

Charlie Waller News

THE CHARLIE WALLER TRUST NEWSLETTER



DESERT STARS!

Fundraising in the Sahara

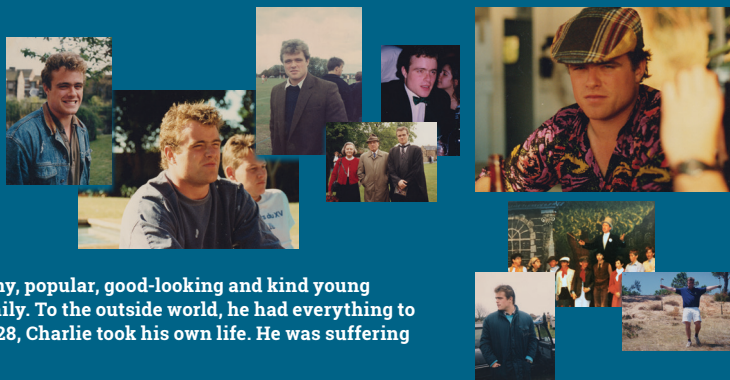
FEEL WELL, WORK WELL

Mental health in the workplace

THE VOICE OF YOUNG PEOPLE

Meet our student ambassadors

APRIL 2023 • ISSUE 47



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

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

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

Our mission

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

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

Our work

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

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

Our approach

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

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

Our vision

Our vision is of a world where people understand and talk openly about mental health, where young people and those around them know how to maintain mental wellbeing, and where the most appropriate treatment is available to everyone who needs it.



POSITIVE

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



PROVEN

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



PRACTICAL

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

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GET IN TOUCH

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FIND OUT MORE

charliewaller.org

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CHAT FOR CHARLIE

15 - 21 MAY

THIS MENTAL HEALTH AWARENESS WEEK, WE'RE ASKING YOU TO HOST A CHARLIE WALLER COFFEE BREAK WITH FRIENDS OR COLLEAGUES. Connecting with each other over a coffee (and perhaps a cake!) is a great way to boost your mental health.



The theme for the week is anxiety. It's normal for us all to experience anxiety from time to time, but if starts being unmanageable it can become a mental health problem.

By taking part in Chat for Charlie Waller, you'll be raising awareness of anxiety and helping people understand that there are ways to manage it.

And that's not all – why not ask everyone who attends to donate the price of a coffee or cake to Charlie Waller? That way you'll be helping us continue to be there for young people and their families.

We'll send you a free digital fundraising pack with lots of fun ideas and cake recipes, to help you plan your coffee break.



FIND OUT MORE
charliewaller.org

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LETTER FROM OUR CHAIRMAN



As I write this letter, the grey skies and incessant rain have finally given way to a bit of sunshine even if it still feels sub-arctic. Hopefully Spring has finally sprung.

As some of you will know the theme of this year's Mental Health Awareness Week is "anxiety". Someone described anxiety as like a rocking chair: it gives you something to do, but it doesn't get you very far. Anxiety is a normal emotion. The problem with it is not that it achieves nothing, but that it can get out of control and become a mental health problem. As someone once put it, "anxiety is a thin stream of fear trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained." With mental health week coinciding with the peak of pre-exam stress, it is a timely reminder to all of us, particularly parents, about the dangers of anxiety.

As you will see from our CEO's report, the Charlie Waller Trust has been as busy as ever. Under the calm and expert leadership of Clare Stafford, the Trust continues to go from strength to strength.

I also want to make special mention of our volunteer CWT fundraising committee led by the indefatigable Mia West. These unsung heroes commit an enormous amount of time and energy to raising money for the Trust at various events throughout the year, so a huge thank you to them.

I hope you enjoy the newsletter and thank you again for your support.

RICHARD WALLER KC, CHAIRMAN

Saturday 7 October

WALK FOR WELLBEING

Take part anywhere

Walking can really boost your mental wellbeing – and now you can raise money for Charlie Waller at the same time. Please see charliewaller.org for more details.



NEWS & UPDATE FROM OUR CEO

2022 was an important year of development for the Trust as we grew our income, charitable activity and impact 25 years after we were founded, following the tragic loss of Charlie to suicide.

It was also a year in which the longer-term impact of the coronavirus pandemic on some children and their families, and on the education system, became clearer. Children were, in the main, delighted to go back to school in 2022. However, teachers and support staff reported high levels of stress and those children who were more vulnerable to mental health problems before the pandemic continued to fare less well than their peers on returning to education.

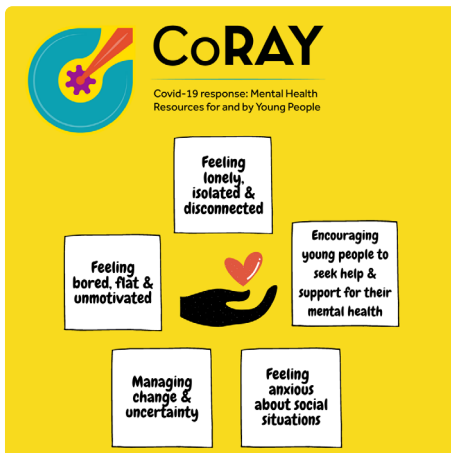
The NHS Digital study has highlighted some very concerning increases in probable mental health disorders among 17 to 19-year-olds, rising from one in six in 2021 to one in four in 2022. This is set in the context of global climate change, war and the increased cost of living. Children



and young people are inevitably affected by this, with many displaying signs of stress, worry and anxiety as a result.

Our work to improve the mental health and wellbeing of children, young people and their parents, teachers and employers needs to address these challenges directly from a position of hope and optimism.

CLARE STAFFORD
CHIEF EXECUTIVE



DIFFICULT THOUGHTS AND FEELINGS – SUPPORT FOR YOUNG PEOPLE

In 2021 we became a partner in the CoRAY Project based at the University of Oxford. The CoRAY team worked with young people, researchers and clinicians to develop evidence-informed advice for dealing with difficult thoughts and feelings – the ones young people said they most wanted support with.

We have developed lesson plans, teacher support packs, podcasts and short films, as well as scheduling in some open access webinars to promote and disseminate the advice effectively.

MENTAL HEALTH TRAINING FOR 7M CHILDREN'S WORKFORCE

We've joined forces with the Anna Freud Centre and the National Children's Bureau to develop and pilot new core training in mental and emotional health. It's designed to reach the seven million people who comprise the children's workforce across England.

