

Charlie Waller News

THE CHARLIE WALLER TRUST NEWSLETTER



ONE MAN AND HIS BIKE

Connor's amazing fundraising challenge

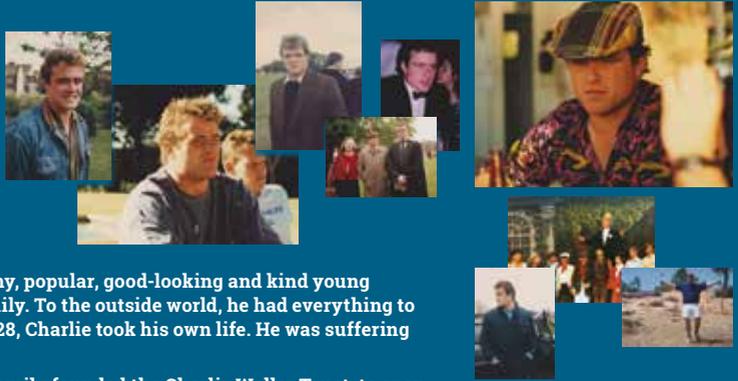
EATING DISORDERS

Support for families

MENTAL HEALTH – A WHOLE SCHOOL APPROACH

Students and staff working together

APRIL 2022 • ISSUE 45



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

In response to this tragedy, his family founded the Charlie Waller Trust, to open up the conversation around depression, and ensure that young people can look after their mental health and spot the signs in others. We have since become one of the UK's most respected mental health charities.

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

Our mission

Our mission is to educate young people – along with parents, carers, teachers, college and university staff, and employers – about their mental health.

We aim to give them knowledge and skills to help them support themselves and others, and confidence to talk openly about the subject.

Our work

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

We focus on support for young people throughout their journey from primary school to the early years of their working lives.

Our approach

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

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

Our vision

Our vision is of a world where people understand and talk openly about mental health; a world where young people and those who support them are equipped to spot the signs of mental health problems in themselves and others; to maintain and enhance their mental health and wellbeing; and to have the confidence to seek help when they need it.



POSITIVE

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



PROVEN

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



PRACTICAL

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



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GET IN TOUCH

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COVER STORY

Connor Kelly arrives in Istanbul at the end of his epic fundraising cycle ride

LETTER FROM OUR CHAIRMAN



This year is the Trust's 25th anniversary. Have things improved over those 25 years, or is the mental health crisis we read so much about today a sign that things have in fact got a whole lot worse? The statistics and surveys do suggest that young people have more mental health issues today than they did 25 years ago. This has led to talk of them facing a mental health "crisis" or "tsunami" of mental health problems. This unguarded use of hyperbolic language strikes me as unhelpful, especially for our children.

There is to my mind a more positive narrative that often gets overlooked: the young of today are more willing to talk openly about illnesses such as depression, better at spotting signs of depression in themselves and their friends and more willing to seek help when needed. I have heard many stories about young people rallying around a struggling friend or promptly alerting parents or teachers to a potential problem which is then resolved. This is real progress.

The young are so much further ahead in terms of their engagement with mental health than their counterparts of 25 years ago. Of the 65 runners who have just run the Cambridge Half Marathon for the Trust, many were students or just in work. These young runners understand so much more about depression and how to deal with it than previous generations. This bodes well for the future.

We have many exciting projects in the pipeline at the Trust including working with children in schools around resilience. A combination of resilience and informed kindness will stand our young in good stead to weather the storms ahead.

I would like to say a huge thank you to two outgoing trustees, Charlie's uncle Robert Beaumont and Professor Roz Shafran, whose contribution to the Trust over the years has been immense. They will both be missed on the board, but thankfully they are both going to remain very much involved with our work – and on page 23 you can read a review of a new book co-authored by Roz, 'How to Cope When Your Child Can't'.

As I said at the outset, this is the Trust's 25th year. Our passion to improve the mental health and wellbeing in our young burns as fiercely today as it did when the Trust was founded all those years ago round our kitchen table. Many of you have been with us on this journey from the outset. Others have joined us along the way. Together, we can and will make young lives better.

RICHARD WALLER QC, CHAIRMAN

REPORT FROM OUR TREASURER



The unaudited Trustees' Report and Financial Statements for 2021 show income up on the previous year. Expenditure on charitable activity and on raising funds also increased.

When budgets were prepared in late 2020 the third Covid wave threatened to curtail all fundraising activity. I am therefore particularly pleased to report the increase in revenue. As always, we are extremely grateful for funds raised by individuals and communities. The events organised and challenges undertaken were as varied and demanding as ever and the contribution to the Trust's income well ahead of 2020, which was so blighted by the pandemic. Our own events were also very well supported and funds raised were similar to last year.

Although down on the previous year, grants from charitable trusts and foundations was again our largest source of income. An increase in corporate giving compensated for a reduction in donations from individuals. Donations from training in schools, colleges and universities were also up despite difficult access. During the year charges for workplace training were introduced, which meant donations from employers fell; however, in aggregate training-related income was up.

As planned, charitable expenditure reached a new record level with large increases in expenditure on the Schools and Families, Colleges and Universities and Workplace programmes. Expenditure on the much smaller Primary Care programme was at a similar level to 2020.

As the Trust sought to increase its income and thereby its outreach and work, additional staff were recruited and inevitably the cost of raising funds increased. This is an essential precursor to further growth in the Trust's charitable work, the need for which has never been greater as young people contend with all the stresses of life in 2022.

After modest investment gains there was an overall deficit which was less than budgeted due to the better than expected income.

2022 is going to be another challenging year and as ever the trustees are acutely aware that almost all the Trust's income is given voluntarily. They are therefore tremendously grateful to all those who continue to support its work. In setting the budget the trustees have provided for a further substantial increase in charitable expenditure and a material overall deficit. However, if the recent strong growth in charitable expenditure is to be maintained income must rise commensurately.

The audited Trustees' Report and Financial Statements for 2021 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 admin@charliewaller.org.

ROBIN BOOTH FCA
TREASURER

NEWS & UPDATE FROM OUR CEO

Covid seems to be finally loosening its grip on our lives but the effects of the pandemic in terms of mental health appear only to be coming to light now. We know that the demand for mental health services has gone up and that eating disorders are also on the increase.

Unfortunately, capacity within the NHS is not increasing at the same rate and we're hearing so much about high levels of distress among children and young people, and their families. We want to be part of the solution – the voluntary sector, including the Charlie Waller Trust, has a huge amount to offer, particularly when supporting children and young people with less severe mental health issues. We can provide a first line response that empowers both children and their parents/carers to better protect their own wellbeing. A guiding principle of our work is that it should be positive, as well as practical and proven. When working with children in particular, it's so important that we convey hope and optimism, as this can have a truly positive effect.

Readers may have heard of climate anxiety, and you can read an in-depth article about it on page 12. It's not surprising that children are concerned about environmental issues and the climate crisis – it's a huge existential threat – but children don't feel that they are being heard. Many of them feel that they can't express their concerns because the adults around them either are avoiding the subject or don't appear to be taking it seriously. We need to give children a voice and help them reframe some of the mental health struggles they are having by teaching them about resilience, self-help and how they can manage their distress.

CLARE STAFFORD
CHIEF EXECUTIVE




NEW YEAR'S HONOUR FOR LADY WALLER



We have something wonderful to celebrate with Lady Waller (Rachel) being awarded an OBE for Services to Mental Health in Young People in the New Year's Honours. Together with

her husband, Sir Mark Waller, she founded the Charlie Waller Trust in 1997, in memory of their son Charlie, after he tragically took his own life aged 28.

Prior to stepping down as Head of Fundraising in December 2020, Lady Waller spent almost all her time working on a completely voluntary basis to raise funds. An inspiration to everyone who meets her, she would spend every weekday in the office and most of her evenings and weekends at fundraising events or networking to help the Trust. She has also personally supported huge numbers of parents when they have experienced a loss themselves or when they have needed advice in supporting a child who is struggling.

After hearing of her award, Lady Waller said: "I was completely amazed and thrilled! This really is wonderful for the Trust. It's the result of everyone involved in the Trust working hard together for mental wellbeing."

FOND FAREWELLS

We were sorry to say a partial goodbye to **Lucy Fishburn**, who has done a tremendous job in supporting many aspects of our fundraising, including helping to set up the Friends of Charlie Waller scheme. Lucy will continue to support us as she has joined our fundraising committee.

Tricia Monro hadn't been looking to leave the Trust but was approached by an ex-colleague with an offer that was too good to refuse! She is returning to her previous career in fundraising and will be working on a two-year campaign for the Royal Hospital Chelsea Pensioners charity. Tricia has been a fantastic member of the team with great communication skills and mental health knowledge as a Samaritans volunteer.



