

CWMT News

Issue 35
April 2017

The newsletter of the Charlie Waller Memorial Trust

The **active** issue

Exercise and mental health

Dr Tim Carter on how physical activity can boost your mood



Resilience conference

One school uses sport to talk about positive thinking

Two take on the Channel

A record-breaking father and son swim

Wild swimming

Dr Steve Pearce reviews 'Dip' by Andrew Fusek Peters

Another great welly ball?

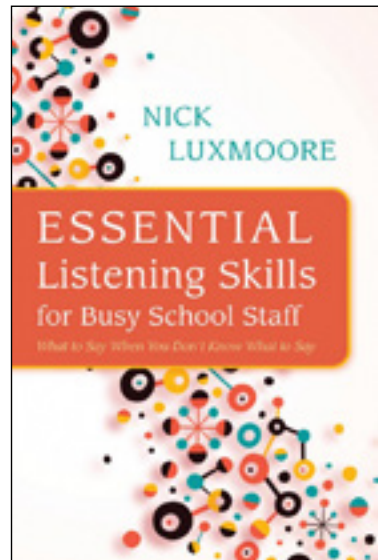
You bet your boots!



CWMT 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 can receive a book which promotes understanding of mental health, and accompanying resources.



What people say about the book club:

"We're really struggling with these issues – the book club will be a lifeline."

"These books are a wonderful resource and therapeutic aid. Thank you."

"These resources will enhance the support of our most vulnerable children."

For more information or to sign up, visit www.cwmt.org.uk/bookclub

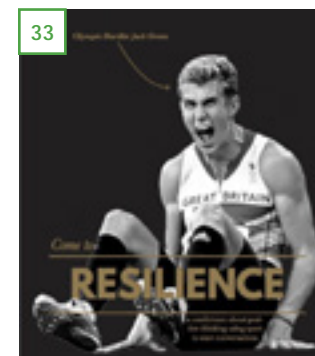
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Letter from the Chairman



Dear Supporters,

Mental health is high on the news agenda: the Times Campaign, the Royals starting their charity and Theresa May's

speech – all have contributed. But the result is that what CWMT has been doing – going into schools, universities and the workplace – is now sought after rather than CWMT having to press to be let in.

This makes it important that our fundraising efforts expand. The efforts in 2016 were amazing and raised over £1 million. But we are spending as fast as we are raising funds. To our fundraising committee and all the individuals who perform astonishing feats to raise money we are grateful and we just hope that the upward trend will continue.

We have a strong connection with the City Mental Health Alliance who persuaded the very distinguished Prof. Martin Seligman to come and give a talk in January. He made things sound very simple: "High wellbeing is a buffer against stress". Wellbeing can be seen as comprising five elements: Positive emotion, Engagement, Relationships, Meaning, Accomplishment (PERMA). Each is measurable and each is teachable. Happiness is at least 50 per cent inherited – "you can't turn

a curmudgeon into a cheerleader" – but you can build wellbeing based on PERMA. In addition he advised everyone to think each night of three happy things that occurred during the day and you will not only sleep well but become a happier person – research, he said, had proved it.

One final piece of news: sadly, Bronwen Sutton retires in March. She has been secretary of CWMT for ten years and a wonderful supporter of the Trust, witnessing its expansion under her watch. She will be much missed and hopefully still available as a source of 'Trust memory' for many years to come.

Mark Waller



We say *au revoir* to Bronwen but not goodbye!

Report from the Treasurer



The unaudited Trustees' Report and Financial Statements show that 2016 was an exceptionally good year, with both income and charitable

expenditure well up on 2015.

For the first time, charitable expenditure exceeded £1 million. There were big increases in the schools and universities and students programmes. An important new development was a project with Health Education England (HEE) to develop the capacity of school staff to provide effective early intervention and support for young people with mental health issues. In addition the Trustees agreed to sponsor the Chair in Evidence-Based Psychological Treatment at the Charlie Waller Institute from 2017 to 2021; the whole £250,000 commitment being recognised in 2016. During the year we moved to larger offices and recruited additional staff to assist with fundraising and the HEE contract.

None of this would have been possible without the hugely generous support we receive. Gross income also exceeded £1 million for the first time, a significant landmark. Our own fundraising events were extremely well supported and there was a substantial increase in funds raised for us by other people. The largest such event, the Yorkshire Ball, raised the tremendous sum of £231,000 (net) enabling us to increase our work in the north of

England. Income was also boosted by the £175,000 HEE contract, a large part of which was credited in 2016 in line with expenditure incurred. The Trustees are extremely grateful to everyone who contributed to this success by attending our events, organising their own, often physically demanding, fundraising challenges or giving so generously.

Our investment portfolio performed well and net investment gains contributed to a very satisfactory overall outcome.

The 2017 budget approved by the Trustees recognises that income is unlikely to reach last year's exceptional level. Although the income assumptions are fairly prudent they are challenging for a charity almost entirely dependent on the goodwill of others. Notwithstanding this and disregarding the Charlie Waller Institute commitment in 2016, a further increase in charitable expenditure is planned. This will be monitored closely and commitments will be sufficiently short-term to allow them to be scaled back, if necessary.

The audited Report and Financial Statements will be approved by the Trustees and filed with the Charity Commission by the end of May. Further details will be given in the next Newsletter but if you would like a copy please contact the Trust's office or email admin@cwmt.org.

Robin Booth FCA

News and project updates

“Thank you so much – all your resources are empowering, educational and inspiring.”



I know everyone who reads this will share the Trust's passion for making positive improvements for those affected by depression and

related mental health problems. I'm very pleased to say we've had our best ever year for raising funds, matched by an increase in charitable spending: you can read about some of the very real benefits of this in what follows.

However, depression and anxiety continue to rise amongst young people and I cannot stress enough how important it is that CWMT continues its work, often in partnership with other charities, the government and bodies responsible for delivering health, education and care. Thank you for your continued support – it really does make a difference.

Clare Stafford
Chief Executive

Welcoming new staff

We recently welcomed two new staff members:

Teresa Day will deliver training in Somerset, Wiltshire and surrounding areas. She will also support Pooky Knightsmith, our Children, Young People and Schools Director, and our CEO

Clare Stafford, and lead on digital resources for schools. Teresa comes to us from a public health role in Somerset and her recent career has involved raising awareness of mental health for schools and young people. She is passionate about promoting the voice of young people and using creative arts and nature to improve wellbeing. Teresa is dual trained as a registered general nurse and registered mental nurse, with a Master's degree in Nursing.

Jonathan Prince is our new Fundraising and Office Assistant. Jon left Bradfield College, Berkshire, in 2004 and graduated from Loughborough University with a BSc in Economics. This led to a graduate finance role followed by working in fundraising back at Bradfield. He



Barn owl *Portia* is part of Teresa's conservation work.

then returned to finance in a more IT-focused role before deciding to change tack completely. In 2014 Jon began studying for an MSc in Psychology at Oxford Brookes University which he completed in 2016. He is eventually looking to pursue a career in counselling and currently volunteers as a listener at the Samaritans.