It will operate in a similar way to the safeguarding training that is now delivered for all members of the children's workforce. This is a big flagship project for the Trust and we will bring you more news as the project progresses.

NEW TRAINING FILM FOR NURSES

Common mental health problems are the focus of new online training led by Charlie Waller Nurse Lead Dr Sheila Hardy.

The 26-minute training film provides guidance to nurses and allied primary care health professionals on how to recognise when a patient in their care has a common mental health problem, and what to do next.

Sheila developed the film for the Trust in partnership with NHS England South East. The content has been adapted from training endorsed by the Royal College of Nursing and is accompanied by a downloadable handout and notes for facilitators.

Topics the film covers include the conditions defined as common mental health problems; screening for depression and anxiety; assessing suicide risk; and the agencies that offer treatment.

Sheila, who is dual-qualified as a Registered Mental Nurse and Registered General Nurse, said: "I find it quite shocking that one in three people attending primary care experience a mental health problem but only 24% of them receive treatment for it.

"We hope this online training will give healthcare professionals the skills and confidence to support people with mental health problems and offer the correct treatment options."

The film is available here: southeastclinicalnetworks.nhs.uk/common-mental-health-problems/

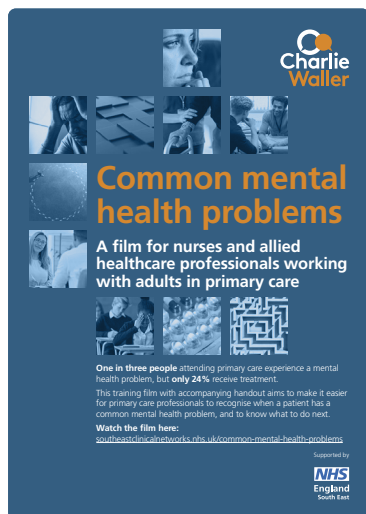
Sheila's work also features in our selection of book reviews on page 18.

MANCHESTER COLLEGES PROJECT

Our work with further education colleges has been developing well and a project group of trainers, colleagues from the Association of Colleges and office team members have been working hard to engage with colleges in Greater Manchester to get them all using our college mental health self-evaluation tool (C-MET). This tool supports further education institutions in their responsibility to create an environment that promotes the mental wellbeing of students and staff.

The Association of Colleges had set a relatively low target of three colleges completing the evaluation and were very pleased that four were able to complete it.

Several recommendations have come from this project and we hope that implementing them will make it easier for colleges to sign up to and complete this important evaluation tool in the future.





CHARLIE WALLER WORKPLACE

We're excited to have launched our new Charlie Waller Workplace website. It gives visitors insights into mental health in the workplace and clear information about what the Trust can offer leaders, managers and employees.

We are aware that employers are increasingly concerned about the mental health of their employees, especially with the cost of living crisis. With the new website, we can reach potential clients more effectively, and see further growth and impact (see feature on page 10).

WOMEN AND THEATRE

We're looking forward to seeing the short films that three actors from Women and Theatre are writing and performing in partnership with us. The films are monologues about young adults' experiences in relation to mental health and the workplace. They focus on three important topics and include a piece about a graduate trainee who is stressed and doesn't know how to handle it.

We've created materials and compiled resources to accompany the dissemination of the films. Special thanks to Alice Palmer and Stella Von Konkull for their support on this project.

A GRANT MAKING A DIFFERENCE

So often, the best way for parents and carers to get support when caring for a child who is struggling with their mental health is to connect with others who have been through something similar.

The Trust is leading the way by helping the parent and carer peer support projects that are springing up across the country to meet this need, including offering them training and hosting a network.

We can only do this thanks to the generosity of funders such as the Bernard Sunley Foundation, which is helping us to support three part-time parent carer peer support workers in Durham, Devon and Derby.

Anabel Knight, Chair of the Foundation, recently visited one of the groups, where she spoke with parents and carers and met Louise, whose post is part-funded by the grant.

Wendy Minhinnett, who founded Rollercoaster Family Support and is the Trust's Parent Lead, said: "It was lovely for Anabel to come out into the community, and see first-hand the difference the funding is making."



Anabel (centre) with Wendy (right) and Louise

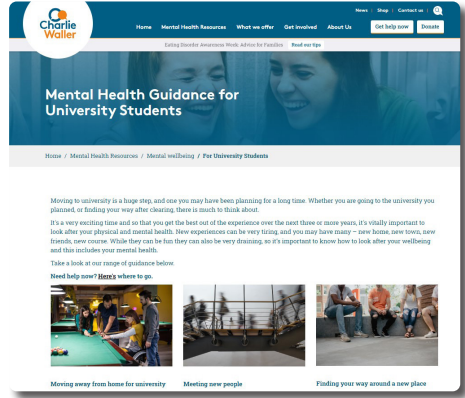
NEW LANDING PAGE FOR UNIVERSITY STUDENTS

Moving to university is a huge step which can involve a great deal of change: new home, new town, new friends, new course. It's vital that students know how to look after their physical and mental wellbeing.

Our new web page directs students to resources on a wide range of topics, including:

- Moving away from home
- Living independently
- Starting a new course
- Being authentic, making mistakes and missing people

Find it here: charliewaller.org/mental-health-resources/mental-wellbeing/for-university-students/



AN EMOTIONALLY HEALTHY APPROACH TO EXAMS

Wondering how best to help a child or young person through exams?

Our guide for **parents and carers** is full of practical advice on how to offer support, including:

- How to actively support your child
- What to do if you are worried about your child
- How to help your child keep a healthy perspective

Our guide for **teachers** offers guidance on:

- Nurturing good mental health
- Creating a positive environment
- How to help pupils before, during and after exams

Our guide for **pupils** gives young people simple tips on taking care of their mental health around exams:

- The best way to manage exams
- Who to talk to about them
- Looking after yourself and your friends

Visit: bit.ly/42SDr4W





FEEL WELL, WORK WELL

MENTAL HEALTH AND WELLBEING IN THE WORKPLACE

The Charlie Waller Workplace programme aims to help people feel well and work well. We take a look at how this can become a reality.

Workplaces should allow people to thrive and fulfil their potential but how do we make this happen? How do we create workplaces where people can be productive members of the workforce and also feel supported?



Abigail Hirshman is the Director of Charlie Waller Workplace. Her 25-year career in mental health has been focussed on change – from her early career as a therapist, then later working at Acas

where she advised government on key wellbeing issues, and working with employers on making positive changes that help people feel valued.

