

CWMT News

April 2020



The newsletter of the Charlie Waller Memorial Trust Issue 41

Mighty walk for a mighty cause

Holly and Molly's Italian adventure



An exciting road ahead

Interview with new CWMT Chairman, Richard Waller

Early to bed?

Sleep, teenagers and education

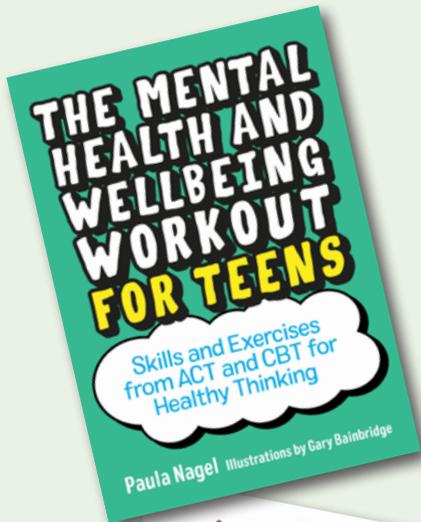
A winning tale of kindness

Meet the winner of our story competition

CWMT book club

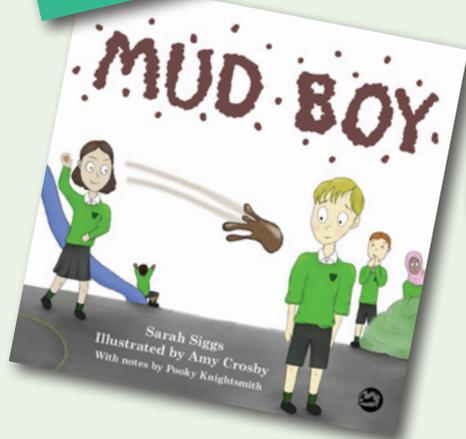
A free mental health book club for teachers and others working with children and young people

Join the club and once a term you will have the chance to receive a book which promotes understanding of mental health.



What people have said about our previous book club titles:

"This was an amazing resource. I used it to support various young people particularly those struggling with anxiety. The young people I shared it with said the book 'got how they felt' and it was really accessible for them."



Year 2 & 3 boys enjoyed reading 'Mud Boy' ... The story addresses the issue of bullying in a sensitive way that captures the emotions of young children who are being bullied. It is also empowering as it offers children solutions.

For more information or to sign up, please visit www.cwmt.org.uk/bookclub

Do you work for or know a business who'd like to sponsor one of our book club titles? If so, we'd love to hear from you. Please email info@cwmt.org or call **01635 869754** to find out more.

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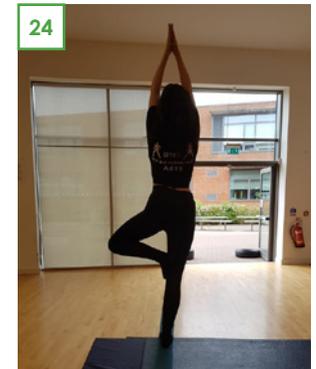
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On the cover

Holly Hayes and Molly Ropner in Rome during their epic challenge (read more on page 23)

Letter from the Chairman



I hope this letter finds you well, or at least coping. Many, if not all of you, will have been thrown by Covid-19 and the nagging, or in some cases, acute anxiety that it has brought

with it. We hope this newsletter cheers you up and that you find our suggested coping strategies helpful (see page 6).

It is extraordinary to think that Charlie died over 22 years ago. It is also extraordinary to think of what has been achieved in that time by the Trust under the stewardship of my father and on the back of the funds raised tirelessly, and some of you may feel relentlessly, by my mother. Their ambition was to ensure that Charlie's death was not in vain – an ambition that has been well and truly fulfilled.

My father's shoes have always been big ones to fill. None more so than as Chairman of the Trust. The challenge of taking over from Dad is made much less daunting when I think about the high quality of our executive team and my fellow Trustees, including my brother Phil. The Trust is exceptionally well served by passionate and talented people which means it is well-placed to increase its impact and reach. I am determined to make that happen.

I also want to mention Gordon Black. Gordon is a long-standing family friend who joined the Trust at its inception. He has remained on the board ever since, never missing a single trustee meeting. His loyalty and wise counsel, and the support of his wife Louise, have been a

huge source of strength for my parents and instrumental to the success of the Trust. He will be sorely missed, but luckily I know where to find him. The Black family's invaluable support is not, however, at an end, as Gordon and Louise's daughter Laura has joined the fundraising committee to help the next generation of Wallers take the Trust forward.

I am glad to announce that Julian Hay will be joining the board. As a dear friend of the Black family, he will also help to continue to fly their flag. He has a real interest in the benefits of exercise, nutrition and sleep on mental well-being. As you will see when you read though the newsletter, this is a key theme for my first year at the helm.

I am very excited by the opportunity to take the Trust forward. My mother is stepping down at the end of this year as Head of Fundraising. I know she will find it easier to do so if the financial future of the Trust is secure. To that end, she is setting up the 'Friends of Charlie Waller', which I hope as many of you as possible will feel able to support.

Richard Waller QC

Friends of Charlie Waller

The Friends of Charlie Waller scheme will be up and running later this year. There will be further information in the next edition of the newsletter.

Report from the Treasurer



The unaudited Trustees' Report and Financial Statements for 2019 show income very similar to last year and an increase in charitable expenditure.

During 2019 the charity continued to enjoy tremendous support from individuals organising their own fundraising events. Income from these would have been up on last year were it not for the exceptionally large sum raised by the fantastic Pedal the Pond team in 2018. Our own programme of fundraising events remained very popular and made its best ever contribution. Donations from individuals and from universities, colleges, schools and employers benefitting from our training activities were also all up on 2018 as were donations from charitable trusts, now the Trust's largest source of income. Our one corporate donor repeated their very generous donation in 2018.

The Trustees cannot stress too much that virtually all the Trust's income is given voluntarily. However, this cannot be taken for granted, especially given the economic disruption caused by the coronavirus. This is likely to have a significant effect on the Trust with fundraising events being curtailed and donors, both individual and corporate, suffering the consequences of the downturn in economic activity.

Charitable expenditure funded from the Trust's own resources, as opposed to Health Education England contracts, has grown considerably

over recent years and I am pleased to report that it was up again in 2019. Expenditure increased on our Schools and Families, Colleges and Universities, and Workplace programmes but less was spent on our much smaller Primary Care Mental Health Education programme. Although we budgeted for and achieved an overall increase in expenditure on these core programmes, in aggregate charitable expenditure in 2019 was below budget.

In 2019 the Trust's investment portfolio performed well and achieved a positive return in excess of its benchmark. However, I have to report that at the time of writing the portfolio has suffered significant losses as world markets have fallen in response to the coronavirus pandemic.

The 2020 income budget was based on reasonable and prudent assumptions at the time it was prepared late last year. A material increase in charitable expenditure was planned on the basis that the resultant deficit would be funded from reserves which were increased by the surplus in 2019. In spite of the present very uncertain outlook the Trustees believe the Trust is well placed to maintain its charitable expenditure in 2020 at least at the current level.

The audited Report and Financial Statements will be approved by the Trustees and filed with the Charity Commission by the end of May. Further details will be given in the next newsletter but if you would like a copy please contact the Trust's office or email info@cwmt.org.

Robin Booth FCA

COVID 19 update and advice

At the time of writing we seem to be facing an incredibly difficult and challenging time as the COVID 19 pandemic takes hold. At the Trust we are making plans to ensure our charitable activities can continue, making use of digital communication in particular and we are staying connected with our office team, trainers, volunteers and others to make sure everyone is up to date and well supported. I am grateful to have an excellent Chairman and Board of Trustees to guide the Trust through this crisis.

I wanted to share a few tips on looking after your mental health and wellbeing during this time and on how to talk to your children and grandchildren.

At times of stress, we work better in company and with support. Try and keep in touch with your friends and family, by telephone, email or social media

Limit your news intake if it is bothering you. Rumour and speculation can fuel anxiety so only use trusted sources of advice and information.

Create a new daily routine that prioritises looking after yourself such as reading, watching movies, having an exercise routine or finding new knowledge on the internet.

Draw on skills you have used in the past that have helped you to manage previous adverse life experiences and use them to help you manage your emotions during the challenging time of this outbreak.

Talk to your children (and grandchildren). Children may well be worried about the news and the information they hear about the virus. It is important that as a parent you are not surprised or dismissive about your child's anxiety.

