



# CWMT NEWS



The Newsletter of The Charlie Waller Memorial Trust

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*Raising awareness fighting depression*



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# LETTER FROM THE CHAIRMAN

Dear Supporters,

It has become a tradition for there to be this letter at the beginning of the Newsletter. It enables me to highlight some of our achievements and it enables me in that context to say thank you to all who work for the Trust and all our supporters.

The Project Report by Clare Stafford gives the full details of what we have achieved since the last letter and in a sense I could leave it there because to pick out particular achievements is invidious but there are, I think, certain highlights for me.

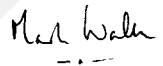
First, through Dick Moore and Dr Pooky Knightsmith we are now visiting more schools than ever. Indeed we need to recruit more trainers in resilience and the importance of a good mental health programme in schools.

Second, after many years Dr Denise Meyer has encouraged us to allow Student Minds to have a greater say in running the SAD website bringing it even closer to students. Thank you Denise for all you have done and we are glad you are remaining as our guide.

Third, Professor Shirley Reynolds and her team at the Charlie Waller Institute have done some ground breaking research into the adolescent brain which is giving some promising early indications about new therapeutic approaches. The Institute also continues to provide highly regarded training and accredited courses. These reached 1,627 people in 2014.

Fourth, through Dr Maryanne Freer's efforts the total of GPs and GP trainees trained reached 332 in the year 2014.

So that leads to a thank you to the fund raising committee and the many individuals who have raised more money than ever without which none of this could happen. The details are in Rachel's report. We are so grateful but hopefully the contents of this Newsletter will show how important that support is.

  
Mark Waller

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## CHIEF EXECUTIVE'S REPORT



A great deal has happened since my last report and the potential for the Trust to continue and expand the work it does is significant. We are very fortunate that 2014 has been an excellent year for raising funds and I am very grateful to Rachel Waller, the fundraising committee and all those who have contributed to this great achievement.

I will begin with the work we do with our youngest age group. I'm very pleased to say that we have increased our work with schools and delivered talks and training to over 100 schools in 2014, compared with 45 in 2013. The response we receive is very positive:

“Following your recent talk I received 64 messages from parents that evening saying how useful the talk had been, how much their kids had got from it, how they wanted your slides, how they want their younger kids to see you and more. Thank you for coming and making so much difference to so many of us here” **Head of Learning Support, Gresham's School**

As a result we are building our reputation as providers of high quality talks and training into a variety of schools and other youth settings. My priority over the last 2 months has been to develop the schools programme and Waller Trainers Dick Moore, Gill Allen and Pooky Knightsmith have been central to thinking about this. As a result we will ensure that our training has maximum impact in schools by doing some preparatory work with each school, asking for a named lead, requesting that a whole school approach is taken to emotional wellbeing and following up at regular intervals to ask schools what practical actions they have taken and to offer further training and support if this is necessary. There are numerous ideas for developing our schools programme in 2015 and we are linking with other charities and keeping a close eye on national policy to make the best use of our resources as well as applying for further funding to allow for growth.

Our work with Universities and students continues and visits to the Students Against Depression website have increased by nearly 50% since the beginning of 2014. Our partnership with Student Minds has improved the way in which SAD uses social media, and there are more opportunities to put students in touch with sources of support on campus. Jeremy Christey has been able to bring new ideas and excellent links with university counselling and mental health services since joining the Trust. Plans are well advanced to improve navigation through the site and lead students to action more quickly as we know the importance of taking that first step in tackling depression.

As you will see from Robert Beaumont's article our talks for students on “sustainable performance”, and how to manage stress when under academic pressure are popular: “The talk last night was amazing. The feedback from the 70 plus students who

attended has been very, very positive. Thanks so much for funding this very important presentation to our final year students”.

Our programme for GPs and primary care staff under Dr Maryanne Freer’s clinical leadership continues to make a significant impact and despite the pressures on General Practice currently, there is great interest amongst GPs to attend training and put their improved consultation skills into practice in recognising and treating depression and related problems amongst their patients. Training was delivered to 354 GPs and primary care staff in 2014.

We were very pleased to appoint Sheila Hardy as our lead for practice nurse training from January 2015. Practice nurses see huge numbers of patients, particularly those in the 50 plus age group who have physical health conditions, therefore they are a professional group who can spot problems early and make a big difference to people if they have the right skills and training. Sheila brings a wealth of experience in this area and has already written a full range of training materials to meet the specific needs of practice nurses.

The Charlie Waller Institute, under the leadership of Professor Shirley Reynolds, has recently received unconditional accreditation of their young people’s programmes, which includes Parent Training. In the academic year 2013/14 1,627 students received training, began courses and graduated in a range of disciplines from CWI. Having previously worked in NHS therapy services and sent staff for training at CWI, I can tell you that having a well trained, high quality workforce makes a huge difference to many lives.

Over the last 6 months I have sat in on training with all the Waller Trainers and have been really impressed by the quality of what they do and have learnt a great deal. I have also been struck by the excellent reputation that the Trust has. This enables us to explore new partnerships, for example we now have closer links with the Oxfordshire Mindfulness Centre (Headed up by Professor Willem Kuyken) and are keen to support their upcoming research into a schools based Mindfulness programme.

In total our Trainers delivered 205 training days in 2014 attended collectively by over 14,600 individuals during the course of the year. There has been a significant increase in the number of attendees as several of our trainers are gaining a national profile and have been requested to speak at conferences and deliver talks and training to larger groups of people.

I’m looking forward to a busy 2015 and the challenge of developing more of the excellent work that the Trust does.

**Clare Stafford**

## TREASURER'S REPORT



The 2014 Trustees' Report and Financial Statements are still subject to audit and final approval by the Trustees, so the preliminary figures given below may change slightly.

Gross income was £576,000, an increase of £61,000 over 2013, an exceptionally good year, so I am very pleased to be able to report such good further progress.

Income from fundraising was £245,000: £132,000 (net) from our own activities and £113,000 from third parties in aid of the Trust. Donations accounted for £254,000: £119,000 from charitable trusts, £80,000 from other donors and legacies, £32,000 from our training activities and £23,000 from gift aid tax recouped. The Trustees are extremely grateful to everyone who contributed to this success, whether by attending our events, organising their own, often strenuous, fundraising challenges or donating so generously. It is only as a result of this magnificent support that we are able to continue our work.

