

Charlie Waller News

THE CHARLIE WALLER TRUST NEWSLETTER



WELLBEING CHALLENGE 2020

A change of venue this year
– from school to home

THE WELL-GARDENED MIND

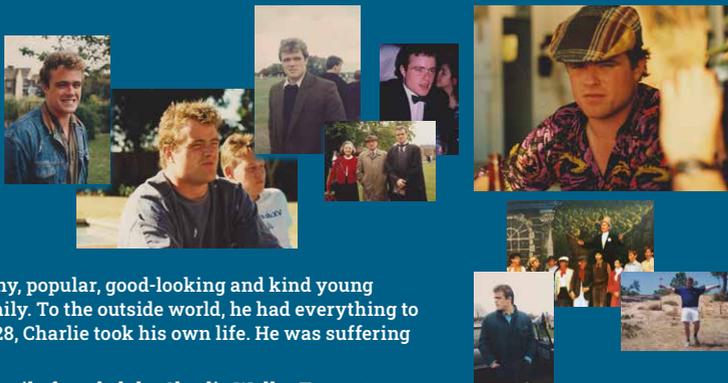
We review Sue Stuart-Smith's
timely new book

YOUNG PEOPLE WITH MENTAL HEALTH NEEDS

We look at how parents can
support their children

SEPT 2020 • ISSUE 42





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 will be our future work with employers, the income from which will be invested in extending our work to support young people.

Our vision

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



POSITIVE

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



PROVEN

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



PRACTICAL

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



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GET IN TOUCH

hello@charliewaller.org
01635 869754

FIND OUT MORE

charliewaller.org

FOLLOW US



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COVER STORY
Annabel Mansfield, co-winner of our Wellbeing Challenge (with her brother Edward)

LETTER FROM OUR CHAIRMAN



It has been a busy period for the Trust. Our trainers have adapted brilliantly and switched to offering virtual training, our office team have been working tirelessly to transform our digital capabilities and our trustees have been busy putting in place a roadmap for the Trust's future. We have also engaged in a little re-branding, which we hope you will all like.

Our fundraisers, despite having many of their carefully planned events cancelled, have remained upbeat and quickly embraced virtual alternatives, such as our celebrity quizzes. We are all very grateful to them, but perhaps more importantly, to you for your continued support in these testing times. Your generosity has ensured that we can keep delivering our vital work, with a special thank you to Lucia Bloom and her friends for raising over £34,000 for us by walking eighteen blistering kilometres in stilettos in memory of a dear friend.

With my father stepping down as chairman of the Trust after 22 years, it was the right time to take stock, freshen up and set out a roadmap for the future. The Trust's focus has always been and will continue to be on young people and those who support them. We see the Trust's primary role as being there to help young people safely navigate the key transitional stages in their lives: moving through school, to further education and into the workplace. We are there to help young people stay mentally well during these challenging transitions and to help those who support them, such as parents, teachers and employers. We want

the Charlie Waller Trust to be trusted for our expertise but known for our warmth. We have freshened up our logo and branding to try and capture this, which we hope you like.

The trustees have also held a strategy day where we have set ambitious but achievable targets. We want to significantly increase the number of partnerships we have with universities and colleges. We want to develop and expand our work with parents. We are also determined to extend our work within state schools. This obviously all needs paying for. We currently offer high quality workplace training free of charge. We are therefore going to look at the possibility of charging for our workplace training, where appropriate, so that we can fund our free work in schools, colleges and universities. Hopefully, employers will see this as not only an investment in their employees' mental wellbeing, but also in the wellbeing of the next generation of employees.

Since my last letter, we have said goodbye to another stalwart of the Trust, Sue Shenkman. She has been a hard-working trustee for many years and has been instrumental in helping transform the Trust's fundraising capability. Sue and her family's contribution to the Trust has been immense. We are extremely grateful to Sue and I am delighted that she will remain an important part of the Trust community in her new role as a patron.



I mentioned in my last letter, my mother, Rachel Waller, is stepping down at the end of this year as head of fundraising and to mark that momentous development we are setting up the 'Friends of Charlie Waller' in her honour, which I hope as many of you as possible will feel able to support. Sadly, we have had to cancel many of our usual events this year so Mum's final year is not what we hoped it would be. However, if we can get some momentum behind the Friends of Charlie Waller that would more than make up for it.

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

RICHARD WALLER QC
CHAIRMAN



FIND OUT MORE

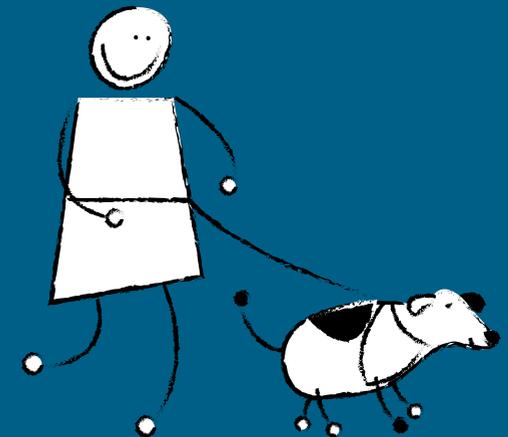
Please turn to page 36 for more details on becoming a **Friend of Charlie Waller**

GET INVOLVED
10 SEP – 10 OCT 2020

WALKIES FOR WELLBEING

Walk, jog or run with your four-legged friend

Find out more at charliewaller.org/events/walkies-for-wellbeing



REPORT FROM OUR TREASURER



The Trust's 2019 accounts have now been audited and I am pleased to report that at £1.347 million income was very similar to the previous year (£1.333 million). Grants from charitable trusts, donations and funds raised at our very popular events all increased whilst our much-valued supporters continued to make a vital contribution through a broad range of initiatives, some strenuous, some less so!

The Trust has no endowment and is almost entirely dependent on money raised year on year. In 2019, thanks to the growing support it has enjoyed over recent years, expenditure was increased to £1.109 million, up from £991,000 in 2018. £935,000 was spent on charitable work, notably the core Schools and Families, Colleges and Universities, Primary Care and Workplace programmes, and £174,000 on raising funds. There was an operating surplus of £238,000 and after net investment gains of £177,000 accumulated funds stood at £2.185 million (2018: £1.770 million) at the year-end. The trustees are committed to building on this success and a sound financial base is essential for the long term growth of the charity.

The full trustees' Report and Financial Statements have been filed at Companies House and with the Charity Commission. Please contact the Trust's office or email hello@charliewaller.org if you would like a copy.

This year Covid-19 has brought new challenges. Inevitably income from our own and others' fundraising events and training-related donations will be less

and this is likely to be the case for the foreseeable future. At the same time increased levels of anxiety brought about by the disruption to people's lives will surely place additional demands on the Trust. A further increase in the established charitable programmes was already planned before the pandemic and despite the anticipated shortfalls in income this will go ahead funded, if necessary, from reserves.

The unaudited accounts for the half-year ended 30 June 2020 show a small surplus after some modest investment losses. Income was up on the same period last year, largely due to increased grants from charitable trusts. Fundraising held up well despite some events having to be cancelled but training-related donations and income from supporters' events declined. As planned, expenditure on both charitable work and raising funds increased over the same period last year.

The outlook for the second half is very uncertain as, in addition to the areas where we have already seen income fall, some major fundraising events are at risk and we cannot rely on receiving the same exceptional level of grants as we have so far this year. Over the coming months we will, as always, be enormously grateful for the continuing generosity of our loyal supporters.

ROBIN BOOTH FCA
TREASURER

NEWS & UPDATE FROM OUR CEO



Since the last edition of this newsletter, the Covid-19 pandemic has affected all our lives, physically, emotionally and mentally. Our staff, trainers, trustees and volunteers all had to change the way they worked almost overnight and have responded magnificently. Working from home, making use of digital communications and, for our trainers, switching to online delivery – no mean feat I can assure you – it's become almost business as usual. Stepping in at an unusually challenging time, our new Chairman – Richard Waller, Charlie's brother – has done a wonderful job of leading the Trust in a very positive direction.

Both during and as we emerge from lockdown, there is an impact on people's mental health. I have no doubt there will be more need for our work following this difficult time, in particular in terms of transitions – moving back to school or college, starting at college or university, going back to or starting work.

Our new Chairman has done a wonderful job of leading the Trust in a very positive direction.

It's no exaggeration to compare the effects of the pandemic to a world-scale psychological experiment affecting every country. Across the world, scientists and academics are considering the emerging evidence and research priorities stemming from Covid-19.

It's exactly this sort of evidence-based research that informs our work.

Professor Roz Shafran, a Charlie Waller trustee and former director of the Charlie Waller Institute at the University of Reading, is part of an expert panel that has published a paper with a call to action for mental health science.

That emerging evidence is coming from sources such as a survey of parents and young people conducted by Professor Cathy Creswell and Dr Polly Waite from Oxford and Reading universities respectively. The purpose of the survey was to learn more about how families have coped with the challenges of Covid-19 and what parents can do to help support their children's mental health. It's exactly this sort of evidence-based research that informs our work. You can read more about the results of the survey at emergingminds.org.uk

I hope you enjoy this edition of the newsletter and that you like the design. This is in line with a new look for the Trust as we continue an exciting phase of our development.

CLARE STAFFORD
CHIEF EXECUTIVE

A WARM WELCOME

We are delighted to welcome five more trainers to our expanding colleges and universities team:

Kath Caffrey has a background in education, working as a secondary school teacher. She qualified as a counsellor in 2011 and has since practised in high school and university settings, while also running a private practice in Southport. She has developed training workshops around ethical practice with children and young people, working with risk, mindfulness, anxiety and self-compassion.

Julie Castleman (who joins us as a consultant trainer) has 13 years' experience in mental health and counselling, in private practice and with colleges and universities. She has been developing and delivering bespoke mental health awareness and stress management training for over 10 years.

Satinder Panesar is an integrative counsellor and psychotherapist who has worked in charities, NHS and private sector for 25 years. She has a particular interest in facilitating group clinical and wellbeing supervision and delivering training to students.