Top tips:

1. Take your child's concerns seriously and never say "Oh, don't worry about that, everything will be fine".
2. Reassure your child that worrying is a normal and healthy response to a troubling situation.
3. Ask your child what they have already heard about coronavirus. There is a great deal of information being passed around, some of which is not accurate.
4. Ensure your children access trusted, impartial sources of information and limit this if it is troubling them.
5. Over-explaining can often be better than under-explaining as long as the advice is accurate, comprehensive and age-appropriate.
6. Help your child feel more in control by telling them how washing their hands can help stop the spread of germs.
7. Ensuring structure and daily routine is important. Let your child maintain a regular activity where possible.
8. Finding ways for children to have daily interactions with other people is helpful, even if it's remotely via Skype or FaceTime.
9. Exercise is important for children and parents, and is effective in managing anxiety and promoting wellbeing.
10. Talk to your child about staying home from school and how this can help in not spreading germs, leading to a greater chance that the virus will go away.

Our thanks to the Mental Health Foundation for some of this content, there is further info on our website www.cwmt.org.uk/covid-19

News and project updates



Last November I was invited to speak at the national conference of the Association of Child and Adolescent Mental Health on suicide and self-harm, attended by

academics, clinicians and researchers. The focus of my talk was how the voluntary sector can help bridge the gap between the huge amount of research undertaken and what happens on the ground at schools and colleges in relation to suicide and self-harm.

Based on evidence from the research there are many good, simple, practical tools that could be used – for example, putting your face in ice-cold water is one of the most effective ways to block suicidal thinking – and the voluntary sector can help ensure that this information is disseminated to the people who need it. In our case, that would be through the training that we deliver to schools and colleges.

On a personal level, the message I took from the conference is that if you truly wish to help someone in crisis, you have to be brave, ask the hard questions and have that conversation with them. Our work aims to give people the confidence to do this – to take that vital first step in helping someone access the help they need to improve their mental health. We can all play a role in supporting each other to stay mentally well.

Clare Stafford
Chief Executive

Welcoming new staff members

With Fundraising Officer Georgie Miles now on maternity leave, we have appointed **Elina Nesimioglu** as a new and additional Fundraising Officer. This is in part to plan for Rachel Waller's departure as Head of Fundraising at the end of 2020.

Elina has more than 10 years' experience in the not for profit sector and recently completed her MA in Charity Management. Elina has worked for organisations such as The Scout Association and The Royal Voluntary Service, and is a Trustee of a women's charity in Berkshire; she is passionate about empowering women of all ages and backgrounds to achieve their full potential and overcome disadvantage. She says "It is great to be able to join the team at the Trust. I look forward to supporting the amazing work the organisation does and to building new partnerships with our potential supporters"



Welcome also to **Lucy Fishburn** who joins us as a Fundraising Assistant. Lucy has supported CWMT for many years and now with more time on her hands, as her children are growing up, and living locally, Lucy wished to be more involved with the Trust. Lucy's background is in the antiques world, most recently helping an antique business with their marketing and PR. Lucy says, "This is a wonderfully exciting time to join CWMT and I'm really enjoying being part of the team."



The three Ps

As part of our work on digital transformation, we have been considering our key messages and how best to put them across to people. This has led to the identification of three words that we believe sum up our approach – positive, proven and practical – our 'three Ps'.

Positive

While fully acknowledging the experience of depression and other mental health issues, we take a positive approach, knowing that understanding, talking and having hope are incredibly important.

Proven

This refers to our commitment to research and an evidence-based response, underpinned by the programme of training, education and research carried out by our sister organisation, the Charlie Waller Institute, based at the University of Reading.

Practical

We provide training and resources to give people practical strategies they can use straight away.

We have begun to use the three Ps when explaining the work of CWMT to interested parties and the response has been, if you'll forgive me for repeating the word, very positive.

Farewell to Angela

We said 'cheerio but not goodbye' to our local volunteer Angela who helped out at the CWMT office every week for two years by diligently parcelling up our resources for schools and individuals across the UK and helping with other office tasks. Angela was always a really positive presence in the office and we are immensely grateful for all her hard work.

Further education

We are partnering with the Association of Colleges and the Glasgow Colleges Regional Board on projects in Greater Manchester and Glasgow to support a whole college approach to mental health and wellbeing for colleges of Further Education (FE). Our approach is to visit the colleges to get some baseline information about what they are doing currently, what they are doing well, and

any gaps. In the resulting plan, it's key that staff wellbeing is emphasised just as much as student wellbeing and that mental health is addressed throughout the teaching, rather than as an 'add-on'.

This is an important area of work for us as a large number of students in FE colleges come from disadvantaged backgrounds and have greater vulnerability to mental health problems.

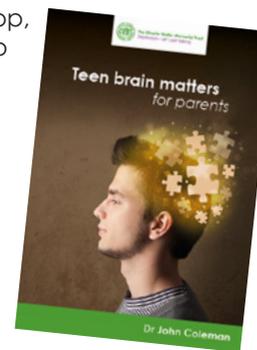
We're providing training, printed and digital resources and an exciting new FE version of our free e-learning package for staff *Keeping mental health in mind*: learning.cwmt.org.uk

The Teenage Brain

I'm delighted that Dr John Coleman, Visiting Professor at the University of Bedfordshire and a leading figure in the field of mental health, has recently joined us and will be training CWMT trainers to

deliver his workshop, 'My Teen Brain', to parents.

John is a psychologist with a long-standing interest in adolescence. He has had many different roles in his career, including running a therapeutic community for troubled teenagers and advising Government as a civil servant. His interests include parenting, the digital world, the teenage brain and young people's health. John's workshop on the teen brain has been widely tried and tested and has been very well received by parents. It will be a new offering for the Trust and one that will better enable parents to support their teenagers during this period of transition.



Trauma and depression

Professor Thalia Eley, with whom we have an ongoing relationship, runs the Emotional Development Intervention and Treatment lab at King's College London. She is working with a PhD student looking at the link between trauma and depression. The mechanisms remain poorly understood but reported trauma, for example childhood bullying or a catastrophic event, is linked to higher levels of depression and anxiety and is also associated with poorer response to treatment. The results from the research will help inform our resources and mental health training in schools.

Graduate wellbeing

In our recent survey of graduates about mental health and the transition from university to employment, we established that graduates want a 'go to' place that will provide targeted and relevant information to help them make a smooth transition from higher education to the

workplace. That's something we're now working on and we're excited to be partnering with international energy services company Centrica, which employs 120 new graduates each year, making them ideal to help add life experience to our evidence-based materials.

Boys in Mind, Girls Mind Too

We're continuing to support the Boys in Mind team; based in Bath and North East Somerset, they aim to improve the mental health of boys and young men by addressing and understanding the particular barriers they face. Recently, Daniel, Josh, Lizzie, Will and Ian from Boys in Mind took a leading role at the Children and Young People's Mental Health Conference in Taunton in front of an audience of over 100 mental health professionals.



Their list of film projects also continues to grow. 'What helps' features students at Ralph Allen School talking to their friends about what gets them stressed, what they do about it and how they can help others. 'What helps' was launched on 11 February and was viewed 1,000 times within two weeks. You can see the film at boysinmind.co.uk/what-helps/

GCSE guides

With GCSEs just around the corner, we are promoting our guides on an emotionally healthy approach to GCSEs and Scottish Highers. There are guides for pupils, teachers and parents and they are available, free of charge, in print or as downloads from the CWMT website: cwmt.org.uk

We are also producing short versions of the guides which will be available in mid-April. Please see our website for details.



An exciting road ahead

Earlier this year, Sir Mark Waller stepped down as Chairman of the Charlie Waller Memorial Trust and his son, Richard, took up the reins. Richard spoke to Robert Beaumont about his plans and ambitions for the Trust.

RB: What are the main achievements of CWMT since it was set up in the wake of Charlie's death?

RW: My parents' mission when they founded the Trust nearly 23 years ago was to make sure that Charlie's death was not in vain. I think we can all agree that it is "mission accomplished". The work that the Trust has done in Charlie's name has helped to transform the mental health landscape in the UK.

The Trust is a major, well-respected force in the battle against the crippling and debilitating illness we know as depression, and other prevalent mental health issues, such as anxiety. This is down in large part to the extraordinary passion and dedication of my mother and father.

One of the main objectives of the Trust when it started was to try and change the negative attitude towards depression. Depression was perceived to be an illness that affected the weak. Dealing with mental health issues should be as straightforward, and as free from stigma, as dealing with physical health problems. The work the Trust has done has made significant progress in this area with many young people now able to seek and receive the help they need. Obviously, there is still much work to be done, but I am in no doubt that my parents' extraordinary courage in setting up the Trust in the bleak aftermath of Charlie's death has not only saved lives but made many lives immeasurably better.

