



# Trustees' Report and Financial Statements

for the year ended 31 December 2023

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# REFERENCE AND ADMINISTRATIVE INFORMATION

## Presidents

The Rt Hon Sir Mark Waller  
Lady Waller OBE

## Trustees

R B Waller KC, Chairman  
G C R Booth FCA, Treasurer  
Dr N I Broughton  
D Colbourne  
M C Cole-Fontayn  
W P de Laszlo  
M Durden-Smith  
Dr M S Fazel  
J B N Hay  
C P S Lytle  
J D G Murray  
K A Tait  
P G Waller  
I G Weatherby

## Board Advisers

Professor David Clark  
Lord Crisp KCB  
Lord Layard  
Dr Denise Meyer  
John Olsen  
Professor Andrew Reeves  
Dr 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  
Mary Nightingale  
Susan Shenkman  
Phoebe Waller-Bridge  
Anthony West  
Michael Whitfeld

## Independent auditors

Critchleys Audit LLP, Beaver House,  
23-38 Hythe Bridge Street, Oxford, OX1 2EP

## Investment advisors

J.M. Finn & Co., 25 Copthall Avenue, London,  
EC2R 7AH

## Bankers

CAF Bank Limited, 25 Kings Hill Avenue, Kings  
Hill, West Malling, Kent ME19 4TA

## Registered office

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

## Company registered number

5447902

## Charity registered number

1109984

# INTRODUCTION FROM THE CHAIRMAN

November 2023 marked the end of The Charlie Waller Trust's 25th anniversary year. It was a time to reflect on the impact we have had as a charity and the wider societal context for our work.

More than 25 years on from the tragic loss of Charlie to suicide, what has changed? Would things be different for Charlie today? Would he be able to ask for and receive the help he needed swiftly and without fear of stigma?

Certainly in part this is the case, and that is cause for continued hope.

However, despite the many positive changes in recognising and responding to mental health issues such as depression and anxiety, there remains a huge challenge to the health and wellbeing of children and young people.

The NHS digital study<sup>1</sup> showed that the rate of probable mental disorders amongst 8 – 25-year-olds had stabilised, following the rise between 2017 and 2020, a welcome statistic – but there were some worrying findings. For example, young women aged 17 – 25 were twice as likely to have a probable disorder as their male counterparts and there has been an increase in the prevalence of eating disorders.

The Charlie Waller Trust's work in 2023 addressed many of these challenges.

We continued our work to support families and train parent peer support workers to offer first line support in local mental health services from a lived experience perspective.

We increased the capacity to deliver our carers' skills workshops for parents and carers of young people with eating disorders.

We also expanded the range of topics offered through our free webinars to include, amongst many others, gaming and gambling in young people, suicidal thoughts, and supporting young people with ADHD.

After a decade as CEO, Clare Stafford left the Trust at the end of February 2024. She said:

"As soon as I arrived at The Charlie Waller Trust, I knew it was something special. It was a small charity, but it had the foundations for growth. There was a passion for and commitment to the cause that was backed up by working with experts and those with lived experience and by following the evidence, alongside a culture of

warmth, hope and optimism. Crucially, we also had a loyal and generous supporter base.

"It was a privilege to lead the Trust for 10 years and to work with such amazing people – the office team, freelance trainers, speakers and consultants, and volunteers – and to oversee the significant expansion of the Trust's work and impact."

Under Clare's leadership, the Trust went from strength to strength. She enhanced our reputation as a charity that provides first-class evidence-based training and resources that I firmly believe make a real difference and impact. She also saw us become the go-to charity for our groundbreaking parent peer support work. Clare left us with a great office team in place and a pool of talented and committed freelance trainers who will ensure that our charitable delivery will continue seamlessly.

We are delighted to have appointed Dr Hannah Vickery as our new CEO. Hannah was formerly the Head of Training and Associate Professor at the Charlie Waller Institute at the University of Reading. This means that, in addition to bringing immensely valuable knowledge and experience of the mental health field, she is already very well acquainted with the work of the Trust. Hannah has joined the charity at a hugely important time, not just for the organisation, but for young people's mental health in general. Backed by a strong team and our tireless supporters, she has the opportunity to help the Trust reach new heights, helping many more young people and those who care for the them in the coming years.

We are so grateful to all our funders and supporters for enabling 2023 to be an outstanding year for income. We remain passionately committed to using these funds to achieve the most positive impact possible.



**Richard Waller KC**  
Chair



1. 'Mental Health of Children and Young People in England, Wave 4 follow up to the 2017 survey' NHS Digital, 2023.

# TRUSTEES' REPORT

The Trustees (who are also the directors of the charity for the purposes of the Companies Act) are pleased to present their statutory report together with the audited financial statements of The Charlie Waller Trust ('the Trust') for the year ended 31 December 2023.

The report has been prepared in accordance with Part 8 of the Charities Act 2011 and it is also the report of the directors for the purposes of the Companies Act 2006. The financial statements have been prepared in accordance with the accounting policies set out on pages 34 to 36 and comply with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), effective from accounting periods commencing 1 January 2019 or later.

# OBJECTIVES AND ACTIVITIES

## What we do

The Charlie Waller Trust was set up by the Waller family in 1997 after Charlie tragically took his own life at the age of 28.

Our vision is of a world in which young people are educated to understand mental health and can get all the support they need. Our overarching mission is to educate young people and those with responsibility for them – notably parents and carers, teachers, college and university staff, and employers – about their mental health and wellbeing.

We aim to improve their understanding of mental health, to give them the knowledge and skills to support themselves and look out for those around them, and to give them greater confidence in talking openly about the subject.

By enabling more open and better-informed conversations, we aim to reduce further the stigma that surrounds mental health.

Our focus is on supporting all young people, from primary school age to the early years of their working lives, and on the crucial role of parents, carers and families. We recognise that some children and young people have increased vulnerability to mental health problems for reasons of social and economic disadvantage, sexuality, race or disability, and at points of transition in their lives.

The majority of our work is delivered through schools, parents, colleges and universities, and workplaces, in the form of consultancy, training, and the provision of educational and practical resources. We seek to establish enduring partnerships, in order to bring about sustained change and lasting improvement.

Our work is evidence-based and most of it is offered free of charge.

'Charlie Waller Workplace' is distinct from our other areas of activity. It is a commercial offer that provides expert training and consultancy to enable managers and staff to recognise and address mental health issues in individuals and teams.

Charlie's story sits at the heart of the charity and we strive to ensure that the voices of young people and parents are embedded throughout our work.

## How we work

The following principles underpin all our work:

**Positive:** We focus on prevention, early intervention and the importance of offering hope.

**Proven:** Our consultancy, training and resources are all evidence-based and/or evidence informed.

**Practical:** Our content provides people with strategies and tools to care for their mental health, and to support others in doing so.

**Purposeful:** Our work is targeted on where we can make the most impact

The Charities Act requires the Trustees, in exercising their powers or duties, to have due regard to the public benefit guidance published by the Charity Commission. The Trustees are mindful of this obligation and refer to the guidance when reviewing the Trust's aims and objectives and in planning future activities. In particular, they have considered how planned activities will contribute to the aims and objectives, as described in this report.

The Trustees, supported by the CEO and wider team, focused on parents and carers as part of the Trust's charitable activity in 2023. The Trust has made progress in gaining acceptance that parent and carer peer support workers should be in every children's mental health service. The impact on families of the increased prevalence and severity of mental health problems amongst children and young people is significant and services continue to be chronically over-stretched in providing a full and timely response. This new role in children's mental health teams is therefore vital in increasing capacity to respond to parents and carers and their children.

**The objectives of the Trust are as follows:**

- Raising awareness and providing information on depression and related mental health problems.
- Equipping young people to look after their mental wellbeing.
- Helping people to recognise the signs of depression and related mental health problems in themselves and others so they know when to seek help.
- Ensuring expert and evidence-based help is available when people need it.

**Our values**

We work in a way which is:

- **Warm:** Positive personal connections are central to mental health; we aim to reflect this in all our relationships with beneficiaries, supporters, staff and volunteers.
- **Empowering:** We support all those we work with, and who work for us, to use their minds, hearts, energy and creativity to fulfil their potential.
- **Collaborative:** Partnership and cooperation are at the core of our work; we seek the views of those we wish to support and aim to put them at the centre of our activity.
- **Compassionate:** We recognise vulnerability in ourselves and others, especially where there is more than one reason people may be vulnerable to mental health problems, discrimination or inequality.
- **Open:** We believe in being honest about the way we work, our aspirations and where we need to improve; openness and good communication are key to good mental health.