Kath Caffrey
Trainer



Julie Castleman
Trainer



Satinder Panesar
Trainer



Jamie Smith
Trainer



Alex Cochrane
Trainer



Alice Palmer
Guest Speaker

Since completing his counselling training, **Jamie Smith** has mainly supported clients who are in crisis or have lost someone to suicide. He is currently a lecturer in counselling at Glasgow Clyde College and also works as an External Verifier for the Scottish Qualifications Authority for counselling qualifications.

Alex Cochrane manages the Re-Connect counselling units within The Wise Group, which offer counselling to people on release from prison. He has also provided mental health support for young people who have been homeless. He works closely with college counselling units and provides supervision to trainee and qualified counsellors.

Alice Palmer joins us as a guest speaker for our schools programme. With lived experience of her own mental health struggles, 25-year-old Alice is a workshop practitioner, public speaker and advocate for young people in emotional distress. She is looking forward to sharing her story and listening to those whose voices often go unheard.

NEW OFFICE STAFF

Welcome to **Debs Burles** who joins us as an events and fundraising officer. Having spent the majority of her career in the sports events, TV and entertainment industries, she is now enjoying village and school life with her family. A good friend of Charlie's, Debs is excited about becoming involved with the Trust, especially from an events and sponsorship angle.



FURTHER EDUCATION PROJECTS

Further education (FE) is an increasingly important area of work for the Trust and we are now working with 36 colleges across the UK. Many college students come from disadvantaged backgrounds and so are more vulnerable to depression, anxiety and other mental health problems. One of our key college projects, working with three colleges in Glasgow, is now nearing completion, with clear benefits to those taking part.

We have recently begun working with two colleges in the North East – Newcastle and Gateshead – where we have started delivering training on a range of topics, including Managing Stress in Today's World and Careers Guidance for Anxious Students.

We are delighted to have received funding from the Bridgepoint Charitable Trust for a project in Newham Sixth Form College with a focus on Covid-19, deprivation and the effects on young people's mental health. Please turn to page 24 to read more about our work in colleges.



BOYS IN MIND, GIRLS MIND TOO

Boys in Mind, based in Bath and North East Somerset, aims to improve the mental health of boys and young men by addressing and understanding the particular barriers they face. Alongside students, staff and parents from Beechen Cliff School, young people from Boys in Mind have produced a film demonstrating the benefits of the whole school approach. The film charts the changes that have taken place in the school since they partnered with the team from Boys in Mind. It highlights the difference the partnership is making to the mental wellbeing of their pupils (evidenced in a recent OFSTED report).

You can see the film at boysinmind.co.uk/whole-school-approach

ONLINE TRAINING

We are now delivering a huge amount of training online. Our trainers have adapted to this change in method very positively and, while it is different from what most of us are used to, it has some interesting benefits. For example, face to face support for parents in person is limited to those who can attend a group or event. However, we have found that many more parents have engaged with online delivery and the response has been very positive. We've also been able to reach many more parents and carers because our sessions are still accessible online afterwards.



DIGITAL TRANSFORMATION

In its 23 year history, the Trust has moved with the times, embracing new ways of spreading vital messages about mental health. As the lockdown came into force, we were embarking on a programme to use digital technology to improve our entire operation. This was very timely!

DO YOU EVER SHOP ON AMAZON?

Please support our work through Amazon Smile.

- Amazon Smile will donate 0.5% of the net purchase price (excluding VAT, returns and shipping fees) to Charlie Waller on eligible purchases.
- You can set us up as your chosen charity in the Settings section of your Amazon.co.uk account by searching Charlie Waller Trust.

smile.amazon.co.uk

WEBINARS FOR EVERYONE

There are some great webinars available on our website which have been designed by our trainers, many specifically to address issues that have arisen during lockdown – for instance, 'Mindfulness and staying present when the future is uncertain' and 'Being kind to yourself'.

NEW WEBSITE

Talking of our website, we have just launched our new site at charliewaller.org. It offers a more personal journey for the many different groups of people who need our support, including teachers, parents and students.

Another key audience group is graduates, who in 2020 face unprecedented challenges in moving from university into work. Our website provides evidence-based and targeted materials to support them, developed in partnership with graduates, including those working for international energy services company Centrica. The content has been designed to help them understand the emotions they're experiencing. It aims to give them confidence that they're not alone in feeling as they do, practical self-care advice and tips to help them manage situations such as interview stress. There is also support and guidance for employers of new graduates.



JONATHAN'S VOICE

We always try to work collaboratively with other charities and were delighted when Val and Graham McCartney, founders of Jonathan's Voice, contacted us. They set up the charity in 2017 in memory of their son, who took his own life at the age of 35. Jonathan was a patent attorney, a career that he loved, but he appears to have been particularly affected by the stress and pressures of the profession.

Taking the advice and views of professionals within the intellectual property community, we have produced 'Protecting your mental health and wellbeing: A guide for patent and trademark professionals', that will resonate with many people in other high-pressure professions. The guide is available to download from our website: charliewaller.org/resources/patent-and-trade-mark-professionals/



EVERY MIND MATTERS

We are delighted to have been asked to be one of the charity partners for Public Health England's Better Health Every Mind Matters campaign, which launched on 8 September. This is a major public mental health campaign aimed at parents and their children aged 5 to 18. The focus is on returning to school or college and how parents and children can look after their mental health in the wake of the Covid-19 crisis. The campaign aims to reach young people and parents through print, broadcast and social media.

Alongside national charities Mind, YoungMinds, Place2Be and Anna Freud, we were selected because of our expertise in children and young people's mental health, transitions (from one level of education to the next) and our distinct materials for further education college students. We are being included in all the publicity and on the website, and are very pleased to be able to lend our experience and knowledge to this vital campaign.



PRCA DARE AWARDS

Cambridge-based PR and marketing agency Conscious Communications has been nominated for its #RunForWellbeing campaign in support of our partnership with the Cambridge Half Marathon earlier this year. It has been shortlisted for the Charity/Not for Profit Award and the Low Budget Campaign Award. The winners will be announced in September.

FOND FAREWELLS

Long term supporter of the Trust **Susanna Westmeath** passed away on 5 July 2020. She taught Charlie the clarinet at Elstree School and was a great friend of the Waller family. For many years she ran the Trust's website and produced all the artwork for our events, and she never missed the biannual newsletter 'stuffing day'. This job became more onerous as the numbers increased but it was still a fun get-together for our many enthusiastic volunteers, Susanna chief among them. She will be sorely missed.

We were also very sad to hear of **Caroline Gilbey's** death on 18 July. Caroline was a wonderfully supportive member of the London Fundraising Committee from January 2016 to May 2019. She masterminded a Wine Quiz in London on 22 March 2017 and was quite undeterred when West London was closed due to the Westminster bomb incident. All those who knew Caroline appreciated her kindness and generosity of spirit. She will be greatly missed.



SAME SEA, DIFFERENT BOAT

Coronavirus has brought into sharp focus the inequalities experienced by the UK's BAME communities and the resultant impact on their mental health and wellbeing. David Weaver, President of the British Association for Counselling and Psychotherapy (BACP), has called for urgent action.

David is working with the Charlie Waller Trust on a pilot project with Newham Sixth Form College, drawing on his experience in mental health and his high profile amongst BAME communities in London. David will offer advice and expertise to help us meet the needs of the very diverse population in Newham. It is clear that people from BAME communities are facing trauma because of the pandemic and the inequalities it has magnified. Back in June, David urged the Government to put a strategy in place to address these issues, to recognise the role counselling services can play in reaching

BAME communities, and to look at culturally appropriate high-quality therapeutic interventions.

He spoke following a Public Health England (PHE) report that outlined the disparities in the risk and outcomes of Covid-19 and found that BAME people were more at risk of dying from the virus.

David said: "This report recognised what we already knew. While we welcome that this has been acknowledged, the Government now has to take urgent action on this.

"We want to see a strategy that addresses the ongoing trauma that is being faced by BAME communities. We need the government to see the importance of counselling services at this time and the role they can play in reaching these communities."

Culturally appropriate therapeutic interventions should be government policy.

David was among a coalition of campaigners, peers, academics and religious leaders who signed an open letter calling for the Government to launch a Covid-19 race equality strategy.

Following the PHE report, the Government's work in this area is being taken forward by Minister for Equalities, Kemi Badenoch, who has said that "more needs to be done to understand the key drivers of the disparities identified and the relationships between the different risk factors."

David says, "We already know that a disproportionate number of people from BAME communities are dying from Covid-19. Any further government research must move things forward. BAME communities are in a state of trauma exacerbated by the racist murder of George Floyd. Culturally appropriate therapeutic interventions should be government policy."

With David's support, BACP is calling on the government to work with them to develop a clear action plan to deliver a comprehensive mental health response to the Covid-19 crisis. They want this to be informed by evidence to ensure resource can be targeted at those communities and people most affected by the disease, especially for BAME communities, families in deprived areas and frontline workers who have no access to mental health support through their employer.



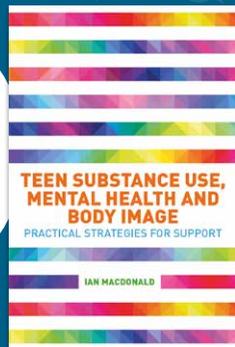
JOIN OUR FREE BOOK CLUB

A free mental health book club for teachers and others working with children and young people

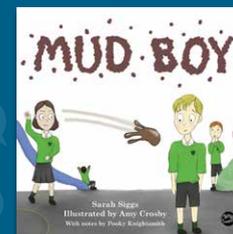
Join the club and once a term you'll have the chance to receive a book which promotes understanding of mental health.

What people have said about our previous book club titles:

This was an amazing resource. I used it to support various young people, particularly those struggling with anxiety.



Year 2 and 3 boys enjoyed reading 'Mud Boy'...The story addresses the issue of bullying in a sensitive way that captures the emotions of young children.