Information Day

The keynote speaker at our Information Day in November was Jonny Benjamin MBE, an award-winning mental health campaigner, public speaker, film producer, writer and vlogger. Jonny spoke movingly of his experience of mental ill health and how a stranger on a bridge had helped him. (The film 'Stranger on the Bridge' tells the story of how Jonny is reunited with the stranger who stopped him taking his own life in 2008). We're delighted Jonny has now joined the CWMT team as a conference speaker.



Positive in universities

Dr Brian Marien and Positive have begun a partnership with the Universities of Reading and Oxford and CWMT. The 'Positive Minds' programme gives students tools to manage pressure and build their psychological resilience. The programme's objective is to support students' transition from school to university; it also aims to help them manage the pressures of university life and develop the skills needed to thrive in today's workplace, using evidence-based cognitive and behavioural techniques.



Wellbeing action plan

Our new 'Wellbeing action plan' for children and young people has proved extremely popular – as we went to press we had sent out 9,132 copies to schools and other organisations all over the UK – since 8 February! In simple booklet form, the free action plan is based on a well-tested model called 'Wellness Recovery Action Planning' and is designed to help young people reflect on how they can best look after their wellbeing. It was co-created with advice and suggestions from young people and is easy to use.

A new treatment for adolescents

For adolescents who are depressed but who fall below the threshold for specialist NHS services, there is often little support available. To help address this, the Charlie Waller Institute (CWI) has begun a new programme for schools based on 'behavioural activation' – the idea that spending more time doing things you value and enjoy is a very effective way of improving mood.

Early results are promising. CWI Director, Professor Shirley Reynolds,

says, "We start with what's important to the young person and from there try to build their confidence and ability to take action. For instance, we know exercise is an excellent way to overcome depression but when a young person feels depressed it's hard to find the motivation to do anything. The new intervention we're testing will help young people get from A to B. Once they begin to do more of the activities that will help their mental health and which they enjoy, this can build into recovery and an enjoyable life once again".

In brief

CWMT takes chair of mental health coalition

Dr Pooky Knightsmith became Chair of the Children and Young People's Mental Health Coalition on behalf of CWMT in 2016, putting us in a position to influence and work more effectively with others in the sector. You can read a profile of Pooky in our next edition.



New CWMT video

Trust Patron Alexander Armstrong introduces a new video to promote the Trust's work. Featuring our trainers at work with young people, the video can be viewed on our website: www.cwmt.org.uk

Record resource requests

We've had an extraordinary number of requests for our resources in the first few months of 2017. A snapshot: during nine working days in mid-February we sent out an average of over 1,000 mental health booklets and posters a day. Huge thanks to our volunteers who work tirelessly to get everything dispatched.



GPs flock to CWMT workshop

Our primary care lead, Dr Maryanne Freer, together with Professor André Tylee and Dr Sheila Hardy, gave a workshop at the Royal College of General Practitioners (RCGP) conference in October. The topic was anti-depressant prescribing and the role of the primary care team in mental health; despite occupying the 4pm slot on a Friday, the session was packed.

"Awesome speaker, inspirational. Gave practical tools for assessment and treatment. My trainee and I will be working through her toolkit as the basis for our next tutorial."

Workshop participant

CWMT Book Club growing fast

Over 1,000 teachers and other school staff are signed up to our Mental Health Book Club, so they can follow up the Trust's face-to-face and online learning using a carefully selected book. One member told us how she used our first book with a 12-year-old girl she had worked with for over a year whose home life was difficult:

"I've tried many different activities but she has been either unwilling, or unable, to verbalise how she is feeling. Reading 'Not Today Celeste' gave us both 'aha' moments. After reading the book, we decided to write our own story. The story clearly mirrors her own life and has allowed us to talk about all those feelings she may be experiencing when things are not OK".



The next books to be sent to our book club members

Keeping mental health in mind

We're delighted to have released our new e-learning package for university staff. Designed to help all staff develop the confidence to offer a first line of support to students who may have mental health problems, it can be accessed at www.learning.cwmt.org.uk Read more about the e-learning in our profile of Dr Andrew Reeves on page 16.



Getting active



Exercise as a treatment for depression in young people

Depression is affecting an increasing number of adolescents and its impact can be devastating. Can exercise help? Dr Tim Carter, Assistant Professor in Mental Health at the University of Nottingham, has carried out extensive research.

Treatments for depression in young people typically fall into two camps – psychological and pharmacological. The latter is usually reserved for more severe depression and introduced only when the former is not having an impact (NICE [CG28], 2013). However, young people are increasingly being prescribed anti-depressant medications, the side effects of which can be severe. Much of the evidence points towards a combination of psychological and pharmacological treatments being the most effective approach (Cox et al, 2012; March et al, 2004) – not ideal considering these side effects. Is there an alternative to help alleviate depression that could be used alongside psychological therapy and minimise the use of medication, an effective approach with minimal side effects? How about exercise?

Research into exercise and its effects on mental health can be traced back to pioneering work by William Morgan, who found that the fitness levels of psychiatric inpatients were lower than non-hospitalised controls (Morgan 1968). More recently, numerous randomised controlled trials have compared exercise to other treatments and generally, when synthesised, the evidence suggests exercise may be as effective as other forms of treatment (Cooney et al, 2013).

The evidence base for exercise as a treatment for depression in young people is less established, but it is there and is growing. A recent systematic review included all randomised controlled trials that tested exercise as a treatment for depression in young people aged 13-17 years. It found that exercise reduced depression symptoms at a similar rate as other forms of treatment (Carter et al, 2016a). We could take from this that, if exercise is only as good as other treatments, why is it needed? Alternatively, if exercise potentially leads to similar results as other treatments, whilst being free

from adverse side effects and bringing physical health benefits, that argument quickly disappears!

“...exercise for young people with depression leads to a host of positive changes.”

Moreover, it has been shown that exercise for young people with depression leads to a host of positive changes alongside the reduction of the depressive symptoms. A study of young people receiving treatment for depression who also engaged in a six-week exercise class found that exercise led to improved sleep and increased energy levels, improved mood, and increased motivation and confidence to engage in leisure and school activities (Carter et al. 2016b). Importantly, many participants reported that these positive changes were connected. For instance, one young person noticed their sleep improved, so they had more energy the next day. Subsequently they were able to concentrate better at school which led to another successful day. This put them in a good mood so they felt motivated to spend time with their family in the evening. The young person said this cycle continued and stemmed from one good night's sleep.

So what underpins the relationship between exercise and depression? There doesn't seem to be one simple explanation but lots of potential reasons. The first and most popular theory is that exercise leads to the release of endorphins, the body's natural pain relief. This is commonly referred to as 'runner's high' as it produces a feeling of improved mood following a bout of aerobic exercise. A similar explanation is the monoamine hypothesis, which states that exercise results in an increased amount of monoamines (dopamine, norepinephrine, epinephrine, and serotonin) in the brain – chemicals

Exercise and depression – seven top tips



Do what you enjoy

It doesn't seem to matter what type of exercise you do as long as you're physically active.

Do it regularly

Being consistent is important, whatever activity you choose.

Do what you can

Three times a week is ideal, but if that feels like too much, just do what you can.

Don't run on empty!

Stop when you feel you could do again what you've just done.

Go easy on yourself

If you're struggling with depression, you may tire easily – don't worry, that's normal.

