

# Charlie Waller News

THE CHARLIE WALLER TRUST NEWSLETTER



## MENTAL WELLBEING AND BAKING!

We talk to Breadsong authors,  
Kitty & Al Tait

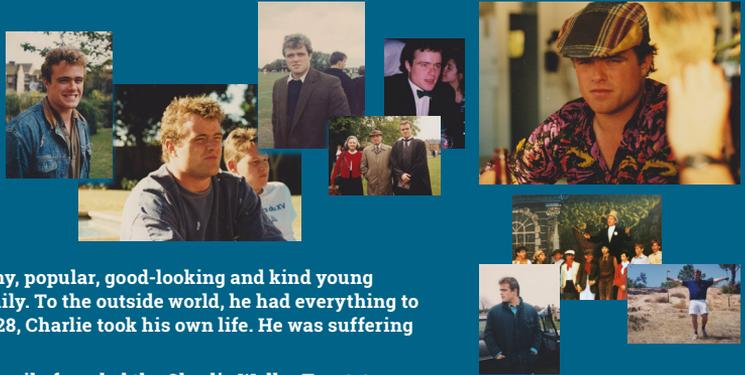
## CHILDREN, WAR AND MENTAL HEALTH

Helping young people  
in times of conflict

## SWEET DREAMS

Sleep and mental health

SEPT 2022 • ISSUE 46



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

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

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

### Our mission

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

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

### Our work

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

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

### Our approach

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

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

### Our vision

Our vision is of a world where people understand and talk openly about mental health; 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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A huge thank you to all our supporters

### GET IN TOUCH

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charliewaller.org

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#### COVER STORY

Kitty Tait,  
co-author of  
Breadsong  
(see page 14)

# MENTAL HEALTH AND WELLBEING

## POLICY GUIDANCE FOR SCHOOLS

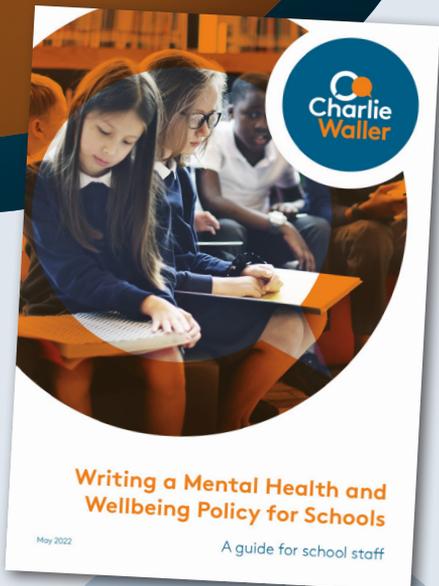
**One in six children of school age now has a diagnosable mental health problem.**

Schools have an important role to play in children's mental health.

Our policy guidance and template enables schools to empower staff to spot and support students who need help – and to follow appropriate referral pathways. A good, effective policy can prevent students from falling through the gaps. You can customise the template and supporting documents for your school.

**Know someone who works in a school?  
Please tell them about our guidance.**

For more information, please visit:  
<https://charliewaller.org/resources/schools-mental-health-policy-template>



"A boy in year 10 was suffering badly from anorexia and ended up in A&E – when staff were debriefed several of us realised that although we were very concerned about him, we had all assumed someone else was dealing with it – but nobody was. We now have a policy with a named member of staff who all these concerns are passed to."

**Member of school staff**

# LETTER FROM OUR CHAIRMAN



**This coming November marks 25 years since my parents started the Charlie Waller Trust. Coincidentally, this November is also the month my mother is off to Windsor Castle to receive her OBE. This follows hot on the heels of the honorary doctorate awarded to my father earlier this year by Durham University.**

It is lovely that they have both been recognised for all their hard work at the Trust, but ultimately their real reward is the fact that they had the strength and courage to ensure that the loss of their remarkable son was not in vain: numerous young people's lives have been made immeasurably better thanks to what they did over the last 25 years in Charlie's name and by telling Charlie's story.

Although the prevalence of mental health issues amongst our young appears to be greater today than 25 years ago, I am firmly of the view that they are better equipped at dealing with these issues than we ever were. Mental health is not only now at the top of the political and educational agenda, but there has been a sea-change in people's attitudes towards mental health. Whilst stigma certainly remains, it is a pale imitation compared to 25 years ago.

The Charlie Waller Trust continues to go from strength to strength. We are continuing to grow both in terms of income and charitable expenditure. Our office team has also grown as we seek to expand our reach.

So we are saying goodbye to our small Thatcham office where we have spent many happy years and are moving into new offices in Newbury. The new office is much bigger, and it will make it easier for us to welcome visitors and volunteers. The office door is always open so please come and see us if you are in the area: there is usually coffee and cake on offer.

It is difficult to read a newspaper nowadays without a sense of foreboding, whether it is the war in Ukraine or the cost of living crisis. Whether you are religious or not, it may be worth keeping in mind the opening lines of the serenity prayer over the coming months: "God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference; living one day at a time; enjoying one moment at a time."

**RICHARD WALLER QC, CHAIRMAN**



Lady Waller (Rachel) will receive her OBE in November



Sir Mark Waller was awarded an Honorary Doctorate in Civil Law by Durham University (see page 7)

# NEWS & UPDATE FROM OUR CEO

**The past few months have seen growth and development at the Charlie Waller Trust and, as ever, I am grateful to our staff, volunteers and trainers, all of whom make this possible.**

The context in which we find ourselves is one of worrying rises in the cost of living. In terms of the mental health landscape, we know that economic recession is linked to an increase in suicide rates. Although the figures (ONS, April 2022) do not currently show an increase, there is a time lag in reporting.

Our work with schools, colleges, universities and employers has shown us that there are significant concerns on the ground about suicide; anecdotal reports of more learners expressing suicidal thoughts; and a great deal of stress amongst staff in attempting to deal with this.

We have responded by developing new resources to guide people in opening a conversation about suicide, and our trainers are including additional content on this topic in their face-to-face and online delivery.

I have been asked to join the governing group of the National Suicide Prevention



Alliance, a body comprising more than 1,000 public, private and voluntary organisations in England willing to take action to reduce suicide and self-harm, and to support those affected by suicide. The NSPA has recognised a need to focus more on suicide risk and prevention amongst children and young people and identified CWT as being able to provide that – testament to the expertise the Trust has built up over many years.

**CLARE STAFFORD**  
CHIEF EXECUTIVE



## 25TH ANNIVERSARY OF THE TRUST

November marks 25 years since the Waller family founded the Trust. The fact that a family-founded charity has not just endured but become one of the UK's most respected mental health charities is testament to the fact that academics, clinicians and people with lived experience of mental health issues have all been involved in making the Trust what it is. It's a significant charity in the sector but has maintained the warmth, compassion and personal ethos upon which it was founded.

## FOND FAREWELL



Georgie Miles

After five years with the Trust, **Georgie Miles**, who played a significant role within the fundraising team, has moved on to join a larger, London based charity. We will miss her hugely.

## A WARM WELCOME

### Office Team

**Angela Cunningham** is our new Trusts and Foundations Fundraising Officer. She has a background in account and project management across different sectors and is excited about the challenges and opportunities this role will bring.

**Rachael Coombs** joins us as our new Individual Giving Fundraising Officer. She'll be working on the Friends of Charlie Waller scheme and with our existing supporters, as well as looking at ways to expand our supporter base.

### Trustees

**Donna Colbourne** joins our Board of Trustees. She is a marketing manager at Maggie's, the cancer charity, and brings a wealth of experience in the charity sector, as well as a personal interest in mental health.



Angela  
Cunningham  
Trusts and  
Foundations  
Fundraising  
Officer



Rachael Coombs  
Individual  
Giving  
Fundraising  
Officer



Donna  
Colbourne  
Trustee

## AWARDS TO CELEBRATE

Congratulations to **Wendy Minhinnett**, our Parent/Carer Lived Experience Lead, on being recognised in the Queen's Birthday Honours. Wendy was awarded a British Empire Medal for services to parents of children with mental health needs.