SIGN UP TODAY

To find out more visit charliewaller.org/what-we-do/for-educators/charlie-waller-book-club

CHILDREN WITH MENTAL HEALTH NEEDS

SUPPORTING PARENTS AND CARERS

At Charlie Waller, we offer support to a growing number of parents whose children have mental health issues. John Olsen talked to the three mothers at the heart of the programme.

What would you do, as a parent with a teenage daughter suffering acute mental illness, if you felt the system excluded you from the care she was receiving? Or, with two autistic sons, you were bounced from pillar to post within the healthcare system? Or if you struggled to obtain support when your son was diagnosed with an eating disorder?

At the centre of the Charlie Waller Trust's work with parents are three mothers – Wendy Minhinnett, Jenny Langley and Jo Billington – who experienced just that, and who have given up their previous careers to dedicate themselves to making the system work better so the support parents really need is available to them.



Wendy Minhinnett



Jenny Langley



Jo Billington

Wendy, Charlie Waller's Parent Lead, explains:

"When your child is so unwell it's the most frightening place to be. And then you find you have no place in anything that's being offered. I'd sit in the waiting room while my daughter had an appointment, but I wasn't involved at all, and got no support.

"I was desperate for help to manage what our family was going through. So I just thought 'I need to do something here'."

It's a rollercoaster

That 'something' involved Wendy creating a parent support group – Rollercoaster – in her native County Durham, in partnership with the local NHS Child and Adolescent Mental Health Service (CAMHS).

"For the first three months, no-one came – it was just me, a CAMHS nurse, and my sister all sitting by ourselves in a room. But we kept going, spreading the word."

Eventually, the partnership between NHS organisations and the local authority acknowledged that a gap existed, and that a service was needed to support parents with children suffering mental ill-health. Five years on, Wendy now focuses full time on her parent support work, and Rollercoaster is a commissioned service in County Durham, running regular parent support groups, advisory work and training.

I was desperate for help to manage what our family was going through.

Place for a national network

As Rollercoaster developed locally, Wendy became involved on a national level, through NHS England and the National Collaborating Centre for Mental Health. Along the way, she was introduced to the Charlie Waller Trust.

"I'd already started linking with support groups in other areas, and Charlie Waller was interested in supporting the creation of a truly national network".

The result is PLACE, the first national network for parents and carers supporting children and young people with mental health difficulties. The name reflects a passionate belief of Wendy's:

"There should always be a place for parents and carers in children's and young people's mental health care, but they can't always find that place. PLACE's guiding principle is that it is 'parent-led, professionally supported'".

Funding from Charlie Waller has enabled PLACE's rapid expansion, with over 40 organisations now involved, and lockdown and the explosion of Zoom-style communication is accelerating this progress.

Pathway to the future

Wendy's vision for PLACE is that, for parents of a child struggling with their mental health, no matter where they live, there will be help available – one-to-one support; help in navigating a complex, multi-agency system; help to gain the knowledge to understand their child's mental health condition and the skills to support them; parent and carer support groups; and, finally, an opportunity to have a voice and a role in service development. This final point reflects Wendy's ultimate vision:

"I'd love there to be a qualification for parent peer support workers. Lots of people leave a job to care for a child and then want to do something to help. But there's no pathway. There's a real staff shortage in the mental health system, and loads of really skilled people with hugely relevant lived experience who could be part of the solution."

The Rollercoaster model is currently being externally evaluated by the Association for Young People's Health and Northumbria University, funded by Charlie Waller. This process, which will also take account of other models from across the PLACE network, will result in national guidelines (funded by NHS England) and encourage the funding of more parent support services by Clinical Commissioning Groups across the country.

PLACE

There is always a **PLACE** for parents and carers in children and young people's mental health.

PLACE works to develop, promote, and sustain parent-carer support and involvement in children and young people's (0-25 years) mental health across the UK.



Supporting children with eating disorders

Like Wendy, Jenny Langley's journey to the Trust started with her becoming frustrated by the lack of support she experienced when, aged 12, her son became desperately ill with anorexia.

"The initial challenge was actually getting a diagnosis; this was 20 years ago and the stigma was enormous. You could see people thinking 'what have you done to give your son anorexia?'. They worried he could somehow pass it on to their own children."

Jenny left her City career behind and for 15 years has dedicated herself to helping parents in a similar situation. She wrote a now renowned book, 'Boys get anorexia too', became part of a self-help network created by BEAT, a leading eating disorder charity, and was introduced to the world-famous Maudsley Centre for Child and Adolescent Eating Disorders, with whom she has worked closely ever since.

"The Maudsley ethos is that any parent, carer, friend or family member can be a key part of the solution. But the challenge is teaching them skills that professionals take ten years to learn."

A toolkit for parents and carers

Addressing that challenge is central to the New Maudsley model, providing parents and carers with a toolkit to care more effectively for someone with an eating disorder, giving them similar skillsets to those used in an inpatient setting. This approach lies at the heart of the work Jenny now delivers through Charlie Waller:

"We know parents are highly motivated to help. The model is based on communications skills used in motivational interviewing, and the four phases in the transtheoretical model of change – pre-contemplation, contemplation, preparation and action. It's a very clear process, and parents love it."

The key is keeping lines of communication going when there are high levels of anxiety within the household.



Reaching more parents

These skills can also be readily translated into other scenarios:

"The key is keeping lines of communication going when there are high levels of anxiety within the household. It's relevant to all situations where a family member has poor mental health – not just to eating disorders."

So, alongside her specialist work, Jenny is closely involved in Charlie Waller's more general work in schools – whether around resilience, exam stress, perfectionism or general wellbeing.

When I spoke to Jenny, she had just finished a Zoom session with 25 families, focused on returning to university with an eating disorder. She feels that, whilst remote delivery can never fully replicate face-to-face sessions, the move online demanded by lockdown has had real benefits:

"It's a great opportunity to reach more parents – including those who would never come to a face-to-face session for misplaced reasons of guilt or shame."

Parenting children diagnosed with autism

Similar to Jenny, Jo Billington's work with the Trust is focused on a specialism borne out of personal experience.

Faced by the challenges of bringing up two young sons diagnosed with autism and frustrated by the lack of joined-up support available for parents in her situation, she stepped away from her successful computer programming business to focus full-time on her family.

"After a while I went back to university part-time because I was finding parenting so challenging that I needed something to take me out of that. I got my degree and was encouraged to do a PhD."

So Jo is now a Doctoral Researcher at the University of Reading's Centre for Autism, focusing on autistic students' wellbeing in mainstream primary schools. She has also lectured on Special Educational Needs and Inclusion at Oxford Brookes University, supporting trainee teachers in developing inclusive practices in the classroom.

In her work with Charlie Waller she focuses on helping schools to support children with special educational needs and disabilities (SEND), and their families.

Online course for parents

Recently, Jo has created an interactive online course for parents on understanding and supporting a child with SEND during Covid-19, which aligns perfectly with Charlie Waller's core principles: **Positive, Proven, Practical** – and comprises four sessions:

1

PARENTAL SELF-CARE

The importance of parents first looking after themselves

2

UNDERSTANDING OUR CHILDREN'S BEHAVIOUR

Looking at causes of stress in children with SEND during lockdown and how these link to behavioural difficulties

3

SUPPORTING OUR CHILDREN'S EMOTIONAL REGULATION

Practical strategies for the whole family

4

REFLECTION

A final session of discussion around these strategies in action

"It's about helping a family to thrive, not just survive," says Jo. "Wendy and I quickly saw how much this was needed during lockdown – trying to normalise a really challenging experience, connecting families and reducing their isolation".

Linking schools and families

When she talks about the issues lockdown is creating for children with SEND, Jo becomes passionate:

"We cannot overestimate the level of challenge ahead. If the education system doesn't prioritise wellbeing over academic catch-up, those challenges are going to be so much more severe and long-lasting."



WHAT PEOPLE ARE SAYING ABOUT OUR WORK

Amazing – we arrived dispirited and sad; we leave hopeful and energised.

The skills we are learning on the course are going to change us all for the better. This is really transformative.

Completely inspirational – you manage to instil a sense of hope in a room full of desperate, anxious and fearful carers. I can't thank you enough.

PRACTICAL TIPS FOR PARENTS... ...FROM PARENTS

- ✓ **Above all, accept and try to understand your child's difficulties** – educate yourself as much as possible about your child's mental health challenges.
- ✓ **Be kind to yourself.** If you don't look after yourself first, you won't be able to look after your child.
- ✓ **Ask for and accept help from professionals, family members or support groups** – you don't have to do this alone.
- ✓ **Until your child has the right help and support in place, remember that many of their everyday behaviours may be driven by their mental health needs.**
- ✓ **There is no one right answer.** It takes time to work out the best support and interventions that will work for your family. Be patient.
- ✓ **Find simple little things to help you cope** – meet a friend for a coffee, play a sport you love, go for a walk. Giving yourself permission to take time out for yourself will help you care for your child.
- ✓ **Forgive yourself if you say or do the wrong thing.** You will be learning alongside your child and doing the best that you can.
- ✓ **There are times when you need to trust your instinct** – remember that you know your child better than anyone and that you are a crucial part of their support team.
- ✓ **It's okay to feel however you feel** – sad, angry, upset, numb. Go with it, but if the negative feelings last for too long, get help.
- ✓ **Hold on to hope, no matter how difficult things seem.** Just being there, listening and offering hope is the most important thing you can do.

Our overarching mission is to educate young people about their mental health.

"In some places I see a huge chasm between schools and families – and it's even more acute in SEND. What's so powerful about Charlie Waller's work is that it reduces that chasm. We work with schools, parents and pupils, looking at the whole school community, to support the wellbeing of everyone within it. You don't see that in many other places."

Through trauma towards growth

Wendy's, Jenny's and Jo's journeys, their work with Charlie Waller, and the positivity of their approach, all reflect the recognised psychological phenomenon of 'post-traumatic growth' – the positive psychological change that can be experienced after a crisis. And this sits well with the genesis of the Trust – created by the Waller family in response to the loss of Charlie to suicide, with a determination to change things for the better.