There is an episode of "This is Us" – a box set I would recommend to all you parents out there who like a bit of sentimental US telly – in which a doctor explained to grieving parents that when life gives you some of the sourest lemons that it has to offer, you should try to turn them into

something resembling lemonade. He explained to the grieving father that, when life gave him some of the sourest lemons it has to offer, he liked to think he turned them into something resembling lemonade. My parents have certainly, through the Trust, created something resembling lemonade.

RB: What are your main objectives going forward? Are there any specific areas where you feel CWMT can make real progress?

RW: The Trust is now at a crossroads. With my father and, later this year, my mother, stepping back, we need to ensure that the Trust's upward trajectory continues.

I am determined to ensure that this happens. The Trust's work is extremely important and there is still much to do. We cannot afford to think in terms of merely continuing the Trust's good work: we must be ambitious and aim to take the Trust to the next level. This means increasing our reach and increasing our impact. It means identifying where we are most effective or where we could be most effective and focussing our efforts in those areas.

One area I want to focus on is to improve young people's day to day habits or behaviour in terms of exercise, nutrition, sleep and social connectedness.

RB: In what ways will your stewardship differ from your father's?

RW: Dad, particularly after he retired, was very hands-on. The Trust is lucky enough to have a supremely

talented CEO in Clare Stafford, and a first-class office team. Clare has now been in post for over six years. It is an ideal time for her to assume more decision-making autonomy.

We are also lucky enough to have a dedicated and passionate Board of Trustees from different fields of expertise including medical, financial, educational, IT and marketing. Under my stewardship, the trustees will be encouraged to take a more active role in relation to specific parts of the Trust's operations, so that Clare is as well-supported as before.

We may also have to innovate in terms of fundraising. With Mum stepping down at the end of this year, the Trust's fundraising strategies will have to adapt. We will be taking a close look at the options available to the Trust including the possibility of raising funds through the provision of high-quality, evidence-based training to companies who are willing and able to pay for it.

RB: The attitude towards mental health, from Government downwards, has changed dramatically since 1997. How will CWMT take advantage of that?

RW: This is a good question. The Trust has helped to successfully lobby the Government in the past to increase funding for the training of psychologists. Although IAPT has improved access to treatment, much more needs to be done in order to ensure effective treatment is available. We must keep the pressure on the Government

to properly fund the training of psychologists and therapists.

There are also well-established links between physical and mental health. Exercise and nutrition not only help stave off mental illness but they also aid recovery. This is an area where I believe the Trust can work with the Government to help promote healthy lifestyles.

“The bottom line is that I will find the necessary time because I feel passionately about what the Trust does.”

RB: You are exceptionally busy – a successful QC with a big family. How will you be able to find time for this challenging role?

RW: As a barrister there are times when work is all-encompassing but being self-employed you have control over your diary and therefore, unlike many jobs, control over your time.

My family will always be my number one priority. However, they are growing up fast and their demands are increasingly more on my wallet than my time!

The bottom line is that I will find the necessary time because I feel passionately about what the Trust does.

RB: Can you say a little bit about the importance of regular exercise and good sleep patterns in improving mental health?

RW: I am a great believer in the value of exercise, nutrition, sleep

and social connectedness when it comes to improving your mental health. The evidence shows that exercise, nutrition, sleep and social connectedness all play a vital role in your mental health. I want to see the trust help promote much greater participation in sport and other social activities where young people not only make friends but get in shape. This will not only help prevent the onset of mental ill-health, but it will also help people overcome their mental ill-health. Charlie, before he became ill, was a great rugby player and the heart and soul of every party. Towards the end of his life, he spent less time on the rugby pitch and with friends and more time lying horizontal on a sofa watching TV.

In hindsight, this was a tell-tale sign that Charlie was unwell. This change in behaviour, brought on by his depression, helped to deepen his depression as he became trapped in a vicious circle of ever-increasing weight gain, isolation and loss of self-esteem. So one theme for the start of my time as chairmanship is to help people to escape the vicious circle of sofas and isolation and instead to create a virtuous circle of getting outside into the sunlight and taking exercise with friends.

RB: How have your views on mental health changed since Charlie's tragic death?

RW: Before Charlie's death my knowledge of mental health was limited. It was certainly not something I felt comfortable talking about. I am not sure that I saw it as

a real illness, as opposed to a word that was bandied about to describe negative or sulky people. I certainly would not like to have admitted to suffering from it.

However, when someone of Charlie's stature and character is felled by depression, you realise very quickly that it is a very real illness and that it is not something to be embarrassed or ashamed of. It is indiscriminate. Charlie was a strong, outwardly confident, funny, popular, good-looking, kind and financially successful young man with a tight and loving family. And yet, he killed himself as a result of depression. Depression is therefore something we need to take very seriously. But it is not something we need to be unduly scared about because it can be treated. The only thing not to do is to allow it to fester and go unaddressed.

So, I now view depression as something that is real, profoundly painful, potentially dangerous but ultimately eminently curable when appropriate help is sought.

RB: How would you describe yourself in a sentence?

RW: A trier, who wants to keep his family safe, his friends close and hopefully do some good along the way.

Robert adds: Richard is being too modest in his last answer. But I won't embarrass him too much, apart from saying that I've known him all his life and his many qualities make him ideally suited to lead the Trust into the next stage of its development.

As Richard mentions, physical exercise can have significant benefits for mental health. Here are our top tips on exercise and depression (with thanks to Dr Tim Carter, University of Nottingham).

Exercise and depression – seven top tips

Do what you enjoy

It doesn't seem to matter what type of exercise you do as long as you're physically active.

Do it regularly

Being consistent is important, whatever activity you choose.

Do what you can

Three times a week is ideal, but if that feels like too much, just do what you can.

Don't run on empty!

Stop when you feel you could do again what you've just done.

Go easy on yourself

If you're struggling with depression, you may tire easily – don't worry, that's normal.

Go with the flow

Don't expect your depression to be alleviated straight away. It might take some time, and you may need additional support alongside exercise.

Go for it

Exercise might help in just one area – perhaps your levels of energy or sleep – or it may give you an overall sense of achievement. Either way, it will be something to build on and it may just be the first step to recovery.

Early to bed?

Adolescent sleep and educational performance

In many households, teenagers' sleep patterns can cause a degree of tension, bafflement – or at the very least, amusement. Dr Rachel Sharman, Dr Gaby Illingworth and Prof. Russell Foster shed light on this age-old source of generational misunderstanding.

On a societal level we often see sleep as an afterthought, taking time away from our other pursuits. To an adult, this may be going out with friends, or staying late in the office. For an adolescent, it may be staying up late to socialise with peers through electronic media. However, this comes at a cost. We know that sleep is fundamental for learning, memory consolidation and information processing, alongside restoration and repair of the body. Adolescents are particularly vulnerable to sleep disruption around puberty, as both physical and behavioural changes impact upon sleep, which, in turn, can influence their ability to engage in the classroom and learn.

The biology of sleep

Sleep and circadian rhythms are not the same. Circadian rhythms describe the physiology and behaviours that enable an individual to anticipate and adapt to the changing daily demands of the environment, most notably the

daily changes in light, temperature and the availability of food. Circadian rhythms are generated within cells through the activation and suppression of clock genes over a period of close to 24 hours. Small changes in these genes have been linked to an individual's 'chronotype', which is our preferred sleep/wake timing.

Left to its own devices, the circadian system is not exactly 24 hours and so needs a daily adjustment to 'force' internal time to align with the external 24-hour day (Foster and Kreitzman, 2017). This is primarily through the changes in light intensity at dawn and dusk, which are detected by specialised photoreceptors within the eye that are most sensitive to blue light. They not only regulate the circadian system but also change levels of alertness. Bright light increases alertness, and so if individuals are exposed to relatively bright light before bedtime, this will increase alertness and delay the onset of sleep (Foster and Kreitzman, 2017).

Adolescent sleep changes

Sleep timing (chronotype) is determined by multiple factors, and changes are most marked during adolescence, where sleep onset becomes markedly delayed (Foster

and Kreitzman, 2017; Roenneberg et al., 2004). This delay is partly driven by psychosocial factors, such as peer and media influence and assertion of autonomy, and biological processes involving developmental changes in the circadian timing system and altered sensitivities to dawn/dusk light stimuli. Due to these changes, children show an increasing preference to go to bed later, which peaks at around 19 years for females and 21 years for males.

On average, there is about a two-hour difference in chronotype between adolescents in their late teens and individuals in their late fifties (Roenneberg et al., 2004). This delay, coupled with alarm clock use on school days, results in a progressive shortening of total sleep time. The preference to go to bed and wake later on free days then contributes to a state of 'social jet lag' – the disparity between sleeping in accordance with chronotype (weekends) and sleeping in accordance with school demands.

