



CWMT NEWS



The Newsletter of The Charlie Waller Memorial Trust

Issue 18

September 2008



16a High Street, Thatcham
Berkshire RG19 3JD
Telephone 01635 869754
Email admin@cwmt.org
Web Site www.cwmt.org

Registered Charity No. 1109984

THE CHARLIE WALLER MEMORIAL TRUST

Registered Charity No. 1109984

16a High Street, Thatcham, Berkshire RG19 6JD

Telephone: 01635 869754 e-mail admin@cwmt.org www.cwmt.org

Letter from the Chairman

At the end of 2001 we appointed Michael Lord as Project Director. The various reports in this Newsletter show what has been achieved through his efforts. He has worked tirelessly to further our aims which have been to raise awareness of the symptoms of depression, persuade people to get help and do what we can to see that the help is there.

In the field of raising awareness he co-ordinated the production of the Student Depression website aimed at University students and sixth formers. He achieved the appointment of the Schools Outreach Officer with Young Minds [see her report on pages 7 and 8]. We had one Waller Trainer when he started – we now have six covering different parts of the country. We have co-founded a Chair in CBT at Reading University and that department, under Professor Roz Shafran's guidance, has won the contracts for the new Improving Access to Psychological Therapies (IAPT) courses. We have supported Lord Layard's campaign which persuaded the government to fund the IAPT initiative. There have of course been other initiatives as his own report reveals.

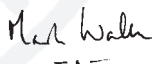
Thank you Michael for all your hard work – we are grateful indeed and wish you well in your retirement.

We have been very fortunate to find Naomi Garnett to take over from Michael. She was originally a chartered civil engineer with a PhD in construction management but from 2004-5 she was Berkshire Primary Care Research Development Officer and from 2006 to the present she was Manager, Berkshire Healthcare Research Consortium hosted by the Berkshire Healthcare NHS Foundation Trust. Her main responsibility will be to co-ordinate the Waller Trainers, the Schools Outreach Officer and oversee the appointment of others where we see the need.

Of course none of what has been achieved under Michael's stewardship could have been achieved without funds. We have a Fund Raising Committee and a Young Fundraising Committee who work very hard organising events. We also have a great number of individuals who are prepared to run, climb or walk for us. The articles in the latter part of this Newsletter are testimony to the number of people who help.

It should not be forgotten I should add that all this activity also raises awareness and helps to reduce stigma – we are enormously grateful to all who work so hard for the Trust.

Finally we have found it necessary to move the office from cramped accommodation at Mead House to a small office suite in Thatcham, the address of which appears above.



Mark Waller

Trustees: The Rt. Hon. Sir Mark Waller (Chairman), Alastair Barclay FCA (Treasurer), Mary Bennett, Gordon Black CBE, The Hon. Sir Michael Connell, Nigel Gray, Ian McIntosh, Richard Waller, Charles Lytle, Mark Durden-Smith

Secretary to the Trustees: Bronwen Sutton

Patrons: Neil Durden-Smith OBE, The Hon. Mrs. Damon de Laszlo, Dennis Silk CBE, Anthony West, Michael Whitfeld

Project Director: Naomi Garnett

**CWMT continues to work in association with Prof. Andre Tylee
at the Institute of Psychiatry, King's College, London**

MICHAEL LORD



Wishing you a long
and happy retirement.

Thank you for everything,
you will be missed.

REPORT FROM THE PROJECT DIRECTOR

This is my last report as Project Director as I handover to Naomi Garnett at the end of September after almost seven years working for the Trust.

During that time the Trust has funded a variety of projects all of which aimed to meet our principal objectives - raising awareness, reducing stigma and updating healthcare professionals mainly at the primary care level. Over the last few years the Trustees have concentrated on prevention and primary care recognising that the larger mental health charities are better equipped to deal with more severe mental illness. The end result is a network of six (I hope!) Waller Mental Health Trainers based in Scotland the North West, the North East, the East Midlands, London and the South East. They coordinate their school activities with the Schools Outreach Officer based with Young Minds - a post 50% funded by the Trust. We have a very successful Student Depression Website and as I retire we are discussing an equivalent for secondary age children, their teaching and support staff and for parents and friends. We support Dr Roz Shafran as the first incumbent of the Charlie Waller Chair in CBT at The University of Reading, who in the short time that she has been there, has founded the Charlie Waller Institute. In addition we support other projects notably the work of Lord Richard Layard but also other deserving and relevant causes.

I hope you feel that your generosity and support has been justified.

Looking to the future, it seems to me that expansion of the network of Waller Mental Health Trainers deserves to be a high priority. I think that this depends on regional fundraising and on negotiating a partnership agreement with another organisation, rich in volunteers who are willing to be trained, thus increasing the number of people trying to raise awareness of depression, stress and anxiety and the chances of preventing cases of mild mental illness becoming more serious.

WALLER MENTAL HEALTH TRAINERS

Meeting At Young Minds

A successful introductory meeting was held at the offices of Young Minds on 11 June 2008. Three out of four Waller Mental Health Trainers attended along with Bronwen Sutton, Secretary to the Trustees, Laura Stancevic, the Schools Outreach Officer, senior staff from Young Minds and my successor Naomi Garnett. Dr Brian Marien presented his ideas on a website for secondary age children and the opportunity was taken to stress the high priority placed by the Trust on responding to requests from schools in particular to train teaching and support staff. Now that we have a sensible quorum these meetings will be held regularly the next being on 3rd December 2008.

South East

We are making progress with our new partner in the South East - Thames Valley University. The final interviews are due to be held in the week beginning 28th July 2008.

Scotland

The first Advisory Group meeting was held in Edinburgh on 2nd July 2008 in advance of the appointment of the Waller Mental Health Trainer to Lothian NHS. The good news, after much delay, is that a date has been set for final interviews - 15th August 2008.

East Midlands

We are delighted to welcome Clare Poole who started as the Waller Mental Health Trainer in the East Midlands on 7th July 2008. Clare previously combined two roles one as a Community Psychiatric Nurse with Milton Keynes PCT and the other as a Lecturer/

Practitioner in the University of Northampton within the Mental Health and Learning Disability Division. Her qualifications include an MSc in Mental Health, a Postgraduate Diploma in Effective Community Care and a Diploma of Higher Education Mental Health as well as numerous others. She will be based with Changing Minds in Northampton

STUDENT DEPRESSION WEBSITE

MySpace

Making Waves Communications gave a presentation of their proposal for a CWMT MySpace page at their meeting held on 16th June 2008. As a result the launch of a MySpace page for a trial period of three months was agreed subject to further discussion of appropriate responses to messages left by users of the page. The design of the page is in the process of being finalised.

BlogRing

Partly as a result of recruitment via AUCC/HUCS and Making Waves, Denise Meyer now has a steady flow of interviewees but needs more male students to apply in order to achieve balance. The process of administering applicants has proved to be more complicated than expected. As a result the launch of the BlogRing is likely to be delayed.

YOUNG PEOPLE AND MENTAL HEALTH IN THE NORTH EAST

Training in both Northumberland and Co Durham has been completed. The next stage is to amend the Toolkit to reduce its size and to incorporate more guidance on how to handle complex cases. It is anticipated that the final draft will be available during the week beginning 30th June 2008.

NURSE TRAINING

The second cohort started on 12th May with 9 possibly 11 candidates. The numbers have been kept small to allow Changing Minds to induct new staff and provide time to rewrite some of the material. The Prison Service is expected to ask for more bespoke courses. Despite the small numbers involved so far Changing Minds are most encouraged by the response with an article in Primary Care Mental Health and one pending in the Nursing Times. In future the Waller MH Trainer should be able to keep us in touch with progress.

LAYARD MAP OF MENTAL HEALTH

On the 20th May I met Rachel Smithies, the Research Assistant we are funding. She started work on the project in March some 2-3 months behind schedule. The Map should be completed by October 2008 but, allowing for validation actual publication is likely to be in early 2009. At present RS is basing most of her research on material which has been or is about to be published with recognised gaps about activity in primary care and on transition from primary to secondary care.

ONE IN FOUR MAGAZINE

I have attended two meetings of the One in Four Advisory Group. The important news is that Social Spider have published the first edition. Please visit www.oneinfourmag.org or telephone 0207 3459129 to find out how to purchase a copy. Future funding by the South London & Maudsley Charitable Trust, CWMT and others is still under discussion.