Clare Stafford, Charlie Waller's CEO, sees the parent programme as central to the Trust's overall strategy:

"Our overarching mission is to educate young people about their mental health, from primary school to early years of work, and to ensure they are as well supported as possible by those responsible for them.

"If parents and families are given the skills and confidence to play their part, they can form the golden thread of support throughout that journey."

With the experience of lockdown pushing parents into new and uncharted waters, the pivotal role they can play in supporting their children's mental health is coming into sharper focus than ever before.

FURTHER HELP

We have a number of resources for parents and carers. Visit our website for details of these and other helpful organisations.

BOOK REVIEWS

WE LOOK AT A SELECTION OF BOOKS WITH A MENTAL HEALTH THEME

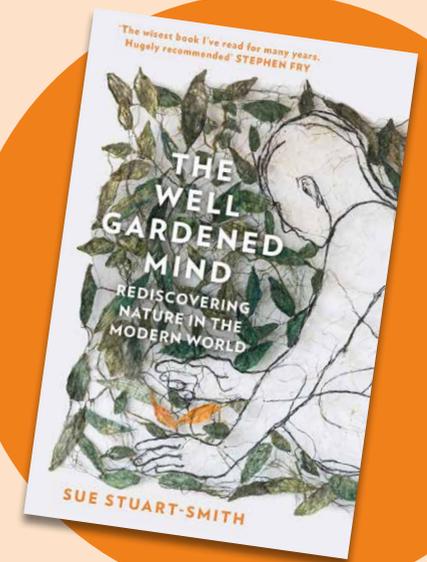
THE WELL GARDENED MIND: REDISCOVERING NATURE IN THE MODERN WORLD

by Sue Stuart-Smith
(William Collins, £20)

These are testing and disturbing times. Even before the Coronavirus pandemic turned our worlds upside down and forced us to adopt a strange and cloistered way of life, the challenges of the 21st century – deep political division, unfettered populism, rapid climate change, naked racism and sustained misuse of on-line platforms – had combined to make even the most positive optimist think twice.

Inevitably, as Covid-19 tightened its grip across the globe, the incidence of emotional distress, heightened anxiety and full-blown depression increased exponentially. Hidden beneath the disturbing daily Covid-19 death toll, were numerous suicides – each as desperately sad as a death from the rampant virus – but, for this year at least, not accorded the same importance or media space.

In this context, Sue Stuart-Smith's riveting new book *The Well Gardened Mind* is extremely timely. Of course, the link between the enjoyment of gardening and good mental health has been discussed at length, ever since Voltaire's novella *Candide* in the mid-18th century. *Candide*, you may remember, after a lifetime of most extraordinary, and sometimes horrific, experiences, decides that the only thing left to do is: "cultiver notre jardin", to "look after our garden". Those words are as true today as they were then.



But where Sue, who is a good friend of the Waller family, strikes out on her own and makes *The Well Gardened Mind* such an essential read, is her in-depth knowledge of both psychiatry and her love of gardening (her husband Tom is an acclaimed garden designer). This combination makes her uniquely placed to discuss, and analyse, not just HOW gardening has such a beneficial effect on mental health but also WHY.

Using case studies of people struggling with depression, trauma and addiction, as well as a tremendously moving account of her grandfather's shattered return from the First World War, Sue explores the transformative effect that gardening can have on even the most troubled and restless mind. She discusses how prisoners, given the chance to grow their own plants, are less likely to reoffend; how wayward teenagers can experience redemption through the soil; and how elderly people, who love their gardens, live longer, happier lives.

This passage, in particular, encapsulates what this book is all about: "Just as the state of the planet is unsustainable, so our lifestyles have become psychologically unsustainable. Depression has recently overtaken respiratory illness to become the leading cause of ill-health and disability worldwide. Neglecting what people need in order to thrive is a symptom of the same

mindset that has failed to help nature thrive. And that issue takes us to the heart of what it means to cultivate."

The Well Gardened Mind reminded me forcibly of Gardeners' World icon Monty Don, whose book *The Jewel Garden* was a despatch from the frontline of the lonely war that is depression. Both books are testament to the healing powers of nature. Monty wrote: "Half an hour of warm sunshine and a drying wind in February in our garden can wipe away the weeks of December gloom. As we get older, we realise that the days are more precious and half-moments of intense joy are more valuable than jewels."

As we try to come to terms with the many lessons of the Coronavirus pandemic, Sue Stuart-Smith's inspirational book is a valuable companion and roadmap. We must treat nature with love and care, she argues, for both nature's sake – and our own.

Robert Beaumont is a freelance writer and, more importantly, Charlie's uncle

BIG BOYS DON'T CRY? MEN OPENING UP NOT MANNING UP

by Fabian Devlin and Patrick Addis

As a man with lived experience of mental health difficulties, I really enjoyed reading *Big Boys Don't Cry*. The book, endorsed by CALM – the Campaign Against Living Miserably, is a compilation of men's personal stories of navigating mental health difficulties, written by men [and some female partners of men] from all ages, backgrounds, and experiences. The stories are short, relatable, and engaging, with a summary of helpful advice highlighted at the end of each story. This format is accessible and unthreatening, allowing readers to dip in and out, read from cover to cover, just read the stories about particular mental health conditions, or read each contributor's 'top tips' for looking after mental health. It is full of personally recommended self-help resources and details of professional services, providing an invaluable resource to help navigate the support options available.

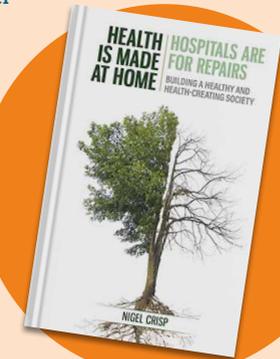
Reading *Big Boys Don't Cry*, I found it particularly striking that, despite the diversity of individual circumstances and experiences, the different voices clearly coalesce around one message: finding the courage to share thoughts and feelings can both foster self-recognition and self-understanding to help prevent difficulties, and can mobilise the resources and support of others on the road to recovery. It therefore both identifies and contributes to a cultural imperative for men to open up. Because at the heart of so many of these men's struggles lay a fear of appearing to others as weak, vulnerable, or a failure, especially in relationships and in the workplace. 'Men are not supposed to be like that', David puts it, 'we are supposed to be strong, dependable. We do the looking after!' (p.53). Time and again, this reluctance to share difficulties only perpetuated and prolonged the experience of isolation, pain, and conflict with oneself and others.

But this isn't just the same old story. Because the range of personal voices gives this message an authenticity and appeal which truly captures just how challenging, confusing, and uncomfortable it can

feel to open up, whilst also showing the circumstances in life and society which cause men to feel anxious, inadequate, and hopeless that need to change too. Recovery is not masculinised or romanticised; rather it is shown to be difficult and full of false starts. None of these men offer a single sudden solution, but describe a slow ongoing process of gradually building self-understanding and a mentally healthy lifestyle.

Overall, a great read to understand more about men's mental health which I would strongly recommend for both men and women, for those with experiences of mental health difficulties and without.

Michael Priestley, Student Involvement Coordinator for Charlie Waller



HEALTH IS MADE AT HOME

by Nigel Crisp

The Trust was honoured to be mentioned in Lord Nigel Crisp's book 'Health is made at home', in which he acknowledges the charity's contribution to creating positive mental health. A wide-ranging call to build a health-creating society, the book challenges readers' assumptions about the way we view public health, including mental health. Lord Crisp says: "Health and wellbeing are about so much more than the absence of disease. They are about life and freedom, being all that we can be."

'Health is made at home, hospitals are for repairs – building a healthy and health-creating society' is published by SALUS, priced £9.99.

Lord Crisp is a crossbench peer. He was Chief Executive of the English NHS and Permanent Secretary of the UK Department of Health from 2000 to 2006. He is also a Board Advisor to the Charlie Waller Trust.

HEAD TALKS

Would you like to hear from a huge range of people talking about mental wellbeing and what helps them?

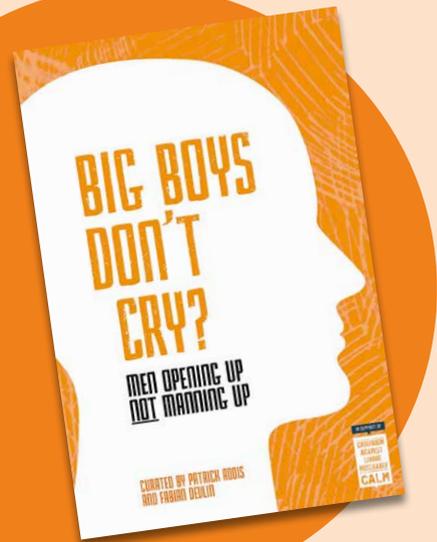
Head Talks is a non-profit digital platform that aims to open up the conversation about mental health and wellbeing. It doesn't advocate any one perspective or therapy; it offers a toolbox of habits and disciplines that have worked for others. Some speakers have a professional background in the mind: psychiatrists, academics, nutritional experts or spiritual teachers. Others are simply sharing what works for them.

Head Talks aims to help banish the stigma surrounding mental ill-health and promote practical things we can do to maintain our mental wellbeing. As well as providing a platform for interviews, debates, documentaries, speeches and podcasts, Head Talks currently features a series of 'Coronataalks' designed to bring "words of advice, inspiration and comfort in difficult times".

Amongst some of the talks on the site are:

- Former CEO of Unilever, **Paul Polman**, on the importance of investing in mental health in the workplace
- Singer and songwriter – **Will Young**
- Buddhist monk – **Matthieu Ricard**
- Former hostage and Colombian politician **Ingrid Betancourt** on resilience and mental wellbeing
- Author, former headmaster and Board Advisor to CWT **Sir Anthony Seldon** on mindfulness in education
- Best-selling author and activist **Andrew Solomon** on mental illness within the LGBT community

FIND OUT MORE
headtalks.com



WELLBEING CHALLENGE 2020 A FAMILY AFFAIR

NHS FIVE STEPS TO MENTAL WELLBEING

1 CONNECT

with people you know

2 BE ACTIVE

take a walk, jog or cycle or find another activity you enjoy

3 KEEP LEARNING

new skills can give you a sense of achievement and increased confidence

4 GIVE

the smallest act can count, whether it's a smile, a thank you or a kind word

5 TAKE NOTICE

be more aware of the present moment

Our Wellbeing Challenge usually takes place in schools. This year, however, lockdown meant a change of venue – the homes of children and young people across the UK.