Go with the flow

Don't expect your depression to be alleviated straight away. It might take some time, and you may need additional support alongside exercise.

Go for it

Exercise might help in just one area, perhaps your sleep or energy levels, or it may give you an overall sense of achievement. Either way, it will be something to build on – and it may just be the first step to recovery.

Catching the wave

Last autumn, film producer James Salter and his teenage son Harry swam the English Channel to raise funds for CWMT. James talks about the importance of swimming in his life.

I find swimming beneficial in so many ways: it helps me to sleep, to stay positive and to be disciplined, as well as giving me a sense of community and engagement. Often I feel very stressed before I swim if it's during working hours, but the effects are staggering as you get a massive boost of serotonin, particularly if you've pushed yourself.

I'm lucky enough to have an outdoor pool at home but I also enjoy open water swimming – it transports you to another universe. You get a totally different perception of the land, sky, sun from the water, rather like the inverse of what you get from a glider. At a time when social media and technology dominate most people's lives, it gives me the space to reassess what's important in my life and to mix with good friends.



Read about James and Harry's channel swim on page 30.

reduced in those with depression. Interestingly, increasing the availability of serotonin is how most anti-depressants work too. These theories could explain the relationship between exercise and depression but are unlikely to explain it fully. Depression is a multifaceted, complex disorder and so it would seem improbable that occasional boosts in endorphins, and subsequently mood, could lead to change in depression, especially considering that low mood is just one symptom.

There are many theories and ideas to explain the exercise–depression relationship from a psychological and social perspective. The distraction hypothesis (Bahrke and Morgan 1978) suggests that physical activity serves as a distraction from worries and depressing thoughts and therefore diverts attention from rumination and unhelpful thinking. The mastery hypothesis (Greist et al, 1979), suggests that exercise offers a person the means to gain control in an area of their life (Biddle and Mutrie, 2008). The theory of learned helplessness suggests that people with depression tend to feel there is no action they can take to alleviate their problems. This develops over time, from a variety of situations, and leads to individuals feeling they have little control over their lives (Biddle and Mutrie, 2008); when people develop a course of action, follow a plan and meet a desired outcome in the face of challenging circumstances (eg engage in consistent exercise) they are likely to feel a sense of achievement not typically experienced by those with depression. Consistent engagement in exercise can also lead to increased opportunities for social interaction and pleasurable experiences, and re-establishment of routine, all of which are thought helpful in the alleviation of depression. Finally, exercise can lead to

positive changes in sleep and energy levels, and is unique in its ability to do so. Changes in these vital symptoms can have profound knock-on effects to other areas of a young person's life and this is perhaps one of the key ways in which exercise can help lift depression.

Training the angels

International athlete Fay Dellimore told us what exercise means for her.

I have completed over 10 Ironman triathlons and a double Ironman, swum the English Channel, and represented GB at world and European long distance triathlon championships. That's the big picture, but quite honestly, on my worst days it has taken me two or three hours fighting my demons to get me out the door. Once I'm out, either on my bike, running or swimming, it's almost as if the exercise endorphins/angels overpower the depression. I actually visualise the two 'powers' having a battle and over the years I've trained the 'angels' to be stronger.



After training I can think more clearly – more positively – and I'm in a much better place to face the challenge of life. With that in mind I have learnt it's best to do some exercise first thing, every day: consistency is important. If I have a free day I enjoy spending many hours doing relatively steady exercise, and the further I go the more I'm able to see the world through clearer eyes. If I only have 30-60 minutes, I do a short warm up and then high intensity intervals. I find whilst I am pushing myself so hard the physicality overwhelms any mental struggles.

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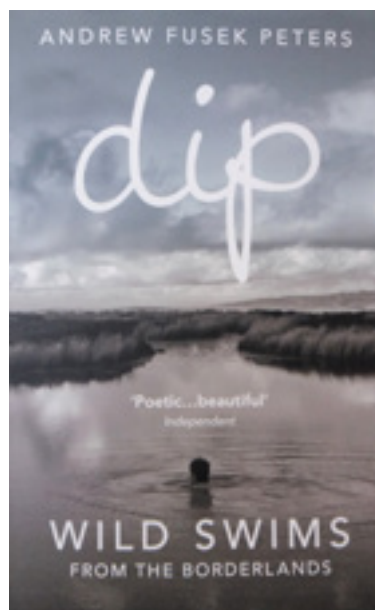
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Drop in the ocean

Dr Steve Pearce, Consultant Psychiatrist at Oxford Health NHS Foundation Trust, reviews 'Dip' by Andrew Fusek Peters.

This is a book about wild swimming, mostly. It is also about depression, loss, nature, and the restorative and healing impact of swimming outside. Andrew Fusek Peters does not just indulge in what has recently been labelled wild swimming – the practice of swimming in rivers, ponds and lakes, and the sea. He does it year round, often without a wetsuit. He also does it for extremely brief periods, sometimes lasting a few seconds in the depths of winter. He describes vividly the shock, the urgency, the breathlessness, and the feeling of lightness and focus that follows immersion in very cold water. In the summer his descriptions are more languid, of floating down warm rivers overhung by willows.

He has written a book part poetry, part prose, tracing a series of excursions to swim around his native Shropshire and further afield, organised as a diary, month by month. The descriptions are wonderfully lyrical and involving. As a wild swimmer (although not in winter, and with a wetsuit in spring and autumn), I recognised his descriptions of the joy and pain of swimming in these places, and the hard to pin down sense of danger: am I allowed to swim here, what is



below me? ("vague ancestral fears of lurking beasts ready to bite me in two"), what is the current like, what happens if I get into trouble?

This is also a book about depression. Bit by bit as the book progresses, he drops hints about his personal and family history. His grandmother had multiple nervous breakdowns, quieted later in her life with lithium. His father killed himself ('It's not always good to follow in your father's footsteps'). A paternal uncle suffered from manic depression. He writes about being hospitalised, twice, for depression, and before that escaping from alcoholism and drug addiction, and how the water, and the outside more generally, came to feel threatening and unbearable, replaced by a fantasy that swimming in the river alongside the psychiatric hospital might carry him away. He lost his older, also bipolar,

brother to AIDS, leaving him feeling like 'a squash player practising on an empty court'; and his best friend to suicide. As the book progresses, the balance between swimming and recollection gradually shifts towards the latter.

At points Fusek Peters implies that water saves him, or keeps him sane. He refers only in passing to the health benefits of cold water immersion, the improvement in immunity (he doesn't refer to waterborne diseases), but in a broader way proselytises for the vivid, urgent sense of life and living, and the worth of it all, that comes with being so muddled up in nature, physiologically and aesthetically. After a swim he is left 'up for it, up for all of it'.

"After the cold and dark the buds will burst and it will all begin again."

The rhythm of the book lends it a pleasing symmetry. Early chapters feel (but are not in fact) shorter, like the sharp intake of breath as he plunges for a few moments into icy water. By late summer the descriptions lengthen, the language softening around the edges. But we know what is coming, and as the water gets colder the language reverts. I found myself reminded of the comfort of the certainty of the seasons, that after the cold and dark the buds will burst and it will all begin again.

The book is peppered with black and white photos, taken by his wife

and daughter, who generally do not accompany him into the water, certainly not during the cold water months. The images give a sense of the things and places he describes, just enough to anchor the reader.