Wendy set up a parent and carer support group called Rollercoaster in County Durham as a direct result of her own experiences supporting a child with mental health needs. Since joining the Trust, she has overseen an expansion in our work for parents and carers, including the PLACE Network of parent and carer support groups.



We also congratulate the Trust's co-founder **Sir Mark Waller**, who was awarded an Honorary Doctorate in Civil Law by Durham University. Sir Mark read law at Durham before enjoying a long and hugely successful career in the profession.

## WORK WITH PARENTS AND CARERS GATHERS PACE

Parent and carer peer support (PCPS) is now at the heart of the Trust's work. Over the last two years we have set up and coordinated the PLACE network of parent and carer support groups and projects across the UK.

As well as being part of a vibrant community of support, PLACE members have taken on some important tasks to enable parent and carer peer support to take its rightful place within mental health services for children and young people. A group of parents, carers and professionals co-produced the foundations of a training course for parent carer peer supporters. With the help of our funders, and the Charlie Waller Institute and Cellar Trust, our first ever peer support training programme, designed and delivered by parents with lived experience of supporting a child or young person with mental health issues, started in June.

19 parents and carers were trained as part of the pilot and to date the feedback has been very promising. We were particularly grateful to Health Education England, for enabling us to offer financial support to trainees and services, and for evaluation. We hope this is the first of many more courses across the country.

"Thank you so much for creating this course. It is so helpful to me to bring [professionalism] to what I do. It helps other professionals to connect with me as they see me as an equal and not 'just a mum!'"

Another hallmark of the Trust is our commitment to building the evidence base for our work. In May, around 100 people attended the launch of the Rollercoaster Family Support evaluation by Northumbria University. Rollercoaster is the parent carer peer support project set up by Wendy Minhinnett (see page 7) which the Trust is using as the model for its work in this field. The evaluation concluded that the service was well received by participants and stakeholders, filled unmet need and had a positive impact on parents and carers. It confirmed our commitment to promoting a model that is led by parents and carers with lived experience of supporting a child or young person with mental health issues, and professionally supported.

We are also delighted to have Kathryn Pugh MBE as part of the PCPS team. Kathryn's previous strategic and operational experience in the voluntary sector, at the Department of Health and NHS England on children's mental health transformation, is being put to good use as we make the case to government, the NHS and the children and young people's mental health sector that parents and carers have a vital role to play, not just to benefit their own child, but also in helping their fellow parents. Kathryn said:

"I have worked with the Charlie Waller Trust for over 18 years and have always admired its commitment to children, young people and families, ensuring evidence-based practice and co-production.

"I am thrilled to be working alongside the team at such an exciting point and look forward to the day when we have PCPS workers within every community."





[l-r] Julie, Alice, Aardarsh and Haleem

## YOUNG VOICES

We're delighted to have begun working with two young people prolific in the world of social media. Cece (@otters.have.pockets) and Aardarsh (@hyphenrappertiktok) are content creators on video app TikTok, where they use their large public platforms to speak (and Aardarsh's case, rap!) openly about mental health.

As well as TikTok content, Cece has recently created a YouTube video in partnership with us, in which she shares her top 10 tips for how parents can best listen to, understand and support children struggling with their mental health. You can watch her video here: <https://bit.ly/3PGNPF6>

Meanwhile, we've been talking to Aardarsh about the possibility of working with our speaker team as well as assisting with our strategy for expanding our reach to more young people in need of support.

Our youth involvement team, led by Alice Palmer, met for an introduction to CWT. Aardarsh, Alice and actor Haleem Clift discussed the speaker role with training consultant Julie Castleman.

We are so excited to be collaborating with these bright and successful individuals, enabling us to bring the authentic voices of young people and their lived experiences ever more into the spotlight.

## CHARLIE WALLER WORKPLACE

The Workplace Programme continues to expand its provision to both businesses and stakeholders. We have been working in organisations at all levels, from the Executive Board of Oxfordshire-based business, Navtech Radar, to managers and line leaders across Bucks City Council

and the National Trust, new graduates at Centrica, and parents at Mills and Reeve LLP.

Our ongoing partnerships with TL Dallas and Air Partner go from strength to strength, as does our work with Fujitsu Global who recently commissioned us to be part of their management training programme, educating all new managers on their own resilience and wellbeing.

We continue to support charitable activities and are working alongside Trust colleagues to enhance provision to young people in the workplace. This includes our engagement with mentors on the 1MM (One Million Mentors) programme and our 'In our Heads' project working with the Women and Theatre company supporting young performers to develop a series of videos on mental health in the workplace.



## COLLEGE WELLBEING LIBRARY

Parents, carers, college staff and learners looking for mental health information and resources can find making a choice overwhelming. There is a huge amount of material available but what people actually want is something curated, reliable and trustworthy.

With funding from the Association of Colleges, Charlie Waller has put together a digital wellbeing library, which was launched at an event in Manchester. The library was very well received, and we were also able to discuss other resources, including our mental health evaluation tool for colleges, C-MET.

The resources in the wellbeing library offer practical help and relevant information based on clinical evidence from the Trust and other trusted sites. You can access the library here: [charliewaller.org/colleges-wellbeing-library](http://charliewaller.org/colleges-wellbeing-library)

# CHILDREN, WAR AND MENTAL HEALTH

The people most affected by war are those caught up in it. However, it can also have a major impact on the mental health of people watching the conflict unfold, including children.

The scenes in Ukraine are horrific to see and difficult to process for both children and adults. Some of us may have friends or family who have been directly caught up in the conflict and, as refugees continue to arrive in the UK, more of us are coming into contact with Ukrainian families. Some of those will be incredibly traumatised and it is well recognised that the experience of conflict leads to risks for the mental health of children and young people.

It may be on a different level, but many children (as well as adults) in this country feel overwhelmed by what they see and read, and experience heightened anxiety. As adults, how we interact with the news, and with social media, can influence our children. The term 'doomscrolling' was used a lot at the start of the pandemic, when people were spending an excessive amount of screen time absorbing negative news. Particularly for those already experiencing anxiety, this often only worsened the feeling. Now in the midst of the Ukraine conflict, doomscrolling is again part of many people's lives.

## News: getting the balance right

We are hardwired to look at situations that are threatening in order to assess them, and news headlines that are frightening or exciting are designed to attract people to read the news story. However, some people feel compelled to keep looking at them, with the effect of increasing their fear. Anxiety in response to a threat is entirely rational; however, intervention is needed when it becomes disabling.

As a parent or carer, it's important to get the balance right between exposing your child to the news and protecting them from it.

Clearly it also depends upon the age of your child, but some key points are:

- First, manage your own reaction to the news. It's okay to feel anxious and to acknowledge how awful the situation is.
- Listen to your child and validate their feelings.
- Ask your child what they have heard about the conflict. Ensure they have enough information, and from reliable sources – they are likely to feel excluded from their peer group if they don't know what's going on.
- Keep them away from graphic images and repetitive media coverage.
- Model appropriate behaviour by limiting screen time yourself and find more positive things to do with your child, such as going for a walk.
- Discuss ways as a family you can gain some control, for example by fundraising or donating.

### Supporting refugee children

Some children in the UK have been welcoming Ukrainian refugee children into their school. Of course, refugee children are not a new phenomenon; they have been joining local communities for decades. When they first arrive, they face all the problems that socially marginalised populations suffer but, in addition, have faced emotional and physical trauma, forced migration and, for some, the loss of their primary caregiver.

When a child has been exposed to trauma, typical responses include being clingy, tearful, inattentive, tired, avoidant and having physical aches and complaints. However, these responses subside in most children within a few weeks and the majority will have positive outcomes with the right support. Starting in a new school and being unable to speak the language can be daunting but, typically, refugee children go on to thrive with appropriate support. Schools play a key role in the child's

As a parent or carer, it's important to get the balance right between exposing your child to the news and protecting them from it.

wellbeing, providing a natural point of contact and a focus for learning English.