Michael Lord

CHARLIE WALLER CHAIR OF COGNITIVE BEHAVIOURAL PSYCHOTHERAPY

Report from Professor Roz Shafran

PROGRESS

Improving Access to Psychological Therapies

Together with Berkshire Healthcare NHS Foundation Trust, the Charlie Waller Institute of Evidence-Based Psychological Treatment has been awarded the contract to provide training for the 'Improving Access to Psychological Therapies' (IAPT) programme in the South Central Strategic Health Authority. This involves training a total of 96 'high intensity' therapists and 60 'low intensity' therapists in the next 3 years. The contract is worth approximately £1 million. We will also be providing a new course on supervision training for existing therapists who are supervising the new high/low intensity therapists. Key factors in our success have been the support of the University of Reading who are allowing us to use their facilities without charge (hence our tender could be reasonably priced) and the close working relationship between the Charlie Waller Institute and Berkshire Healthcare NHS Foundation Trust. We are awaiting the details of the contract and, once in place, we will be able to advertise for the new posts of Course Director and Administrator.

Short and Long Courses in Evidence-Based Psychological Therapies

We have had a large number of applications for our certificate and diploma courses in evidence-based psychological treatment. We have yet to interview the candidates but it is looking likely that we will be able to fill all 12 places on each course with Berkshire Healthcare NHS Foundation Trust purchasing 5 places on the certificate course and 6 places on the diploma course along with some places on our workshops. The feedback from the workshops to date has been very positive and we have almost completed our plans for the workshop series for 2008-9. Among the speakers are Professor Steve Hollon (the world-leader in Cognitive Therapy for depression), Professor Michael Addis (who has researched how to put evidence-based psychological therapies into practice and has a special interest in men's mental health) and Professor Christopher Fairburn (a Governor of the Wellcome Trust and world-leader in the treatment of eating disorders.) Dr. Christopher Martell continues to provide supervision on Behavioural Activation for the treatment of depression to our Diploma students via Skype. Our evaluations indicate that the workshops are improving both clinician knowledge and skill.

OTHER ACTIVITIES

I am currently contributing to the organization of the scientific programme for the conference at the Savoy (November 27-28th 2008) on 'The Future of Psychological Therapies in the NHS' and will take over as co-chair of the British Association of Behavioural and Cognitive Psychotherapies Scientific Committee in July 2008. I have two research applications on perfectionism pending and we have been invited to revise and resubmit our programme grant to the National Institute of Mental Health.

FUTURE PLANS

The work for the immediate future will focus on setting up and running the new IAPT courses, interviewing students for the certificate-diploma courses and promoting the workshop series to ensure that we have a sufficient number of external delegates to make the workshops financially viable.

PROMOTING MENTAL HEALTH TO SCHOOLS, COLLEGES AND YOUTH GROUPS



REPORT FROM LAURA STANVEVIC - SCHOOLS OUTREACH OFFICER

Jointly funded by the Charlie Waller Memorial Trust and YoungMinds the Schools Outreach Service has now been up and running for just under a year covering London/South East

We work closely with the Waller Mental Health Regional Trainers for out of area requests and at present I am dealing with requests that will be covered by the Waller Mental Health Trainer for the South East once the appointment has been made.

In May the project also secured additional funding from The Jack Petchey Foundation. This will compliment the work already taking place with parents, professionals and frontline workers in youth and education services. It funds mental health awareness with young people aged 11-25 in schools and youth groups. Throughout the summer term we have reached:-

- 1,551 young people aged 11-25 in Secondary Schools, Further Education Colleges, youth centres, supported housing schemes, and at youth events such as young carers events.
- 258 adults (parents, frontline staff, and professionals) through Homestart Family Support Worker training, parent's events, school parents/open evenings, health events, visits to schools, colleges and youth services.
- Delivered 30 mental health awareness sessions including presentations, assemblies, PSHE lessons, attended team meetings, life skills tutorials, mental health awareness workshops, keeping emotionally healthy workshops, supported health clubs and school health information drop ins. This has involved promoting the work of the Trust, the students against depression website, warning signs etc as well as projects at YoungMinds as appropriate.
- 48 information packs were sent out to professionals who submitted contact forms via the CWMT office and YoungMinds website, wanting to know more about children's mental health and depression for their settings. These include PSHE Co-ordinators, Youth Workers, Learning Mentors, School Nurses and Teachers.

The workshops have been extremely well received as you can see from the selection of comments below:-

18 year old girl who took part in the keeping emotionally healthy workshop at Camden Foyer 21/04/08:-

"I have learnt the symptoms of depression and can relate to them so I am going to get help for it"

Adults taking part in our workshop on infant mental health to Home Start Trainee Family Support Workers:-

"The group discussions and the topics were very helpful"

"Case studies were very insightful"

"It made me realise that the smallest of problems can escalate if they are left unattended"

"Knowing there is a 'YoungMinds' which can help people (families) concerning (confronting) children's problems related to 'mind' "

"Thank you once again for sending the trainers for our session. It went very well and they really enjoyed it".

In addition to the outreach work this term, the first joint meeting of the Waller Mental Health Trainers was held at YoungMinds on June 11th 2008, where we all came together to share our activities in our respective areas of the UK. This was most useful to link up the work that we do and how we can all make further links with schools. The next meeting is scheduled for December 3rd, hosted at YoungMinds in London. A subsequent meeting was also scheduled for August 4th at YoungMinds for those of us working with schools to put our heads together to share the work/resources we have been using in schools to support our work.

At Southampton College Looking After Yourself Students Health Event in April I spoke to 20 adults about our work, the Trust and the helpline, mostly tutors and support staff at the college, but also other health professionals at the event, such as the local PCT and Early Intervention into Psychosis Team. The CWMT warning signs of depression and student depression baked bean poster were already widely distributed on staff and student notice boards around the college. I also made links with the student activities co-ordinator for their September tutorial programme.

Combined with the autumn and spring terms, outreach for this first year totals:-

- 245 information packs (to front line staff/settings)
- 71 mental health awareness sessions
- 693 adults
- 2995 young people

REPORTS FROM WALLER TRAINERS

DENISE FISHER NORTH-WEST

As knowledge of the availability of a Waller Trainer grows I am receiving a steady flow of requests to discuss future training for staff from primary care, general hospital areas, schools, PCTs and the voluntary sector.

Cumbria

A further meeting was held between Extended Schools Co-ordinators and CAMHS staff regarding mental health awareness training and a date has been set a one-day conference on 9th October 2008.

A one day Masterclass was held on 5th June at Warrington Wolves Health Centre on *Psychological Aspects of Long-Term Conditions*, to staff from Warrington PCT, including Community Respiratory Nurses, Community Matrons & Physiotherapists. In total 26 staff registered and 21 attended. There was also a reserve list of interested staff but due to space limitation at the venue these could not be accommodated. Overall a successful day, however there were limitations due to the venue which did not provide a practice environment for the participants. If repeated the venue issue would need to be addressed, possibly via support from the PCT.

A Masterclass was held on Friday 18th June at Roundthorn Country Hotel, Cumbria on: *Demystifying Psychological approaches: experiences of the Human Givens Approach*

Two sessions were offered, one in the afternoon (including a choice of two of three workshops) and a shorter one in the evening. The topic was a presentation of the *Human Givens Perspective* and expert knowledge and skills were provided by:-

Fred Grist, David Grist, Phil Shea and Tracy Watkins from "The Space", Kendal and Iain Caldwell, Director, Hartlepool Mind.

On the day a total of 24 participants attended the afternoon session and 12 in the evening. The participants included GPs & trainee GPs, Consultant Psychiatrists, Community Mental Health Nurses, Social Workers, Drug Workers, Counsellors, Child Protection Nurses and members of the voluntary sector.

Results of the evaluation of this first Masterclass in Cumbria indicate that it has been well received. Anecdotal evidence gathered by the organisers through discussions with participants at break times and at the end of each session demonstrates an interest in the *Human Givens* approach to mental health care. Several participants felt that it would have been more useful to have a full day event, which would have provided more opportunity to explore *Human Givens* in more depth. In the section on topics for future Masterclasses, participants have requested information on dreaming, the rewind technique and more on the *Human Givens*. As a result the organisers have decided to offer a one-day skills based Masterclass, incorporating aspects of *Human Givens*, in South Cumbria during July.

