



The Charlie Waller Trust Impact review 2025





“ My parents were the ones who carried me through – and they couldn’t have done it without the help of the Charlie Waller Trust. ”

In last year’s Impact Review, we featured Molly, whose family received support from the Trust which helped her recover from an eating disorder. Last year Molly ran the London Marathon in support of our work.

“ The charity provided my parents with invaluable guidance, helping them understand how to support me effectively. This knowledge not only transformed my recovery but also gave my whole family the tools to create a strong, supportive network around me. ”



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Unlocking potential

Young people's mental health is a pressing issue. It's never far from the headlines, and we probably all know at least one child or young person who is struggling. It can feel overwhelming, for young people and adults alike.

But what the headlines don't usually mention is the huge amount of untapped potential there is for improving the situation.

Hidden in plain sight are vastly under-used resources that hold such capability and hope: parents, carers, extended family, school staff, employers, community leaders...there's an endless list of people who can make a difference to young people's wellbeing. To do this safely and well, they need the skills, knowledge and confidence our expert trainers and lived experience partners can help them develop.

I'm particularly passionate about our peer support training for parents and carers who can use their experience to empower others. Many graduates from this programme are now part of an important emerging workforce within NHS, local authority and voluntary sector settings, whose incredible potential to improve the lives of young people and families is being recognised at government level. This is demonstrated by the three-year funding commitment that started in 2025. The Chairman and I were privileged last autumn to discuss this in the House of Lords with Baroness Merron, Parliamentary Under-Secretary of State for Women's Health and Mental Health, and I am now meeting her team fortnightly to update and advise.

A sound evidence-base underpins our peer support training, and indeed all our work, and we collaborate closely with researchers at our sister organisation the Charlie Waller Institute (CWI) and other renowned institutions. Our collaboration with colleagues at the University of Cambridge involves ensuring teaching staff have the resources they need to support young people with self-harm behaviours. Through the Parent Carer Research Network we run with the University of Oxford, we are helping put the lived experience

of parents and carers at the centre of research into young people's mental health. Our youth ambassadors too continue to use their lived experience with great generosity, creativity and intelligence to enhance our activity.

Finally, returning to the theme of potential, let me share about one of our pilot pieces from 2025: enhancing the effects of therapy for young people. NHS Talking Therapies for adults helps millions of working age adults overcome common mental health difficulties such as anxiety and depression. However, research shows that the same service doesn't appear to work as well for younger adults. To address this, with colleagues from CWI, we have been training Talking Therapies staff to help them meet the needs of 16- to 24-year-olds more effectively. The pilot with Oxford and Buckinghamshire teams has been extremely encouraging and it's exciting that achievable adaptations to clinical practice may lead to really positive change.

We hope this review gives a useful snapshot of our impact in 2025. We rely on the kindness and generosity of our supporters to continue our vital work and we are deeply grateful to each one of them for their care and commitment.

Dr Hannah Vickery,
CEO





2025 at a glance

In 2025, we sent out **30,709** printed mental health resources; on our website, there have been **23,740** views of our resources and **16,080** downloads.

Our PLACE network connects peer support groups for parents and carers, and those who want to set one up. At the end of 2025, **228** groups from across the UK were PLACE members.

87 parents and carers have completed our parent carer peer support training since it began in 2022. The NHS commissioned us to provide **80** further places per year in 2026, 2027 and 2028.

We delivered over **260** skills workshops and **40** topical sessions for people caring for loved ones with an eating disorder, reaching over **1,500** parents and carers.

Our Parent Carer Research Network supported **16** innovative research opportunities. By the end of the year, **123** parents and carers had signed up to the network.

We worked with **117** schools, delivering **260** sessions to more than **12,200** staff, students and parents.

We sent out **843** mental health books to schools and other organisations, as well as **50** Wellbeing Library Starter Packs of **5** books per pack to schools in need.

We delivered **64** sessions to **2,348** people across **37** colleges and universities.