“Insufficient sleep is associated with reduced attention, impaired learning and poorer academic performance.”

Finally, the timing of light must be taken into consideration. Light at dusk delays the clock, so that individuals get up later the next day, whilst morning light advances the clock, so that individuals get up earlier the next day (Foster and Kreitzman, 2017). This is important because if adolescents see more evening light, but miss light in the morning (for example, oversleeping at the weekend), their clocks will be delayed. It has been proposed that changes in the adolescent eye mean

that light in the evening, such as that emitted by electronic devices, may have a far greater delaying effect than in adults.

The National Sleep Foundation in 2015 recommended that 14- to 17-year-olds should have eight to ten hours of sleep each night. Yet data from the University of Oxford's Teensleep project (Illingworth et al., 2019) has indicated that UK adolescents are achieving around seven hours' sleep on a school night but wish to have around nine hours.

It is well established that insufficient sleep is associated with reduced attention, impaired learning and poorer academic performance (Curcio et al., 2006), and has also been shown to be associated with mood and emotional deficits.

Sleep extensions: A case for delaying school start times

Because of the delay in sleep/wake timing, asking a teenager to wake for school at 7am is the equivalent of asking an adult to wake at around 5am! Consequently, schools have taken part in interventions to address the timing of the school day. Wheaton and colleagues (2016) evaluated 38 studies involving a delay in school start times and summarised that later school start times were associated with an improvement in attendance, a reduction in sleepiness in class and improved academic performance. It is important to stress, however, that the majority of these studies have been undertaken in the US, where schools start earlier (around 7.30am) than in the UK (around 9am). Nevertheless, a large-scale and quantitative evaluation of the benefits of a delayed start (such as at 10am) to the school day for UK students is needed.

Sleep hygiene

Delaying school start times allows adolescents the opportunity to sleep at times more aligned with their chronotype. However, adolescents may also be engaging in behaviours that are not helpful for sleep – or, in other words, they have poor 'sleep hygiene'. Sleep hygiene, including the practice of sleep stability (going to bed and getting up at the same time every day) and reducing light exposure in the evening, may counter the social jet lag and delayed sleep seen in adolescent sleep/wake timing at puberty.

“Asking a teenager to wake for school at 7am is the equivalent of asking an adult to wake at around 5am!”

As mentioned above, the photoreceptors that drive entrainment of the clock and alertness are most sensitive to blue light. The light emitted from TV screens, tablets and phones is blue-enriched. One study on young adults asked individuals to read a light-emitting (LE) e-book at maximum intensity under dim room light for around four hours (18:00–22:00) before bedtime on five consecutive evenings, whilst the control group read a printed book.

The study concluded that those that read the LE-e-book took longer to fall asleep, had lower morning alertness and experienced a delay of the circadian clock compared to those reading a printed book (Chang et al., 2015). However, the effects were relatively small. Those participants who read LE e-books took only 10 minutes

longer to fall asleep. As a result, some caution needs to be exercised when the paper states 'that reading an LE-e-book in the hours before bedtime likely has unintended biological consequences that may adversely impact performance, health, and safety' (Chang et al., 2015, p. 1233). However, such studies have not been undertaken with young adolescents where there is evidence for increased circadian sensitivities to light.

In a large US survey, adolescents were shown to have increased the time spent using electronic media devices from 2009 to 2015. This was correlated with a decline in sleep duration. In contrast, other activities that may be associated with shorter sleep, such as time spent on homework, did not increase (Twenge et al., 2017). When adolescents used an LED computer screen in the evening, blue-light-blocking (yellow) glasses were shown to reduce evening alertness (van Diepen et al., 2015). Many electronic devices have in-built functions that dim the brightness of the screen in the evening and/or reduce the amount of blue light emitted. Although still an emerging field, light interventions such as altering the blue content of light sources before bedtime or reduced evening light versus increased morning light may be a useful tool for adolescents experiencing difficulties with sleep.

Caffeine use is particularly relevant to adolescent sleep given the popularity of energy and caffeinated fizzy drinks in this age group. Excessive caffeine use can have a detrimental effect on sleep, as caffeine is known to block adenosine receptors in the

brain. This masks the build-up of the homeostatic drive for sleep (whereby an increased duration of wakefulness leads to an increased need for sleep) and so promotes wakefulness. Indeed, teenagers who drink two or more caffeinated beverages each day are more likely to have insufficient sleep on school nights and think they have a sleep problem than those who drink one beverage or fewer.

Conclusions

Many adolescents experience chronic sleep deprivation during the school week due to a combination of changes in sleep physiology, light exposure and poor sleep hygiene. The resultant shortened sleep in these individuals predisposes them to poorer educational outcomes and poorer health. In response, researchers around the world have begun to look at school-based interventions to improve the sleep of teenagers, based upon either delaying school start times or attempting to improve sleep hygiene, but such approaches have not been undertaken in combination. Furthermore, quantitative assessments of sleep, in parallel with measures of overall health, wellbeing and academic attainment, have not been undertaken over time. If we are serious about improving the quality of life and educational performance of teenagers, then it is essential that we generate the evidence base to develop interventions within the school to improve sleep.

Professor Russell Foster CBE BSc PhD DSc FRSB FMedSci FRS is Head of the Nuffield Laboratory of Ophthalmology and Director of the Sleep and Circadian Neuroscience Institute, University of Oxford.

Dr Gaby Illingworth MRes PhD is a Postdoctoral Research Assistant at the Sleep and Circadian Neuroscience Institute, University of Oxford

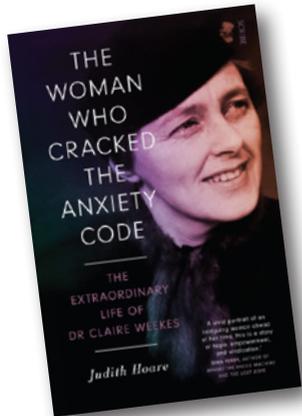
Dr Rachel Sharman BSc (Hons) PhD is also a Postdoctoral Research Assistant at the Sleep and Circadian Neuroscience Institute, University of Oxford

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Books

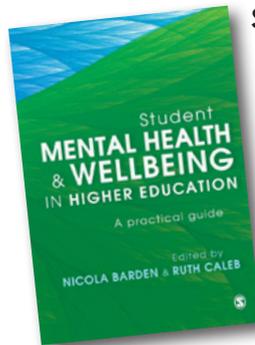
In this edition of the newsletter, we've brought you three very different books – a biography and two guides to wellbeing.



The Woman Who Cracked the Anxiety Code: the extraordinary life of Dr Claire Weekes

Judith Hoare

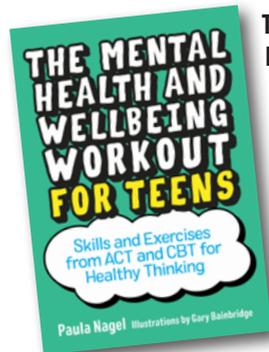
This is the fascinating biography of Dr Claire Weekes, who became 'the hidden hand behind the modern therapeutic manual'. A mistaken diagnosis of tuberculosis in her 20s, which caused her heart palpitations, was the beginning of her journey to practical treatment for anxiety. Her pioneering method was deceptively simple, offering her patients just six words to confront their anxiety – face, accept, float, let time pass. Her international bestseller 'Self help for your nerves', first published in 1962 and still in print, has helped millions of people to overcome their anxiety.



Student Mental Health and Wellbeing in Higher Education: a practical guide

Edited by Nicola Barden and Ruth Caleb

The guide's aim is to enable all university staff, whatever their role, to best support their students' mental health and wellbeing. There are chapters by CWMT Board Adviser Dr Denise Meyer on the student lifecycle – pressure points and transitions, and by CWMT Programme Director – Education Dr Andrew Reeves on how to create the conditions for staff to be able to give confident support.



The Mental Health and Wellbeing Workout for Teens: Skills and Exercises from ACT and CBT for Healthy Thinking

Paula Nagel

One of our recent book club titles, this book arms teens with healthy thinking habits and coping strategies for staying on top of their mental health and the tools to boost their emotional resilience and wellbeing.



A winning tale of kindness

Last year we invited Year 5 children to enter our first story writing competition, which was judged by broadcaster and CWMT Patron Mary Nightingale. The theme was kindness.