Lucy Fishburn



Tricia Monro



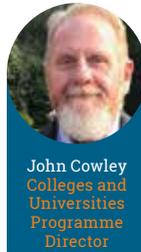
Natasha Austen
Fundraising
Assistant



Michelle Paice
PA to CEO



Katie Marlow
Colleges and
Universities
Trainer



John Cowley
Colleges and
Universities
Programme
Director

A WARM WELCOME

Office team

Michelle Paice has taken over from Tricia as Clare's PA. She worked previously at Healthwatch in West Berkshire and has over 15 years of office experience working in different fields. She cares deeply about young people's mental health and is looking forward to working in the charity sector.

Natasha Austen joins us as our new Fundraising Assistant. She's a recent graduate and is passionate about issues that affect children and young people's health and wellbeing, as reflected by her time volunteering with Sexpression:UK, a national sex education charity.

Training team

We welcome a new trainer to the colleges and universities team, **Katie Marlow**. Katie has worked as a mental health social worker for children, young people and adults for over 25 years. She is dedicated to training communities and workforces to better support and engage with each other and build mentally healthier spaces where everyone can find the help they need.

Trainer **John Cowley** has agreed to take on the Colleges and Universities Programme Director role, likely for an interim period of up to a year. John has a significant profile in the sector, having been Head of Counselling, Health and Wellbeing at the University of Cardiff. He has held various high-profile roles, and is a vice-president of

the British Association for Counselling and Psychotherapy and a published author.

JOIN US FOR OUR FREE WEBINARS

We are running a series of live webinars for parents, carers and educators. They are all presented by our mental health trainers, speakers and guest speakers who come from a wide range of professions, including education, psychology, social work, youth work, public health, psychotherapy and nursing.

The webinars explore strategies for maintaining positive mental health, paying attention to our own wellbeing and supporting those around us.

Topics coming up this spring and summer include:

- The Teen Brain: helping adults understand the changes teenagers are going through and what they can do to support them.
- Why sleeping well matters and what you can do to improve it
- Loneliness: how to support young people
- Perfectionism in Young People: Practical Tips for Parents, Carers and Staff

You can find out more about all these on the Charlie Waller website: charliewaller.org/what-we-offer/free-webinars

SUCCESS OF NEW TREATMENT PIONEERED BY CHARLIE WALLER INSTITUTE

A three-year study conducted by Professor Shirley Reynolds and Dr Laura Pass at the Charlie Waller Institute has resulted in an effective, accessible and scalable treatment for depression in young people, known as 'Brief BA'. It focuses on the effects that minor changes to a person's behaviour can have on their overall mood.

The Trust gave seed funding for the research which has made the treatment possible. It's now one of four approved core interventions within the NICE guidelines that can be delivered by Child Wellbeing Practitioners, a new role within the NHS that was heavily influenced by the research carried out by the Charlie Waller Institute. Brief BA has also been introduced into every CAMHS (Child & Adolescent Mental Health Services) centre in Scotland.

MENTAL HEALTH STRATEGY GUIDE FOR UNIVERSITIES

It's well recognised that, for universities to support the mental health of their staff and students, they need to take a whole institution approach. Our toolkit – How to Create a University Mental Health Strategy that Works – will help university leaders to identify the steps they need to take, what evidence they need to collect and how to put a strategy into practice. They may also find it helpful in ensuring that they comply with the University Mental Health Charter. The toolkit is currently under peer review and will be available later in the year.



MENTAL HEALTH SUPPORT TEAMS IN SCHOOLS

Trainer Ian Macdonald recently contributed to an academic partnership that evaluated how the new national Mental Health Support Teams are supporting schools to deliver a whole school approach to mental health. Ian spoke with 266 children in Years 5 and 8 and said: "It was really important that we hear how they experience the support on offer, and the extent to which these approaches meet their needs or not."

Comments from pupils included the importance of "knowing the people giving support" and "talking to someone YOU trust" – reinforcing that pupils will seek help from someone with whom they have a connection, rather than just a named person in their school.

HELPING POSTGRADS WITH MENTAL WELLBEING



In partnership with the charity Jonathan's Voice, we've produced a targeted resource for postgraduate research students, who report concerns about anxiety at a significantly higher level than undergraduates. The

guide is designed to help students develop the skills to protect their mental wellbeing. It has already been downloaded many times and feedback is very positive: "I've already shared the guide with all my past and present PhD students," said Prof. Tanvir Hussain from the University of Nottingham. "One of the students mentioned after a quick read 'it's as if the author is talking to me directly'. Congratulations on such an impactful guide."

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FIVE WAYS TO WELLBEING POSTERS



Do look out for our recently revamped Five Ways to Wellbeing posters. They're based on the NHS Five Ways to Wellbeing – connect, be active, keep learning, give to others and take notice – and provide simple reminders of ways we can all improve our mental wellbeing. They're designed to be displayed in schools, colleges, universities and the workplace and can be downloaded from our website.

READING PRIDE

Lisa Thomson is a mental health trainer for the Trust and a CAMHS clinician and she combined both roles when she volunteered at Reading Pride last September. Lisa ran presentations on young people's mental health and promoted the work of the Trust. She also took along some of our resources, including our new Making the Move to University transition guides, which help vulnerable groups (such as LGBTQ+ students and young carers) think about what they can do to support themselves and be supported by their university.



WELLBEING ACTION PLAN

Also updated is our Wellbeing Action Plan for children. Aimed at children in Key Stages 2 and 3, it can be used by teachers, parents and carers to guide conversations with children, helping them manage their wellbeing when they feel things are tough.



TRUST WINS FUNDING FOR WORK WITH PARENTS

Parents and carers are in the frontline of support for children and young people with mental health difficulties and play a crucial role at every stage. Parents and carers who access peer-led support report reduced stress and anxiety, along with greater confidence in knowing how to help their child. We set up the PLACE network to support the informal peer support networks that are emerging for parents and carers, and we recognised the need to set up a training course.

Recently we received £100,000 funding from Health Education England to support our new initiative to train parents and carers to take on paid roles in their communities, working within local mental health services, offering practical support to other parents and carers, and helping them navigate the mental health system.

ENGINEERING POSITIVE CHANGE

In March a team of our trainers and speakers went to the BMW Academy to deliver some sessions for international company Babcock and their apprentices.

The day started off with a keynote speech from Roman Kemp, whose documentary 'Our Silent Emergency' (BBC iplayer 2021) called for far more work to be done in the field of suicide awareness and prevention amongst young men in particular. Trainer Julie Castleman then worked with Roman and specific employees to open up the conversation about mental health at work and beyond.

The apprentices were split into groups, with facilitators Haleem Clift and Alice Palmer running workshops around a 'Wellbeing MOT' resource designed specially for the day, giving participants an opportunity to assess their own wellbeing and be signposted to further support.

Keeping the theme of cars in mind, Babcock set up a Scalextric track: play was highlighted as crucial for our wellbeing, even as adults!



Alice Palmer, Haleem Clift and Julie Castleman

WELLBEING AT WORK

In 2021 we launched the new Charlie Waller Workplace Mental Health Programme. This will generate income which we will use to provide more free training and resources to schools, families, colleges and universities, helping to create the healthy workforce of the future.

We launched the programme with a successful conference, with expert speakers giving delegates advice and information on mental health in the workplace.

Feedback on the programme so far has been very positive:

"...an amazing trainer, very relatable and knowledgeable. Managers are saying their awareness and understanding is so much wider and they're benefiting from attending the sessions. It's been such a positive experience."

We're looking forward to growing this area of our work and reaching many more employers in the coming months.

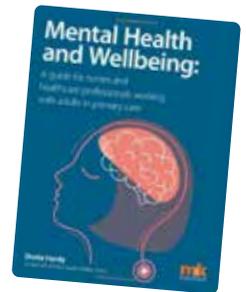
To find out more about our Workplace Mental Health Programme, please visit:

charliewaller.org/what-we-offer/workplace



MENTAL HEALTH GUIDE FOR NURSES

Dr Sheila Hardy leads our training for nurses. She has recently written a resource for nurses and other healthcare professionals: *Mental Health and Wellbeing: A Guide for Nurses and Healthcare Professionals Working with Adults in Primary Care*.



The book covers many topics of interest to nurses, including promoting wellbeing and encouraging healthy behaviour. We have secured funding for 100 copies to be given to nurses and GP practices we're working with.

Sheila has also successfully advocated for an addition to the NICE guidelines on cardiovascular disease. People with severe mental illness have now been added as an at-risk group.

BECOMING A THERAPIST, INSPIRING A COMMUNITY

With the rise in mental health problems amongst young people, it's vital that more people train as therapists in evidence-based treatments. We'd like to introduce the next recipient of the Caroline Gilbey Scholarship.



Caroline Gilbey was a great friend of the Charlie Waller Trust as well as a personal friend of the Wallers. She worked tirelessly on the Trust's London Fundraising Committee and, in a very fitting gesture after her death,

her friends and family organised a cycle ride in her memory. They raised enough money to fund two scholarships at the Charlie Waller Institute within the University of Reading, training therapists in high intensity psychological treatments.

