



The Charlie Waller Memorial Trust
Depression – let's get talking

North of England round-up

Update No. 2 June 2017



The expansion of the Trust's work in the North of England continues apace. Enormous thanks to all those who have supported us in extending our reach in this area.

Supporting parents

We are funding the Rollercoaster parent and carer support project, which provides a programme of support to parents caring for children with emotional or mental health issues. The programme is delivered in partnership with Tees, Esk and Wear Valley Trust CAMHS (Children and Adolescent Mental Health Services), offering parent-to-parent and professional support on issues including depression, anxiety, self-harm, eating disorders and sleep problems.

"Great session today, thanks – was lovely meeting other parents going through similar struggles; makes you realise we're not alone on this journey together!"

"I just wanted to say thank you, once again. It was great, packed full of information. I think I speak on behalf of all staff when I say it was a pleasure to meet you and I look forward to working with you again."

Training in schools

The first five months of 2017 have seen us providing training and talks in more than 30 schools and other youth settings across the region, from Durham to Dewsbury, Stockton to Sheffield, Nunthorpe to Newcastle, and many other towns and cities.

We have many more sessions planned for the summer and autumn terms, including several in primary schools – an increasingly important area of our work.

We were particularly pleased to have had the opportunity to provide four workshops for the Raise the Youth Education and Wellbeing School in Bolton, for young people who have previously struggled in education and for whom this may be the "last resort before a young offenders' institute."



Conferences and larger events

We are increasingly asked to provide trainers and speakers for conferences and other large events and have recently been involved in a school governors' conference in Blackburn, a conference on employment law in education in Manchester and an educational psychology conference in Derbyshire.

We have also put on a number of conferences ourselves in partnership with other organisations, such as our York Conference in April. Attended by around 300 school staff from across Yorkshire, it was free to attend and included 30 workshops on a hugely diverse range of topics, such as 'Teens and Technology', 'Developing Staff Resilience' and 'Strategies for Supporting Bereaved Children'.

In January, we sponsored a parents' and carers' event in Stockport for 150 delegates.

"An excellent day, informative and thought provoking."

"The speakers were inspiring, concise and clear."

"Fantastic speakers, great advice and useful links; a really well run event."

Prison workshop

CWMT Trainer Zoe Woodworth delivered two successful workshops in HMP Garth in Lancashire, entitled 'Understanding Depression, Suicide and Self-harm'. We were very moved shortly afterwards to receive a donation of £57 which the inmates had collected amongst themselves.



Free resources

Between January and May 2017, we sent well over 14,000 items of literature to schools, other organisations and individuals in northern counties, including our popular Wellbeing Action Plan.

Mental health awareness in universities and the workplace

CWMT Trainer Aileen Moore has provided mental health awareness training to Sheffield Hallam University and Yorkshire-based Horton Housing Association.

Post-natal depression for GPs

In April, Dr Maryanne Freer, who leads our training programme for GPs and nurses, ran a workshop for GP trainers on post-natal depression as part of the Northumbria GP Training Programme. The workshop was very well received.

"Really good interactive workshop."

"This workshop will be very useful to my practice. PND rarely comes up as a discussion or tutorial topic."

"Excellent approach to PND and its treatment."

The photos overleaf show three CWMT trainers who undertake a lot of our work in the north of England (l-r) Zoe Woodworth, Gemma Fieldsend and Teresa Day (Manager of our Programme for Children and Young People). The photo on the right shows Gemma speaking at the Stockport parents' and carers' event.