We had over 200 entries and our panel of judges took great pleasure in reading the imaginative and thoughtful stories. After much deliberation, 10-year-old Daisy Morton from Hargrave in Suffolk was named the winner, with her touching story, 'Evie's special gift', about a girl with autism. Mary Nightingale said: "I love the positive message of the story, and the way it builds a vivid sense of Evie and her family. The use of vocabulary is imaginative and effective."

Mary felt that the first line of Daisy's story was "perfect, immediately drawing readers into the story, and making us curious about what will come next." This is how the story begins:

'This story all began within an ordinary place with ordinary people but with one person who did not feel ordinary and that was Evie.'

Evie has difficulty making friends because she has a facial disfigurement as well as autism. A chance meeting

with a kind stranger in a 'dark, damp, daunting, daring forest' leads to her learning to 'look past her autism and see Evie for Evie, the most beautiful, kind-hearted girl in the world.'

Daisy's prize was to have her story published as a one-off booklet and on the CWMT website, and for it to be illustrated by CWMT's Annabelle Martin. This is Annabelle's interpretation of the house where much of Daisy's story is set.

Daisy was very surprised to find out she had won. She said: "I didn't know what to say. Mummy had kept it a secret and told my teacher, they decided to announce that I was the winner during my assembly. My friends were really proud of me and they gave me a big hug, everybody kept talking about it for days after."

Asked what inspired her story, Daisy said: "A lot people have autism and somebody I love has it – this is what inspired me to write about it. One of my favourite films is 'Wonder' and it is about a boy with a facial disfigurement and how he makes friends. I know that if you have special needs people are sometimes rude to you and they really shouldn't be, we should all be kind to each other."

Many wonderful stories were entered into the competition. In respect of the runners up, Mary said: "It was a difficult choice – all the stories were beautifully written and well considered. I'd like to give a special mention to Sophia Wong for 'Mrs Johnson', which was a terrific idea, and well executed. And Harrison's story 'A kind act at Christmas' brought a tear to my eye – a thoughtful, touching piece of writing."

You can read Daisy's story, as well as those written by Sophia and Harrison, at cwmt.org.uk/story-competition



Young adults, mental health and drugs

Educating young people to make healthy choices

The transition into adulthood presents many opportunities for new experiences and challenges, all with the potential to have a positive or a negative effect on young people's mental health.

The dividing line between positive and negative experiences may not always be simple – for instance, staying up all night putting the world to rights may be great for bonding and the development of ideas, but may not be so good for healthy brain development for which sleep is incredibly important.

Experiences which have a negative impact on mental health may include drinking to excess, taking potentially harmful drugs, having unprotected sex, driving too fast – and it's a rare young adult who won't experience at least one of these at least once. Some of these experiments are short-lived and do not result in long-term harm, but we need to be supportive when they do.

How can we best equip young people with the knowledge, skills and confidence to successfully navigate these challenges and look after their mental health as they move into adulthood?

Taking an holistic approach

CWMT trainer Ian MacDonald has 20 years of experience in working with young people. He takes the view that an holistic approach to mental health education is the most effective.

Taking the example of recreational drugs, the prospect of young people being exposed to readily available illicit drugs and alcohol at college, university or elsewhere may propel some parents, grandparents or carers into thinking that a more specific approach is warranted. Headlines about the dangers of, for instance, cannabis use, can be alarming and prompt an understandable desire simply to say 'just don't do it' but how helpful is that?

“People who are already at risk of developing mental health problems are more likely to start showing symptoms of mental illness if they use cannabis regularly.”

“Media coverage of the effects of drugs like cannabis on young people's mental health can understandably cause parents and carers to be anxious”,

says Ian, “and research has shown that people who are already at risk of developing mental health problems are more likely to start showing symptoms of mental illness if they use cannabis regularly.

“However, whilst the risks around drug use are very real and a serious public health issue, it's important to look beyond the substance to the root cause of the behaviour. Dealing just with information about a given drug will be limited in its effectiveness in bringing about behaviour change, as the key driver for that substance use is never properly addressed.

“Changes in the brain during adolescence mean that young people are more likely than any other age group to seek out novel experiences and take risks – which may include experimenting with alcohol, cannabis and other legal and illegal substances. In some cases, the results of this may be harmful. The question is, how do we best help young adults assess the risks of this behaviour – or any other potentially harmful activities – for themselves, and make healthy decisions?

“In my experience, the most effective method is to educate young people at school via dedicated curriculum time, utilising teams of specialist teachers; it should include giving young people the opportunity to practise the skills they need to negotiate real-life situations where they have choices to make around drug or alcohol use. This takes time and needs to be prioritised and planned into the curriculum; there is a danger in not giving young people enough time to actually learn anything useful about drugs, let alone the time to develop skills relating to making healthy choices around them.

“Without the necessary time and attention, there is a danger of raising

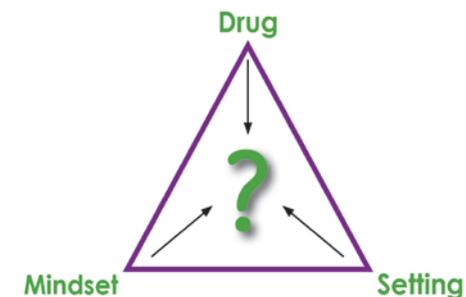
awareness and intrigue among pupils without giving the time to explore the issues and embed learning.”

“It's important to look beyond the substance to the root cause of the behaviour.”

Assessing the risk

Helping young people understand the process of assessing a risk is a key skill within drug education and prevention. Many professionals in this field use the 'drug triangle'. Essentially, it suggests that the risk of taking a given substance at any given time is influenced by three key factors:

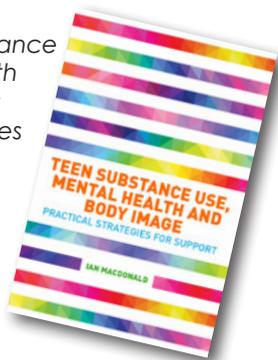
1. The drug itself: this describes things to do with the drug. What is it? How much of it is there? How strong is it, and how can you know? Has another substance – illicit or otherwise – also been used?
2. The setting: this describes the environment the individual is in. Are they alone? Are they with people they know? Are they indoors or outdoors? Are they somewhere they are familiar with or somewhere new?
3. Mindset – this describes things relating to the individual themselves. Are they feeling happy? Are they feeling anxious or stressed or sad? Are they worried about anything? Are they tired? Do they have any medical conditions?



...

Taking all these things into account helps us discuss the level of risk associated with a given drug – with knowledge about the drug itself playing a small part in that. It can help show that the situation in which a person takes a substance is likely to be different from a previous one – even if only slightly. This in turn highlights the unpredictability of drug (and alcohol) use, and the importance of helping young people develop their understanding of how to make healthy choices.

Ian MacDonald's book, *Teen Substance Use, Mental Health and Body Image: Practical Strategies for Support*, was recently sent free of charge to 743 secondary schools through the CWMT Book Club.



How can parents and carers help?

- Talk to your children about drugs in the context of making healthy life choices. Choose a calm moment, perhaps using a TV programme or news story to open the conversation.
- Ask open and supportive questions, avoiding an interrogating style if possible. So rather than "are you using drugs..." think about using phrases like "some people are curious about drugs, what do you think?" or "what might you say to a friend who you knew was drinking?"
- If your child already has a mental health problem, or is at risk of developing one, you may wish to talk to your GP or someone already supporting your child.
- Be aware of a few key facts, for instance:
 - ▶ heavy cannabis use can interfere with sleeping patterns, getting in the way of restful sleep.

- ▶ The majority of cannabis now on the market has a high concentration of THC, the psychoactive element of cannabis. There is no guarantee of what concentration of THC someone is using each time. So different strains mean different concentrations of THC and therefore unpredictable effects each time someone uses.
- ▶ Most people use cannabis in conjunction with tobacco; this can result in issues around nicotine dependency, which can make it more difficult for people to give up.
- There is often support available via local substance use services for young people.

There is online support available at: youngminds.org.uk/find-help/looking-after-yourself/drugs-and-alcohol/ drugsand.me/en/me/parents/dsmfoundation.org.uk/parents/

A mighty walk for a mighty cause



Friends Holly Hayes and Molly Ropner took on an epic fundraising challenge for CWMT last summer, walking an extraordinary 1,800 kilometres between them. They told us about their adventure.

The Great St Bernard Pass starts on the Swiss-Italian border, continuing down the length of Italy and finishes, dramatically, at the top of Mount Etna in Sicily. Holly and Molly completed the walk in three months and raised a marvellous amount of money for the Trust, reflecting the huge commitment and effort involved.