This is a hopeful book, of recovery and escape. At times his identity as a poet can be tiresome, when the prose becomes too flowery. Mostly the note he strikes is right, pulling the reader into the experience. I recommend reading it by a river in July, after a swim.



Profile of Dr Andrew Reeves

SAD Website Project Director

By Demeter Lowrison



Kenneth Tynan said of Marlene Dietrich that she made you feel that "whatever hell you inhabit, she has been there before and survived." Dr Andrew Reeves gives the distinct impression that whatever hell you have the misfortune to visit, he would help you find a life-affirming and safe way out of it.

As Chair of the British Association for Counselling and Psychotherapy, and a Senior Accredited Counsellor/Psychotherapist, you could say that's

Dr Reeves' business. He is a sort of Sherpa, dedicated not to finding another's way across the Himalayan mountains but rather through the terrible and destructive games that minds can play.

CWMT asked Andrew to be the Project Director of the SAD website and this month he is also launching the new CWMT e-learning resource for anyone working in higher education, to help them pick up on student depression and help the student get the help they need.

Andrew has written more papers, articles and books, and supervised more Masters on the subject of depression than I have the space here to list – one title that stands out is "Boys don't cry?" *Therapy Today* 2009. He learnt his subject at the coal face; this was after walking away from a psychology degree to become a care assistant in an old people's home over 30 years ago, going on to qualify as a social worker, work in child protection, take a Masters in Counselling Studies, a PhD in Counselling and Psychotherapy and an MSc in Counselling Studies.

There is nothing sentimental or dark about him. He decided to qualify as a counsellor over 30 years ago

when a client took their life. At the time Andrew was a newly qualified social worker and he realised how ill-equipped he and his peers were to see, help and survive this experience. "I was deeply shocked, partly by how little help was available for the family who were left or for the practitioner. One of the things I like about CWMT is that they believe in supporting the young person and their family or support system. I hope the new e-learning resource will offer help and signposting to professionals in higher education who recognise that a young person they are working with is in difficulty and that the SAD website helps someone develop strategies for coping with depression and it also supports their family or friends in helping someone with depression."

Today, with over 30 years' clinical experience behind him and three teenage children of his own, Dr Reeves' distinguished research focuses on clients who present risk of suicide and self harm. His approach is unrelentingly positive and unpretentious.

"Part of the difficulty for young people today is the enormous pressure put on them to measure up, achieve, tick the boxes," he said. "We are a society about what we do and what we achieve rather than one concerned with who we are and what our values are.

"Because everything in life is not predictable, this desperate box ticking leaves young people

Students Against Depression



The SAD website offers information and resources validated by health professionals alongside tips and advice from students who have experienced depression or other mental health issues themselves.

Visitors can download useful resources, customise self-help plans and share their own stories. The aim of the site is to help students find a way forward from stress, low mood, depression or suicidal thinking. It is currently undergoing a redesign, led by Dr Andrew Reeves.

"Thank you so much for creating the Students Against Depression website. I have been experiencing difficulties with my mental health following a traumatic event and your online downloadable workbooks have been a real help."

www.studentsagainstdepression.org.uk

hostages to fortune. They feel they have failed if they cannot tick all the boxes as they go. The level of pressure put on them today did not exist twenty years ago. Even at primary school level children are pushed, tested, manufactured. What happened to discovery? ...

Being allowed to grow up into a strong person equipped with in-built responses to difficulty or unhappiness when they happen?

Dr Reeves would like young people to be encouraged to talk more about mental health. "We are more able to do this than we were 10 years ago but it is still not enough.

"It should be embedded in the curriculum so that we recognise our own feelings of coping or struggling. And by 'talk about it', I do not mean stick a label on it. It is easier to label someone 'anorexic' for example than to pick up on sadness at the very beginning and allow the young person to work through it, manage their feelings, recover, develop

Keeping mental health in mind

Free e-learning package for all university staff

For students in distress, the first point of contact is often with non-specialist university staff such as porters, domestic staff, security or academic tutors. The first conversation students have can be vital in ensuring they receive a warm, understanding response to help them immediately, and are then signposted, if necessary, to a mental health specialist.

Introduced by CWMT Patron, Alexander Armstrong, our new e-learning package is designed to give non-specialist staff the skills, knowledge and confidence to offer this first line of support.

Visit www.learning.cwmt.org.uk to access the e-learning or find out more.

Free mental health e-learning for all university staff

Would you like to feel more confident to support students in distress?

- Easy-to-follow 20-minute sessions, including:
- Signs to look out for
- Key helping skills
- Knowing who else to involve

For students experiencing depression, anxiety, homesickness or low self-esteem, that first conversation can make all the difference.

For:

- security staff
- accommodation staff
- careers advisors
- chaplains
- personal tutors
- librarians
- registry staff
- caterers
- porters
- cleaners

...and all other university staff

To find out more and access the sessions, visit: www.learning.cwmt.org.uk

ways of coping if it happens again. Is a particular sadness just part of the ebb and flow of normal life? Is it the sort of stress that goes with examinations or is it a new danger?"

"What happened to discovery? Being allowed to grow up into a strong person equipped with in-built responses to difficulty or unhappiness when they happen?"

Dr Reeves is a governor of a secondary school and sees first-hand how important early intervention is. "Some young people are ready for university, others are not. It is likely that they will all have moments of self-doubt or even self-bullying about not being good enough. They need to be able to talk about this. It is not a matter of pushing young people through hoops.

"In health we have to be conscious of the pressure put on them – university debt is one example which my generation did not have to worry about in the same way. At Liverpool University alone there were 25 per cent more referrals for counselling than the previous year.

"I have worked in student mental health at Liverpool University for 18 years as a counsellor and supervisor of counsellors, offering consultative support through the Mental Health Advisory Service (MHAS). There is still a taboo on mental health – people

are far more willing to admit they have any other kind of pain than mental ill health.

"We are fortunate at Liverpool to have a Vice Chancellor, Professor Janet Beer, who is deeply interested in mental health.

"We are delighted at CWMT that Josh Abrahams, a student, is going to help us make sure that our websites are appropriate and continually updated."

"Talking about mental health should be embedded in the curriculum so that we recognise our own feelings of coping or struggling."

So how does Dr Reeves remain so happy and relaxed when his work is centred on young people who are at risk? "I love my work and I think we are making real headway," he said, sounding like a Sherpa. "What could be more satisfying than helping young people look after their mental health and get through life when it throws things at us?"



Nash's shadowy companion

'Black Dog: The Dreams of Paul Nash' was commissioned by the 14-18 NOW Foundation, The Imperial War Museum and The Lakes Festival, as part of a four year selection of new artworks for the centenary commemorations of the First World War. Its creator, Dave McKean, talks about the artist who inspired it.