Our graphic designer, **Amy Martin**, conceived of the idea of the Wellbeing Challenge three years ago as a competition to be run in schools. She explains: "It was a way that we could introduce the **NHS Five Steps to Mental Wellbeing** into schools and encourage children to be aware of their own mental wellbeing."

This year, however, with nearly all children being at home with their parents or carers during lockdown, it was clear to Amy that the challenge would have to be run differently. "Lockdown gave us the opportunity to give parents things that they could do with their children," Amy says. "Children may well have been experiencing some anxiety and this was one way we could help them stay positive."



"In previous years the challenge was organised through teachers but this year we were able to raise awareness directly with parents and they could embed the activities directly into family life."

As in previous years, the challenge was for the children to complete at least one activity for each of the five steps to wellbeing and document it by sending us a photo. To inspire and encourage the children, this year we sent out activity packs full of ideas and activities, one for primary and one for secondary-age children.

The feedback from parents has been fantastic, not just because the challenge gave the children something positive to do but also because it supported their wellbeing. One parent said: "As someone who struggles with anxiety and depressions myself and whose daughter has been displaying signs of anxiety, I'm well aware of the need to look after our mental health as well as our physical health."

"As the pack says, it's not always easy to talk about feelings, so I really welcomed the pack with all its activities. It reinforced a lot of what my daughter and I had been talking about. It was something she could do independently too, so she felt a sense of achievement."

Children may have been experiencing anxiety and this was one way we could help them stay positive.



Amy says: "It was really heart-warming to read the parents' feedback and to see the children's photos. It was clear that they'd done the activities and taken on board the messages about wellbeing."

There were 81 entries to the competition but the reach extended far beyond that to around 180,000 visiting the Charlie Waller website. Amy says: "Teachers used it as a resource that they could send out to pupils; some schools used it as their own challenge and many more families completed at least some of the activities."

As for next year, watch this space, but whether it takes place at home or at school, we're looking forward to many more children taking part in the Charlie Waller Wellbeing Challenge 2021.

A SPECIAL THANK YOU

We would like to say a special thank you to Sharky & George and to Boden for donating some amazing prizes for our winners.

PRIMARY SCHOOL WINNERS

Annabel and Edward Mansfield

SECONDARY SCHOOL WINNER

Keira Bullivant

OUR WORK IN COLLEGES

AGES 16-25 ARE ASSOCIATED WITH A NUMBER OF RISK FACTORS

From carpentry to business finance, culinary arts to civil engineering, the UK's colleges offer an impressive array of learning opportunities. We're helping them offer great support for students' mental wellbeing too.

There are more than 2.5 million students in colleges across the UK. As well as apprenticeships, vocational qualifications, traineeships and A Levels/Highers, many colleges also deliver higher education, including degrees. They play an important role in reaching out to disadvantaged groups to encourage them to participate in learning when they otherwise might not.¹ This, combined with the fact that going to college often marks an important life transition, means there can be a high demand for mental health support in colleges both from young people and mature learners.

Vulnerability to mental health issues

Whilst there has been significant development by mental health policy makers for schools and universities, colleges have arguably been less well considered in some parts of the UK, yet there appears to be as much, if not more, demand for mental health support among college students. Research has shown that the age period 16-25 is associated with a number of risk factors which can potentially affect a young person's mental health. Indeed, if someone is going to develop vulnerability in relation to their mental health, it tends to emerge between 14 and 25.

Transitions, including making the move into college, can also be a time of increased vulnerability to mental health issues: for those with existing mental health problems there can be a lack of continuity of care when they move to a new setting; for others there can be a lack of preparation, information and support. In addition, colleges often cater for those re-engaging with education later in life, some of whom may have been unsuccessful in their education before or face challenges in their personal circumstances.

Vibrant partnerships

Experience has led us to conclude that, whilst one-off training sessions can be helpful, the most effective approach to embedding a culture of wellbeing is through a 'whole college approach', involving the entire college community, including students, staff, contractors and visitors. To help colleges achieve this we have developed our Mental Health Partnerships, the aim of which is to contribute to, and support, mental health provision by raising awareness, challenging stigmas and giving people the tools to stay mentally well.

CWT has built a strong working relationship with the Association of Colleges (AoC), of which 95 per cent of colleges in England are members; the Association also works with colleges in Scotland, Wales and Northern Ireland. Richard Caulfield, the AoC's Mental Health Lead chairs our College and University Advisory Board.

This brings us into contact with many colleges and we are currently working in partnership with 36. In terms of our impact, via cascade training we are reaching tens of thousands of staff and students. Richard says: "With 85% of colleges reporting an increase in mental health problems in the past three years, it is crucial that all staff in colleges have the tools and confidence they need to support students who need it."

How our partnerships work

In outline, each partnership starts with the allocation of a Charlie Waller trainer who meets with leaders in the college to discuss their particular needs and to put together a plan. This might include direct mental health training for staff and students and/or a train the trainer programme for key staff; it might also include training and mental health resources to support the college's initiatives. The college has access to the Charlie Waller trainer for ongoing consultation and support around generic mental health issues and the development of new ideas. Other Charlie Waller trainers with specific expertise can also be brought in to deliver training on particular topics as needed.

These partnerships with individual colleges often develop organically and can grow and change with the community's needs. In some areas we work with groups of colleges on projects for which we have been awarded funding. These start with a more formal audit of colleges' current mental health practices – identifying what they do well and areas for development – and we then work within this structure, with a clear start and end point.

Our trainers

Charlie Waller trainers are based across the UK and have many years' experience in managing and delivering mental health services within the education sector; their backgrounds include teaching, psychotherapy, mental health nursing, social work and counselling. Most of our trainers continue to work in these roles whilst training for Charlie Waller and so they are able to keep abreast of the

It is crucial that all staff in colleges have the tools and confidence they need to support students.

latest developments in their fields and use these to inform their work with us. We have experts in depression, suicide prevention, eating disorders, anxiety, self-harm and other areas. Their knowledge and experience enable them to offer tailored training, advice and guidance that works for each individual college, rather than a 'one size fits all' approach.

Lockdown and the pandemic have presented particular challenges but we have taken the opportunity to deliver training online. For example, during one 10-week period, our trainers delivered 67 continuing professional development sessions to more than 1,000 college staff. Topics included managing stress, mindfulness and bereavement.

NEWHAM SIXTH FORM COLLEGE, LONDON

We're delighted to have received funding from the Bridgepoint Charitable Trust to support a new partnership with Newham Sixth Form College, which is situated in one of the most deprived local authority areas in England and has a high number of students from black and minority ethnic communities.

The college serves a highly at-risk population in terms of the mental health impact of Covid-19 on both students and staff and the project will allow us to support those young people most affected by the pandemic as they return to their studies.

Taking a whole college approach, expected outcomes will include:

- a visible positive mental health campaign within the college
- increased student and staff awareness
- greater confidence for staff and students in their own ability to deal with mental health issues
- increased staff capacity to support students who are struggling
- improved access to the most suitable mental health resources for students and staff

Falling through the gaps

Charlie Waller consultant trainer Kirsten Amis works with colleges throughout the UK and is based in Scotland. Her background is as a mental health nurse, counsellor, lecturer and counselling supervisor. She's currently completing her doctoral research entitled 'Supporting the mental wellbeing of students in Scottish colleges'.



From her experience of working with colleges, she says: "There's very little funding, in contrast to universities, and very few have a mental health lead. So even if the college has a lot of mental health support in place, people won't necessarily know about it because there's no individual person overseeing it and no coordinated approach." She adds: "Every college is different, with different students and communities. Some are sixth form only, some are also higher education colleges, and there can be a real mix of academic and vocational subjects. The size of the colleges varies hugely too – from a small

intimate learning space to places like City of Glasgow College, which has been built to cater for up to 40,000 students."

She stresses that it's not the people who have been diagnosed with a mental illness who are lacking support in the FE setting. "It's those experiencing low mood, anxiety, relationship difficulties, who are falling through the gaps," she says.

Holistic approach in Glasgow

Kirsten is a lecturer and Students' Counselling Service Coordinator at Glasgow Clyde College, one of three Glasgow colleges that have been working in partnership with Charlie Waller on a whole college approach to mental health (the others are Kelvin College and City of Glasgow College). In her role as a Charlie Waller consultant trainer, Kirsten was the lead for this project and her first task was to undertake an audit meeting with key individuals within each college to identify their current practice and areas for development.

She says: "Each college had a different take on mental health support but at Glasgow Clyde, the approach was developmental – we needed to explore what we thought we had and rebuild to make sure we were up to date and meeting the needs of the current student population."

As part of the project, Kirsten wrote a strategy in collaboration with Glasgow Colleges Regional Board, who funded the project, and is establishing working relationships with external statutory and third sector organisations including local GPs, CAMHS (Child and Adolescent Mental Health Services) and psychological wellbeing services. Charlie Waller trainers have delivered 19 continuing professional development sessions to almost 300 staff.

"The aim was to develop a more holistic approach," Kirsten says, "with a more specific



focus on student groups perceived to be at greater risk, for example those affected by trauma, bereavement, substance use etc, as identified within the Scottish government's mental health strategy. We're developing a chaplaincy service and, during lockdown, we introduced a mental health helpline run by five counsellors in rotation which we have agreed will continue. I hope that mental health and wellbeing will become so embedded in the culture of the college that they lose any stigma."