Wirral PCT

Several meetings took place in May, with regard to training within the Wirral PCT area. Also a half-day training session was provided to voluntary sector staff on *Listening Skills* which was well received.

There is continued interest throughout the North West which has resulted in further planned training events for June & July and longer term plans for September/October

AILEEN MOORE (NORTH EAST YORKSHIRE AND HUMBERSIDE)

Conferences

Mental Health in the Workplace - Harrogate

The event was a great success with 240 participants attending. Although evaluations are still being collated feedback is extremely encouraging.

The Care Services Improvement Partnership (CSIP) is very pleased with the positive reactions they have received from local employers and Dave Belshaw (Mental Health First Aid Lead) has received several requests for training sessions on mental health awareness from employers who attended.

Chris Williams was the main speaker at the conference in East Riding on June 20th. Attended by over 100 delegates it went very well. There was a lot of interest in the CWMT stall and I will continue to work closely with this *Increasing Access to Psychological Therapies* (IAPT) project

I had a stall at an (IAPT) conference on June 6th in Pontefract. There was interest in a Masterclass from local GPs which will probably take place in October.

Masterclasses

The Masterclass in Keighley was delivered by jointly with the Occupational Health Lead for Airedale NHS Trust in April.

It attracted 38 GPs and went very well. We generated a lot of interest in the Airedale NHS trust project scheme aimed at increasing access to psychological services for employees with common mental health problems. Airedale NHS trust have trained 3 of their Occupational Health Nurses to deliver step 2 and 3 CBT based guided self-help to any employee who develops depression or anxiety conditions. This avoids them having to wait for their treatment.

Another Masterclass is in the pipeline with a similar scheme run by a large employer in the Pontefract area. I am arranging to deliver a Mental Health First Aid course to their managers in the autumn as part of their improvement of managing mental health in the workplace.

Schools and Colleges

I delivered a day on '**recognising and managing mental health problems**' to staff and students at Stratford College and have been asked back to provide 2 further sessions for staff on their annual training days in July.

The 12 sessions with students at Queen Ethelburga's College in York have now been completed. Feedback was very positive and their teacher is interested in looking at materials on mental health for general use in schools.

I have spoken to National Institute of Adult Continuing Education (NIACE) who run Skills for Learning and am currently looking at how we can jointly work together to plan support for colleges at a regional level.

Mental Health Training

I have just completed 7 sessions (over 3 months) on recognition and managing mental health problems for Trainee Counsellors from South Yorkshire.

I also delivered an afternoon session for one of the larger GP practices in Sheffield. It was attended by 20 GPs, Primary Care Nurses and Receptionists.

Mental Health First Aid Instructor Training (MHFA)

I have successfully completed the 7 taught days on the MHFA Instructor training programme and delivered the first 2 day course in Sheffield in July as part of the Increasing Access to Psychological Therapies (IAPT) programme. The course was attended by 10 health professionals from public health and community support programmes. Feedback was very positive.

MHFA is a 2 day mental health course suitable for everybody. Courses will be evaluated independently and monitored by the National MHFA team.

GILL ALLEN
LONDON

I started my three-day a week post on the 4th February. The aim of this new role was to build collaborative networks across all the London Boroughs, of which there are 33.

My overall objective was to devise a training programme to help and support busy **Tier 1*** personnel working with children and young people with emotional health and well-being issues as there has been growing recognition of the strategic importance of **Tier 1** staff, particularly in relation to their potential for recognising and supporting children and young people with mental health needs.

The training presents an opportunity for practitioners to tackle the important issue of developing skills amongst **Tier 1** colleagues from their local agencies whilst also reflecting on and reinvigorating their own work. I have developed the outline from my work in Croydon CAMHS, where I delivered training to secondary schools and pupil referral units. The service was called HeadStart, has been very successful, and has

received positive feedback.

The course is designed to provide the highest quality training to the greatest number of staff holding roles in their area over the shortest possible time and consists of five half-day training sessions held fortnightly and run for approximately 20-25 **Tier 1** staff, weighted so that there is a broad representation across local **Tier 1** agencies, roles and professionals. Each session is delivered via different training methods and includes power point, small discussion groups and case vignettes.

The content of the course consists of-

- An introduction and overview of CAMHS, mental health and the tiered structure
- Role of **Tier 1** workers, early detection and intervention, and nuts and bolts of assessment and of risks and needs
- How to know when to hold and how to know when to pass on to specialised services
- Depression, self-harm, eating disorders are the main themes for the other workshops.
- Interventions

It is hoped that the training programme will form part of a long-term, robust, knowledge strategy to **Tier 1**, upon which more specialised courses are delivered. This could be in conjunction with the local CAMHS or Educational Psychology Service. The final product will be to develop and produce a local resource pack and a 'toolkit'.

To date there have been eighteen boroughs who have expressed an interest in the training programme. The first wave of the training has been completed with three Boroughs taking part as a pilot. These will be evaluated over August. The feedback from these initial Boroughs has been extremely positive. A second wave of training will then be delivered in September, again with three boroughs and dates have already been set in January 2009.

The core challenge is delivering the training programme alongside other initiatives already developed in local areas, such as Healthy Schools, Social Emotional Aspects of Learning (SEAL) and Every Child matters outcomes (ECM). As part of my agreement with the Boroughs I work with two colleagues who support me and one who acts as a co-facilitator in the training room so that the local view is conveyed and understood and that the most can be learnt from the multi-sector participants.

All of the training sessions are evaluated on the day so that training can be audited and adapted where necessary. A focus group will be held in October, with 6-8 Healthy Schools co-ordinators, to progress the work further. This will be in conjunction with the Healthy schools strategic lead.

The other part of my role is to develop and deliver Masterclasses on depression to school nurses. This is in conjunction with Institute of Psychiatry and Rethink and forms the research study QUEST. Initially the pilot will be rolled out across Merton and Sutton followed by thirteen Primary Care Trusts (PCT's) over two years.

* **Tier 1 Staff** include GPs, health visitors, school nurses, social workers, teachers, SENCOs, EWOs, learning and behaviour staff, youth justice workers, and the local voluntary agency practitioners

PUBLIC AND PRIVATE SECTORS JOIN TOGETHER TO COMBAT DEPRESSION AT WORK

In the wake of Lord Layard's influential report on depression, published in 2006, the public and private sectors have been increasingly working in harness to combat this most debilitating of diseases.

It is now generally accepted that crippling depression and chronic anxiety are the biggest causes of misery in Britain today. They are the great submerged problem, which shame keeps out of sight.

But if you mention them, you soon discover how many families are affected. According to the respected Psychiatric Morbidity Survey, one in six of us would be diagnosed as having depression or chronic anxiety disorder, which means that one family in three is affected.

Only one in four of those who suffer from depression or chronic anxiety is receiving any kind of treatment. This is a waste of people's lives. It is also costing a lot of money. For depression and anxiety make it difficult or impossible to work, and drive people onto Incapacity Benefits. We now have a million people on Incapacity Benefits because of mental illness - more than the total number of unemployed people receiving unemployment benefits.

But it is not just those out of work who have problems; there are many people in work who are suffering from depression who can't or won't seek help.

According to the Care Services Improvement Partnership (CSIP), a public sector body funded by the Department of Health, medium-sized and small businesses in Yorkshire could save thousands of pounds each year by taking workplace mental health problems seriously, say campaigners.

The huge cost of lost working days and under-performance at work, partly the result of employees experiencing stress, was highlighted at a spring conference at Harrogate organised by CSIP and the Charlie Waller Memorial Trust, a private sector mental health charity. This was a classic example of the public and private sectors working together to address a problem which crosses all boundaries.

Leeds-based bakers, Greggs of Yorkshire, are one of the major businesses supporting the event, which comes as figures released by the Sainsbury Centre for Mental Health reveal the extent of the problem.

The centre reports that mental distress is normal in every workplace in the land with an estimated total cost to UK businesses of £26bn a year, including £8.4bn in sickness absence and £15.1bn in reduced productivity, known as 'presenteeism'. This equates to a loss of more than £1,000 a year for every person employed.

Meanwhile, a report by the Shaw Trust, a national charity that provides training and work opportunities, claims there is 'an amazingly low level of true

understanding' about the scale of mental health problems, which is particularly marked among the heads of small businesses.

Lynne Hall, conference organiser and social policy integration lead at Care Services Improvement Partnership, said that the scale of the problem meant that businesses should do everything possible to address mental health issues.