Abigail believes it's possible – in fact essential – to create an environment where people can fulfil their potential at work and, at the same time, feel that their mental wellbeing is being supported. She says: "We need people to know

that their mental health needs are considered very important but, equally, to understand the pressures and priorities their employers and managers have, both internally and externally."

At the heart of Abigail's vision is the 'whole organisation approach' to mental health at work:

"In the workplace it is crucial that mental health is not seen as something separate; it shouldn't rest with one individual or in one workshop or training session but should be threaded through everything.

"Positive mental health is so much an outcome of our environment – if we see people of all levels and grades in the workplace generally talking about how they feel, what challenges they are facing and how they are responding to them, we normalise mental health and make it so much easier for this to be part of who we are."

This philosophy underpins the model Charlie Waller Workplace uses in its training, consultancy and resources: everyone, in every part of an organisation, has a role to play.

Whole organisation approach

Charlie Waller Workplace
Feel well. Work well.



Our whole organisation approach is very simple. It's about:

- Putting in place a range of services that help keep leaders, managers and staff feeling well and working well.
- Taking a preventative approach through which staff are able to talk openly about their mental health and asking for help is seen as a sign of an open culture.
- Managers having the time and the skills to hold sensitive conversations with their staff.
- Leaders recognising the benefits of a flexible approach so that work demands are reasonable and staff are consulted about the changes that affect them.
- Taking a responsive approach, acknowledging that people can become unwell and making sure specialist services are available, regularly monitored and provide the right support for those who need them.

Sustainability: into the future

The Trust's long history and its rigorous use of the evidence base have attracted the support of leading experts in mental health. Charlie Waller Workplace has access to their expertise as well as our own specialist knowledge as professionals in psychology, psychotherapy, medicine and human resources.

We set up Charlie Waller Workplace in 2020 to offer specialist mental health training and consultancy to employers. All the profits from Charlie Waller Workplace are invested into the work of the Charlie Waller Trust, helping today's children and young people become the mentally healthy workforce of the future.

Please visit the new Charlie Waller Workplace website to find out more: charliewallerworkplace.org



Meet the team

Abigail says: "I am proud to be heading up a team of experienced and talented professional workplace consultants."

The longest-standing member of the team is **Gemma Fieldsend**, who has worked in mental health for over 25 years, including working as a clinical team manager within the NHS.

Tracy Wright is a cognitive behavioural psychotherapist, business psychologist and coach, with over 20 years' experience in mental health, and **Dr Mike Oliver** is a chartered psychologist and registered health psychologist, specialising in workplace health and wellbeing.

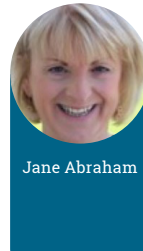
Natalie Treacher is an experienced trainer and health promotion specialist who has worked for 10 years as a manager in mental health social care and as National Training Lead (Adult and Workplace) for Mental Health First Aid Ireland. **Jane Abraham**, with 25 years' experience in workplace health and wellbeing, worked for the employers' team in the government's Work and Health Unit; she advised ministers on delivering new programmes under the government's work, health, wellbeing and inclusion agenda.

Our consultants have extensive experience of working at board level, developing mental health programmes for businesses across sectors including financial services, technology, media, logistics, legal, academia, retail and hospitality, and many others. They deliver our extensive programme of training, consultancy and key topic seminars. You can read more about all of them at charliewallerworkplace.org

ABIGAIL'S TOP TIPS

We asked Abigail what her advice would be for anyone wanting to boost mental health in the workplace.

- The most vital skill is to listen, especially when someone opens up about something more serious. It's important not to jump in with answers or solutions, but to genuinely listen as sometimes that's all someone needs.
- Try and understand how your behaviour impacts others. We sometimes get caught up in behaviours that don't make others feel good. Whilst actively being kind is the ideal, just trying to behave in way that doesn't make others struggle is key.
- There is so much evidence now about how exercise and getting out in nature can help our mental health, so try to do that too – perhaps with your colleagues!



A PRODUCTIVE PARTNERSHIP

Michelmores LLP chose Charlie Waller to be its charity partner in January 2020, following a staff vote, which the charity won by an overwhelming majority. Supporting individuals' and each other's mental health and wellbeing are core to the firm's values, so the partnership was a natural fit.

The partnership continued throughout the pandemic and was extended to this April, during which time staff have raised over £55,000 for us, a truly fantastic amount.

Fundraising highlights include Michelmores' own marathon for mental wellbeing over a week in June 2021, where the firm challenged participants to cover 26.2 miles by running, walking or jogging, and ran a campaign on social media encouraging people to describe what good mental health meant for them.

In 2022, the firm held its annual 5k fun run in the picturesque grounds of Powderham Castle on the Devon coast, and also organised a Chat

for Charlie Waller, inviting colleagues to 'bring a cake, buy a cake and have a chat' across the five offices.

More recently, Michelmores held a 'wellbeing spectacular', where trainee solicitors at the firm brought everyone together to encourage them to get outside and increase their daily step count. Continuing their support right to the end of the partnership, Eve Loughrey, a member of the Michelmores team is running the London Marathon for Charlie Waller.

In turn, we have worked with Michelmores to enhance a positive mental health culture within the organisation. We've delivered workshops on topics such as depression and anxiety; how to spot signs and start conversations; and the difference between empathy and sympathy; and provided resources, which have all been received very positively:

"It has been a pleasure to be a corporate partner of Charlie Waller. Our partnership has provided us with invaluable guidance and support. It has also given us the opportunity to engage with our people, with activities that promote better awareness and an understanding of mental wellbeing.

"Charlie Waller's team has helped to give us the tools we all need to recognise our own wellbeing needs as well as those of our colleagues, and provided us with the resources to help us to act on them."

Tim Richards, Managing Partner

Thank you to everyone at Michelmores – we are so grateful for your support.





SUPPORTING PARENTS AND CARERS OF CHILDREN WITH MENTAL HEALTH PROBLEMS

Most children or young people struggling with their mental health have a parent or carer who wants to help. We know that need is rising fast so we're expanding our work in this area.

"You don't know the system or who to turn to. Finding a parent peer support group is worth its weight in gold."

We hear words like these all the time from people who have found help, empathy and friendship from other parents and carers of children in the same situation. We set up our PLACE network to support parents, carers and professionals who provide support in their communities, bringing them together to share and learn.

Building on this work, last year we embarked on a new initiative to train parents and carers who are working or volunteering as peer workers. We received funding from Health Education England to pilot this. Tutors with lived experience co-delivered and co-produced every session with professionals.