Total outgoings were £405,000, £28,000 up on 2013. Of this, £299,000 was spent directly on our charitable objectives and £102,000 in generating the £576,000 raised during the year. Our charitable expenditure included £131,000 on Waller Trainers conducting our Schools, Primary Care Mental Health, Education, Employers and University Programmes and £33,000 on the Students Against Depression website. It did not include our continuing sponsorship of the Chair in Evidence-Based Psychological Treatment at the Charlie Waller Institute as the whole of the five-year commitment of £50,000 a year was recognised in the 2012 accounts. The Institute celebrated its 6th anniversary in 2014.

Net incoming resources were £171,000. In addition, the market value of the Trust's investments grew by £39,000 and there were net realised investment gains of £5,000.

Overall there was a £215,000 favourable net movement in funds, which will be transferred to reserves. The stronger our reserves, the more income they will generate and the more the future viability of the Trust and its charitable work will be assured.

That said, our aim is to spend the funds we raise on the charitable work of the Trust, not simply to amass greater reserves. Looking forward to 2015, the Trustees have approved a significant increase in our charitable expenditure budget from £299,000 actually committed in 2014 to £426,000. The increased spend will be on our core activities where the maximum impact will be achieved. As a result and on the basis of fairly prudent assumptions about our future income, our reserves are likely to fall this year. Progress will be watched carefully and commitments entered into will be sufficiently short-term to allow them to be scaled back, if necessary.

The Trustees' Report and Statement of Financial Activities should be ready by the end of May and will be filed with the Charity Commission. If you would like a copy, please contact Bronwen Sutton at the Trust's office or email [admin@cwmt.org](mailto:admin@cwmt.org)

**Robin Booth FCA**

## FUND RAISING REPORT

Fundraising continues to be a large part of the work of the Trust as our commitments and expenditure on projects are developing fast

I would like to say a particular thank you to all our young supporters, the definition of young now being under 40! A particular mention needs to be made to Emily Hill in masterminding a brilliant party at Bush Hall, details can be seen on page xxx. I would also like to say a big thank you to Sam Schmiegelow and Sara Smither for running the Carol Service for so many years. The Carol Service has developed under their leadership to be a focal point in the CWMT calendar. Strutt and Parker, too, need to be thanked for their support and sponsorship. Sam and Sara are now standing down and the helm is being taken by a young committee. The young have also helped in other ways by acting as ushers at the Carol Service and being general dogs' bodies and scorers at the Quiz Night. It is so important that they are involved as they will be able to carry on the work of CWMT

Individual challenges play a very important part in raising funds from potential new supporters. I would particularly like to mention Toby MacKean and his three friends who are bicycling the whole length of South America which will take them about 5 months. They aim to raise £80,000, a quarter of this is to go to CWMT. Our other valiant supporter is Harry Wills who is planning to take part in the gruelling Marathon des Sables

Charitable Trusts play a very important part in our finances and the ongoing support from them is vital. We are enormously grateful to them. Finally Standing Orders are essential as the continuity of support is vital. I would encourage our readers to take one out if they possibly could whatever the sum pledged.

**Rachel Waller**



# PROJECT UPDATE

## CWMT SCHOOLS PROGRAMME

During 2014 the CWMT schools programme has expanded and we have ambitious plans for 2015. We provided talks and training to 105 schools and youth settings in 2014, a significant increase from the total of 45 in 2013.

Why is this so important? There are some stark statistics in relation to the increase in emotional and mental health problems amongst children and young people which Kevin Collins has discussed in the specialist article. There have been numerous programmes and initiatives in schools aimed at addressing this. However provision of services for children and young people is very fragmented, involves a complex tapestry of organisations and interests and all too often results in a failure to identify and support vulnerable young people.

CWMT aims to provide talks and training to schools and other youth settings that motivate, at times challenge, inform and provide some practical ideas and tools that can be easily implemented. A vital first step is to enable and encourage young people and those who work with them to talk and discuss the issues freely. This can then lead to getting support and practical help and we know that if problems are caught early on the outcomes are very good.

In Autumn 2014 we welcomed Dr Pooky Knightsmith to our team. Pooky completed her PhD in child and adolescent mental health at the Institute of Psychiatry, London, where she specialised in developing practical strategies for supporting self-harm and eating disorders in schools and other non-clinical settings. The strategies that Pooky advocates through her freelance work are all developed as a result of direct consultation with school staff and students and she also seeks inspiration from her clinical colleagues at the world famous Maudsley Hospital, adapting and simplifying evidence based approaches for use by non-specialists. Pooky is a published author and has personal experience of mental ill health, having won her own battle with anorexia and self-harm in her early 20s.

Schools respond very positively to the talks and training delivered by the Waller schools trainers:

*“Following your recent talk I received 64 messages from parents saying how useful the talk had been and how much their kids had got from it.”*

*“This is an area that staff have some reticence about as it takes them outside their comfort zone. Your work gave us clear approaches as to how we can work with children and we have already begun to discuss how we can adapt our work.”*

Our aspiration for 2015 is to extend the programme, ensure good collaboration and partnership with others, produce leaflets and videos on the subjects of self-harm and cyber-bullying and improve how we measure our impact.

# PROJECT HIGHLIGHTS

## THE MINDFULNESS GARDEN

Dr Nick Broughton, who recently joined the Board of Trustees of CWMT, put us in contact with a garden design team who were hoping to enter a garden for the RHS show in Malvern and were seeking a charity partner to help raise awareness of depression.

Anthea Birden and her colleagues from 'Contained Gardens' decided to design an entry to the Show called the Mindfulness Garden to raise awareness of mental health problems amongst young adults..

The garden was inspired by young people dealing with mental health issues, especially depression. The design was based on an interview with a young man who has suffered from depression but is now able to cope with everyday life.

Anthea tells us that the garden had to be simple 'no clutter', 'less is more', to include 'straight lines' and to have more than one exit/entrance. "We decided to use containers at different heights as an integral part of the design. The arrangement of the containers creates a space that feels enclosed and comforting with the planting giving the design a feeling of openness. The central water feature has constantly moving water to help to distract and soothe the mind. This isn't meant to be a garden of metaphors but the glass/transparent sculptural wall which hugs the two diagonal corners represents the 'ups and downs ... the highs and lows' of both the sufferers and the parents/carers. The planting has been chosen to demonstrate the fragile nature of depression. We hope we have created a garden that ... 'makes you feel for a tiny moment you have moved on'"

We were delighted to hear that the entry was accepted by the RHS and that CWMT would be named as the charity partner and be able to provide leaflets and posters to raise awareness of depression and promote the Trust's work across all age groups.