The 2021 recipient of the scholarship is Komel Jalil, who will be studying for the High Intensity Postgraduate Diploma. She says:

"I want to be a therapist because I have always had a pull towards mental health, and the other reason is because I have come across a lot of people from south Asian backgrounds suffering with mental health but not being able to do anything about it.

"I realised that this was due to barriers in culture when receiving treatment, such as language barriers. As a south Asian myself, I recognised that there were lots of challenges which inspired me to want to do something about it."

I am so excited to be working with so many people at my placement who will be from south Asian backgrounds.

Komel impressed at interview with her commitment to supporting others with mental health difficulties, particularly within the Muslim community. Her placement during the course is with Sakoon, a leading provider of counselling services that specifically includes an Islamic perspective. She says:

"I am so excited to be working with so many people at my placement who will be from south Asian backgrounds, to really play a part in educating a community where the concept of mental health generally doesn't exist, to break taboos, to offer support, to help rebuild the community from a psychological perspective and to try to inspire other south Asians to enter the field as therapists and be a part of the evolution."

In the second year of the Caroline Gilbey Scholarship, everyone at the Trust is delighted that Komel will be fulfilling her ambition and taking on a vital role as a therapist. "I cannot say how grateful I am for this opportunity," she explains. "It has been almost a miracle for me. It has made my journey to being a therapist a lot smoother and stress-free. I hope to become successful in this journey and will use the opportunity to work even harder."

ECO-ANXIETY: A HEALTHY RESPONSE TO THE CLIMATE CRISIS

In this special feature, we explore some of the effects of the climate crisis on the mental health of young people and offer advice we hope may help.

Climate change has significant implications for the health and futures of children and young people, yet they have little power to limit its harm, making them vulnerable to increased climate anxiety. That anxiety is known as eco-anxiety, and while there is no clear definition, it has been explained by the American Psychological Association as ‘a chronic fear of environmental doom.’

It’s not considered a medical condition, although generalised anxiety disorder is, and eco-anxiety has many of the same characteristics. However, it’s important to see it as a healthy reaction to climate change that may spur us on into preventative action, which, in turn, may even be a remedy for eco-anxiety.

A recent survey of 10,000 young people aged 16-25 in 10 countries¹ found that:

- **59 percent** were very or extremely worried about climate change.
- **Over 50 percent** felt sad, anxious, angry, powerless, helpless and guilty.



- **Nearly half (45 percent)** said that climate change is affecting their daily lives – how they play, eat, study and sleep.

Anxiety is also associated with perceptions of inadequate action by adults and governments, leading to feelings of betrayal, abandonment and moral injury. Young people feel that they are not being listened to – their thoughts and feelings are not being respected or validated; and people in positions of power are not acting on their concerns.

Companies and governments need to do something – I don't understand how they don't seem to care about the future.

In a survey of UK schoolchildren between the ages of 13 and 18, **77 percent** said that thinking about climate change made them anxious². In the same survey, completed by Global Action Plan, one in three teachers also reported seeing high levels of climate anxiety in students. Children might be concerned that a major disaster is about to happen, or worry about death and dying of animals and people, or question whether to have children or pursue a career. They might feel a huge responsibility to make changes and the need to convince others to do the same.

We asked two of the Trust's younger members of staff whether they identified with those concerns. Natasha Austen said: "There's a generational divide – young people blame the older generation. I feel it's important to lobby against the big organisations that are doing the most damage. Companies and governments need to do something – I don't understand how they don't seem to care about the future. I feel disempowered. The people who could do something aren't."

Eve Lownds has very similar views. "It's very overwhelming. People feel powerless, frustrated and angry but by making small changes, like recycling, it's easier to deal with. It's important to acknowledge that it's not a mental illness but a natural reaction to what's happening – and that other people feel like you, which helps you to manage it."



TOP TIPS FOR YOUNG PEOPLE EXPERIENCING ECO-ANXIETY

- 1 **Be aware of the situation** – keep up to date with information about the environment either by talking to an adult or looking up a reliable website. But take care not to overload yourself with too much information.
- 2 **Take time to focus on other things** and activities that you enjoy.
- 3 **Understand, experience and cope with the feelings that come up.** Remember that these feelings are a sign that you care about other people and the environment. Express how you feel – that could be by writing, creating art or playing music.
- 4 **Stay hopeful and connected.** Talk to people – there are many others feeling the same way. Remember there are lots of people working on solutions that could help make the world happier, healthier and safer.
- 5 **Spend time in a natural environment** – such as a park or garden if you have access to one.
- 6 **Take action and do something differently,** however small it feels. Always remember that this is everyone's responsibility, not just yours. Think about connecting with groups of young people, either in your local area or online, who feel the same way. Make changes that feel right for you – for example planting wildlife friendly flowers, reducing the amount of rubbish you make or talking to your family about ways you can all help, such as eating less meat.

This advice is based on information given by the Royal College of Psychiatrists. You can find full details at <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/young-people/eco-distress---for-young-people>



As CEO of the Charlie Waller Trust, Clare Stafford wants to ensure that the charity's work reflects the concerns and experiences of young people – and those who care for them – in relation to the climate crisis. She says:

"As providers of training and resources on the mental health of children and young people, we have to ensure we are addressing the topics that may make them more vulnerable to mental health issues.

"Whilst concern about the planet is, of course, not a mental health condition in itself, the anxiety it causes can exacerbate existing problems or make young people more susceptible to a decline in their wellbeing.

"It has been suggested that climate anxiety could be classed as an adverse childhood experience, and we know that these have the potential to lead to mental health problems.

We have to ensure we are addressing the topics that may make children and young people more vulnerable to mental health issues.



"It is important, however, to frame climate anxiety as a positive, in the sense that it indicates the care and empathy that young people have for the world. We need to support them to take constructive action and to feel good about the contributions they are making to the debate and to addressing global challenges."

In summary, we need not to pathologise eco-anxiety, but to listen to young people's concerns and empower them to know that they can take action. Not just as healthcare professionals but also as parents and carers, we need to model engaged and global citizenship that children can emulate, helping them to feel more hopeful about the times that lie ahead.

It is important to frame climate anxiety as a positive, in the sense that it indicates the care and empathy that young people have for the world.

We need to support young people to take constructive action and to feel good about the contributions they are making to the debate and to addressing global challenges.



As a mental health organisation, the Charlie Waller Trust understands the implications of climate change as a factor in the mental health of children and young people. The Trust is also committed to reducing its carbon footprint and to taking whatever steps it can to consider the environment. You can read our policy on this on our website.

References

1 Marks, E., Hickman C., Pihkala P., Clayton S., Lewandowski E., Mayall E., Wray B., Mellor C., van Susteren L. (2021) Young People's Voices on Climate Anxiety, Government Betrayal and Moral Injury: A Global Phenomenon

2 Global Action Plan (2020), Transform Our World press release: Turning anxiety in to action', <https://www.globalactionplan.org.uk/news/transform-our-world-press-releaseturning-anxiety-into-action>



EATING DISORDERS – SUPPORTING FAMILIES

The pandemic has seen a surge in eating disorders among children and young people. We look at this serious issue and how the Trust is supporting parents and carers.

In February, the Royal College of Psychiatrists said that the number of under-19s waiting for routine eating disorder treatment had reached record levels, according to its analysis of NHS data; this was despite services treating fewer people than at the same point last year.*

For families facing a new diagnosis of an eating disorder, NHS community services, which were already struggling to cope, are now so overstretched that they simply can't provide care for every child that needs help. In some areas, GPs are finding that when they make a referral, the reply comes back that the family can't even be put on a waiting list.



Sadly, there is a huge unmet need in supporting young people with eating disorders, their parents, carers and families. While some families choose to pay for private treatment and support, this route certainly isn't available to everyone, and even within private counselling and eating disorder services, resources are limited. There are charities that offer various forms of support, including the Charlie Waller Trust, and for some, this can be an absolute lifeline.

A PROFESSIONAL PERSPECTIVE



Dr Nick Smith is a primary care trainer for the Trust and is also a GP in Oxfordshire. He says:

"Eating disorders seem to be on the increase, perhaps because people have felt it's a way to regain control of their lives during the pandemic. Within the practice, we're seeing adults and children, and we're seeing younger children than we used to: the youngest is 12. We're also seeing a lot of co-diagnoses, for example low mood or autism, with the eating disorder."

Parents can often be at their wits' end. They don't know how to help their child.

"Most of the children come in with a parent, and while the child tends to be in denial, parents can often be at their wits' end. They don't know how to help their child and are anxious to know what they can do. In some cases, the child has already lost a lot of weight, but in other cases the parents have noticed their child's controlled eating and are seeking help before their child's health deteriorates further.