"When you consider that at any given time one in six of the workforce is likely to be affected by a mental health condition almost all businesses are likely to experience some problems," she said.

"It is far more damaging to businesses than physical health problems and something that touches us all. It has a massive impact on the economy and society."

Gary Hogman, of the mental health anti-stigma campaign SHIFT, emphasised the importance of employers having the knowledge to support existing staff and to be able to tap into the experience and skills of those seeking work.

The conference was chaired by Yorkshire businessman Gordon Black, a founder trustee of the Charlie Waller Memorial Trust and a member of the management board, who explained the background to the Trust its aims.

Mr Black said: "The basic fact is that if Charlie's family and friends had known then what they know now, this tragedy could probably have been avoided. Charlie's case is especially relevant as we now know that his depression was triggered by work related worries which he had blown out of all proportion and were really without substance".

The conference also heard from Simon Francis of CSIP, Dr Catherine Kilfedder of BT and Rob Briner, Professor of Organisational Psychology at the University of London.

Overall the event, which was sold out, was a tremendous success, proving that the public and private sectors can — and, indeed, must, work together to combat stress and depression at work.

Robert Beaumont,

Robert Beaumont is a freelance journalist, specialising in Yorkshire business.

PROF. ROB BRINER

HOW DOES WORK AFFECT PSYCHOLOGICAL WELL-BEING? A LITTLE EVIDENCE AND QUITE A LOT OF SPECULATION

Before discussing how work may affect psychological well-being it is important to consider two key features of the link between work and well-being. First, in general terms, working is very good for people's psychological well-being. Compare the mental health of those in work and those who are unemployed and the evidence is clear. Second, in much of the more developed world, work is much safer for people's psychological *and* physical well-being than it ever has been. Consider, for example, the physical dangers of factory work in the industrial revolution or the effects of very long shifts engaged in highly repetitive manual work. This is not to say that more could not or should not be done to improve work conditions but such improvements need to take account of the generally beneficial and improving relationship between work and well-being.

Over the past couple of decades the stress management industry and the many psychologists, counsellors and others involved in it have presented the workplace and working as something that is intrinsically psychologically harmful and dangerous. While this has perhaps been useful in helping to focus employers' attention on the more harmful aspects of work it has also had some very negative consequences. First, many of both the popular and more academic claims made about what 'stress' is and its effects on individuals and organizations are not strongly supported by evidence. The stress management industry, like all industries, has much to gain by exaggerating the role of the problem it's designed to fix.

A second negative consequence of the focus on the negative effects of stress is that some researchers seem to be more concerned that their research is used to protect and help employees rather than actually advance knowledge through conducting good quality research which tells us something of scientific and practical importance. As a consequence, research into understanding how work affects well-being is quite underdeveloped both in terms of data showing how work conditions are *causally-related* to psychological well-being and also in terms of good explanations of *how* such conditions may affect well-being. This limited knowledge means that much of what can be said about how work affects how people feel is quite speculative.

Third, the popularity of the stress concept means we have tended to focus almost exclusively on the *negative* aspects of work. For this reason we know little about how work contributes positively to well-being and, equally importantly, how work can at the same time contribute in both negative and positive ways to well-being.

So what are the alternatives? If we to some extent dismiss 'stress' as an unhelpful idea and recognize the claims of the stress management industry as exaggerated and mostly unfounded what should we focus on instead in our quest to understand how work

affects psychological well-being?

In fact, there are many other ways of thinking about how work affects how people feel. Most important is that we recognize the links between work and well-being as a process and that the links, where they exist, are specific. Work does not generally make us feel good or bad but rather it produces specific and particular emotions and moods.

Consider the following hypothetical example.

- Our line-manager asks us to do a very difficult additional task - we feel valued and a bit daunted
- We judge that the line manager must believe we are competent and we feel proud and respected
- We undertake the task and also feel anxious about being able to do it and then think it's OK to feel anxious as it is difficult as we've never done it before
- The task turns out to be even harder than we anticipated — but we keep working on it — and put in lots of extra hours
- We complete the task to deadline and feel exhausted but also quite proud
- We believe we must be in the right kind of job/organization and feel affection for organization and look forward to getting feedback
- We tell boss the task is completed
- The boss says “thanks” but gives no praise or feedback - instead they point out a very trivial mistake in the work and then ignore us
- We feel angry and that we're right to be angry and feel exploited
- We tell others how angry we are and see if other people see it in the same way
- We decide that we'll never put ourselves out or make extra effort again for the line-manager/organization
- We take a day off when we have a slight hint of flu symptoms
- We still feel resentful and angry and start to wonder if we are in the right job
- We resign from the Christmas party committee
- We hope the boss will eventually realise what a great job we did — but they still don't mention it
- We start to see lots of other faults with the line-manager/job/organization
- We think about what other jobs and organizations would be like
- We update our CV and look at job advertisements and ruminate about the content of our resignation letter

What is the best way of explaining the many moods, emotions and other reaction this

person has to their work situation? Why is work having these effects? While there are several kinds of explanations here I will focus on just one: The psychological contract.

The psychological contract (PC) refers to the beliefs employees hold about the exchange or the deal between themselves and their employer. We all think that if we behave in particular ways at work then certain outcomes will be more or less likely. We may believe, for example, that if we perform exceptionally well on a project we will, in return, be given more challenging and interesting work next time. What about going that extra mile or helping co-workers? We may believe that by doing so our employer will be more relaxed if an assignment we're working on comes in slightly behind schedule.

The key difference between the PC and the employment contract is that PCs, as the name suggests, are subjective or in the eye of the beholder. They are not explicit, not written down, and certainly not legally binding. In spite of this they can exert a strong influence on behaviour and feelings and well-being precisely because they capture the real deal — what employers really believe they will get in return for what they give.

Perhaps the most dramatic outcome of any kind of deal happens when the deal is broken. In the case of the PC, when employees feel the employer has broken promises or violated the contract, employee reactions range from irritation and anger and sadness to withdrawing effort and good-will to actually quitting. PC beliefs may be strong and may shape behaviour over a long time period and so when an employee discovers that what they felt had been promised to them will not materialize not only may they feel cheated but also that they have wasted much time and effort.

Conversely, when employees feel that the deal or relationship is working well and it is fair they are likely to experience a range of positive feelings and emotions and be more prepared to stick with the organization and make extra effort to help the organization.

The psychological contract is just one of many alternative ways of thinking about how work affects psychological well-being. The stress concept has become increasingly unhelpful as a means of understanding work and well-being or intervening in the workplace. The next time you feel 'stressed' ask yourself how you're really feeling and what the real cause might be. You might find, as I have, that 'stress' neither helps to answer these questions nor suggest any useful solutions.

Rob B Briner is Professor of Organizational Psychology and Head of School at Birkbeck, University of London.

**For more details of his work please go to:
<http://www.bbk.ac.uk/manop/orgpsychology/staff/briner/briner.shtml>**

Or just Google "Rob Briner"



REVIEWS

YOU DON'T HAVE TO BE FAMOUS TO HAVE MANIC DEPRESSION

THE A-Z GUIDE TO GOOD MENTAL HEALTH

Written by Jeremy Thomas and Dr Tony Hughes with a foreward by Stephen Fry
(Penguin, £12.99)

Stephen Fry, with his well-developed sense of humour, would appreciate the irony in the title of this excellent and timely book. You may not need to be famous to have manic depression, but it might help to have someone famous to write the introduction to a book about this debilitating condition.

Actually, famous or not, there is no-one who writes about manic depression with more humour, perception, intelligence and honesty than Fry. Take this: "Many of us who have been diagnosed as bipolar find the manic half of the equation beguiling in the freedom, expansiveness, energy and optimism it brings. We find too that the inevitable descent matches each characteristic with devastating exactness."

In other words, what goes up must come down, as every drug user and alcoholic knows only too well. The only difference is that the druggie and the drunk can choose to snort that line of cocaine or down that double gin, but - chillingly - the manic depressive doesn't have that choice. It's a life sentence.

Nevertheless, there are a number of coping strategies - both medicinal and cerebral - which are now available to the manic depressive and this warm, intelligent book looks at them in detail. At its heart are the two authors, Jeremy Thomas, who was diagnosed with manic depression some years ago and Tony Hughes, his doctor.

The first part of the book is a wonderfully amusing and intimate dialogue between them, similar to John Cleese and his therapist in *Families And How To Survive Them*. The middle section contains short and very varied stories from bipolar people, who, on the whole, are now on the road of recovery. I liked these strong rays of hope.