The team have also very generously offered to donate the garden to CWMT after the show, so that the garden can be used, ideally in its complete design. We are hoping that a school will take up this offer so that pupils can benefit from it.

The show is on from 7<sup>th</sup> to 10<sup>th</sup> May 2015.

For full details visit [www.rhs.org.uk/shows-events/malvern-spring-festival](http://www.rhs.org.uk/shows-events/malvern-spring-festival)



## SPECIALIST ARTICLE

### TOWARDS A TALKING SCHOOL

*Kevin Collins, Second Master at Bradfield College in Berkshire, argues for the need for better training in school on matters related to mental health.*

There has never been a more difficult time to be young. Despite all the material advantages that so many of today's young people enjoy compared with the lot of previous generations, we know that the agencies that work with them – schools included – report increasing concern over problems associated with the wellbeing of young people.

I am often asked to explain why mental health issues with young people are on such a rapid increase. It is an extremely difficult question to answer. Expectations of the young are increasing and with it increased competition and anxiety. Further, the ubiquitous nature of social media makes it very difficult for any child ever to 'switch off'. The world can never be left behind – and it can intrude into even their most private moments. When I was at school, the difficulties I may have had during the school day were gone by the time I was home. There is no such division now. The problems will follow the child home *via* text and then be with them during the evening *via* any one of a number of platforms on their computer. It will probably even keep them awake at night. This 'digitally-native' behaviour is affecting children at an increasingly younger age. Indeed, so many of these pressures are already established before adolescence even begins. When one adds into the mix the problems of relationships, drugs, alcohol and self esteem that will accompany the young person on their journey through adolescence, then it is not a surprise that at times their mental health may not be in the best shape.

And neither are children unaffected by stresses that come with the fast-changing economic situation. At a recent talk to a group of Y11 children, I heard the speaker announce that 60% of his teenage audience would be working in a career that was not in existence yet and that their examination grades would not help them to get jobs. They would either have to cope with the fast-changing technological demands, or they would be dependent on their personalities – their ability to impress. If they wanted to do to well, it was important that they learned how to be liked, how to sell themselves and how to be 'great in all they did.' Not only do our children have to cope with the uncertainties of the here and now, they are also forced to look to the future, where the prospect of further doubt – both social and financial – awaits them.

All of us who work in schools are well aware of the rise in issues associated with poor mental health, but faced with choices of cost, limited staff resources and academic priorities, it seems easier to hope the problem will go away rather than take on the often difficult task of trying to intervene.

And often the problem will go away; or more precisely, it will disappear from view -for a while – only to reappear with sometimes devastating consequences at some

point in the future. According to Health Society Research, some three quarters of all adults who access mental health services can have their difficulties traced back to their youth, something confirmed by the NHS in their review. The message from countless studies of this sort is clear: we ignore concerns over mental health at our peril and at our cost.

In an area awash with statistics, there are some from which we would prefer to look away. The most poignant of these is to do with suicide: despite all the advances in psychiatric intervention and care, every day 16 people decide to end their life. It is a figure that comes on the back of a worrying report carried out by YouGov that states that a third of school students polled had, by the age of 16, considered suicide. A similar proportion had also self harmed because, according to Mindfull, the charity that commissioned the poll, 'of stress at school, because they are worried about their future and because they feel they are not good enough.'

### **These are sobering statistics.**

It would seem that schools themselves are not as aware of the deficiencies in the care they offer to their pupils as they might like to think. A quick look at any school's description of its pastoral care provision and words like 'comprehensive,' 'dedicated' and 'excellent' suggest a care programme which will look to support not just the intellectual and physical development of the pupil, but also the emotional and mental health. The reality, though, is somewhat different. Beneath the glossy claims of the school brochures, the reality is often an institution where the priorities are written by the school rather than the child and where signs of poor emotional health are often missed through poor (or no) training of staff. The contrast with training in physical first aid is stark. Every three years since I started teaching I have received training in physical first aid. It is a requirement of my contract at my current school – and a good thing, too. Even if I have never had to apply anything other than a plaster, I am more confident and capable for the training.

How questionable it is that no such training is required for mental health, a point stressed by Poppy Jaman, CEO of Mental Health First Aid (England) at a recent Talking Schools Conference at Bradfield: 'When a child presents with symptoms of physical illness or disease we don't ignore them – we act quickly and appropriately. Why should it be any different for mental ill health? In the same way that every school and college will have one or more physical first aider, there should be trained Mental Health First Aiders, too.' It is a cry echoed by Education Secretary, Nicky Morgan, who suggests that early identification and intervention in mental health issues 'isn't just essential for a child's education; it's essential for that child's whole life'

Many teachers acquire excellent skills in counselling children and supporting their emotional health as their experience in the classroom develops, but even the best can miss the signs and symptoms of poor mental health, often because potential problems are disguised by compliant behaviour. It is a story told too often by those who have come through the school system. Laura Myles was one such pupil. She was

a highly-motivated, highly-successful pupil at both primary and secondary school. Her success disguised a deep unhappiness that expressed itself in alienation, self harm and, eventually, two suicide attempts. Laura also spoke at the Talking Schools Conference, sharing a school report which was written about her at one of her low points. It spoke of her academic success, her positive contribution in the classroom and that she had so much to look forward to. The fact that her teachers were unable to spot the crisis she was enduring was less a criticism of them and more an indication of the need for training and expertise in the area of mental health in the school environment.

### **What can schools do?**

Laura's story – similar to so many stories of young people who have recovered from poor mental health in younger years – should make us all look again at the organisation of the pastoral care we offer in schools. The claims and promises made in the school prospectus need to be supported by a whole-school approach in day-to-day practice. Part of this determination to provide the best support must have to do with training. Nicky Morgan is hopeful to have someone trained in mental health every school, but that should be a mere base target: what is really needed is training for all those who are likely to be working closely with children. In the same way as many of our schools make physical first aid mandatory, so to should they with mental health first aid.