## SUMMARY OF IMPACT

Every year we reach thousands of young people, educators, parents and employers with our high quality, evidence-based training, advice and resources. We give children and young people, and those around them, the knowledge, practical tools, skills and confidence to look after their own mental health and support others. Our work is bespoke and responsive, and the lived experience of parents, carers and young people sits at the heart of what we do. The following summary highlights our impact in 2023:

### COMMUNICATIONS

**46,451**  
PUBLICATIONS  
SENT OUT

**16,535**  
NEWSLETTERS  
SENT OUT

**133,872**  
USERS VISITED OUR WEBSITE  
**29,997**  
RESOURCES DOWNLOADS  
**426,643**  
PAGE VIEWS  
**11,536**  
VIDEO VIEWS

### SCHOOLS PROGRAMME

**3,645**  
PEOPLE  
ATTENDED  
OUR OPEN  
ACCESS  
WEBINARS

**94%**  
SAID THEY  
INCREASED  
THEIR  
KNOWLEDGE  
OF THE  
TOPIC AFTER  
ATTENDING  
OUR  
WEBINARS

WE DELIVERED  
**216**  
SESSIONS TO  
**14,153**  
ATTENDEES

**1,701**  
PEOPLE  
ATTENDED  
OUR  
WORKSHOPS  
FOR PARENTS  
AND CARERS  
OF CHILDREN  
AND YOUNG  
PEOPLE WITH  
AN EATING  
DISORDER



## FAMILIES PROGRAMME

**185**  
INDIVIDUAL MEMBERS  
INCLUDING **70** PARENT  
SUPPORT GROUPS IN OUR  
PLACE NETWORK

**67**  
PARENTS AND  
PROFESSIONALS TRAINED  
TO DELIVER INDIVIDUAL  
AND GROUP SUPPORT

## COLLEGES AND UNIVERSITIES PROGRAMME

**87**  
SESSIONS TO  
**3,328**  
ATTENDEES

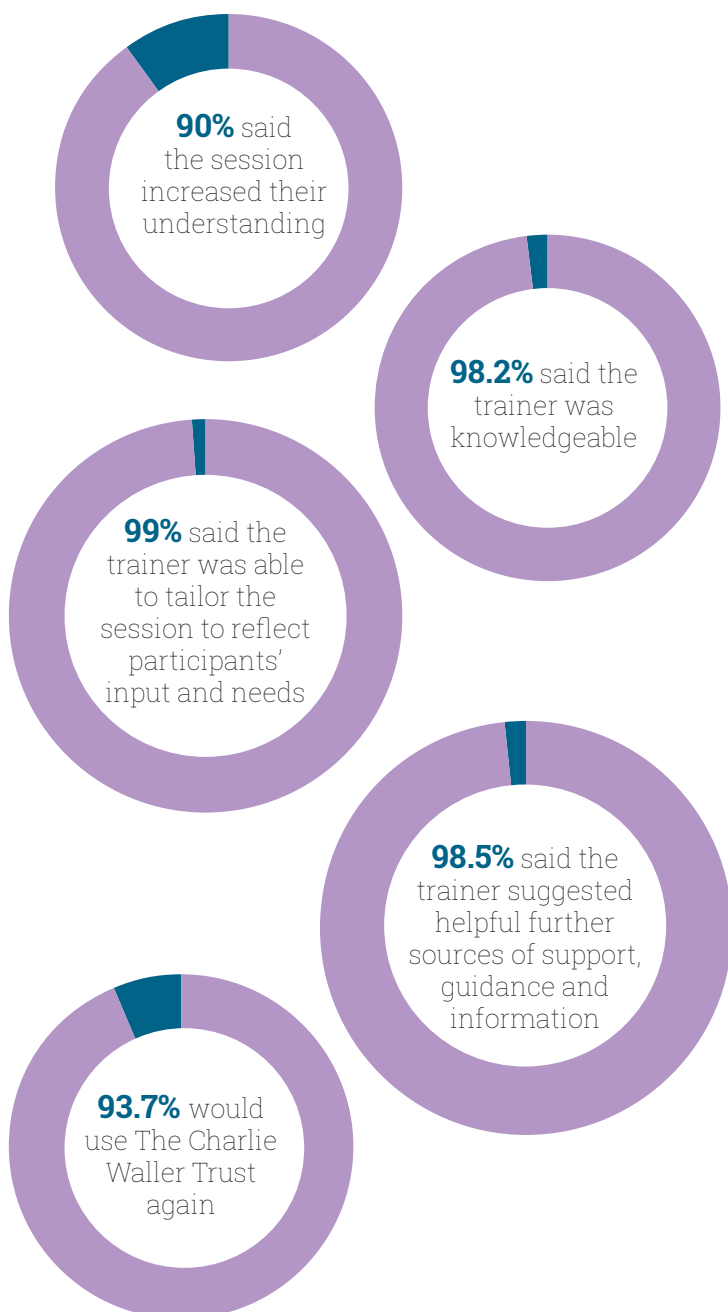
**199**  
COLLEGES ARE  
USING 'C-MET'  
(MENTAL  
HEALTH SELF-  
EVALUATION  
TOOL)

**145**  
SIGN-UPS TO  
OUR NEW  
E-LEARNING  
COURSES

## WORKPLACE PROGRAMME

**115**  
SESSIONS  
DELIVERED TO  
**3,152**  
PEOPLE

Evaluation of our training is consistently excellent across a range of measures. Below is a snapshot from 171 attendees we have worked with in 2023:



As a parent, I'm so appreciative that this [training] is on offer and that you have highly knowledgeable and passionate presenters [like Gemma] to deliver the training.

Parent

# ACHIEVEMENTS AND PERFORMANCE

Raising awareness of depression and other common mental health problems

**Totals sent out in 2023:**  
**Publications – 46,451**  
**Books – 839**

Our high quality, bespoke and co-produced publications are a key part of our charitable delivery and 2023 saw another increase in our reach (from 37,860 publications in 2022 to 46,451 in 2023).

The Trust offers many different publications and resources to support children and young people and those around them to look after their mental health and wellbeing. During 2023 we reviewed these and increased our range. The Trustees are grateful to funders who support this aspect of our work.



We also updated our exam guidance in 2023 and our youth ambassadors reviewed our 'Life at University' resources.

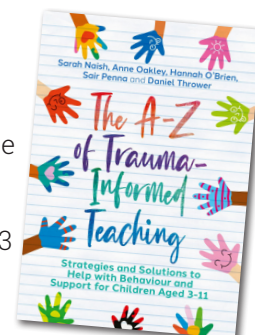


I always use my CWT bookmark as it helps to remind me to look after my mental health.

Usman, CWT Youth Ambassador.

## Book Club

The Charlie Waller Mental Health Book Club for schools and other youth settings once again received generous funding support from the Foyle Foundation and in 2023 we sent out **839** books to teachers and support staff.

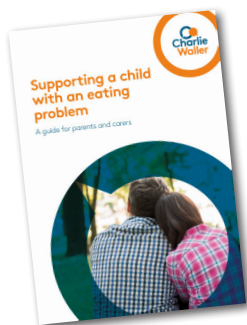


I really value the Book Club and the opportunities it provides for our children and our staff. It is invaluable in being able to access new stories and activities for the work our pastoral team delivers to children and families. We have also been able to recommend these books to parents.

Pastoral Manager

It's absolutely amazing! We are an underfunded primary school and many of our children have very tricky lives. I buy most of the SEMH [resources] out of my own money. Your book club is like a lifeline and helps so many of our children and staff. Thank you, thank you, thank you!!!

School Behaviour Lead and Social, Emotional and Mental Health (SEMH) support



We published a much needed new guide on 'Supporting a Child with an Eating Problem', drawing on the expertise of our trainers, parents with lived experience and other experts in the field.

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

Children and family worker

## Partnership project - In our own words

CWT was pleased to partner with the Charlie Watkins Foundation and Boys in Mind to produce a package of resources for parents, teachers and others who want to support a child, using the experiences and voices of children and young people themselves.



## Social media highlights

Our social media presence showed significant growth in 2023. Our online community expanded to include approximately **7,500** followers on X (previously Twitter), **4,600** on Facebook, **3,500** on Instagram (marking a notable 24% increase during the year) and **1,900** on LinkedIn; TikTok witnessed a considerable increase of nearly 50% in followers – confirming the platform's importance, particularly in our commitment to video content. Additionally, we established a robust following on Spotify, YouTube and Threads, and this year launched our Workplace LinkedIn page.

Our content strategies for the year proved successful, with key themes revolving around the promotion of new resources and initiatives. Examples include our CoRAY academic study, a resource for supporting a child with an eating disorder and podcast episodes. Core brand messaging, particularly posts about Charlie Waller and the family, resonated well with our longstanding supporters. Timely mental health advice, featuring parenting tips and guidance, especially around awareness days, also garnered significant attention.



## Website engagement

Our website continues to attract a steadily increasing number of visitors, averaging around **11,500** per month. Our digital resources, in particular webinars, were the most popular pages visited. In 2023, we recorded **9,227** sign-ups to our webinar events, and the total number of resource downloads reached an impressive **29,997**.

## Media coverage

Throughout 2023, the Trust received coverage across various media outlets. A **BBC Radio Berkshire** interview featuring our CEO, Clare Stafford, provided insights into the Trust's impactful work and participation in the Big Give campaign. Our fundraising events continued to be included in national outlets such as the **Daily Mirror**, **The Evening Standard** and **The Times**. Local and specialist news coverage, including **Newbury Weekly News**, **Bucks Free Press**, **Englefield Echo** and **Muddy Stilettos**, along with global exposure through **Getty Image** branded content, contributed to an extended reach.

## Video and animation

To enhance brand awareness and expand our influence, we crafted a video narrating 'who' we are and 'why' we exist. This interview-style, short film featured our Chairman Richard Waller, Trustee Mark Durden-Smith, trainer Gemma Howard and two beneficiaries, providing a comprehensive journey from the founding of the charity to shaping our whole school approach. Towards the year's end, a supporting animation summarising 'what' we do and 'how' we help was introduced and received exceptionally positive feedback. Both resources are available on our YouTube channel.



## Newsletter and email news bulletins

Our printed newsletter now reaches nearly **16,535** addresses, including insight into the Trust's work, impact and key mental health topics. Accompanying this, our regular email bulletins, totalling **113,636** in 2023, provide dynamic content on subjects ranging from reverse mentoring and supporting children with autism to the intersection of 'music and mental health'.