A sense of belonging is essential; a sense of relatedness and close, reciprocal, supportive bonds of belonging to people, places and communities. Schools can do a lot to facilitate this – but it's important that the children are given opportunities to interact in a natural way to build authentic relationships.

Many children in the UK will want to respond to the Ukraine crisis in active ways – and where better than in their local school? They could be encouraged to think about how they can create a welcoming environment for refugees in their classroom or school – for example, designing multilingual signs or welcome posters or learning to say hello in different languages. It also gives schools the opportunity to talk about migration and why diversity is a strength, encouraging them to think about how they would like to be treated if the roles were reversed.

You can listen to a podcast on supporting child refugees from Charlie Waller trustee Dr Mina Fazel on our website: [charliewaller.org/mental-health-resources/mental-wellbeing/podcast-child-refugees](https://charliewaller.org/mental-health-resources/mental-wellbeing/podcast-child-refugees)

# MENTAL HEALTH AND UNIVERSITIES

## SUPPORTING UNIVERSITIES TO CREATE MENTAL HEALTH STRATEGIES THAT WORK

The Trust recently launched a new, practical toolkit to help universities improve the mental health of their whole community.

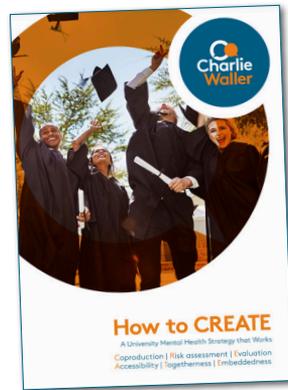
The new mental health toolkit, written in partnership with students and our expert trainers, is grounded in an extensive, robust review of evidence and practical resources. It has been peer reviewed by institutions including the British Association of Counselling and Psychotherapy (BACP), and the Universities and Colleges Admissions Service (UCAS).

Universities UK (UUK) has been promoting a whole institution approach to mental health and the toolkit helps universities

understand what that approach means and how to put it into practice. It also helps them align their mental health strategy with the principles of good practice in the University Mental Health Charter, enabling them to apply for a Charter Award.

We've already received some very positive feedback about the toolkit, including from Professor Jo Smith, School of Allied Health and Social Care, University of Worcester, who said:

"Superbly practical as a 'how to' guide – really handholding users through key elements of the process of developing a mental health strategy. An excellent, practical and very useful resource tool!"



**C**o-production

This is a key principle – staff and students should be involved at all stages of creating mental health policies.

**R**isk assessment

It's crucial that policies are clear about how to manage the risks associated with mental health.

**E**valuation

Mental health policies need to be monitored and evaluated regularly to ensure they are effective.

**A**ccessibility

Effective mental health policies address potential barriers to maintaining wellbeing, such as those experienced by people from communities that have been marginalised.

**T**ogetherness

Mental health policies should be clearly coordinated with other relevant university strategies, policies and procedures.

**E**mbeddedness

Effective mental health policies are firmly embedded in the culture and environment of the university.

# ONE UNIVERSITY'S STORY:

## redesigning student services at AECC University College, Bournemouth

**AECC University College Bournemouth worked with the Charlie Waller Trust to embed the CREATE principles in practice, redesigning their student services within a whole university approach.**

Prior to 2019, Student Services at AECC University College were outsourced to a private provider. AECC's strategic vision was to embed the service into the university, improving and expanding it, and ensuring mental health and wellbeing were at its heart.

Caroline Cooke, Head of Student and Library Services at AECC, says: "I knew what I wanted to achieve but I felt it was important to have that expert input and guidance from an organisation like the Charlie Waller Trust."

### Student voice

An experienced Charlie Waller consultant trainer co-facilitated an online consultation with students and staff to identify priorities for development. The consultant trainer also supported the recruitment of student wellbeing champions to ensure the student voice remained at the heart of the service.

Trin Dancy, one of the student wellbeing champions, says: "Student opinion has been really important to the university and that has helped me feel like we are being listened to and have had a say in the development of Student Services."

### Redesigning Student Services

Following this consultation, the university was able to specify what

the new function should look like and identified further roles required within the Student Services Department. Charlie Waller provided advice on recruitment, job descriptions, and even the interviews.

"The Charlie Waller Trust has played a key role in helping us define our services and in putting the best team in place," said Caroline. "They have been a fantastic sounding board to ensure that we have developed the right service for our students."

### The outcome

AECC Student Services now comprises a team of eight staff (3.5 FTE) and looks set to grow in the future.

The new roles include a senior wellbeing officer and student finance advisors, with plans for a disability adviser, careers and employability adviser, and in-house chaplaincy support. The University College has created an in-house counselling team and introduced a daily drop-in for students with no need to book an appointment.

AECC is also supporting staff with Mental Health First Aid (MHFA) training and is a member of the student services organisation AMOSSHE. It has created a suicide prevention strategy in collaboration with the two other universities in Bournemouth and participates in a local suicide prevention group.

Caroline says: "Student Services is now busier than it has ever been and it is a privilege to be in that position, providing support for students when they need it more than ever."

You can find out more about the toolkit and download a copy from our website: [charliewaller.org/resources/uni-mh-policy-toolkit](http://charliewaller.org/resources/uni-mh-policy-toolkit)



# BREADSONG:

## A TRANSFORMATIVE TALE OF BRAVERY AND BAKING

**Robert Beaumont talks to Kitty Tait about her wonderfully brave and uplifting book *Breadsong*, written in conjunction with her father Al, which is now being made into a film.**

There are passages in the early chapters of *Breadsong* which are heart-breaking to read as 14-year-old Kitty Tait's world collapses around her. The once bubbly and friendly young girl, who loved making her friends and her family laugh, had become a prisoner in her own tortured mind. As she says, with chilling honesty: "I went from being confident and sure of things to being utterly paralysed with anxiety and unable to remember who I used to be. I wanted to tell Mum and Dad what was going on, but it was just so hard. I just didn't want to be me in any form at all. My mind whirred and whirred until I thought I would do anything to stop it."

It is difficult to reconcile this terrifying self-portrait with the self-assured, kind and enthusiastic young woman who, just four years after her devastating breakdown, greets me warmly in her pretty Oxfordshire home. Fresh from being interviewed by an American journalist (yes, her fame has spread across the Atlantic), she is brutally frank about her mental disintegration and her subsequent redemption.

"Fundamentally, when all my fragments broke, when I was all over the place, Dad was there and bread was there." Bread, and baking, have been Kitty's saviour. When Kitty first buckled under the weight of her fractured mind, her parents Al and Katie tried everything from therapy to gardening, crafts, sewing, painting and poetry, but nothing seemed to work. But then, one afternoon, Al – just an occasional baker – made a loaf of bread using the "no-knead" method pioneered by New York baker Jim Lahey.

"It was like alchemy," Kitty recalled. She began baking avidly and was soon sleeping in the kitchen to be "around my dough." So what was it about baking which had this transformational, Road to Damascus effect? Kitty answers, swiftly but carefully: "I'd never been a good cook and I tended to throw all the ingredients in together without too much thought. But watching Dad's bread-making was different. He showed me how he made the dough, proved it, shaped it and then put it in a casserole to bake. When he lifted the lid, there was this beautiful crackling, singing loaf that made the hairs on the back of my neck shoot up. Something so dull had been transformed into something so brilliant. I realised I could do it too, And I did it, again and again and again."

It is not too fanciful to draw an analogy between Kitty's "dull" state of mind being transformed into something "brilliant", because that is exactly what has happened. Once she had caught the baking bug, much to the joy of her father Al, their hobby became a business. Funded initially via Kickstarter, they launched a shop in the main street of their home town of Watlington called The Orange Bakery. It has proved to be an outstanding success, with queues often stretching right down Watlington's quaint High Street.

My mind whirred and whirred until I thought I would do anything to stop it.