Training should be the first step and Mental Health First Aid (England) offer a range of courses, some lasting a few hours to others covering a full two-day programme which will help any school develop these useful skills in their staff (more information can be found at the MHFA website: [mhfaengland.org](http://mhfaengland.org)). The courses all provide an introduction to the signs and symptoms to look out for in children's behaviour which might indicate underlying mental health issues.

Teachers will be understandably concerned that they are busy enough already and asking them to take on more responsibility may well put their own wellbeing in jeopardy let alone compromise the learning of their pupils. However, it is important to stress that mental health first aid is not designed to turn teachers in to psychiatrists or psychotherapists – in the same way physical first aid is not designed to turn them into surgeons - but to give them some basic skills which will enable the intervention process to begin earlier if necessary. A teacher may spot early warning signs which may well then be taken forward by other agencies.

The Welsh authorities are to be applauded in their plans to assign a mental health counsellor to every primary and secondary school in that country. Let us hope that, in the run up to the May General Election, we will hear similar plans being put into motion for the rest of the UK. It is important that those of us who work with young people make the case as forcefully as possible. At a time where mental health resource is being cut in the NHS (even the new targets from the deputy prime minister offer a modest 18 week wait time). Eighteen weeks - fours months - is just not good enough for a patient who is depressed or anxious: for a patient who is suicidal, it might well be the difference between life and death.

## **Things do get better**

Attitudes to mental health are changing, but many people are still liable to see mental health problems as difficulties which stay with a person for life. It is not a view we would expect anyone to hold of a person who has suffered a physical injury. A physical injury or illness is something from which a person recovers and so should it be with mental health. People may be ill with a mental health condition, but they can absolutely get better and the earlier the intervention, the more likely that longer-term difficulties might be avoided. The plaster in the first aid kit provides a useful symbol here. Let us imagine a pupil comes running into the classroom with a grazed knee which is bleeding from a playground fall. The teacher spots the injury and takes the child to the first aid point where the wound can be cleaned and a plaster supplied. The child returns to normal routine and within a few weeks the wound is forgotten. Imagine now that the cut was not spotted; that no cleaning or plaster was applied – neither now nor in the weeks to come (perhaps even eighteen weeks to come). The problem may well develop into something far more serious. Mental health first aid is about spotting that early cut and preventing the later difficulties which often prove so damaging to families and communities.

## PROFILE OF PROFESSOR SHIRLEY REYNOLDS

*Robert Beaumont continues his series of profiles of people who have made a major contribution to the Charlie Waller Memorial Trust with an interview with Professor Shirley Reynolds*



I am not overly fond of footballing analogies, as they tend to be the province of those ghastly young men on BBC-1's *The Apprentice* or lazy tabloid journalists, but I'm going to make an exception here. When Prof Roz Shafran stepped down as the chair of the Charlie Waller Institute (CWI) in 2012, it was like Sir Alex Ferguson leaving Manchester United. Roz, as unfailing modest as she is brilliant, would doubtless blush at the comparison, but, thanks to her, the CWI has become a respected hub for training psychological therapists, GPs, practice nurses and other professionals involved with mental health in schools and employment. The CWI also runs workshops presided over by world-renowned figures and carries out ground-breaking research, thanks to Roz. She not only went the extra mile for the Institute and the Trust, she went the extra marathon.

Thankfully Prof Shirley Reynolds, who had the daunting task of taking over from Roz at the CWI, was no David Moyes (memo to non-footballing readers, Moyes was the post-Ferguson disaster at Man Utd). The bar was exceptionally high, as Shirley ruefully admits, but she was unfazed. Whilst taking advice from Roz, and building on her achievements, Shirley has forged her own path and stamped her own personality on the Institute, the jewel in CWMT's crown. Her experience in the mental health sector and her commitment to the cause of treating depression, coupled with her enthusiasm and her intelligence, has ensured the Institute continues to be in the safest of hands.

To recap. One important aim of the Institute is to increase the number of people who are able to offer psychological therapies that have been proved to work. Having more people who can provide effective treatments also means that waiting lists are shortened and that more people can receive help promptly. The CWI is based at Reading University, and is a collaborative initiative between CWMT, the University and Berkshire Healthcare NHS Foundation Trust. A core part of the work at the CWI is to evaluate the effectiveness of training clinical staff and to make sure that their training improves clinicians' skills and patient outcomes.

It is a challenging remit, but one that Prof Reynolds has taken in her stride, as befits someone who has always regarded challenges as opportunities and whose glass has always been half full rather than half empty. The eldest of four children in a close-knit working class Irish Catholic family, she grew up in Hayes in West London and flourished at school. She was the first person in her family to go to university, graduating with a First in Psychology at Cardiff in 1981. "I didn't have a burning desire to be a psychologist when I chose my course at Cardiff. In fact I didn't know what I wanted to do and Psychology sounded interesting," she admitted with disarming honesty. "But once I had completed my course, I was hooked."

The Cardiff course had satisfied Shirley's intellectual questions about psychology, but it was a stint as a nursing assistant in a hospital unit for disturbed adolescents in St Albans, immediately after she had graduated, that vividly underscored its practical and humanitarian application. "The unit was full of unhappy teenagers, who were self-harming and desperate. Some were suicide risks. My experience there was pivotal, because I realised that these

young people needed help and that understanding and solving their problems through therapy was a worthwhile aim. And so it became a career choice.”

After gaining a PhD in Clinical Psychology at the University of Southampton in 1984, Shirley trained as a clinical psychologist in Norwich with the East Anglia Regional Health Authority. Her first job after qualifying was as a Research Clinical Psychologist with the Medical Research Council at the University of Sheffield. After 6 years she worked as University College, London, as a lecturer in Clinical Psychology. In 1994 she returned to Norwich to work at the University of East Anglia (UEA) as a senior lecturer and then a professor, in Clinical Psychology, before joining the CWI in 2012. At UEA Shirley was Co-Director of the Doctoral Programme in Clinical Psychology and Head of the Department of Psychological Sciences in Norwich Medical School. She also served as President of the British Association of Behavioural and Cognitive Psychotherapy from 2010-2012.

“The CWI post was a dream job for me. I loved my time in East Anglia, and it needed something special to tempt me away, but this was it. I had been heavily involved in the field of evidence-based mental health and inaugural co-editor of the journal Evidence Based Mental Health. Here was a chance to become a Professor of Evidence-Based Psychological Therapy and Director of the CWI. I jumped at the chance – and have never, ever regretted that decision,” she commented.