The training gives parents and carers with lived experience of supporting their children with mental health issues additional knowledge and skills to help them, and to improve outcomes for children and young people in their local area.

ADDITIONAL SKILLS

The first cohort of parent/carer peer support (PCPS) workers, many of them from the PLACE network, completed the course and were awarded certificates by our sister organisation, the Charlie Waller Institute, in January. At the same time, the Bernard Sunley Foundation is helping us to support three part-time parent carer peer support workers in Durham, Devon and Derby (see page 8). Two new courses have since begun, in Reading and Northumbria.

The training enhances the skills these parents and carers bring from their own experience. They may offer one-to-one practical support for parents; digital support groups; assistance to navigate the mental health system; and help families have their voices heard.

The training brought professionalism and clarity to the very important work we do.

We are very pleased to report that Health Education England has also awarded us additional funding for our work supporting parents and carers of children with eating disorders. This means we will be able to train our existing PCPS workers to improve their

understanding of eating disorders, as well as training a further 18 facilitators to run carers' skills workshops on this topic. This will build on the work of our trainer Jenny Langley who for many years has run workshops based on the New Maudsley model, designed to equip carers with the knowledge and skills needed to better support someone who has an eating disorder.

POSITIVE FEEDBACK

We have so far received very positive feedback from the people who undertook the PCPS training in 2022. One said: "I thoroughly enjoyed the PCPS training. I found it helpful and informative. It brought professionalism and clarity to the very important work we do."

Professionalism was a theme identified by other trainees too, including a mother who said: "Thank you so much for creating this course... It helps other professionals to connect with me as they see me as equal, not 'just a mum'."

It helps other professionals to connect with me as they see me as equal, not 'just a mum'

Expert supervision is a very important part of the training, as recognised by one trainee, who said: "Building the link with CAMHS [Children and Adolescent Mental Health Services] and having supervision has been an excellent learning experience and one I fully intend to replicate with my team."

These words were echoed by one of the PCPS supervisors, who said: "I was pleased to hear the PCPS had completed her portfolio and has received some very positive feedback. Since completing the course she has notably become more confident; this is largely due to an increase in her understanding of the PCPS role and the value of her knowledge as a parent with lived experience."

To find out more about our work with parents and carers, please visit our website: charliewaller.org

OUR RESOURCES FOR PARENTS AND CARERS

Supporting a child with anxiety

As well as information about anxiety, this booklet gives you and your child practical ideas for how to address it.



Wellbeing Activity Pack

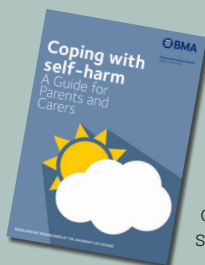
Based on the five ways to wellbeing, the pack helps children look after their mental wellbeing in a fun and interactive way

How to cope when your child can't

Tips from a book co-authored by Trust adviser Prof. Roz Shafran, with Ursula Saunders and Alice Welham

Depression: a guide for parents and carers

Guidance to help you feel more confident, informed and better equipped to support your child.

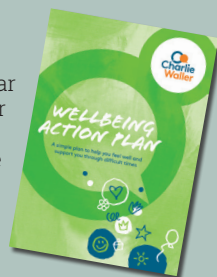


Coping with self-harm: a guide for parents and carers (English and Welsh editions)

Advice and support for parents and carers of children who may be self-harming.

Wellbeing Action Plan for Children

One of our most popular resources, designed for children who need a little more support. We also have a version for young people.



You can find these and many more at charliewaller.org/mental-health-resources

BOOK REVIEWS

THE GOOD LIFE AND HOW TO LIVE IT

by Robert Waldinger and Marc Schulz

There have been many excellent definitions of happiness throughout the ages, but my own favourite comes from that wisest of political and moral philosophers, Aristotle. According to the brilliant Greek, happiness consists in achieving, through the course of a whole lifetime, all the goods – health, wealth, knowledge, friends, etc. – that lead to the perfection of human nature and to the enrichment of human life. Much easier said than done, of course, but worth striving for nonetheless.

I was reminded of Aristotle's timeless words while I was reading *The Good Life – And How To Live It*, rather portentously sub-titled *Lessons from the World's Longest Study on Happiness*. Was there anything, I wondered, in this comparatively hefty tome which could enhance or improve on Aristotle's classic definition of the state to which we all aspire? Not as such, to be honest, but this thought-provoking book does provide a host of first-hand and anecdotal evidence about the nature of happiness.

Based on findings from the 80-year-long Harvard Study of Adult Development, *The Good Life* reveals the simple yet surprising truth: the stronger our relationships, the more likely we are to live happy, satisfying and overall healthier lives. Focussing on the ground-breaking research behind the world's longest study on happiness, programme directors Dr Robert Waldinger and Dr Marc Schulz bring together scientific precision, traditional wisdom, incredible real-life stories and actionable insights to prove once and for all that our own wellbeing and ability to flourish is absolutely within our control.

Distilling this extensive research into lessons for living a happy life, the authors pose five questions:

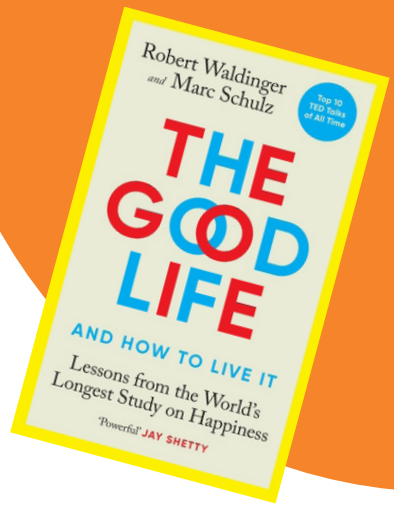
- Is the quality of your relationships what matters most?
- Is it too late to strengthen the relationships you have – or to build new ones?
- Is happiness predetermined?
- Is meaningful change possible?
- Are life's challenges just as important as life's joys?

For many people, especially those suffering from depression or scarred by grief, these are difficult questions to answer positively. For others, happiness can seem elusive in a world riven by war and defined by poverty, fear, inequality, prejudice and a worsening climate crisis. But should that mean we give up on the pursuit of happiness or, lowering the bar a little, contentment? The authors believe not – and I think they are right.

