

Charlie Waller News

THE CHARLIE WALLER TRUST NEWSLETTER



EVEREST IN THE ALPS!

An epic fundraising climb

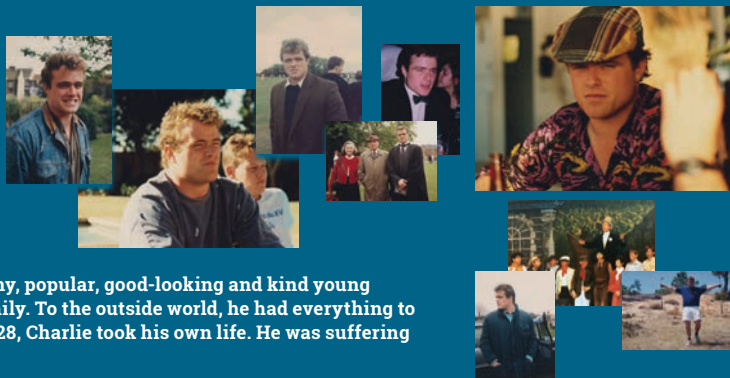
MUSIC AND MENTAL WELLBEING

How a good tune can boost your mood

AUTISTIC CHILDREN

How to support their mental health

SEPT 2023 • ISSUE 48



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

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

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

Our mission

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

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

Our work

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

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

Our approach

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

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

Our vision

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



POSITIVE

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



PROVEN

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



PRACTICAL

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

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GET IN TOUCH

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FIND OUT MORE

charliewaller.org

FOLLOW US



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COVER STORY

Everest in the Alps – see page 28
(Photo: Sam Hill, @Hill_Adventures)

WHO'S WHO

Presidents

The Trust was founded in 1997 by the Waller family in response to the tragic loss of Charlie, their son and brother. Sir Mark and Lady Waller are now the Trust's presidents.

The Rt Hon. Sir Mark Waller
Lady Waller

Trustees

Our trustees come from a variety of backgrounds and offer a wealth of experience, strategic direction and support.

Richard Waller KC
(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

Our board advisers are leading experts in their respective fields of mental health.

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

Patrons

Our patrons do important work in promoting the Trust and supporting our aims.

Alexander Armstrong
Gordon Black CBE
Louise Black
The Hon. Mrs de Laszlo
Neil Durden-Smith OBE
Nigel Gray
Professor Steven Hollon
Mary Nightingale
Sue Shenkman
Phoebe Waller-Bridge
Anthony West
Michael Whitfield

Staff team

Under the leadership of the Chief Executive, the staff are responsible for all aspects of the day-to-day running of the Trust.

Chief Executive
Clare Stafford

Executive Assistant to CEO
Kerryn Cyfka

Director of Programmes
Kay Boyden

Director, Charlie Waller Workplace
Abigail Hirshman

Programme Manager
(Parent/Carer Peer Support)
Annabelle Easton

Project Manager
Christina Sell

Programme Officer
(Parent/Carer Peer Support)
Clare Bassett

Volunteer & Resources Officer
Martha Pipkin

Training & Projects Assistant
Chelsey Dixon

Head of Fundraising
Nick Appleby

Corporate Partnerships Manager
Helen Franks

Fundraising Events Officer
Debs Burles

Fundraising Events Officer
Natasha Austen

Trusts & Foundations
Fundraising Officer

Angela Cunningham

Fundraising Assistant
Michelle Lane

Head of Communications
Rebecca Miles-Mallowan

Content & Story Manager
Tracey Gurr

Graphic Designer
Amy Martin

Graphic Designer (Midweight)
Lara Rice

Social Media Officer
Sabita Burke

Digital Marketing Lead
Emily Wyatt

Finance & Operations Manager
Carrie Green

Office and IT Coordinator
Kirsty Smith

Finance Assistant
Jo Hall

Workplace Training Coordinator
Jo Lea

Student ambassadors

Our student ambassadors help us ensure the voice of young people is heard throughout our work.

Matilda Prestridge
Andy Macdonald
Amy Knight
Patrick Regan
Usman Javaid
Kyanne Graham
Sophie Griffiths
Fariha Agha
Eliza Antelme

You can find out more about all those listed here, as well as our freelance trainers, at charliewaller.org/about-us/our-people

Welcome to these new staff team members...



Michelle Lane
Fundraising
Assistant



Jo Lea
Workplace
Training
Coordinator



Jo Hall
Finance
Assistant



Emily Wyatt
Digital
Marketing Lead



Clare Bassett
Programme
Officer (PCPS)



Lara Rice
Graphic Designer
(Midweight)

LETTER FROM OUR CHAIRMAN



The end of September, or Michaelmas, is evocatively described in Richard Coles' new book as "a time for ends and beginnings, as England shifts from summer to autumn, a time of the turning of the leaves, of a faint presage of winter in the early mornings, of blackberries and conkers, of new academic and legal terms, and of a return to work after holidays."

It is certainly a time for ends and beginnings at the Charlie Waller Trust. As many of you will already know, Clare Stafford, our wonderful CEO for the last 10 years, has decided to call time and will be leaving the Trust at the end of February 2024, by which time we hope to have found a worthy successor.

Under Clare's leadership the Trust has gone from strength to strength. She has enhanced our reputation as a charity that provides first-class evidence-based training and resources that I firmly believe make a real difference and impact. She has also seen us become the go-to charity for our groundbreaking parent-peer support work. Clare leaves us with a great office team in place and a pool of talented and committed freelance trainers who will ensure that our charitable delivery will continue seamlessly. There is so much to thank her for.

It has been said that the "challenge of leadership is to be strong, but not rude; be kind, but not weak; be bold, but not bully; be thoughtful, but not lazy; be humble, but not timid; be proud, but not arrogant; have humour, but without folly." Those who have worked with her at the Trust will all testify that Clare has risen to this challenge throughout her time here. Her endlessly

calm, unflustered and positive approach to everything has made her a great leader and a shining example to others. She will be greatly missed, but never forgotten.

The growth and success of the charity during Clare's time as CEO would not have been possible without the generosity of our supporters. We are incredibly fortunate as a charity to have the support of the most amazingly loyal supporters, many of whom have been with us since the charity started.

These are exciting times for the Trust and, with your help, we are perfectly placed to build on Clare's success and ensure we expand our reach and impact to improve the lives of as many children and young people as we can.

I hope you enjoy our newsletter.

RICHARD WALLER KC, CHAIRMAN

NEWS & UPDATE FROM OUR CEO

After 10 years as Chief Executive of the Trust, I shall be stepping down from the post in February next year. Whilst I will be very sad to leave, this is a positive and personal decision for me at this stage of my life and career.

It has been an immense privilege to hold this role at the Trust for a decade and to work with so many talented and committed people. During my time here, I have had the honour of meeting and working with some of the world's leading experts in mental health – clinicians, academics, educators and experts by experience. I have been supported by a dedicated and hardworking staff team, a wise and authoritative board of trustees and a huge number of loyal, passionate and generous fundraisers and volunteers.

Thanks to the gargantuan efforts of all these people, the Trust is in a very healthy position to meet its goals in the coming years.

Since I have been with the Trust, the social and economic context in which we work has undergone some major upheavals, not least the pandemic, which presented huge challenges for the charitable sector and for everyone's mental health, particularly the young. The effects of this are now playing out in a rise in mental health issues amongst young people. However, guided by its principles of practicality, positivity and rigorous focus on evidence, the Trust is rising to this challenge by expanding its work with parents and carers, increasing its range of



resources and offering free webinars on an even wider range of mental health topics – amongst many other things.

The Wallers set up the charity in the wake of enormous tragedy for their family. I am indebted to them for having confidence in me to take forward an enterprise rooted in such personal grief and selfless determination to help others.