“The CWI provides amazing opportunities to develop my interests in research and dissemination. We have first class, probably unique, clinical and research facilities at the University. Part of my work has involved developing a clinical research unit that focuses on understanding and treating adolescent depression. We also provide many different training programmes including evidence based psychological treatments for adults and children. Following on from Roz’s time at CWI we hold the Local Education Training Board (LETB) contract to provide the Department of Health’s IAPT (Improving Access to Psychological Therapies) programme. Since 2012 we also have a contract to provide training to NHS clinical staff working with Children and Adolescents as part of the IAPT Child and Young Person programme.

“The IAPT contracts have been a massive for us, both for the income and the prestige. . However it is dangerous to become over-reliant on one source of income and that is a key challenge for future years to maintain our financial stability. In the meantime, though, it is crucial to keep our standards high across the board. In that context, I was especially proud that the teaching at CWI was recently described as ‘inspirational’ by the British Psychological Society.

“In the past year we have worked on developing an e-learning programme – MindEd. This is available, free of charge at any time, anywhere ([www.minded.org](http://www.minded.org)). The aim of MindEd is to provide simple, clear and evidence based guidance about children and young people’s mental health to any adult working with children, young people and families. Following the launch event in March 2014 we have reached well over 10,000 registered users,” she explained.

Away from work, Dr Shirley Reynolds is devoted to her family (husband Jock and son Finlay) and loves to read, walk and travel. She divides her time between the family home in East Anglia and a house in West London, which she shares with her mother, who must be exceptionally proud of her daughter’s well-deserved reputation as one of the most accomplished evidence-based psychologists in the country.



## BOOK REVIEW

*Thrive – The Power of Evidence-Based Psychological Therapies*  
by Richard Layard and David Clark (Allen Lane, £20)

During Dr Nick Broughton's excellent presentation to CWMT's Information day in November last year, he urged us all to read *Thrive*, a new book by economist Richard Layard and clinical psychologist David Clark. I needed no second bidding. According to Sebastian Faulks in *The Fatal Englishman*, his superb study of the English psyche, Richard Layard was the brightest Etonian of his generation in the early 1950s, and, by extension, the brightest young man in the country. In those strange New Labour days, meanwhile, Dr Layard was known as the Government's Happiness Tsar, a ridiculous moniker which obscured the fact that he was a talented economist with an evangelical mission to deal with the massive problem of mental health in this country.

And, make no mistake, it is a massive problem. One in six adults in Britain suffer from depression or severe anxiety disorder. Both are potentially life-threatening illnesses, yet two-thirds of sufferers won't get treated. It is a national scandal that leaves so many people with mental health problems without professional help. It is also a huge and needless drain on the British economy. The numbers are striking: Depression is on average 50% more disabling than angina, asthma, arthritis or diabetes. Yet, although 90% of those who take their own lives have mental health issues, only a minority are receiving treatment, while 100% of those with heart disease will get medical attention.

Together Richard Layard and David Clark, who first started collaborating 10 years ago, lobbied the British Government to introduce its landmark programme, Improving Access to Psychological Therapies (IAPT). IAPT still has a long way to go, but it has already changed the lives of hundreds of thousands of people. According to the journal *Nature*, it is "world-beating" and countries around the globe are now already looking to it for guidance. In essence, Layard and Clark are arguing that people with mental health problems should have the same access to treatment as people who are physically ill. It is morally right that they should and it is also vital for the UK's economy and for the proper functioning of society.

So let's cut to the chase. To the uninitiated, of which there are many, what exactly are "evidence-based psychological therapies" and how do they work? The joy of *Thrive* is that its authors explain this clearly and succinctly. In essence, these therapies, of which Cognitive Behavioural Therapy (CBT) is the best known, are based on the fact that *thoughts affect feelings*.

CBT is a talking therapy that can help you manage your problems by changing the way you think and behave. It cannot remove your problems, but it can help you deal with them in a more positive way. It is based on the concept that your thoughts, feelings, physical sensations and actions are interconnected, and that negative thoughts and feelings can trap you in a vicious cycle. CBT aims to help you crack this cycle by



breaking down overwhelming problems into smaller parts and showing you how to change these negative patterns to improve the way you feel. Unlike some other talking treatments, CBT deals with your current problems, rather than focusing on issues from your past. It looks for practical ways to improve your state of mind on a daily basis. The general consensus is that about 50 per cent of people treated with CBT for depression or anxiety recover during that treatment and many others improve significantly. For depression CBT is effective as drugs in the short run and more effective in preventing the recurrence of depression down the road.

In 2003, Layard defined happiness and unhappiness. “By happiness I mean feeling good – enjoying life and feeling it is wonderful. And by unhappiness I mean feeling bad and wishing things were different.” In *Thrive*, Layard and Clark set out their plan to improve mental health resources. The first thing to do, they say, is to measure the mental health of the populace using what they call the “new science of happiness”. The results should then be used by government – which only exists “to promote happiness, and especially ... to reduce misery” – to improve the sense of well-being of the nation by increasing mental health services. The authors cite research that suggests mental health is top of a list of factors on which people say their happiness depends, echoing King Lear (“O let me not be mad, not mad, sweet heaven!”).

This is a very important – and timely - book indeed, as the UK struggles to get to grips with the debilitating effects of depression. Whilst both authors are hugely intelligent men, they have distilled that intelligence – and their research – into a passionate plea for more understanding of, and treatment for, depression. Ultimately there is no absolute solution to the mysteries of the human heart and soul, but the array of evidence-based psychological treatments now available is a real cause for hope. The challenge now, the authors conclude, is for all of us, but most notably the Government, to ensure those treatments reach the people who need them the most.

**Robert Beaumont (Charlie’s Uncle)**

## VIEWPOINT:

*Robert Beaumont revisits his old university city of Oxford to hear an inspiring talk to students by CWMT's Dr Brian Marien*

I have a recurring nightmare. I am just a week away from my finals at university and I am woefully underprepared. Sometimes the nightmare has a sharper focus – and I am actually in the exam, unable to understand, let alone answer, any of the questions. I awake, pathetically relieved, reflecting on why the pressure of my Finals at Oxford, which I sat some 40 years ago, should be so deeply imbedded in my psyche. Others have this disturbing nightmare, too, albeit with subtle variations.