We were determined to ensure the film doesn't downplay what Kitty went through

This little town on the edge of the Chiltern Hills is incredibly proud of the Tait family, having nurtured and supported Kitty and Al's dream from the very start. Now they have a celebrity on their hands, with plans for a major film about Kitty's story well advanced. Kitty's mum Katie, the crucial glue in this wonderful family story, is adamant that she doesn't want the film to be sugary and sentimental. "It needs to be gritty and paint an accurate picture of the debilitating and frightening nature of depression, not just for those actually suffering from it, but for their friends and family too. Yes, Kitty's story is a story of hope, but we are determined to ensure the film doesn't downplay what Kitty went through before baking became her salvation."

Kitty's infectious sense of humour and her friendly, easy smile, coupled with her readiness to answer any question, made her one of the most rewarding interviewees in my long and varied career in journalism. To begin with I wondered whether I should



ask her too many searching questions about her lowest moments, but she dismissed my fears immediately.

"One of the reasons for writing this book was to help others. And there was no point writing it if I was going to avoid talking about how awful I felt when depression first hit me. I had to be honest. Having said that, when I was writing Breadsong, I didn't realise how emotionally exhausting it was going to be. I had to relive my trauma and that was really painful, but also really good because, at the end of it, I became proud of myself.

"At the time of my illness, I'd felt really ashamed of my mental health: the times that I couldn't get out of bed or the times when I just had to scream. And writing about it made me realise my mental health wasn't my fault and it never really was. I am sure there are many people who are ashamed that they are depressed. If there's one message I want to get across in this book, apart from the joy of baking, it is that there should never, ever be any stigma attached to depression. Don't be ashamed – and don't feel guilty."

It would be remiss of me not to include some of Kitty's favourite creations – and one of her recipes – in this review. So here they are:

- the comfort loaf made with Marmite, and with a crust that tastes like Twiglets
- bitesize queue nibbles, doughnuts with an ever-changing filling to keep the bakery queue happy
- sticky fika buns with mix-and-match fillings such as cardamom and orange
- happy bread covered with salted caramel
- cheese straws made with easy homemade ruff puff pastry
- the ultimate brown butter and choc chip cookies with the perfect combination of gooey centre and crispy edges.

I have no doubt these will be absolutely gorgeous and will enhance Kitty's burgeoning reputation as a brilliant baker across the UK and beyond. They are the joyful product of Kitty's long and sometimes harrowing journey, a journey from deepest darkness into light. For those suffering from

depression, there often seems no escape as this destructive illness sucks all the pleasure out of life. But this wonderfully uplifting book shows us that there is hope amidst the gloom. As Kitty says: "I wouldn't want anyone to go through what I went through, but if our book helps others suffering from depression, then my experience hasn't been in vain." On that note we said our goodbyes, leaving me to reflect on what a brave and wise young woman I had just met.



## COMFORT LOAF

Kitty and Al have very kindly given us permission to include one of the recipes from Breadsong.

### Makes 1 loaf

500g strong white bread flour, plus extra for dusting

10g fine sea salt

3g instant dried yeast (1 teaspoon)

330ml lukewarm water

1 or 2 tablespoons of Marmite or other yeast extract

1. Sift the flour into a large mixing bowl and add the salt and yeast. Stir everything together using either a sturdy spoon or – my personal favourite – your hands.
2. Dissolve the Marmite into the lukewarm water then, bit by bit, gently mix the water into the dry ingredients until a shaggy dough forms. We call this the Scooby dough in homage to Scooby-Doo.
3. Place a damp tea towel or shower cap over the rim of the bowl and leave in a cosy (draught-free) place to prove for 12 – 16 hours, overnight is best. Like the fairy godmother turns a pumpkin into a carriage, time transforms your scrappy, dull dough into a bubbly, live creature of its own.
4. Once your dough has risen and is bubbling away, tip it out onto a lightly floured work surface. Gently shape the dough into a ball (a well-floured plastic dough scraper really helps here), making sure there is a light coating of flour all over.
5. Place the shaped dough on a sheet of parchment paper, cover with a damp tea towel and set aside in a warm, cosy place to rest for 1 hour.
6. Halfway through the resting time, preheat the oven to 230°C/210°C fan/gas 9 (or as high as it will go). Put a large, cast iron casserole dish with a lid and a heatproof handle into the hot oven for 30 minutes to heat up.
7. Once the casserole dish is good and hot, carefully take it out of the oven and lift off the lid. Uncover the dough and, using the parchment paper, lift and lower the dough into the heated casserole dish. Using a sharp knife, razor blade or scissors, score the top of the dough with slashes.
8. Pour a couple of tablespoons of water inside the casserole around the dough, replace the lid and put the dish back in the hot oven. Bake for 30 minutes with the lid on. Remove the lid to reveal your magnificent loaf then bake uncovered for a further 10 minutes to get a nice, golden crust.
9. Place the loaf on a wire rack and leave to cool for at least 30 minutes – the bread keeps cooking. If you listen carefully, you might even hear the loaf sing: this is the 'breadsong'.



Continues p18



## THE FATHER'S TALE

Al Tait recalls: "I wish I could remember the first time Kitty and I baked a loaf together. In reality, it was just another activity that I was trying out with Kitty that might provide her with some kind of distraction. I can't tell you what time of day it was, what we'd be doing that morning or how it cropped up in conversation. There was nothing planned about it. There was no hallelujah chorus or a blinding flash of light. What I do remember, though, was that Kitty actually looked interested when we pulled the loaf from the oven – and that look hadn't happened for a long time. I had no idea how important that moment was and I still didn't when Kitty asked me to bake that bread again.

"Kitty would make up a clutch of doughs before bed, then in the morning we would bake, wrap and deliver the loaves up and down our street. Just for a moment – sometimes when she shaped the dough into a ball, when she lifted the lid off the casserole or when she handed over a still-warm wrapped loaf – I would see her smile a real smile. A smile uncluttered by the thoughts crowding her head. A genuine smile of her own rather than a forced one she needed to give.

"I could not have foreseen that, at the age of 50, I would change careers and become a baker. But I am deeply grateful that I have. I wish that Kitty could have bypassed some of the grimmest parts of this story, but I also know that we wouldn't have done any of this if it hadn't at first been driven by desperation. I also know that the part of Kitty's brain that makes life difficult for her is probably the same bit which gives her extraordinary drive and determination and a way of seeing life differently."

## KITTY'S TIPS FOR BEATING DEPRESSION

- Bake, bake and bake some more (and bake several loaves at once if you can, to save energy)
- Be kind and forgiving to yourself – so you can be kind and forgiving to others
- Don't dwell on the past, but do remember the happier times
- Don't worry too much about the future, but do make positive plans
- Take lots of exercise and enjoy the fresh air
- Don't be afraid to seek medical and emotional support
- Don't be ashamed of being depressed – it's not your fault.

## Breadsong: How Baking Changed Our Lives by Kitty and Al Tait

is published by Bloomsbury  
(£13.99 from Amazon)

# BOO'S BALL

## BOO'S BALL

A ball held to celebrate Boo's life, on what would have been her 30th birthday, raised an astonishing £174,000.



She was christened Charlotte Kate, but known as Boo, and, tragically took her own life on 29 July 2015 at the age of 23. Sarah, Boo's mother, said: "She was a much loved, beautiful, kind, popular and talented girl who outwardly had the world at her feet. However, over the latter years of her life she battled with depression and an eating disorder."

Sarah had already raised money for the Trust, cycling from London to Aldeburgh in Suffolk, near where she lives. Wanting to do more, and to mark what would have been her daughter's 30th birthday, she put together an "extraordinary" committee to organise Boo's Ball. It was held at Aldeburgh Yacht Club, a place that Boo loved, and was attended by around 300 people, including Sir Mark and Lady Waller and Rick Waller (Charlie's brother). They were joined by Mark Durden-Smith, a very good friend of Charlie's, who did a superb job of hosting the evening and running the auction, which included stellar prizes such as a week in Antigua.

