National Institute for Health and Care Excellence (NICE).

Increased demand – playing our part

Gaps between need and provision can also arise, of course, when demand for services outstrips capacity and this is particularly acute in relation to eating disorders.

Roz explains: "We are still seeing fall-out from Covid in the mental health of children and young people, and disordered eating appears unfortunately to be a lasting legacy of the pandemic."

This is one of the areas in which the Trust is currently working intensively (see our feature on page 24) and is an example of what Roz views as a vital aspect of our activity:

"The Trust's response to the increase in demand has been very significant through the years, including its role in IAPT – Improving Access to Psychological Therapies [now NHS Talking Therapies]. The charity played a key role in bringing IAPT into being in 2008, assisting with Lord Layard's successful efforts to persuade the government of the need for it. This has been truly transformational for both adults and children." (Children's IAPT began in 2013).

Roz also sees the Trust's training and resources as pivotal:

"Psychoeducation is at the heart of what the Trust does. Taking mental health training into schools, colleges, universities and workplaces, and especially supporting parents, has been extremely important.

"It used to be that parents were often viewed as a problem in children's mental health. The Trust is helping change that narrative, to see parents as a source of support and providing them with training and self-help materials to give them skills and confidence in that role."

Key issues for children and young people today

We asked our experts what they see as some of the main challenges for young people today. Social media is definitely on the list. Lisa worked on the 111 crisis line during the pandemic. She says:

"My personal feeling is that social media has both helped and held us back. Young people really need other young people for healthy development. The callers I worried most about during Covid were gaming and doomscrolling. Those who were chatting to each other, on Snapchat for instance, seemed to fare better."

Roz sees a positive role for technology:

"Internet-based therapy certainly increases access to talking treatments and social media means we are potentially more connected. The key is forging relationships which are meaningful – whether online or in person."

Roz has worked extensively in the field of loneliness and social connection. She says:

"There is a clear bi-directional relationship between loneliness and depression. One can lead to the other and set up a vicious cycle. One of the problems I'm seeing is the tendency to use *either* CBT *or* an approach which encourages young people to develop social networks. Many young people need both!"

It used to be that parents were often viewed as a problem in children's mental health. The Trust is helping to change that narrative.

The charity played a key role in bringing IAPT [NHS Talking Therapies] into being in 2008.

Roz also says research shows that an increasingly important feature in the field of young people's mental health is the growth in recognition of neurodiversity.

Lisa shares this view:

"I wish I'd known 20 years ago what we now know about neurodiversity – that around 70% of young people with autism will experience a mental health issue such as anxiety, low mood or obsessive compulsive disorder and many find school difficult. I'm hopeful that new knowledge in this area will improve the mental health of these young people."

Lisa has also found that gender identity issues often arise in her practice:

"I've always worked with LGBTQIA+ young people and they have a higher risk of mental health problems. Earlier in my career, I frequently saw people presenting with, say, low mood, and issues around their sexuality would often be behind it. Now we see the same presentations, often with underlying issues of gender identity. It seems to me that the level of stigma and therefore shame around sexuality has improved but sadly this does not seem to be the case with gender identity and distress around this can really impact on mental health."

Clearly, this is not just an individual mental health issue but one set in a social, political and cultural context. As Lisa says:

"In relation to young people who are marginalised, we're not seeing the numbers we should. We need to think about how we make treatment more accessible and to realise it's not that these young people are hard to engage – it's us as services being hard to access!"

Supporting the support systems

In the Trust's early days, the focus was on raising awareness of mental health problems. This wasn't easy – many of the schools the charity approached were reluctant to discuss it. In the intervening decades, mental health and its terminology has truly entered the public discourse.

Now, the Trust's focus is on educating those who are in the best position to support young people who are struggling, such as parents and carers, teachers and employers, giving them evidence-based knowledge, practical skills, confidence and – most importantly – hope.

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50 EDITIONS OF CHARLIE WALLER NEWS

This special issue of the newsletter wouldn't be complete without a look back to our earliest editions.

The very first issue, a single A4 sheet published on 24 March 1998, informed readers that the trustees had so far held four meetings since the establishment of the Trust the previous year, and that £70,000 had been raised. Several fundraising events were announced, including the inaugural cricket tournament – still running today – and Iain Weatherby had written 'Disco Fever' a highly entertaining account of a seventies party held in aid of the charity.

We are delighted that Iain continues to write for the newsletter – you can read his fascinating piece about mental health on screen on page 14 and his write-up of the annual golf tournament on page 28.

Robert Beaumont, Charlie's uncle, has also brought his considerable writing talents to bear throughout the Trust's history: for this edition he has written a very insightful piece on EM Forster's brilliant novel, *Howards End* (see page 19); in issue three, he reviewed 'Arias at Austby', an opera evening hosted by Gordon and Louise Black (now patrons). Robert wrote: "The abiding memory for me was the emotional intensity of some of the sadder arias. They were the timely and forcible reminder of why Charlie's friends had gathered at Austby in the first place."

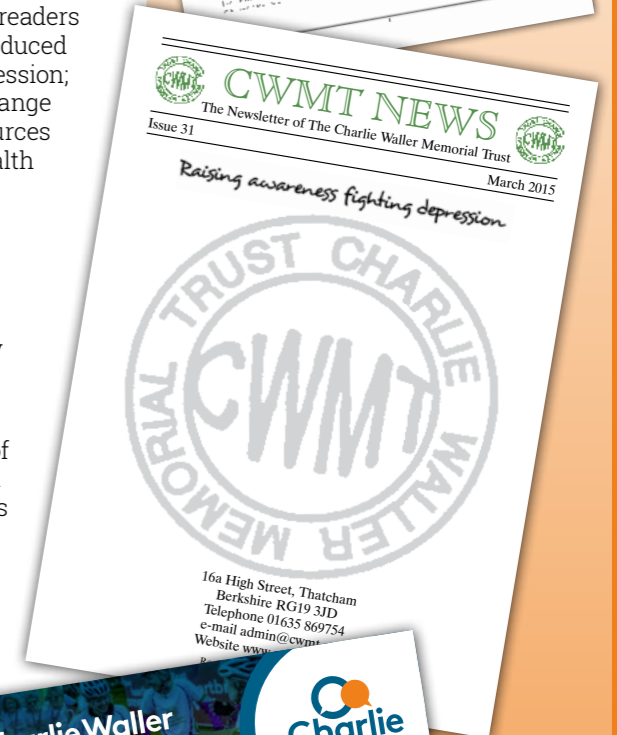
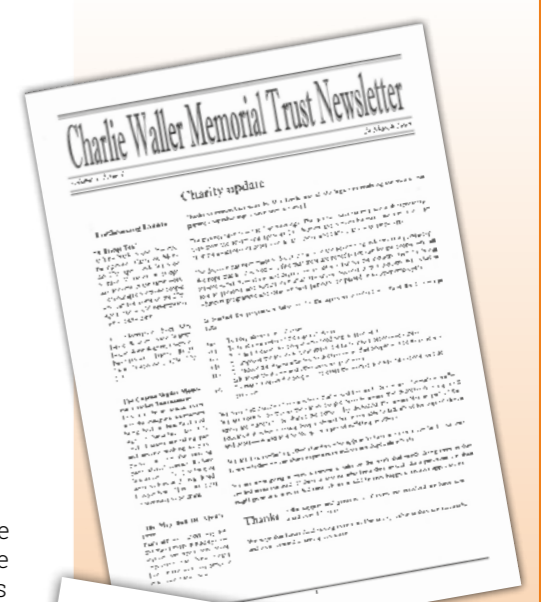
Music has remained a firm fundraising favourite. As well as classical events, we've benefited from rap and rock gigs, jazz evenings and, most recently, Flackstock festival.