I revisited Oxford recently, the city looking stunningly beautiful in the crisp late winter sunlight. But I wasn't going back simply to have a pleasurable meander down memory lane, I was there to listen to the inspirational Dr Brian Marien address third year students at Lincoln College on how to cope with the intense pressure of their Finals, which were just a couple of months away. Who knows, he might even be able to prevent them having nightmares – 40 years on?

To the uninitiated, Dr Brian Marien is a specialist in health psychology and cognitive behavioural therapy, who uses his skills primarily to tackle the increasingly serious problem of stress and depression at work and, by a natural extension, at university. He has the priceless, and extremely rare, ability of being able to communicate the most complex of thoughts in the clearest of ways. Specifically, he gives the most illuminating analysis of the physical make-up of the brain and its effect on our emotions that I have ever heard. He is a key player in CWMT's drive to raise awareness of the causes and effects of depression across the UK.

There must have been more than 100 Lincoln students who came to listen to Dr Marien. And, such was their rapt silence, you could have heard a pin drop. His easy, conversational style, a stark and refreshing contrast to the arcane approach of many of their lecturers, I suspect, was perfect for the occasion. The students wanted revision guidelines, reassurance, health tips and answers to stress – and they got them. In spades.

Speaking generally, Dr Marien explained that positive psychology has come up with certain patterns of thinking and behaviour that can improve psychological wellbeing and 'happiness'. Implementing these strategies can be relatively difficult when we feel good, but when we feel stressed, ie as exams loom, it can be really hard. Extreme stress leads to a profound loss of energy, fatigue, poor motivation, loss of enthusiasm and a negative view of oneself, the world and the future. In other words, it can be lethal at exam time.

So one of the first steps is to banish low self-esteem – and Dr Marien reminded all the students that they had no reason to feel bad about themselves – after all, they were studying at one of the finest universities in the world. Be kind to yourself, he counselled, treat yourself as you would your best friend, not your worst enemy. Don't

bully yourself and don't place impossible demands on yourself. More specifically, he advised the students to take lots of exercise and enjoy the fresh air; to drink moderately; to sleep sensibly; not to carry on working when the brain was tiring (ie after about two hours of intense revision); to revise collaboratively with others, but to devise a personal revision programme; and to relax.

This advice dovetails sweetly with Dr Marien's seven suggestions for a happy and fulfilled life, which I make no apology for repeating here:

- Devote significant amounts of time to family and friends and nurture relationships
- Be comfortable in expressing gratitude for what you already have in your lives
- Regularly offer support and encouragement to others
- Have a positive and optimistic view of the future
- Savour life's pleasures and try to live in the present moment
- Regularly exercise
- Have a sense of purpose, goals and ambition.

The evening at Lincoln College had been organised by the charismatic College Chaplain and Welfare Officer Jack Dunn, who first came across CWMT when he worked at St Luke's Church in Sydney Street, Chelsea, where we hold our annual carol service. Jack was rightly thrilled both with the quality of Dr Marien's talk and the positive response of the students.

As I walked past the imposing Examination Schools in Oxford High Street later that moonlit night, the panic they used to engender – even after I had sat my Finals – had magically disappeared. If only, I reflected, there had been a Dr Marien in our day. But here's an interesting thing – I haven't had that terrifying exam nightmare recently!

# FUNDRAISING HIGHLIGHTS

## Annual Texas Scramble – 10 September

The sun shone yet again, Badgemore Park more immaculate than ever, a convivial group of familiar faces and all is set fair until Sir Mark decides to make golfing life even more difficult with a new rule that requires each team member to use of their drives at one of the four short holes. My apologies that this report is very team Wigley oriented but .....

We start at hole 15, drop a shot at hole 16 – all very familiar. Hole 17 our first par three allowed the writer to demonstrate his considerable leadership skills as to universal outrage from his colleagues he nominated his own drive in spite of it being the third furthest from the hole. The putt was holed for a birdie – total vindication but team very unimpressed.

We continued on our slightly unharmonious round until our second short hole where the General after considerable measuring narrowly failed to beat Tessa Mogg and Mark Crawley who won the nearest the pin competition. Our next mini excitement came at the hole for the longest drive where there were an inordinate number of practice swings by certain team members which resulted in a satisfied smile by one who shall remain nameless as his ball passed (just) the visible marker on the fairway. Sadly for him, this marker belonged to Sarah Jones winner of the ladies prize while the marker for Iain Weatherby, winner of the mens prize, was a mere forty yards further on – my good manners prevent me from revealing further behavioural lapses by my team but somehow we played reasonable golf. The day concluded with a noisy lunch and a brilliantly orchestrated auction by Iain Weatherby under the watchful eye of his skilled predecessor Mark Durden-Smith (is auctioneering on the Radley curriculum?).

A huge thank you to Jon Connell and everybody at Badgemore Park for making the day so special.

**Michael Wigley**

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## Shipton Moyne Tennis Tournament – 6 September

The second Shipton Moyne Tennis Tournament was held in Gloucestershire in aid of the Charlie Waller Memorial Trust.

Over 60 players played more than 20 games of tennis each on 8 tennis courts during the course of the day, culminating with afternoon tea and the semi-finals and finals, which took place in the garden and by the swimming pool at Fossetillery Farm, by kind permission of Mr and Mrs P Dear. Emma Weir did a fantastic job of organising the tennis draw to ensure a good competition!

The tennis was interrupted (temporarily) for a delicious lunch prepared by Katie Pitman and Rachel Baker, for players, friends and family in the garden of Glebe

House by kind permission of Mr and Mrs R Boggis-Rolfe. During lunch everyone had the chance to buy a square on an Ordnance Survey map for the chance to win the contents of a wheelbarrow of booze! Throughout the day a fly casting competition was held to test accuracy and distance.

We were delighted that Mark and Rachel Waller could join the players, friends and family at lunch and were presented with an envelope of cheques and we're pleased to report that further monies were raised on the day, resulting in an incredible total raised for the Charlie Waller Memorial Trust.

A wonderful day was had by all involved.