Dick Moore, one of our speakers, gave a moving talk, and it was fitting that in the programme Sarah reinforced the message: 'Discussing depression must not be taBoo.'

Our CEO, Clare Stafford, says: "Boo's Ball was a great event and fitting tribute to Boo's life. The funds raised will enable us to extend our work, especially in the Norfolk and Suffolk area, to empower children and young people with the confidence to talk about mental health and seek support when they need it."

To everyone who organised the event and those who came and supported it – we cannot thank you enough!



It's as important to give advice on good sleep as on exercise or mental health



# SWEET DREAMS

## SLEEP AND MENTAL WELLBEING

Lucy Llewelyn talks to health psychologist Dr Mike Oliver, one of our Workplace Programme Mental Health Trainers, about why good quality sleep is so important for our mental health.

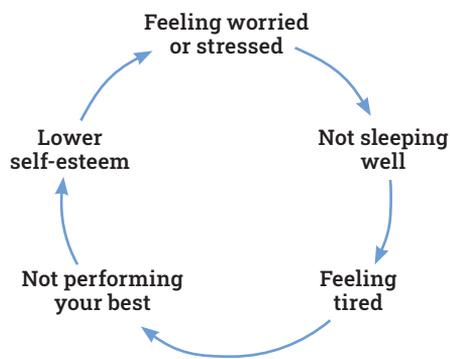


Mike's cat, Bobby – also an expert on sleep.

Understanding the connection between sleep and good health is not new. Thomas Dekker, who lived nearly 400 years ago, said: "Do but consider what an excellent thing sleep is ... that golden chain that ties health and our bodies together." However, while we often hear that good sleep is key to good physical health, we hear less about the importance of good quality sleep for maintaining our mental health.

### Sleep and mental health

Poor sleep can affect how you feel, making you experience negative emotions more strongly and making everyday life a struggle. Mike says: "It's a vicious cycle. If you're worried and don't sleep so well, you get tired, and so it becomes harder to do normal tasks; not performing your best affects your self-esteem, which may add to your feelings of worry and stress. And it's a cycle you can enter at any point."



"Depression, anxiety and stress can all negatively impact on sleep, and poor sleep is associated with lots of mental health conditions. In fact, in some cases, it's argued that poor sleep can cause mental health problems and there aren't many that don't go hand in hand with poor sleep, certainly anxiety and depression do."

You have to value sleep and give yourself the best chance



### Sleep and life's challenges

Many of life's challenges, such as loneliness, can have a negative impact on our mental health. "Throw poor sleep on top of them," says Mike, "and it just makes things that much harder."

"Loneliness is associated with mental health challenges, and it's also associated with poor sleep. Then there are other challenges such as the current cost of living crisis. It's a huge worry for so many people and can lead to a cycle of poor sleep and anxiety. Even good life changes, such as getting married or going to university – big, positive steps in life – are potential challenges to mental health and to sleep."

"Some people's coping mechanism for challenges to their mental health, as well as for poor sleep, can be through drinking more, smoking more, taking drugs – which can be argued are not only unhelpful coping mechanisms but a precursor to mental health conditions, and only exacerbate poor sleep."

# DID YOU KNOW?



- Lack of sleep can affect mental health, but mental health problems can also affect how well you sleep.
- The brain uses sleep to 'wash away' the waste toxins that build up as we think during the day.
- Keeping a regular sleep-wake pattern allows the natural rhythm of the body to be reset every day and optimise brain functioning.
- Sleep has an important restorative function in 'recharging' the brain at the end of each day.
- Four in five long term poor sleepers suffer from low mood and are seven times more likely to feel helpless and five times more likely to feel alone. (The Great British Sleep Survey 2012, <https://www.sleepio.com/2012report/>)

## What can be done?

When people ask how they might improve their physical health or wellbeing, we might well suggest they take more exercise, improve their diet, or spend less time looking at social media, but good sleep habits are key too. "I think it's as important to give advice on good sleep as on exercise or mental health," Mike says. "However, there's no magic answer, sleep is very individual. If there are things that work for you, celebrate them."

Mike has shared his top tips on how to give yourself the best chance of a good night's sleep (see opposite) but emphasises the importance of trying them for several days to give them the best chance of success.

## Jet lag and shift work

If you are a shift worker, or travel across time zones, there are additional challenges

when it comes to sleeping. This is often because you are trying to sleep at times when your body clock is primed for you to be alert, or awake at times when you would naturally be asleep. It takes longer than you might think for your body clock to adapt to a new time zone, resulting in jetlag following travel and 'shiftlag' for shiftworkers.

Mike's advice is: "If you are worried about having to wake up, and think you'll sleep through your alarm clock, you could consider simply setting two alarms."

## The role of the workplace

In a survey on sleep conducted by the Clinical Sleep Research Unit at Loughborough University in 2019 for bed retailer Dreams, 69 percent of Dreams employees said they would never address sleep problems with their superiors. At the same time, three in four said they were experiencing consistent periods of poor sleep. That would suggest that, at least in some workplaces, there is a stigma associated with talking about sleep, even if employees are concerned that how they are sleeping is affecting their work.

Mike urges employers to take sleep as seriously as any other aspect of their employees' health. He says: "We need to talk about sleep, understand the impact poor sleep is having in the workplace and start raising awareness. We need to tackle the stigma in the same way as we're already tackling the stigma of mental health. If an organisation takes the health and wellbeing of its employees seriously, and recognises that sleep is important, it needs to



provide support and understanding – which could be signposting to further sources of support or simply providing a listening ear.”

### Making good sleep a priority

It's great to know all the tips to improve sleep but are you motivated to do so? For Mike, this is fundamentally important. You need to have the motivation, you need to make plans for how to do it, and you need to have people to talk to about it, whether that's work colleagues or people in your home life.

Mike says: “There's one thing having a list of things you should do, but unless you prioritise your sleep, unless you really want it, your chances of getting a good night's sleep are diminished. If you want to stay up late, watch a thriller, keep up with your mates on social media, and still expect to get a good eight hours' sleep, good luck! You can't have it all. It's the 'can't have your cake and eat it' principle. Sleep is important and natural, but you have to value it and give yourself the best chance of it.”

He suggests that you could start by asking yourself how you feel and what your mood is like at the moment. Then adopt some new behaviours that might help with sleeping better, for example, going to bed at the same time every night. Share your plan with friends and other people you love and track your progress; notice whether you feel better. If you find that it works, celebrate it and know that you are providing yourself with a good buffer against mental health conditions. That, in itself, is the reward and the motivation.

## SOURCES OF HELP

If you are struggling with sleep and it's affecting your health, your wellbeing or your work performance, the best advice is to see your GP.

Other sources of support include:

[nhs.uk/every-mind-matters/  
mental-health-issues/sleep](https://nhs.uk/every-mind-matters/mental-health-issues/sleep)

[charliewaller.org/what-we-offer/workplace](https://charliewaller.org/what-we-offer/workplace)

[thesleepcharity.org.uk](https://thesleepcharity.org.uk)

## TOP TIPS

### for improving your sleep

- 1 Make sure your bedroom is cool (a couple of degrees cooler than other rooms).
- 2 Try not to do 'non-sleep' activities in your bedroom, like watching TV or reading. Associate your bedroom with sleep.
- 3 Reduce your screentime, including looking at social media, in the hour before bedtime.
- 4 Where possible, try to go to bed and get up at the same time every day, even at weekends.
- 5 Caffeine can take more than five hours to get out of your body, so avoid it later in the day.
- 6 Seek light in the morning to cement your body clock.
- 7 Exercise is good for sleep, as well as for physical and mental health, but not too close to bedtime.