Holly explains why they chose to fundraise for the Trust: "Like many people, we had been impacted by friends and family who suffer with mental health issues. I was introduced to CWMT in 2009 – it was the first charity I knew of that dealt with mental health. Its small, determined team with widespread impact was perfect to raise money for."

The first leg of the walk took them from the Italian Alps down to Rome, which was where Molly completed her part in the walk. Each day they aimed to cover more than 30 kilometres, made more gruelling by the temperature and the packs on their backs.

Molly says: "The most challenging aspect of the trip was coming to terms with a new pace of life. Initially it was disheartening to see that long, hard days of walking, away from the mountains, were barely reflected when scaling our distance covered against the map." Fortunately, she says: "Italian cuisine is suitably carb-focused, i.e. delicious, and all restaurants offer seating, which becomes newly appreciated when you spend up to nine hours a day on your feet." Over time, she also grew to appreciate the length of their journey and found it incredibly rewarding, celebrating on the final road to the Vatican City with two pistachio gelatos.

It was then down to Holly to head south from Rome to Sicily. By her own admission, her map-reading skills could have been better, which meant that her first week was spent going up and down mountains, creating longer and more exhausting days. However, she says: "With Sicily in sight and Mount Etna glistening on the horizon, I could hear it calling my name."

After 74 days of walking, Holly arrived at her final destination. She says: "Reaching Sicily, my feet could hardly believe not having to trudge 35 kilometers with bag in tow. Propped up with an Aperol Spritz in hand, the pain and exhaustion quickly became a distant memory. An amazing three months for an amazing charity."

CWMT Wellbeing Challenge 2019

More than 40 schools and youth organisations joined in the second CWMT Wellbeing Challenge using the 'Five Steps to Mental Wellbeing': Connect, Be active, Keep learning, Give to others, Be mindful.

In the last edition of the newsletter, we told you about five of the ten winning schools in our Wellbeing Challenge 2019. We asked schools to post photos of their activities on social media and our judges chose the winners, each of which received a library of wellbeing books. Here we tell you about the other five winning schools. All schools which took part received one wellbeing book.



Homewood School

Everyone at Homewood School got involved with an amazing range of activities during the challenge. Students taught their peers how to have a

mindful minute, created an art exhibition around being mindful and made stress balls to help students sitting their mock exams. Staff took part too – pebble painting and making gift boxes as part of wellbeing sessions.



Springwood Heath Primary

Pupils at Springwood Heath Primary spent a morning on mindfulness and creativity, starting with a meditation and mindful

breathing. They designed their own worry bags to put their worries in and talk about, helping them to solve their problems and talk about their worries

together. And to use up some energy they danced to happy music and kept active with some circuit training.

Trelya Cornwall

There were some lovely outdoor activities for pupils at Trelya Cornwall – snorkelling in the bay as part of keeping active, volunteering at the local community garden as part of giving to others, and a mindfulness exercise that involved watching bees collecting pollen.



Wellington Academy

At Wellington Academy, being active involved circuits with Spanish music, a performing arts lesson and a balance workshop. Staff, parents and the local community collected dresses to donate to the Andover prom dress free rental service and some of the Year 10 girls helped run a football tournament at one of the local primary schools.



YMCA Clevedon

YMCA Clevedon runs weekly activities for 11-to 19-year-olds and worked their way through the five steps to wellbeing with one of their Wednesday groups. They practised connection and trust with a blindfold game, got active with an obstacle course, learnt from their peers on work experience about social media, shared something positive about everyone in the group and completed some mindfulness with reflective paintings.



Fundraising highlights



Since I last wrote we have had some wonderful support from so many quarters. Molly Ropner and Holly Hayes completed an epic walk of the Great St Bernard Pass, which you can read about on page 23; Olivia Hughes completed the Richmond Marathon; St Andrews University held another Welly Ball in aid of the Trust and we had two wonderful Carol Services, which you can read about below.

Numis and Boden continued to support us in so many ways. Boden

produced T Shirts and thank you presents for the London Carol Service, as well as volunteers; Numis sponsored the event and came to the London Service in droves; and Imedia sport and the Reboot Challenge have been hugely informative and have encouraged us to think further in relation to the positive effects of exercise on wellbeing. We have two new corporate partners – Michelmores and Mercers – and are hugely grateful to them for their engagement with us.

Finally, a very big thank you to all supporters who work tirelessly for the Trust and who are helping so much in its further development.

Rachel Waller
Head of Fundraising

A Quiz about a Quiz

Our annual CWMT quiz took place on 30th January. It was a milestone: the final edition presided over by Richard Hilliard, Quizmaster Extraordinaire. But how well do you know this essential event? Answers below.

1. How many CWMT quizzes has Richard presided at, and how much was raised this year?
2. Can you name his debonair assistant, Tonto to his Lone Ranger?
3. What is Richard's deathless catchphrase?
4. Which Saint's church is the quiz always held in?
5. And what 'nation' is this Saint associated with?
6. The architectural style of the houses left and right of the church references one of the UK's former EU partners. It's called Pont Steet _____.
7. Who always, but always wins the CWMT Quiz?
8. What's the aggregate total that Richard and team have, by the sweat of their brows, helped raise for the Trust down the years, to the nearest ten thousand pounds?
9. What would we all sincerely like to say to Richard and his right hand man?
10. Who will run the quiz next year?

Answers

1. 10 and more than £12,000 2. Roddy Gye 3. "Hush" 4. St Columba's 5. Scotland 6. Dutch 7. Bud McLintock's 'Great Minds Think Alike' 8. 100,000 9. Thank you, Richard and Roddy 10. Watch this space: tough act to follow.



#RunForWellbeing - the Saucony Cambridge Half Marathon

There's nothing quite like the buzz of nervous but excited anticipation you can sense in the air amongst a huge crowd of people gearing themselves up to set off on a run that will test their fitness, energy, speed and endurance. That was certainly the case for the twelve thousand or so runners who took part in the Saucony Cambridge Half Marathon on a glorious sunny Sunday early in March. Amongst them were 60 intrepid individuals running in support of CWMT, which was chosen as a national charity partner for the event, awarding the Trust with an allocation of sought-after places for the event. This was the largest



number of people to have taken part in a half marathon in aid of the Trust and their support was a powerful endorsement of the #RunForWellbeing campaign which we launched alongside the

event to promote the benefits of physical activity on mental health.

Our CWMT runners brought lots of positive energy and good humour to the occasion. Simon Bailey and Jeremy Ellis came dressed in full cow and monkey costume respectively and made it to the finish on what turned out to be an unexpectedly warm day! Representing the Trust itself were our new Chairman, Richard Waller, and his brother Phil. Both acquitted themselves valiantly, as did Rachel Welch, one of the trainers on our Schools and Families Programme. A keen runner, Rachel said: "There was a real sense of family among the CWMT team. By mile 10 I started struggling, when I spotted another CWMT vest in the crowd of runners. Sarah and I had never met before, but by the time we crossed the finish line together 3 miles later she felt like an old friend.



We stuck together, encouraged one another and didn't let the other give up." In addition to several Cambridge alumni and family friends, they were joined by both existing and new supporters who were glad of the opportunity to stretch their legs in aid of our cause. Amongst our new supporters were Cambridge University staff who

decided to run for the Trust when they learned about our work.

The buildings and streets of Cambridge provided a glorious backdrop to the event and although it was warmer than the runners might have wished, a valiant group of CWMT supporters spurred them on through the sunshine, providing as much noise and encouragement as they could whenever they spotted a CWMT T-shirt – or a monkey or cow costume - passing the 5 mile and 11 mile cheer points. The group included staff from the Trust, CEO Clare Stafford, Mark and Rachel Waller, Sara Fox and Trissa Orange and her grandson, whose help both before and on the day proved invaluable.



Cambridge alumni Richard Waller summed up the day, saying: "It was truly something running down memory lane after memory lane in the glorious spring sunshine."

We are incredibly grateful to all our runners for not only taking up the



physical challenge of completing a Half Marathon, but also for their magnificent fundraising efforts. Between them they have raised over £48,000 for the Trust. Given that only one week later events up and down the country were being postponed or cancelled due to the Covid 19 pandemic, that sum means all the more to the Trust right now.



Welly Ball

Tremendous thanks to Courtney Nation, Cate Crossland, Kate Russell and the St Andrews Welly Ball Committee who chose CWMT as their charity for the sixth year running, for which we are incredibly grateful.

The Welly Ball is a unique and magical event and the money it has raised is making a huge difference to our work. In particular, it is enabling us to expand our work in Scotland: in the last two years, our work has included the delivery of 25 mental health sessions to 2,000 school staff, young people and parents; three sessions to 57 GPs; five days of line manager training at the Student Loans Company in Glasgow, to 85 line managers; and several sessions to students at St Andrews.