Their final piece of advice at the conclusion of this timely book is worth repeating: "Think about someone, just one person, who is important to you. Think about where they are in their lives. What are they struggling with? Think about what they mean to you and what they have done for you. Where would you be without them? Now think about what you would thank them for if you thought you would never see them again. And, now, right now, talk to them. Tell them".

Wise words – and words, I suspect, with which Aristotle would agree.

Robert Beaumont (Charlie's uncle)





He starts with the skylark – whose soaring song he heard while lying on a damp hillside, feeling numb after the news of his beloved mother's terminal cancer diagnosis. "I felt alone in the world... And no one could help me. Then I heard that skylark. The soaring, cascading music rippling through the air above me was like an injection of neat hope to the soul."

I felt alone in the world...
And no one could help me.
Then I heard that skylark.

Charlie writes eloquently, and with humour as well as heartache. Many of us will relate to his problems around family, work, marriage and self-doubt – his account is both honest and very human.

At its heart, however, is his passion for birds and how by paying attention to the natural world, he finds hope and meaning in life again. This isn't a book about mental health, but it does remind us that the harder times can be eased or given respite by nature. That there will be both bad and good times but that by reconnecting with nature and the wildlife around you, you will be both happier and more resilient.

Lucy Llewelyn
Communications Consultant to the Trust



12 BIRDS TO SAVE YOUR LIFE: NATURE'S LESSONS IN HAPPINESS

by Charlie Corbett

This book is about loss, one man's journey through grief, and nature's powerful ability to heal. It is both a memoir of a time in Charlie Corbett's life where he experienced the depths of despair and a charming insight into the lives of the 12 bird species that played a part in his recovery.

In the introduction, Charlie describes the aim of the book as: "To help you rebuild your relationship with the natural world around you. To become grounded. And to put your life and troubles into perspective by learning to understand, love and begin to move with the rhythms of the natural world outside your door." This resonated with me while also being something I already knew to be true from my own daily dog walks in the countryside. I too have experienced profound loss, and, while my journey has been different from Charlie's, I know how nature (and birdsong) has brought me comfort and improved my mood.

In each of the 12 chapters of the book, Charlie intertwines different times in his life with his encounters with each bird and descriptions of them – a whole array of facts about them, their characteristics and historical references.

MENTAL HEALTH AND WELLBEING: A GUIDE FOR NURSES AND HEALTHCARE PROFESSIONALS WORKING WITH ADULTS IN PRIMARY CARE

by Dr Sheila Hardy on behalf of the CWT

The subtitle of Sheila Hardy's new book belies its potential usefulness to all those of us who aren't nurses or healthcare professionals.

After a brief introduction and some definitions of wellbeing, the first table – 'Deeper emotions categorised using a short tree structure' – has a distinctly human, non-medicalised ring to it.

I think I was expecting language redolent of DSM5, the standard reference book of 'mental disorders'. Instead, the table lists our primary emotions as love, joy, surprise, anger and fear; our secondary and tertiary emotions include longing, tenderness, zest, jolliness, grouchiness, resentment and worry. I was pleasantly surprised – it read less like a medical manual and more like a summary of my day.

The 'factors which contribute to wellbeing' were similarly easy to relate to. Sheila lists and explains the six dimensions of health from a model devised by Dr Bill Hettler, with the addition of a seventh:

- The **social** dimension relates to connections and relationships with others.
- The **intellectual** dimension is about learning and a sense of accomplishment.
- The **emotional** dimension includes understanding ourselves and being able to share feelings.
- The **occupational** dimension involves getting satisfaction from work or other meaningful activity.
- The **spiritual** dimension refers to recognising meaning and purpose in life.
- The **physical** dimension is the ability to maintain a healthy quality of life.
- The **environmental** dimension includes awareness of our surroundings and their effect on our feelings

These first few pages seem to capture succinctly what a well-rounded and fulfilling life should feel like. The rest of the book, broadly, offers guidance and a wealth of techniques for helping people live one.

It doesn't at all gloss over the problems which may be preventing someone from experiencing mental and physical wellbeing: the section on suicide, for instance, acknowledges high rates of suicide in people who, amongst other factors, have experienced violence or abuse; are discriminated against; have long-term physical conditions; or are homeless.

What it does, however, is to provide clear step-by-step guidance on how health professionals can talk to someone who may be having suicidal feelings, assess and monitor them, and/or refer them for treatment.

The book takes a similarly clear and direct approach to areas that can be neglected; it includes chapters on, for example, people with learning disabilities and people with dementia, giving useful advice on the best ways of communicating with them and supporting healthy behaviour.

In his foreword, Lord Nigel Crisp makes the point that the number of people with long-term or chronic conditions is leading to a new emphasis for many health professionals on "enabling, supporting and informing their patients." He regards Sheila's book as a "vital part of the preparation" for this shift and points to the insights and wisdom it contains from her many years of experience.

Although it is clearly aimed at primary care professionals and is not, by any means, a self-help book, *Mental Health and Wellbeing* is eminently readable for anyone with an interest in the treatment of mental health problems, written in a way that reflects Sheila's humane, compassionate and refreshingly practical approach.

Tracey Gurr
The Trust's Content and Stories Manager





DESERT STARS!

18 brave adventurers, including Events and Fundraising Officer Debs Burles, took on the mighty Sahara, trekking 100km to raise funds. Debs tells the story...

I've always liked a challenge but when the option of trekking across part of the Sahara Desert came up, I was slightly hesitant. Could I get fit enough? How can you walk on sand for five consecutive days? Sometimes you just have to go for it – so I did!

We travelled to Marrakech on a gloomy November morning, and from there to Ourzazate, where we lapped up a few hours of luxury sleep and a shower under hot running water – the last we'd see for a few days!

The next five days were unbelievable. We trekked over passes, through plateaus of sandy and rocky terrain, and through



awesome sand dunes. A team of expert local guides led us; their camels carried all our kit – it was incredible walking alongside those amazing creatures. Their pads barely sank into the sand, unlike our boots!

We slept in tents, sang around campfires, made bread in a home-made oven, gazed at huge skies full of bright stars, and made new friends. We sat on the dunes and reflected on life; no mobile reception or emails, no news, no worries other than heatstroke and blisters – there were a few of those!

The highlight has to be the sand dunes – walking along the ridges whilst the sun was rising, watching the silhouettes of fellow trekkers and camels – it was absolutely breath-taking and so good for the soul!

The group was thrilled to raise £57,500 – thank you so much to all our wonderful supporters.

“We were keen to support the excellent and important work of the Charlie Waller Trust as we have experienced first-hand the difficulties of living with depression. It is frightening and can come out of nowhere. The charity supported us in our time of need and we were keen to give back.”