We established **10** new 'whole organisation approach' partnerships with schools and colleges in England, reaching over **2,000** students and more than **250** staff.

Our CREATE toolkit was downloaded **152** times, helping universities create effective mental health strategies.

We hosted **8** mental health webinars, with **855** guests attending free of charge.

Over **200** therapists attended our pilot training for Talking Therapies practitioners working with 16- to 24-year-olds.

We delivered **64** mental health training sessions to **2,029** senior leaders, managers and staff. **97%** of attendees said the training would benefit them in their day-to-day role.

“

I am incredibly grateful for these resources that I would not have been able to purchase through school due to an ever-shrinking budget... Keep going with the amazing and vital work that you are doing!

”

Lived experience partners

Our lived experience partners (LXPs) are vital to our work. They ensure the voices of young people, parents and carers are central to all we do.

Parent carer lived experience partners

We help young people chiefly by equipping those closest to them with strategies and support based on the best available evidence. Our parent carer lived experience partners are crucial to ensuring we deliver what families need.

In 2025, our parent carer LXPs continued to be instrumental in developing and promoting the role of parent carer peer support workers (see page 10). As well as ensuring our training in this area reflects real-world needs, they briefed MPs and policy makers, ensuring the voices of parents and carers influence policy development. They co-delivered national training courses alongside clinical tutors, bringing an authentic perspective that enriches learning and models the collaborative approach we champion.

Our LXPs also co-developed and co-delivered two open-access webinars for parents, carers and professionals, sharing their expertise and insights.

Through our 'Empowering Parents and Carers' project, our LXPs co-designed a national survey aimed at determining what resources are most helpful to those supporting children and young people with mental health issues. Using the results of this and other research, we have prioritised the development of resources to fill the gaps identified by parents and carers.

Our LXPs supported fundraising events throughout 2025, helping our supporters understand their vital role within the Trust.



“

Just please do thank the team who delivered today's training... I particularly valued the honesty and bravery of the young people with lived experience who gave their thoughts today.

Webinar participant, Talking about Self-Harm

”

Youth ambassadors

In 2025, our youth ambassadors made and hosted five podcast episodes with a focus on 'brave spaces' for young people; they co-produced talks and training sessions; and participated in fundraising events. They also led a focus group of young people from South Asian communities to review our resources from their lived experience perspective. The aim was for us to listen and to learn how our work might better meet mental health needs in culturally sensitive ways.

The ambassadors have also taken part in major events and projects across the UK: two met MPs at a parliamentary event, one presented at the European Association for Behavioural and Cognitive Therapies conference in Glasgow, and several have supported research through Patient and Public Involvement and Engagement (PPIE).

Four ambassadors have worked with Girlguiding UK as part of the organisation's focus on wellbeing. The ambassadors' suggestions have been taken on board and are now being tested.



Future plans

We will explore the potential for more Patient and Public Involvement and Engagement work for youth ambassadors, as well as increasing their involvement in our webinars and our training.

88%

of our mental health webinars were co-produced by our youth ambassadors, working alongside our professional trainers.

Parent carer peer support

Our families programme helps parents, carers and other family members to support young people with their mental health.



Case study Finding courage, giving hope

Supporting a child with mental health problems can be lonely and frightening. Often the best people to help are those who've been through it themselves. Supported by NHS England, we train parent carer peer support (PCPS) workers who use their lived experience to help others.

Sarah was deeply shocked when, aged nine, her daughter Emily told her she was being sexually abused by her father. It was only some years later, after the case came to court, that Emily developed serious mental health problems.

Sarah says: "Emily was extremely anxious and depressed. It was horrendous. She didn't leave the house properly for two years."

“

Our PCPS worker has been a fantastic addition to the CAMHS Crisis service and brings with her invaluable experience and support to our parents and carers.
Service Lead for Tees, Esk and Wear Valley NHS Trust

”

Emily was eventually seen by Children and Adolescent Mental Health Services (CAMHS) and had cognitive behavioural therapy (CBT). This proved life-changing. She went on to finish her education and now has a first class degree in midwifery. "Six years ago," says Sarah, "I'd never have thought this possible. I'm so proud of her."