The final part is in the style of an A-Z Rough Guide, a one-stop resources shop. Jeremy and Tony are honest, knowledgeable, funny and poignant as they explore the thin line between sanity and mental illness. And ultimately, they hope the book may help those in the same boat. Many of the authors' experiences will seem all too familiar with fellow bipolar people, whilst those who don't suffer from this complex condition will gain a lot more understanding of it.

Above all, this is a very funny book. Of course, manic depression isn't a funny subject in itself, but the old adage "laughter is the best medicine" remains as true today as it did on the day it was first coined. Lithium may well provide a stabilising effect for many manic depressives, but it's another L, laughter, which can lift the spirits and make the world a much more tolerable place. And yet another L, the great Leonard Cohen, places major emphasis on the healing qualities of laughter, together with "conversation, wine, entertainment and a friend who flatters you." Just be careful with that wine — and that flattery!

Music can help, too, as Jeremy and Tony recognise. They have included a fascinating section with headings such as 10 rock/pop songs to make you want to get up and go; 10 rock/pop songs to calm down with and 13 rock/pop songs to wallow in gloom and misery with. I'm not sure that I agree complete with their selections (they have chosen two dreadful songs Ram Jam's Black Betty and KC and the Sunshine Band's That The Way I Like It, as examples of music that makes you want to get up and go — get up and go as far away as possible, if you ask me). But Leonard Cohen's magnificent Suzanne and Radiohead's The Pyramid Song are perfect choices to wallow in gloom and misery with. What's more, they will then make you feel better.

Feeling better is the key to *You Don't Have To Be Famous*. From the Thomas-Hughes dialogues, through the fascinating case histories, to the A-Z of manic depression which places Winston Churchill next to Kurt Cobain and Pink Floyd next to Sylvia Plath, there runs a rich vein of humour and optimism. OK, sometimes it's gallows humour and sometimes it's desperate optimism against all the odds, but, hey, we are talking about manic depression here. Ultimately, it's not a laughing matter.

But there really is hope. As Stephen Fry says: "There is light at the end of the tunnel and it isn't only, as one might believe, the light of an oncoming train. This is a field which is being taken more seriously each year. There are strategies for coping, medications, therapies and approaches that yield real results. One such resource is this book"

Incidentally, I was delighted to see that the Charlie Waller Memorial Trust gets two name checks, which shows how the Trust is now recognised for its pioneering work on the national stage. On Page 30 Jeremy Thomas pays tribute to a number of organisations which provide "back-up for situations of despair", including "the Charlie Waller Memorial Trust, who have a great website for students". Then, on Page 295, Jeremy explores this further under Students and Mental Health, saying "Students interested in finding out about mental health for personal reasons can find further information on www.studentdepression.org (part of the Charlie Waller Memorial Trust website)

That's one reason to be extremely cheerful and optimistic about the way depression is perceived today. This honest and powerful book is another.

Robert Beaumont (Charlie's Uncle)

CALL ME IF YOU FEEL TOO HAPPY



The previews of *Call Me If You Feel Too Happy* at the Landor Theatre, London, were a sell out. Sophie Pelham and Nicola Albon wrote a heart searching account of living with bi-polar disorder. It was very funny but equally sad in its frank analysis of the illness.

As we write, Sophie travels to the Fringe at Edinburgh. We hope her brave attempts to focus people's attention on this illness will lessen the stigma as well as helping people to diagnose problems in themselves, their friends and family. It is another step in the direction of accepting mental health issues as an illness which should, and can, be treated.

REPORT FROM THE TREASURER

Looking back to 2007, as expected our charitable expenditure commitments and other support costs of £546,000 exceeded our income for the year by some £230,000. Almost £160,000 of these commitments for charitable expenditure will fall in the years 2009 to 2011. Whilst we have reserves to meet these future cash outflows, we also have an exciting and challenging target of fund raising to meet these outflows as they occur and so maintain our ability to fund new projects.

Funds raised up to the end of July this year of some £250,000 were well ahead of similar periods in recent years. Partly this is because there were more fundraising events. This in turn has meant that we have experienced real pressure on our office capacity; necessitating, as Mark has already mentioned in his letter, a move to more spacious accommodation. Inevitably this will increase our costs, but if we are to continue to roll out our programmes of charitable objectives, we need the room to do so.

After providing for longer term commitments, at 31 December 2007, we held unrestricted funds of just over £888,000. We have maintained that position during the first half of 2008. And at end July, £450,000 of these funds were in cash deposits. But never-the-less, the current downturn in financial markets and particularly in the banking sector has reduced the market value of the longer term investments we hold to generate income. Income from our reserves has overall held up well, but we can not expect it to rise in line with our expanding Waller Mental Health Trainer and Student Website programmes. Fund raising will continue to be the key to meeting our charitable objectives.

Alastair Barclay

REPORT FROM THE YOUNG COMMITTEE

The Young Committee held their first Poker Night in April, a report of which can be read elsewhere in the newsletter, a big thank you to Divya Dattani and James Mathias for making it such a successful evening.

After the amazing reception to the screening of *Top Gun* last year, the Committee have decided to stage another film night. This year we are swapping flight suits for beach wear with a showing of the 1991 surfing classic *Point Break* - details of time and place can be found in the Forthcoming Events section of the Newsletter.

Tickets will go on sale in October and we hope to see as many of you as possible but be warned - last year tickets sold out very quickly indeed so make sure you buy early.

REPORT FROM THE FUNDRAISING COMMITTEE

These last six months have probably been the most successful to date. The success is not only in the considerable funds raised but also in the development of our fundraising base around the country directly helping finance our Waller Mental Health Trainers.

The Huntingdon Race Day raised a record sum to support the newly appointed Waller Mental Health Trainer for the East Midlands, Claire Poole. It also proved to be hugely enjoyable for those who were able to attend. We also extended our fundraising base to Kent where the very successful Chilham Castle Bridge Day and the lectures at Tonbridge School raised awareness of mental health issues.

In London Minnie Scott-Russell nominated CWMT as the Mayor's Charity during her period of office as Mayor of Hammersmith & Fulham. Minnie's energy and enthusiasm were infectious, together with a dedicated committee she was able to present the exhibition *Beauty Never Fails* in Fulham Palace, a collection of pre-Raphaelite pictures some of which had not previously been on public view. As well as being a significant event in the Art world this exhibition was also a fundraiser for CWMT. In addition her efforts raised the profile of CWMT in particular through the support of Queen's Club and the Stella Artois Championship.

Finally, fundraising has even spread to Portugal where David Clark has given invaluable support from his base Olhao.

We still need to expand our fundraising base, however, especially in Scotland where we are currently recruiting a Waller Mental Health Trainer. More work also needs to be done in the North West and eventually Wales.

Finally we would like to thank everyone who has helped us this year, our achievements would not have been possible without your hard work.

Rachel Waller

RAISING MONEY FOR CWMT

Limited as we are by space it is simply not possible to include detailed reports on all the many and varied fundraising initiatives that have taken place over the last few months. However, in addition to the events featured on following pages we would like to express our gratitude to:-

Patrick Maxwell for his valiant efforts in Windsor Triathlon and Berkleydale Golf Challenge

Clare Jacobs for organising The Travelling Souk held at Eastmanton House, Sparsholt by kind permission of Ruth Corfield

Sandra de Laszlo for continuing to donate the proceeds from her Pelham Place Visits

Mark Detre for again undertaking the 10k London Run

Oliver Brown for climbing the north ridge of Khan Tengri a 7,010m mountain in the Tien Shan range

BRIDGE DAY WITH ANDREW ROBSON

When the bridge players of Kent heard that Andrew and Lizzie Cairns were organising a Masterclass with Andrew Robson in aid of the Trust they queued up to be invited. It was sold out within days.

So it was with nervous anticipation that 68 of us drove up to Chilham Castle, so generously opened for us by Stuart and Tessa Wheeler, on a most glorious Kent spring day, cushions in hand, to be put through our paces. 'Defending Trump Contracts' was the lesson for the day. We soon realised that we needed tuition. Even though we knew that each hand could be defeated, we needed the amazing teaching skills of Andrew Robson to show us how! Back to the drawing board indeed.

By lunch time we were desperate for the food and wine so beautifully prepared for us by Carlton and his staff from Chilham Castle following which we took the opportunity to take in the breath-taking views from the Castle.