David Marshall is the Assistant Principal for Student Experience at the Glasgow Clyde College and says: "I hope that one of the biggest differences will be that students are more open about mental health – that they'll be able to flag up issues, talk about them and do something about them." He sees that as a key benefit of the partnership, alongside the online mental health hub that has been created to provide resources for staff and students. "It signposts them to local resources which have been significantly updated," he says. "It's vital now and more important than ever."

Mental wellbeing across the curriculum

David believes that curriculum-based support is one of the most beneficial resources to have come from the partnership. He says: "The typical profile of an admin and IT student, for example, is an adult returner to education, predominantly female and often a single parent living in areas of deprivation. They bring a lot of challenges in terms of their personal circumstances which will have an impact on their mental health and wellbeing. This tends to tie up the time of our teaching staff, so it's a massive benefit to have self-help and resources available that are contextualised to the student's area of study." Involving the staff also increases their confidence when in dialogue with the students about how they are getting on.

Working with trainers from Charlie Waller has been a very positive experience for the college. David says: "It's not just their knowledge but the commitment they show – it's clear where their passion lies, which is to raise the profile of mental health and increase support. I've been very impressed by their desire to make a difference."



SUBJECT SPECIFIC SUPPORT

We're developing curriculum-based resources for mental health that teaching staff can embed into their normal subject teaching. These are specific to particular areas of study and currently include:

- construction
- land-based studies
- creative industries
- hair and beauty
- admin and IT

The themes are similar but are focussed on the specific areas of risk that students might experience, which differ depending on the industry. For example, students in the creative industries may experience difficulties with perfectionism or in dealing with rejection following auditions. Our intention is to help staff feel more confident when teaching and engaging with students so that they can highlight the importance of talking about problems and signpost students to existing and new networks of support.

FEEDBACK FROM ONE OF OUR PARTNER COLLEGES

It is especially uplifting to experience the speed of response and proactivity, and robust depth of conversations already. In under two weeks, we have gone from an initial, tentative enquiry to feeling fully on board, enthusiastically encouraged and warmly welcomed.

This has helped produce a sense of optimism as we prepare for the mental health and wellbeing work in the new academic year. We want to fully embrace the partnership and embed the awareness and learning across the whole college community.

Aly Saint, Student Counsellor
Farnborough College of Technology

¹ Sarah Snelson and Kat Deyes, BIS research paper number 296, Understanding the Further Education Market in England, July 2016

PUSHING THROUGH THE PAIN



When a group of friends took on the fundraising challenge of walking 18km in heels, it wasn't just about pushing through the physical pain of blisters. It was also about pushing through the pain of loss after their friend Katya took her own life at the age of 17, and finding a way to celebrate what would have been her 18th birthday.

Katya's friend Lucia describes Katya as "accepting of every human being. She had boundless love and generosity for her friends and touched countless hearts with her music, her beauty and her unforgettable giggle." Lucia and her fellow organisers, including Alya and Angelina, felt that such a "spontaneous and silly venture", involving boys in dresses and make-up and girls in heels completing a long walk through London, would be a real testament to the person that Katya was.

On 20 June, a small group set off, following a route that they'd walked with Katya and many more times after her death, along the River Thames, through Hammersmith and Chelsea. More friends joined them along the way and with increasingly sore feet, now grown to a group of over 50 people, they reached Hyde Park four hours later.

She had boundless love and generosity for her friends and touched countless hearts with her music.

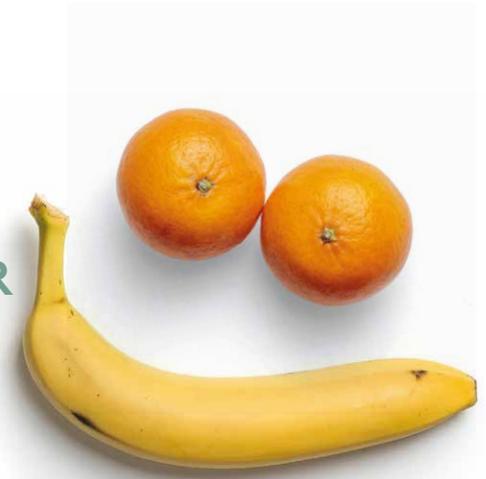
There were mixed emotions at the finish, with more than a few tears of "relief, pain and gratitude". Alya says: "For me, the best part was putting all the trials of this year into a physical pain. I never thought I'd get this far after Katya passed away. The hardest part was trying to keep up with everyone!"

One of their and Katya's many friends was Sam Waller, Charlie Waller's nephew. His connection inspired them to raise money for the Trust, giving it, as Lucia explains, a "personal touch."

The challenge has raised an astonishing £34,809, over 34 times more than they dared to hope for at the outset. "When Lucia came up with the idea, our biggest fear was that it wouldn't work," Angelina says. "We wanted to show Katya how strong we'd become and the fear of failing was really stressful. But it surpassed all of our expectations. So many people supported us, so much money was raised, it was a real success."

FOOD FOR THOUGHT

HOW WHAT WE EAT MAY AFFECT OUR MENTAL WELLBEING



There is growing evidence that a healthy diet is important not only for our physical health, but for our mental health too.

Diet is a hot topic currently. As we were writing this piece, the UK Government had just announced its plans to tackle obesity in the light of the coronavirus pandemic, including curbs on advertising foods high in fat, sugar or salt. Whilst the main driver for these plans is physical health, it may also have benefits for our mental health. Increasingly, research indicates that there is a relationship between our mental health and the food we eat.

One study has shown that even brief exposure (of one week) to a 'Western style' diet high in saturated fat and sugar, achieved by consuming 'fast' foods, was linked to impaired appetite control, as well as a decline in some measures of learning and memory. Furthermore, if we have poor mental health, we may be more likely to reach for the kind of foods which are associated with poorer mental health.

A healthy diet may be particularly important during childhood and adolescence, as this is a time when significant changes

are taking place in the brain and body. Better overall diet quality has been linked with positive mental health in children approaching adolescence. Moreover, poor diet quality in adolescence has also been associated with poorer psychological functioning, with improvements in diet corresponding to improvements in mental health. Furthermore, nutrients which may be beneficial for mental health, including omega-3 fatty acids and vitamins including B12 and folate, may be at lower levels in some people particularly if their diet is lacking in certain foods.

What constitutes healthy eating?

Research suggests that eating a diet highest in vegetables, fruit, wholegrains, seafood and nuts, with moderate consumption of low-fat dairy, lower consumption of red meat and minimal quantities of processed foods containing high amounts of fat, salt and sugar may be better for our mental health.

We should aim to include a wide range of plants in our diet, selecting from a rainbow of different coloured vegetables and fruits each day which contain a range of phytonutrients our bodies need to promote health and wellbeing. Additionally, the relationship between the health of the gut microbiome and our mental health is beginning to be established. In adolescence, stress and poor diet may affect the gut microbiome, which may, in turn, adversely affect mental health.



EATING FOR MENTAL HEALTH: 5 TOP TIPS

1 EAT RAINBOWS

Eat a rainbow of at least 5 x 80g portions of different coloured fruits and vegetables each day.

2 BE SOCIABLE

When possible, make your meals more of a sociable occasion, by sitting down to eat with others.

3 STAY HYDRATED

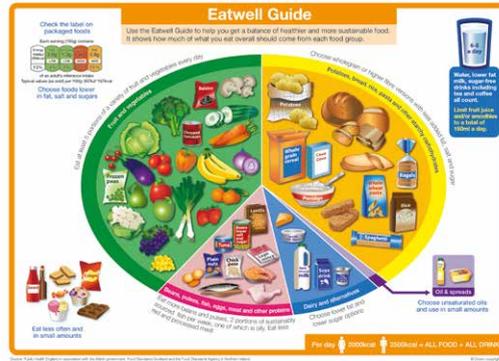
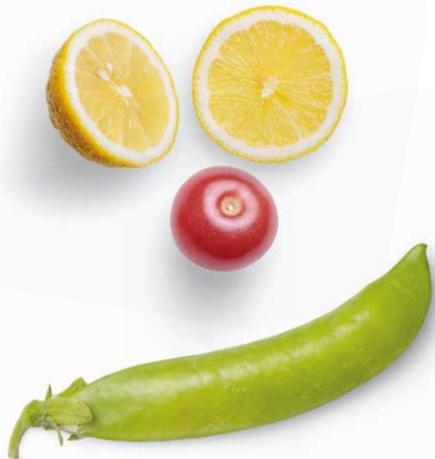
Drink 6-8 glasses of water or sugar free drinks a day, or even more in hotter weather.

4 BE BALANCED

Eat a balanced diet, perhaps trying the Mediterranean diet, which is about moderation rather than avoiding certain foods altogether.

5 TAKE EXERCISE

Getting adequate exercise and sleep is also crucial for mental health.



Conversely, a healthy diet forms part of a lifestyle which may improve the gut microbiome and reduce depressive symptoms. A varied, balanced diet may improve our gut health, influencing everything from our behaviour, regulation of the stress response and learning.

However, it's important to be realistic and not become obsessed with avoiding certain foods. Instead, finding a balance and seeing processed foods containing high levels of fat, sugar and salt as something we can enjoy occasionally, rather than avoiding them completely, can help give us a more positive, healthy attitude towards nutrition.

The Mediterranean way

The Mediterranean diet reflects this approach. It's also known as the 'healthy heart eating model' and is associated with longer life and lower rates of disease. Research indicates that adherence to the Mediterranean diet may counteract the effect of stress on inflammatory biomarkers, which may contribute to a decreased risk of future mental health difficulties in the adolescent population. Additional research indicates that adherence to a Mediterranean diet is associated with better academic performance, a better quality of life and better physical and mental health in individuals. One study which examined the impact of the Mediterranean diet, supplemented with fish oil, also found a reduction in depression in adults.

Adherence to a Mediterranean diet is associated with better academic performance

The Mediterranean diet is often depicted as a pyramid. Meals should be based on the foods at the bottom of the pyramid – fruit, vegetables, wholegrains, olive oil, beans, nuts, legumes, seeds, herbs and spices – with moderate consumption of items such as fish, poultry and eggs, and a limited amount of meat and added sugar foods. This is consistent with the current recommendations from the NHS which uses the 'Eatwell Guide' as a graphic representation of the proportions of food which make up a healthy balanced diet.