Eager to give something back, Sarah began volunteering with her local CAMHS. She then secured a job there as a parent carer peer support worker, funded by the Charlie Waller Trust.

Sarah supports parents and carers of children who are being seen by CAMHS or are on the waiting list. In one-to-one sessions and support groups, she listens and provides validation that only someone who has some shared experience can; she answers their questions and signposts them to further help. One parent said: "It's so good...you find just that little bit more courage to fight another day."

"We've been in that very black hole where some of these people are," says Sarah. "Parents say to me 'it's just so helpful that you absolutely get it'."

Sarah completed the Trust's training for parent carer peer support workers and now has a lead role at CAMHS, employed as part of the NHS workforce, which she finds immensely rewarding: "Knowing you've helped someone, it gives you such a warm feeling. I couldn't have done any of this without Charlie Waller."

Parent carer peer support

Our PLACE network connects peer support groups for parents and carers, and those who want to set one up. It provides a platform for shared learning and the continuous improvement of peer support across the country. It also helps ensure that those delivering support are themselves supported and connected.

- At the end of 2025, **228** groups were PLACE members.
- **87** parents and carers have completed our parent carer peer support (PCPS) training since it began in 2022.
- NHS England commissioned us to provide **80** further places in 2026.

“**Being able to speak to somebody who has been through what I am going through has absolutely changed everything.**
Parent/carer receiving support from a PCPS worker in Derbyshire Healthcare NHS Trust”



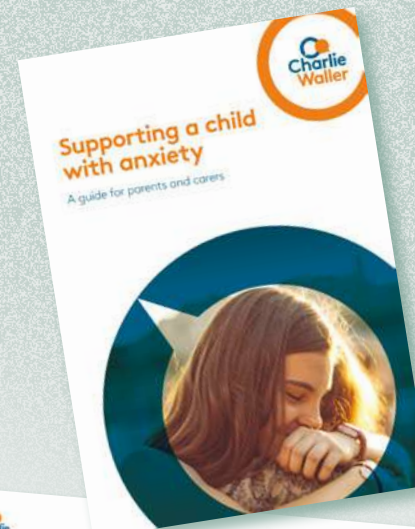
“**I’ve been working as a parent carer peer support worker for a year and have completed my PCPSW training. I supported over 170 families last year... PCPS training graduate working in community CAMHS setting**”

Resources for families

In 2025, thousands of people downloaded our resources for parents and carers, or requested printed copies.

We sent out **1,978** copies of our booklet for parents and carers, *Coping with Self-Harm*; it was downloaded or viewed **4,838** times on our website.

Supporting a Child with Anxiety was sent out **1,823** times in print, and downloaded or viewed **1,780** times.



Future plans

We will pilot two types of peer-to-peer support groups in 2026, one for practitioners who directly support families, the other for managers who oversee parent carer peer support workers. We are also co-producing with our lived experience partners a support offer for siblings of those struggling with their mental health.

Support with eating problems

The most recent NHS data shows that 12.5% of young people aged 17-19 have an eating disorder.

In 2025, more than **1,500** parents and carers attended our skills workshops for those caring for a loved one with an eating disorder.

We use the New Maudsley Approach in our workshops. This aims to lower anxiety and distress in family members. It gives carers communication tools and skills that help them engage their loved one in developing self-esteem and the resilience to embark on change.

Topical sessions

Eating disorders are complex, with no 'one size fits all' solution, so our workshops address many different topics. These include autism and eating disorders, meal planning and support, and sessions tailored to male carers.

“ ... as a Nan, I am not always with my granddaughter but your course has given me a better understanding of how to relate with her and what she's dealing with. ”

“ We attended an online session, which was absolutely key to us having the skills and ability to support our daughter. She is now in recovery, and I cannot say how crucial the Charlie Waller Trust has been in our lives. ”

Our free resource, Supporting a Child with an Eating Problem, was written by two of our expert trainers. It helps people spot the signs of eating disorders and provide practical support. In 2025, **1,708** print copies were sent out, and it was downloaded or viewed **1,854** times on our website.