Combined with the work we are doing with three colleges of Further Education in Scotland (see page 8), this is helping us make a real impact.



Carol Service – London

After battling against the train strike to travel to London, the uplifting and incredibly festive CWMT Carol Service was just the tonic I needed. You cannot fail to be impressed with the stunning and beautifully dressed venue of St Luke's Church which was filling up the moment the doors were opened.

Looking around at the 900-strong congregation, I was struck by the large number of young people in attendance, which bucks the trend of usual carol services. I'm not sure if it is the vibrancy of the Trust, the issue of mental health or the trendy area of London, but it was a pleasant surprise.

The Vox Cordis Choir was so incredible that I felt embarrassed at the meagreness of my own singing! The amazing readers: Alexander Armstrong, Harry McEntire, Tish Potter and Mark Pougatch, who kindly gave their time, deserve a special thank you too. CWMT supporter and consultant John Olsen made some touching remarks about a charity he is clearly very fond of when he spoke on behalf of the Trust.

The carols were all well-known favourites and the congregation sang enthusiastically. It was all over within an hour, leaving us wanting more. Fortunately, provisions of delicious mini mince pies and a lovely glass of red wine greeted us outside the church, sending us away into the night, feeling a whole lot more festive!

Huge congratulations to all those who organised such a special and fabulous event. It was my first CWMT Carol Service but it certainly will not be my last.

Alison Sutton

Carol Service – Bradfield

The third annual carol service at Bradfield College was held on a crisp winter's evening with the Bradfield and Elstree School chapel choirs. It was very well attended with more than 300 people present. The chapel looked resplendent with a magnificently decorated Christmas tree that must have been at least 25 feet tall.

The Chaplain of Bradfield College, Rev Peter Hansell, gave us all a wonderfully warm welcome before the traditional opening carol, Once in Royal David's City. The solo was sung beautifully by Francis Fisher of Elstree School. The first reading by Anthony Andrews was The Bells by Edgar Allan Poe, followed by the Countess of Wessex reading John Betjeman's Advent. The two choirs then gave a marvellous rendition of O Holy Night – recently voted the nation's favourite carol. Moving and amusing readings from Jules de Jongh, Mark Durden-Smith, Rosie Bedford and Dick Moore were extremely well received, and the congregation was in fine singing form. Carols sung included God Rest Ye Merry Gentlemen, The First

Noel, We Three Kings of Orient Are and O Little Town Of Bethlehem, finishing with Hark the Herald Angels Sing.

As we left the chapel, everybody received a little goodie bag including delicious small meringues. The whole service was a great start to the Christmas festivities.

Andrew Aylwin



I made it to the summit of Mount Kenya!

This four-day trek, camping on the mountain, was probably one of the hardest challenges I have ever set myself. Before I started the expedition the camping was the terrifying bit about the trip. It has to be said I am rather more of a gl camper! The first night was in huts with the luxury of a flushing loo; our second day was a walk of about three hours through beautiful countryside, waterfalls and stunning flowers; on the third day we thought we would be walking for three to four hours but founded ourselves walking for six.

Summit day started at 4am, leaving in the dark after porridge for our eight-hour trek. Equipped with head torches and our guides leading the way, we saw the most beautiful sunrise and our first glimpse of the summit.

Unfortunately, I was suffering with a headache and sickness but there was no way I was going to give up! With Sonali by my side telling me "just think of Charlie Waller", I was pleased my fitness was taking me to the top. Elated and emotional, we all made it. There were tears, songs and relief.

It then became clear I was suffering from altitude sickness – I had to get down as soon as possible. It turned into a seven hour descent, through rain, hail and mudslides. By 3am we made it to 2,000 metres and at last I felt a little better. We had walked a total of 19 hours! It was very traumatic but I'm so pleased I made it and thank you to everyone who has donated as it certainly spurred me to the top. I think I have decided mountain walking will still be one of my passions but never again at altitude!

Kate Duckett

Halloween Bakewell

Huge thanks to Zoe Carmichael whose 'Halloween Bakewell' evening saw supporters unleashing tremendous creativity to bake an amazing array of cakes. Zoe said, "We had a brilliant evening at Bakewell last night and what a wonderful charity to support."





Reel Party – Scottish Dancing into the wee hours

About 250 teenage/university-age reelers descended on the Battersea Arts Centre on 16th December for "The London Gathering", an evening of reeling in aid of the Charlie Waller Memorial Trust. The wonderful music played by Supergrouse propelled them through the evening, and the energy levels never dipped right up until the Tam finish, as they whirled their way with enthusiasm through an assortment of reels ranging from the Eightsome to Hamilton House, Duke of Perth to the Reel of the 51st.

This annual event likes to support a charity which is particularly relevant to children/young adults in this age bracket, and we could think of nothing more fitting than the CWMT, with all the work it does in schools etc on mental health. This was certainly an evening of joy and fun, and it is wonderful that we raised a considerable sum to give to the Trust to continue its wonderful work.

Henrietta Fraser

Garrick dinner

When the King's brother, in 1831, agreed to be Patron of the Garrick

Club, it was on the basis that it would be a place where "actors and men of refinement and education might meet on equal terms." In that great tradition, the Trust's dinner at the Club on 1st November heard The Rt Hon. The Lord Butler of Brockwell speak of his life serving five Prime Ministers, including three as Cabinet Secretary.

The Garrick is known for its food, and its cellar is a hoard of treasure. The chef did his bit, with a delicious smoked haddock soufflé, lamb, and a tarte tatin of some delicacy. But for the capacity 100 supporters of the event, Lord Butler was the real attraction.

He had been Private Secretary to Edward Heath. It was a disciplined office, built around a serious politician facing huge challenges. The young Butler, using his initiative to correct a presumed Hansard error, created a huge furore by being wrong. It was an interesting start, and fortunately the Prime Minister was not vindictive. Butler's career survived.

With Harold Wilson, a clever and a consummate politician, life was very different. Multiple voices asserted multiple priorities. It was confusing, but it was exciting. When Margaret Thatcher replaced Wilson, there was some concern that the New Tories could hardly have the same civil servant working for the PM as the man who had worked for Wilson. But of course, Butler had worked for Heath too, and perhaps it was the latter's experience with the unions which also counted.

Thatcher was fierce in argument and didn't want the truth disguised. Butler was with her when the IRA

exploded its bomb in her suite at the Grand Hotel in Brighton, and witnessed her courage and steely determination not to deviate from her programme. Inevitably, change came with John Major, words replacing furious handbags, with the Prime Minister always taking huge trouble to understand the priorities of his interlocutors. The arrival of Tony Blair completed the arc, from Tory to Labour, twice over.

It was a grand tour of Prime Ministers – candid, amusing, with insights into their leadership styles. Sir Mark Waller, in his introduction, remarked that the Trust had been fortunate to have Lord Butler as the evening's speaker. But it was not just an entertaining evening. Subsequent feedback, and donations, have shown the value of these events in cementing the relationship between the Charlie Waller Memorial Trust and its supporters.

Aziz Panni

Olivia – Richmond Marathon

It's a cliché, but a marathon has always held a solid spot on my bucket list. It was actually my youngest sister who finally pushed me to sign up to the challenge. As she was the inspiration



it seemed fitting to run it for a charity and a cause very close to her (and my family's) heart. The training was far more gruelling than I anticipated, but as I saw the sponsorship

money grow I knew I had a lot of people putting their faith in me and I had no choice but to go through with it! Now I can hand-on-heart say it was one of the best days of my 23 years, and the euphoria of crossing that finishing line is a feeling that will stay with me for a lifetime. I can't imagine running it for a more worthwhile cause! Thanks for all of your help!

Olivia Hughes

Mayfly

Grateful thanks to Hilary Quinlan for donating the collection from last autumn's production of 'Mayfly', a new play by Joe White about a family dealing with the grief of suicide. The audience at Strode Theatre, Somerset, found it powerful and emotional. CWMT trainer, Julie Turner, attended on the last night, and said: "This was a very special performance, poignant, brave and thought-provoking. I was worried that it might be too dark and difficult to watch, but it wasn't; it's a play I would encourage people to see."

Rugby Dinner

It's doubtful whether the hallowed portals of Gray's Inn had ever heard language and laughter like it, but no-one minded. The splendid CWMT Rugby World Cup Preview dinner, held on the eve of what turned out to be a riveting competition in Japan, was a celebration of all that is best in Rugby Union. And it raised a staggering £56,000 for the Trust.