The afternoon continued with 'friendly' Duplicate and Chicago Bridge and finished with a raffle, the most coveted prize being a course at Andrew's school. The day was an unmitigated success and we would love a repeat. We left clutching our copies of Andrew's *The Secrets of Bridge* in the vain hope of improvement. Thanks to all who contributed to making this day so memorable.

Rosy Clark



INAUGURAL CWMT POKER NIGHT

The evening took the format of a traditional Texas Hold'Em Tournament (Five cards on the table and two in the hand) with prizes awarded for individual table winners as well as the top individual players. Entry to the tournament was made by way of a £30 donation on a website with players being able to make further donations on the night if they wished to top up their holdings.

After an initial speech to introduce the Trust and its aims, the players were split into 3 tables according to their experience - beginners, intermediates & advanced. The beginners table was coached by a professional croupier who gave the players a rundown of the rules, how to maintain that 'poker face' and general guidance during the tournament.

Almost all the prizes had been donated for the evening with a Nintendo Wii as the top prize, an Elvis vinyl box set as the second prize with bottles of champagne and boxes of cigars for the individual table winners.

The tournament itself finally ended as the clock struck midnight with intermediate player Emma Blomefield taking the top prize after 4 hours of play. Interestingly, second and third prizes were very deservedly taken by members of the beginners table who bravely fought off stern competition from the advanced players.

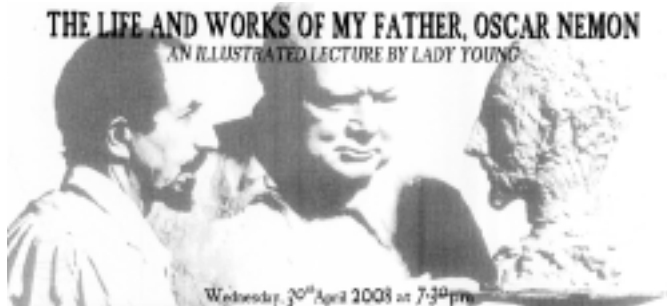
The night was a great fun and raised a satisfactory amount of money, After some very positive comments from the participants, it is hoped this event can be run on an annual basis.

Huge thanks go to Jamie Mathias who not only co-organised the event but also donated the tables and chairs, Sue Shenkman for donating the champagne and Carrie Tucker for helping out on the night.

Divya Dattani

THE LIFE AND WORKS OF MY FATHER, OSCAR NEMON

AN ILLUSTRATED LECTURE BY LADY YOUNG



The rain was horizontal that night but still people came in droves to hear Aurelia's lecture in the beautiful surroundings of Petyt Hall which had so generously been made available to us by The Reverend Canon David Reindorp. Umbrellas shaken and folded, wet coats and mackintoshes

patiently received by CWMT staff, then a warm welcome with delicious canapés kindly provided at cost by Deborah Cornelius, and drinks.

Richard and Angela Smith-Wright had worked so hard with the arrangements: the sight and sound equipment for Aurelia's husband George to operate, thirty more chairs found at the eleventh hour, all was ready for the moment when the lights went down and Aurelia began to speak. From the start she captivated her audience. In clear and thoroughly audible tones, she concisely and wittily introduced us to her father's life, his beginnings and his talents.

Oscar Nemon was born in Osijek, now in Croatia, in 1906. The second of three children, he manifested a precocious talent for drawing at a very early age. He studied in Vienna and then at the Academie Royale des Beaux Arts, making a sculptural relief of the aviator Charles Lindberg, and returning to Vienna to sculpt Freud from life in 1931. He shared a house with Magritte and at the same time was sculpting King Albert I and Queen Astride of the Belgians, and as well making his own elemental, at times almost Cubist, compositions.

He moved to England in 1938, where he was taught English by Max Beerbohm, whom he sculpted, and he married Patricia Villiers Stuart, then moving from Oxford with their young son, Falcon, to nearby Boars Hill in 1941 where he established a studio. His two daughters, Aurelia and Electra, followed. Nemon divided the war years between fire-watching in London and sculpting, exhibiting and consolidating his reputation in this new land.

He sculpted and became a friend of Winston Churchill, after meeting him in Marrakesh in 1951. He was granted a studio by H.M. Queen Elizabeth II at St. James's Palace, and Nemon's post-war career is best known for a galaxy of distinguished sitters including Elizabeth II and the Queen Mother, Eisenhower, Truman, Beaverbrook, Montgomery and Macmillan.

Alongside these public works, however, ran a secret, creative life, expressed in the later 1940's and 1950's in the sequence of reliefs which Nemon designated *The Flowers of my Heart*. Nemon also continued to sketch and model figurative compositions which gained public exposure as with *Humanity*, a memorial to the victims of the Holocaust in Osijek, and *Per Ardua ad Astram*, the Canadian Air Force memorial in Toronto. Nemon continued to work until he died in Oxford in 1985, shortly after his first sitting with the young Princess of Wales.

The audience were entranced by this unusual and moving story, the hour sped by and we were all much enriched by the experience. So very many thanks to Richard and Angela Smith-Wright who not only had the idea of arranging this evening but set to and put it together to make it an exceptional event, well attended and raising a substantial amount of money.

We are indebted to David Reindorp at Chelsea Old Church, to Trish Coleridge, Parish Administrator, for all her help and to the caterers. Well done and thank you to all concerned who contributed to the success of the event.

Above all our thanks go to Aurelia and to George for his superb supporting role.

Sandra de Laszlo



I chose to support CWMT and the fabulous work it does for a number of reasons. Most importantly because depression as an illness, whether genetic or not, currently has a vicious circle of opinion labelled to it. The stigma creates the fear of it, as well as the fear creating the stigma. It is a treatable illness in the same way as diabetes and others are, and sufferers as well as our society in general need to be nurtured into understanding and believing this from those who know.

KILIMANJARO – MOUNTAIN OF GOD

“Pole, Pole,”—slowly, slowly in Swahili: our guide Simon (probably to his great frustration, bless him) sounded like a broken record at the beginning of our walk. The altitude is little above sea level and the incline gentle, so the ego is feeling really quite confident and “why it didn’t head to Everest it just doesn’t know.” The temptation to walk like a late bride was ever-present at the outset, but it wasn’t long before the incline increased and the heat and humidity slowed our pace.

We had decided to walk the Machame Route over six days. At the end of day four we reached Barafu Camp where we slept for four hours before heading off at midnight for the summit assault. Even though I’d been looking forward to this moment all along, I didn’t really enjoy the process of getting from the camp to Uhuru Peak (the highest point/summit). It was like trying to walk through a channel of treacle with the altitude effect taking its toll, forceful winds going against us, as well as my water having frozen not long after the start. However, the exhilaration, thrill and relief you feel once you get there is worth every moment of the agony you experience on the way up. Moreover, knowing that I had raised a significant amount of funds for CWMT meant I, without question, needed to get there!

On completion of the walk, we celebrated with a few too many Kilimanjaro’s own brew which we would all highly recommend!!

Lizzie Neyens

LONDON MARATHON



The 2007 London Marathon was probably the hottest on record, this year CWMT's first all woman team of Rosie Bailey, Marianne Kingham, Davina Macdonald-Lockhart, Helen McCarthy and Ghislaine Weder had to contend with rain, hail and wind to reach the finishing line. Nevertheless, as you will see from the reports below it was all worthwhile.

Davina Macdonald Lockhart

Running the London Marathon was something I'd always dreamt of doing one day; when that day actually arrived on April 13th 2008 I had begun to think I was totally mad and dreams were a bad idea to follow!



Arriving at Greenwich suddenly everything became so real, I was 26 long miles away from that finish line and there was no getting out of it now. The incredible support that everyone had given me in the run up to the Marathon had got me to this point and I was not going to let them down. So many friends, family members and colleagues had shown a huge support for the amazing work that the CWMT does and all I had to do was run.

The atmosphere was remarkable and the support from the millions of people who lined the streets provided that much needed spur of determination to get to The Mall. With friends waiting to catch a glimpse of me at mile 20 and 25, I knew there was no way I could drop out or start walking before reaching them. I did in fact make it all the way to the end and in one piece too!

Running for the CWMT was an honour and I'm so thrilled to have completed the London Marathon and raised so much money for such a fantastic charity. I would highly recommend to everyone to give it a go if they can, it is probably one of the most challenging things you will do in your life and you will never forget that feeling when you cross the finish line!