- We delivered over **260** skills workshops and **40** topical sessions for people caring for loved ones with an eating disorder, reaching over **1,500** parents and carers. When asked the extent to which they agreed with the statement 'I feel better equipped to support my child', the average score was **9/10** with 0 being not at all, and 10 being 'very strongly agree'.
- As a pilot initiative, we delivered two specialist series of **10** workshops to healthcare professionals.

“ I wish I had this course when my daughter was first diagnosed, I think we could have shortened her illness. ”



Future plans

We will continue to deliver and expand the reach of our eating disorder workshops tailored for health professionals.



Parent Carer Research Network

In 2025, we launched the Parent Carer Research Network to champion the voices of parents and carers in children and young people's mental health research.

The network is run in partnership with the Mental Health in Development team at the University of Oxford. Crucially, it is guided by a steering group of parents and carers who have lived experience of supporting their children with mental health difficulties.

The network empowers parents and carers to get involved in research. It provides tools for researchers so they can offer more meaningful and safe opportunities for involvement. Ultimately, this will lead to more relevant changes to mental health support and services because the voices of parents and carers have been included.

“It's a way for parents and carers to use the experience they have, not only to help others, but to reconnect with the world – find a voice, be heard, make a future for themselves.”



Parent Carer Research Network

Lived Experience • Collaboration
Children & Young People's Mental Health

“Being part of the Parent Carer Research Network Steering Group excites me because it connects lived experience with research, and brings us together so we don't feel quite so alone in pushing for change.”

In 2025, the network shared **16** exciting research opportunities.

By the end of the year, **123** parents and carers had signed up to the network.

Those who join the network receive resources to make research more accessible and a regular newsletter full of opportunities. These range from participating in advisory groups to shape research, to taking part in studies.

Recent opportunities include a workshop to set priorities for eating disorder research to make it more relevant, and a project to understand family experiences after divorce or separation, to help create future resources for parents. There was also a survey on how young people use their time and its impact on their mental health and wellbeing; the results will inform a new tool to support young people in building better habits and routines to improve their wellbeing.



Future plans

The network team and steering group are co-producing resources to help parents and carers feel equipped to get involved in research, including a 'Jargon Buster' and a new website for resources and opportunities. A key focus will be building relationships with groups who are normally underrepresented in research.



Schools and community

Our expert trainers deliver mental health training in schools, colleges and universities. They aim to use a 'whole organisation approach', supporting everyone in the community – learners, teachers and, in our work with schools, parents and carers.



Case study Making changes, staying well

Mental health trainer Pamela Butler has been working with Vittoria Primary School in North London.

More than half the pupils are eligible for free school meals, over a third have English as a second or other language, and 15 percent have special educational needs.

Pamela says: **"I was aware of the challenges experienced by the children and their families. I asked if the school required any support in addressing mental health difficulties triggered by the vast, deep needs."**

Pamela delivered sessions to the children, teachers and support staff, after talking to senior leaders about the needs of the school community. Together they identified some specific issues to work on.



For Year 6 pupils moving to secondary school, the topic was managing change. They explored how it might affect them, the connection to their mental health, and how they might need help managing transitions. Pamela says:

"The children shared experiences enthusiastically. They felt some changes had enjoyable aspects while others were tougher, leading to worry, sadness and overwhelming thoughts. For example, one child was 'sad to leave behind' the past, yet 'happy I have new friends'.

"The children said they'd ask for help from teachers, family or friends if they found changes hard."

Teachers and teaching assistants of each class attended the workshops, supporting engagement and learning.

Pamela provided them with Charlie Waller materials for future use in their classrooms. These included guidance on the Five Ways to Wellbeing, our Wellbeing Action Plans, and information on Resilience Rucksacks – resources for supporting the transition from primary to secondary school, co-produced with children (as pictured below).