Black Dog is a graphic novel, and a live performance piece, covering the life of the British landscape artist Paul Nash during his time as an officer in Ypres, and how his experiences there changed his art and his character. He went into the war a young, idealistic, romantic, rather wishy-washy symbolist, and emerged the other side a hardened, angry, expressive and committed socialist. He didn't label himself an 'artist'; he had become



Nash's mother and the dream of the black dog.



a 'messenger', his calling, to show the people back home what had happened, what the truth of war means to the men caught up in it, to "wipe the cant and lies from English life". And to show how the devastation we inflict on the land, on the natural world, reflects the scars and violence we inflict on each other.

and most clearly, the depression of Nash's mother that became more and more a part of their home life as her condition deteriorated. The fact that he doesn't mention the cause of her eventual death while he was still a child, gives some indication of how confusing it must have been – an adult world of irrational anger, solemn silence, isolation and fear that he never understood. According to her death certificate, after she had been committed, she actually died of anorexia.

The project is called 'Black Dog' for a number of reasons. Nash painted psychological landscapes, dreamscapes that reflect our inner lives and emotions. His first childhood dream, recounted in his autobiography 'Outline', was of being trapped in a claustrophobic tunnel and encountering a black dog that leads him to safety. This strange shadowy companion, who stayed with Nash as he grew up, appeared to represent a number of things: the anxiety of a solitary and imaginative child, the darkness of war approaching,

This shadow never left Paul. His brother John, who, maybe because he was that much younger, or maybe because his character was always lighter in spirit than Paul's, never seemed to be as affected. John had a much tougher war than Paul, being one of only 12 soldiers, from his platoon of 80, to survive the Battle of Cambrai. Yet, he had a comparatively happy



Nash's relationships with his father, grandfather and mother envisioned as a game of chess, manoeuvring around each other.

life after the war, locking his memories away, becoming a successful painter and illustrator, with a pleasing, superficial style, unlike Paul's haunted, restless work.

Paul found it very hard to adjust and refocus after his war experiences – a war artist without a war. He moved to Dymchurch and painted the shoreline, where the turbulent, angry, chaotic sea pushed against the static, hard lines and simple, certain shapes of the sea wall, again and again. Worrying over the images, he blackened the skies, reformatted the compositions, working something out. Notional people would walk through his etchings or watercolours occasionally, but Paul never committed to drawing people in any real sense; he was interested in the longer, even eternal, timelines of trees, skies, rocks, oceans.



Walking in Dymchurch by the sea.



A dream imagining the hell of Passchendaele, a skull quotes one of Nash's close friends – "... the explosions happened inside of you".

What he wanted to express could not be found in the overly specific faces of transient human beings.

In 1921, after the death of a close friend, an alarming encounter with his unconscious father (who had not died as Paul had feared), and the accumulated post-traumatic stress of the war, Nash passed out, and remained unconscious for a week. After he recovered, he never painted another person. The voice he'd discovered during the war never left his work, even when painting the most pastoral of landscapes. He managed to keep the depression that killed his mother at bay, using his landscape painting to express his innermost feelings, and finding, in the woods at Iden, the Whittenham clumps, the standing stones at Avebury, his favourite and most profoundly affecting places, solace.

Look north!

Following the huge fundraising success of last year's Yorkshire Ball, we have expanded our work in the north of England. Here's a brief round-up of what's been happening.

Free conferences for teachers

In December, the CWMT team delivered a free mental health conference in Durham, with free mental health training workshops and resources. We're planning more in 2017, including one in York in April.



"It was a life-changing day... I don't think it's an exaggeration to say I've used something I learnt at the conference every single day since."

Durham conference delegate

Training student nurses

In October we provided training and resources to over 500 student mental health nurses at an event in Huddersfield, with more in the pipeline.

Mental health roadshows

We've delivered roadshows at schools in Wakefield, Northumbria and Oldham, providing free access and resources to staff from both the host school and those nearby.

Working with school leaders

We are developing and working with networks of senior school leaders to promote a whole school approach to mental health, with 40 schools

benefitting so far following a launch event in Middlesbrough. Future events are planned in Hull, Newcastle and York.

New trainer, Zoe

We have recruited a new trainer, Zoe Woodworth, based in the North West who can offer the popular, evidence-based 'Youth Mental Health First Aid' course. We are advertising it widely in the area.



GPs

Our new training course for GPs on how to spot the signs of post-natal depression and treatment options is being delivered to GPs in the North prior to being offered elsewhere.



Pictured here in London, Dr Maryanne Freer is training GPs in the North on post-natal depression

Mini-libraries

We are piloting mini-libraries of helpful books in CAMHS waiting rooms (Children and Adolescent Mental Health Services). We are providing books we regularly recommend to parents and young people, and collecting evidence about the impact of this resource. We will expand it if the results are encouraging.

Fundraising highlights

As regular readers will know, the first six months of 2016 were particularly successful for CWMT fundraising and difficult to replicate. However, since the last edition of the newsletter, we have been working hard to find new sources of funding. One area of development has been fundraising in schools and we are delighted that ten schools have chosen the Trust as their charity of the year.

We have also increased the number of outlets through which we sell our Christmas cards, as well as now selling them online through our website. The total sales of cards for 2016 is in excess of £7,000 (net) and our Madonna and Child, and Santa and Friends designs were particularly popular – we had to order reprints of both. Please look out for the order form in the next edition of the newsletter and keep an eye on our website from September.

Another new venture for us was the Big Give Christmas Challenge. We are enormously grateful to those who pledged money through the challenge and to those who donated. We raised £19,242 which will be used to fund a variety of conferences planned for this year.

We were thrilled that St Andrews University chose CWMT as the preferred charity for their famous Welly Ball for the third year running and we are hugely appreciative of the fact that they raised even more

for us than at past events. As with all our fundraising activities, this not only raises crucial funds for us but also spreads awareness of our work.

This is particularly true of the magnificent challenge undertaken by James Salter and his son Harry, who swam the English Channel in very adverse conditions, raising a considerable sum and securing local media coverage. This is the second time James has swum the Channel with one of his sons and must merit an entry in the Guinness Book of Records! You can read more about their challenge on page 30.

Following on from these successes, we need to continue to raise more funds. The government, as illustrated by Theresa's May's speech in January, is behind the development of mental health training in schools; there is a huge need out there and we need to meet it by supporting our expanding Waller Trainer network. Please do fill in a Banker's Order or send a donation via our Donate Now button on the CWMT website: www.cwmt.org.uk

Any support, however small, is extremely helpful and will be put to very good use, as you can see from our 'shopping list' opposite.

Rachel Waller
Head of Fundraising

Shopping list:

- £2 pays for a pack of our literature on mental wellbeing to be sent to a school or university
- £21 pays for 100 copies of 'How can I ask for help', our leaflet for young people
- £65 pays for 300 copies of our Wellbeing action plan
- £90 pays for a school to join our Book Club for a year
- £360 pays for a day's mental health awareness training at a school or workplace
- £1,200 pays for 150 delegate packs at a CWMT conference, enhancing the knowledge, skills and confidence of school staff in supporting young people with mental health issues



Boodles

Fanatical Philhellenists would have bounced out of bed on 7 October with a gleeful grin on their faces and anticipation fluttering in their tummies. Not all of them, of course, just those fortunate enough to have received a CWMT invitation to Boodles, St James for that evening.

By some masterstroke of diplomacy Andrew Cairns had secured the time of Robin Lane Fox, Emeritus Fellow of New College, Oxford and asked him to talk on his favourite subject: the Greeks. There was some suspicion that a liberal scattering

of horticulturists might have wafted over the fence, attracted by Robin's reputation as an authority on gardening, but each group of devotees managed to maintain a degree of civility towards one another and such was the skill of Robin the Great that he was able to throw them equal sustenance.