Jack and Catherine Lovell



THE VOICE OF YOUNG PEOPLE

MEET OUR STUDENT AMBASSADORS

Our nine student ambassadors are helping the Charlie Waller Trust stay focused on what young people think, feel and need when it comes to mental health.

The key focus of our work as a charity is young people, so their voice needs to be central to everything we do. That's why we've recruited a group of ambassadors to help ensure all our activity is relevant to young people.

The ambassadors' main role is to review our training and resources and make recommendations for our existing programmes and projects, and our future priorities. The benefits are tremendous – we're getting immediate feedback from a diverse range of young people and increased knowledge about their experiences.

Working closely with the ambassadors are the two members of our youth involvement team: Michael Priestley is our Student Involvement Coordinator and a PhD student at Durham University. He works closely with Alice Palmer, our Youth Involvement Lead, to guide the ambassadors in their roles and oversee their work with the charity. Alice

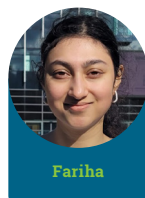
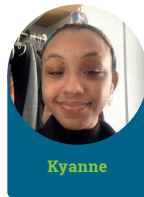
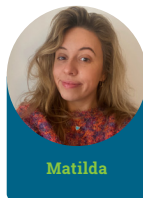
"I felt that I could give a unique perspective as a young black woman into the mental health struggles that minorities face."

gives talks based on her lived experience of mental health issues. Our Training and Projects Assistant, Chelsey Dixon is providing invaluable administrative support.

The nine ambassadors met for the first time in January, and will meet virtually up to six times a year. They're fast becoming an integral part of the Trust's work. Between them they are currently:

- Reviewing our written resources, including 'Supporting a child with low mood' and 'Top tips for students'.
- Reviewing the Students Against Depression website.

- Helping to design two webinars on how sport can support mental wellbeing.
- Working on the University of Oxford BReal project, which focuses on building stress resilience in young people.
- Taking part in our talks in schools, with Alice.
- Writing social media content to help our communications team.
- Reviewing our current podcasts and plans for future content.
- Supporting our involvement with the Flackstock festival.



Introducing our nine ambassadors

We want to be sure our ambassadors represent a diverse range of experience, demographics and academic background. Some are motivated by their own mental health struggles, such as **Matilda**, 23 who says: "Having felt disenchanted with the general support available, I am passionate about making a change," and **Andy**, also 23 and studying medicine, who says: "I feel strongly that there needs to be more effective education around mental health."

Amy, 24, grew up with generalised anxiety disorder and the lack of support motivated her to study for a PhD researching children's and young people's experiences of mental health education.

Patrick, 23, wanted to become an ambassador "to encourage myself and others to become more open about mental health", noting that male discussion is still lacking. **Usman**, 17, is from a minority ethnic background where, he says, the lack of conversation around mental health is particularly pronounced. He says: "A lot of things are not talked about in my community and having the ability to start the conversation would be a great way to get the ball rolling."

"I feel strongly that there needs to be more effective education around mental health."



Kyanne, 18, wanted to become an ambassador "because I felt that I could give a unique perspective as a young black woman into the mental health struggles that minorities face."

Others are motivated by what they have observed, such as **Sophie**, 24, who has been working with a paediatric psychology team on a children's ward as part of her university placement year; while **Fariha**, 19, says: "In my previous role, I noticed that low mental health was aggravated by a lack of support from parents and schools."

What unites them is their desire to convey their experience as young people in the fast-paced, complex world of today. As **Eliza**, 20, says: "I can add insight into what it's really like being a young person in today's world and the impact challenges such as Covid or social media have had on my generation."

ALL WELCOME!

Our current crop of ambassadors are – or have been – students, but we encourage applications from anyone between 16 and 24.

FUNDRAISING HIGHLIGHTS

THANK YOU
TO ALL OUR
SUPPORTERS

2022 proved to be a fantastic year of fundraising. With your support we raised just under £2 million! This is an incredible achievement, which allows us to continue to deliver the life-changing services which so many young people and their support networks rely upon.

There were so many highlights from last year, including Boo's Ball in May and the Flackstock festival in July (both featured in the last edition of the newsletter), the Mozart Requiem performance at Cadogan Hall in November, and The Big Give Christmas campaign.

2023 promises to be another busy year, with much to look forward to, including the 25th anniversary ball in November.

The success of all the wonderfully inspiring fundraising initiatives that take place every year would not be possible without your support. We are so grateful to you all, and we hope to see many of you at one of our upcoming events.

A huge thank you for your ongoing support.

NICK APPLEBY
HEAD OF FUNDRAISING



PUTTING YOUR BEST FOOT FORWARD: RUNNING, WALKING AND HIKING

Walk for Wellbeing

Over 8 to 10 October, we asked supporters to walk 10k, with or without their four-legged friends. This annual event is a great way to connect with friends, get active and enjoy being outdoors – all important elements of the NHS Five Ways to Wellbeing – while raising funds for the Trust.

32 groups took part, including the Welly Ball committee (see page 24), relatives of the Waller family in Canada, and students from Salford City College. In total, they raised £1,892.



Caption space

Great South Run

Charley Phillips, a Housemistress at Queenswood School, Hertfordshire, attended a virtual talk last year by Charlie Waller Speaker Dick Moore. She and Rachel, Assistant Housemistress, decided to raise funds for the Trust to, as Charley said, "make our students more aware of the support that the Trust provides". She added: "Rachel and I are always on the lookout for resources to help facilitate those difficult conversations." They raised £497.

London Half Marathon

Ben Smart challenged himself by running his first half marathon, raising £510. His family has close ties with the Trust and he had also seen boys struggle with their mental health when he was at school. He said: "It is important we are all properly educated on how to combat mental health struggles collectively, to know how to help ourselves and also others."

London Marathon

We had seven runners in last year's London Marathon, raising a magnificent £17,168. They included Peter Reynolds, pictured below, who chose to raise money for the Trust in memory of his friend Matthew and also because he is currently supporting his daughter through her own mental difficulties.

He says: "Charlie Waller helps train people to have the tools and knowledge I wish I had 15 years ago. Its training is crucial to ensure that more understanding and help is available for young people."



And also...

Dan Stevens has run for his own physical and mental health for several years and decided to run at least ten 10k during October, raising £520, while Zena Cameron ran the Robin Hood Marathon, raising £280.

Ironman Harry!