Feedback has been very positive. Deputy Headteacher Kat Lambrou says: **"Our Year 6 children are now better equipped for moving to secondary school; the session also supported our work on the importance of transitions in children's lives."**

Pamela says: **"The work has been so well received that I've been invited back to work with parents, supporting whole family wellbeing and sharing practical strategies for everyone."**



Schools and community

In 2025, we worked with **117** schools, delivering **260** sessions to more than **12,200** staff, students and parents.

We have recently begun working with community organisations and delivered **10** training sessions to over **100** people in **7** organisations.

We have **10** new partnerships with schools and colleges using our 'whole organisation approach' to mental health, exceeding our target of five for this year.

Our resources were accessed **70,529** times in 2025 through our website, via downloads or in print; the **3,538** schools on our database were key users.

Through our Book Club, generously funded by the de Laszlo Foundation, we sent out **843** books to schools and other organisations. Our carefully selected titles aim to enhance the skills, confidence and knowledge of those who work with children and young people, by providing them with free books they can use to promote positive mental health.

“As a small school with very limited budgets the Book Club is invaluable to help stock our emotional support library.
SENCO”

“I complete the action plans on a one-to-one basis. I have found that getting the students to consider questions about 'Who am I?' really opens up conversation and helps build trust.”



In 2025, we also developed and sent Wellbeing Library Starter Packs: **5** books were sent to **50** schools, prioritising those in particular need. The packs were generously funded by the Hodge Foundation.

“I actually couldn't believe that we could be gifted such wonderful resources. Please know that the books are a valuable addition to our library of resources helping us to shape our school culture, attitudes and beliefs so that mental health and wellbeing practices are embedded into our day-to-day work and relationships within our school community.”



Future plans

We'll increase and develop our reach and impact in education settings and community organisations, focusing on partnerships to support a whole organisation approach to mental health.

Colleges and universities

The transition to college or university can be a challenging time for young people and the organisational settings look very different from schools, often with campus or collegiate set-ups. We support staff to provide vital mental health support and signposting in these contexts.



Case study Career confidence

Educators have an important role to play in supporting pupils' wellbeing. Trainer Mel Clarke has been working with student teachers as they embark on their career in education.

Mel has been a PGCE (Postgraduate Certificate of Education) student herself, and a mentor in schools, so has experience of the demands trainee teachers encounter and the challenges young people face. She says: **"I taught for 20 years and it's a fantastic career. You're working with young people, making a difference to their lives. It's a challenging career too, particularly in that first year of the PGCE."**

Working with Dr Elizabeth Parr, Head of Primary Programmes at Liverpool John Moores University, Mel divided the training session into two parts. In the first, she covered an overview of mental health, the associated stigma, safeguarding, and supporting pupils with special educational needs. She then went on to look at awareness of the PGCE students' own mental health, managing stress and anxiety, the importance of self-care and signposting.

"The presenters were excellent and managed to make a very serious subject meaningful and accessible."



Mel says: **"The students engaged really well, were receptive to the training and learned a lot that they can use when working in schools. They were also able to reflect on their own experiences of mental health and consider how they might use that when working with young people."**

"Many of them already had experience of working with young people but said they would now adapt their practice based on what they'd heard in the training."

Dr Parr said: **"A heartfelt thank you for the training Mel Clarke provided for our Primary PGCE students. It was informative, detailed and thoughtfully delivered. It was a real highlight for the students this week and ensured they are well prepared to deal with children's mental health and wellbeing in schools."**

The plan is now for Mel's training to be delivered annually as part of the PGCE programme.

In 2025, we delivered **64** sessions to **2,348** attendees across **37** colleges and universities.

152 further and higher education organisations have downloaded our CREATE toolkit, helping them create effective mental health strategies.

We hosted **8** free webinars in 2025, including one on making best use of our CREATE toolkit. Other topics included neurodiversity and mental health, and supporting a young person with thoughts of suicide.