This ethos has remained central to everything we have done in recent years and I am confident that the Trust will go from strength to strength with Rick Waller as Chairman, working alongside a new CEO.

I will be maintaining a keen interest in the Trust's progress and very much hope to see some of you at future fundraising events.

A handwritten signature in black ink that reads "C. Stafford".

CLARE STAFFORD
CHIEF EXECUTIVE

IAN MCINTOSH

We are sad to announce that one of the Charlie Waller Trust's most longstanding patrons, Ian McIntosh, died earlier this year. Ian had been involved from the Trust's earliest years and was always extremely supportive of its aims and charitable activities.





MENTAL HEALTH TRAINING FOR THE WIDER WORKFORCE

Last year, NHS England commissioned the Trust, along with the Anna Freud Centre and the National Children's Bureau, to develop and deliver mental health training to the wider children's workforce. The aim is for it to operate in a similar way to the safeguarding training that is now delivered for all members of the children's workforce.

Pilot training took place this summer in Norfolk, Portsmouth and Southampton, with some very positive results.

The training consisted of three workshops, covering the factors that influence mental wellbeing in children; having conversations with children and families around mental wellbeing; and effective signposting and referrals. Those attending came from a range of professional backgrounds, including social care, education, justice and crime prevention, and health.

Feedback was very positive: 94% of participants were satisfied or very satisfied with the content and felt their knowledge and confidence around mental health had grown significantly following the training. Prior to attending, for instance, 48% of participants agreed with the statement "I am confident in my ability to have helping conversations with children, young people or families." This increased to 92% on completion of the training.

Participants also felt better equipped to understand how they can adapt their role to mitigate against inequalities that make it hard for children and families to seek and access additional help (up from 62% to 93%).

WORKPLACE WELLBEING RESEARCH

In recent years, many workplaces have introduced wellbeing programmes. Most programmes target the individual worker using techniques such as stress management, access to counselling and wellbeing apps.

How effective is this approach? The Wellbeing Research Centre at the University of Oxford recently published a paper looking at the effects of mental wellbeing interventions targeted at individuals. Using a sample of 143 British organisations and 27,919 workers, they evaluated a range of common initiatives, including mindfulness, stress management and wellbeing apps. Their conclusion was that workers who participate in these initiatives are no better off, and that, therefore, individualised approaches to improving workers' wellbeing are 'not optimal'.

The 'whole organisation approach' advocated by Charlie Waller and other bodies provides an alternative perspective, one that looks at how work is structured, with the aim of minimising sources of stress and insecurity. Abigail Hirshman, Director of Charlie Waller Workplace, said: "It's an interesting paper that highlights the lack of proper evidence in support of individual interventions, notably mindfulness, stress management and resilience. It supports our whole organisation approach, in that there are a number of organisational features that must be considered first, if any of those interventions are to have an impact."

SUNDERLAND WORKPLACE ALLIANCE

Talking of Charlie Waller Workplace, the CWW team is looking forward to delivering a series of 12 webinars to the Sunderland Workplace Health Alliance, a network of local businesses which aims to work collaboratively to improve health and wellbeing within Sunderland workplaces.

PODCAST: STIGMA TO STRENGTH

Our new student-led podcast, 'Stigma to Strength', is launched this autumn. Hosted by two of our student ambassadors, Eliza Antelme and Kyanne Graham, the first two episodes are entitled 'Freshers' Fear' and 'Spending Time Alone'. With the tagline, 'Honest conversations from young people about mental health', the podcast will go on to host special guests and much more. Please let us know if there are topics you think our students should be discussing!



Scan me!



RADIO 4 APPEAL

RADIO 4 APPEAL

Do tune in to BBC Radio 4 on Sunday 14 January at 7.54am or 9.25pm when the Trust will be the featured charity in the Radio 4 Appeal. We are delighted to have been selected for this national institution and hope that it will reap benefits for the Trust and those we help in terms of raising funds and spreading the word about our work.

FREE WEBINARS

We run live webinars for anyone who looks after children and young people – parents, carers, educators – as well as young people themselves and anyone interested in psychology or mental health.

All our webinars are presented by our mental health trainers, speakers and guests, who come from a wide range of professions, including education, psychology, social work, youth work, public health, psychotherapy and nursing. Past topics have included: the teen brain, sleep, supporting a highly sensitive child and perfectionism. In October there are webinars on supporting young people who are making the move to university, and on the barriers young people may face when seeking help for their mental health.

The webinars explore practical, evidence-based strategies for maintaining positive mental health, whether that's by paying attention to our own wellbeing or learning how to support those around us.

For more information and to sign up, please visit charliewaller.org/what-we-offer/free-webinars

CORAY

In the last edition of the newsletter we told you about our work with the CoRAY Project based at the University of Oxford. The CoRAY team worked with young people, researchers and clinicians to develop evidence-informed advice for dealing with difficult thoughts and feeling – the ones young people said they most wanted support with.

We are delighted that the full suite of CoRAY materials has now been launched. It includes lesson plans, teacher support packs, podcasts and short films for teachers in mainstream education and those working in alternative provision for children who are unable to attend mainstream schools. There is also a pack for parents and carers with guidance on how they can use the materials to support the young people they care for.



FREE EATING DISORDER COURSES FOR CARERS

There has been a large rise in the number of young people admitted to hospital with eating disorders, with many waiting a long time for treatment. Caring for a loved one with an eating disorder can be exhausting, distressing and disorientating. Many carers feel they are drowning; they have tried everything and don't know where to turn next.

Thanks to NHS funding, the Charlie Waller Trust is expanding its work in this area. We have trained facilitators to deliver workshops using the New Maudsley model; this aims to lower anxiety and distress in family members and to give carers communication tools, skills and techniques that help them engage their loved one to improve their self-esteem and develop the resilience to embark on change.

You can find out more and sign up here:
charliewaller.org/what-we-offer/eating-disorder-workshops-for-parents-and-carers





MUSIC AND MENTAL HEALTH

Many of us turn to music to help us through tough periods of our lives and celebrate good times. Mental health trainer Ian Macdonald takes a deeper look at its benefits.

Musicians from Handel to Lizzo have extolled the healing power of their art. Many of us know from personal experience that music can alter our state of mind, offering comfort, boosting our energy levels and lifting our mood.

But how does it do this? There is a growing body of research that sheds light on the ways in which music can increase our wellbeing, from enhancing our connections with other people to helping us get the exercise we need.

MAKING CONNECTIONS

Feeling connected to others is key to good mental health and music can help us improve feelings of connectedness and equality. This can come about either in a direct way, for instance when we are at a concert or festival, or a more indirect way – perhaps by being aware that others are listening to the same song or piece of music in their own ways. We may also relate in positive ways to the lyrics of a song or to the musician's experiences.

WORDS AND MUSIC

Engaging with song lyrics can help us get in contact with difficult feelings in a different way from usual, sometimes offering us hope when we need it. This can be the case whatever type of music we are drawn to, be it rock, jazz, folk, rap, popular classics or grand opera. It's worth being aware, however, that the opposite can be true: sometimes lyrics – or a libretto! – can trigger difficult feelings too.

DOES THIS CHIME WITH YOUR EXPERIENCE?

Dr Mary Leamy and others developed the CHIME framework (which sounds rather musical itself). The acronym stands for five elements in the process of recovery from poor mental health:

- C**onnectedness
- H**ope and optimism
- I**dentify
- M**eaning in life
- E**mpowerment

Music has been linked to the CHIME framework. The suggestion is that engaging in music helps us build on these five key areas which are important for anyone recovering from a period of poor mental health.