14-year-old Harry Byrnes is a pupil at Radley College, which Charlie attended. The school had encouraged the boys to raise money for a charity, so Harry undertook his own ironman-style event, with a 90km cycle, 1.9km swim and a 21.1km row. He completed it within 24 hours and raised £785. Well done, Harry!

Climbing Mont Blanc

Charlie Rawlings took on the epic challenge of climbing Mont Blanc and, while he didn't make it to the top, he did raise £1,593 for the Trust.

Walking the Camino Ingles

Anthony Weldon, Angus Cheape and Laura Mackenzie walked the famous 75-mile Spanish pilgrims' route to Santiago and raised £2,405. Along the way they enjoyed beautiful views of Galicia, the company of fellow 'pilgrims', delicious orange ice cream, no blisters and only two downpours! They plan to complete the second half of the walk to Finisterre next year.

Fit for Feb for Schools

13 schools, from infants to sixth formers, took part in our fun February wellbeing challenge based around the number 28. We suggested 28 activities, with schools choosing just one, all 28, or making up their own!

TAKING THE PLUNGE: SPIRITED SWIMMERS

Hellespont swim

Ben Walker was at Elstree School when Charlie joined the staff there as a gap-year student, describing him as "an enormously kind and fun man, adored by the children".

Ben wanted to raise money for the Trust and, "in a moment of rashness", entered the annual swimming race across the Hellespont (where the Black Sea meets the Aegean). Ben and his friend Rob Williams completed the swim in one hour 22 minutes and raised an amazing £14,464.

Channel swim

It's an impressive feat to swim the English Channel once, let alone several times but that's exactly what James Salter has done, raising funds for charities including Charlie Waller. He has swum the Channel for the Trust before, twice in relay with his son Finn, who went to Radley College, as did Charlie. On this most recent occasion, James raised £2,000.



Geneva 70 swim

Three teams of five people, including Rob West and Guy Bowring, completed the epic Geneva 70k swimming relay in 27 hours. This is not for the fainthearted – there have only been 12 successful relay swims and eight individual swims! They raised money for four charities, which included £25,000 for the Trust.

Guy has lost relatives to suicide and Rob was a friend of Charlie's, both at school and university. Rob says: "It's been great to see how the Trust has grown beyond being about Charlie. Mental health is at the forefront and I'm glad we can help directly by raising funds for the Trust."

MAKING MUSICAL MEMORIES

Mozart Requiem

On a dark November evening, an audience of 800 was transported by the uplifting music of Mozart at the Cadogan Hall in London. They were spoilt by the incredible voices of Vox Cordis and the Aurum Vocale Instrumental Collective, masterfully conducted by Charlie Grace.

The first half introduced some less well-known vocal works by Mozart, followed by the powerful splendour of the Requiem, with stunning solos from Carolyn Sampson, Helen Charlston, Nick Pritchard and William Townend. The event raised £44,992.

Carol services

Our two carol services, in London and Bradfield, raised a total of £48,813. Fundraising Committee member, Katherine Foster-Brown said: "The wonderful Bradfield Chapel, with its huge Christmas tree, was packed to the rafters and the combined choirs of Bradfield Chapel and Elstree Chapel sang what everyone agreed were

the most beautiful Christmas anthems and carols to date." The readers were the Rt Hon Lord Soames, Tom Bradby, Jamie Weir, Mark Durden Smith and Charlie Waller trainer Debbie Spens, who spoke movingly about the Trust's work.

Debbie was also in the London congregation and said: "It was a wonderful event, full of joy, celebration and tradition. The tremendous congregational singing was peppered with glorious performances by the Vox Cordis Choir. Their magnificent vocals filled the church with beautiful harmonies and created a magical festive atmosphere.

"We were treated to six readings [from Alexander Armstrong, Adam James, Jack Rooke, Revd Clare Shepherd, Phoebe Waller-Bridge and Dame Harriet Walter DBE]. They were delivered with great professionalism but with very personal touches, making Richard Waller's words about the work of the Trust particularly poignant. Revd Prebendary Dr Brian Leathard closed the evening with prayers and a blessing as the final carol of the evening, Hark the Herald Angels Sing, was still ringing through the church."

WINTER WARMERS

Welly Ball

For an incredible ninth year running, the University of St Andrews held their hugely popular Welly Ball in aid of Charlie Waller, with 2,000 guests from 14 universities partying the night away in evening dress and wellington boots. The evening raised £33,000.

Following on from the ball, Charlie Waller trainer Debbie Spens was invited to speak to students, where she talked about the work of the Trust and how they can get involved.



Yuletide in Yattendon

The Yattendon Estate in Berkshire supplies hundreds of Christmas trees, making it an ideal location for a 'Santa Dash'! It was a huge success, with nearly 250 people taking part, raising £2,266. Local businesses sponsored the event, providing prizes, which included a turkey for the winner of the 5k run.

Also part of the Christmas celebrations in Yattendon was a winter market organised by the Modern Makers Collective. They held a raffle which raised £350, with prizes including some fabulous Polish chandelier decorations made by the artists.

London Quiz Night

After a year off due to the pandemic, the London quiz night returned, bigger and better than ever, raising £18,000. Over 200 people attended, enjoying some fiercely competitive quizzing with the help of two excellent quizmasters, as well as a raffle and other games during the interval. Thank you to sponsors Informa and Stifel Europe for their support on the night.

IN TRAINING

At the time of writing, some of our intrepid supporters were preparing to take on some mighty challenges and we wish them all the very best of luck:

Colin and Camilla Norton, their daughter Emily and two friends, are completing the **Everest Challenge**, which consists of walking the height of Everest on skis over four days in the Alps. Camilla was a family friend of Charlie Waller's, and Emily recently lost a dear friend, Arthur, to suicide. As Team Excalibur, they take on this challenge in memory of Arthur.

50 runners, including Charlie Waller's brother Phil and trustee Katie Tait, will be taking part in the **Cambridge Half Marathon** on 5 March.

In April, Henry Davies runs the **Paris Marathon**, while Rupert Strutt faces the Sahara Desert for the **Marathon de Sables** race, recognised as the world's toughest race on foot.



THE BIG GIVE

It was the first time in six years that we participated in the Big Give Christmas Challenge, the UK's biggest match-funded campaign. For seven days in December, the challenge offers supporters of participating charities the opportunity to double their donations.

The campaign was a huge success, raising £52,328 to support our work with parents and carers. A big thank you to everyone who supported the campaign, especially our matched pot pledgers and the Monday Charitable Trust.