## SCHOOLS

In 2023 the Trust delivered talks, training and advice to primary and secondary schools. The focus is on a whole school approach and supporting staff at a time when school funds are stretched and the demands on staff are significant.

CEO, Clare Stafford, contributed as Vice-chair of the Children and Young People's Mental Health Coalition to influence policymakers on priorities for children and young people's mental health.

We delivered training for senior mental health leads in schools, in cooperation with the Charlie Waller Institute. This received an excellent rating from the Department for Education and participants show significant increases in skill, knowledge and confidence on pre- and post-course measures.

Having [CWT trainer Gemma] really focusses our staff and makes us consider the tweaks to our practice that will have huge impact for our pupils. Having [Gemma] for the year means we don't get complacent - we have goals, a plan and together we achieve it. Our relationship keeps us on track to be proactive.

**Primary school headmaster**

In 2023 we delivered **216** sessions to **14,153** teachers, parents and pupils and continued our live, open access webinars, which attracted **3,645** attendees.

### Partnership highlights



CoRAY was a project based at the University of Oxford. In partnership with The Charlie Waller Trust, together we published a range of mental health lessons and resources, working with young people, researchers and clinicians providing evidence-informed advice. In 2023 we developed targeted materials for special schools and alternative provision, whilst continuing to promote and disseminate the core materials.

We partnered with the **Anna Freud Centre** and the **National Children's Bureau** to deliver emotional health training for the wider children's workforce. **740** people were trained in the pilot areas and evaluation showed improvement across all measures.

## FAMILIES

In 2023 we consolidated our position as the leading charity championing parent and carer peer support and furthered our reputation for active and genuine coproduction. We also worked with policy makers and partners in the sector to achieve this.

### Parent and Carer Peer Support

#### Training

The Trust is currently the sole provider of parent and carer peer support training and this is funded by NHS England and delivered in partnership with the University of Reading and Northumbria University. In 2023 we trained **33** parents and carers with lived experience of supporting young people with mental health problems to become parent and carer peer support (PCPS) workers. Their subsequent work in local children and young people's mental health teams is of enormous value.

This training was so informative. It has challenged my thinking in so many ways and has stretched my abilities.

PCPS trainee

We trained over **15** clinical supervisors to support these newly trained PCPS workers to navigate local systems. These supervisors will provide an essential bridge to their colleagues to ensure the contribution of the PCPS worker is understood, valued and that the PCPS worker is appropriately supported.

Over **£80,000** was provided in grants to local services for their PCPS workers to participate in the training and to acquire experience of supporting parents and carers.

The training was possible due to support from NHS England who have recognised the value of this new role and commissioned further courses in both the University of Reading and Northumbria University. Applications for this training course opened on the 1st November 2023 and we received over **44** partnership applications between services and parent/carers.

#### Building system capacity

The Trusts' work has included support for local commissioners and services so that they have the capacity and capability to have PCPS workers in their teams. In response to the needs of parents, carers and professionals we delivered **4** CPD sessions and over **20** one-to-one support meetings were delivered to services and commissioners looking to take parent carer peer support forward within their children and young people's mental health services. We also delivered **4** CPD sessions to parents and carers who wanted to explore how they might use their experiences to help others, and better understand if PCPS is something they might like to do. These courses were developed and delivered by lived experience PCPS workers and professionals.

I took so much information away from this, thank you for putting on this event and sharing knowledge and experience.

Carer

In November 2023 we launched our 'Parent and Carer Database'. By early December 2023 we had successfully matched parents and carers who were interested in PCPS with services looking for parents and carers in their area.

Speaking with Sara has really helped me to feel supported, she listens and picks up on things I've said and then helped with providing resources really targeted to my needs. Speaking with someone who has lived experience and is willing to share really makes all the difference and helps you to feel like you are not alone."

Parent

Thanks to the generosity of one of our funders we have been piloting the PCPS role over three years in three different areas. We are evaluating the impact of these roles across a range of measures and this data will be used to make the case for future commissioning.

## The PLACE Network

The PLACE Network for individuals and organisations who run and set up groups for parents of children with mental health issues had **185** members including **70** groups. Throughout 2023 we facilitated **26** Network meetings and other network events including the delivery of training, and peer-to-peer supervision sessions.

Policy teams in health, social care and education as well as the Children and Young People's Mental Health Coalition have used PLACE to carry out key consultations.

## Supporting parents and carers to help their loved ones with an eating disorder

We secured funding to roll out the evidence based New Maudsley Carers Skills workshops for parents and carers of children with an eating disorder. PLACE Network members and many other parents had said that more support was needed for families, who often felt alone in caring for their child, especially as specialist services are facing unprecedented demand. Our independent review for this programme was completed in Oct 2023.

**16** existing CYPMH PCPS trained as New Maudsley Ambassadors. These Ambassadors will provide 'on the ground' support to parents/carers and extend the work of clinical teams.

*It has helped in my role when trying to explain to professionals why families may react in certain ways. I have learnt a lot about what triggers an eating disorder, and this understanding has informed my discussions in my professional role as we have seen an increase in the children we support having eating disorders.*

**NMA Ambassador**

We trained **18** professionals and people with lived experience to introduce and deliver NMA carer skills workshops within their own services.

*Immensely rich in terms of the training and resources provided, thank you. Hugely valuable, hugely practical and feeling very well resourced.*

**NMA Facilitator**

*Without these sessions, I would have been in a deeper hole"*

**Carer**

We supported these new facilitators to deliver **24** courses (**240** hours of training) to over **200** carers throughout September, November, and December 2023.

## Lived experience and co-production

The voice and experience of parents and carers who are supporting a child or young person with mental health difficulties is at the heart of the Trust's work. We believe that people with lived experience play an important role in shaping and developing our services.

### Lived experience partners

In 2023 we successfully recruited five new Lived Experience Partners to work with the Families Team. These partners will build on the work to champion the voice of parent carer lived experience and in bringing this lens and perspective to our work.

### This May Help

We supported the NHSE project team to co-produce a series of short films by celebrities that will support parents and carers with concerns about their child's mental health. We worked to ensure the content was appropriate from a lived experience perspective and provided the most helpful practical advice possible.

### Youth Intensive Psychological Practitioners Training (YIPP)

We delivered a number of workshops for NHS England for this new role in inpatient settings as part of their 2-day induction training to help the trainees think about a lived experience and coproduction lens right from the very start of their training.

## YOUTH INVOLVEMENT



Launched officially in January 2023, our new Youth Involvement team spent its first year embedding itself into many aspects of the Trust's work. The purpose of recruiting nine youth ambassadors aged 16-25 from across the UK is to ensure that young people's ideas and voices are central to our work. The benefits to both The Charlie Waller Trust and the ambassadors have been multifaceted.

One of the ambassadors' main roles is to aid the Trust in its relevance and approach. This means that training has been provided throughout the year. Training sessions have ranged from Public Speaking to Taking on Mental Health Research and Understanding Anxiety – How to Help Yourself or Others Struggling.

All ambassadors have been given public speaking opportunities in their first year, whether this be in an educational setting, at the Flackstock festival, or on their own podcast series, 'Stigma to Strength.'

In this role personally I've been able to learn and shape my thinking in a way that has helped me add a voice at university, as well as gain confidence raising my voice to try and champion mental health in my own settings.

**Fariha Agha**

I've really enjoyed my time working for the Trust due to the collaborative aspect. It's been so refreshing to be in a space where our opinions are valued as ambassadors and I feel that this encouragement has made me feel more confident in expressing my ideas. Furthermore the work that I have been able to do with the Trust has been continually rewarding through the Stigma to Strength podcast to helping out at Flackstock and it has felt very fulfilling to continue to spread the Trust's work.

**Kyanne Graham**

The 'Stigma to Strength' **podcast** series is the Trust's first entirely youth-led project, with ambassadors Eliza Antelme and Kyanne Graham developing the concept, content, hosting and dissemination of this series. Monthly episodes tackle topics specifically affecting the mental health of young people and the podcast has achieved such status within a year that Ben West, a young and influential figure in the mental health campaigning world, joined an episode recently to discuss male body image.



Other ambassadors have run **webinars** and **workshops** alongside clinicians, joined fundraising events to raise awareness about the benefits of exercise for mental health and worked on collaborations with the Charlie Waller Workplace team. They have also written **book reviews, blog posts** and **social media content** relevant to young people and worked with professionals at the University of Oxford to advise on **short films**, translating research evidence into practical tools for young people.

I have grown in confidence and have experienced some invaluable opportunities. The role is really important to me as my lived experience has made me determined to help create change and promote positive mental health especially among young people.



**Sophie Griffiths at Flackstock Festival**

The year closed with ambassadors attending the CWT team day to host a panel discussion on the involvement of young people both at the Trust and across the sector. They have been widely celebrated and welcomed into projects across the Trust and look forward to another year of such opportunities and successes.

The current team have been closely involved in recruiting three new ambassadors for 2024.

The programme is supported by Youth Involvement Lead, Alice Palmer and Co-ordinator Michael Priestley and the Youth ambassador team of 2023/24 comprised Tilly Prestige, Amy Knight, Andrew Macdonald, Eliza Antelme, Fariha Agha, Kyanne Graham, Patrick Regan and Usman Javaid.

I have really enjoyed working with the Trust this year. I feel like I have learned so much from the brilliant people I work with, and I have really had my eyes opened to just how much amazing work is produced by charities like The Charlie Waller Trust. It is something I find very inspiring, and I hope to stay involved in charity work for the rest of my life alongside my future job as a doctor.