Since those early editions, the newsletter has expanded quite dramatically in both length and scope to reflect the growth of the

Trust, our increased reach and the variety of work we undertake. The September '99 edition told readers about a booklet we had produced to raise awareness of depression; we now have a very wide range of printed and online resources covering many mental health topics.

Whilst the newsletter has evolved, its mission is still the same: to give news of our work, expert opinions on mental health and, very importantly, thanks to our amazing supporters.

You can read back issues of our recent newsletters and a selection of early editions on our website.



LOOK, DON'T TOUCH

Screenwriter and Charlie Waller trustee Iain Weatherby reflects on the power of screens big and small.

Jonathan Haidt's thesis in *The Anxious Generation* might be distilled to this paradox: that while our screens promise to connect us – to everyone, all the time – they in fact serve to isolate us from each other. This is a version of my own dictum: 'technology promises to liberate but finally enslaves'. 'Dictum' is perhaps too grand a word, 'mantra' might be more accurate, since I repeat it, through clenched teeth, as I battle with the automated check out in the supermarket, the glitchy check in at the airport, the bots helpfully giving advice I haven't asked for, the sat nav seamlessly sending me the way I don't want to go. Championing the Haidt critique in this country and campaigning for a ban on smartphones for kids is Lady Frederick Windsor, aka Sophie

Sport in particular seems to achieve a near religious observance now, with Clare Balding a sort of Archbishop of Canterbury...

Winkleman, but you'll know her from the screen because before she was anti-phone royalty, she was *Big Suze* in *Peepshow*.

Because before we started touching our screens, we just looked at them, first on the big cinema screen and then on TV, and it's easy to forget that even these passive screens had us worrying about what they were doing to our brains. When the Lumière brothers showed an early film, *The Arrival of a Train at La Ciotat Station*, people ran screaming from the locomotive that seemed to be heading straight for them. Suspicion and fear have always been part of the glow cast by the screen. People used to call TV the 'idiot box' though I like Clive James's coinage 'the crystal bucket', borrowed from Spenser's *The Faerie Queene*, better.

Two of the biggest drivers of television sales were the coronation in 1953 and the moon landing in 1969. Was this a kind of a proto fomo or was it the opposite, a genuine screen based moment of connection? You were 'there' as the blurry crown was lowered onto the blurry head, as the indistinct giant leap was made onto the lunar surface (with Armstrong fluffing his line). Could watching something count as being part of it?

North of 600 million people – a fifth of the world at the time – watched the moon landing. It still tops the rankings in the US (followed by the

We can only dream of the huge audiences that used regularly to 'come together' and create 'water cooler moments'.

innumerable Superbowls). In the UK the top ten alternates between royal weddings and funerals (and the Princess Diana interview) and football. Sport in particular seems to achieve a near religious observance now, with Clare Balding a sort of Archbishop of Canterbury presiding over the Olympics and Wimbledon, while Gary Lineker is the Pope of football.

But in television drama, where I work, we can only dream of the huge audiences that used regularly to 'come together' and create 'water cooler moments', watching Den Watts serve divorce papers on Angie, watching Delboy and Rodney's larks or somebody shooting JR. Because silicon valley has crashed into TV too, with the streamers moving fast and breaking things, splintering the audience. Now in the fissiparous landscape of TV it can take as long to click, swipe and scroll to find

It can take as long to click, swipe and scroll to find something to watch, as it does to watch the programme itself.

something to watch, as it does to watch the programme itself. '57 Channels and Nothin' on' sang Bruce Springsteen. In 1992.

And yet. Even the movies, whose funeral rites are read each week (last year I sat quite alone at a screening in London), are still capable of big connection moments. Last summer *Barbenheimer* brought folk together and this summer again there is a billion dollar movie (unhappily it's another superhero story, which genre was hoped by most sentient beings to be in decline). In TV too, *House of the Dragon* shows the power of a franchise. I'm with the great Stewart Lee here, who called *Game of Thrones* 'Peter Stringfellow's *Lord of the Rings*' (if you don't get the reference, ask your parents). Even a small parochial story like *Baby Reindeer* – a descendant of the original 'sadcom' *Fleabag* by our wonderful patron Phoebe Waller Bridge, can break out and find a huge global audience.

How much are our watching habits implicated in the Haidt critique of screens driving isolation and the mental health crisis? Actors tend to be beautiful – from Rudolf Valentino to Timothy Chalamet, from Ingrid Bergman to Margot Robbie. But the bronzed, augmented, filtered form of a Love Island influencer pushing some supplement or surgical procedure is surely more dangerous. Drama at least still has rules. In my show *Truelove* (now streaming on Channel Four), we have a storyline about assisted dying and indeed scenes of suicide. Channel Four compliance told us what we could and couldn't show (nothing 'instructional') and we also got script notes from *The Samaritans* as well as (to my mind heavy-handed) trigger warnings in every commercial break. But this is regulated old school television. Most of the stuff that tumbles into your feed from the estimated 850 million 'creators' worldwide is unfiltered: it's the Wild West out there.

In drama we are also trying to tell a story, which implies (even in the age of double screening) some vestigial attention span. Watching a tragedy isn't the same as living it. We tell our children that the bedtime story that scares them is only 'pretend'. Drama is supposed to take you out of yourself. You identify with the protagonist; you want them to succeed in their quest. You fear for them, hope for them,

even sometimes cry for them (and perhaps for yourself while you're at it). 'What's Hecuba to him?' says Hamlet, marvelling at the Player's ability to feel the role and connect emotionally with an audience. In the Aristotelian formula drama evokes terror and pity and then delivers a catharsis. It helps. And while much of TV drama is (and always has been) cheap and meretricious there still can be something magical in seeing a great story unfold, sitting in the darkness, looking at the light.