WHAT'S ON

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

2023

Mon 15 May – Sun 21 May

CHAT FOR CHARLIE WALLER

This Mental Health Awareness Week (which focuses on anxiety), connect with friends and colleagues by hosting a Chat for Charlie Waller coffee morning. See page 4 for more details.



Sat 20 May
INFLATABLE 5K

Brands Hatch Circuit, Kent

This amazing 5k inflatable obstacle course offers four different distances – 2.5k, 5k, 10k and 15K – to choose from, so anyone can take part!

Weds 24 May
25TH CHARLIE WALLER TEXAS SCRAMBLE

Badgemore Park Golf Club, Henley-on-Thames

Teams of four are invited to compete at this renowned golf club, followed by a delicious lunch.



Sun 28 May
EDINBURGH MARATHON

Starting in Edinburgh, the course heads out through East Lothian, offering stunning views and an unforgettable running experience.

Sat 4 June
JUBILEE BRIDGE 10K
Silver Jubilee Bridge, Runcorn

A closed road race which starts and finishes on the Silver Jubilee Bridge, spanning the River Mersey and the Manchester Ship Canal.

Sun 2 July
BRADFIELD CRICKET TOURNAMENT

Bradfield College, Berkshire

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

Sat 7 October
WALK FOR WELLBEING

Take part anywhere

Walking can really boost your mental wellbeing – and now you can raise money for Charlie Waller at the same time. You can join our 45km organised walking event through the parks of London, or organise your own walk wherever you choose. Please see our website for further details.

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

01635 869754
fundraising@charliewaller.org

Mon 10 July
NEON DISCO
Englefield House, Berkshire

A fun, colourful evening for children in Years 7 and 8.

Mon 24 July
FLACKSTOCK
Englefield Estate, Berkshire

A wonderful festival with live music, dance and comedy, celebrating the life of Caroline Flack.

Sun 24 September
SHEFFIELD 10K
Staged in partnership with Sheffield City Council, the race is set right in the heart of South Yorkshire's famous Steel City.



Sun 15 October
BATH HALF MARATHON
Enjoy this flat, fast route through the picturesque streets of Bath.



Fri 3 November**25TH ANNIVERSARY BALL**

London

A special evening of food, drink and dancing in honour of the charity's 25th anniversary.

Thurs 16 November**BRIDGE DAY WITH ANDREW ROBSON**

If you are a keen bridge player, battle it out at our bridge competition with a social lunch included.

Tues 5 December**BRADFIELD CAROL SERVICE**

Bradfield College Chapel, Berkshire

Celebrate the season with carols and festive readings from special guests.

Mon 11 December**LONDON CAROL SERVICE**

St Luke's, Chelsea

Our flagship festive event with candlelit carols and celebrity readers.



SUPPORTING US

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



FRIENDS OF Charlie Waller

Regular donations are a particularly important source of support for the Trust as they allow us to plan our future work with confidence. This is especially valuable in, for example, our work with schools: whilst one-off training sessions can be helpful, we make most impact by building longer term relationships with schools.

As a **Friend of Charlie Waller**, you will receive updates on our work, events and latest news.

Would you consider making a regular donation?

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

Your support will be hugely appreciated.

**By telephone**

Call us on
01635 869754

By text

To donate £10
Text 'CWT' to 70085

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

**By cheque**

Send a cheque (payable to Charlie Waller Trust) to
**Charlie Waller Trust
23 Kingfisher Court
Newbury
Berkshire RG14 5SJ**

**Donate online**

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

JustGiving

Please visit
justgiving.com/charliewaller

PLEASE FOLLOW US

LOOKING FOR HELP?

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

SAMARITANS

116 123

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

MAYTREE

0207 263 7070

An adult respite sanctuary for the suicidal

YOUNG MINDS PARENTS' HELPLINE

0808 802 5544

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

NHS 111

111

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

BABCP

babcp.com

For a register of accredited therapists

BACP

bacp.co.uk

For a directory of registered/accredited therapists

PAPYRUS HOPE LINE

0800 068 4141 Text **07786 209697**

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

STUDENTS

studentsagainstd Depression.org

For information and self-help material

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

All details correct at time of going to press.

Who's who

Presidents

The Rt Hon. Sir Mark Waller
Lady Waller

Trustees

Richard Waller QC
(Chairman)
Robin Booth
(Hon. Treasurer)
Dr Nick Broughton
(Consultant Psychiatrist)
Donna Colbourne
Michael Cole-Fontayn
William de Laszlo
Mark Durden-Smith
Dr Mina Fazel
(Research Fellow &
Consultant Child
Psychiatrist)
Julian Hay
Charles Lytle
James Murray
Katie Tait
Philip Waller
Iain Weatherby

Board Advisers

Professor David Clark
Lord Crisp KCB
Lord Layard
Dr Denise Meyer
Professor Andrew Reeves
Professor Suzanna Rose
Sir Anthony Seldon
Professor Roz Shafran
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Alexander Armstrong
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Louise Black
The Hon. Mrs de Laszlo
Neil Durden-Smith OBE
Nigel Gray
Professor Steven Hollon
Ian McIntosh
Mary Nightingale
Sue Shenkman
Phoebe Waller-Bridge
Anthony West
Michael Whitfeld

Chief Executive

Clare Stafford

Executive Assistant to CEO

Natalie Chandler

Director of Programmes

Kay Boyden

Director, Charlie Waller

Workplace

Abigail Hirshman

Programme Manager

(Parent/Carer Peer Support)

Annabelle Easton

Project Manager

Christina Sell

Programme Officer

(Parent/Carer Peer Support)

Mandy Dooley

Volunteer & Resources Officer

Martha Pipkin

Training & Projects Assistant

Chelsey Dixon

Head of Fundraising

Nick Appleby

Corporate Partnerships

Manager

Helen Franks

Fundraising Events Manager

Carley Stump

Fundraising Events Officer

Debs Burles

Fundraising Events Officer

Natasha Austen

Trusts & Foundations

Fundraising Officer

Angela Cunningham

Individual Giving

Fundraising Officer

Rachael Coombs

Fundraising Assistant

Michelle Lane

Head of Communications

Rebecca Miles-Mallowan

Content & Story Manager

Tracey Gurr

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Amy Martin

Communications Officer

Sabita Burke

Finance & Operations

Manager

Carrie Green

Office and IT Co-ordinator

Kirsty Smith

Office Assistant

Kerryn Cyfka

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