**Andrew Macdonald**

Working as an ambassador has been an absolute joy; everyone at CWT has been so friendly and welcoming, and the other ambassadors are so passionate and enthusiastic too. The role fits really well alongside work/study, and there have been so many different kinds of opportunities to get involved with. I particularly enjoyed going to the CYPMHC conference back in June, and I'm really looking forward to helping deliver the MH research workshop with Michael next month.

**Amy Knight**

Working alongside other ambassadors, I have built a strong connection with them all. The opportunities that come with this role as well as the training and other members of staff, all appeal to me. I like how I can bring my specific expertise, and how I do not have to know everything.

**Usman Javaid**



## COLLEGES AND UNIVERSITIES


In 2023 we delivered **87** sessions of training to **3,328** attendees. We continue to support a whole college or university approach to mental health and wellbeing, in line with the University Mental Health Charter and other sector guidance.

A significant development in 2023 was a complete review and refresh of our suite of [free online courses](#) designed to empower non-specialist staff in universities and colleges with valuable knowledge and skills related to young people's mental health. The courses include Staff Supporting Students, Managers Supporting Staff, Wellbeing Strategies (for yourself) and Managing Risk and Crises. There were received over **145** registrations in the last quarter of 2023.

Our [Students Against Depression](#) (SAD) website had **30,283** users in 2023 and received **57,602** page views.

### Partnership highlights

We continue to collaborate with the [Association of Colleges](#) to deliver training, develop a bespoke training programme for senior mental health leads and to contribute to 'Communities of Practice'.



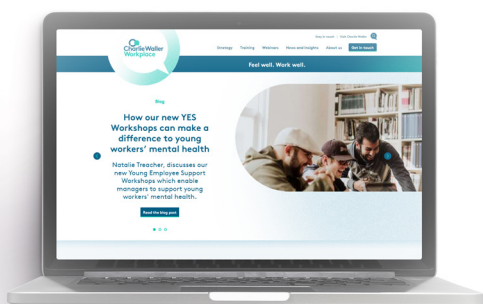
Ros was brilliant. Engaging and welcoming. We were made to feel able to share and contribute. Ros was very knowledgeable in the area of eating disorders and made the content relevant to us as practitioners within higher education. Overall it was great.

**HE practitioner, Cardiff University**

# WORKPLACE



In early 2023 we launched our new website, [charliewallerworkplace.org](http://charliewallerworkplace.org)



This has enabled us to develop our whole organisation approach to supporting mental health and wellbeing in the workplace. Our training and consultancy income increased by **14%** to just under **£96,000** and we reached over **3,000** delegates.

Our workplace team worked with a range of new customers including Bonhams Auctioneers, the Charity for Civil Servants and Guinness World Records. We were awarded a grant from Berkshire Community Foundation and trained over 100 leaders, managers and employees in our core course on leading, managing and learning.

An interesting and engaging session. Great to be able to have the training face to face and meet other participants. Our facilitator was clearly very knowledgeable and skilled in this topic.

Delegate, Elizabeth Fry Charity

In response to the changing needs of workplaces, we developed a successful new training course in neurodiversity in 2023.

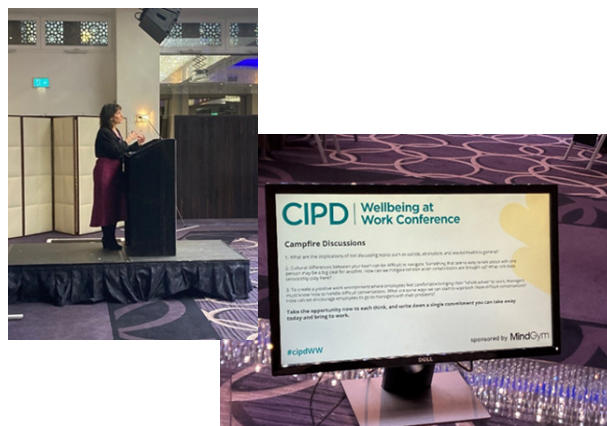
Really inspiring presentation; tricky subjects to explain to lay people but it was done brilliantly.

Delegate, West Berkshire Council

We developed and delivered our new webinar series for parents in the workplace, providing advice and guidance on how to support a young person with mental ill health as well as how to look after themselves. We also provided webinars on men and mental health.

Another important development was our whole organisation approach assessment tool, enabling us to measure how organisations are doing against eight key criteria.

In response to increased attention on suicide in the workplace, we spoke at the **Chartered Institute of Personnel and Development** national conference and published an article for the National Suicide Prevention Alliance.



## Young people at work

In 2023, we created our YES (Young Employee Support) workshops using the lived experience of young people to support employers working with those new to work.

We had an excellent session from The Charlie Waller Trust around how we approach our development in relation to mental health and wellbeing.

Delegate, CPL Solutions

Very interactive session. The trainer pushes you to think what matters to you and how can you improve your life quality.

Delegate, Fujitsu India

# CHARLIE WALLER INSTITUTE AND OTHER RESEARCH ACTIVITY



The Trust has a five-year gifting agreement which supports the Charlie Waller institute and the Chair in Evidence-based Psychological Treatments in the Department of Psychology at the University of Reading. The Chair role is currently held by Professor Stella Chan.

The Charlie Waller Institute aims to:

- Deliver a range of training courses to clinicians, both within and outside the IAPT programme (Improving Access to Psychological Therapies, now NHS Talking Therapies);
- Evaluate the effectiveness of the training to ensure that it improves clinicians' knowledge and skills, and outcomes for patients;
- Undertake research that adds to the evidence base on effective psychological interventions.

The Charlie Waller Institute accepted over **400** new students in the 2023/4 academic year across a range of clinical training and qualifications.

The institute has built a national profile for its work on equity, diversity and inclusion, both for the core staff team of **58** people and for students.

CWI is the most inclusive, supportive, and kind place I have ever worked. Honestly, it doesn't know how far ahead it is when it comes to meaningful equity, diversity and inclusion work at every level.

CWI team member

It has also been an exemplar for engaging experts by experience (people with personal experience of mental ill health) in clinical programmes.

Alongside the work of the Charlie Waller Institute, Professor Stella Chan has built her team in 2023, and led an effective programme of projects and research. The Trust has been involved in researching an initiative called 'Resilience Rucksacks'. This is a universal intervention for pupils moving from primary to secondary school. The aim is to provide pupils with items that research has identified as beneficial for adolescents' mental health and wellbeing. Young people were central to selecting the rucksack contents.

Academic studies increasingly look for charity partners to make sure their research is rooted in need and that the results of research can be put into practice. We have therefore continued being a partner for academic studies including the Emerging Minds network and iCATS (implementing child anxiety treatments in primary schools) at the University of Oxford and the SORTS (Self-harm Training in Schools) study at the University of Cambridge. We sit on the Advisory Group for the U-BELONG study at Kings College London, looking at loneliness and mental health, as well as a study on the impact of Mental Health Support Teams with the University of Sussex.

No words to thank you enough [staff member name], truly feeling more grateful than ever today. I've worked super hard and I've finally done it! Without your support with the scholarship I would not have been able to continue with the course. Thankyou SO much. For the scholarship, the support - EVERYTHING. It means a lot to me. Where I came from, an immigrant girl who grew up in some of the worst areas in the UK - people around me didn't have the opportunity to do much. This is hope to do better for me, my family and others, it's priceless

Komel Jalil (CWT Caroline Gilbey scholarship student) who graduated in December 2023

# FUNDRAISING PERFORMANCE AND APPROACH

We depend on public support to deliver our vital work in support of young people's mental health and wellbeing. The support of individuals, trusts and foundations, companies and other organisations allows us to continue to provide our training, resources and wider support.

Our fundraising has delivered positive results in 2023, with our events and individual giving channels performing particularly well. We have continued to invest in our fundraising operation, bringing additional capacity to support the diversification of our income sources and a robust and sustainable fundraising mix. We are pleased to report significant income growth in 2023, with income exceeding **£2.9m**, beyond the budgeted £2m.

A number of fundraising activities contributed to these results, including events such as our 25th Anniversary Ball, our annual carol services and the London Marathon; corporate partnerships with Dunhumby and Kepler Cheuvreux; The Big Give Christmas appeal, our Friends of Charlie Waller regular giving scheme and a significant legacy; statutory funding from NHS England; and a number of substantial grants from trusts and foundation partners.

We have a professional and committed fundraising team, and a culture of supporting our fundraising activities right across the organisation. We are fortunate to have a number of volunteer-led fundraising committees, who have supported key events throughout the year, including the hugely successful 25th Anniversary Ball.

We undertake fundraising activity with supporters through our own organised events, individual challenge events, corporate partnerships, appeals and other activities in line with the Fundraising Code of Practice. We are registered with the Fundraising Regulator and are committed to good fundraising practice. Our privacy policy (which is available on our website) details how we obtain and use individuals' data, and that we will uphold individual contact preferences and not share this information with any third parties. No complaints about our fundraising activity were received in the year.

## Commercial participation activity

- New Generation Wine are paying the Trust £0.50p from the sale of every bottle sold of their 'Mists of Time' wine.
- Luke Martineau paid the Trust 10% of the sale price of items sold online or in person, between 7 November – 25 December 2023.
- Under an agreement with Giles Cooper Entertainment Ltd and Prism the Gift Fund the Trust received 25% of the profit of the 2023 Flackstock Festival and of any related Gift Aid reclaimed from HMRC.

## VOLUNTEERS

Our volunteers had a huge impact in 2023, contributing to both fundraising and charitable activity. We were grateful to receive dedicated and significant support from **51** volunteers during the year.