Is this all about to be swept away by AI? I'm working on a new show with the writer Matilda Curtis (*Dinosaur*). It's about comedians and murder. We're thinking of calling it *Killing It* or maybe *Corpsing*. We asked Chat GPT to suggest a title. It came up with 'How Funny the Drama: The Suspicious Stand Ups'. Maybe there's still some hope for the human imagination.

Drama evokes terror and pity and then delivers a catharsis. It helps.

WALK FOR WELLBEING

1. Choose one of our great challenges
2. Boost your wellbeing
3. Support young people's mental health



SOUTH DOWNS CHALLENGE

Sat 12 October 2024

A 13.1 mile trek along the beautiful South Downs Way. We'll give you great support, fundraising tips, a training plan, FREE T-shirt... and more!



YOUR CHALLENGE

7-13 October 2024

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:

CHARLIE WALLER AT CAMBRIDGE: A VERY POSITIVE PARTNERSHIP

Dr Adam Welstead is Head of Student Wellbeing at the University of Cambridge. He told us what he valued about working with our expert mental health trainers.

Cambridge is one of the world's oldest and most renowned universities. Its mission is "to contribute to society through the pursuit of education, learning and research at the highest international levels of excellence".

Since 2021, the university and colleges of Cambridge have been implementing a major programme of work to enhance support for student mental health and wellbeing.

As part of this, they wanted to enhance the range of training opportunities available to staff:

"We were seeking high quality training in mental health," says Adam, "contextualised to the university setting.

"CWT was able to offer us training which recognised the nuances of supporting students' mental health within an educational context, which was hugely valuable."

The training and consultancy we undertook with Cambridge was led by Sarah Ashworth, one of the Trust's most experienced trainers. A Fellow of the Higher Education Academy and former Head of Mental Health at Warwick University, Sarah has a wealth of experience in developing and delivering mental health training.

CWT was able to offer us training which recognised the nuances of supporting students' mental health within an educational context.

FOCUS GROUPS

A period of consultancy gave Sarah the insights she needed into the university and its challenges to be able to offer guidance in developing a tailored programme of training. Key to this process was talking to representatives of those who would receive the training.

Sarah says: "We held several focus groups with senior and frontline staff in the university to discuss what training they thought they needed and to inform its development." This is a continuous process – Sarah and Hannah continue to refine the training using feedback from participants.

The new training programme on student mental health, delivered by Sarah and fellow trainer Hannah Buckland, was designed to reach a wide range of people working within the university.

Adam says: "Sarah and Hannah worked with senior leaders, managers, academic and professional support staff at the university and individual colleges."

In January last year, Sarah delivered the first training session to the university's senior leadership team. It was also attended by the Trust's Chairman, Richard Waller KC, a meeting with whom had set the ball rolling on this work some four years ago. A Cambridge alumnus, Rick opened the session by talking about Charlie and the work of the Trust.

TRAINING ACROSS CAMBRIDGE

The training is now being rolled out across the university. Delivered to senior leaders and to frontline staff, it includes an overview of mental health in higher education; opportunities to develop a 'whole institution approach'; responding to staff and students who may be experiencing poor mental health; and having the confidence to talk to students and staff who may be struggling or in acute difficulty.

In addition to the programme, Sarah and Hannah have delivered standalone sessions to various colleges at Cambridge. Hannah, who has delivered sessions covering mental health awareness, eating disorders, self-harm and suicide, said:

"I have trained people from right across college communities, including housekeeping and

In the Trust, we have found a partner who shares our vision and passion for student support.

grounds staff, porters and tutors, professors and members of the admissions team; it's been open to anyone from the college to attend.

"The amazing thing I find about working in any of the colleges at Cambridge is the warm welcome, the kindness from all staff and the absolute drive to offer the best support to their student community. I really love my time there."

Sarah agreed: "From the outset, Cambridge and its colleges have demonstrated a commitment to promoting the mental health and wellbeing of the whole community of students and staff. It's been a real pleasure to get to know so many passionate and caring people whilst developing and delivering the training. They have taken such good care of us too!"

POSITIVE IMPACT

This positive regard is reciprocated: Adam says he found our trainers' way of working very helpful: "It was dedicated, responsive, open-minded and flexible – and highly personable." And it has already started to make a positive difference, with several hundred staff members successfully completing the training.

"Our training partnership with the Charlie Waller Trust has been highly impactful for us at the University of Cambridge," says Adam. "In the Trust, we have found a partner who shares our vision and passion for student support, and a whole-collegiate university approach to mental health and wellbeing.

"The training sessions delivered by the Trust have been very popular and well-received, engaging and tailored to our context. In developing the partnership, it has been a pleasure to work with staff, trainers and senior leadership at the Trust.

"I look forward to developing this impactful programme and partnership going forward, and would warmly recommend the Charlie Waller Trust as a partner to my colleagues across the higher education sector."

From the outset, Cambridge and its colleges have demonstrated a commitment to promoting the mental health and wellbeing of the whole community of students and staff.



Dr Adam Welstead



Sarah Ashworth



Hannah Buckland

ONLY CONNECT

Tilly Prestridge joined the Charlie Waller Trust in 2023, as one of our youth ambassadors. Robert Beaumont is Charlie's uncle and so has supported the Trust from its inception. They explore two very different literary works written over a century apart which turn out to have surprising similarities.

ON CONNECTION

by Kae Tempest, 2020

A quick internet search of Kae Tempest reveals a rich body of spoken word and lyrical performances marked by poignant explorations of societal complexities such as inequality, identity, and the human condition. Their 120-page book *On Connection* exudes the same richness in written form. In a social landscape arguably clouded by the alienating and competitive tenets of consumerism, Tempest advocates for creativity as a powerful force for connection – a lens through which we can develop a better relationship with ourselves and the world around us.

While Tempest acknowledges that live performance is not the only outlet for creativity, they remind us of the historical role theatre and music have played as "arenas in which we examine our own moralities," drawing upon real-life studies to illustrate the power of creative connection. One study, which found audience members' heartbeats synchronising while watching a theatre performance, underscores the profound impact of shared artistic experiences, a theme that Tempest revisits throughout the book. Tempest also shares anecdotes from their 20-year career, reflecting on the power of performance to forge deep connections between audience and performer.

Written during the COVID-19 pandemic, a time marked by the noticeable silence of the creative industries and a pervasive sense of disconnection, *On Connection* remains a timely piece three years on. As we continue to witness the devaluation of creativity in political and academic spaces in favour of more 'useful' and 'economically productive' outlets, Tempest convincingly argues that creativity is not simply a pastime but a serious solution to some of the problems that plague us.