**Katie Tew**

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## **An Evening at Grenville Lodge – 29 September**

150 people attended a talk by Robert Hardman, in a marquee at the home of Sir Jock and Lady Slater, at Droxford, Hampshire. The evening started with a short brief by Sir Jock about the work of CWMT. Robert is one of Britain's best known observers of the Monarchy both as a Fleet Street correspondent and a writer of internationally acclaimed documentaries and associated books. His talk entitled "Our Queen and the Modern Monarchy" was very well received. It was followed by a "One Pot Wonder" supper. Thanks to the sterling efforts of a small committee (Jane Clarendon, Tor Hardman, Lizzie Johnson, Fran Pennant, Annie Slater and Philippa Warren) the evening was a great success and raised exceptional funds for CWMT.

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## **Recital in Gray's Inn – 5 November**

A recital given by Paul Wee (piano) and Damian Falkowski (violin) was attended in Grays Inn Hall by an increasingly spellbound full house. Both of them are in fact practising barristers but for some time were leading professional musicians and their quality certainly showed. The recital opened with Beethoven, first the Pathetique which perhaps the Hall took a little time to warm to but which showed Paul's immaculate technique and then both played the C Minor Sonata which was splendid. The second half was Schubert, the Fantasie in F Minor arranged for solo piano and then the wonderful Fantasie in C Major for both instruments. The Schubert particularly for this listener was fantastic with both soloists playing with the most expressive control and intonation. How they combine this level of music making with their daytime jobs is a mystery – but somehow they do and the Trust and all of us who were lucky enough to be at the concert are immensely grateful to them.

The programme was longer than anticipated but what a wonderful bonus for the audience.

**John Orange**

## Back To The 90s – 14 November



The chance to dance my socks off on a Saturday night in London comes round too infrequently nowadays, so I was not going to miss the Back to the 90s party opportunity. So ticket bought, time to get into 90s mode and my costume sorted. I have to admit I found the 90s a tricky theme. Aside from possibly wandering round in a tracksuit as Sporty Spice I was lacking inspiration, or probably memory, the 90s suddenly seemed another era. I decided on

Mia from Pulp Fiction. The black wig was ordered, I passed on the blood, a load of friends came round to my flat beforehand, and I arrived at Bush Hall with Ginger Spice complete with her Union Jack dress, quite a few Kurt Cobains, lots of neon, and two gentlemen from the 1890s!

Bush Hall looked brilliant. There were Twister sets, tables set up with Hungry Hippo, burgers and a choose your own toppings pick and mix ice cream stand. My drinks were poured by a Baywatch lifeguard; everyone working at Bush Hall had dressed to theme too and really added to the evening. The DJ refused to deviate from his 90s playlist quite rightly, yes we relived the Macarena, and danced until the lights came up and were ejected from Bush Hall. It was my ideal formula for a party, drinks, an excellent DJ, a bit of dressing up.

Personally I'm hoping for Back to the 80s next November.

**Emma Meysey-Thompson**

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## Carol Service – 14 December



A Christmas miracle was required at this year's CWMT Carol Service at St Luke's Church. As the impressively titled Reverend Prebendary Dr. Brian Leathard told his eager congregation in his very welcoming Welcome address, Sydney Street had suffered a power cut earlier in the day. Against overwhelming odds and with some divine and Southern Electric intervention the command went out 'Let there be light' and Lo! and behold the lights on the gloriously 'blinged-up' gold, red and green baubled tree shone forth. The sigh of relief could be heard in Bethlehem.

As perhaps could the wonderful, non electricity dependent, bells of the Church that were rung with great gusto by friends of Mathew J. Clarke a fellow St



Luke's Church bell ringer who sadly took his own life in 2003. This highly trained band of brothers and sisters pulled off a Quarter-Peal between 6.45 and 7.30pm. For those, like myself, not especially well versed in matters campanological this is regarded as an extremely impressive feat. One rope per person – one continuous composition. What a treat for us all.

As the bells hushed the full house within burst into life. With 800 hugely appreciated CWMT supporters squeezed into this beautiful Church – volume has never been a problem. The finesse is provided by Charlie Grace and the soul touching Vox Cordis who would surely give those angels a run for their money if a celestial showdown could somehow be arranged. Former Staff Sergeant William 'Paddy' Fox BEM, In-Pensioner 335 Royal Hospital Chelsea (not a bad title either) led the readers charge to the pulpit. Despite the thinning air up in the high altitude of one of the great pulpits in the land, the Royal Hospital's Head Tour Guide read a 'Christmas Letter Home 1914' in his rasping and captivating tones. The standard had been set high and it was maintained by all those who followed. Loyal supporter of the Charity Dr Neil Fox – no relation to his pulpit predecessor – was hot on Paddy's spit and polished heels, ahead of a hugely impressive cast list of some of the country's finest thespians. Daisy Lewis (Sarah Bunting) having been spurned by Branson in Downton Abbey found solace in 'Christmas by John Betjeman'. Harry Hadden-Paton (Bertie Pelham) and Harriet Walter (Lady Shackleton) completed a formidable Downton trio and together they amply compensated for Lord Grantham's absence. Phoebe Waller-Bridge, taking a break from working on her briefs in Broadchurch is always a highlight of this heart-warming night and one can never get enough of Tish Potter's most dulcet of tones.

Dick Moore, an irresistible force of nature, who is deployed by the Trust to spread the word and whose own son took his life, told us all about the vital work the Charity is doing. Suitably Christmasified we filed out to be greeted by the perfect combination of some Berry Bros & Rudd red wine, mince pies and an abundance of festive good cheer.

To many the CWMT Carol Service, sponsored by the great Champions of this cause Strutt and Parker, signifies the start of Christmas. As beginnings go it's right up there with the best of them. This year, however, there was also an ending. The end of Sam Schmiegelow and Sara Smither's reign as the Carol Service Head Honchos. Sam and Sara with the support team of Gordon and Louise Black, Sue and Ivan Shenkman, the husbands Ian Schmiegelow and Jim Smither, and other family and friends as well as Bronwen and Marigold in the CWMT Office have created a must attend date in our advent calendars. The list of readers is unrivalled. What other carol service can match a line-up that has included Henry VIII (Damian Lewis) Pavarotti (Alexander Armstrong) and Midwife Camilla 'Chummy' Fortescue-Cholmondeley-Browne. (Miranda Hart). After ten years at the helm Sam, Sara and her incredibly resourceful, and let us not deny it, well connected Committee will leave ginormous winter boots to fill. But filled they will be by



the new CWMT Carol Service Quartet of Polly Hadden-Paton, Georgina Kerr, Sophie Mackay Lewis and Alexander Shenkman. A gargantuan thank you to Team Schmiegelow-Smith and may the force be with the new regime.