Marianne Kingham (Minnie Scott-Russell's sister)

It was the most incredible day. I have never encountered such good will from so many people. Not just the thousands lining the route but the volunteers, the stewards, the police, London Transport Staff (travel free for runners); even the normally grumpy newspaper seller in Sloane Square called me darling and wished me luck!

The sun shone as we set off in Blackheath and sped though Greenwich. There was a carnival atmosphere - bands played, people were enjoying brunch, handing out sweets and the pubs were packed with early morning drinkers. At Tower Bridge I overtook the Masai Warriors (!) and turned towards Limehouse and Docklands.

At about 20 miles my enthusiasm began to wane (this was the furthest I'd run in training) I still felt I had plenty of energy (huge bowl of porridge for breakfast) — only I hadn't expected my legs to hurt so much. Then with immaculate timing I heard my children shouting. A quick hug from them spurred me on, through rain and hail, to the Embankment where exhaustion set in and I began to cry. This time it was the

crowds calling my name that supplied the encouragement I needed. All thoughts of that hip replacement were banished and suddenly I was crossing the finishing line and proudly receiving my medal.

I really feel the day reflects so much at this still great about Britain — the pride, the eccentricity, the community spirit. There were hundreds of runners, who, unlike me, hadn't the good fortune to be able to train with professional help or wear expensive trainers and running kit, but they were all running for some good cause and I felt privileged to be amongst them.

All in all it was a very good day to be alive but also, for me, a time to reflect on those who are not and the reasons why.

HUNTINGDON RACE MEETING

THE CANADEAN RACE



An invitation to sponsor a race at this meeting provided us with an outstanding opportunity to gather together in an atmosphere both jolly and competitive.

A glass or two of bubbly got the evening off to a good start. Betting slow at first was helped along by a good dose of scepticism. Spotting the winning punters was hard, but eventually one was found. Reluctant to divulge the winner of the next race, the Canadean Race, quite understandably as it turned out, we headed off to the ring where the van Musschenbroeks were asked to judge the best turned out horse.

Warned about the unlucky tag that goes with this dubious honour — it's the kiss of death — they tried to choose one that would not upset the betting. True to form the chosen horse came well down the field.

The race appeared to be uneventful until the closing stages, when there was a push from the back and the winner came through by a good head. The lady jockey looked pleased if somewhat surprised. She admitted that she was out of puff. The owners known by the proud name of the Chuckleberries were jumping up and down with joy. They always knew it would win.

The latter part of the evening passed off with a great deal of entertainment at the auction superbly managed by Mark Durden-Smith.

The meeting was the brainchild of Sir Michael Connell very ably assisted by his daughter Lisa Gregory, and Christine Smith. The object of this event was to raise sufficient funds to support the recently recruited Waller Mental Health Trainer, Claire Poole, in the East Midlands. We are extremely pleased that Claire has been recruited and will further the work of the Trust.

Rosie van Musschenbroek

THE THIRD MATT WOOD CHALLENGE

LONDON TO OXFORD BY BIKE



Having had our fair share of clambering up mountains, we decided our 2008 challenge would be on wheels and preferably on level ground. Little did we know the 114 round trip from London to Oxford, where we all met many moons ago, involved some pretty steep hills. The long climb up to the top of the Chilterns was torturous, although we were rewarded with some thrilling descents. As usual with our challenges, we were dressed in our finest (combined with some fetching Lycra) and we feasted along the way. Our speed wasn't too bad either, averaging about 10 miles an hour. However all the eating and drinking en route added about three hours to the trip. Thank you to everyone that has supported us. Ideas for next year's challenge welcome!

Matt was clever, gorgeous and loved by many. But he took his own life in the summer of 2004 after struggling with depression. It came as a complete shock even to his family and closest friends as nobody understood how much he was suffering. By doing these challenges we hope to spread the word about an illness that affects as many as one in four people in Britain.

So keep an eye out for those closest to you that might be struggling. It can happen to the best of us. As Dr Kline - a leading doctor specialising in depression - said: "Although depression wears the face of fear it has nothing to do with lack of courage, for brave men have been attacked."

The Team: Manfreda Penfold , Matt Boardman, Roly Grant, Demian Flowers, Phil Koh, Tim Penfold, Gayle Tait, Jon Tait, Ana Vohringer, John Wilks, Will Gibson, Sarah Butler.

JOHN O'GROATS TO LAND'S END



Sarah Butler (part of the Matt Wood Challenge Team) accompanied by her dad (Dave Butler) gained extra sponsorship by cycling the length of the UK. According to Sarah they “travelled 1200 miles, ate a lot of cake, got very wet at times and had a fantastic 3 weeks”.

IN MEMORY OF IAN MARK GRIGG

Dear Sir or Madam of the Charlie Waller Memorial Trust,

My stepfather Ian Mark Grigg recently passed away through depression and sadly committed suicide. Since then I have been doing a variety of things to raise money for your charity such as:-

A cake sale, a raffle and a drinks sale

I have included a cheque to go towards your organisation and I hope this money will help you.

I have put my picture in the paper with a cheque for your Trust and I would like to say keep up the good work in raising awareness of depression.

Yours faithfully

Miss Billie-Jo Postlewaithe (aged 12)

THE LONG JOURNEY HOME

Tim Grigg and his childhood friend Jon Limebury undertook a strenuous challenge in memory of Tim's father Ian. On the 14th June they set out from Enderby, Leicestershire to cover the 180 miles to Carnforth on the Lancashire /Cumbrian border (where Tim spent a large part of his youth)

The journey, almost half of which was over the Pennines in the Peak District, took 7 days and with the pair averaging round 26miles a day was the equivalent of completing 7 consecutive marathons! Congratulations to you both.

ANNUAL BRADFIELD CRICKET TOURNAMENT



The Victorious Gussets

It's almost ten years since the first CWMT tournament. Something to celebrate perhaps but I arrive at this year's event pensive. After my retirement last year, the passing of time is much on my mind. What signs of degeneration will I notice in once lithe bodies, once confident minds?

The cars are better: ranks of Volvos, people carriers and a few midlife crisis sports cars bespeak a prosperity unimaginable from the rusted chariots of yore. But when I leave the car park and walk down to

Bradfield's idyllic playing fields, I see immediately that things have gone much further than I had feared.

A ragbag of participants stand about in barely perceptible formation, dressed in clothes of every colour. Hands in pockets. Ipods plugged into ears. Few seem to know the rules – or even what is happening to them. Many are unable even to speak the same language, as they play out a poor parody of cricket.

I know what ten years can do – but this shambolic spectacle?

I realise I am watching the residential Christian camp, enjoying a game of international rounders.

Beyond the Christians, the tournament proper unfolds like a special occasion tablecloth brought out once a year. Creamy whites the England team have given up on; recognisable bowling and batting (of a crash-bang-wallop style). There is a claim to be made that twenty-twenty was invented here, but we have moved on from that sedate format to the more brutal sixteen over thrash.

There are health concerns as there must be when florid middle-aged men do inadvisable things before tea (insert your own Max Mosley joke here). Happily there are now one or two quite senior doctors on site too. But the overall impression is of resilience – of sinew and cortex. Here we are again: decrepitude is staved off for another year.

In fact there are signs of renewal. This is the year of the new generation – as the Primrose Hill Elephants,, average age well under twenty, dispatch the likes of the Wombles and Dun Cow Vagrants to make off with the plate.

In the final proper, it could for a moment be ten years ago, as the Gussets and Tappers have it out in the perfect summer evening. Nor have the lbw rules changed – and it is these (loosely applied) that help see the Gussets through.

Man of the tournament: E.Longfield.

Iain Wetherby

BEAUTY NEVER FAILS

AN EXHIBITION OF PICTURES BY SIR EDWARD BURNE-JONES AND OTHER ROMANTIC ARTISTS



Minnie Scott-Russell, Mayor of
Hammersmith and Fulham

The brainchild of Minnie Scott-Russell this was the first time the entire Cecil French Bequest to Fulham Public Libraries had been seen in public. Minnie, ably assisted by a team of willing helpers, spent months organising the event. All their work accompanied, I suspect by anxiety, was certainly worth the effort.