Tempest's writing style is soulful, honest, and rhythmic. While the core premise may not feel revolutionary to the contemplative reader, the delivery is fresh and impactful, capturing the frustrations and hopes of navigating contemporary life. The book also emphasises the importance of connecting with oneself through self-awareness, a process Tempest elucidates through their personal journey, making the narrative both intimate and universally relatable. In essence, *On Connection* is an eloquent reminder of the essential role of creativity in human life. Tempest's profound insights and lyrical prose make this book a must-read for anyone seeking to better understand and advocate for the deeper value of creativity. It serves as a call to action, inspiring readers to champion creativity both in their own lives and within society.

Tilly Prestridge

Creativity is not simply a pastime but a serious solution to some of the problems that plague us.



HOWARDS END

by E M Forster, 1910

I vividly remember an A-level English Literature lesson at school when our inspirational English teacher asked us what our favourite novel was. In retrospect our answers were predictable: *The Great Gatsby*, *The Outsider*, *Brideshead Revisited*, *Crime and Punishment*, *Middlemarch*, *Great Expectations* and *Brighton Rock*. All worthy answers, he replied, but what about E M Forster's *Howards End*? This came as a something of a surprise to me, as I had read Forster's absorbing portrait of pre-war Edwardian England a couple of years previously and whilst I had enjoyed it, I hadn't been blown away. I immediately re-read it and realised then exactly what my English teacher was talking about.

Memories of this English lesson, and my subsequent re-evaluation of *Howards End*, came flooding back to me when I read Tilly Prestridge's excellent review of *On Connection*, which appears alongside this article. Tilly's perceptive analysis of Kae Tempest's 120-page book, in which the author advocates creativity as a powerful force for connection both for our inner selves and the world around us, takes us to the very heart of

Howards End. In the wake of the devastating Covid pandemic, when many of us came face-to-face with isolation, grief and fear, this message is more important and vital than ever.

Let's briefly revisit the story of *Howards End*. It revolves around three families in England at the beginning of the 20th century: the Wilcoxes, rich capitalists with a fortune made in the colonies; the half-German Schlegel siblings (Margaret, Helen, and Tibby), whose cultural pursuits have much in common with the Bloomsbury Group; and the Basts, an impoverished young couple from a lower-class background. The idealistic, intelligent Schlegel sisters seek to help the struggling Basts and to rid the Wilcoxes of some of their deep-seated social and economic prejudices. The connections and the differences between the three families drive Forster's narrative to a devastating conclusion.

But let's dig deeper and examine exactly what Forster is saying in *Howards End* and why 'only connect' is the over-arching theme of this thought-provoking novel. In essence, it deals with the conflict between our inner and our outer lives. As Margaret, the undoubted heroine of *Howards End*, says to her younger and more impulsive

sister Helen: "The truth is that there is a great outer life that you and I have never touched—a life in which telegrams and anger count. Personal relations, that we think supreme, are not supreme there. There love means marriage settlements, death, death duties. So far, I'm clear. But here my difficulty. This outer life, though obviously horrid, often seems the real one—there's grit in it. It does breed character. Do personal relations lead to sloppiness in the end?" So is it possible, Forster wonders, to connect the inner life (the 'passion') and outer life (the 'prose'), and thereby achieve understanding and unity between individuals and the classes within a capitalist system? And more importantly, I believe, Forster suggests that a deep personal understanding of the connection between our inner and our outer lives is the key to contentment, and, if we are lucky and our outer life isn't too painful, happiness. If we can make the connection between the head and the heart, between our thoughts and our feelings, then that's a major step towards living a fulfilled life and, as Tilly explains in her article on Kae Tempest, towards artistic creativity.

Covid was the great 'disconnecter'. Cut off from most of our families and all of our friends, we lived life in a vacuum, in fragments, in isolation. Disjointed Zoom calls and nervous walks in the countryside (if we were lucky enough to live there) were accompanied by the constant low hum of anxiety and, for far too many, the illness or a death of a loved one. It didn't matter that nearly all of us knew that the restrictions were a necessary precaution to prevent the spread of the virus and to protect those who were especially vulnerable to it; it didn't make it any easier to bear. No wonder Covid has had a catastrophic effect on the nation's

mental health. Our connections with others, and sometimes with ourselves, had been shattered.

Just as Covid was an unwanted disrupter for us, so too, for Forster, were the swift technological advances of the early 20th century. He was uncannily aware of our future dependence on technology. In his short story *The Machine Stops* and in parts of *Howards End*, Forster explores the notion that technological advance is at the expense of authentic human connection. The motor car, so beloved of the Wilcoxes, capitalists par excellence, was a telling symbol of this modern world, with Forster writing: "Month by month the roads smelt more strongly of petrol, and were more difficult to cross, and human beings heard each other speak with greater difficulty, breathed less of the air, and saw less of the sky." Meanwhile, symbolically, *Howards End* used to stand in proper, unspoiled countryside, but whose peaceful beauty was now, in 1910 when the book was published, threatened by the encroachment of roads and commuter development spreading outwards from London. Forster's message was clear then and it speaks to us now. In a little over 100 years, technology, especially social media, has made our world unrecognisable. But has it, as Forster foresaw, made us more isolated and individual, rather than interconnected? It is deeply ironic, since one of the main purposes of social media is to connect us with each other, that – if it is not used judiciously and underpinned by a sound and positive moral framework – it can, in some instances, have exactly the opposite effect.

However, it would be wrong to conclude that *Howards End* is a pessimistic novel. The central character Margaret Schlegel, despite being buffeted by questionable personal decisions and the winds of change, remains positive and idealistic. Even at the end of the novel and in the wake of a tragedy (no more spoilers, I promise), she clings to the deeper meaning of 'only connect', which is the belief that true fulfilment and meaning in life come through establishing true connections with others. She believed that by striving to understand and

empathise with those around us, we could overcome the divisions and barriers that separate people. Ultimately, 'only connect' is a call to prioritise human relationships and to seek out opportunities to bridge gaps, share perspectives and forge meaningful bonds, all of which enhance good mental health. Forster saw this as central to living a fulfilling, enlightened and creative life.

When *Howards End* was published in 1910, the clouds of war were gathering, though no-one could have envisaged the scale of the horror of the Great War between 1914 and 1918. In this context, Margaret Schlegel's philosophical musings about the head and the heart, the prose and the passion, might seem quaint and irrelevant. But they are not. The Great War was 'disconnect' on a monumental scale. Now, more than a century later, the world, arguably, looks even more dangerous, with wars and unrest across the globe. Never has 'connecting' with our fellow human beings been so important. That is why the central message of *Howards End* is so relevant today and that is also why when, all those years ago, my English teacher was right when he said *Howards End* was the greatest novel of them all.

Robert Beaumont



Peppard Cottage, Oxfordshire, was Howards End in the 1992 film adaptation.

True fulfilment and meaning in life come through establishing true connections with others.



Charlie Waller < YOUTH AMBASSADORS

A SENSE OF CONNECTION

For this special, connection-themed edition of the newsletter, we asked members of our youth involvement team to tell us what helps them feel connected. We hope you'll be as inspired by their responses as we were.