"One of the most refreshing and relevant neurodiversity training [sessions] I've attended. Wonderfully insightful hosts highlighting the importance of compassion and trauma-informed approaches with practical, supportive guidance and comprehensive further resources."

Charlie Waller Workplace

Our workplace training and consultancy brings in vital income which in turn supports our charitable work with families, schools, colleges, universities and community organisations.

In 2025, we worked with companies across a range of sectors. They included specialists in insurance, business consultancies and aviation services.

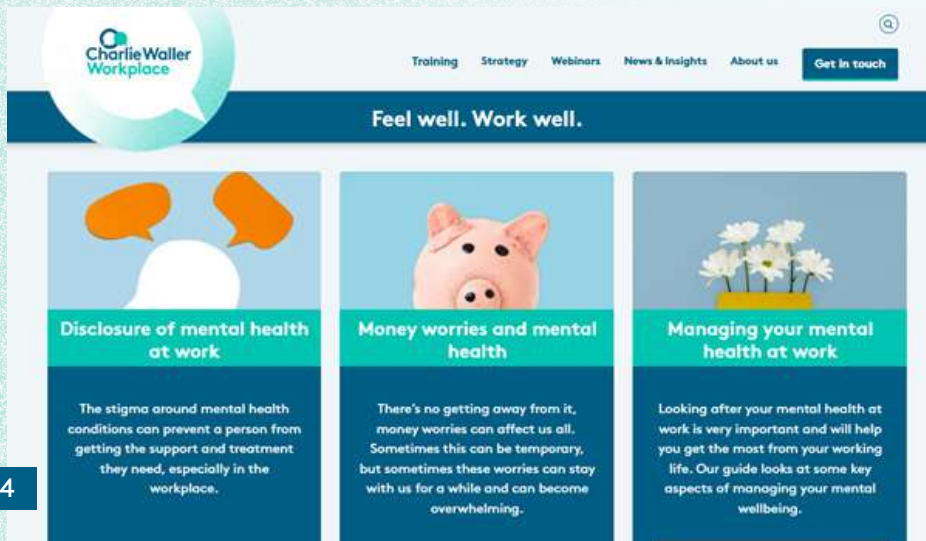
We delivered **64** mental health training sessions to **2,029** senior leaders, managers and staff. 97% of attendees said the training would benefit them in their day-to-day role and that they would recommend Charlie Waller Workplace to colleagues.

Work. Life. Tools.

In 2025, we launched a series of resources to support young people with key aspects of working life. They can be used by individuals, by anyone involved in hiring or supporting young people and by those managing new recruits.

Amongst other topics, they cover understanding what job might suit you best, job applications and interview advice, and how to manage difficult situations or when things go wrong in the workplace.

The resources are free to download from charliewallerworkplace.org



FRP is a leading national business advisory company. In 2025, they undertook our training at all levels of the organisation, from staff teams to managers and senior leaders. We provided three tailored courses: Leading for Good Mental Health, Managing for Good Mental Health and Learning for Good Mental Health, as well as Mental Health First Aid training.

Managers are often seen as the 'gatekeepers' of wellbeing. They generally know their team members well; they're usually aware of what keeps them engaged and what 'good' looks like for them. Managing for Good Mental Health gives managers the confidence, skills and knowledge to manage mental health in their teams.

All the managers – 100% – from FRP who attended the training said it increased their level of skill and would benefit them both in their day-to-day role and their life outside work.

Those attending the training rated the instructor at 10 out of 10. Their average confidence level increased from 3.63 before the course to 8 afterwards.

Attendees reported that they found the training highly relevant to their roles and professions and welcomed the focus FRP was placing on increasing the 'soft skills' of managers. Others felt "more assured in initiating supportive conversations" and that they now had "increased confidence in recognising signs of someone struggling with their mental health."



Charlie Waller Institute

Sound clinical evidence underpins everything we do. It enables us to improve our current work and to develop new and effective ways of helping people to support the mental health of children and young people.