## OTHER GRANTS AND CHARITABLE ACTIVITIES IN 2023

The Charlie Waller Trust is not a grant-making charity. However, we occasionally make grants for specific projects or activities to meet our charitable objectives.

In 2023 we made a number of grants as part of our parent peer support programme, to support the development of these new roles within children's mental health teams.

## PLANS FOR THE FUTURE

The Trustees have refreshed the final year of our three-year Business Plan to provide for the transition between the outgoing and incoming CEOs in 2024.

In 2024 we will continue and consolidate our charitable activities, taking opportunities to extend our reach and impact. Our plans include:

- **Parent peer support** – we aim to become the leading charity for parent carer peer support. We will do this by expanding the PLACE Network and delivering two further Parent Carer Peer Support (PCPS) training courses to equip those with lived experience to become parent carer peer support workers in children’s mental health services.  
  
We also aim to extend the PCPS course to meet the needs of parents and carers looking after a child with an eating disorder and children who are non-neurotypical. We will continue to make the case for a national roll-out of PCPS workers.  
  
We will develop a suite of resources for parents and carers. These will be co-produced with parents, carers and young people. There will be a particular focus on materials for parents in the workplace
- **Carers’ skills workshops for parents of children with an eating disorder** – we will train up to **30** new facilitators and deliver **16** workshops up to **1,280** parents and carers.
- **Increasing our reach and impact** in schools, colleges and universities by developing networks and strategic relationships, taking a whole organisation approach to mental health and wellbeing and focusing on underserved, economically or socially disadvantaged institutions.
- **Reviewing our offer to colleges and universities** to identify partnership opportunities and maximise the impact of our training and resources.
- **Senior Mental Health Lead training** – we will offer this in partnership with the Charlie Waller Institute and deliver a bespoke course for colleges.
- **Diversity and inclusion** – we will tailor our training and resources to ensure they reach a diverse audience, in particular those who may have increased vulnerability to mental health problems for reasons of social and economic disadvantage, sexuality, race or disability.
- **Charlie Waller Workplace Mental Health** – marketing our commercial offer to businesses alongside charitable activity to focus on the experience of young people in the workforce and support for parents.
- **Youth Ambassadors** – we will continue to develop this area of our work to bring the youth voice into all our activities.
- **The Charlie Waller Institute and the Chair in Evidence-based Psychological Treatments** at the University of Reading – we will continue our gifting agreement with the University to train clinicians, deliver education and carry out research on the most effective psychological treatments.

# FINANCIAL REVIEW

## Statement of financial activities

The Trustees are pleased to report a strong performance for 2023 for both income and charitable spend. Total Income increased by 47% to £2,900,985 (2022: £1,971,388). Total Expenditure was £2,394,639 (2022: £2,120,841), an increase of 13% from the previous year.

Net income for the year was £506,346 (2022: net income -£149,453) whilst net gains on investment assets were £46,089 (2022: losses £101,483). This resulted in a favourable net movement in funds of £552,435 (2022: adverse £250,936).

At the year-end the Trust held unrestricted funds of £2,455,105 (2022: £1,906,360) and restricted funds of £35,340 (2022: £31,650).

Details of income are given in notes 2, 3 and 4 to the financial statements. The expenditure on raising funds and on the charitable activities performed in furtherance of the Trust's charitable objectives is set out in notes 5 and 6.

## Reserves policy

The level of reserves is reviewed by the Trustees on a regular basis. The factors taken into account are the Trust's existing financial commitments and activities, future plans and the uncertain nature of its income. The current context of cost of living rises and a reduction in charitable giving nationally demonstrates the importance of maintaining adequate reserves.

Income grew significantly in 2023 across all areas of fundraising; there were also some exceptionally successful instances of people raising funds for us. Trends are monitored closely, and our charitable operation is flexible enough to enable expenditure to be reduced in response to a downturn in income. However, against this background and the ever-increasing need for the Trust's services, the Trustees believe it is important to be able to maintain the current level of charitable expenditure and achieve gradual expansion over the next three years. They do not believe that short term fluctuations in activity are in the best interests of the charity, its reputation or its potential beneficiaries.

The Trust's reserves policy therefore aims for a level of unrestricted reserves sufficient to achieve this goal, which is equivalent to between nine and twelve months annual expenditure. This level of reserves provides sufficient flexibility to cover any temporary shortfall in income and would allow the charity time to respond to unforeseen adverse circumstances, whilst planning longer term remedial measures. After making allowance for £35,340 of restricted funds, designated funds expenditure of £296,346 in 2024 and £250,000 in later years, and £13,705 of tangible fixed assets, the Trust had free reserves of £1,895,054 at 31 December 2023. This was equivalent to between ten and eleven months of expenditure (net of the deficit) in the 2024 budget agreed by the Trustees. Funds are held in cash deposits and listed investments with the capacity to grow in value over the long term.

In 2022 the Trustees committed to a further five-year gifting agreement with the University of Reading (Chair in Evidence-based Psychological Treatments and the Charlie Waller Institute). In accordance with FRS102 the full gift of £250,000 was taken in the 2022 accounts and will be disbursed at £50,000 per annum for the five years to 2027. The Trustees have designated £250,000 in respect of a further such gift in 2027 and £346,346 in respect of unfunded projects in the business plan and budget for 2024, which provides for increased charitable expenditure of £2,083,929.

Further details of the designations are given in note 15.

## Investment policy and performance

JM Finn & Co. manage the Trust's investment portfolio in accordance with the investment policy agreed by the Trustees. The policy is to seek a combined return from income and capital growth, adopting a medium risk profile with no specific minimum of low-risk investments. The policy is reviewed annually by the Trustees and adjusted, where necessary, to ensure that it remains appropriate to the Trust's objectives, tolerances for the acceptance of risk and market conditions.

The total value of the Trust's portfolio as at 31 December 2023 was £1,263,645; 34% in UK equities and funds, 21% in UK bonds and 45% in overseas bonds, equities and alternatives.

Investment gains for the year were £46,089 and income withdrawals totalled £17,275. The total return for the year was +4.89% (benchmark: +10.1%).

Details of the current value of the portfolio are given in note 10.

## Risk Management

The Trustees have a duty to identify and review the risks to which the Trust is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The Trust maintains a risk register which is reviewed by the Board annually as part of its Risk Management Policy.

The Trustees have identified the following key risks:

- Insufficient income to deliver the Trust's charitable objectives, particularly in the light of economic downturn and inflationary pressures.
- Failure to deliver projects and charitable activities, and demonstrate impact.

To mitigate these risks the Trust:

- Has a fundraising strategy and plan to continue to diversify its sources of income in 2024 and beyond.
- Has extended capacity in the central office team, including a senior leadership role overseeing charitable activity.
- Has developed impact and evaluation measures including both quantitative and qualitative indicators.



# STRUCTURE, GOVERNANCE AND MANAGEMENT

## Constitution

The Trust is a company, limited by guarantee, as defined by the Companies Act 2006. It was registered as a company on 10 May 2005.

It is the successor to The Charlie Waller Memorial Trust (registered Charity number 1065936), which was established by a Trust deed dated 20 October 1997. On 11 September 2005 all the activities, assets and liabilities of the unincorporated Charity were transferred by Deed to this incorporated Charity (registered Charity number 1109984). The former unincorporated Charity then ceased activities and was removed from the Register of Charities.

The Charity's objects are:

- To protect and preserve public health and in particular (but without prejudice to the generality of the foregoing):
  - To educate the public (particularly young people) on the importance of maintaining and improving their mental health; and
  - To ensure that sufferers of depression, anxiety and any other form of mental ill-health receive treatment for their illness
- To educate the public in relation to depression, anxiety and any other form of mental ill-health to lessen the stigma associated with them; and
- Such other charitable purposes as the Trustees shall in their absolute discretion think fit.

## Method of appointment or election of Trustees

Trustees are appointed by the members of the company or by the Trustees, in accordance with the Articles of Association.

## Policies adopted for the induction and training of Trustees

New Trustees are provided with key governing documents such as the Articles of Association as well as the Trustees' Report and Financial Statements, Trust policies and an overview

of our charitable activities and impact. They are also provided with relevant guidance from the Charity Commission on their role and responsibilities as a Trustee.

## Organisational structure and decision making

The business of The Charlie Waller Trust is managed by the Trustees. Trustees' meetings are held as often as is necessary to run the Trust properly. Normally at least four full meetings are held each year.

In addition, the Trustees are supported by the Patrons of the Trust.

The Trust also has Board Advisers consisting of people with specific experience and/or national profile in their field who are willing and able to provide occasional advice and guidance to the Board of Trustees.

## Key management personnel

The Trustees, together with the staff listed below, comprise the key management of the Trust in charge of directing and controlling, running and operating the Trust on a day to day basis. None of the Trustees are remunerated for their services to the Trust. The remuneration of the CEO is determined with reference to performance and appraisal by the Chair and Treasurer in consultation with the Board of Trustees.

Clare Stafford is the Chief Executive Officer of the Trust and is responsible to the Trustees for overall executive management including the charitable activities of the Trust.

The Head of Fundraising, Nick Appleby, leads all the Trust's fundraising activities with support from office staff and individuals and committees who volunteer for the Trust.

Kay Boyden was appointed as Programmes Director in October 2022 to oversee the effective delivery of our charitable activity and Rebecca Miles was appointed Head of Communications in September 2022 to extend our reach, profile and influence through communications, PR and marketing.