ALICE PALMER
Youth Involvement Lead

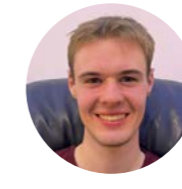


Whenever I am in, by or near the sea I feel a strong sense of connection to nature and the world around me. I was brought up spending a lot of time in Cornwall. It's somewhere I feel more at ease, a slower inner tempo and a wider sense of perspective. I've always loved swimming in the sea no matter what the time of year.

I can walk down to the beach in winter with a busy mind full of thoughts about work, life and all sorts and wade out into the choppy Cornish sea with onlookers thinking "Is she serious?". The process requires being able to tame the brain's natural response of "What are you doing? It's freezing, get out!" and override this by being present and concentrating on my breathing.

I've not yet got out of the sea and not felt better for it. It makes me feel more connected to my body, more peaceful in my mind and more connected to the world around me.

ANDREW MACDONALD
Youth Ambassador



I used to feel very lonely and disconnected from the world and other people. It was the state I was in for as long as I can remember. It is hard looking back to identify what made me feel less lonely. The obvious things like seeing people were really important.

I'm in a running club and started making more effort to see and connect with people there. I widened the variety of people I see professionally and socially by doing different things. This included things I had previously felt too shy or nervous to do alone. In fact, I found going alone gave me so much confidence and a sense of calm as I felt more comfortable chatting and connecting with other people,

which meant further interactions became easier and more fulfilling. I think a lot of what helped me with loneliness was reconnecting with myself – doing things that matter to me, excite me, challenge me. Through these I meet people I really connect with as well as finding it a useful way to understand myself better and find out what works best for me.

This is how I help myself when I am lonely. Seeing people definitely helps, but connecting with myself and understanding what is going on for me means I can connect with other people rather than just see them.

Feelings of loneliness can also come from too much time spent with people or working – being still is so important and doesn't happen much in modern society. Recognising that sometimes when I am lonely I need to take a step back and pause has been so useful for my wellbeing, to ensure the interactions I have are increasingly authentic and meaningful.



Ginya's sketches

GINYA MARR
Youth Ambassador



Sketching art in museums is pure connection to me.

I first see through my eyes what the original artist envisioned through

theirs. I embark on a process similar to the one they undertook, taking the stillness of sight and transforming it into movement. My hand moves as theirs moved, often centuries ago.

And others see me, seeing the work, and so see the work differently. No longer detached, the piece becomes something of our shared world. We are all here, right now, looking at this painting or sculpture or print,

recognising it was made by a body that was more or less exactly the same as ours.

The difference – in media, in years, between us – starts to dissipate. My thoughts, usually relentless, suddenly give way to presence. The lines guide me and I follow them in and in until I zoom out and realise I've ended up, again, where others have been. I've stretched time and warped subjectivity.

I find it cathartic to sketch something for no reason other than to feel more alive. It's the purest form of understanding another's experience through your own. In sketching, I choose closeness.

Bryan Stevenson, in his book, *Just Mercy*, emphasises the importance of being proximate to the suffering of others. In intimacy, he argues, we develop nuanced understanding and truth, see a new way of looking at those around us and ourselves, and "find the power to change the world."

When I walk around the V&A or the British Museum or Tate Britain, journal and crayons in hand, I find that power finds me. No longer alone but one with it all, I enact connection.

FREYA GRAY
Youth Ambassador



Over the last few years, I have reconnected with myself and learnt more about what I want in my life by enjoying wild camping and long walks

in some of the UK's beautiful wild areas. All distractions of family, exams and my phone are left behind. After this immersion, I find myself with a clearer, more relaxed mind and am able to reconsider what really matters to me.

I feel better connected to myself, as these expeditions with others have left me with the confidence to change things in my life. There's a very special dynamic in these teams – a sort of bubble forms and you realise some common ground between everyone. This helps me feel better connected to people,

as I see common struggles that make me feel less alone and bonds form across different places and backgrounds.

Best of all, I feel better connected with nature because I work with it to find water, seek shelter and enjoy the route. It isn't blocked out or ignored like in my daily life, and one of the first things I notice when I get home is how still and quiet the air is inside compared to a tent. I always miss that connection.

MICHAEL PRIESTLEY
Youth Involvement
Co-Ordinator



I feel a strong sense of connection through music – specific artists, songs, and genres. Some songs can remind me of

particular events and the people I shared them with and felt close to at that time. I love rap and in a silly way I pretend I am connected to the artists when I study – like we are both just working with words in different ways. Sometimes listening to specific artists can make me feel connected to a community of other people that the lyrics and experiences resonate with; it reminds me I am not alone in feeling these emotions and can provide a shared expression for them.

Paradoxically, sometimes the connection comes from disconnection: by listening to songs that disconnect me from the everyday life of deadlines, budgeting and so on, I can reconnect with myself and my own pleasures. Connecting with the world through music can put things into perspective.

A GIFT IN YOUR WILL

MAKE GOOD MENTAL HEALTH YOUR GIFT TO THE NEXT GENERATION

This 50th edition of the Charlie Waller newsletter marks over 25 years of our life-changing work. Could you help ensure it continues into the future?

Leaving a gift in your will means you can support young people's mental health in the long term at no cost to you now. It's hard to convey just how beneficial this is. Large or small, your gift can help us plan and deliver mental health training and resources to those who need them most: the parents, carers, teachers and others who form support systems around children and young people. With your help, we'll be able to respond to the growing need for our expertise in the coming years and decades.

If you have left us a gift in your will, we would love to hear from you so we can thank you personally for making such an extraordinary pledge. We'd also like to keep you up to date on the work you'll be helping to fund and to invite you to our special events.

We recently received a gift from a longstanding supporter of the Trust. Her daughter said: "It means a great deal to me, and to my family, that my mother chose to leave a gift to the Charlie Waller Trust. There are few more important causes than the mental wellbeing of children and young people – especially these days. It is wonderful to know that my mother's gift will offer hope to young people – and give parents a lifeline when their children are struggling."

We are so grateful for this gift. It's a very special way of supporting our work and will make a huge impact on the mental wellbeing of future generations of children and young people.

If leaving us a gift is something you might consider, we will be launching our FREE will writing service on 1 October 2024. For more information and to register your interest, please visit go.charliewaller.org/gift-in-will

If you would like to tell us you've left us a gift in your will or find out more about this way of giving, please contact our Fundraising Development Officer, Beth Towler, by email: legacy@charliewaller.org or call her on **01635 945061**.

SUPPORTING A CHILD WITH AN EATING DISORDER: CATHERINE'S STORY

Being a parent can be challenging at the best of times. If your child has an eating problem life can get really tough and scary.