Credit: Jack Sawyer, Mt. 07833 345816

Organised and hosted in imperious fashion by Mark Durden-Smith, whose rapier-like wit spared no-one, this was an evening to savour. Stellar guests Sir Clive Woodward, Lawrence Dallaglio and Dave Flatman gave a fascinating insight into what it's like to win a World

Cup, with Sir Clive nobly honouring this engagement, even though he had just become a grandfather and was en route to hospital.

Amid some outrageous stories (some of which are completely unprintable in a CWMT newsletter or

any other newsletter, for that matter), there were some serious moments, with Sir Clive, in particular, talking tremendous sense about motivation, team selection, match preparation and pride in playing for your country.

All three felt that England had a great chance of winning the World Cup, but none foresaw England's demolition of the All Blacks, followed by the capitulation to the Springboks. Well, none of us could have predicted those two results, one following so swiftly on from another.

No matter. The money raised was staggering and everyone involved in the Trust is tremendously grateful to the three rugby stars, and, of course, to all those that attended and so generously donated and/or purchased auction or raffle prizes.

Let the last word go to Phil de Glanville, former England Rugby Union captain,

and team-mate of Charlie's at Durham University, who summed it all by saying: "The dinner was a wonderful occasion to get together with former Durham University friends, who we see far too rarely, in honour of Charlie's name. The surroundings were magnificent, the food and company excellent, and we were very well hosted by Mark Durden-Smith who kept us all amused with his quick one liners as he interviewed the rugby legends."

Robert Beaumont (Charlie's Uncle)



Shepherd family Christmas lights

We are incredibly grateful to Tony and Jancis Shepherd who very generously nominated the Trust once again to be the beneficiary of their extraordinary Christmas lights. Each year the family puts on the most amazing show of lights and music at their home in Marlow Bottom. Not only does the show raise a very impressive amount of money to help us continue our work; it also helps us spread important messages about mental health to all the families who come to see the lights.

Forthcoming events 2020

These are the events that we have planned for the coming year. In the current situation, please bear in mind that a number of them are subject to change and we are rearranging where possible. Please do keep an eye on our website for any updates on new dates – www.cwmt.org.uk/whats-on

Sedlak Virtuosi Spring Concert

Elstree School, Berkshire
TBC

Kinsky Trio

Gray's Inn Hall, London
TBC

Texas Scramble

Badgemore Park, Henley-on-Thames
Wednesday 27 May

Bike Oxford

Oxford
TBC

Ripon Races

Ripon Racecourse
Wednesday 17 June

ASICS London 10k

Lechlade, Gloucestershire
Sunday 5 July

Neon Disco

Englefield House
Monday 6 July

Bradfield Cricket Tournament

Bradfield College
Sunday 12 July

Prudential RideLondon-Surrey 100

Sunday 16 August

Piano Recital by Christopher Burrows

Englefield House, Berkshire
Saturday 26 September

Virgin Money London Marathon

London
Sunday 4 October

Mozart Requiem

Cadogan Hall, London
Wednesday 11 November

Bradfield Carol Service

The Chapel, Bradfield College
Tuesday 1 December

London Carol Service

St Luke's Church, Chelsea
Monday 7 December

Mozart Requiem
Wednesday 11th November 2020
Cadogan Hall, London
In aid of the Charlie Waller Memorial Trust
Tickets on sale soon
www.cwmt.org.uk/whats-on
01635 869754

Please see our website – www.cwmt.org.uk – for event tickets, entry forms and more information, or contact us by telephone on 01635 869754 or email at info@cwmt.org

Supporting us

The Trust relies on individuals who generously give their money or time to continue our work and we are extremely grateful for all your support. There are many ways in which you may make a donation:

Regular donations

Regular donations are a particularly important source of income for the Trust as they enable us to plan our work in advance. This is especially valuable in, for example, our work with schools: whilst one-off training sessions can be helpful, we make most impact by building longer-term relationships with schools. Our 'whole school approach' means that we can reach everyone involved – pupils, parents and teachers – enabling us to help change the culture to one that nurtures positive mental health.

Would you consider making a regular donation? If so, please complete the form on page 35 or visit www.cwmt.org.uk/donate – your support will be hugely appreciated.

Donate online

Please visit our website www.cwmt.org.uk to make a one-off or regular donation online.

JustGiving

Please visit justgiving.com/charliewaller

VirginMoneyGiving

Donate through VirginMoneyGiving using the link on our website: www.cwmt.org.uk/donate

By cheque

Send a cheque (payable to CWMT) to Charlie Waller Memorial Trust, 32 High Street, Thatcham, Berkshire RG19 3JD.

By telephone

Call us on 01635 869754.

By text

Text 'CWMT' to 70085 to donate £10. This costs £10 plus a standard rate message.

Banker's Standing Order

Please complete your details below in block capitals, sign and date the form then return it to: **Charlie Waller Memorial Trust, First Floor, Rear Office, 32 High Street, Thatcham, Berkshire, RG19 3JD**

Name & address of donor(s) bank in full: To _____
of _____

Please pay to:
CAF Bank Ltd (40-52-40), 25 Kings Hill Avenue, Kings Hill, West Malling, Kent, ME19 4JQ for the credit of the Charlie Waller Memorial Trust (Account No. 00017195)

The sum of _____
(in words) _____

Date when payments should start: Every month Every quarter Annually

starting on the _____ (day) of _____ (month) _____ (year)

Please allow at least one month from the date of sending this form to CWMT.

Signature: _____

Date: _____

Full name in capitals: Title _____

Name _____

Account to be debited: _____

Account No. _____

Sort Code: _____

This instruction cancels all previous instruction in favour of the Charlie Waller Memorial Trust (Registered Charity No. 1109984)

giftaid it

Please treat as Gift Aid all qualifying gifts of money made to CWMT (Registered Charity No. 1109984) today in the future (please tick all boxes you wish to apply)

I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax each tax year (6 April to 5 April) that is at least equal to the amount of tax that CWMT will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand that CWMT will reclaim 25p of tax on every £1 that I give on or after 6 April 2008.

Signed _____ Date _____

Title _____ Name _____

Address _____

Postcode _____

Please notify CWMT if you: 1. Want to cancel this declaration, 2. Change your name or home address, 3. No longer pay sufficient tax on your income and/or capital gains.



Regular donations help us plan our 'whole school approach'

Sources of help

CWMT does not provide clinical help to individuals. Below are organisations which offer direct advice if you are concerned about anyone who may be depressed.

Samaritans:

116 123

For confidential emotional support 24/7
jo@samaritans.org

Maytree:

0207 263 7070

An adult respite sanctuary for the suicidal

Young Minds Parents' Helpline:

0808 802 5544

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

NHS111:

For help and reassurance 24/7 ring 111 when it is less urgent than 999

BABCP:

www.babcp.com

For a register of accredited therapists

BACP:

www.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:

www.studentsagainstdepression.org

For information and self-help material

Inclusion here does not mean CWMT 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.

Who's who in CWMT

President: The Rt Hon. Sir Mark Waller

Trustees: Richard Waller QC (Chairman), Robert Beaumont, Robin Booth (Hon. Treasurer), Dr Nick Broughton (Consultant Psychiatrist), Michael Cole-Fontayn, William de Laszlo, Mark Durden-Smith, Dr Mina Fazel (Research Fellow and Consultant Child Psychiatrist), Charles Lytle, James Murray, Prof. Roz Shafran (Chartered Clinical Psychologist), Mrs Susan Shenkman, Philip Waller, Iain Weatherby

Board Advisers: Professor David Clark, Lord Crisp KCB, Lord Layard, Dr Denise Meyer, Dr Suzanna Rose, Sir Anthony Seldon, Professor Sir Simon Wessely

Patrons: Alexander Armstrong, Alastair Barclay, Gordon Black CBE, The Hon. Mrs de Laszlo, Neil Durden-Smith OBE, Nigel Gray, Professor Steven Hollon, Ian McIntosh, Mary Nightingale, Phoebe Waller-Bridge, Anthony West, Michael Whitfeld

Chief Executive: Clare Stafford; **Head of Fundraising:** Lady Waller;

Communications Director: Tracey Gurr; **Programme Director, Education:** Dr Andrew Reeves;

Consultant Trainer, Schools and Families Programme: Ian MacDonald;

Finance and Operations Manager: Carrie Green; **Admin and Design Officer:** Amy Martin;

Digital Communications Officer: Izzi Dent; **Fundraising Officer:** Georgie Miles (on mat leave);

Fundraising Officer: Elina Nesimioglu; **Fundraising Assistant:** Lucy Fishburn;

Training and Resources Coordinator: Annabelle Martin; **PA to CEO:** Tricia Monro;

Administration Assistant: Martha Pipkin

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