For a start Fulham Palace (which must be one of the best kept secrets in London) is a remarkable place and provided a wonderful setting for this event. Wandering through the elegant rooms in which the works were displayed I was amazed by the diversity of the collection. The instantly recognisable Pre-Raphaelite style present in *Mariana in the South* (Waterhouse) and *Morgan Le Fey* (Burne-Jones) with their unsettling ethereal undertones was complemented by Shackleton's naturalistic work *The Landlord's Funeral* and the powerful, all too human emotion, conveyed in Leighton's *The Widow's Prayer*. Delicate pencil portraits and pastel studies provided a stark contrast to Watts' dark, muscular, religious imagery. I could have spent hours looking at these paintings and it was, I confess, with great reluctance that I returned to my 'official' role as CWMT representative.

The Pre-Raphaelite vision has often been derided, most famously by Charles Dickens, who despised their work describing it as "mean, odious, revolting and repulsive" but, judging by the enthusiastic comments overheard during my visit, no-one shared his view.

It was a superb event and one which I felt to fortunate to attend. Thank you all.

Christine Davey

Footnote

If you were unable to attend the Exhibition catalogues and postcards, produced exclusively for the occasion can be purchased through the Office.

THE CATALOGUE (£10.00)

Compiled by John Christian, art expert and leading Burne-Jones specialist, the Catalogue contains excellent reproductions of the works on show, short biographical details of the artists and interesting commentary on their work – an instructive and beautiful 'coffee table' book.

A SET OF ELEVEN POSTCARDS (£3.00)

For correspondence that does not require a long letter these postcards, chosen to reflect the range of works shown at the Exhibition, are the ideal alternative.



FORTHCOMING EVENTS

2008

MONDAY 6th OCTOBER

Rooftop Lunch

Following the success last year's luncheon Sue Shenkman has kindly organised a repeat performance. The event will again take place at Babylon, The Roof Garden Restaurant, 99 Kensington High Street, London

Cassandra Goad jewellery will be modelled during the three course lunch which includes champagne, wine and coffee

Fully inclusive tickets £40.00

Reservation forms can be downloaded from our website or obtained through the office

TUESDAY 14th October

Autumn Fair at Mead House, Bradfield



TUESDAY 18th NOVEMBER

Film Night

A screening of surfing classic *Point Break*
at the Fulham Road Cineworld Cinema

Admission details available in October

THURSDAY 20th NOVEMBER

Concert by London Charity Orchestra

William Carslake
Thomas Gould

Conductor
Violin

Introduction by Lord Richard Layard

Programme

Beethoven
Glazunov
Dvorak

Prometheus Overture
Violin Concerto in A Minor
Symphony No 8 in G Major Op. 82

St John's, Smith Square, London at 7.30pm



Reservation forms can be downloaded from our website or obtained through the office

MONDAY 15th DECEMBER

Carol Service featuring Vox Cordis Choir

St Luke's Church, Sydney Street, Chelsea at 7.30pm

2009

Saturday 17th January

“Catwalk Carnival” Charity Fashion Show

‘The Bridge’ Seone, underneath London Bridge

Saturday 4th April

J S Bach’s St John Passion

Douai Abbey, Berkshire at 7.45p.m.

We are delighted to announce that the renowned choir Vox Cordis (who have given the CWMT Carol Concert each year), along with 5 soloists, and the Vox Cordis Baroque Orchestra under Charlie Grace, will be performing J S Bach’s St John Passion

The players and singers are largely based in London where they perform with the country’s finest baroque orchestras under baroque specialist conductors. To hear beautiful music in the wonderful setting of Douai Abbey, will be an unforgettable experience. All you need to do for now is ensure that the 4th April 2009 is inked in your diaries!

Tickets at the bargain price of £15.00 will be available early 2009.



SUNDAY 26th APRIL

London Marathon

4 places still available —
contact Bronwen Sutton at the office

Texas Scramble

Date to be advised

Bradfield Cricket

July — exact date to be advised



To keep up-to-date with future events please visit our website www.cwmt.org or contact the office, Tel: 01635 869754; Email: admin@cwmt.org

HELP CWMT BY MAKING US MORE EFFICIENT

An ongoing challenge Marigold and I face is keeping our database up-to-date so we would be grateful if you could take the time to inform us if:-

(a) any of your details are incorrect. The information required is given below

Change of Address

Change of Name

(b) I/we would like to received future editions of the Newsletter by Email

(c) I/we would like to be removed from the mailing list.

Bronwen Sutton

MAKING A DONATION

There are various ways to make a contribution to the Trust all of which would be greatly appreciated:-

REGULAR DONATIONS

A form Banker's Order (including a Gift Aid Declaration for UK taxpayers) can be found on the reverse of this page

ONE-OFF DONATIONS

If you simply wish to make a one-off donation please enclose with it the completed Gift Aid form on the reverse of this page, if you are a UK tax payer

JUSTGIVING

Donate securely online using a credit/debt card through www.justgiving.com/charliewaller/donate

BANKER'S STANDING ORDER FORM

Please complete your details below in block capitals, sign and date the form then return it to:
Charlie Waller Memorial Trust, Meadow House, Bradfield, Reading, Berkshire, RG7 6HU.

Name & address of donor's To.....

bank in full: of

Please pay to:

National Westminster Bank (56-00-13), Aldwych Branch, PO Box
221, Connaught House, 65 Aldwych, London WC2B 4EJ for the
credit of the Charlie Waller Memorial Trust (Account
No.86310232)

The sum of.....

(in words).....

Date when payments should Every month ☐ Every quarter ☐ Annually ☐

start: Starting on the(day) of.....(month).....(year)

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

Signature:

Date:

Full name in capitals: Title.....

Name.....

Account to be debited:

Account No.

Sort Code:

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

giftaid it

Simply sign below and the government will refund the appropriate tax credit.

Please regard this and any future donations to the Charlie Waller Memorial Trust (Registered Charity
No.1109984) as Gift Aid. I confirm that I am a UK taxpayer and will have paid sufficient income tax or
capital gains tax during the current tax year to cover the tax reclaimed on this donation.

Signed:

Date:

Name:

Address:

Postcode:

NOTE: You must pay an amount of income tax or capital gains tax equal to the tax which the Charity
reclaims on your donations; you must remember to notify the Charity if this ceases to be the case.

A NEW VENTURE — SHOP WITH CWMT



CWMT Jute Bag

30 cm x 41 cm

£5.00 plus £1.50 post and packaging.



Bridge Scorer

£1.00 each

Postage for 4 scorers 60p

Postage for 8 or 12 scorers £1.50

Greetings Cards of Early Spring Flowers and Trees in Autumn and Winter



Available in packs of 8, blank inside for your own message. 5.75" x 4.25"

(The full range of cards can be viewed on the website www.cwmt.org)

To order any of the above contact the office

Telephone: 0118 974 5216

or

e-mail: admin@cwmt.org

or

send a cheque payable to CWMT to

Mead House, Bradfield, Reading, Berkshire, RG7 6HU

WORKPLACE STRESS

SOURCES OF HELP AND ADVICE

CWMT is **not** in a position to offer advice if you or anyone you know, is feeling depressed, then medical help must be sought. However, listed below is a small selection of organisations where help may be obtained. The services offered by these agencies are intended to augment, not replace, medical advice.

The International Stress Management Association

www.isma.org.uk

Tel: 01179 697284

Promotes sound knowledge and best practice in the prevention and reduction of human stress

The Health and Safety Executive

www.hse.gov.uk/stress

Tel: 0845 345 0055

What the HSE are doing about stress at work, plus information, resources and further contacts.

NHS plus

www.nhsplus.nhs.uk

Advice for individuals about workplace stress

Shaw Trust

www.tacklementalhealth.org.uk

E-mail: mentalhealth@shaw-trust.org.uk

Information and easy to use solutions to help support staff who are dealing with mental health issues

Mindful Employer

www.mindfulemployer.net

Tel: 01392 208833

Easy to use site providing links and resources (including local networks) for the promotion of a healthy workplace

Arbitration and Conciliation Advisory Service (ACAS)

www.acas.org.uk

Tel: 08457 47 47 47

A range of advice on employee rights and good management practice

Inclusion here does not mean that CWMT recommends or endorses any of these agencies above others working in the same field, nor can we guarantee that the organisation will have a solution to your particular problem. It should be remembered that information on the Web is not always reliable and some of it must be treated with a touch of caution; special care **MUST** be taken if consulting sites which claim to offer medical or pharmacological advice.

All details correct at time of going to press.