# TRUSTEES' RESPONSIBILITIES STATEMENT

The Trustees (who are also the directors of The Charlie Waller Trust for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each year. Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable to the United Kingdom and Republic of Ireland (FRS 102);

- Make judgments and accounting estimates that are reasonable and prudent;
- State whether applicable United Kingdom Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

## DISCLOSURE OF INFORMATION TO AUDITORS

Each of the persons who are Trustees at the time when this Trustees' report is approved has confirmed that:

- So far as that Trustee is aware, there is no relevant information of which the charitable company's auditors are unaware, and that the Trustee has taken all steps that ought to have been taken as a Trustee in order to be aware of any information needed by the charitable company's auditors in connection with preparing their report and to establish that the company's auditors are aware of that information.

### Auditors

The auditors, Critchleys Audit LLP, have indicated their willingness to continue in office. A resolution reappointing them as auditors was passed at the Annual General Meeting in September 2023.

This report was approved by the Trustees on 21 May 2024 and signed on their behalf by:



Richard Waller KC, Chairman

Trustee

# INDEPENDENT AUDITOR'S REPORT TO THE TRUSTEES OF THE CHARLIE WALLER TRUST

## Opinion

We have audited the financial statements of The Charlie Waller Trust ('the charitable company') for the year ended 31 December 2023 which comprise the statement of financial activities, balance sheet, statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 December 2023 and of its incoming resources and application of resources for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

## Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

## Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least 12 months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

## Other information

The other information comprises the information included in the annual report, including the trustees' report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

## Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report, which includes the directors' report and the strategic report prepared for the purposes of company law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report and the strategic report included within the trustees' report have been prepared in accordance with applicable legal requirements.

## Matters on which we are required to report by exception

In the light of the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 require(s) us to report to you if, in our opinion:

- adequate and proper accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit

## Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement [set out on page 3, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

## Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists.

Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- the engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations;
- we identified the laws and regulations applicable to the charity through discussions with directors/trustees and other management, and from our commercial knowledge and experience
- we focused on specific laws and regulations which we considered may have a direct material effect on the financial statements or the operations of the charity, including Companies Act 2006, Charities Act 2011, taxation legislation, data protection, anti-bribery, employment, environmental and health and safety legislation;
- we assessed the extent of compliance with the laws and regulations identified above through making enquiries of management; and
- identified laws and regulations were communicated within the audit team regularly and the team remained alert to instances of non-compliance throughout the audit.

We assessed the susceptibility of the charity's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud;
- considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations; and

To address the risk of fraud through management bias and override of controls, we:

- performed analytical procedures to identify any unusual or unexpected relationships;
- tested journal entries to identify unusual transactions;
- assessed whether judgements and assumptions made in determining the accounting estimates set out in Note 3 were indicative of potential bias;
- investigated the rationale behind significant or unusual transactions; and

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

- agreeing financial statement disclosures to underlying supporting documentation;
- reading the minutes of meetings of those charged with governance;
- enquiring of management as to actual and potential litigation and claims;

There are inherent limitations in our audit procedures described above. The more removed that laws and regulations are from financial transactions, the less likely it is that we would become aware of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the trustees and other management and the inspection of regulatory and legal correspondence, if any.

Material misstatements that arise due to fraud can be harder to detect than those that arise from error as they may involve deliberate concealment or collusion.

A further description of our responsibilities is available on the Financial Reporting Council's website at: [www.frc.org.uk/auditorsresponsibilities](http://www.frc.org.uk/auditorsresponsibilities).

This description forms part of our auditor's report.

### Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



**Katherine Wilkes** (Senior Statutory Auditor)

For and on behalf of Critchleys Audit LLP, Statutory Auditor

Beaver House

23-38 Hythe Bridge Street

Oxford

OX1 2EP

Date: 20/6/24

**THE CHARLIE WALLER TRUST**  
(A company limited by guarantee)

**Statement of Financial Activities**  
**Including the income and expenditure account**  
**Year Ended 31 December 2023**

	Notes	2023			2022
		Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
		£	£	£	£
<b>Income and endowments from:</b>					
Donations and legacies	2	1,486,554	103,000	1,589,554	1,314,226
Charitable activities	3	95,510	518,610	614,120	243,769
Other trading activities		659,141	-	659,141	391,108
Investments	4	38,170	-	38,170	22,285
<b>TOTAL INCOME</b>		<b>2,279,375</b>	<b>621,610</b>	<b>2,900,985</b>	<b>1,971,388</b>
<b>Expenditure on:</b>					
Raising funds	5	506,866	-	506,866	389,020
Charitable activities	6	1,331,841	555,932	1,887,773	1,731,821
<b>TOTAL EXPENDITURE</b>		<b>1,838,707</b>	<b>555,932</b>	<b>2,394,639</b>	<b>2,120,841</b>
<b>NET INCOME / (EXPENDITURE) BEFORE INVESTMENT GAINS / (LOSSES)</b>		<b>440,668</b>	<b>65,678</b>	<b>506,346</b>	<b>(149,453)</b>
Gains / (Losses) on investment assets	10	46,089	-	46,089	(101,483)
<b>NET INCOME / (EXPENDITURE)</b>	7	<b>486,757</b>	<b>65,678</b>	<b>552,435</b>	<b>(250,936)</b>
<b>TRANSFERS BETWEEN FUNDS</b>		61,988	(61,988)	-	-
		548,745	3,690	552,435	(250,936)
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		1,906,360	31,650	1,938,010	2,188,946
Total funds carried forward		<b>2,455,105</b>	<b>35,340</b>	<b>2,490,445</b>	<b>1,938,010</b>

The notes on pages 34 to 44 form part of these financial activities

**THE CHARLIE WALLER TRUST**  
(A company limited by guarantee)

**Balance Sheet**  
**at 31 December 2023**

	Notes	31 Dec 2023 £	31 Dec 2022 £
<b>Fixed Assets:</b>			
Tangible assets	9	13,705	11,610
Investments	10	1,263,645	1,206,494
<b>Total Fixed Assets</b>		1,277,350	1,218,104
<b>Current Assets:</b>			
Debtors	11	295,571	364,127
Cash at bank and in hand		1,365,414	1,044,729
<b>Total Current Assets</b>		1,660,985	1,408,856
<b>Liabilities:</b>			
Creditors: amounts falling due within one year	12	(297,890)	(488,950)
<b>Net Current Assets</b>		1,363,095	919,906
<b>Total Assets less Current Liabilities</b>		2,640,445	2,138,010
<b>Liabilities:</b>			
Creditors: amounts falling due in more than one year	13	(150,000)	(200,000)
<b>Total Net Assets</b>		2,490,445	1,938,010
<b>The Funds of the Charity</b>			
Restricted funds	15	35,340	31,650
Unrestricted funds	15	2,455,105	1,906,360
<b>Total Charity Funds</b>		2,490,445	1,938,010

The financial statements were approved by the Board of Trustees on 21st May 2024 and were signed on behalf by:



Richard Waller KC, Chairman

Company registered number: 5447902

The notes on pages 34 to 44 form part of these financial activities



**THE CHARLIE WALLER TRUST**  
(A company limited by guarantee)

**Statement of Cash Flows**  
**For the year ending December 2023**

	<b>Notes</b>	<b>2023</b>	<b>2022</b>
		<b>£</b>	<b>£</b>
<b>Net cash provided by operating activities</b>	14	302,431	75,121
 Cash flows from investing activities:			
Plus dividends, interest and rents from investments		38,170	22,285
Less purchase of property, plant and equipment		(8,853)	(2,924)
 Plus proceeds from the sale of investments		 6,528	 363,892
Less purchase of investments		(369)	(605,180)
Less cash held by investment manager for reinvestment		(17,222)	(6,716)
 <b>Net cash provided by investing activities</b>		 18,254	 (228,643)
 Change in cash and cash equivalents in the reporting period		 320,685	 (153,522)
Cash and cash equivalents at the beginning of the reporting period		1,044,729	1,198,251
 <b>Cash and cash equivalents at the end of the reporting period</b>		 <b>1,365,414</b>	 <b>1,044,729</b>

The notes on pages 34 to 44 form part of these financial activities

**Notes to the financial statements for the year ended 31 December 2023**

## **1. Accounting Policies**

The Charlie Waller Trust is a charitable company limited by guarantee which is incorporated in England and Wales. The registered office is First Floor, 23 Kingfisher Court, Newbury, Berkshire, RG14 5SJ.

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are laid out below.

### **Basis of preparation**

These financial statements have been prepared for the year ended 31 December 2023.

The financial statements have been prepared under the historical cost convention or transaction value unless otherwise stated in the relevant accounting policy note.

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, FRS102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS102.

The financial statements are presented in sterling and are rounded to the nearest pound.

### **Critical accounting estimates and areas of judgement**

No significant accounting estimates or judgements were required or made by the Trustees in the presentation of the financial statements.

### **Assessment of going concern**

The Trustees have assessed whether the use of the going concern assumption is appropriate in preparing these financial statements. The Trustees have made the assessment in respect to a period of one year from the date of approval of these financial statements.

The Trustees of the charity have concluded that there are no uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The Trustees are of the opinion that the charity will have sufficient resources to meet its liabilities as they fall due.

### **Income recognition**

Income is recognised in the period in which the charity has entitlement to the income, the amount of income can be measured reliably and it is probable that the income will be received.

Income from investments comprises income earned on the charity's listed investments and interest on cash deposits. Dividends are recognised once the dividend has been declared and the amount has been received. Interest on funds held on deposit is included when received and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, and any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Donations and event income are recognised in the period in which the charity has entitlement to the income, the amount of income can be measured reliably and it is probable that the income will be received.