Our sister organisation, the Charlie Waller Institute (CWI), plays a key role in this. Part of the School of Psychology and Clinical Language Sciences at the University of Reading, CWI trains hundreds of psychological practitioners every year. It also undertakes a wide range of research, led by Professor Stella Chan, Charlie Waller Chair in Evidence-Based Psychological Treatment.

One of Professor Chan's 2025 projects involved a collaboration with the Eden Project and Oxford Health Biomedical Research Centre. The research, at its early stages, explores the relationship between mental health and nature amongst 10- to 15-year-olds, using rigorous research methods and fully involving the children and young people.

“ I have gained a deeper understanding of evidence-based practices and how to apply them in real-world scenarios. Additionally, I have honed my communication skills with patients and colleagues, leading to more effective collaboration and patient outcomes. ”

In the last academic year, **276** students enrolled at CWI to train as therapists for children and young people.

Since 2008, when it was set up, CWI has seen **1,781** people qualify as therapists for children and young people.

Of the students who graduated in December 2024 and April 2025, six months later **100%** of those who responded to a destination survey were working in roles related to their training. Of these, **89%** were employed in NHS mental health services; others were in local authority or council-based services. This data helps demonstrate the important role CWI is playing in increasing the children and young people's mental health workforce.



Supportive Response to Self-Harm (SORTS)

We collaborated with researchers at the University of Cambridge who have created an online resource for teaching staff in schools about self-harm behaviour and how to help: SORTS, which stands for Supportive Response to Self-harm.

It features a 30-minute e-learning module for school staff on how to respond supportively to students who self-harm, as well as further resources and display materials.

“ Suggestions were offered about specific ways of asking questions of young people (eg “How much sense does that make?”, “What is your experience of drugs/alcohol/caffeine?”) and specific topics to discuss with them (eg financial stress, online activity and any harm). ”

SORTS has been used in **486** schools across England and Wales.

There have been **2,950** users of the e-learning and **2,895** resource downloads, with an average rating of **4.4 out of 5**.

“ Great session – really insightful and informative. It was great that intersectionality was mentioned and that limitations of research was discussed in terms of which demographics it doesn't represent. ”

Talking Therapies

Research shows that outcomes for young people using NHS Talking Therapies are less positive than for people over 25. In partnership with the Charlie Waller Institute (see page 26), last year we began delivering innovative pilot training to Talking Therapies staff who work with 16- to 24-year-olds in Oxfordshire and Buckinghamshire.

The objective is to enable staff to engage more effectively with young people, ensuring the therapy is more accessible, collaborative and relevant to their needs. To our knowledge, this is the first service-wide training of its kind in the country.

Over **200** therapists attended our pilot training for Talking Therapies practitioners. By the end of the two-part training, the clinicians reported significant improvements in their levels of confidence, knowledge and skill; there were average score increases of **25%**, **35%**, and **36%** respectively. On the item asking attendees if they knew when and how to work with parents and carers and/or education systems in relation to 16- to 24-year-olds, average scores increased from 4.56 to 7.57/10 – a huge **66%** increase!

“ Really helpful and excited to make these changes to my practice. ”



Thank you to our supporters

We are hugely fortunate in having many generous, loyal and determined supporters and partners. Their dedication is more important than ever in the current financial climate and with such a high level of need. The impact that we made in 2025 would not have been possible without their support.

Appeals

We are extremely grateful to all those who donated to our first summer appeal, Life Skills for Life Stages. The appeal raised funds to support young people through big changes, such as the move from primary to secondary school, going to college, or starting work. The appeal was a success, with over **58%** of donors new to the charity.

Our annual Christmas appeal with The Big Give was called Starting Early, Staying Well. It focused on giving parents, teachers and local communities the skills and confidence to spot problems and get children and young people the support they need before they hit crisis point.



Supporter Frazer Last with Tara Hoskin, the Trust's Senior Events and Partnerships Manager



Individual challenges

We never cease to be amazed by the extraordinary challenges our supporters take on to raise money and by their commitment to our cause. We'd like to thank every single person who organised their own fundraising event or took on a challenge in support of the Trust.