SING ALONG

Singing can help us regulate our breathing when we are not feeling great, perhaps experiencing anxiety or stress. Singing along to a favourite song can prompt us to take deeper and more rhythmic breaths.

This can be really useful for those who find more common breathing techniques don't work for them. Remember, this can take the form of singing along 'internally' – so we don't have to expose our voice to others if we don't want to!

Singing in a group can be even more beneficial, for example a choir or other singing group. And if singing isn't your thing, other activities like community drumming groups can also play a part in improving our mental health.

MUSIC AND MOVEMENT

Music can have an impact on exercise too: listening to music is associated with increased enjoyment, and with providing a distraction from any feelings of discomfort during exercise. This means we can keep exercising for longer or exercise more frequently to maximise its health benefits. And, of course, it doesn't have to mean formal exercise – just moving to music in any way you like can be beneficial.



MOOD-LIFTING PLAYLIST

We were hugely grateful to be one of four beneficiary charities at Flackstock music festival for the second year running (see page 27). Our team of staff, volunteers and student ambassadors were there in force to talk to festival goers and encourage them to add their favourite uplifting songs to our mood-boosting playlist. Here's a very small sample of their choices:

- Three Little Birds – Bob Marley and the Wailers
- Happy – Pharrell Williams
- One Day Like This – Elbow
- Stubborn Love – The Lumineers
- Feeling Good – Nina Simone
- Pink Lemonade – The Wombats

For the classical music enthusiasts amongst you, a few of our favourites are:

- The Hallelujah Chorus from Handel's Messiah
- Nimrod from Edward Elgar's Enigma Variations
- Morten Lauridsen's setting of O Magnum Mysterium
- Spring, from The Four Seasons by Vivaldi
- Brandenburg Concerto No. 3: JS Bach
- The last movement of Grieg's piano concerto

HOW MIGHT MUSIC HELP YOU?

How might music work for you? Focus on things that are simple and achievable.

We don't need expensive equipment, instruments or subscriptions. There are free versions of online music services (normally this just means hearing some ads after a few songs).

When you're out and about...

Try the 'feelgood five'

Create a playlist of five songs or short instrumental pieces which evoke good feelings or memories for you, then when you don't feel great you can try listening to it. Why not shortcut the list to your phone's home screen (app permitting), so it's easy to access when you need it most?

You could listen while walking to the bus stop, from the car park to work, or even doing the weekly shop. You can change the playlist at any point to fit your changing preferences or eclectic tastes!

Move to music

Music can help us while we're exercising, by distracting us when it feels hard – and even by matching the rhythm to our stride patterns. This could be a great way to start on the NHS Couch to 5k app, which allows you to use your own music. Any kind of movement or dancing can be more enjoyable when accompanied by your favourite tunes.



Go live!

Listening to live music can be a life-enhancing experience, whether it's a local band in the village hall or the grandeur of an orchestral concert.

Some of us may want to go to gigs but find it challenging or overwhelming, for instance if we experience anxiety or are neurodivergent. Some venues and artists now offer autism-friendly performances and experiences

which can help with accessing live music. Projects like Gig Buddies, which operates in Sussex, and some other locations, may also be helpful: gigbuddies.org.uk

When you're at home...

Musical self-care

Make music part of your self-care routine. Identify a quiet corner and time where distractions are less likely. Use the time to listen to your favourite songs or pieces of music, or to search for new ones. This can help link these pieces with a feeling of being calmer and more at ease.

Join with others

If you feel confident enough, consider joining a local music group – perhaps singing in a choir or trying a drumming group. These groups may offer a 'taster' session so you can try it before committing. They often operate online too. There are many community choirs which don't ask you to audition – just to be enthusiastic and attend regularly.

Get creative

Why not use your positive experiences of music to inspire you to write your own lyrics, poetry or simple melodies? This can help you to explore your own feelings and experiences. It can either be kept very personal to you, or it might be something you want to share with others. If you are feeling especially creative, you may like to create some art to accompany your words or music.

References

Damsgaard & Jensen, 2021: Music Activities and Mental Health Recovery: Service Users' Perspectives Presented in the CHIME Framework

Mary Leamy, Victoria Bird, Clair Le Bouthillier, Julie Williams, Mike Slade 2011: Conceptual Framework for personal recovery in mental health: systematic review and narrative synthesis

Silje Margrethe Jorgensen 2021: Video interview with Dr Mary Leamy

Damsgaard & Brinkmann, 2022: Me and us: cultivating presence and mental health through choir singing

Bibb & McFerran, 2018: Musical recovery: the role of group singing in regaining healthy relationships with music to promote mental health recovery

Clements-Cortes & Pascoe, 2020: Community Music for Promoting Youth Mental Health

Terry et al, 2020: Effects of music in exercise and sport: a meta-analytic review

For links, please visit charliewaller.org/blog/music-and-mental-health

NEON DISCO 2023

A NEON NIGHT TO REMEMBER

The Neon Disco has become an incredibly popular and much-anticipated annual event, for which tickets are snapped up as soon as they are released.

Every year in the grounds of Englefield House in Berkshire, 300 children from Years 7 and 8 come together to party, dance and have fun, while raising funds for the Trust.

It was first badged as 'Englefield's Children's Party' in 2009 and has evolved over the years. The neon theme was introduced in 2015 and it has taken place every year apart from during the pandemic. This year saw a new look, with volunteers Jane Bevan and Clare Pannell taking the lead and doing an amazing job.

Highlights included a bucking bronco, a Hollywood dress-up and make-up station with a photo booth, and a marquee dedicated to dancing, complete with a bar serving mocktails and a lot of sweets!



The evening raised over £15,000 and our thanks go to all the sponsors, volunteers and supporters who made the event such a success. A special thank you must go to the Benyon family for allowing us to hold the disco in their beautiful grounds every year.

Want to be first to hear about next year's Neon Disco? Sign up for our emails at charliewallertrust.org/mailling-list



Always a firm favourite... it made the front cover of our September 2017 newsletter!

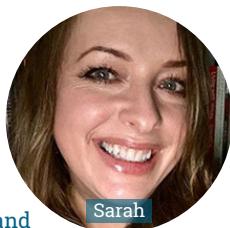


"I just wanted to say well done and thank you for such a lovely evening for the children last night. We came with a gang of girls and they all loved it – a new but very exciting experience!"

"I can only imagine how much work went into it and how full on it was on the night so thank you very much. Lucky kids to have a beautiful party in such a setting. They are already looking forward to next year!"

OFSTED AND MENTAL HEALTH

The suicide of headteacher Ruth Perry led to vociferous questioning of Ofsted and its methods. Sarah Ashworth shares her views on measuring and rating schools in this way.



Sarah

Since the Education Reform Act of 1988, schools have been subject to accountability testing through the Office for Standards in Education, Children's Services, and Skills (Ofsted), with the goal of improving standards and empowering parents to choose high-performing schools. However, over time, these reforms may inadvertently have led to negative consequences for the mental health of both students and educators. Public rating in particular may be a factor in this, along with the fact that there are very few, rather blunt, ratings to choose from.

The evidence supporting the positive impact of Ofsted on raising school standards has increasingly been questioned, with Ofsted's

role in school evaluations and its criteria for 'outstanding' coming under scrutiny. Criteria for a rating of 'outstanding' following an Ofsted inspection are viewed by some as "unrealistic for teachers to meet and equally unrealistic as criteria for use by inspectors". The focus on standardised testing, driven by accountability, has led to increased pressure on both pupils and teachers.

CONFLICTING VALUES?