"The problem is that there's very little help available because CAMHS (Child and Adolescent Mental Health Services) has limited capacity. We're in a relatively affluent area, so some parents are choosing to go privately, but this is obviously not an ideal situation. I also direct parents to information online that may help.

"However, once a patient is being treated by the eating disorder service, many parents are reporting a good service. So it seems like they're doing an excellent job, they're just very overstretched."

PARENT SUPPORT FROM CHARLIE WALLER



Supporting parents and carers by giving them the skills they need to support their loved one is vital, particularly when other sources of support aren't available, or when families are waiting for a specialist

appointment. Our expert trainer, Jenny Langley, delivers a series of online workshops that any family can sign up for. They're based on the New Maudsley Model, which is designed to equip carers with the knowledge and skills needed to better support someone suffering from an eating disorder.

Using case studies, real life scenarios and practical tips, Jenny covers topics including the emotions of the child and the family, communication skills and the



cycle of change. She also gives carers the opportunity to reflect on how they're coping, as self-care is so important – and so is modelling exactly that for their loved one to see. She says: "The workshops are designed to help carers develop self-reflective skills in order to model to young people confidence, compassion and the courage to take risks. They encourage participants to experiment with changing their own behaviour so that they can be more helpful to their loved one with the eating disorder."

Feedback from people attending Jenny's workshops is overwhelmingly positive, and can come at the most unexpected moments, as Dr Nick Smith explains: "I was delivering some teaching in a hospital on behalf of Charlie Waller and a nurse came up to me to thank me for the amazing work that the charity had done for her family. The fact that she'd been moved enough to speak to me is pretty strong praise! I'll certainly be recommending our services to patients and their families."

Jenny covers topics including the emotions of the child and the family, communication skills and the cycle of change.

A PERSONAL PERSPECTIVE

Another GP who has come across the workshops is Bec, whose experience of them is a very personal one: her 14-year-old daughter, Olivia, is one of the increasing number of children who has been diagnosed with an eating disorder since the beginning of the pandemic.

Bec says: "At the practice, we're seeing a massive increase in people with eating disorders. Mental health issues are more prevalent now and eating disorders are a symptom of the person's unhappiness and lack of control. A lot of this has got worse with Covid – children have had no routine, they've been out of school, the influences of social media – there are so many pressures, and they turn to unhelpful behaviours, especially if they already have underlying anxiety or depression. Olivia started over-exercising a year ago, which helped her mood, but then it became compulsive and escalated during lockdown. We put a stop to her exercising because her heart rate was so low, so now she's massively restricting what she eats."

Bec's practice is experiencing the same problems referring patients to CAMHS as Nick's practice and, as a result, Bec and Olivia are travelling a long distance every week to see a therapist privately. It was the therapist who recommended Jenny Langley's workshops, which Bec describes as "fantastic", as they have given Bec and her husband a much deeper understanding of anorexia and techniques to support Olivia. She says: "When dealing with anorexia, it can go against so much of what we do as parents – you have to learn to externalise it. You have to learn what techniques to use when it's the anorexia that's raging – I didn't realise that it's not Olivia, it's the anorexia that's talking."

Also key to the workshops is the safe space they provide for carers to share their experiences in confidence and without judgement. "They're invaluable," says Bec, "you don't feel embarrassed or inhibited about what you say. Jenny is inspirational – she is so empathetic and understanding."

SARAH'S STORY

Sarah attended a series of Jenny Langley's workshops to learn how to help her daughter Amelia, whose eating disorder was having an extremely negative effect on her life.

The workshops provide very practical advice and tips, including communication skills to help parents and carers connect with their loved one. They also focus on the need for parents and carers to take care of their own needs, as Sarah found out. She says: "I didn't do nearly enough self-care. I'm suffering now because of this. I was like a bull with my head down fighting a battle I was never ever going to win. I hated how I believed being mean and unkind, constantly reminding Amelia, [meant] she may suddenly turn around and say 'you're right' and simply stop all the anorexic unhealthy behaviours.

"On occasion I still do it today and it never ends well. Love, compassion and kindness are so much more effective.

"An eating disorder is not a choice – it happens and we needed to support Amelia, not fight endless battles with the eating disorder we couldn't win."

Amelia's recovery journey has helped give her the confidence to talk to other families struggling with eating disorders. The support she has received from professionals and, vitally, from her parents, has been crucial in her recovery. There is, she now says, "so much more to life."

Jenny says: "Carers come to these sessions because they are in the thick of it and sometimes it's impossible to see the light at the end of the tunnel. The light is there, and if these sessions can give families even a tiny glimpse of that light, then I know I have achieved my purpose."

Amelia's recovery journey has helped give her the confidence to talk to other families struggling with eating disorders.



I didn't realise that it's not Olivia, it's the anorexia that's talking



Recently, Bec arranged for Jenny to go into Olivia's school to deliver training to the staff, covering areas such as early warning signs of an eating disorder, empathy for the struggling student and practical tips for communicating with and supporting students with eating disorders, their friends and families.

Bec is currently not working, so that she can focus fully on supporting Olivia. When she returns, however, she hopes she can incorporate what she has learnt from Jenny, as well as her own experience with Olivia, into supporting the families coming to her for help at the practice.

References

*www.rcpsych.ac.uk/news-and-features/latest-news/detail/2022/02/10/eating-disorders-in-children-at-crisis-point-as-waiting-lists-for-routine-care-reach-record-levels



ADVICE FOR FAMILIES IF A LOVED ONE IS SHOWING SIGNS OF AN EATING DISORDER

- Familiarise yourself with the early warning signs. These can include:
 - Becoming obsessive about food
 - Changes in behaviour
 - Distorted beliefs about body size
 - Tiredness and difficulty concentrating
 - Disappearing to the loo after meals
 - Exercising excessively
- Show compassion and offer support: "I notice you are struggling and I am here to help", rather than "I think you have an eating disorder".
- Book an appointment with the GP as soon as you can.
- Be persistent. If your GP doesn't acknowledge there is a problem, ask for a second opinion and/or go back every week to provide an update on the signs you are observing.
- Talk to others who have experience of eating disorders. This might be family and friends, a local support group, or an eating disorder charity such as BEAT, AnorexiaBulimiaCare or FEAST.
- Join support groups and sign up for carer skills workshops: knowledge and understanding can really help you support your loved one.
- Look after yourself. This is crucial. You will be role modelling to your loved one that there is more to life than their eating disorder.
- There are further tips at Golden Guidelines for Carers – newmaudsleycarers-kent.co.uk



MENTAL HEALTH: A WHOLE SCHOOL APPROACH

Our work in schools has always been at the heart of what we do. Here we spotlight the fruitful relationship between one school and a Charlie Waller trainer.

Wendy Hale is the Senior Assistant Principal at Cowley International College in St Helens, Merseyside, a secondary school and sixth form with over 1,500 students. She first came across **Zoe Woodworth**, one of the Charlie Waller Trust's mental health trainers, around four years ago when she attended a Mental Health First Aid course being run by Zoe. This was at the time when the school was beginning to bring together a wellbeing charter and, from there, the partnership has blossomed, with some really exciting developments within the school.

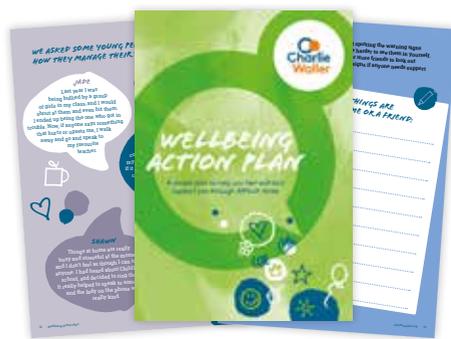
Following on from that initial contact, Wendy invited Zoe into the school, where she ran a whole school awareness session for staff. This included topics such as the importance of self-care, building resilience in young people and handling stress. She then delivered several Mental Health First Aid courses for key members of staff, such as heads of year and those in pastoral support roles. There are now around 40 members of staff, known as 'mental health champions', who wear lanyards and are available should pupils need support.

Wendy says:

"Even before the training, children would go to their year head, but it's boosted their confidence knowing that they've had the mental health training as well. And the lanyards help – sometimes a student just needs that connection, a quick two-minute conversation."

Zoe has also run sessions at a parents evening – including the Five Ways to Wellbeing, the stress container and how parents and carers can support their children around exam time – and signposted parents to Charlie Waller resources, for example on perfectionism and exam stress. "I got a good response from parents," Zoe says, "and it helped show them what the school is doing to support students."

Wendy is full of praise for everything Zoe has done with the school and says: "Zoe is extremely accessible and responsive to our needs. She's able to relate to parents, teachers and children and they've responded to her really well. She's very approachable and engaging, and brings a wealth of experience and understanding."



Zoe signposts parents and carers to Charlie Waller resources.