Frazer Last completed an epic walk of 516 miles to raise funds for the Trust. Frazer has spoken powerfully about how the more he talks to people, the more he realises that almost everyone has been affected by mental health in some way – a truth that continues to drive his fundraising and advocacy. He said: "My family has tragically lost two incredible people to suicide, and we need to do whatever we can to raise awareness and help others who are suffering this often-unseen illness."

Cecilie Richards ran the Richmond Park Half Marathon in September. Explaining why she wanted to raise money for the Trust, she said: "I have struggled for a couple of years with my mental health but was lucky enough to be helped, and so I firmly believe everyone deserves support and access to resources too."

Thank you to our supporters



“ We feel incredibly fortunate to have supported the Trust for so many years, and that shared history makes the partnership particularly meaningful to us.
Maggie Satterthwaite,
Head of Charity,
St Andrews
Welly Ball 2025 ”



New fundraising events in 2025

Our inaugural art exhibition in London's Mall Galleries drew a wide range of people interested in the visual arts and mental health. More than 80 artists exhibited their work, including Sarah Muwanga, pictured above. Massive thanks to the tireless committee of volunteers who were central to its success.

Our first Eclipse Disco saw 173 children in Years 7-8 have a wonderful evening at Stone Barn in Gloucestershire, designed to support their mental health and wellbeing. A big thank you to Sophie Watt for leading the volunteer committee.

“ I'd recommend fundraising for the Trust to anyone. It's a great way of challenging yourself and experiencing something unique, while raising funds for a wonderful organisation bearing the name of a wonderful person.
Jack Titley, Kiltwalk 2025 ”

Our funders and partners

We're fortunate to have partnerships with some great companies, such as ING Bank. 2025 saw the conclusion of our brilliant two-year partnership with them, during which staff and managers threw themselves into quiz nights, dragon boat racing, coffee mornings and a host of other fundraising events. Their support has been invaluable.



Charitable trusts and foundations are an important source of funding for us and we appreciate their support enormously. One of them is The Stewarts Foundation. Their support, which began in 2021, has been of immense value to our work.

The Stewarts Foundation has proudly supported the Charlie Waller Trust for a number of years. The Trust carries out vital and life-changing work in improving mental health awareness and prevention among young people. Our funding helps the Trust with education and training programmes for schools, universities and families across the UK and we are delighted to be able to assist them plan their work with confidence and ensure they can deliver this critical assistance to families and others in need.

James Price, Partner and Head of the Trust and Probate Litigation Department, Stewarts

Thank you to our supporters

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

Below are some of our funders and partners:

- Aylesfield Foundation
- The B G S Cayzer Charitable Trust
- Barnett Waddingham
- Bearrem Charitable Trust
- Bernard Sunley Foundation
- Boden
- Brampton Charitable Trust
- The Charles Wolfson Charitable Trust
- The Curry Family Trust
- The Cuthbert Horn Trust
- The Cutlers' Company
- CV Villas and Jules Verne
- The de Laszlo Foundation
- East Head Impact
- The Foyle Foundation
- The Freshfield Foundation
- The G C Gibson Charitable Trust
- George Cadbury Fund
- The Hedley Denton Charitable Trust
- Hodge Foundation
- ING Bank
- John Laing Charitable Trust
- Kennedy Charitable Trust
- Kepler Cheuvreux Foundation
- Mallory Bigland
- Matthew Wood Memorial Fund
- Murray Family Foundation
- Sandra Charitable Trust
- The Scott Plummer Family
- The Seastock Charitable Trust
- Simon Gibson Charitable Trust
- The Stewarts Foundation
- The Worshipful Company of Grocers
- The Wychwood Charitable Trust



Remembering Charlie

Charlie Waller was a dynamic, funny, kind and successful 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 died by suicide. He was suffering from depression.

In response to this tragedy, his family founded the Charlie Waller Trust, to open up the conversation around depression initially, 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.

Please follow us




**Charlie
Waller**

charliewaller.org

The Charlie Waller Trust

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