



The Charlie Waller Trust

Impact review 2023



Looking forward with hope and ambition

Children born in the year the Trust was founded, 1997, will have turned 26 last year. During those years we have grown enormously as an organisation – in size and reach, but more importantly in the expertise we have developed, the evidence-base we can call upon, and the generous support on which we rely.

If everything we now offer had been available to the child born in '97, they would have amassed quite a toolkit for looking after their mental health: at primary school, they could have used our Wellbeing Action Plan for younger children – 'a little book to help you feel good about yourself'. At secondary school, our healthy approach to exams may have been useful for them and for their parents and teachers. Their parents/carers might also have accessed support through the PLACE network and/or connected with one of our trained parent carer peer support workers.

Moving on to higher education, they might have looked to our mental health guidance for university students. As they stepped into the world of work, perhaps their employer would have attended one of our YES Workshops (Young Employee Support) and learned how to spot young workers struggling with anxiety or depression.

Our aim is to be there for children on every step of their journey through life, starting when they are very young – because we know that getting help early can make such a positive difference to mental health later in life.

We hope you enjoy this snapshot of our work last year and the impact it makes on thousands of young lives.



Our vision is of a world in which young people are educated to understand mental health and can get all the support they need.



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.

“ Speaking with someone who has lived experience and is willing to share really makes all the difference and helps you to feel like you are not alone.
Parent involved in our PCPS work, 2023 ”



Research and development



Sound clinical evidence underpins all our work. Our sister organisation, **the Charlie Waller Institute** (CWI) at the University of Reading, is key to this. CWI combines research with high-quality teaching, to the benefit of clinicians and patients. In 2023, it delivered clinical training to over 400 practitioners.

Resilience in a rucksack!

Moving from primary to secondary school can be exciting but stressful and studies have highlighted a general increase in depression and anxiety between the ages of 12 and 16. A universal approach focusing on early intervention and prevention could provide a sustainable solution for promoting better mental health and greater resilience in adolescence.

The Resilience Rucksack project, led by Professor Stella Chan, aims to give every child a rucksack containing items to help them look after their mental health. Research was used to identify four key 'active ingredients' on which to base the items: social support and relationships; healthy sleep practices; physical activity; and self-compassion.

At pilot 'resilience fairs', pupils talked to researchers and chose rucksack items – studies show that facilitating young people's autonomy in supporting their own mental health is key. Data from the fairs will be evaluated and used to develop the project; feedback so far is very positive.

Training tomorrow's therapists



The family of longstanding Trust supporter Caroline Gilbey raised money when she died to fund two CWI scholarships. The recipient of the second scholarship was Komel Jalil, now a therapist working within the South Asian community.

“ Thank you so much – for the scholarship, the support – **EVERYTHING**. It means a lot to me. Where I came from, an immigrant girl who grew up in some of the worst areas in the UK, people around me didn't have the opportunity to do much. This is hope to do better for me, my family and others – it's priceless. ”

Free expert webinars



Our free webinars are run by expert mental health trainers. They offer guidance on a wide range of topics. In 2023, the 31 webinars we delivered included supporting young people with depression, perfectionism, transitioning to university life, and supporting highly sensitive young people.

“ As an autistic individual, I always worry about how autistic people will be discussed/represented. This was lovely, professional and useful even to me as someone with in-depth experience. **Webinar participant, 2023** ”

Free resources for all

Our highly valued publications are a core part of our charitable work. In 2023, we sent out 46,451 posters, leaflets, booklets and other resources. These included a much-needed new guide: Supporting a Child with an Eating Problem, drawing on the expertise of our trainers, parents with lived experience and other leaders in the field.



I am a children and family worker. The booklets are amazing to share with families I work with. I have shared the resources with other workers who have all said their families have found the booklets easy to use and very helpful.



On our website, the popularity of our digital content continues to increase, with almost 40,000 page views of relevant mental health resources and 11,715 visits to our resource library.

Young people at the heart of the Trust

Meet our youth ambassadors



We launched our new Youth Involvement Team in January 2023, recruiting nine youth ambassadors aged 16 - 25 to make young people's voices central to our work.

All nine were given public speaking opportunities in their first year – some in educational settings, two at Flackstock music festival, others on the ambassadors' own podcast, Stigma to Strength.

Ambassadors have run workshops alongside clinicians, joined fundraising events and collaborated with the Charlie Waller Workplace team. They have written book reviews, blog posts and social media content, and worked with professionals at the University of Oxford to help create practical mental health tools for young people.

Their contribution is proving invaluable and the current group have been closely involved in recruiting three new ambassadors for 2024.

Podcast – Stigma to Strength

The Stigma to Strength podcast is the Trust's first entirely youth-led project. Hosted by youth ambassadors, monthly episodes tackle topics specifically affecting young people's mental health. The podcast has achieved such status within a year that Ben West, a young, influential figure in mental health campaigning, joined an episode to discuss male body image.



There were nearly **900** listens to our podcast launched last year

Mental wellbeing at school and at home



Mentally healthy schools

In 2023, school funds were stretched and demands on staff were high. Our whole school approach brings expert mental health training to the entire school community: pupils, staff, parents and carers. We work in primary and secondary schools, 166 of them in 2023, ensuring we are there for children at every step of their educational journey.