Get enough water

Hydration, too, is important for physical and mental health. Ensuring we drink enough, 6-8 glasses of water or sugar free drinks per day, perhaps more in certain conditions such as hotter weather, if required – is vital as dehydration has been associated with anxiety, mood changes and reduced concentration and cognitive performance.

The importance of Vitamin D

It's worth considering Vitamin D specifically, which is actually a prohormone and not just a vitamin. Vitamin D is essential for a number of physiological processes including reducing inflammation, with lower levels of vitamin D associated with a greater risk of depression. Oily fish is a good source of vitamin D and we can also obtain smaller amounts of Vitamin D from eggs, meat and fortified foods. However, we get the majority of the vitamin D we need through our skin, from the sun.

Being outside for short periods with our forearms, hands and lower legs uncovered, in the middle part of the day in the Spring and Summer months, is adequate for most people to make enough vitamin D.



This article was adapted from a webinar given by Charlie Waller Trainer, Sarah Ashworth. You can watch it here: charliewaller.org/what-we-do/online-learning-materials/video-sessions where you can also find a full list of references.

Sitting down to eat meals with family or friends is an important part of healthy eating.

However, some individuals may be at greater risk of vitamin D deficiency, including those with darker skin or those who are obese. During autumn and winter, you should consider taking a vitamin D supplement of 10 micrograms; if you have darker skin or little exposure to the sun, you should also consider taking a vitamin D supplement of 10 micrograms all year round. If in doubt, consult with a qualified healthcare practitioner.

The benefits of 'sociable meals'

Sitting down to eat meals with family or friends is an important part of healthy eating. Research suggests that family meals can protect the mental health of adolescents, particularly in relation to symptoms of depression in girls. Moreover, encouraging young people to improve their cooking skills is not only helpful in terms of their future independence, but is also associated with a greater intake of fruit and vegetables and greater mental wellbeing as a result.

Official
Supporter
2020

BNF
Healthy
Eating
Week

BNF HEALTHY
EATING WEEK
28 SEP – 4 OCT 2020

Charlie Waller is supporting **Healthy Eating Week** run by British Nutrition Foundation. It's a great way to show that health and wellbeing are important to your school, nursery, college, university or workplace.

healthyeatingweek.org.uk

You can register free for activity ideas, downloadable resources and seven health challenges to tackle during the week.

FUNDRAISING HIGHLIGHTS

No one could have imagined when I last compiled the fundraising report for the Newsletter that we would have been in lockdown for so many months. We have had to postpone and cancel many events which has been hugely disappointing. On the brighter side, however, we have had huge support from our trusts and indeed from some new Trust supporters. Many thanks here go to our fundraising officer, Elina, who has worked tirelessly on these.

We have also found new ways of raising funds and many of you might have enjoyed our series of live virtual quizzes that raised more than £35,000. A special thank you here goes to Amy who saw this idea through and managed the technical delivery. This was a learning opportunity for the Trust and will enable us to hold new virtual events in the future.

We would also like to make a special mention to Alya and her group of 11 who raised over £34,000 by walking 18k in high heels. The boys in the group went in drag. All this was in memory of Katya who so tragically died in 2019 at the young age of 17. Please see more on page 28.

I am delighted to welcome Debs Buries who has started to work for the Trust as our events and fundraising officer. She will take over running all the events next year as I retire at the end of this year.

Finally, it would be lovely if many of you would like to become **Friends of Charlie Waller**. Please see page 36 for details.

RACHEL WALLER
HEAD OF FUNDRAISING

Joe and Karen go the distance

Huge thanks to Joe and Karen Coates who ran 10k at Heaton Park near Manchester in memory of their nephew Robert. Joe and Karen were not experienced runners so it was a big challenge for them. Although the organised run was cancelled due to lockdown, they ran the distance and raised a fabulous sum for the Trust.

Jazz on a Summer's Evening

Undaunted by the need to move their annual jazz festival online, the talented students of Bradfield College in Berkshire entertained a virtual audience on 14 June. Playing and singing an eclectic and exciting mix of jazz, soul and swing numbers from individual homes, the students performed for viewers who also had the opportunity to take part in an online fundraising auction. The Trust has a longstanding association with Bradfield and we are hugely grateful for their marvellous support.

Kitchen fundraising

Prue Fenn used her culinary skills to great effect, selling her homemade elderflower cordial and jams to raise money for the Trust – and delicious they were too!

Lockdown brought out the baker in **Charlotte Apps**, who baked marvellous cakes and brilliant brownies to support the cause.



Well done, Will

An enormous thank you to Will Dawson who did a virtual run to the Emirates Stadium, home of Arsenal FC, running 200km in the 50 days leading to his birthday and raising a marvellous amount of money for our work.

Cross Channel swim

Five intrepid students from Lincolnshire schools are training very hard to swim across the English Channel to raise funds for the Trust. Originally planned for July, the swim has had to be postponed but we're sure all our readers will join us in encouraging them in their amazing efforts. Georgia, Alex, Max, Georgie, Carter and their teacher, Jo, are putting their bodies through extremes, including training in open water in Grimsby Dock without wetsuits. We'll keep you posted!



THANK YOU
TO ALL OUR
SUPPORTERS

May marathons

Juliana Ewin walked a marathon every week in May, going on to cover 251.02 miles in total, in memory of her niece. Juliana said that it was on one of her many walks that she had a 'lightbulb moment', deciding that Charlie Waller should be the charity to benefit from her marathons.

2.6 CHALLENGES

We are extremely grateful to everyone who took part in the **2.6 Challenge** to raise money for the Trust, following the cancellation of the Virgin London Marathon:

- ★ **Emma Vincent** undertook an incredible 26 sporting activities, each lasting 2.6 minutes.
- ★ **James Morris** took 26-second videos of his fellow students at Elstree School doing PE.
- ★ **Ben Nichols** did 206 minutes of gardening in May.
- ★ **Alfie Esdaile** achieved the fantastic feat of dealing with 260 cricket balls in full pads at 60 mph without stopping.
- ★ **Nathan Baranowski** of OJO Solutions involved his whole family – including the dog – in a brilliant garden obstacle challenge, making the Trust one of his three beneficiary charities.
- ★ **Birch Associates** took on a whole mixture of challenges, sharing the proceeds amongst several charities including Charlie Waller.

With most of our 2020 events cancelled or postponed we're hugely appreciative of everyone who supported our online quizzes...

Charlie Waller quizzes

We were thrilled by the success of our four virtual quizzes and immensely grateful to our famous hosts and their illustrious guests. Charlie Waller Patron Alexander Armstrong hosted the first quiz, delighting quiz fans across the UK and beyond with his relaxed and engaging style.

The second event saw trustee and sports presenter Mark-Durden Smith win the audience over with his warm wit, self-deprecating humour and lively banter with his guests, Mark Owen, Greg Rusedski, Zara and Mike Tindall, and Michael Vaughan.

Mark was followed by fellow TV presenter, author and Charlie Waller supporter Clare Balding whose easy professionalism and warmth made the evening fly by. Her guests, Pippa Funnell, Tim Henman, Kate Richardson-Walsh and Alistair Cook, added a generous helping of sporting prestige.

Finally, consummate quiz master Chris Tarrant lent his years of high profile experience, along with his guests, Chris Moyles and Toby Tarrant, his son. We couldn't have asked for a better finale.

All our hosts spoke about the work of Charlie Waller with passion and sincerity, and the audience made positive comments and generous donations. In total the quizzes raised almost £33,000, which will help us provide training and resources to teachers, parents and others supporting young people with their mental health in these challenging times.



Sam's Riverside Quiz Nights

Sam Harrison has been a marvellous supporter of the Trust for many years and we are grateful and honoured to be his charity partner at Sam's Riverside Restaurant in Hammersmith. With his magic touch and the help of his lockdown producer, Claire Jones, Sam conjured up two highly successful quiz nights, overflowing with celebrity support and generosity for Sam's Riverside and the Charlie Waller Trust.

Sam kicked off the series on 16 June, brilliantly hosted by Iain Morris (co-creator of The Inbetweeners and an old friend) live from L.A. and featuring Joe Thomas (Inbetweeners), Andy Nyman, William Sitwell and Sir Trevor Nunn. If that wasn't enough, Sam also persuaded a little-known double act, Ant and Dec, to jump on board from their respective living rooms.

David Tennant hosted the second quiz supremely on 29 June, with an enviable line up of stars including Suranne Jones, Sir Trevor Nunn (he kindly came back for more!), Connor Swindells, Adam James (who kindly drew the posse together), Alistair Petrie and Tom Parker Bowles.

The quizzes were engaging and funny, and it was an honour to be virtually present at the dress rehearsals.

As we've learnt from the Charlie Waller quizzes, having high profile celebrities banging the mental health drum is so important. The world of film, television and hospitality are not left untouched by mental health issues, particularly as we emerge from lockdown. We thank Sam and the celebrities for recognising that mental ill health touches all and that their support is invaluable. Thank you to everyone who joined the quiz nights and donated.

PHIL WALLER, CHARLIE'S BROTHER

Bradfield cricket tournament

23 August was a poignant day for many reasons, including the fact that the tournament is traditionally held in July, the loss of four teams due to Covid-19 restrictions and the march of time on some of the regular players' skills and flexibility!

However, there were also many highlights; most noteworthy were the dedication and commitment of the Charlie Waller office team and the flexibility of the staff at Bradfield to enable the event to take place.

Four teams came prepared to be Covid-19 compliant and battle for the glory of winning the trophy: the Yellowhammers, the Gentlemen of Elstree, the Elephants and the Gussets. It was a great day with an added sense of gratitude to be playing and enjoying cricket after so much difficulty this year.

The Elephants and Gussets renewed their longstanding rivalry in the final with a good game distinguished by the presence of



many sons – a wonderful glimpse of the future and confidence that the tournament is in safe hands in the longer term.