When Catherine O'Dea Hughes found herself in that position, she joined the carers' workshops facilitated by Charlie Waller trainer Jenny Langley.

Catherine says: "A couple of years ago, my daughter was struggling with disordered eating and self-harm. As a parent, it's absolutely terrifying. You're afraid to move forward, make things worse, stuck in 'fight, flight, freeze' – frightened of getting it wrong."

NHS services throughout the country are doing their utmost to meet the rising demand. These workshops are a real lifeline for parents who may be awaiting assessment, or as an adjunct to the treatment they are getting. We know that early intervention is key, so the sooner carers can access the workshops the better. Catherine continues:

"I found the workshops so helpful. There is such value in a room full of people who get it – you can't underestimate that. Jenny uses the New Maudsley method, which I fell in love with. It's so profoundly based in connection and empathy and you see how effective these are."

New Maudsley is an evidence-based approach which aims to lower anxiety and distress in those caring for a loved one with an eating disorder. It gives carers professional skills and techniques for dealing with challenging behaviour, communicating effectively and supporting recovery.

Catherine continues: "The workshops are empowering, supportive and free of judgement – doing this has changed my life as well as my daughter's and other members of the family."

In fact, Catherine found the experience so positive that she completed the Trust's New Maudsley 'Train the Trainer' programme delivered by Jenny Langley and Pam Macdonald and is now providing workshops to carers.

She says: "I don't subscribe to an ethos of self-sacrifice, but I did have the urge to make the world better, which I think this does in my tiny corner. I am very proud to be delivering these workshops myself now. They can be transformational and I wish they were available to everyone, whether they have an eating disorder or not!"

The workshops are empowering, supportive and free of judgement.

CARERS' SKILLS WORKSHOPS

Based on the New Maudsley approach, these courses have helped so many families to navigate their way through a seemingly impossible task and offer professional techniques for becoming a 'change coach'.

Each course consists of a series of five two-hour workshops. They cover topics including 'what to try when things feel stuck' and 'relapse contingency planning'.

Our trainers are all highly skilled and there are courses planned between October 2024 and March 2025. To find out more visit go.charliewaller.org/eating-disorder-workshops. A recent participant said: "Your course has been so useful to me and so freeing as I've always blamed myself. I've found the course so useful; it has given me my first glimmer of hope and for the first time feel I might be on the right path."

You might also like to download or order our resource, Supporting a child with an eating problem: visit charliewaller.org/resources



THE CHARLIE WALLER BOOK CLUB STORY

Since 2016, we have sent out 13,318 books, free of charge, to members of the Charlie Waller Trust Book Club. The chosen titles aim to enhance the skills, confidence and knowledge of those who work with children and young people by providing them with resources they can use to promote positive mental health.

The first title was Not Today, Celeste! – 'a dog's tale about her human's depression'. Other topics have included anxiety, listening skills, self-esteem and trauma-informed teaching. Some are more suited to primary school-age children, some to older children, and some are for staff. We ask Book Club members for suggested topics and all books are reviewed for clinical soundness by our resources group.

A longstanding member said: "It has been a joy to be part of it. I think my first book was on listening skills, which I still use in my work with schools. It was the foundation for establishing our own wellbeing book club with young people. I always highlight the Charlie Waller Trust and the Book Club when out and about. I truly believe that this has been a superb contribution to our work."

There are currently 478 members, of which more than half are primary schools. We also have counselling services, local authorities and youth organisations as members. Most often, the contact is a wellbeing lead or someone in a counselling role but there are also school nurses, headteachers and additional learning needs coordinators.

We aim to offer books once a term, which we would expect the organisation to add to their wellbeing library. Book numbers are limited based on costs and budget, so they're offered on a first come, first served basis. The books are sent out with the help of our volunteers over a number of weeks.

This spring, we offered two books in response to a request for resources on grief: The Grief Rock, by Natasha Daniels and You Will Be Okay by Julie Stokes. 307 members signed up for them and we have received some very positive feedback:

"Both grief books were amazing and have been used and read by some of the students, opening deeper conversations on feelings

and giving them hope that things can and will be different in time."

"One student commented that the book said everything he couldn't say after the sudden death of his father. This book is genius."

Recent funding for the Book Club has come from the Foyle Foundation, for which we are very grateful.

To find out more, please visit charliewaller.org/what-we-offer/schools/book-club

I always highlight the Charlie Waller Trust and the Book Club when out and about... [it] has been a superb contribution to our work.

FUNDRAISING HIGHLIGHTS



The amazing feats of our fundraisers have been a key part of all 50 Charlie Waller newsletters. Since the very beginning, our supporters have been fantastically generous with their time, commitment and donations. Covering every age and every possible pursuit, they continue to amaze us!

Fundraising is also a great way of bringing people together and making connections, which we know is so important for mental health. Musical events provide just one example of this: from opera to disco and everything in between, our supporters have organised and enjoyed them all!

Over the years, we have been fortunate to work with some great corporate partners, and, more recently, we've seen many new corporate partners choosing to support the Trust. It's clearly a cause that's important to their staff, and we are grateful to all of them (see page 30).

Leaving a gift in your will is another important way you can choose to support the Trust. That's why we've partnered with Farewill. They can help you write your will free of charge, including leaving a gift to charity if you would like to. There's more information on page 23.

If you're looking for a more active way to support us, do join our Walk for Wellbeing or take up your own challenge for World Mental Health Day on 10 October.

Thank you so much for your support, past, present and future!

NICK APPLEBY
HEAD OF FUNDRAISING

THANK YOU TO ALL OUR SUPPORTERS



CAMBRIDGE HALF

In 2010, we were chosen as a national charity partner for the Cambridge Half Marathon. After five years, that partnership has now come to an end but its huge popularity with runners has left a lasting legacy. Each year, the University of Cambridge has allocated 50 places to the Trust and, with other runners choosing to raise funds for the Trust as well, a grand total of 332 runners have taken part, raising an incredible £213,198.

We're enormously grateful for this opportunity which has made a truly significant positive impact on our work.

CONCERT AT THE CADOGAN

The beautiful Cadogan Hall in London was the venue for a memorable performance of Handel's Messiah, performed by good friends of the Trust – Vox Cordis, the Schola Cantorum of Ampleforth College and the Aurum Vocale Instrumental Collective, under the baton of Charlie Grace.

Charlie has been bringing his enthusiasm for music and his expertise to the Trust for over 18 years, since meeting Sir Mark and Lady (Rachel) Waller who founded the charity. He says: "I think the Trust's mission to take the stigma out of mental illness is vital. We all need to educate the next generation, so that they can look out for each other, spot the signs, and look after their own mental health." The concert was a huge success and raised over £32,000.