Some research has suggested that there is a conflict between the progressive values of teachers and the traditional institutional values of Ofsted. One study in the earlier years of Ofsted identified quite stark differences: Ofsted, for instance, was perceived to place more value on formality, competition and a subject-based curriculum, in contrast to teachers generally valuing informality, collegiality and a child-centred, holistic, integrative approach to the curriculum.

These are clearly very broad brush strokes but they may illustrate a tension at the heart of the current system.

WHAT SHOULD BE MEASURED?

In their current form, Ofsted inspections create high-stakes situations that significantly impact the mental health of school staff. The fear of judgment and criticism during inspections results in stress and anxiety among teachers and leaders. Additionally, the intense preparation for inspections leads to increased workloads and feelings of inadequacy, leading in turn to teacher attrition and declining mental health; often the preparation takes place over an extended period and there is uncertainty for a long time about when the inspection will take place.

The recent pandemic further exacerbated teacher mental health issues, and the reintroduction of Ofsted inspections prioritised academic attainment over pupil wellbeing. This approach is contested by many, including young people from States of Mind, an organisation led by young people and psychologists, which has put forward an alternative assessment framework, based on research among many teachers and students. Rather than focusing on academic achievement, their 'alternative Ofsted' would measure mental health, student-teacher relationships, student interactions, teacher autonomy, student satisfaction, life skills and personal development.

At a recent meeting of the Children and Young People's Mental Health Coalition, of which Charlie Waller CEO Clare Stafford is Vice-Chair, two young people from States of Mind, Tumi and Gabriele, spoke. Clare told me:

"Attendance at school is a key issue at the moment. Currently, 23% of children are not in school at any given time. I find this shocking. The pandemic, of course, had an impact but we are hearing that there are

STATES OF MIND SURVEY

The survey carried out by States of Mind included questions for young people along the following lines:

- I feel teachers are concerned with my emotional needs.
- If I had a problem, I know I could talk to a teacher.
- I often have the opportunity to make key decisions in school.
- I believe that school helps me to communicate my thoughts and feelings clearly.
- I can choose how to participate in the school community.
- My education has increased my awareness of other cultures and traditions.
- My education helps me maintain an active healthy lifestyle.
- I feel engaged with my learning.

other issues relating to social and economic deprivation, and increased anxiety and stress. For many, school is not a safe, welcoming place where children can thrive.

"The young people from States of Mind contended that, if you get things like mental health, student-teacher relationships and personal development right, attendance, attainment and safeguarding will naturally follow.

"It may be also worth asking whether conflict between progressive and traditional values is inevitable, or could elements from each be usefully combined?

"One of States of Mind's main points is that the voice of young people should be central to measuring schools' success. In their recent survey, 92.2% of the students and 85.4% of the teachers they surveyed rated 'student voice' as either 'very important' or 'important' when asked to rate the level of importance of topics that should be evaluated in education."





TEACHERS' MENTAL HEALTH AND ITS EFFECT ON CHILDREN

In the past academic year, 59% of school staff report that they have considered leaving the profession and 78% of school staff and 87% of senior leaders reported symptoms of mental ill health, with symptoms of anxiety and depression being higher in school staff than in the general population.

Although advice aiming to support teacher mental health exists, it focuses on individual factors and does not consider the structural and socioeconomic factors over which teachers have no control, such as workload, the impact of Ofsted inspections, the mental health of their students, the cost of living crisis and so on.

What impact might the mental health of school staff have on student mental health? There is clear evidence of a rise in mental health problems in children and young people over the past five years. Numerous reasons have been suggested for this rise, including an increased emphasis on accomplishment and material comfort

over the provision of close and supportive relationships within the family. However, there is also compelling evidence that stress is contagious: observing others who are stressed triggers a corresponding increase in stress hormones in the observer. Consequently, it could be argued that any additional stress placed on teachers will have a deleterious impact on students.

While Ofsted inspections can have negative effects on staff mental health, they can also provide opportunities for reflection, with some schools using inspections as a catalyst for positive change and development. However, schools and educational authorities must provide adequate resources, training and emotional support to ensure staff wellbeing during inspections. Therefore, it is crucial for policy makers to continue to reevaluate the current system and consider reforms that prioritise student wellbeing and provide better support for teachers. By striking a balance between accountability and mental health support, we can create a healthier and more conducive learning environment for all.

Sarah Ashworth is a mental health trainer with the Charlie Waller Trust and a Fellow of the Higher Education Academy. She has worked as a therapist and lecturer for over 20 years.

For a list of references for this feature please visit charliewaller.org/blog/ofsted-and-mental-health



HANDEL'S MESSIAH

in aid of the Charlie Waller Trust

Cadogan Hall, London
17 April 2024

Tickets on sale soon!

Join us for Handel's iconic Messiah
in the elegant surroundings of
Cadogan Hall in Chelsea.

Vox Cordis choir will perform this beautifully uplifting work
under the baton of Charlie Grace and with four wonderful
soloists: soprano, Hilary Cronin; countertenor, Tim Mead;
tenor, Nick Pritchard; and baritone, William Townend.



AUTISTIC CHILDREN: HOW TO SUPPORT THEIR MENTAL HEALTH

Autistic children are much more likely than their non-autistic peers to experience mental ill health. We ask why, and explore ways in which supporting adults can make a positive difference.

Autism is a lifelong developmental difference. It's not an illness, it just means that your brain works in a different way from other people's. Yet autistic children and young people are much more likely to struggle academically and many more of them than their non-autistic peers meet

the criteria for one or more mental health conditions.

Autistic children in mainstream schools tend to be of average or above average intelligence, so one would expect that their academic achievement would be more or less in line with national averages. However, in 2019, 63.9% of the general school population achieved grade 4 or above in five GCSEs compared with only 32.5% of the autistic school population. While academic achievement is only one measure of school

A CHANGE IN APPROACH:

top tips for supporting a child with autism

- Instead of locating all the challenges they might be experiencing within the child, focus on the barriers they may be facing.
- Identify these barriers and either work to remove them or provide supports so the young person can overcome them.
- We need to reframe how we think: 'different' isn't 'less'.
- See the autistic young person as valuable, capable, and competent.
- Help the young person to understand who they are, and what they can and can't do, and to identify their own autistic personality.
- Validate their experiences and preferences and recognise these may be different from your own. This is very important as it allows them to connect with their authentic ways of being.
- Think about how well the social, sensory, cognitive and communicative environment meets their needs and identify the gaps.
- Adopt an inclusive attitude – what's good for neurodivergent people is generally good for everyone.
- Look to the autistic community for advice and guidance – they are the experts in autistic experiences.

success, lack of it can have a profound effect on an autistic child's sense of self.

The exact causes of this attainment gap have not been clearly identified, but exclusion appears to be a major factor – autistic children are around three times more likely to be formally excluded from school than their non-autistic peers. They are also more likely to be bullied than any other category of children, and those with less obvious differences are at particular risk.

Historically, autism has been seen as a disorder and in need of 'fixing'.

In terms of mental health, research suggests that around 50% of autistic children meet the criteria for clinical levels of anxiety compared with 6% of non-autistic children. However, many autistic children go undiagnosed and misunderstood. A major cause of this is the way in which autistic distress can often be overlooked or assumed as simply 'part of their autism'. There is a lack of empathy for and understanding of the autistic experience in wider society.

Historically, autism has been seen as a disorder and in need of 'fixing'.

AN AUTHENTIC WAY OF BEING

In reality, being autistic means experiencing the world in different ways to those who are not autistic. Unfortunately, because of the stigma associated with being different, many autistic children feel that to be more accepted they have to suppress their authentic way of being and they become experts at 'masking'. However, this can lead to low self-esteem and isolation because of trying to be someone they're not. Masking is exhausting; the effort is considerable, and plays a key role in mental distress and suicidal behaviours. It can lead to what is recognised as autistic burnout, where the person has a reduced ability to tolerate sensory stimuli and loses fundamental skills such as communication.