The well panelled club poured lashings of champagne and served the finest of food – not a slice of spanakopita or goblet of metaxa in sight, thankfully. With our gnome-like bodies replete, we all settled back to hear Robin Lane Fox talk enthusiastically, even passionately, about the ancient Greeks, cleverly drawing connections to modern and recent events. The Greeks, he told us, loved referenda and used to have them on every subject they could – never underestimate the ability of the masses to comprehend the subtleties of the question. No aspect of this glorious evening left the audience dissatisfied, whether they were there to hear of the Hellenic or the herbal.

Alistair King

Carol Service

The CWMT Carol Service, namechecked by Tatler as one of the most prestigious in London, lived up to its ever-growing reputation with a glorious combination of carols and readings, complemented by a moving and, at times, humorous address by Professor Mark Bailey, the High Master of St Paul's. The elegant St Luke's Church in Chelsea, packed to its historic rafters, looked especially welcoming and festive. For many

of the congregation, this was the beginning of Christmas.

As always, there was a mouth-watering array of readers, from world-famous model Suki Waterhouse to everyone's favourite celebrity television chef Mary Berry and heartthrob thespian Ben Aldridge. The readings covered a wide range of subjects, some funny, some thoughtful and some spiritual, and the whole congregation joined in lustily with their favourite carols. The organ music was magnificent, as was the singing by the excellent Vox Cordis, conducted by Charlie Grace.



Mary Berry, everyone's favourite TV chef

The beating heart of the service was provided by Prof. Bailey, an ex-England Rugby international as well as a highly-respected academic, who spoke about the profound effect a visit by CWMT's charismatic Dick Moore had had on the students of St Paul's. This encapsulated what CWMT is all about, raising awareness of depression in all its myriad forms, in the hope that a fuller understanding of this debilitating condition can help those in distress.

Today, as the damage wrought by mental ill health across the UK is finally recognised by the government, the role of CWMT is becoming increasingly important and influential. Events such as the annual Carol Service are a chance not just to celebrate Christmas, but to showcase the vital work of the Trust and to create a sense of community and belonging. Many people at the splendid service will have had their lives touched by the issues that the Trust addresses and will have left the church feeling they are not alone. That, in itself, is priceless.

Many thanks, as always, to the tireless Carol Service committee and to Clemmie Hadden-Paton of *cookingthroughrecovery.com* for her delicious smoked salmon and mini-sausages. No doubt the committee will already be scouring the country for famous new readers for this year's service on Monday 11 December. Note that date – and book early. It's becoming the hottest Christmas ticket in town.

Emma Beaumont (Charlie's cousin)

Great South Run

Having said I'd never take part in another sponsored run, I found myself with a place in the Great South Run, Portsmouth, with about six weeks to train. It's only a 10 mile event but for a lapsed marathon runner it's quite a daunting task. To make all the pain of training worthwhile, I decided to raise money for CWMT. I spent many a mile

plodding through the fields around Rogate, making friends with cows (and being chased by them) and having the time to think about what I was doing and why. A great time for reflection and I would urge anyone to take part in a sponsored run.



A triumphant Debs Burles

The Great South Run takes you past the iconic sights of Southsea and Portsmouth, including HMS Victory and Spinnaker Tower. The atmosphere was electric and there were hundreds of spectators lining the streets; I was very grateful for the jelly babies offered along the way, especially from my fan club consisting of husband and son! The run finished on the seafront and luckily the wind was kind to us as we turned the corner into the home straight with views of the Isle of Wight. It took me a slow one hour and 56 minutes to complete and I came 13,194th out of more than 20,000. My aim was to run the whole way, which I did, and even ended with a sprint finish. I didn't come last and I've raised over £1,300 so it's all worth the pain!

Debs Burles

Quiz Night

The CWMT general knowledge quiz, aka CWGKQ, (which sounds suspiciously like a government listening post), has rapidly become an autumn institution: the core membership of most teams remains the same year on year and the event supports Dr Johnson's notion that hope triumphs over experience – although he had a rather different institution in mind.

The quiz is held in the hall of St Columba's Church, Chelsea, and is packed out every year. Supper and wine you know are going to be good as each table provides its own; this does not stop people sizing up what is on other tables and making invidious comparisons or adopting ideas for next year.



You can almost hear the cogs whirring...

The main event is, of course, the quiz itself which is masterfully set and managed. The scores for each team are displayed on a large screen where you can view the fluctuation of your fortunes and others', anonymity being protected by your team's soubriquet. Each team

starts the evening with an eclectic embarrassment of intellectual riches but this can descend all too quickly into a richness of embarrassment, particularly if offspring are doing somewhat better at another table.

There is the opportunity to play a joker, which doubles your score for a group of questions on which you think your team is particularly well informed and, when utterly desperate, you can buy answers which, combined with a session of 'Heads and Tails', benefits the Trust further.

The 2016 winners – Eight Minds Think Alike – could win the trophy outright if they should succeed a third time so the 2017 quiz will be fiercely contested. This brain magnet which draws people in year after year is great fun and not to be missed.

Colin Jardine Brown



Victors in the Texas Scramble

Texas Scramble

18 teams of four golfers, of very mixed age, gender and ability, assembled on a beautiful sunny morning at Badgemore Park Golf Club, near Henley, on 7 September for the annual Texas Scramble

golf match in aid of CWMT. The day started with a briefing on the rules of the tournament – rules that amused, confused and bemused the crowd, impatient to take the tee. All became much clearer as each hole unfolded, and soon there was a determinedly competitive aura around the course as the happy foursomes strove for that winning score – and as the bar and lunch drew nearer.

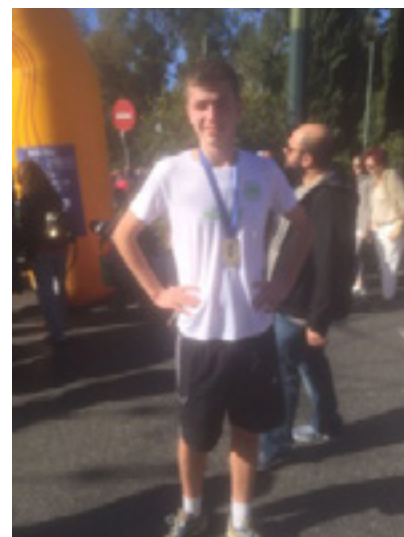
With great weather conditions, it was perhaps not surprising that there were some extremely low scores (for non-golfers: low = good), save for Mike Jones's team of which I was part, who were incredibly surprised as birdie putt followed birdie putt as we progressed around the course, eventually to win the competition with a gross score of 63, net 56.9.

Following prizes for the best score, longest drive and nearest the pin, we were all rightly reminded of the reason we were attending this wonderful day – the important and valuable work of CWMT. That work can only be continued as a result of the great generosity of those who sponsored the day, donated auction prizes, bid for auction prizes and subscribed for tickets, raffles, mulligans (non-golfers – don't ask) and CWMT logo golf balls. We are now planning how best to defend our title at next year's tournament.