“Working with the Charlie Waller Trust has benefitted all our pupils, staff and parents. **Primary School Mental Health Lead**”

“Thank you so much for creating this course... It helps other professionals to connect with me as they see me as equal not ‘just a mum’. **PCPS trainee, 2023**”

Key skills for parents and carers

Being a parent can be challenging at the best of times. If your child has an eating problem life can get really tough. When Catherine O’Dea-Hughes found herself in that position, she joined carers’ workshops run 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. There is so much bad press around eating disorders and so little support that people are often left feeling desperate. I found the workshops so helpful. There is such value in a room full of people who get it. 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 gives carers professional skills and techniques for dealing with challenging behaviour, communicating effectively and supporting recovery for a loved one with an eating disorder.

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.”

Catherine found the experience so positive that she has trained to be a New Maudsley Facilitator on our Families Programme. She says: “I am very proud to be delivering these workshops myself now. They can be transformational and I wish they were available to everyone, regardless of eating disorders!”

Supporting families

We continue to champion lived experience parent carer peer support as a way to help families of children with mental health difficulties. In 2023, with support from NHS England, we trained 33 parents and carers to take on this vital role working with their local children and young people’s services.



Thank you to our supporters



A huge thank you to all our supporters. From everyone who has taken on a challenge, attended an event, or donated through our Friends of Charlie Waller membership scheme; our trusts, foundations and statutory funders, and corporate partners who have contributed so generously; our wonderful volunteers; and everyone else who has supported the Trust in the last year. The work we do would not be possible without you.

Below are some of our funders and partners:

Adrian Swire Charitable Trust	George Cadbury Fund
The Andrew and Belinda Scott Charitable Trust	The Hedley Denton Charitable Trust
BCG Charity Day	The Hospital Saturday Fund
The B G S Cayzer Charitable Trust	John Laing Charitable Trust
The Baring Foundation	Kennedy Charitable Trust
Bearrem Charitable Trust	Kepler Cheuvreux Foundation
Berkshire Community Foundation	Makin Family Trust
Bernard Sunley Foundation	The Merchant Taylors' Company
The Charles Wolfson Charitable Trust	Michelmores
CHK Foundation	Monday Charitable Trust
The Curry Family Trust	Murray Family Foundation
The Cutlers' Company	The Perivoli Foundation
The de Laszlo Foundation	The Peter Cundill Foundation
dunnhumby	The Scott Plummer Family
The Foyle Foundation	The Seastock Charitable Trust
Fred and Marjorie Sainsbury Charitable Trust	The Stewarts Law Foundation
The Freshfield Foundation	The Swallowfield Club CIC
The G C Gibson Charitable Trust	The Syder Foundation

We are enormously grateful to all our funders, and to all those that donate to support our work. Thank you.

PLEASE FOLLOW US



The Charlie Waller Trust

First Floor • 23 Kingfisher Court • Newbury
Berkshire • RG14 5SJ

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. Registered address: as above.
0109 / 02.2024



Registered with
FUNDRAISING
REGULATOR

Charlie Waller Workplace

Our workplace training and consultancy brings vital income which we invest in our work with schools, families, colleges and universities.

We reached over 3,000 employees with our workplace training.

Responding to the changing needs of workplaces, we developed a new training course in neurodiversity.

We created our YES (Young Employee Support) workshops to help employers support those new to work.



“ Really inspiring presentation; tricky subjects to explain to lay people but it was done brilliantly.
Neurodiversity training delegate, West Berks Council ”

We sent out **46,451** printed resources

226 listens to our most popular podcast episode, Freshers' Fear

Colleges and universities

We delivered 87 training sessions to 3,328 attendees.

Keeping Mental Health in Mind, our e-learning package for non-specialist staff, received over 170 registrations in the last quarter of 2023.

“ [CWT trainer] Ros was brilliant...We were made to feel able to share and contribute. Ros was very knowledgeable in the area of eating disorders and made the content relevant to us as practitioners within higher education.
HE Practitioner, Cardiff University ”

Raising money and awareness



Our incredible supporters ran, danced, walked, cycled and sang their way to helping us raise over £2.6 million to continue our life-changing work.

Spreading the word

Our communications don't just raise our profile – they're key to spreading vital mental health messages.

Our printed newsletter reached nearly 16,535 addresses, with insights into our work and important mental health topics.

Our email bulletins, totalling 113,636 in 2023, feature subjects from supporting children with autism to music and mental health.

Mental health advice across our social media channels was well received last year.

An average of **114** people attended each of our webinars last year

94% reported an increase in knowledge after attending one of our webinars

There were **29,985** resource downloads from our website



What you helped us achieve Our 2023 highlights



Free resources

Our Mental Health Book Club for schools and other youth settings received generous funding support from the Foyle Foundation and we sent out 839 books to teachers and support staff.

We updated our exam guidance and our youth ambassadors reviewed our Life at University resources.

“ I always use my CWT bookmark as it helps to remind me to look after my mental health.
Usman, CWT youth ambassador ”

Schools and families

We delivered **216** sessions to **14,153** teachers, parents and pupils

In 2023 there were **70** parent support groups in our PLACE network

We developed mental health lessons and resources for special schools

“ I just wanted to thank you for the excellent quality resources you have provided this week - I have posted them on a daily basis to all our students.
Assistant Head (Personal Development and Careers) ”



charliewaller.org