Income tax recoverable in relation to donations received under Gift Aid is recognised at the time of the donation.

**Notes to the financial statements for the year ended 31 December 2023**

#### Expenditure recognition

All expenditure is accounted for on an accruals basis and has been included under expense categories that aggregate all costs for allocation to activities. Where costs cannot be directly attributed to particular activities they have been allocated on a basis consistent with the use of the resources.

Support costs are allocated to activity costs on the basis of a reasonable estimate of the time spent supporting the activities.

All resources expended are inclusive of irrecoverable VAT.

#### Fund accounting

Unrestricted funds represent general funds available for use at the discretion of the Trustees in furtherance of the general objectives of the Trust. Restricted funds can only be used for particular restricted purposes within the objectives of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes. Designated funds comprise funds which have been set aside at the discretion of the trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the financial statements.

#### Investments

Listed investments are a form of basic financial instrument and are initially recognised at their transactional value and subsequently measured at their fair value as at the balance sheet date using the closing quoted market price.

The charity does not acquire put options, derivatives or other complex financial instruments.

Realised gains (or losses) on investment assets are calculated as the difference between disposal proceeds and their opening carrying value or their purchase value if acquired subsequent to the first day of the financial year. Unrealised gains and losses are calculated as the difference between the fair value at the year end and their carrying value at that date. Realised and unrealised investment gains (or losses) are combined in the statement of financial activities and are credited (or debited) in the year in which they arise.

#### Debtors

Debtors are recognised at their settlement amount, less any provision for non-recoverability. Prepayments are valued at the amount prepaid. They have been discounted at the present value of the future cash receipt where such discounting is material.

#### Cash at bank and in hand

Cash at bank and in hand represents such amounts and instruments that are available on demand or have a maturity of less than three months from the date of acquisition. Deposits for more than three months but less than one year have been disclosed as short term deposits. Cash placed on deposit for more than one year is disclosed as a fixed asset investment.

#### Creditors and provisions

Creditors and provisions are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Creditors and provisions are recognised at the amount the charity anticipates it will pay to settle the debt. They have been discounted to the present value of the future cash payment where such discounting is material.

#### Operating leases

Payments in respect of operating leases are charged to the SOFA on a straight line basis over the term of the lease.

#### Taxation

The charity is exempt from corporation tax on its charitable activities.

**THE CHARLIE WALLER TRUST**  
(A company limited by guarantee)

**Notes to the financial statements for the year ended 31 December 2023**

**Fixed Assets**

Fixed assets (excluding investments) are stated at cost less accumulated depreciation. Depreciation is provided at the rate of 25% on a straight line basis.

**Gifts in kind**

Items donated for fundraising events have been included as donations received and as costs of charitable activities. The items are based on the costs that would have been incurred if they had been purchased in.

**THE CHARLIE WALLER TRUST**  
(A company limited by guarantee)

**Notes to the financial statements for the year ended 31 December 2023**

	..... 2023 .....			2022
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
<b>2. INCOME AND ENDOWMENTS FROM:</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>Donations and legacies</b>				
Individual & Community Fundraising	197,327	-	197,327	371,188
Individual Giving	578,506	-	578,506	206,059
Gifts in kind	145,697	-	145,697	-
Donations received from other trusts and foundations	282,458	103,000	385,458	412,965
Donations received from training activities	88,699	-	88,699	76,062
Corporate Giving	117,516	-	117,516	159,340
Trading/Commercial	11,219	-	11,219	14,027
Tax recoverable (Gift Aid)	61,852	-	61,852	72,921
Donations received for resources	3,280	-	3,280	1,664
	<u>1,486,554</u>	<u>103,000</u>	<u>1,589,554</u>	<u>1,314,226</u>
<b>3. INCOME AND ENDOWMENTS FROM:</b>				
<b>Charitable activities</b>				
Other contracts	-	518,610	518,610	166,906
Workplace training	95,510	-	95,510	76,863
	<u>95,510</u>	<u>518,610</u>	<u>614,120</u>	<u>243,769</u>
<b>4. INCOME AND ENDOWMENTS FROM:</b>				
<b>Investments</b>				
Listed investments	17,275	-	17,275	18,368
Cash investments	20,895	-	20,895	3,917
	<u>38,170</u>	<u>-</u>	<u>38,170</u>	<u>22,285</u>
<b>5. EXPENDITURE ON RAISING FUNDS</b>				
Direct costs of fundraising	310,439	-	310,439	289,509
Gifts in kind	145,697	-	145,697	-
Support and office expenses	50,730	-	50,730	99,511
	<u>506,866</u>	<u>-</u>	<u>506,866</u>	<u>389,020</u>

**THE CHARLIE WALLER TRUST**  
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**Notes to the financial statements for the year ended 31 December 2023**

	..... 2023 .....			2022
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
6. EXPENDITURE ON CHARITABLE ACTIVITIES	£	£	£	£
Education Programme	399,648	14,500	414,148	446,123
Families Programme	163,633	5,000	168,633	128,861
Workplace Programme	146,424	5,037	151,461	170,477
Resources & Materials	224,282	43,160	267,442	207,207
Support and governance costs (see note below)	330,046	-	330,046	249,114
Grants paid to Institutions (see note below)	-	36,000	36,000	36,000
Other Contracts	67,808	452,235	520,043	244,039
Sponsorship of the CWI Chair	-	-	-	250,000
	<u>1,331,841</u>	<u>555,932</u>	<u>1,887,773</u>	<u>1,731,821</u>
<b>Support and governance costs</b>				
Programme direction	117,973	-	117,973	66,484
Financial inc. insurance	25,186	-	25,186	22,191
Staff inc. training	100,549	-	100,549	106,372
Information technology inc. communications	33,802	-	33,802	16,973
Office expenses	42,338	-	42,338	29,661
Audit and other professional fees	9,911	-	9,911	7,130
Trustees expenses	287	-	287	303
	<u>330,046</u>	<u>-</u>	<u>330,046</u>	<u>249,114</u>
<b>Grants paid to Institutions</b>				
Bernard Sunley - Parent Carer Peer Support Worker grant	-	36,000	36,000	36,000
	<u>-</u>	<u>36,000</u>	<u>36,000</u>	<u>36,000</u>

**THE CHARLIE WALLER TRUST**  
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**Notes to the financial statements for the year ended 31 December 2023**

**7. NET INCOME / (EXPENDITURE)**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
This is stated after charging:		
Depreciation of tangible fixed assets:		
- owned by the company	6,758	6,565
Auditor's remuneration	9,600	9,720
Auditor's other fees	276	(2,600)
	276	(2,600)

**8. STAFF NUMBERS**

The average monthly number of employees during the year was as follows;

	No.	No.
Charitable activities	12	7
Administrative	3	4
Fundraising	7	5
	22	16

**STAFF COSTS AND THE REMUNERATION OF KEY MANAGEMENT PERSONNEL**

	<b>£</b>	<b>£</b>
Staff - Salaries, wages and pension contributions	589,072	396,363
CEO - Salary, wages and pension contributions	70,119	74,150
Staff - Employer's National Insurance costs	52,704	30,928
CEO - Employer's National Insurance costs	7,960	8,955
	7,960	8,955

**9. TANGIBLE FIXED ASSETS**

	<b>Fixtures and fittings</b>
	<b>£</b>
<b>Cost</b>	
At 1 January 2023	25,389
Additions	8,853
(Disposals)	(11,792)
At 31 December 2023	22,450
<b>Depreciation</b>	
At 1 January 2023	13,779
Charge for the year	6,758
Eliminated on disposal	(11,792)
At 31 December 2023	8,745
<b>Net book value</b>	
At 31 December 2023	13,705
At 31 December 2022	11,610

**THE CHARLIE WALLER TRUST**  
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**Notes to the financial statements for the year ended 31 December 2023**

<b>10. FIXED ASSET INVESTMENTS</b>	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
<b>Market value of listed investments portfolio at 1 January 2023</b>	1,206,494	1,059,973
Additions at cost	369	605,180
Sales proceeds	(6,528)	(363,892)
Net gain/(loss) on revaluation	41,338	(144,968)
Profit/(loss) on sales	4,750	43,485
Cash held by investment manager for reinvestment	17,222	6,716
<b>Market value of listed investments portfolio at 31 December 2023</b>	<b>1,263,645</b>	<b>1,206,494</b>
Analysed as follows:		
Fixed Interest - UK bonds	261,528	253,312
Equities & funds - UK	429,186	408,553
Equities & funds - Europe	45,507	47,882
Equities & funds - Global	38,500	33,075
Equities & funds - Global themed	164,752	147,537
Equities & funds - Emerging markets	21,563	21,072
Alternatives	278,669	288,347
Cash and cash equivalents	23,940	6,716
	<b>1,263,645</b>	<b>1,206,494</b>
Investment portfolio - historical cost	<b>990,885</b>	<b>975,071</b>