### References and further reading

<https://www.sleepfoundation.org/mental-health/depression-and-sleep#:~:text=The%20link%20between%20sleep%20and%20mood%20has%20been,17%20times%20as%20likely%20to%20have%20clinical%20anxiety.>

Dreams, Loughborough University: Ending sleep stigma in the workplace. Helping Britain's population sleep better, 2019

Why We Sleep, Matthew Walker, Penguin 2017

Self-help tips to fight tiredness, [nhs.uk/live-well/sleep-and-tiredness/self-help-tips-to-fight-fatigue/](https://nhs.uk/live-well/sleep-and-tiredness/self-help-tips-to-fight-fatigue/)

Life Time: The New Science of the Body Clock, Russell Foster, Penguin, 2022

# FUNDRAISING HIGHLIGHTS

THANK YOU  
TO ALL OUR  
SUPPORTERS

I continue to be bowled over by the fantastic support we receive from so many passionate and committed individuals, companies and organisations, right across the UK. We are extremely grateful to everyone that supports the charity and helps us to raise the funds we need to deliver our life-changing services.

There have been many highlights over the past few months, several of which are featured in the following pages. One standout event was the wonderful Boo's Ball in May, which raised a staggering £174,000 (see page 19), which will allow us to progress our work in East Anglia.

We have a busy calendar of events coming up before the end of the year, including an evening of Mozart at the magnificent Cadogan Hall on 2 November (see page 30), and our annual carol services at Bradfield College on 6 Dec and St Luke's Church, Chelsea, on 12 December (see page 30). We hope you can join us at one, or more, of these events.

A huge thank you for your ongoing support.

**NICK APPLEBY**  
HEAD OF  
FUNDRAISING



Sedlak Virtuosi

## MUSICAL MOMENTS

### Kinsky Trio

The internationally renowned Kinsky Trio returned to Gray's Inn Hall in May to delight us once more with their extraordinary virtuosic playing – this time treating us to an exuberant programme of piano trios by Beethoven, Mendelssohn and the more modern Czech composer Vítězslav Novák.

Beethoven's joyful and vivacious Trio in C Minor op 1 No 3 was followed by Novák's turbulent and dramatic Trio No 2, a single movement balladic work calling for considerable sustained energy from the players, as did the more familiar and rousing Trio No 2 in C Minor by Mendelssohn.

Once again, the audience was spellbound by the Kinsky Trio's superb music-making. It was a privilege to hear these richly textured pieces so stylishly performed in the well-matched acoustics of the Hall: chamber music at its most attractive and compelling.

### PETER BIRTS QC

*The Kinsky concert raised almost £40,000*

### Sedlak Virtuosi

There is nothing so inspirational as seeing others your own age play and we were privileged and delighted to welcome the Sedlak Virtuosi to Elstree School. This is a family string quartet – the father and son play the cello, and the mother and daughter the violin. It is without doubt the most high-level music I have heard performed in my time at Elstree.

They arrived at midday and, after sampling Elstree's wonderful fish and chips, headed to the Long Room where they gave a masterclass to four of our top string players.

The evening concert programme was a marvellous mix of duets, trios and quartets and, as one of our music scholars noted, each member of the quartet was clearly a soloist in their own right but they were obviously playing for each other. The family's choice of familiar, old and

modern music (including some from their beloved Czech heritage, Dvorak and Martinu) was a delight and the encore was completely jaw-dropping: after teasing us that they had "forgotten their bows" they played a fast and exciting pizzicato piece ending with the quietest pianissimo I have ever heard – utter magic!

We hope the rest of their tour went well and that they will make a return visit to England. Meanwhile they have left a memory that will remain long in our hearts.

#### MARY WESTLEY, HEAD OF MUSIC, ELSTREE SCHOOL.

*The Sedlak Virtuosi concert raised more than £3,000*

## TIME FOR TEA

### Chat for Charlie Waller

The theme for this year's Mental Health Awareness Week (9 – 15 May) was loneliness – which can be very detrimental to our mental health – so we invited our supporters to host a coffee break with friends, family or colleagues and Chat for Charlie Waller.



Companies taking part included Michelmores and BOWAK, who are supporting us throughout this year, as well as students from the University of St Andrews and the Trust's own office team. Natalie Norris, Events and Community Fundraising Manager, said: "We all enjoyed taking a little time out of our busy working day to have some cake and a good natter to boost our wellbeing."

### Charlie Waller's teatime

A group of first year students at Oxford Brookes University ran an online coffee morning, to open up the conversation around depression and share stories of how people had overcome their struggles. They raised £125.

### And picnics too

Locals enjoyed a picnic organised by All Saints church, Putney, and half the donations were given to the Trust. Meanwhile, families had a lot of fun at a picnic held at Bucklebury Farm Park, Berkshire, featuring a 'guess the name of the teddy bear' competition.

## Stansted Airport College mental health day

Students at the specialist aviation college raised £400 at a mental health day, with cake, smoothie and pamper stalls. They wanted to create a space for students to relax, clear their minds and focus on mental health.

## PARTY WITH PURPOSE

### Neon Disco

After a hiatus due to the pandemic, this much-loved annual event returned to the grounds of Englefield House, by kind permission of Lord and Lady Benyon. Around 270 children from years 7 and 8 enjoyed a colourful disco, helping raise a fabulous £14,000. One parent said: "...a huge thank you for the Neon Disco. It was superbly organised and so much fun judging by all the chat in my car on the way home! I am so pleased it raised such a large amount for such a very important cause. Many thanks to the Neon Disco committee."



### Flackstock Festival

We were thrilled to be a part of this wonderful event in July celebrating the life of Caroline Flack and shining a light on mental health. Alongside a stellar line up of musicians and comedians (from Natalie Imbruglia to Keith Lemon), our own mental health trainer Lisa Thomson and speaker Haleem Clift presented a session in the mindfulness tent.

One festival goer who spent time speaking to Martha Pipkin, the Trust's Resources and Volunteer Officer, said: "I met you on Monday at Flackstock. What a wonderful website you have with so much material and resources. I have been telling everyone about you. So pleased to have found you as [it was] exactly what I needed."



Continues p26

## SPORTING LIFE!

### Ripon race evening



The ever-popular Ripon Race Night, postponed twice because of the global pandemic, returned in style on the most beautiful of June evenings this year. One hundred enthusiastic racegoers and Charlie Waller Trust supporters enjoyed a fabulous evening of racing, a champagne reception, a three-course dinner with wine and a tremendous auction, with auctioneer Mark "Durds" Durden-Smith in imperious form.

The evening kicked off in style with the Charlie Waller Trust Maiden Fillies Stakes, a five furlong sprint, won by California Gem, trained by George Boughey at Newmarket. The starting price was 5-1. The trophy was presented to the winner by Rick and Katie Waller, who had earlier judged Alexa's Princess as the best turned-out horse.

Following a delicious dinner with wine, provided at wonderfully low prices by Firth & Co Wine Merchants, Trust chairman Rick Waller gave a very moving speech, talking about his memories of his elder brother Charlie and about the vitally important work of the Trust in raising awareness of mental health issues. Rick's speech was a telling reminder to everyone of the importance of recognising the symptoms of depression and other mental health problems and of the vital importance of treating them swiftly, sensitively and effectively.

The speech was the perfect prelude to the centrepiece of the evening, the auction. This time the combination of a stellar performance by auctioneer Durds and some superb prizes meant that we smashed all previous Ripon Race Night records, raising an astonishing £27,825 from the auction alone. Durds' comic timing, coupled with his unerring eye for a famous lookalike in the hapless audience, had us all in stitches.

All in all, this was a wonderful evening. I'd like to say a massive thank you to James and Jane Hutchinson of Ripon Racecourse, who are always so supportive; to Gordon Black, Laura Wallace and Alison Archer, who worked tirelessly behind the scenes; to everyone who donated auction prizes, including celebrities Mary Nightingale and Alexander Armstrong; to corporate sponsors Knight Frank, Endless, Clarions and Ravenscroft; and above all to Rick and Durds, who made this an evening to remember – and cherish – for a long, long time.

#### ROBERT BEAUMONT (CHARLIE'S UNCLE)

*The Ripon Race Evening raised around £41,000 in total*

### Swallowfield golf day

A big thank you to the Swallowfield Club CIC for supporting the Trust through their annual golf day at Woburn in May. The golf day was a fantastic success, with 24 teams competing for the top prize, and raising over £30,000 in the process. Further fundraising, in the form of fundraising lunches and a big raffle, are planned for the rest of the year.