Mike Jones

Athens Marathon

The Athens Marathon was by far one of the hardest sporting events I have



Henry in Athens

ever taken part in. From Marathon to Athens is incredibly hilly and so it felt like I was climbing for most of my running time. I started off very strong, overtaking most people in front of me for about an hour or so. However, the hills then came in full force and slowed me down considerably. It was about the half way point when my legs started to ache and I really just wanted it to be over. However, I kept a strong mind and I knew that I was fit enough to push on through.

It was a slow middle section for me but then I really took off with about seven kilometres to go as I knew I was so close. The event finished in the Athens Olympic Stadium which was a really amazing way to finish it off, although I was so tired for the immediate 15 minutes afterwards that I didn't really celebrate. Also running the Marathon were nine of my friends and so it was really special to see them all finish too and to celebrate with them and my

family that evening. I am so happy I finished and especially with a time of four hours and four minutes. It was for a very worthy cause in memory of my best friend, Jake Pirie, and I am overwhelmed by going past my expectations of donations, raising almost £3,500 for an excellent charity.

Henry Cuthbert

Marathon du Medoc:

It's not about getting a good time – it's about having a good time.

In the case of the Marathon du Medoc, never was a truer word spoken. No-one was checking their Garmins or benchmarking their pace – in fact this is probably the most civilised way to cover 26.2 miles, winding through the beautiful vineyards of Bordeaux, taking in some 21 chateaux, each keeping the thirsty runners going with some of the finest wines available. A glass of wine every mile for a marathon might not sound like much fun, but the glorious sunshine, stunning scenery and 8,500 runners, all in fancy dress, make for a memorable weekend. As with every marathon, preparation is key. So, to test our stamina we trained on the 'Putney Half Marathon' loop, a 13 mile route that includes 24 pubs.

On race day a glorious 27 degrees centigrade saw us well on our way. Seven hours later (five and a half spent running) my group crossed the finishing line – tired, elated and just a teeny weeny bit tipsy – to be rewarded with a bottle of wine. It doesn't get more civilised than that.

...

If you think this might be up your street, check out <https://youtu.be/Z6kDoT1mftE>

As well as a cracking weekend, this was a great opportunity to raise money for CWMT. Charlie was an old mate from prep school and depression has been a constant feature in our family's life (particularly for Antonia – Mrs W – who has been a constant supporter of CWMT). One of the more humbling aspects of raising funds was not only the generosity of so many, but the sheer number of people whose lives had been affected by depression. I received countless emails, in confidence, from people who had suffered from depression or whose lives had been profoundly affected by it. The work of the Trust allows us to bring the conversation into the open, to give sufferers the confidence to explain their condition and an enhanced understanding for those of us who must provide the much needed support. It was an honour to run for such a worthy cause, and to have had so much fun on the way.

Teddy Wainman



Teddy and friends



Welly Ball

Jemima and Ben, co-directors of the 2016 St Andrews Welly Ball, did a wonderful job of organising this unique event, generously choosing CWMT as their charity for the third consecutive year. They explained, "The beauty of Welly Ball is that we don't have to rely on the weather because you're already prepared for the inevitable in Scotland...rain! There's great food, great music and great people from universities across the UK.

"We're so excited we've been able to raise so much more than last year for CWMT; we know the money is going towards great things and the committee feels genuinely proud to be supporting such an awesome charity."

Channel Swim

James Salter and his teenage son Harry successfully swam the English Channel together to raise funds for CWMT last Autumn. James and 16-year-old Harry, from Cote, near Bampton in Oxfordshire, swam from Dover to France in adverse conditions. Their wonderful accomplishment followed that of James and his older son, Finn, who completed a cross channel swim

two years ago. James and Harry survived high tides, strong currents and jellyfish stings to set foot on French soil on Monday, 3 October.



James and Harry in the freezing waters

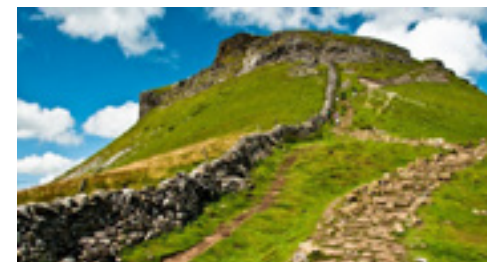
James said: "The Charlie Waller Memorial Trust is a charity close to our hearts and we're proud to support the great work they do. There is so much pressure on young people these days and mental health is a little talked about and taboo subject but it is so very important."

James and Harry took turns to swim two hours each during the 21-mile long crossing. During their training they spent weekends swimming in 12 degree water in Dover. They chose the Trust because it was relevant to Harry's age group and because Harry is a pupil at Charlie's former school, Radley College.

Three Peaks Challenge

On 9 September 18 intrepid accountants from the London office of Dixon Wilson ventured into the heart of the Yorkshire Dales to take on the Yorkshire Three Peaks challenge. They covered the 24.5 mile course, ascending and descending over 5,100ft, in 9 hours and 45 minutes (the 'leisurely

group', being true to their name, completed the course in just under 12 hours) – a great achievement for all to have completed the course. Team member George Dawson said, "Our friends, family and colleagues were very generous and we are very pleased to be able to support the Trust. It was a great weekend for a great cause and all the walkers are eager to take on the next challenge!"



Pen-y-Ghent - the smallest of the peaks

And finally...

Everything and the kitchen sink

The Surrey Vets Kitchen Sink Race saw its indefatigable participants complete at least four laps of a challenging course carrying an assortment of household hardware, including vacuum cleaners, a portable heater, a mop, a hob and a garden gate. Team member Sarah Barnes told us they may not all have been completely race-fit, but they enjoyed themselves immensely, as you can see from the picture.



The 'kitchen sink' team

Forthcoming events 2017

Virgin London Marathon

Sunday 23 April

Walk the CWMT Walk

Foyle Estate, Hampshire
Friday 28 April

Kinsky Trio Concert

Gray's Inn Hall, London
Thursday 4 May

Bike Oxford

From Oxford University Rugby Club
Sunday 7 May

Fingask Follies

Broughton Castle, Oxfordshire
Thursday 18 May

Tennis Tournament

Near Abingdon, Oxon
Tuesday 23 May

Leslie Howard Piano Recital

Phyllis Court, Henley
Thursday 8 June

Annual Cricket Tournament

Bradfield College, near Reading
Sunday 2 July

British London 10K Run

Sunday 9 July

Neon Disco for children

Englefield House, near Reading
Monday 10 July

Chalke Valley Cricket Festival

Butts Field, Church Street, Salisbury
Wednesday 30 August - Sunday 3 September

Texas Scramble golf tournament

Badgemore Park, Henley on Thames
Wednesday 20 September

Haydn's *The Creation*

St John's Smith Square, London
Tuesday 21 November

Carol Service

St Luke's, Chelsea
Monday 11 December

Improving mental health in schools

What does the research tell us?

University of Reading
Tuesday 12 September 2017
9.30am – 4.30pm

This one-day conference, supported by CWMT and the Children and Young People's Mental Health Coalition, brings together experts from a range of disciplines and young people who have experienced mental health problems. It will offer the latest evidence-based advice on how to address mental health in schools.