Taking a whole school approach to mental health is a vital part of the partnership and it was the pupils themselves who prompted the next step. Members of the sixth form had seen the staff mental health champions and wanted to learn more. Zoe explains:

"I discussed with Wendy whether this was something we could do in their enrichment sessions and we put together a six-week programme for wellbeing ambassadors. We agreed roles and responsibilities and developed sessions on mental health, peer mentoring and how to communicate, and included the Youth Mental Health Aware course. It's a nationally recognised qualification that the students can add to their CV."

Members of the sixth form had seen the staff mental health champions and wanted to learn more.

The purpose of the course is to give students the skills and knowledge to be able to offer peer support to their fellow students. Zoe says: "I'd compare it with primary schools providing friendship benches. Unfortunately, young people aged 15 to 18 seem to be falling through the net – either they're not finding the support or they have a fear of asking for it."

Wendy and Zoe ran the first course at the end of last year, with 10 members of the sixth form taking part, including the head girl. The feedback has been fantastic, with the participants rating both their confidence and knowledge increasing from an average of **40 percent** to an average of **84 percent**.

I definitely have a better understanding of mental health and how to deal with and help other people.

One student said: "I definitely have a better understanding of mental health and how to deal with and help other people."

The college used the seven-item scale WEMWBS (Warwick-Edinburgh Mental Wellbeing Scales) to measure the mental wellbeing of the participants at the start, during and at the end of the six-week course. The scales are an internationally recognised way of evaluating projects that aim to improve mental wellbeing, using statements such as 'I've been feeling optimistic about the future' and five responses ranging from 'none of the time' to 'all of the time'. All those who completed the scales recorded a positive change from the baseline, with some recording a significant improvement and high level of wellbeing.

Both Zoe and Wendy are delighted with the way the whole school is approaching mental health and wellbeing and, as Zoe says, "It's been lovely to see how our partnership has evolved."

Wendy says: "The students are now a lot more open and the sixth form group in particular are incredibly aware. There's definitely been an impact on the staff too. There's better awareness and an acceptance that people will struggle sometimes – and they're more open to talking about it and expressing their concerns."

BOOK REVIEWS

BEFRIENDING BIPOLAR: A PATIENT'S PERSPECTIVE

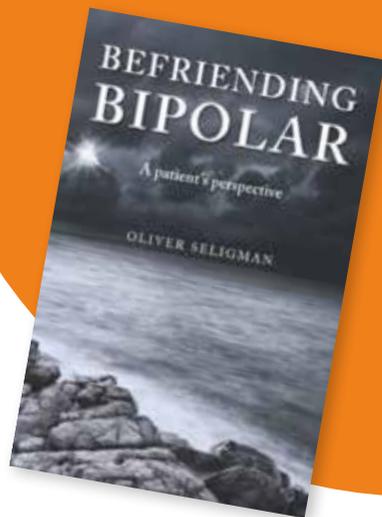
by Oliver Seligman

This is one of the bravest – and most harrowing – books on mental health that I have ever read. As Oliver Seligman charts his terrifying descent into madness with brutal and forensic honesty, the reader is left gasping at this graphic portrait of a literal hell on earth. Seligman describes what insanity is like from the inside, illuminating, unsettling and challenging us in equal measure.

It doesn't take long for the author to introduce us to his bipolar world. On page three, having taken the brave, but dangerous, decision to come off his medication, Seligman is overwhelmed by a series of horrific visions, which make Hieronymous Bosch's depictions of hell and Dante's *Inferno* look like a gentle walk in the park.

I quote: "This is when I spot them, five monstrous looking creatures walking out of the sea, saltwater dripping from their scaly, grey skin. They are short, squat ugly beasts and are carrying what look like oversized rayguns. They are silent, save for the odd mutter in an unkind language. They are on a mission. They are looking for the Messiah and they don't want to pay homage to him."

These visions may sound like the feverish ramblings of a madman, but for the author they are all too real, so real that he thinks he is the Messiah and he is about to be killed by these monstrous creatures. The truth is equally disturbing – Seligman is being overwhelmed by an illness which ruins lives with devastating precision.

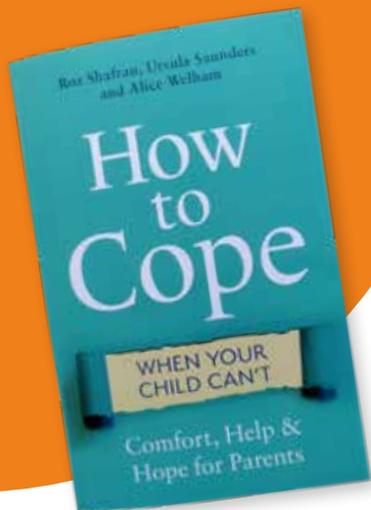


After this bleakest of openings, and a subsequent desperate account of what happened after he was diagnosed with bipolar at the age of 17, Seligman offers redemption. Having battled with euphoric manias, suicidal depressions, bewildering psychoses and the side effects of psychiatric medication, he is strong, brave and self-aware enough to find a form of peace and – dare one say it – happiness, which not only allows him to live from day to day but also enables him to share his thoughts and solutions on co-existing with and, as the title of this book suggests, befriending bipolar.

The key for Seligman is meditation, plus medication if needed. Taking his cue from the Buddhist belief that "the present moment is filled with joy and happiness and if you are attentive, you will see it," rather than regretting the past and being fearful about the future, he calmed his tormented mind and destabilising emotions. Crucially, through the depth of his own suffering, he has learned compassion for others. In the second half of *Befriending Bipolar*, as Seligman emerges out of darkness into light, this compassion shines through – providing hope to all those whose lives have been blighted by mental illness.

Once a psychotic, suicidal wreck, Oliver Seligman is now a monk, author and inspirational speaker. He has spent twenty years travelling the world, helping everyone, not just those who are troubled, to find peace. This extraordinary book is his precious gift to all of us.

Robert Beaumont (Charlie's uncle)



HOW TO COPE WHEN YOUR CHILD CAN'T

by Roz Shafran, Ursula Saunders and Alice Welham

How to Cope aims to give comfort, help and hope to parents of children who are having a difficult time, whether due to physical or mental health issues. It is divided into five sections – true stories, why and how to untangle yourself from your child, strategies for coping, practical examples of what worked, and the importance of ‘acceptance’ including what this actually means. It is deliberately written in a way that lets you dip in and out, or read it cover to cover, depending on what you have the mental space for at any given time.

The authors combine their considerable theoretical and practical experience: Roz Shafran is Professor of Translational Psychology at the UCL Great Ormond Street Institute of Child Health, a clinical psychologist with extensive expertise in treating psychological disorders and a former trustee at the Charlie Waller Trust; Ursula Saunders is a fundraiser in the charity sector having also worked as a researcher and producer for Radio 4; and Alice Welham is a clinical psychologist and lecturer at the University of Leicester.

Written with authority gained from experience, the book is both approachable and intimate. The friendship the women share reaches beyond the page to the reader.

The authors say they want it to be “a compassionate, non-judgmental friend of a book”, which I found it to be.

As a parent of children who have had various challenges, I can testify to how hard it is to balance pouring time, energy and commitment into caring for the child needing help with caring for other members of the family, including oneself. The book mentions an astonishing increase in adolescent mental health conditions – one in seven according to UNICEF in 2019, ie before the weight of the pandemic had been added. An increasing number of parents will therefore find themselves in the position of having to provide extra care for one or more of their children to varying degrees.

There is a wide variety of examples of the difficult situations we can find ourselves in, showing the everyday hidden worlds that exist all around us. It tackles complex issues of shame and embarrassment that can be part and parcel of dealing with challenging behaviour. How to Cope highlights how we are often hardest on ourselves, fearing we are not good enough, whereas “your friends and the good people in the world will be feeling for you, not judging you.” It gives practical tips and guidance in how others have tackled these and other difficult aspects of being a parent-carer.

I particularly liked the responsibility pie chart, which is very helpful when you feel like the weight of the world – or at least your child’s wellbeing – is on your shoulders, demonstrating that there are others who share this burden. “You are not alone” is a message reinforced throughout the book, combatting the feeling of isolation that is common to many carers.

It helps put the difficult concept of acceptance of your child’s situation into perspective; it is not the same as giving up. It exudes kindness and caring, with practical and moral support, including signposting for issues where further depth may be needed.

A kind, compassionate pep-talk of a book wrapped up in a non-judgmental, gentle hug.

Jacqie Kohler

Jacqie is a freelance writer and parent to children with a variety of anxiety disorders.

MOVING IMAGES GIVING YOUNG PEOPLE A VOICE



Young people are at the centre of the Trust's work. Alice Palmer talks about a video project in Bristol, and we showcase entries from a student photo competition.