We have to be mindful of the unintended consequences of any support which aims to make someone 'less autistic' and change our mindset from 'doing to' to 'doing with'. There needs to be more of a social model approach, where we look at the environment around the person and the barriers they are

Helping your child to thrive: Sabita and Kitty's story

Our Social Media Officer Sabita Burke knew she was 'different' growing up, but only understood she was autistic as an adult. Here, she and her mum Kitty share their thoughts on how to help an autistic child to thrive.

Sabita says: "I was lucky to have a mother who was neurodivergent and a dad who was also sensitive." It meant that they were more understanding of her hypersensitivity, both within her physical and social environment. Kitty explains: "Every sense and feeling are heightened and more extreme for them, and the parent has to try to appreciate and accommodate that." For Sabita, that included keeping noise and light levels low.

This understanding is vital. Sabita says: "The most important thing for an autistic child is to feel understood. You don't have to be neurodiverse yourself; just trying to

imagine yourself in their shoes is more than enough. Knowing how they must feel will help you to be more patient and compassionate."

She also recommends reading up about autism.

"As a child, a lack of awareness for social turn-taking cues would lead to me info-dumping about my special interests but it means the world to an autistic child when you are able to listen. As a parent, knowing about the difference in communication skills for example, will help you understand why your child is behaving that way and be more open to honouring their individual differences."

As a parent, Kitty's top tip is: "Always see your child's nature as an amazing capacity within them, not a problem to be solved or eradicated."



experiencing. Instead of trying to change the fundamental nature of a person, we can instead focus on ways in which their environment could be adapted to provide a better fit for their ways of being, for example by ensuring sensory comfort.

The neurodiversity paradigm challenges the idea of an autistic person being inherently disordered and instead highlights that different ways of being are the norm rather than the exception. It emphasises the range of human diversity and represents the full range of the autistic spectrum, including those with high support needs. However,

it emphasises that the most distressing experiences of disablement often stem from "living in a society which tends to be physically, socially and emotionally inhospitable towards autistic people". In order to reduce the distress caused by this inhospitability, we need to create a society that is understanding and accepting of autistic ways of being.

With thanks to autism specialist Jo Billington; this feature is based on a webinar Jo presented for Charlie Waller.

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MOUNT TOUBKAL MOROCCAN CHALLENGE

7-12 SEPTEMBER 2024

Limited spaces available

Join our second overseas adventure to summit the highest mountain in North Africa.

Fully supported trek with mountain guides and cooks.

Stunning views of the Sahara from the top!

Supporting young people's mental health.



For more information and to book your place please visit:
charliewallertrust.org/moroccan-challenge-2024



Last year's Sahara challenge group



REVERSE MENTORING: A MULTI-GENERATION SOLUTION?



What happens when young workers mentor older ones? Charlie Waller Workplace Consultant, Jane Abraham, told us about her experience.

Reverse mentoring is not a new concept. It was introduced in the 1990s, primarily as a way for senior managers and/or older people within the company to connect with the younger generation of employees, who would share their expertise, typically technology and digital media.

Now, reverse mentoring involves all levels across organisations and is helping to improve diversity and inclusion cultures, including around mental health.

HOW IT WORKS

Charlie Waller Workplace Consultant Jane Abraham explains how it works and its benefits:

"With reverse mentoring, the mentor is the younger person often with a different background. It's a great way for them to get heard. It's good for their visibility in the organisation, helping them to build

"I learnt about her experiences of being managed in relation to her mental health and how she was treated."

networks and gain an insight into strategy and leadership."

For the mentee, it's an opportunity to hear lived experience and to understand what it's really like to work in the organisation. Jane experienced this first-hand, as part of a project to trial reverse mentoring at the Cornwall Partnership NHS Foundation Trust, where she is a non-executive director.

AN ENLIGHTENING EXPERIENCE

Jane's mentor was a woman in middle management; she was part of the LGBTQ+ community and she had a serious ongoing mental health condition. They met regularly over six months, during which time Jane says she learnt so much.

"I learnt about her experiences of being managed in relation to her mental health and how she was treated, and about her

"It's opened up channels of communication; it's good for talent retention, and has created cultural change."



experiences of being part of the LGBTQ+ community and the inherent homophobia at work – I had thought we were good at that part, but we weren't. It was enlightening!"

BENEFITS FOR BOTH

The mentoring process has made a positive difference to the mentor too. Jane says:

"She told me how great it was to be able to evaluate her experiences and to feel that someone had heard her voice. It's been empowering too, because she's seen the changes that we've made."

Those changes have included setting up, at the mentor's suggestion, a learning action set for managers around managing the return to work for staff with a mental health condition. Jane explains:

"She had told me that she'd had two very different experiences herself, one where the manager's response had felt very patronising, while the other made her feel trusted and valued. Now managers can hear the voice of lived experience in the learning set."

TRANSFORMATION

With 20 of these partnerships taking place, Jane says it has been "transformative" for the organisation.

"It's opened up channels of communication; it's good for talent retention, and has created cultural change. It's been so successful that there's now a rolling programme of reverse mentoring."



TOP TIPS: GETTING THE MOST FROM REVERSE MENTORING

Make a good match!

Ensure that your mentors have knowledge, skills and experience that your mentees need and are keen to acquire. And it obviously helps if they get on well on a personal level.

Set your ground rules

Decide key things such as how often you're going to meet, whether you prefer getting together in person or online, if you're happy to message each other in between meetings, and the level of confidentiality you're comfortable with.

Define your objectives

Mentors and mentees should work together to decide what they each want to achieve from the relationship and over what length of time.

Keep talking!

Review your work together regularly. Check in with each other to ensure things are going to plan or to see if your arrangements need tweaking.

"She told me how great it was to be able to evaluate her experiences and feel someone had heard her voice."



Jane Abraham is a consultant with Charlie Waller Workplace. For more information about our workplace training and consultancy, please visit charliewallerworkplace.org

BOOK REVIEWS

YOU ARE UNSTOPPABLE

by Megan Kennedy-Woodard and Dr Patrick Kennedy-Williams

You Are Unstoppable is a book by two climate psychologists, based on understanding and tackling uncomfortable feelings caused by climate change, with tips on directing your action positively. Aimed at readers aged 8 – 14, the book uses simple language to effectively convey larger ideas and concepts related to climate change, such as symbiosis and greenwashing. The book features examples of thoughts, feelings and actions from children and climate activists across the world, to demonstrate a sense of global community when dealing with climate change. Sprinkled throughout are examples of climate action that readers can be inspired by, such as creating bug hotels or starting eco-clubs at school.

The authors encourage the use of a 'climate journal', a space where readers can reflect on their feelings and their climate action. Readers are given prompts to use their journal through the book and to think more deeply about their own thoughts and feelings. Although aimed at younger readers, *You Are Unstoppable* paints an incredibly well-rounded picture of the climate crisis and defines key terms in an accessible way. The book defines issues such as marginalisation and scarcity with tact, while dispelling individual blame in young readers who may be overwhelmed by the issues they see.