FLACKSTOCK

We were once again thrilled to be partners of Flackstock festival in July at Englefield House, Berkshire. A celebration of the life of TV presenter Caroline Flack, it is the UK's biggest and most accessible festival promoting mental health awareness. We were one of four charity partners alongside Mind, Samaritans and Choose Love, and we took the opportunity to speak to hundreds of festival goers. We encouraged them to share their favourite songs for comfort and connection, which we've compiled into a CWT playlist. Visit our website to listen: charliewaller.org/blog/music-and-mental-health



WALKING THE ST CUTHBERT'S WAY

Emily Andrews, Zany Anton-Smith, Fan Jardine-Brown, Melissa Owston, Natasha Pearce, Camilla Stephens, Mia West, Henrietta Wynne Finch and Henrietta Morlock were all friends with Charlie Waller at Durham University. They graduated 33 years ago and wanted to mark the date by raising funds for the Trust. Tash said: "We are now mothers ourselves, with teenagers and young adult children and it is a charity close to all our hearts."

They had planned on trekking in Jordan but had to change their plans due to the ongoing situation in the Middle East. Instead, they completed the 100km walk from Melrose Abbey in Scotland to Holy Island in Northumberland, raising almost £17,000.

NEON DISCO

The neon disco for children in Years 7 and 8, held in the grounds of Englefield Estate in July, has become a hugely popular fixture. This year was no exception – complete with DJ, photobooth with glitter and make-up station, sweets and donut bar, bucking bronco and mocktail bar, it had all the ingredients for a hugely fun evening for the 310 guests.

Thank you to Lord and Lady Benyon for allowing us to hold the disco in their beautiful grounds, to all the sponsors and the organising committee, all helping us to raise over £18,000.

We were delighted to be one of the beneficiary charities for Flackstock festival, also held at Englefield (see previous page).

CYCLING THE LENGTH OF BRITAIN

Fundraising Development Officer Beth Towler and her husband Harry are keen cyclists, so when he suggested they take on 'LEJOG', she willingly accepted, as long as they raised money for the Trust. Over 14 days, they cycled 1,611km from Land's End to John O'Groats with 15,754 meters of ascent; not content with that, they also completed the most southerly and northerly 5km Parkruns!

While the weather wasn't kind to them, the scenery helped make up for it. Beth said: "One of the highlights was exploring new parts of the country, like Dartmoor, the Lake District and the Highlands in Scotland. Another was spending quality time with Harry; we looked after each other and experienced a real adventure together." They far exceeded their target, raising £6,377.



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→ Continues p28



YUKON 1000

'More people have been up Everest than have been beyond Dawson City' is one measure of the challenge as described on the Yukon website. It's a 1,000-mile canoe paddle in a maximum of 10 days, along the Yukon river from Canada to Alaska, with participants sleeping where they stop in the wilderness.

Longstanding friends Charlie Stanley-Evans and Justin Wateridge completed the distance in just over eight days, finishing in the early hours of Charlie's birthday. What kept them going were playlists and podcasts that made them laugh and, Justin said: "We took strength from one another. When I was struggling, I'd look at Charlie in front and be impressed with how he was still going; and that would push me on."

The pair were raising money for two mental health charities, donating nearly £10,000 to the Trust. Justin said: "My children have friends who struggle with their mental health, and it felt right to support a charity that helps young people."

TEXAS SCRAMBLE

Wednesday 1st May 2024: by my reckoning the 27th renewal of this marquee day in the golf calendar. When the Connell family first invited the Trust to use the course for this important annual fundraiser, both the Trust and the family's ownership of Badgemore Park were new.

Both have grown since – the Trust now reaching so many more people and the course maturing beautifully, with handsome new housing and thriving businesses also springing up on the Badgemore estate. But while much has changed, some things stay the same: the format, a Texas Scramble, Jon Connell and his Badgemore team's generosity and superb hospitality (the bacon rolls before the off are a highlight, as is the terrific lunch). Also the same (while keeping it fresh) is Mark Durden-Smith's formidable turn as auctioneer, expertly cajoling bids from the floor. And maintaining another continuity, we had the same winners this year as last, though modesty forbids me from going into any further details.

Really, the Trust was the winner as £27,755 was raised to fund its work. See you all next year.

Iain Weatherby



A team from Pace-XL, one of our corporate partners

KINSKY TRIO

The Trust has established a tradition of hosting musical events of the first rank, and on 16 May 2024 in Gray's Inn Chapel a recital was given by the Kinsky Trio which will long remain in the memory.

Three pieces of exceptional quality were given – and in an interesting order. It would have been conventional to end with Brahms's Op 8 trio, but how wise to have the concert begin with the aching melody which launches the work. Brahms originally wrote the piece in the throes of his early love for Clara Schumann, and his revisions of over 30 years later suppress some of the composer's passion in favour of a tauter and more rigorous approach. Happily, the great opening statement remains, along with many other felicities.

Smetana's trio, which ended the programme, is another piece born out of acute personal suffering, while Schubert's fragment, the Notturmo in E flat, dreams its way into a frame of mind which found definitive expression in the adagio of his string quintet, composed a year later at the very end of his life.

The contrasts between the three pieces played, enhanced by the welcome absence of an interval, gave a contented audience much food for thought.

Jonathan Gaisman KC

We are immensely grateful to every single group and individual who raises money to help us continue our vital work. Here are a few more highlights:



Tutor Adam Jolly and the boys from 'E Social' at Radley College raised £2,000 from their brilliant 24-hour football challenge.



Geoff Joseph, his best man, Tom, and the Fitness Experts Harwell, took on an incredible 24-hour HIIT marathon, together with a bake sale and raffle, raising funds for the Trust and Mind.



Sara Mela took on a 24-hour bike ride, in appreciation of our mental health training. She won third highest fundraiser and was the first female solo rider in 33 years of the event.



Huge thanks to Sevenoaks Hockey Club who held a ladies' match and bake sale in memory of Xanny Mortleman.



A team from Transport for London took part in the Chase the Sun Olympic Park 5k & 10k run in memory of their colleague Nick West raising £1,640.



Supporter Tyler Cuddy told us: "We walked the Rocky Road with LISS (Living in the Shadow of Suicide), in memory of our beloved Vic. This event is a through-the-night hike, hitting our destination at dawn to signify walking out of the darkness and into the light after having lost someone to suicide."



A team of 20 from Gowling WGL UK undertook the Three Peaks Yorkshire challenge, raising money for the Trust and the Alzheimer's Society.



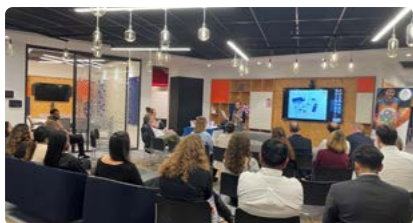
We had 13 fantastic runners in the TCS London Marathon, together they raised over £30,000.