On a sunny Saturday morning in Bristol I set out to talk to young members of the public about their mental health, and how they manage it. The idea came out of my new role for the Trust as Participation Lead. The role was established after conversations with CEO Clare Stafford about the importance of ensuring young people's voices and ideas are incorporated into the very heart of the charity's work.

I started as a Young Advisor and Speaker with the Trust almost ten years ago. That helped me realise how important a sense of agency was as part of my own journey as well as the empowerment it gave others around me. So now it's incredibly exciting to play a lead role in ensuring as many young people as possible have a part to play in decisions and discussions – all too often these happen on their behalf, rather than with them.

And what better way to kick things off than heading to a city full of students and asking them what they really think? Working with filmmaker Kristian Garside and mental health campaigner Haleem Clift, both very talented men in their early twenties, I was hopeful we'd make an approachable team. Our aim was to come out with some useful content for helping people understand what young people are feeling at the start of a new academic year emerging from the pandemic.

Wearing a Charlie Waller t-shirt and armed with a microphone and camera, I worried young people might find the prospect of speaking to strangers about their mental health a little daunting, but within 20 minutes I proved myself very wrong. A young man bounced up to us to say, "I've heard of Charlie Waller – they're great – what are you guys up to?"

After three hours we'd interviewed fifteen young people, asking questions ranging from "how do you know when you're feeling low or anxious?" to "what can other people do to help if you're feeling that way?" The honesty was overwhelming from everyone we spoke to, and the ability to articulate what they needed when they were struggling was humbling and important for others to hear.

"Just having people reach out to me and just say 'hey, how you doing?' makes all the difference", said one young woman. This point is one I consistently make when speaking in schools and workplaces – asking how someone is should never be underestimated: it can play an integral role in looking out for other people's mental health, and it takes less than a minute. Sometimes we need to ask twice, even three times, but I honestly believe the question can save lives.

Along with talking and checking in with those close to us, coping strategies such as exercise, meditation, and time offline were all mentioned by those we spoke to.

When asking about things other people might do which young people find unhelpful in terms of their mental health, one interviewee said: "When you see everyone posting their perfect lives on social media, and then you compare it to yourself, it can be damaging and unhelpful, but you've got to just remember that it's not the same as real life." Another said: "It's [when people] jump to conclusions or speak down to me which I find difficult."

Distancing ourselves from mobile phones and those who are quick to judge and make us feel we're not good enough when experiencing anxiety and/or low mood are clear takeaways from these interviews.



The answers ran with consistent themes, highlighting that there are clear ways in which we can be looking after ourselves and others at a time where mental health referrals are at an all-time high. It was a privilege to speak to so many inspiring young people, and it highlighted to me that when in doubt about how best to help young people struggling with their mental health, it's always best to ask young people themselves – they really are the experts.

You can watch the films we created here: charliewaller.org/blog/the-voices-of-young-people

How do you illustrate different states of mental health? It's a question we have to answer every day as we produce resources, training material, web pages – and this newsletter!

Recently we enlisted the help of photography students at Stratford on Avon College.



Image by Oliver Salmon



Image by Hollie Laycock



Image by Johnny Taylor



ONE MAN AND HIS BIKE

Many of our supporters are determined to pursue extraordinary challenges to raise money for us. 23-year-old **Connor Kelly** is no exception, cycling 3,870km from Paris to Istanbul in 50 days, raising a staggering £50,420.

Connor had just graduated from Edinburgh University when he decided to take on the challenge. He explains:

“For me, this was a year out of education, and also an opportunity for my own recovery. I struggle with depression and anxiety myself, and I’ve always safeguarded my own mental health by exercising – it helps me stay well.”

Of course, there’s exercise, and then there’s 50 days of cycling, travelling through France, Germany, Austria, Slovakia, Hungary, Romania, Bulgaria and, finally, Turkey! Connor says:

“It was really tough at points; sometimes I was pushing my bike up hills in the snow in minus five degrees.”



Yet, overall, Connor found it a hugely positive experience: “They were two of the clearest months I’ve ever had in my life. No panic attacks, no anxiety. The dark days obviously still came, but the exercise was just the most incredible way of mitigating those factors.”

Connor chose to raise money for the Trust because he has used our resources in the past. He says: “Charlie’s story resonated with me a lot. I knew the Trust works to raise awareness around mental health, and I wanted to make sure I could support them in doing this.

“I’d also read the resources on their website when I’d needed support and found them hugely helpful. I found the advice really clear in its message. My overall goal was just to make sure the Trust can continue to do what they do.”

Not only did Connor raise a huge amount, he also raised awareness of the Trust and mental health. He says: “I told a lot of people why I was doing it, which I felt was really important. I’ve played rugby all my life and a lot of my friends are rugby lads.

“They might not admit it if they were having a tough time – so I think my message really shone through in terms of opening up a culture of speaking openly and making sure people know they don’t need to suffer in silence.”

They were two of the clearest months I’ve ever had in my life.



FUNDRAISING HIGHLIGHTS

THANK YOU
TO ALL OUR
SUPPORTERS

Since joining the Trust last September, I have been thrilled to learn of all the fantastic fundraising that has been going on. It has been a tough environment for fundraising these past two years, but with the committed support of the many Charlie Waller Trust friends and partners, we have been able to navigate this difficult time.

We were delighted to be able to host our annual carol services at Bradfield College and St Luke's Church in person once again in December, and to be able to celebrate this special time of year with so many CWT friends. We were also thrilled that our annual quiz was able to return last November. A huge thank you to the wonderful committees who help to make these events happen.

This Mental Health Awareness Week (9-15 May), we are launching 'Chat for Charlie Waller' and would like to invite you to host a coffee morning with friends and colleagues. The theme of this year's Mental Health Awareness Week is loneliness – we know how important it is for our wellbeing to connect with those around us, so please do join in, have a cake and coffee, and support CWT in the process. You can find out more on page 35.

Thank you all for your ongoing support.

NICK APPLEBY
HEAD OF FUNDRAISING



KEEPING IT ACTIVE

February fitness

In February we held our virtual #FitforFeb challenge, encouraging people to take on an active challenge throughout the 28 days of February and raise money for mental health. New for 2022, we launched '#Fit4Feb for Schools' which enabled schools to join in with our fun February challenge. Six schools took part in activities themed round the number 28.



Pupils of Abbey Gate College in Chester had February fun in glorious technicolour!

Caledonian crossing

14 intrepid **Morrison's Academy** pupils aged between 13 and 15, and four members of staff, took part in the school's first Across Scotland Challenge in October and raised £11,688. Over eight days, they travelled from the Isle of Mull to Spey Bay by foot, bike and kayak, covering 355km and over 3,000 metres of ascent. The school chose to support the Trust after working with mental health trainer Debbie Spens, who has delivered workshops to parents at the school and trained 15 senior pupils in mental health first aid.



Walkies for Wellbeing

49 people took part in our annual event that asks supporters to run, walk or cycle 10km, with or without their four-legged friend, raising over £1,575. This year, Walkies for Wellbeing will run from 10 September to 10 October. Why not take part, boost your wellbeing and raise money for mental health? Visit charliewaller.org/events for more information.



Yogic fundraising!

Taking a more gentle approach to exercise, **Maria Bird**, who is CEO Clare Stafford's yoga teacher, organised two online yoga sessions during August and raised £425.

Lacrosse tournament

It's one thing to decide that a mothers and daughters lacrosse match might be fun, but when the pitch stretches into the distance and squads of athletic teenagers effortlessly throw and catch balls, it sharpens the focus somewhat. Noble mothers limbered up, chattering nervously about how long it had been since they last played, whilst the girls nonchalantly discussed festivals and the start of term, without much of a worry for the physical demands that lay ahead.

It was a really lovely day. The sun shone, and despite initial nerves, mothers surprised themselves by what they could pull out of the bag and daughters fought hard to impress pre-season. The standard was high, but the atmosphere generous spirited and there was a lot of laughter and camaraderie.

Huge thanks go to Mrs Keogh, Head of Lacrosse at St Helen and St Katharine School for hosting the tournament and opening up the pavilion for refreshments, and to James Kennedy of Sweet Chariot, who generously sponsored the event.

Notwithstanding a few aching muscles, this will undoubtedly become an annual event – in fact the date for 2022 is now set. Do put 18 September in your diaries!

MELISSA OWSTON

The tournament raised £1,280.



Anyone for tennis?

Freddie Fox organised a tennis tournament, raising over £4,000. He said: "After a 2020 short on live sport and socialising, the Grand Slam provided the perfect opportunity for both! From North Yorkshire to South Yarra (Melbourne!), over 500 Grand Slammers dusted off their rackets to take part. A huge thank you to all those who organised or hosted a tournament across the summer."

JUST KEEP RUNNING!