**Mark Durden-Smith**

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## **Quiz Night – 21 January**

### **A QUIZ**

To question closely or repeatedly

To test the knowledge of by posing questions

To poke fun at or mock [archaic]

The Charlie Waller annual quiz night has come and gone once more. As before it was held in the church hall of St Columba and was packed with teams masquerading under various imaginative, and sometimes hopeful, titles. The fact that many participants had been before agrees with H L Mencken when he said, “that every failure teaches a man something; to wit that he will probably fail again the next time. “

The event was superbly organised by Sue Shenkman and her team and the quiz master Richard Hilliard and his team. They drew from a broad range of subjects, some with subsidiary questions together with audiovisual elements for the last question in each group. The answers to each list of ten questions were read out throughout the evening and the team results were displayed keeping hopes alive. Each team hoping to make it into the left hand column at the very least. Points mean prizes.

If you have been jaundiced in the past by pub quizzes and their answers let me reassure those of you who were not present that the questions were challenging and the answers were irrefutable. A general practitioner of my acquaintance was distinctly put out at another quiz when he submitted ‘umbilicus’ as the medical term for a ‘tummy button’ only to be told the answer was ‘navel’ and that he should have known better. The Charlie Waller quiz does not require you to be a devotee of daytime TV or, indeed, mass culture –an oxymoron in itself. However those of a certain age had to recall 1960s theme tunes and there was a nerdy question about national airline tail fin emblems.

If you are reading this and have not been before I encourage you to enter a team next year and to book early as it is, rightly, very popular

As Miranda’s mother would say “such fun”.

**Colin Jardine-Brown**

## OTHER FUNDRAISING ACHIEVEMENTS:

We would like to thank the following people for holding events and undertaking individual challenges in support of the Trust:



*The Welly Ball*

- Erato Porphyrios – Bacchus Half Marathon
- University of Chester CRAGS Society
- Rose Eastwood & Catherine de Kiewert – The Welly Ball, St Andrew’s
- Radley E Social 24 Hour Charity Football Match
- Upping the Andes. Toby McKean and three friends are currently cycling the length of the Andes in support of their chosen charities. Toby is raising funds for CWMT, you can see his progress and support him at <http://www.uppingtheandes.com/>
- Harry Wills – Marathon des Sables. Harry is shortly undertaking this grueling marathon. You can support him at <https://www.justgiving.com/Harry-Wills/>



*Radley E Social 24 Hour Charity Football Match*

## SUPPORTING US

- Thank you for all your support
- Our website [www.cwmt.org.uk](http://www.cwmt.org.uk) includes details of how you can help us

### REGULAR DONATIONS

A Banker's Order form (including a Gift Aid Declaration for UK taxpayers) can be found on the reverse of this page.

### ONE-OFF DONATIONS

Should you simply wish to make a one-off donation, please enclose it with the completed Gift Aid section on the reverse of this page, if you are a UK tax payer.

### JUST GIVING

Donations can also be made through Just Giving by using the link on the CWMT website.

### GIFT AID

Gift Aid increases the value of your donation to CWMT at no extra cost to you which is a valuable source of additional funds for the Trust. If you have not already lodged a form with us and would like your past or future donations to be included in the Gift Aid scheme please complete the Gift Aid section of the form overleaf.

### MAILING LIST

Please help us keep our database up-to-date and inform us if:

- any of your details are incorrect/have changed
- you would prefer to receive future editions of the Newsletter by email

# BANKERS STANDING ORDER

Please complete your details below in block capitals, sign and date the form then return it to:

Mrs. B. Sutton, Secretary, c/o Charlie Waller Memorial Trust, 16a High Street, Thatcham, Berkshire RG19 3JD

Name & address of donor(s) To .....

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Please pay to:

CAF Bank Ltd (40-52-40), 25 Kings Hill Avenue,  
Kings Hill, West Malling, Kent ME19 4JQ for the  
credit of the Charlie Waller Memorial Trust  
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The sum of .....

(in words) .....

Date when payments should start: Every month  Every quarter  Annually

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

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

*giftaid it*

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

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

Signed ..... Date .....

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

## **FORTHCOMING EVENTS 2015**

### **IN THE FOOTSTEPS OF MALLORY AND IRVINE**

An Illustrated Lecture

Bradfield College, near Reading – Friday 17 April

### **VIRGIN LONDON MARATHON**

Sunday 26 April

### **WALK THE CWMT WALK**

Starting from Pelham Place, near Alton - Friday 15 May

### **AN EVENING FOR JONATHAN**

The River and Rowing Museum, Henley-on-Thames – Saturday 6 June

### **RIPON RACE DAY**

Ripon Racecourse, Yorkshire – Wednesday 17 June

### **PARENTS' DISCO**

Englefield House, near Reading – Friday 3 July

### **ANNUAL CRICKET TOURNAMENT**

Bradfield College, near Reading – Sunday 5 July

### **CHILDREN'S DISCO**

Englefield House, near Reading – Monday 6 July

### **BRITISH 10K LONDON RUN**

Sunday 12<sup>th</sup> July

Please contact the office if you would like to run for CWMT

### **ANNUAL TEXAS SCRAMBLE**

Badgemore Park, Henley-on-Thames – Thursday 10 September

### **BACH MASS IN B MINOR**

St John's, Smith Square – Thursday 19 November

### **CAROL SERVICE**

St Luke's Church, Chelsea – Monday 14 December

See our website ([www.cwmt.org.uk](http://www.cwmt.org.uk)) for tickets and entry forms  
or contact us on Tel: 01635 869754: E-mail: [admin@cwmt.org](mailto:admin@cwmt.org)

## SOURCES OF HELP

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

**SAMARITANS** 08457 909090

For confidential emotional support 24/7

**YOUNG MINDS PARENTS' HELP LINE** 0808 802 5544

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

**PAPYRUS HOPE LINE** 0800 068 4141/ Text 07786 209697

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

**MAYTREE** 0207 263 7070

An adult respite sanctuary for the suicidal

**STUDENTS** [www.studentsagainstdepression.org](http://www.studentsagainstdepression.org)

For information and self help material

**BABCP** [www.babcp.com](http://www.babcp.com)

For a register of accredited therapists

**NHS 111** 111

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

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

*All details correct at time of going to press*