### 24th Charlie Waller Texas Scramble

Huge thanks to Sara Fox and all who organised the 2022 Texas Scramble at Badgemore Park Golf Club, Henley-on-Thames, and those who donated raffle and auction prizes; the event raised an impressive £19,000.

Christian Meredith, from the Field Seymour Parkes winning team, said: "Thank you again to the Charlie Waller Trust for putting on a fantastic golf day. The team always thoroughly enjoys the event and after a fair few attempts, we were delighted to win a couple of prizes this year! The Trust raises awareness for a great cause and we hope to support the event long into the future."

### Bradfield Cricket Tournament

Another key event in the Trust's calendar is the cricket tournament at Bradfield College, Berkshire. Competitors and spectators enjoyed Pimms, ice cream and afternoon tea on a very hot July day, raising over £5,500. Among the many spectators were Charlie's parents, Sir Mark and Lady (Rachel) Waller, and his brothers, Phil and Rick.

Captain of the winning team, Chris Walsh, said: "On another brilliantly organised

and roastingly hot day of CWT Cricket, the Yellowhammers (with an average age of c.45) defied the odds and turned back the years to somehow prevail through three tightly contested matches. It was, as ever, a hugely enjoyable day with cricket played in the right spirit and lots of money raised. We much look forward to defending our title next year!"

Thank you to Rick Waller, the fundraising committee, Lizzie Orange and all involved in organising the event.



The cake competition is a key part of the cricket tournament

### UCL T10 cricket match

Enormous thanks to students at University College London, who held a T10 cricket match in Regents Park, with teams coming from the sports clubs within the university. They chose to support the Trust because of our work with young people at university and raised £785.



UTL Cricket

## MIGHTY CHALLENGES

### Marathon des Sables

No wonder this is known as 'the toughest footrace on Earth': over six days, runners cover 156 miles in the Sahara Desert in Southern Morocco. Not tough enough, however, to put off two amazing women, Kate White and Kerri Beaumont.

Kate chose to raise money for the Trust after hearing Dick Moore, one of our speakers, give a talk at her sons' school. She was moved by the way he drew on his own story, the tragic loss of his son Barney, to highlight the importance of mental health in young people. Kerri had experienced a rather different but traumatic event and took on the challenge to help 'heal my heart,

body and soul'. She also chose to raise money for the Trust because of the support it provides to young people. Although Kerri had to pull out due to an injury she still raised £3,254, and Kate raised £4,739.

### Paris Marathon

Tomasz Rosinski completed his first marathon, in Paris, on a particularly cold day and raised a heartwarming £450. Tomasz has two teenage children and said he chose Charlie Waller because he couldn't imagine how hard it must be for the parents we work with whose children are struggling.



### London Landmarks Half Marathon

Louise Webb took up running at the start of the pandemic, "finding it was the one thing I could control during such unpredictable times." However, it was her husband, she says, who "casually dropped into conversation that he'd entered my name in the London Landmarks' ballot; I didn't give it a second thought until I received an email congratulating me on gaining a place!"

Louise is a primary school teacher and, having seen the effects of the pandemic on children's mental health, decided to run for Charlie Waller, raising a marvellous £1,111.

### Bristol University Fight Night



Izzy 'Lionheart' Huber entered the boxing ring in the Bristol University Fight Night and raised an incredible £1,359 for the Trust. On her fundraising page, she says: "After just over two months of intense training, I will enter the ring to face my opponent. This battle is nothing in comparison

to what many face with regards to mental health difficulties. Even if I win or lose that night, let's raise our fists for the more important fight – preventing suicide."

## Bedfordshire triathlon



Lara Monro, whose mum, Tricia, used to work for the Trust, completed the Bedfordshire Triathlon in 3.5 hours and raised £1,457. She said: "Nearly losing my brother from a suicide attempt as a result of his battle with mental illness and watching my father's mental health deteriorate over the

last two decades from depression were big factors in why I took part in this triathlon.

"That, and the importance I place on exercise for my own mental stability. Knowing that charities like the Charlie Waller Trust are out there gives me hope that people have the opportunity to seek help and be supported when bravely facing their feelings of sadness, confusion or despair."

## The 'Black Dog' Canitrail

Mental health trainer Andy Caress organised the first 'Black Dog' canitrail and trail run in 2019 in aid of Charlie Waller.

The 'black dog' has long been a way of describing depression and the idea behind the canitrail is that people come together to 'beat' the black dog, chasing down a runner and their black canine companion. This year, 50 trail-runners and canicrossers (as they are called) took part, following trails in the beautiful Ogmores Valley. The event raised £1,161.



## North Channel swim

Miles Worling lost his brother to suicide last year and chose to swim the North Channel, from Northern Ireland to Scotland, in his memory. Unfortunately, Miles had to be pulled from the water after 20km due to the number of jellyfish stings he sustained. Despite this painful setback, he raised nearly £1,000 through his JustGiving page and £2,300 through the corporate fundraising page of the company he works for. Well done, Miles!

## Road cycling trip through the Alps

Ken Burke completed a 650km cycle ride, climbing over 20,000 metres in six days through the French Alps. Ken, whose daughter Sabita is the Trust's Communications Officer, said: "As a GP, I've seen first-hand the mental health pandemic that is becoming the worst it has ever been. This is especially the case for young people. Services are desperate and the work being done by charities like the Charlie Waller Trust makes an enormous difference in helping parents, teachers and employers support young people who are struggling."



## ...AND GENTLER PURSUITS

### Art auction

Charlie's brother and CWT trustee, Phil Waller, organised an online art auction hosted by Belgravia Gallery. The impressive range of artworks were generously donated by artists from around the world. The auction raised over £9,000. Huge thanks to Phil Waller, Laura Walford and all involved in organising this event.

### Bridge masterclass

Andrew Robson OBE, England's best known bridge teacher, ran a masterclass for the Trust in February and bridge fans were delighted when he held a similar masterclass in Norfolk in March. The event raised a wonderful £1,500. Together with the proceeds from Boo's Ball (see page 19) this will help us expand our work in Norfolk and the surrounding area.

### Modelling mental health awareness

Mental health trainer Debbie Spens helped out at Abingdon and Witney College during a week of fundraising that coincided with Mental Health Awareness Week in May. As well as putting up posters, the organisers placed mannequins in Charlie Waller T-shirts around the campus, and students attending a conference received goody bags that included information about the Trust. The students raised £1,308.



Walking can really boost your mental wellbeing – and now you can raise money for Charlie Waller at the same time!

## **Monday 10 October is World Mental Health Day.**

Challenge yourself to walk 10k on the day or over the previous weekend – 8/9 October.

It's free to enter. We ask that you try to raise £25 per person, to mark the 25<sup>th</sup> year of the Charlie Waller Trust.

So why not have fun choosing your route and step out with friends, family, colleagues or your four-legged pal? You'll be helping us continue to offer crucial advice, training and resources on mental health for young people.

Sign up online and get our new digital **Charlie Waller fundraising pack** packed with tips and ideas.

Happy walking!

[charliewaller.org/our-events/walk-for-wellbeing-2022](https://charliewaller.org/our-events/walk-for-wellbeing-2022)

# WHAT'S ON

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

## 2022

**Sat 24 September**  
**INFLATABLE 5K**

Bournemouth

Take part in the world's largest and best Inflatable 5k with 32 gigantic obstacles over the distance and five pumping music zones to motivate you!

**Sun 2 October**  
**VIRTUAL TCS LONDON MARATHON**

Join #TeamCharlieWaller to become one of 50,000 people taking part in the 2022 TCS Virtual London Marathon.

Our nine places for the main London Marathon have been filled and we wish all our runners the best of luck.

**31 October – 6 November**  
**TRIBAL TRACKS SAHARA CHALLENGE**

This 100km trek across the dunes of the Moroccan part of the Sahara Desert is now sold out but we hope all the participants enjoy what's sure to be an amazing adventure!