By fundraising for Charlie Waller, you're not only raising money to continue and expand our work, but you're also raising awareness and expanding the conversation around mental health. Find out how you can get involved: charliewaller.org/get-involved/fundraise-for-us



IN GOOD COMPANY

We are so fortunate this year to have support from four new partners – ING, CV Villas, Jules Verne, Fiera Real Estate and MK Law, alongside many other long-term corporate supporters. Corporate partnerships are a fantastic way of supporting our work whilst raising awareness of mental health within the business.



Launch of our partnership with ING

ING BANK

We're thrilled that ING selected the Trust for a new two-year charity partnership which began in February. So far, they've participated in our Texas Scramble golf tournament and organised a tropically themed quiz night, a virtual step challenge 'from London to Amsterdam', a music night and a drag evening. During Mental Health Awareness Week, they held a daily Chat for Charlie coffee hour to promote positive mental health. ING matches every penny raised by their employees, consequently they've raised over £36,000 this year.

CV VILLAS AND JULES VERNE

We launched our new partnership with leading travel companies CV Villas and Jules Verne in May. Their fundraising got off to a great start with their 'Thirsty Thursday' and participation in Kassios Dias half marathon in Corfu. The Trust's Corporate Partnership Manager, Helen Franks, said: "I can't wait to work with the teams to raise awareness about good mental health. It's going to be an action-packed and fun-filled year!"



Trust speakers Alice Palmer and Dick Moore at Fiera

FIERA REAL ESTATE UK AND FIERA CAPITAL

At the launch event for our new partnership with Fiera, Charlie Waller speakers Dick Moore and Alice Palmer talked about their lived experiences with mental health and the Trust's work. Fiera have already raised over £50,000 following their annual charity walk, 'Fiera Steps Up', which saw 25 teams walking 8k around London with a target of 1.5 million steps. Trust CEO Dr Hannah Vickery kick-started the challenge at Trafalgar Square.

MK LAW

Mclemore Konschnik LLP (MK LLP) selected us as their Charity of the Year in May with a target of donating £20,000 this year. MK LLP partner, Kristin Konschnik, said: "Sadly, mental health and wellbeing is not discussed openly enough in the legal profession, even though it is a well-known challenge for many lawyers. We are pleased to support the Charlie Waller Trust as our 2024 Charity of the Year."

SAM'S RIVERSIDE

Restaurateur and longstanding supporter Sam Harrison asked customers to donate to the Trust and added a voluntary £1 to every bill during Mental Health Awareness Week, raising over £1,100. Sam was also featured in the Caterer talking about his own mental health journey – helping open up the conversation about mental health in his industry.



Bowak celebrated our partnership in style with these brilliant cupcakes

BOWAK

Berkshire based, family-run suppliers of cleaning products, Bowak, took part in a 10-mile fundraising walk with family and friends during Mental Health Awareness Week to encourage conversations around mental health. In support of our partnership, they've also fundraised through events such as a community car wash and implemented a sweet treats box for staff. Looking ahead, Bowak are preparing for a quiz night and raffle.

We also have relationships with other brilliant businesses which provide regular, long-term support. These include Kepler Cheuvreux Foundation, dunnhumby and Boden, who all help us deliver our vital work.

If you'd like to talk to us about how your organisation could work with Charlie Waller, we'd love to hear from you. To find out more please email helen.franks@charliewaller.org.

WHAT'S ON

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

2024

Mon 7 - Sun 13 October
WALK FOR WELLBEING – YOUR CHALLENGE

Across the UK

Mark World Mental Health Day (10 October) and complete a walk of any length with friends, family, colleagues or your four-legged friends.

Sat 12 October
WALK FOR WELLBEING – SOUTH DOWNS CHALLENGE

South Downs

Join us on our second UK Walk for Wellbeing, this time walking 21.2km of the South Downs Way.

Weds 6 November
CHARLIE WALLER QUIZ NIGHT

St Columba's Hall, London

Fun team quiz with some friendly competition.



Tues 3 December
BRADFIELD CAROL SERVICE

Bradfield College Chapel, Berkshire

Celebrate the festive season with carols and readings from special guests.

Mon 9 December
LONDON CAROL SERVICE

St Luke's, Chelsea

Our flagship festive event of candlelit carols and celebrity readers.

2025

Fri 14 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 1 March
U18 LACROSSE TOURNAMENT

Marlborough College, Wiltshire

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

Sun 9 March
CAMBRIDGE HALF MARATHON

Join us for this popular event with an updated route including two additional University of Cambridge colleges.

Sun 16 March
BATH HALF MARATHON

Enjoy a fast, flat route through the picturesque streets of this famous city.

Mon 17 – Sat 22 March
CHARLIE WALLER TRUST ART EXHIBITION

Mall Galleries, London

The Trust is taking over residency of the galleries with an exhibition of paintings, sculptures and pottery, plus other activities.

Sun 6 April
LONDON LANDMARKS HALF MARATHON

Explore the capital as you follow a closed road route that goes through both the City of London and City of Westminster.

Sun 27 April
MANCHESTER MARATHON

The UK's second largest marathon, which draws participants from all over the world.

Scan the QR code to link to our website for event tickets, entry forms and more information, or contact us:

01635 869754
fundraising@charliewaller.org



Sun 27 April
LONDON MARATHON

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

Sun 11 May
LEEDS HALF MARATHON

Yorkshire's biggest and probably loudest event, thanks to the amazing support from the crowds.

Weds 14 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.

Sun 18 May
HACKNEY HALF MARATHON

Run through London's most creative and inspiring borough with vibrant street art and entertainment along the course.

Sun 25 May
EDINBURGH MARATHON

A fast course that heads out through East Lothian, offering stunning views and an unforgettable running experience.

Sun 25 May
RIDE LONDON

This 100-mile challenge gives riders a unique opportunity to cycle on traffic-free roads through London and the Essex countryside.

Tues 3 – Tues 10 December
THE BIG GIVE CHRISTMAS CHALLENGE

Take part in the UK's biggest match-funded event and raise funds for the Charlie Waller Trust! Look out for more details on how to make a donation soon.

FIND THE CHALLENGE FOR YOU!

We have partnered with Run for Charity, which gives us access to over 500 runs and challenge events across the UK, and some abroad too. We've listed some of the key events on this page but if you're looking for something different or any event more local to you, take a look on our website at charliewaller.org/our-events/find-the-challenge-for-you

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
jo@samaritans.org

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

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

BABCP **babcp.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

STUDENTS **studentsagainstdespression.org**

For information and self-help material

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 our resources are available as free downloads from charliewaller.org/resources and we offer some as free printed copies at shop.charliewaller.org



The Charlie Waller Trust

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The Charlie Waller Trust is a registered charity in England and Wales 1109984.
A company limited by guarantee. Registered company in England and Wales 5447902.
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