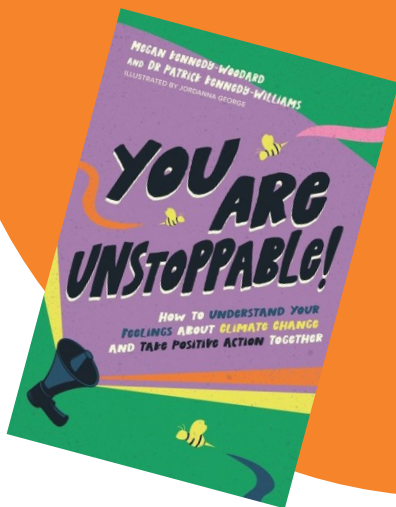
The book discusses climate change and the way in which climate change can result in climate anxiety, and then focuses on recognising the effects of climate anxiety on oneself and how to deal with these emotions, including a chapter dedicated to self-care. In the last few chapters, the idea of climate change being a global concern, shared by millions across the world, helps to reinforce

the idea of community and assure young readers that they are not alone, nor should they feel like they hold responsibility for climate change. The book introduces exercises to help those affected by climate anxiety, by encouraging consciousness of their emotions and physical reactions. There are also techniques to deal with climate anxiety, such as controlled breathing and mantras.

The book details how to realise and utilise the activities that help manage stress (a natural response to the climate crisis), while directing the reader to focus on their strengths and to take climate action while in the 'Abundance Zone'. The last chapter is a space dedicated to realistic, tangible goal setting with ideas for climate action to inspire readers, such as encouraging more climate education in school, including a helpful framework that encourages reflection rather than self-criticism after a setback.

You Are Unstoppable maintains a forward thinking and rational tone, aimed at managing inevitable difficult feelings and emotions rather than avoiding them or turning them positive. Helping young climate activists understand and deal with uncomfortable feelings caused by climate change is the focus, rather than solving climate change, while including helpful tips for action we can all take. Overall, this book communicates climate change, climate anxiety and the associated management techniques effectively, and would be extremely useful to young climate activists managing their feelings and looking after themselves while on their own 'eco-journeys'.

Fariha Agha
Charlie Waller Student Ambassador





YOU'LL NEVER WALK ALONE: POEMS FOR LIFE'S UPS AND DOWNS

by Rachel Kelly

You don't have to be a fanatical supporter of Liverpool Football Club to be moved by the raw emotional power of Rogers and Hammerstein's timeless *You'll Never Walk Alone*. Brilliantly interpreted by Gerry Marsden and his Pacemakers, this magnificent anthem has become synonymous with Liverpool's hopes and fears, successes and failures. Standing in the Kop at Anfield, while the club's fans sing *You'll Never Walk Alone*, is a truly spiritual experience. I defy anyone (apart from Manchester Utd supporters) not to be moved.

So, given this anthem's timeless power and its hotline to the soul, it is not surprising that Rachel Kelly has chosen it for the title of her brand-new anthology of poems, poems chosen to accompany us through life's ups and downs. It is an inspired choice for, as Rachel says: "The poem's simplicity and effectiveness of its central metaphor, walking through a storm, is equivalent to life's troubles. What is true of storms is true of life."

Rachel is a fervent believer that poetry can provide comfort and boost mood during periods of stress, trauma and grief. Its powerful combination of words, metaphor and meter help us better express ourselves and make sense of the world and our place in it. Words, when chosen carefully, sensitively and beautifully, can be a positive and cathartic way to unlock our feelings. Great poetry allows us to be in touch with our emotions and helps us unlock and explore our vulnerability.

Like Lord Wavell's acclaimed anthology *Other Men's Flowers*, *You'll Never Walk Alone* is a collection of inspirational texts – mainly poems – that can accompany us, whatever we are feeling, from sorrow to delight. The texts are not just about words which can console us or comfort us – though they often do this too. Rather, these are poems that allow us to enjoy a full range of emotions. The poems are organised according to the season in which they 'belong': we all have seasons of our minds, be they wintry and dark, or more spring-like and hopeful. Comprising 52 poems, with sensitive analysis by Rachel, *You'll Never Walk Alone* introduces a poem for each week of the year, together with tips on how to bring poetry into one's life.

Great poetry allows us to be in touch with our emotions and helps us unlock and explore our vulnerability.

Some choices are traditional, such as Keats' stunning *Ode on Melancholy*, which somehow encapsulates every emotion from despair to relief to wonder in three extraordinarily vivid verses, and John Clare's *I Am*, a devastating and terrifying glimpse into a broken mind and tortured soul. The excerpt from F Scott Fitzgerald's *The Crack Up*, where "Three o'clock has the same importance as a death sentence – and in the real dark night of the soul, it is always three o'clock in the morning, day after day," intensifies the mood of quiet desperation.

But Rachel, who suffered two severe depressive episodes in her thirties, is very keen to stress that poetry can lift one's spirits, too, especially if it leads to a greater

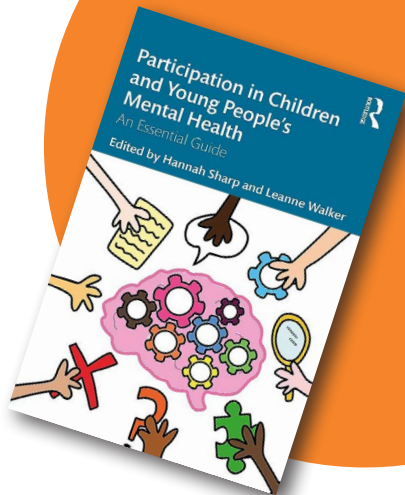
understanding of one's emotions and makes us feel less alone and less isolated. In a very perceptive and engaging introduction, she explains how bringing poetry into your everyday emotional reality can be – and almost always is – a tremendously positive tool for wellbeing. She writes: "While it is easy to know what anger or joy and sadness are, many of us find it hard to tell [others] what they are. This is what the writers in this anthology have done for us so variously. Accept their gifts and let their words nurture you in unexpected ways."

And what gifts they are. From John Milton's *Paradise Lost*, containing the searing couplet "The mind is its own place, and in itself, can make a Heaven of Hell and a Hell of Heaven", to Wordsworth's joyous hymn to nature, *Tintern Abbey*, from *The Bright Field* by R S Thomas to *Fall, Leaves, Fall* by Emily Bronte, Rachel encourages us to look at poems in an emotional as well as an intellectual way, both to heighten our happiness and soothe our sadness.

Significantly, Rachel's division of her chosen poems into seasons, starting with winter, is inspired. Poems, plays and novels have often connected the time of year to our human experience, from Shakespeare's "Now is the winter of our discontent/Made glorious summer by this sun of York" to Keats' "There are four seasons in the mind of man".

This wise, thoughtful and ultimately life-affirming anthology of carefully curated and annotated poems is the perfect companion for our ever-changing moods. Just as standing in the Kop at Anfield is at once a personal, communal and spiritual experience, so too is reading Rachel Kelly's exhilarating book. In both cases, they provide the most timely of reminders: we'll never walk alone.

Robert Beaumont (Charlie's Uncle)



PARTICIPATION IN CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH: AN ESSENTIAL GUIDE

by Hannah Sharp and Leanne Walker

In the words of H McLaughlin, (2015, p. 14), "Just because we have all been children, we cannot assume that we understand the children of today". Children and young people can be experts by experience, defined by the Care Quality Commission as people who have recent personal experience of using, or caring for someone who uses health, mental health and/or social care services.

Consequently, their perspectives are crucial in ensuring that children and young people's mental health services reflect the diverse needs of the populations they seek to serve (Plaistow et al., 2014; Foulkes & Stapley, 2022). This is why, as a young person with lived experiences of mental health difficulties, I was incredibly excited to be asked to review Hannah Sharp and Leanne Walker's new book, *Participation in Children and Young People's Mental Health: An Essential Guide*.

Participation in Children and Young People's Health: An Essential Guide includes

contributions from young people, parents/carers, and professionals, providing a perfect balance of lived experience and academic perspectives. The book is divided into fifteen chapters and begins with a helpful summary of theoretical approaches to the participation of children and young people, emphasising that they must be afforded the 'space, voice, audience, and influence' for their perspectives to have a meaningful impact on policy and practice (Lundy, 2007, cited in Sharp & Walker, 2023, p. 15).