**8 – 10 October**  
**WALK FOR WELLBEING**

Across the UK

Challenge yourself to complete a 10k walk over the weekend or on 10 October, World Mental Health Day. Take part with friends, family, colleagues or your four-legged friends.

**Sun 16 October**  
**OXFORD HALF MARATHON**

Take part in this fast and flat half marathon which takes runners through the beautiful and winding streets of Oxford.

**Wed 2 November**  
**MOZART - REQUIEM**

Cadogan Hall, London

A wonderful evening of Mozart performed at the prestigious Cadogan Hall in Chelsea under the baton of Charlie Grace.

**Weds 9 November**  
**CHASE THE MOON 10K**

Queen Elizabeth Olympic Park, London

Race around the inspiring grounds of London 2012's Olympic Park. Starting at 7pm, you can choose to run either a quick 5k or take on the full 10k.

**Tues 6 December**  
**BRADFIELD CAROL SERVICE**  
Bradfield College Chapel, Berkshire

A candlelit carol service with local celebrity readers.

**Mon 12 December**  
**LONDON CAROL SERVICE**

St Luke's, Chelsea

Our flagship festive event with candlelit carols and celebrity readers.

**Sun 18 December**  
**WIMBLEDON CHRISTMAS 10K**

Wimbledon Common, London

Spread the Christmas spirit by running 10k around the beautiful Wimbledon Common.

## 2023

**1 – 28 February**  
**FIT FOR FEB FOR SCHOOLS**

Back for 2023, it's a fantastic opportunity for schools to take on one of our 28 activities and boost their mental health while raising vital funds.

**Sat 5 March**  
**CAMBRIDGE HALF MARATHON**

Once again, we're thrilled to be a charity partner for this popular running event and have 50 places to fill.

**Sat 11 March**  
**CHRISTOPHER BURROWS PIANO RECITAL**

Englefield House, Berkshire

Beautiful music in elegant surroundings.

**Sun 2 April**  
**PARIS MARATHON**

Take part in the Schneider Electric Marathon de Paris, starting at the foot of the Arc de Triomphe and finishing with views of Notre Dame and the Eiffel Tower to guide you home.

**Sun 2 April**  
**BRIGHTON MARATHON**

One of the UK's favourite marathons with the stunning backdrop of the sea in one of the country's most vibrant cities. It's renowned for its buzzing atmosphere and exuberant crowd support.

**Sun 2 April**  
**LONDON LANDMARKS HALF MARATHON**

Explore the capital in a closed road race which goes through the City of London and City of Westminster.

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

01635 869754  
hello@charliewaller.org

**Sun 2 April****READING HALF MARATHON**

Taking in the highlights of Reading, this race finishes in the impressive Select Car Leasing Stadium, home of Reading Football Club.

**8-14 May****CHAT FOR CHARLIE WALLER**

Chat for Charlie Waller will be back for 2023 and taking place during mental health awareness week.

**Sun 28 May****EDINBURGH MARATHON**

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

**STOP PRESS!**

In addition to all these listed activities, as we go to press, two very different but equally exciting events were due to take place:

**15 September** Jam Sandwich performing contemporary rock at the Clapham Grand, London, followed by a massive after-party.

**18 September** fun Lacrosse Tournament at St Helen and St Katharine School, Abingdon.

We'll let you know how they go!

**FIND THE CHALLENGE FOR YOU!**

We have partnered with Run for Charity, which gives us access to over 500 runs and challenge events across the UK, and some abroad too. We've listed some of the key events on these pages but if you're looking for something different or an event more local to you, take a look on our website at: [charliewaller.org/our-events/find-the-challenge-for-you](http://charliewaller.org/our-events/find-the-challenge-for-you)

**MOZART – REQUIEM**

IN AID OF THE CHARLIE WALLER TRUST

**Wednesday 2 November 2022, 7.30pm**

Cadogan Hall, 5 Sloane Terrace, London SW1X 9DQ

**PERFORMERS**

Carolyn Sampson Soprano  
Helen Charlston Mezzo-soprano  
Nick Pritchard Tenor  
William Townend Baritone  
Vox Cordis choir  
Aurum Vocale Instrumental Collective  
Conducted by Charlie Grace

**PROGRAMME**

Mozart Ave Verum Corpus  
Mozart Solemn Vespers  
Mozart Requiem

**TICKET PRICES**

£20, £30, £35. Transaction fees apply.

Box Office: 020 7730 4500

Or buy tickets online:

[charliewaller.org/our-events/mozart-requiem](http://charliewaller.org/our-events/mozart-requiem)



CADOGAN HALL

# LOOKING FOR HELP?

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

## **SAMARITANS** 116 123

For confidential emotional support 24/7  
[jo@samaritans.org](mailto: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](http://babcp.com)

For a register of accredited therapists

## **BACP** [bacp.co.uk](http://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** [studentsagainstdespression.org](http://studentsagainstdespression.org)

For information and self-help material

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

All details correct at time of going to press.

## **Who's who**

### **Presidents**

The Rt Hon. Sir Mark Waller  
Lady Waller

### **Trustees**

Richard Waller QC  
(Chairman)

Robin Booth  
(Hon. Treasurer)

Dr Nick Broughton  
(Consultant Psychiatrist)

Donna Colbourne

Michael Cole-Fontayn

William de Laszlo

Mark Durden-Smith

Dr Mina Fazel  
(Research Fellow &  
Consultant Child  
Psychiatrist)

Julian Hay  
Charles Lytle  
James Murray  
Katie Tait  
Philip Waller  
Iain Weatherby

### **Board Advisers**

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Lord Crisp KCB  
Lord Layard  
Dr Denise Meyer  
Professor Andrew Reeves  
Professor Suzanna Rose  
Sir Anthony Seldon  
Professor Roz Shafran  
Professor Sir Simon Wessely

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Gordon Black CBE  
Louise Black  
The Hon. Mrs de Laszlo  
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Professor Steven Hollon  
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Sue Shenkman  
Phoebe Waller-Bridge  
Anthony West  
Michael Whitfield

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**Head of Fundraising**  
Nick Appleby

**Head of Communications**  
Rebecca Miles

**Schools & Families**  
**Programme Director**  
Sarah Ashworth

**Workplace Programme**  
**Director**  
Abigail Hirshman

**Colleges & Universities**  
**Programme Director**  
John Cowley

**Finance & Operations**  
**Manager**  
Carrie Green

**Content & Story Manager**  
Tracey Gurr

**Programme Manager**  
(Parent/Carer Peer Support)  
Annabelle Easton

**Graphic Designer**  
Amy Martin

**Events & Fundraising Officer**  
Debs Burles

**Volunteer & Resources Officer**  
Martha Pipkin

**Events & Community**  
**Fundraising Manager**  
Natalie Norris

**Programme Officer**  
(Parent/Carer Peer Support)  
Martha Lee-Harris

**Finance and Delivery**  
**Support Assistant**  
Kirsty Smith

**Digital Development Officer**  
Daniel Coogan

**Communications Officer**  
Sabita Burke

**Fundraising Assistant**  
Natasha Austen

**Office Assistant**  
Kerryon Cyfka

**Trusts & Foundations**  
**Fundraising Officer**  
Angela Cunningham

**Individual Giving**  
**Fundraising Officer**  
Rachael Coombs

**Executive Assistant to CEO**  
Mandy Dooley

### **The Charlie Waller Trust**

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

The Charlie Waller Trust is a registered charity in England and Wales 1109984.  
A company limited by guarantee. Registered company in England and Wales 5447902.  
Registered address: as above.

The logo for Charlie Waller, featuring the name 'Charlie Waller' in a blue, sans-serif font. The 'C' in 'Charlie' is stylized with a speech bubble shape inside it. The 'W' in 'Waller' is also stylized with a speech bubble shape inside it.

[charliewaller.org](http://charliewaller.org)

0017 / 09.2022