The overall winners were the Elephants; the Yellowhammers won the plate.

And best of all, much needed funds were raised yet again for the wonderful cause that is the Charlie Waller Trust.

SASHA WHITE
CAPTAIN OF THE ELEPHANTS

CHARITY PARTNERSHIPS

We are very grateful to all the organisations who choose Charlie Waller as their charity partner.

Companies

Sam Harrison is a longstanding supporter of the Trust and we're looking forward to working further with **Sam's Riverside** following his very successful quizzes (see opposite page).

We very much appreciate ongoing support from **Imedia** following their brilliant Reboot campaign headed by **Julian Hay** last year, and would like to thank **Panda Christie** and **Grapevine** for their support, particularly in helping to publicise our online quizzes.

We are delighted that we are the charity of the year for **Michelmores Solicitors** both this year and next, and private equity group **ECI** have recently partnered with us, which is very exciting. **Mercers Solicitors** in Henley is one of our local supporters this year.

We are also currently in discussion with **Goldman Sachs** about a specific area of work, and with **Marylebone Cricket Club**, whose coaches we are hoping to provide with training.

Schools

We are immensely grateful to all the schools who have made us their charity of the year or supported us in other ways.

Staff and students of **Bradfield College** have given us an enormous amount of help, hosting our annual cricket tournament and a carol service, amongst many other things.

We would also like to thank **Elstree**, **Cranleigh** and **Benenden** schools as well as **St Mary's Calne**, **Magdalen College School Oxford**, **Forefield Community Infant School**, **Queen Mary's High School**; their support is invaluable.

BECOME A FRIEND OF CHARLIE WALLER



HOW YOUR REGULAR DONATIONS CAN HELP...



As young people's mental health becomes an ever more salient topic, we are launching the Friends of Charlie Waller. Co-founder of the charity, Rachel Waller, explains why.

Teaching young people how to look after their mental health is more important now than it has ever been. This was our driving motivation when Mark and I started the Trust 22 years ago after our son, Charlie, took his own life. It has since grown into a respected and effective organisation that has done much to open up the conversation around mental wellbeing, giving support and hope to so many.

We are now entering into an exciting new phase, as our son, Richard, takes over as Chairman, while Mark becomes President. As you may know, I will be stepping down as Head of Fundraising at the end of this year. So I want to express my heartfelt thanks to everyone who has generously supported the Trust over the years and to all those who have recently chosen to support our work.

Because of the Covid-19 pandemic we have not been able to hold many of the events in which you would normally be invited to take part. Many of our supporters have also been unable to do the fundraising challenges that they had planned in aid of the Trust. But your support, just like our help, is needed now more than ever. I therefore want to ask if you will consider giving your support by setting up a regular gift and becoming a Friend of Charlie Waller.

Right now thousands of young people and their families are struggling with their mental health. You can help us continue to be there for them. By giving a regular donation of any amount you will automatically be made a 'Friend of Charlie Waller' and I will feel reassured that both the Trust and those it helps can continue to move forward. I will still be involved with the Charlie Waller Trust and our traditional fundraising events will still be going ahead when allowed, along with some new and exciting ones organised by the office team!

If you are already giving through a regular standing order or direct debit, you will automatically become a Friend of Charlie Waller (although, of course, please let us know if you don't wish to).

As a thank you for your support, all Friends of Charlie Waller will receive a free copy of our annual Wellbeing Calendar, as well as invitations to online information sessions on popular mental health topics led by our experts.



FREE WELLBEING CALENDAR

Your support, just like our help, is needed now more than ever.

- £5** a month pays for 24 packs of resources for parents and carers – giving them crucial information and guidance to help them support a loved one or young person struggling with their mental health
- £10** a month buys 15 books for our mental health Book Club – helping young children to understand/learn about taking care of their wellbeing
- £20** a month pays for 1,200 Wellbeing Action Plans for a school
- £50** a month pays for 3,000 copies of our Parent's Guide to Depression
- £125** a month pays for three days' mental health training in a school
- £250** a month pays for a year's development of our students against depression website content

- YOU WILL RECEIVE...**
- FREE COPY...**
of our annual Wellbeing Calendar
- PLUS...**
exclusive online sessions on popular mental health topics with our experts
- COMING UP...**
- NOVEMBER 2020**
Nutrition and mental health
 - JANUARY 2021**
Men's Mental Health
 - MARCH 2021**
Change and uncertainty
 - MAY 2021**
Young people's mental health
 - JULY 2021**
The teenage brain – what's going on?
 - SEPTEMBER 2021**
Anxiety in young people – what helps?

SIGN UP TODAY

If you would like to support the Trust in this way, please complete the form enclosed or visit charliewaller.org/get-involved/friends-of-charlie-waller

WHAT'S ON

These are the events we have planned for autumn and winter this year and for 2021. In the current situation, please bear in mind that they may be subject to change, and that some events may take place virtually. Please do keep an eye on our website for updates.

2020

Saturday 26 Sept
PIANO RECITAL
BY CHRISTOPHER
BURROWS

Englefield House, Berkshire

Tuesday 1 Dec
BRADFIELd CAROL
SERVICE – VIRTUAL

Bradfield College, Berkshire

Monday 7 Dec
LONDON CAROL
SERVICE – VIRTUAL

St Luke's Church, Chelsea

2021

Monday 15 Feb
ANDREW ROBSON
BRIDGE DAY

Venue to be confirmed

Wednesday 16 Jun
RIPON RACES

Ripon Racecourse

Date to be confirmed
BRADFIELd CRICKET
TOURNAMENT

Bradfield College

Date to be confirmed
BIKE OXFORD

Oxford

Date to be confirmed
ASICS LONDON 10K

London

Date to be confirmed

NEON DISCO

Englefield House, Berkshire

Date to be confirmed

PRUDENTIAL BIKE RIDE

London

Date to be confirmed

ARCHIE MANNERS

MAGIC EVENING

Venue to be confirmed

Sunday 3 Oct

VIRGIN MONEY

LONDON MARATHON

London

Tuesday 26 Oct
MOZART'S REQUIEM

Cadogan Hall, London

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

01635 869754
hello@charliewaller.org

Date to be confirmed

BRADFIELd CAROL
SERVICE

The Chapel,
Bradfield College

Date to be confirmed

LONDON CAROL
SERVICE

St Luke's Church, Chelsea

Date to be confirmed

SIMON YATES
MOUNTAINEERING
TALK EVENT

Venue to be confirmed

Date to be confirmed

TALK ON ART
FORGERIES WITH
RICHARD CHARLTON
JONES

Venue to be confirmed

HOST YOUR OWN BINGO Night

FROM THE COMFORT OF
YOUR OWN HOME!



Request a pack at
charliewaller.org/bingo

21

75

46

68

8

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 may make a donation:



By telephone

Call us on
01635 869754

By text

To donate £10
Text 'CWT' to 70085

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



By cheque

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



Donate online

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

JustGiving

Please visit
justgiving.com/charliewaller

VirginMoneyGiving

Donate through VirginMoneyGiving using the link on our website
charliewaller.org/get-involved/donations/other-ways-to-donate

PLEASE
FOLLOW US



Regular donations/ Friends of Charlie Waller

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

Anyone who makes a regular donation is eligible for membership of our new scheme **Friends of Charlie Waller** which you can read about on page 36.

Would you consider making a regular donation?

If so, please complete the enclosed form or visit
charliewaller.org/get-involved/friends-of-charlie-waller

Your support will be hugely appreciated.

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 who may be depressed.

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

President

The Rt Hon. Sir Mark Waller

Trustees

Richard Waller QC
(Chairman)

Robert Beaumont
Robin Booth

(Hon. Treasurer)

Dr Nick Broughton
(Consultant Psychiatrist)

Michael Cole-Fontayn

William de Laszlo

Mark Durden-Smith

Dr Mina Fazel

(Research Fellow &
Consultant Child
Psychiatrist)

Julian Hay

Charles Lytle

James Murray

Professor Roz Shafran

(Chartered Clinical
Psychologist)

Philip Waller

Iain Weatherby

Board Advisers

Professor David Clark

Lord Crisp KCB

Lord Layard

Dr Denise Meyer

Professor Suzanna Rose

Sir Anthony Seldon

Professor Sir Simon Wessely

Patrons

Alexander Armstrong

Gordon Black CBE

Louise Black

The Hon. Mrs de Laszlo

Neil Durden-Smith OBE

Nigel Gray

Professor Steven Hollon

Ian McIntosh

Mary Nightingale

Sue Shenkman

Phoebe Waller-Bridge

Anthony West

Michael Whitfeld

Chief Executive

Clare Stafford

Head of Fundraising

Lady Waller

Communications Director

Tracey Gurr

Director, Colleges & Universities Programme

Dr Andrew Reeves

Director, Workplace Programme

Abigail Hirshman

Finance & Operations

Manager

Carrie Green

Graphic Designer

Amy Martin

Digital Communications Officer

Izzi Dent

Events & Fundraising Officer

Debs Burles

Fundraising Officer

Georgie Miles (on mat leave)

Fundraising Officer

Elina Nesimioglu

Fundraising Assistant

Lucy Fishburn

Training & Resources

Coordinator

Annabelle Martin

PA to CEO

Tricia Monro

Administration Assistant

Martha Pipkin

Bookkeeper

Heather Codling

The Charlie Waller Trust

First Floor • Rear Office • 32 High Street • Thatcham • Berkshire RG19 3JD

Registered Charity No. 1109984

The logo for Charlie Waller, featuring the name 'Charlie Waller' in a bold, sans-serif font. The 'C' and 'W' are stylized with overlapping circles. The 'C' is white with a black outline, and the 'W' is white with a black outline. The 'a' and 'l' are solid black. The 'l' is white with a black outline. The 'e' is solid black. The 'r' is white with a black outline. The 'l' is white with a black outline. The 'l' is white with a black outline. The 'e' is solid black. The 'r' is white with a black outline.

charliewaller.org