Sharp and Walker continue by discussing the benefits and challenges of participation for both children and young people, and mental health services. They note that "Particularly within mental health care, there is often an over-reliance on diagnosis and an assumption that the end goal is symptom erasure." On the contrary, a person-centred approach considers what a young person is seeking support for, what a meaningful quality of life looks like, and how we can work together to move towards this – so it's vital that we consider how children and young people's 'perspectives, insights, and interests can be given status in the processes of change' (Clark, 2010, p. 115).

Children and young people must be afforded the 'space, voice, audience, and influence' for their perspectives to have a meaningful impact on policy and practice.

The subsequent chapters of *Participation in Children and Young People's Health* feature a range of case studies written from the perspectives of children and young people, parents/carers, and professionals. These provide honest, relatable insights and practical tips for enhancing participation across children and young people's mental health services.

In the closing section of their book, Sharp and Walker focus on the benefits of co-production on mental health services and on children and young people themselves. Participating in focus groups or advisory boards can support children and young people to develop new skills and increase their self-confidence, thereby increasing

their autonomy and agency (Foulkes & Stapley, 2022). Sharp and Walker also suggest that participation is intrinsic to Aked et al.'s (2008) *Five Ways to Wellbeing*, which include connecting socially, continuously learning, and giving to others. The Charlie Waller Trust has produced a range of resources related to *Five Ways to Wellbeing*, which you can access at charliewaller.org/resources/five-ways-to-wellbeing-posters

There is often an over-reliance on diagnosis and an assumption that the end goal is symptom erasure.

Overall, *Participation in Children and Young People's Health* is absolutely the 'essential guide' it claims to be. Sharp and Walker, along with an army of experts by experience, provide numerous practical tips and strategies which will undoubtedly be useful to parents/carers, practitioners and policymakers alike. However, the most powerful feature of the book is the inclusion of first-person perspectives of children and young people, which reflects the oft-used mantra of co-production, 'Nothing about us without us' (Charlton, 1998, p. 3).

Amy Knight
Charlie Waller Student Ambassador

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FUNDRAISING HIGHLIGHTS

THANK YOU
TO ALL OUR
SUPPORTERS

It's been a great summer of fundraising and I am enormously grateful to the committees of volunteers who help organise so many of our events, including our annual Texas Scramble Golf Day and Neon Disco (see our feature on page 13). Both of these are hugely popular, and invaluable sources of annual income for the charity which help us plan our charitable work for the year to come.



Looking ahead, we are very excited about our Walk for Wellbeing in October, a wonderful 45km trek through all 10 of London's magnificent royal parks – good luck to all our walkers.

Later in the year, our 25th Anniversary Ball in November will be a fitting way to mark a major milestone in the Trust's history, and we are looking forward to welcoming hundreds of people to our carol services in London and Berkshire in December.

None of these events would be possible without the marvellous contributions of our donors, volunteers and sponsors. We are truly fortunate to have such a loyal and dedicated community of supporters – I cannot thank you enough.

NICK APPLEBY
HEAD OF FUNDRAISING

COMPETITIVE PURSUITS



Texas Scramble

The 25th Texas Scramble took place on a perfect spring day in the glorious grounds of the Huntercombe Golf Club, near Henley-on-Thames. The teams included two from our corporate partners PACE and Dunnhumby. After the event, Andy Jackson from PACE said: "We wanted to share our thanks to you for organising such a fantastic event, and our gratitude for inviting PACEsetters. We all had a lovely day." We'd like to add particular thanks to Sara Fox, who is a member of the Trust's Fundraising Committee, for her part in organising the event. Together with an auction hosted by Trustee Iain Weatherby, the event raised just over £20,000.

Bridge afternoon

Alice Clark held a bridge afternoon in memory of her son Jamie, who died in 2010, and raised £500. On the back of its success, she has decided to make it an annual event.

Bradfield Cricket Tournament

This ever-popular annual event was a huge success again, raising just over £6,700. Katie Waller said: "We gave everyone lunch this year, which Lizzie Orange organised and was delicious, and my niece baked an amazing array of cakes. The cricket went really well – we were lucky with the weather and the teams were fairly evenly matched, so there were some close games of cricket, which always makes it a bit more exciting."





Dunnhumby Tennis Tournament

Charity partner Dunnhumby kickstarted their summer fundraising with a five-week tennis tournament, which raised £975. Event organizer Kitty Bevan said: "It's really increased the Trust's visibility across the company and paved the way for lots more opportunities to fundraise."

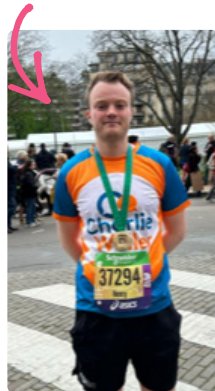
KEEP ON MOVING

Edinburgh Marathon

Lydia Wood took part in the Edinburgh Marathon and raised £1,591. She said: "I have struggled with mental health for quite a large chunk of my life and recently have found running to be a huge help. My dad told me about the Charlie Waller Trust and he knows Mark and Rachel Waller, so it seemed like the perfect cause!"

Paris Marathon

Henry Davies ran the Paris Marathon and raised £1,345. Afterwards he said: "It was great fun, I really enjoyed it. My legs are still a bit sore but it was an amazing experience."



Ridge Off Roader Half Marathon

Annick Williams ran this very hilly trail run in the Chilterns and raised £1,376. Her husband, David, ran a 50 km race for Charlie Waller in 2021 after losing a university friend of his to suicide and hopes to raise more money for the Trust in the future.

FLACKSTOCK

Flackstock returned for a second year on 24 July, celebrating the life of Caroline Flack and shining a light on mental health.

This year, we had our own stand, which was great for engagement. We asked people to pin their favourite feel-good song to a board, which was so successful that we've created a playlist of over 20 hours of music (available to download on Spotify)!

Our Youth Involvement Lead Alice Palmer and Student Ambassadors Sophie Griffin and Fariha Agha led a session in the mindfulness tent on the benefits music can have for our wellbeing, which got everyone dancing. The facepainting was a big hit too – with thanks to Amy Martin!

It was fantastic to be a part of such a lovely event once again, and we are so grateful to the Flackstock team for choosing CWT as one of the beneficiary charities.



Lockers Park sponsored walk

Each year Lockers Park Preparatory School organises a sponsored walk and raises money for two charities. This year, they supported the Charlie Waller Trust and raised a fantastic £1,625.

Hackney Half Marathon

Emma Franklin, Ralph Morley and Julia Gibbon, three barristers from Richard Waller's chambers (Richard is the Trust's Chair) ran the half marathon and raised just under £9,000. Emma said: "It was fantastic. We all really loved the run and we're hoping to get a big team from the Chambers involved next year."



GOING FOR THE BURN

Everest in the Alps

This incredible challenge, featured on the front cover, involves walking uphill on touring skis for 2,200 metres per day for four days, staying in a cabin above the resort of Verbier. Colin and Camilla Norton tackled the challenge for the second time this year, joined by their daughter Emily and two friends. Camilla knew Charlie Waller as a family friend when she was growing up, and Emily lost a close friend, Arthur, to suicide in May 2022. Camilla said: "It seemed right to raise funds for the great work the charity carries out and we climbed with Emily in Arthur's memory and named our team Excalibur accordingly. The challenge was amazing and exhausting all at the same time. We've been told that we used the equivalent energy of running three marathons a day for four days, with four hours' sleep a night!"