Cambridge Half Marathon

Last October, we were once again a national partner of the **TTP Cambridge Half Marathon** and were delighted to have 50 runners taking part on our behalf, who together raised nearly £29,000. Runners included Charlie Waller's brothers Richard and Phil and Charlie's niece Imi. Phil was part of a team from the Cranleigh Preparatory School community, who dedicated their run to "those who have been affected by mental illness in our community."

Fellow runner **Eliza Le Roy-Lewis** said: "I wouldn't have been able to run this race without my Charlie Waller t-shirt. Thoughts of this wonderful charity's commitments to mental health training powered me through Cambridge all the way to the finish line."

We were doubly thrilled to have 66 runners taking part in the 2022 Cambridge Half Marathon which took place on 6 March, hot on the heels of last year's, raising a fabulous £45,000 (and rising). Some of our supporters ran in both events – they really deserve those medals!

We are thrilled to have been chosen as a charity partner again for the 2023 event.

London Marathon



We had six people taking part in the **London Marathon** and five in the **virtual London Marathon**. Together, they raised over £21,000. One of our mental health trainers, **Rachel Welch**, ran the virtual event, having taken up running to help with her own mental health. She explains why she chose to start her marathon in the middle of the night: "If I start when it's dark, and finish after dawn when it's light, I think it sums up the hope we try to communicate – that the sun still rises even after the bleakest of nights."

We have nine runners taking part in the TCS London Marathon on 2 October this year, and a limited number of places for the Virtual London Marathon – please visit our website for details.

Angelic inspiration

Michael Priestley, the Trust's Student Involvement Coordinator, chose to start Christmas Day by running a marathon from Durham Cathedral to the Angel of the North and back again, raising £600. He wanted to raise awareness of the fact that Christmas can be a lonely, stressful and challenging time for people with mental health issues.

He says: "I completed it in three hours and 30 minutes and was lucky enough to have family support at the start and halfway point."



100 miles in a day

Not many people would choose to run 100 miles in one day, but **Jeremy Ellis**, pictured below, did exactly that when he took on the Centurion Autumn 100. He'd run 50 miles before but this was his first 100-mile run. He says: "This whole experience has made me realise how much I love rising to a challenge and how good taking part in this sort of event is for my mental and physical wellbeing." Jeremy's tremendous achievement raised over £7,000.



Running across the Pond

Further afield, **Patrick Regan** took on the Los Angeles Marathon in November and raised just under £1,500. He explained that he chose to run for Charlie Waller because "I've been in a dark headspace on and off for the last couple of years and seeing the message you guys promote and what you stand for is really inspirational."

PARTY THE NIGHT AWAY

Glamour in wellies



The **Welly Ball** is an extraordinary occasion, held every year overlooking the stunning East Fife coast. Students from up to 14 universities from across the UK attend the black tie (with wellies) dinner, followed by an after-party, amounting to a total of over 2,000 guests. For the last seven years, the St Andrew's University ball committee has chosen to support Charlie Waller, in recognition of the fact that mental health problems directly affect many students. The 2021 Welly Ball raised an amazing £30,000.

Partying in Putney

Ted Wainman was at Elstree Preparatory School with Charlie and has previously run marathons in support of the Trust. Last year he decided to hold a 'Putney post-lockdown party', raising a tremendous £9,700.

A magical evening

An evening of supper and magic was held at the Royal Agricultural College at Cirencester in November. The evening was organised by Anna Gage assisted by Lucy Fishburn – and they are to be congratulated on impeccable organisation.

Those not familiar with Archie Manners should look at his website. He is slight and witty and has a constant line of chat. His tricks seemed to incorporate hypnotism, card and mind reading tricks. He works at such speed that the audience did not have time to say "How did he do that?" before we were into the next trick. It could not have been a more enjoyable show and I am still amazed by a signed bank note turning up in a sealed envelope in someone's pocket. Not only was he magic but it was great fun to be there and watch him.

During an excellent supper he went round all the tables and performed tricks for the table guests. The tricks he showed our table indicated that we should not play poker with him as he manipulates cards and reads

minds. After supper guests were asked to play heads or tails for a £10 stake and a winner emerged after five rounds.



It was a very happy and fun evening enjoyed by everyone. Again, thanks are due to Anna and to Lucy but most especially to the incredible Archie Manners – if he appears near you, I recommend you go and see him.

DAVID JENKINS

The magic evening raised £3,200.

The hugely popular **Neon Disco** is normally held every year at Englefield House, Berkshire but, due to the changes in Covid-19 restrictions, had to be cancelled last year. However, thanks to the generosity of those who had bought tickets, we received £5,565 in donations. This year's disco, organised by a brilliant local committee, will take place on 11 July. You can register your interest for tickets now on our website so that you are alerted when tickets go on sale at the end of April.



COMPETITIVE PURSUITS!

Quiz night

The Trust's fundraising committee organise an event every year and, after being cancelled the year before, were able to hold a **quiz night** in November, hosted by David Burchall. 27 tables of eight people competed fiercely to answer questions on a wide range of topics, raising a brilliant £13,961.

Bridge for all

Bridge aficionados were delighted to meet Andrew Robson OBE, England's best known bridge teacher, at a **Bridge Day** held at Englefield House, Berkshire in February. The day was organised by a committee including Rachel Waller, (Lady Waller, Charlie's mother), and raised nearly £7,000.

Virtual bridge competition

Other bridge enthusiasts were able to participate whenever they wished throughout the month of December by taking part in our Virtual Bridge Competition. Between them the teams who signed up raised a marvellous £2,210.

CHRISTMAS 2021

Carol services

Just before Christmas, **Merton College Oxford** held its annual candlelit advent carol service, with proceeds from the collection going to the Trust. Sir Mark and Lady Waller attended the service. Lady Waller (Rachel) said: "It was a wonderful service – the choir was amazing and the organist brilliant."

Our two Charlie Waller carol services mark the start of the festive season for many of our supporters. At the **Bradfield Carol Service**, Charlie's brother and the Trust's Chairman, Richard Waller, spoke movingly about Charlie, the progress that has been made in the 25 years since his death in terms of mental health and the fact that there is still so much more to be done. He ended with a message to parents to "find time to listen to your children" and to young people to "talk to your parents about how you feel."

Lucy Fishburn, a member of our fundraising committee, attended our **London Carol Service**. She said: "The CWT office pulled off a spectacular carol service at St Luke's Chelsea in very tricky circumstances. It was the start of much needed Christmas festivities. The Vox Cordis choir were sensational as always and Margaret Keys, the guest soprano, had the huge church spellbound with her angelic voice."

"Marcus Armytage delivered his reading, 'The Inn Keeper', poker faced and had the congregation roaring with laughter at its conclusion. Alice Palmer, who spoke on behalf of CWT, was incredibly moving, heartfelt and honest. A fabulous couple of hours of uplifting cheerfulness."

The carol concerts raised a combined total of £47,028.



Prizes galore

Thank you to everyone who took part in our **Christmas Raffle**, either by buying raffle tickets or donating a prize. Those included a Christmas hamper, a Boden bag and a whole fresh lobster! The raffle raised over £2,000.

Shepherd family lights

We are so grateful to **Tony and Jancis Shepherd**, who put on the most amazing show of Christmas lights and music at their home in Marlow Bottom. They ask for donations and for the last four years have chosen to support Charlie Waller. Between 2018 and 2021, the Shepherd family have raised a total of £26,900.



THE JOY OF MUSIC

Paul Wee piano recital

Paul's recital in Gray's Inn Chapel presented Liszt's transcription of the most famous of all symphonies – Beethoven's Eroica – a work steeped in history and justly famed as the work which ushered in the nineteenth century. Played on a full concert Steinway Model D, the music was warmly appreciated by the large audience. Transcribed and originally played by Liszt to make it more accessible to audiences without access to an orchestra, the situation today is reversed – with recordings of the original readily available and the transcription rarely heard.

So it was a particular pleasure to hear the symphony played by Paul with consummate skill and panache. The piano transcription is without doubt a monumental challenge which Paul, characteristically, took in his

stride. Of the transcription itself it was, in parts, close to the original although the absence of woodwind was very apparent in the slow variation in the finale. However, Beethoven's fugal passages were very effectively rendered on the piano, as were the fast passages in the scherzo.

Perhaps the biggest surprise was to find that, in place of the regular pace of the orchestra, the solo piano could emphasise passages with small variations of touch which the orchestra could not match. It was a performance long to be remembered and was rightly greeted with a standing ovation.

JOHN UFF QC

Christopher Burrows piano recital

The Christopher Burrows piano recital was for many of us the first evening concert we had been to for many months. Arriving on a perfect evening in mid-September at the lovely setting of the Long Gallery at Englefield House, there was a buzz of excitement and reconnection.

As Christopher began to play our engagement with the live music was tangible. I was at first transported to my childhood when my mother played and sometimes sang Schubert to us. As the music floated over me, my son seemed to be playing Bach to me from many years ago. Then I recalled my husband, Hugh, who played until shortly before his death last year. The piano in our house now lies silent as all have gone.