Speakers: Prof. Mick Cooper, Dr Jessica Deighton, Prof. Neil Humphrey, Dr Pooky Knightsmith, Lord Richard Layard, Prof. Shirley Reynolds, young people with experience of mental health problems.

For details please email pclevents@reading.ac.uk

Supporting Independent School Pupils' Mental Wellbeing

Director of CWMT's Programme for Schools and Young People, Dr Pooky Knightsmith, will be chairing a one-day, interactive course entitled 'Supporting Independent School Pupils' Mental Wellbeing' on Thursday, 27 April in Central London. The course will help delegates to develop a personalised action plan to support pupils' mental health. For details, please visit www.moderngov.com

Please see our website – www.cwmt.org.uk for event tickets, entry forms and more information, or contact us by telephone on 01635 869754 or email at admin@cwmt.org

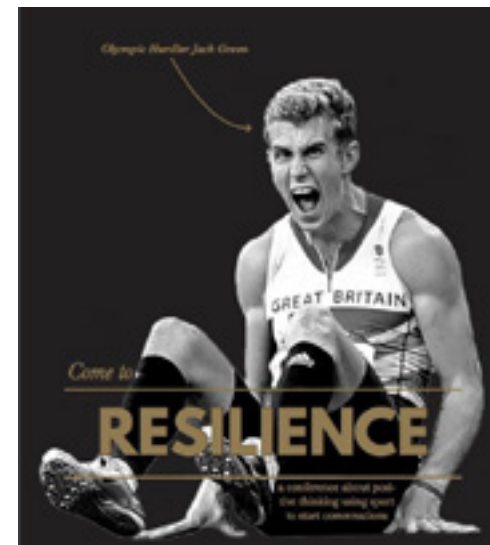
Sporting life

Waller Trainer Dick Moore delivered the **first Harry Parsons lecture at St Paul's School last year, in memory of a former pupil who took his own life. Since then, the school has built on its impressive range of wellbeing initiatives, including a conference organised by pupils.**

Harry Parsons was a former student at St Paul's who, sadly, took his own life in Spring 2013 while studying at Oxford University. He had been struggling with depression at the time. Partly in response to Harry's loss, St Paul's has significantly extended its wellbeing provision in recent years, including the annual Harry Parsons Lecture series which seeks to raise awareness of mental health issues among pupils, parents and staff, as well offering practical advice to promote good mental health and resilience amongst pupils.

In a further tribute to Harry, the new student society for pupil wellbeing, 'Mind Matters', also organised a conference on mental health. Entitled 'Resilience', the conference, held in November, used the idea of resilience in sport as a vehicle to normalise and inform discussions about mental health.

Speakers at the event included British Olympian Jack Green who spoke about his own experience of depression; Sarah Cecil, a chartered sports psychologist who has worked with British Olympic and Paralympic athletes; Prof. Patrick Callaghan, Professor of Mental Health Nursing and Head of the School of Health Sciences at the University of Nottingham; and



Dr Jim Golby, an expert in sports and exercise whose specialisms include social, personality and health psychology.

Throughout the evening the speakers drew on their experiences of high level sport to discuss the importance of positive psychology and put forward tips which everyone can apply to everyday life.

Sam Madden, the school's Head of Mental Health and Wellbeing, said, "We are hugely thankful to CWMT and Dick Moore for the talks he gave at St Paul's last year: Dick's passion and knowledge created a real buzz around our efforts to end mental health discrimination and promote positive wellbeing. Our pupils are now fully involved in helping us to realise these aims and are keen to ensure the conference becomes an annual event."

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:

Regular donations

A banker's order form (including a Gift Aid declaration for UK taxpayers) can be found on page 35.

Donate online

Please visit our website – www.cwmt.org.uk – to make an online donation.

JustGiving

Please visit justgiving.com/charliewaller

VirginMoneyGiving

Donate through VirginMoneyGiving using the link on our website: www.cwmt.org.uk/making-a-donation

By cheque

Send a cheque (payable to CWMT) to Charlie Waller Memorial Trust, 32 High Street, Thatcham, Berkshire RG19 3JD, UK.

By telephone

Call us on 01635 869754.

The new CWMT mug

A fun, useful addition to your mug tree with an important message.

Let people know it's okay to talk about depression.

Great for teachers and others working with young people, line managers, health professionals and just about everybody else!

£8.00 each with free postage and packing

Why not order yours now? Visit our shop at www.cwmt.org.uk, call us on 01635 869754 or email admin@cwmt.org



Banker's Standing Order

Please complete your details below in block capitals, sign and date the form then return it to: **Charlie Waller Memorial Trust, First Floor, Rear Office, 32 High Street, Thatcham, Berkshire, RG19 3JD**

Name & address of donor(s) To _____
bank in full: _____

of _____

Please pay to:
CAF Bank Ltd (40-52-40), 25 Kings Hill Avenue, Kings Hill, West Malling,
Kent, ME19 4JQ for the credit of the Charlie Waller Memorial Trust
(Account No. 00017195)

The sum of _____

(in words) _____

Date when payments should start: Every month Every quarter Annually

starting on the _____ (day) of _____ (month) _____ (year)

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

Signature: _____

Date: _____

Full name in capitals: Title _____

Name _____

Account to be debited: _____

Account No. _____

Sort Code: _____

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

giftaid it

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

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

Signed _____ Date _____

Name _____

Address _____

Postcode _____

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

Sources of help

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

Samaritans:

116 123

For confidential emotional support 24/7

Maytree:

0207 263 7070

An adult respite sanctuary for the suicidal

Students:

www.studentsagainstd Depression.org

For information and self-help material

BABCP:

www.babcp.com

For a register of accredited therapists

Young Minds Parents' Helpline:

0808 802 5544

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

Papyrus Hope Line

0800 068 4141/Text 07786 209697

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

NHS111:

111

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

Inclusion here does not mean CWMT 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 in CWMT

Trustees: The Rt Hon. Sir Mark Waller (Chairman), Robert Beaumont, Gordon Black CBE, Robin Booth (Hon. Treasurer), Dr Nick Broughton (Consultant Psychiatrist), Michael Cole-Fontayn, William de Laszlo, Mark Durden-Smith, Charles Lytle, Prof. Roz Shafran (Chartered Clinical Psychologist), Mrs Susan Shenkman, Philip Waller, Richard Waller QC, Iain Weatherby

Board Advisers: Mary Bennett, Professor David Clark, Lord Crisp KCB, Lord Layard, Dr Denise Meyer, Dr Suzanna Rose, Sir Anthony Seldon, Professor Sir Simon Wessely

Patrons: Alexander Armstrong, Alastair Barclay, The Hon. Mrs de Laszlo, Neil Durden-Smith OBE, Nigel Gray, Ian McIntosh, Dennis Silk CBE, Anthony West, Michael Whitfeld

Chief Executive: Clare Stafford; Director, Children, Young People and Schools Programme: Dr Pooky Knightsmith; Head of Fundraising: Lady Waller; Office and Marketing Manager: Tracey Gurr; Manager, Children, Young People and Schools Programme: Teresa Day; Admin & Design Officer: Amy Neal; Project Assistant (Children, Young People and Schools): Izzi Dent; Fundraising Assistant: Jonathan Prince

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