Team Excalibur raised £19,915, while Amanda German, who also took part, raised

£2,605. She said: "It was really challenging at times but an amazing experience that I will remember forever. Thank you to my supporters for cheering me on along the way. It really was what kept me going when I felt I couldn't put another foot in front of the other."



Photo: Sam Hill, @Hill_Adventures

High intensity interval training fundraiser

Geoff Joseph and his friend Tom organised a fundraising day at their local gym where they completed 10 hours of high intensity interval training classes in 12 hours to raise money in memory of Geoff's younger brother Guy, who took his own life at the age of 24. They raised £4,000, which included £1,000 of matched funding from Geoff's employer. The gym, Fitness Experts in Harwell, plans to run an annual charity day in memory of Guy and raise more funds for Charlie Waller.

Marathon des Sables

Rupert Strutt ran the mighty Marathon des Sables across the Sahara, raising £4,795.

Cycling Dodur

Huge thanks to Sasha White and fellow cyclists Kingsley and David, who cycled 1,500km in 13 days, from Dover to Durness, raising £9,365 and counting...

Majorca 312 cycle race

Despite 30-degree temperatures, Tom Jameson Evans successfully cycled 225km, including nearly 4,000 metres of climbing, in an organised event around Majorca. After raising over £4,000, Tom said: "I'm very pleased to have been able to raise such a meaningful amount for the fantastic work you are doing."

ARTS AND LEISURE

Bradfield May Fayre

For over 30 years, Bradfield Southend in Berkshire has held a traditional May fayre with a focus on fundraising for the local community. This year, they made a donation of £600 to the Trust.

Pelham Place

Sandra de Laszlo, who is a Patron of the Trust (her son, Will, is a Trustee), hosts visits to Pelham Place, her family home, in aid of the Trust. She tells visitors about the Trust's work, shows them the artwork by artist Philip de Laszlo, among others, and gives them a tour of the garden, where they are welcome to picnic. Over the early summer she held three open days for three local art groups, which raised £1,285.

Performing arts

Year 13 students at ArtsEd, a performing arts school in London, put on a production of a play called Elephants (pictured below), by Rose Heiney. Director Stella Robinson had heard about the Trust through her mum and donated two-thirds of the ticket income, £650, to the Trust. Stella said: "I am overjoyed by the amount we raised and I really hope it helps even a little bit."



Meanwhile, Bath University Student Musicals Society put on a show of Bonnie and Clyde and held a collection which raised £200. And on a classical note, Will and Mary Ann Faure Walker organised their own concert and raised £320.

Non-uniform day

Westwood with Ilford Primary School wanted to support the Trust as both staff and pupils have had useful input from trainer Gemma Howard. They held a non-uniform day and raised £125.

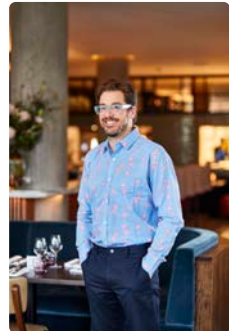


New Generation Wine

New Generation Wine has partnered with the Trust and is making a 50 pence per bottle donation. The wine they have chosen, 'Mists of Time', comes from the high-altitude slopes of the Dolomites in northeast Italy and is described as "an unoaked union of Pinot Bianco and a splash of Chardonnay, that will surprise and enchant." The wine is being sold through Caviste, an independent wine merchant in Hampshire. To find out more, visit caviste.co.uk/products/mists-of-time

Support from Sam's Riverside

Sam Harrison is a restaurateur and long-standing supporter of the Trust. He used this year's Mental Health Awareness Week in May to encourage everyone to talk about mental health as well as to raise funds at his restaurant in London, Sam's Riverside.



Sam has suffered with his own mental health over the years. He says: "Depression crept up on me very quickly and led to me having a mental breakdown. The Charlie Waller Trust was hugely supportive in helping me to get the help I needed. I feel very passionate about mental health and making sure we talk about it."

During the week, a voluntary £1 was added to customers' bills and an information card about the Trust was put on the tables. Recognising how tough the hospitality industry can be, Sam also held Chat for Charlie coffee breaks for his team to raise awareness around anxiety and to talk about practical coping strategies.

SUPPORTING US

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



FRIENDS OF Charlie Waller

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

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

Would you consider making a regular donation?

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

Your support will be hugely appreciated.



By telephone

Call us on
01635 869754

By text

To donate £10
Text 'CWT' to 70085
This costs £10 plus the cost of a standard rate message.



By cheque

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



Donate online

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

JustGiving

Please visit
justgiving.com/charliewaller

PLEASE FOLLOW US



WHAT'S ON

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

01635 869754
fundraising@charliewaller.org

EVENTS

These are the events we have planned for the rest of the year and into 2024. Please bear in mind they may be subject to change and keep an eye on our website for updates.

2023

Sat 7 October

WALK FOR WELLBEING LONDON ROYAL PARKS CHALLENGE

London

Our inaugural 45km trek through all 10 Royal Parks in London, starting in Bushy Park and finishing in Greenwich Park. A tough but rewarding challenge!

Sat 7 – Sun 8 October

VIRTUAL WALK FOR WELLBEING

Across the UK

Challenge yourself to complete a 10km walk over the weekend with friends, family, colleagues or your four-legged friends.

Sun 15 October

BATH HALF MARATHON

Enjoy this flat, fast route through the picturesque streets of historic Bath.



Fri 3 November

25TH ANNIVERSARY BALL

London

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

Thurs 16 November

BRIDGE DAY WITH ANDREW ROBSON

Enjoy a day of bridge and a delicious lunch in the company of Andrew Robson OBE, England's best known bridge teacher.

Tues 5 December

BRADFIELD CAROL SERVICE

Bradfield College Chapel, Berkshire

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

Mon 11 December

LONDON CAROL SERVICE

St Luke's, Chelsea

Our flagship festive event of candlelit carols and celebrity readers.



Sun 3 March

CAMBRIDGE HALF MARATHON

Once again, we're delighted to be a charity partner for this popular running event. Do sign up for one of our places.

Weds 17 April

HANDEL'S MESSIAH

Cadogan Hall, London

Enjoy a wonderful evening of music featuring Vox Cordis choir under the baton of Charlie Grace.

Sun 21 April

LONDON MARATHON

Join over 40,000 runners on this iconic course through London.

Weds 1 May

CHARLIE WALLER TEXAS SCRAMBLE

Badgemore Park Golf Club, Henley-on-Thames

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

7-12 September

MOUNT TOUBKAL MOROCCAN CHALLENGE

Join our second overseas adventure to summit the highest mountain in North Africa. Fully supported trek with mountain guides and cooks. Stunning views of the Sahara from the top! (See page 19).

2024

Sat 2 March

U18 LACROSSE TOURNAMENT

Marlborough College, Wiltshire

Invitational event hosted by the college for schools' U18 lacrosse teams.

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

LOOKING FOR HELP?

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

SAMARITANS **116 123**

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

MAYTREE **0207 263 7070**

An adult respite sanctuary for the suicidal

YOUNG MINDS **PARENTS' HELPLINE** **0808 802 5544**

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

NHS 111 **111**

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

BABCP **babcp.com**

For a register of accredited therapists

BACP **bacp.co.uk**

For a directory of registered/accredited therapists

PAPYRUS HOPE LINE **0800 068 4141 Text 07786 209697**

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

STUDENTS **studentsagainstd Depression.org**

For information and self-help material

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

All details correct at time of going to press.

Mental health resources

Free guides and workbooks for professionals, parents, young people and others interested in mental wellbeing.

All resources are available as free downloads, and some are available as printed copies.

Visit charliewaller.org/resources where you'll also find lots more information on mental health and wellbeing.



The Charlie Waller Trust

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The Charlie Waller Trust is a registered charity in England and Wales 1109984.
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