But here on this early autumn evening was real music, joy and presence and I cried silently as Christopher played.

CAROL BOULTER



Our piano recitals raised a combined total of over £34,000

West End masterclass

Charlie's brother Phil is the founder of drama academy In2Drama, and one of its ambassadors is West End and Broadway star Kerry Ellis. She led a West End Masterclass at Cranleigh Arts Centre in August, with a bucket collection at the end for the Trust, raising over £250.

IN GOOD COMPANY

We are thrilled that **Kepler Cheuvreux**, an independent European financial services company, has selected the Charlie Waller Trust as one of two UK mental health charities (of a total of 11 in nine European countries) to receive support from its Foundation. The partnership kicked off with a charity trading day in November.

Enormous thanks to **Boden** for supporting our London Carol Service with an advertisement, gifts for the readers and event volunteers. Boden is continuing its tremendous support for the charity this year and started with a customer engagement activity in January, with the prize of access to a Charlie Waller Master the Art of Painting session.

We're so grateful to **Michelmores, State of Play, Fidelity, PACE** and **BOWAK**, who all supported us during 2021 and have committed to continuing their support this year. Their wonderful fundraisers have organised events such as a 'Ping Pong City Cup' and a Six Nations sweepstake, as well as taking part in half marathons, Park Runs and other internal events.

And finally...

Held over a weekend last September, the **Bucklebury Farm Deer & Safari Park Fayre** raised just over £5,000. Local businesses had stalls offering food, clothes, accessories, toys, goods for pets and for the garden. A wonderful time was had by all.



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 can make a donation:



Regular donations/ Friends of Charlie Waller

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.

Anyone who makes a regular donation is eligible for our **Friends of Charlie Waller** scheme.

Would you consider making a regular donation?

If so, please visit charliewaller.org/get-involved/friends-of-charlie-waller, email hello@charliewaller.org or call **01635 869754**.

Your support will be hugely appreciated.



By telephone

Call us on **01635 869754**

By text

To donate £10
Text 'CWT' to 70085

This costs £10 plus the cost of a standard rate message.



By cheque

Send a cheque (payable to Charlie Waller Trust) to **Charlie Waller Trust**
32 High Street
Thatcham
Berkshire RG19 3JD



Donate online

Please visit our website charliewaller.org/donate to make a donation online.

JustGiving

Please visit justgiving.com/charliewaller

PLEASE
FOLLOW US



WHAT'S ON

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

01635 869754
hello@charliewaller.org

These are the events we have planned for this year. In the current situation, please bear in mind they may be subject to change and keep an eye on our website for updates.

2022

Available from now

MASTER THE ART OF PAINTING

In the comfort of your own home

Sign up to our online art classes via our website with four acclaimed artists.

Tues 3 May

KINSKY TRIO CONCERT

Gray's Inn, London

A concert from one of the outstanding Czech chamber ensembles.



Fri 6 May

SEDLAK VIRTUOSI CONCERT

Elstree School, Berkshire

A second concert from incredibly talented Czech musicians who are longstanding friends of the Trust.

Mon 9 May – Sun 15 May

CHAT FOR CHARLIE WALLER

This Mental Health Awareness Week, connect with friends, family and colleagues by hosting a Chat for Charlie Waller coffee morning (see page opposite).

Sat 21 May

BOO'S BALL

Aldeburgh Yacht Club, Suffolk

A black tie ball, organised by Sarah Seccombe in memory of her daughter Boo Van der Noot who took her life in 2015 aged 23.

Weds 25 May

THE 24TH CHARLIE WALLER TEXAS SCRAMBLE

Badgemore Park Golf Club, Henley-on-Thames

Teams of four will be treated to a delicious lunch following the tournament at this renowned golf club.



Weds 15 June

RIPON RACE EVENING

Ripon Racecourse, Yorkshire

One of the highlights of the Yorkshire fundraising year!

3 July

BIKE OXFORD

Lift your spirits with a bike ride around Oxford. Well signed routes and a choice of 25, 50 or 80 mile distances.

Sun 10 July

BRADFIELD CRICKET TOURNAMENT

Bradfield College, Berkshire

Our annual tournament in which eight teams battle to win this prestigious event!



Mon 11 July

NEON DISCO

Englefield House, Berkshire

Fun, colourful disco for children in Years 7 and 8, held in the grounds of Englefield House by kind permission of Lord and Lady Benyon.

Mon 18 July – Sat 30 July

MENTAL HEALTH ART AUCTION

Cranleigh Arts Centre and online

Hosted by Belgravia Gallery, The Sebastian Hunter Memorial Trust and In2Drama.

Sun 4 September

THE BIG HALP

London

Join #TeamCharlieWaller for this exciting race, starting by Tower Bridge and finishing in Greenwich.

Sun 10 September – Sun 10

October

WALKIES FOR WELLBEING

Take part anywhere

Walk, jog or run 10k with or without your four-legged friend! Take part any time over a period of a month and choose your own route.



Sun 18 September

2022 LACROSSE TOURNAMENT

St Helen and St Katharine School, Abingdon

Enjoy taking part in a fun lacrosse tournament whilst raising money for mental health.



Sun 2 October

VIRTUAL TCS LONDON MARATHON

Join #TeamCharlieWaller to become one of 50,000 people taking part in the 2022 TCS Virtual London Marathon.

31 October – 6 November

TRIBAL TRACKS SAHARA CHALLENGE

Join our inaugural walking adventure trekking 100km across the dunes of the Moroccan part of the Sahara Desert.



Thu 3 November

AN EVENING OF MOZART

Cadogan Hall, London

A wonderful evening of Mozart performed at the prestigious Cadogan Hall in Chelsea under the baton of Charlie Grace.

6 December

BRADFIELD CAROL SERVICE

Bradfield College Chapel, Berkshire

A candlelit carol service with local celebrity readers.

12 December

LONDON CAROL SERVICE

St Luke's, Chelsea

Our flagship festive event with candlelit carols and celebrity readers.



CHAT ☕ for Charlie Waller

9 - 15 May

For **Mental Health Awareness Week**, we're inviting you to Chat for Charlie Waller.

The theme for the week is loneliness.

Host a Charlie Waller coffee break with friends, family or colleagues and help us raise awareness of loneliness and its impact on mental health, especially for young people.

We'll send you a *free digital fundraising pack* and useful information.

To find out more and register: charliewaller.org/events/chat-for-charlie-waller



LOOKING FOR HELP?

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

SAMARITANS

116 123

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

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

NHS 111

111

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

BABCP

babcp.com

For a register of accredited therapists

BACP

bacp.co.uk

For a directory of registered/accredited therapists

PAPYRUS HOPE LINE

0800 068 4141 Text 07786 209697

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

STUDENTS

studentsagainstd Depression.org

For information and self-help material

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

All details correct at time of going to press.

Who's who

Presidents

**The Rt Hon. Sir Mark Waller
Lady Waller**

Trustees

Richard Waller QC
(Chairman)

Robin Booth
(Hon. Treasurer)

Dr Nick Broughton
(Consultant Psychiatrist)

Michael Cole-Fontayn

William de Laszlo

Mark Durden-Smith

Dr Mina Fazal
(Research Fellow &
Consultant Child
Psychiatrist)

Julian Hay

Charles Lytle

James Murray

Katie Tait

Philip Waller

Iain Weatherby

Board Advisers

Professor David Clark

Lord Crisp KCB

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Dr Denise Meyer

Professor Andrew Reeves

Professor Suzanna Rose

Sir Anthony Seldon

Professor Roz Shafran

Professor Sir Simon Wessely

Patrons

Alexander Armstrong

Gordon Black CBE

Louise Black

The Hon. Mrs de Laszlo

Neil Durden-Smith OBE

Nigel Gray

Professor Steven Hollon

Ian McIntosh

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Phoebe Waller-Bridge

Anthony West

Michael Whitfield

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Clare Stafford

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Nick Appleby

Communications Director

Tracey Gurr

Schools & Families

Programme Director

Sarah Ashworth

Workplace Programme

Director

Abigail Hirshman

Colleges & Universities

Programme Director

John Cowley

Finance & Operations

Manager

Carrie Green

Corporate Partnerships

Manager

Georgie Miles

Training & Programmes

Manager

Annabelle Easton

Graphic Designer

Amy Martin

Freelance Events

Coordinator

Debs Burles

Volunteer & Resources Officer

Martha Pipkin

Events & Community

Fundraising Manager

Natalie Norris

Training & Evaluation

Assistant

Martha Lee-Harris

Office Assistant

Kirsty Smith

Digital Development Officer

Daniel Coogan

Communications Officer

Sabita Burke

Fundraising Assistant

Natasha Austen

PA to CEO

Michelle Paice

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The Charlie Waller Trust is a registered charity in England and Wales 1109984.

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Registered address: as above.