**THE CHARLIE WALLER TRUST**  
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**Notes to the financial statements for the year ended 31 December 2023**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
<b>11. DEBTORS</b>		
Trade debtors	132,179	291,629
Prepayments and accrued income	119,688	64,548
Other debtors	43,704	7,950
	295,571	364,127
<b>12. CREDITORS</b>		
<b>Amounts falling due within one year</b>		
Trade creditors	144,380	100,472
Accruals	106,100	128,767
Deferred income	45,410	257,710
Other creditors	2,000	2,000
	297,890	488,949
<b>Deferred Income</b>		
Deferred income at 1 January 2023	257,710	14,049
Incoming resources deferred during the year	45,410	257,710
Amounts released from previous years	(257,710)	(14,049)
Deferred income at 31 December 2023	45,410	257,710
<b>13. CREDITORS</b>		
<b>Amounts falling due after more than one year</b>		
Funding committed not yet paid	150,000	200,000
<b>14. Reconciliation of net income to net cash flow from operating activities</b>		
Net income / (expenditure) for the reporting period (as per the SOFA)	552,435	(250,936)
Add back depreciation charges	6,758	6,565
Add back loss on disposal	-	12,411
Deduct interest income shown in investing activities	(38,170)	(22,285)
Add back / deduct gains losses on investments	(46,089)	101,483
Decrease / (Increase) in debtors	68,556	(229,934)
(Decrease) / Increase in creditors falling due within one year	(191,060)	257,817
(Decrease) / Increase in creditors falling due in more than one year	(50,000)	200,000
<b>Net cash provided by/(used in) operating activities</b>	<b>302,431</b>	<b>75,121</b>

**THE CHARLIE WALLER TRUST**  
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**Notes to the financial statements for the year ended 31 December 2023**

<b>15. THE FUNDS OF THE CHARITY</b>	<b>Brought Forward</b>	<b>Income</b>	<b>Expenditure</b>	<b>Gains/ (Losses)</b>	<b>Transfers</b>	<b>Carried Forward</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>Unrestricted funds - 2023</b>						
Designations						
Charlie Waller Institute Chair fund (2028 - 2032)	250,000	-	-	-	-	250,000
Parent/Carer Peer Support	126,503	-	(125,862)	-	59,376	60,017
eLearning development inc. additional modules & cont. dev.	17,500	-	(11,000)	-	(6,500)	-
Student participation videos	13,000	-	-	-	(13,000)	-
Mental health assessment toolkit - Schools & Colleges	-	-	-	-	10,000	10,000
Website & CRM development	15,000	-	(19,842)	-	19,862	15,020
Students against depression website development	5,000	-	-	-	(5,000)	-
Young People in the Workplace Videos	5,000	-	(13,030)	-	17,270	9,240
Student Ambassadors	25,000	-	(27,935)	-	31,090	28,155
Parent Carer Peer Support Workers	34,500	20,000	(34,500)	-	-	20,000
						-
Other unfunded expenditure in budget and business plan	200,717	-	-	-	(46,803)	153,914
	692,220	20,000	(232,169)	-	66,295	546,346
General funds	1,214,140	2,259,375	(1,606,538)	46,089	(4,307)	1,908,759
	1,906,360	2,279,375	(1,838,707)	46,089	61,988	2,455,105
<b>Restricted funds - 2023</b>						
Other contracts	4,650	518,610	(452,235)	-	(71,025)	-
Resilience Rucksacks Project with CWI	-	2,000	-	-	-	2,000
Adrian Swire Charitable Trust	-	6,500	(6,500)	-	-	-
Berkshire Community Foundation	-	5,000	(5,037)	-	37	-
Bernard Sunley Foundation	7,000	25,000	(36,000)	-	4,000	-
Alexander P.S. McKeown Charitable Foundation	-	5,000	-	-	-	5,000
The Cutlers Company	2,000	-	(2,000)	-	-	-
de Laszlo Foundation	-	5,000	(6,480)	-	5,000	3,520
Essex Community Fund	-	8,500	(8,500)	-	-	-
The Foyle Foundation	-	15,000	(6,180)	-	-	8,820
The Freshfield Foundation	16,000	24,000	(24,000)	-	-	16,000
Gallagher Community Fund	2,000	-	(2,000)	-	-	-
Hospital Saturday Fund	-	2,000	(2,000)	-	-	-
The Sobell Foundation	-	5,000	(5,000)	-	-	-
	31,650	621,610	(555,932)	-	(61,988)	35,340
	1,938,010	2,900,985	(2,394,639)	46,089	-	2,490,445
<b>Unrestricted funds - 2022</b>						
Designations						
Charlie Waller Institute Chair fund (2028 - 2032)	250,000	-	(250,000)	-	250,000	250,000
Boys in Mind / Girls Mind Too Project	42,046	9,253	(51,299)	-	-	-
Parent/Carer Peer Support	141,155	-	(103,079)	-	88,427	126,503
Newham Community College Project	24,193	-	-	-	(24,193)	-
eLearning development inc. additional modules & cont. dev.	23,000	-	(30,000)	-	24,500	17,500
Student participation videos	13,000	-	-	-	-	13,000
Schools book club	15,000	-	(4,102)	-	(10,898)	-
Ted Fort Bursary	3,000	-	(3,630)	-	630	-
Website, CRM & elearning development	15,000	-	-	-	-	15,000
Students against depression website development	-	5,000	-	-	-	5,000
Young People in the Workplace Videos	-	11,380	(10,391)	-	4,011	5,000
Student Ambassadors	-	-	-	-	25,000	25,000
Parent Carer Peer Support Workers	-	34,500	-	-	-	34,500
						-
Other unfunded expenditure in budget and business plan	322,175	-	-	-	(121,458)	200,717
	848,569	60,133	(452,501)	-	236,019	692,220
General funds	1,307,042	1,670,350	(1,425,750)	(101,483)	(236,019)	1,214,140
	2,155,611	1,730,483	(1,878,251)	(101,483)	-	1,906,360

**Notes to the financial statements for the year ended 31 December 2023**

**Restricted funds - 2022**

Other contracts	-	166,906	(162,256)	-	-	4,650
Resilience Rucksacks Project with CWI	-	6,000	(6,000)	-	-	-
The Band Trust	33,334	-	(33,334)	-	-	-
Bernard Sunley Foundation	-	25,000	(18,000)	-	-	7,000
Clare McKeown Charitable Trust	-	10,000	(10,000)	-	-	-
The Cutlers Company	-	2,000	-	-	-	2,000
David Family Foundation	-	5,000	(5,000)	-	-	-
The Freshfield Foundation	-	24,000	(8,000)	-	-	16,000
Gallagher Community Fund	-	2,000	-	-	-	2,000
	33,334	240,906	(242,590)	-	-	31,650
	2,188,945	1,971,389	(2,120,841)	(101,483)	-	1,938,010

**Restricted fund detail**

Adrian Swire Charitable Trust – 2023 Open Access Webinars, Alexander P.S. McKeon Charitable Foundation – Resilience Rucksacks, The Band Trust – Supporting young people with mental health problems in Further Education Colleges over 3 years, Berkshire Community Foundation – Embedding wellbeing culture in CVS in Berkshire, Bernard Sunley Foundation – Part-time PCPS roles, Clare McKeown Charitable Trust – Resilience Rucksacks, The Cutlers Company – School and College Training in London, David Family Foundation – Resilience Rucksacks, de Laszlo Foundation – SAD Website, Essex Community Fund – Partnership with Charlie Watkins Foundation and Boys in Mind resources to support young people's mental health, The Foyle Foundation – Schools Mental Health Book Club, The Freshfield Foundation – Raising CWT's profile, Gallagher Community Fund – Training in schools, Hospital Saturday Fund – 2023 Open Access Webinars, Resilience Rucksacks Project with CWI, The Sobell Foundation – Parent Supporting Young People Resources

**16. ANALYSIS OF NET ASSETS BETWEEN FUNDS**

	2023			2022		
	Unrestricted Funds	Restricted Funds	Total Funds	Unrestricted Funds	Restricted Funds	Total Funds
	£	£	£	£	£	£
Tangible fixed assets	13,705	-	13,705	11,610	-	11,610
Fixed asset investments	1,263,645	-	1,263,645	1,206,494	-	1,206,494
Current assets	1,625,645	35,340	1,660,985	1,377,206	31,650	1,408,856
Creditors due within one year	(297,890)	-	(297,890)	(488,950)	-	(488,950)
Creditors due in more than one year	(150,000)	-	(150,000)	(200,000)	-	(200,000)
	2,455,105	35,340	2,490,445	1,906,360	31,650	1,938,010

**17. CONTROLLING PARTY**

The charity as a company limited by guarantee is controlled by the guarantors.

**18. RELATED PARTY TRANSACTIONS**

During the year, no Trustee received any remuneration (2022 - £nil). During the year, no Trustee received any benefits in kind (2022 - £nil). One Trustee received reimbursement of expenses amounting to £287 in the current year for travel expenses (2022 - One Trustee - £303). In addition, the Trustees took out Trustee Indemnity Insurance at a cost of £9,509 (2022 - £6,997).

During the year, unconditional donations totalling £562 (2022 - £647) were received from the trustees, one trustee donated goods for a fundraising auction valued at £455.

**19. CAPITAL COMMITMENTS**

At the balance sheet date, the charity had financial commitments of £Nil (2022: £Nil).

**20. OTHER FINANCIAL COMMITMENTS**

At 31 December 2023 the Trust had total future minimum lease payments under non-cancellable operating leases expiring as set out below:

	2023	2022
	£	£
<b>Land &amp; Buildings</b>		
Payable within one year	28,800	28,800
Payable two to five years	105,600	134,000

Payments made under land and buildings operating leases in the year amounted to £24,000 (2022: £10,214)



### Remembering Charlie

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 to ensure that young people are able to understand and look after their mental health and to spot the signs in others.

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

# THANK YOU

We rely on the generosity, energy, skills and commitment of our supporters, donors and volunteers in order to continue our work.

We are enormously grateful for any donation, large or small, and would like to thank all the individuals, trusts, companies, schools, colleges, universities and other organisations whose support enables us to move closer to our vision.

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

### GET IN TOUCH

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### FIND OUT MORE

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### FOLLOW US



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