



CWMT NEWS



The Newsletter of The Charlie Waller Memorial Trust

Issue 29

April 2014

Raising awareness fighting depression



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LETTER FROM THE CHAIRMAN

Dear Supporters

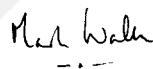
In the last Newsletter I talked of the great impact Marian Spain had already made as our Chief Executive having started on 1st March last year. After a year of real achievement for which we are very grateful she has been persuaded to move on but she will continue to help us where necessary. With her help we are delighted to have recruited Clare Stafford who will be joining us as our new Chief Executive on 12th May. Clare has a lot of experience in mental health, including working on Improving Access to Psychological Treatment (IAPT) programmes in Buckinghamshire and in research and policy. Her expertise will prove invaluable in taking the Trust forward.

In relation to IAPT there is an article by Professor André Tylee on page 9 which shows the progress made. We helped fund Lord Layard in his efforts to persuade the Government to invest money in this programme. Not only was Lord Layard successful in so doing, the progress and benefits of the programme are now coming to fruition as André's article shows.

Marian's final report is on pages 3 and 4. It demonstrates that this year has seen significant steps forward in our visits to schools and universities, more important work with GPs, and a continued association with the Charlie Waller Institute at Reading University. At the same time we have produced a Parents' Guide to be launched in May to seek to help parents who are worried about their children to assist them in recognising problems and how to get help.

We have of course continued to keep up to date the Students Against Depression website which is receiving increased numbers of hits by students and is well used by professionals as well.

All this we could not do without your support and we are grateful to all those who have supported us so generously. We are especially grateful to those who support by direct debit either quarterly or annually - this gives us an assured income and if any reader does not support by this method and could be persuaded to do so that would be a real bonus !



Mark Waller

Trustees: The Rt. Hon. Sir Mark Waller (Chairman), Robert Beaumont, Mary Bennett (Clinical Psychologist), Gordon Black CBE, Robin Booth (Hon. Treasurer), Mark Durden-Smith, Charles Lytle, Andrew McKay, Prof. Roz Shafran (Consultant Clinical Psychologist), Mrs. Susan Shenkman, Philip Waller, Richard Waller QC, Iain Weatherby

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Secretary to the Trustees: Bronwen Sutton **Fundraising Assistant:** Marigold Jaques

CHIEF EXECUTIVE'S REPORT

In my last report I promised to report back on new areas of work. I am delighted to be able to tell you that the schools talks being delivered by Dick Moore have been very enthusiastically received; 45 schools signed up, which means that almost 4,000 teachers, parents and pupils have been made more aware of depression. In fact this work has gone so well that we are now raising funds in order to be able to employ a new trainer to work alongside Dick - partly so we can get to even more schools and partly to be able to cover these difficult issues in more detail and give teachers more in depth training on supporting young people with depression, anxiety and other problems.

Waller Associate Jackie Williams is the author of Our Parent's Guide, written to help parents understand more about depression and get the right help for a son or daughter, will be complete by the time you read this report, ready for a launch on 13th May. It has been endorsed by a number of other charities (including MIND, Young Minds and Papyrus) and we are delighted that they will all use it on their websites.

Continuing our work with employers, Waller Trainer Aileen Moore is now using our new training materials to deliver an extended 'train the trainer' course to improve the capacity of line managers to support mental wellbeing in the workplace. We have also had two other successes over the last six months:

- Our Capacity Building Project, under the leadership of Waller Trainer Gill Allen, is now up and running and offers an in depth, training programme for teachers and others who work with young people. Along with our partners, the Tavistock and Portman and South London and Maudsley NHS Foundation Trusts, we provide a four day course to not only teach people about mental health, but give them time to share experiences and so build their confidence on giving the right type of support. (You can see the brochure and read testimonials about the training on our website)
- Our Students Against Depression website is now being used by over 17,000 people a month, including university counsellors, college doctors and nurses as well as students themselves. And we now have twitter followers, including celebrities as diverse as Alastair Campbell and Ricky Hatton. (If you are a "tweeter", follow us as #StudentSAD)

If you want to know more about our projects do have a look at our 2013 annual review. You can download it from our website, or order a paper copy from the office in the usual way.

You might also want to look at our updated website. It includes a new events diary in a new format as well as more detailed information about our training and other work.

Looking ahead, training for GPs will be an important focus in 2014. We are only too aware from many of the calls and emails to the office that by no means all doctors

are able to respond appropriately to people who are suffering from depression – particularly those many people who do not ask for help (perhaps instead presenting with other unexplained symptoms). Professor André Tylee's specialist article on pages 9 to 11 tells you more about the challenges doctors face and their changing role.

Our "Project Highlights" on page 8 shows you what the Trust has done so far in getting more GPs trained through our direct efforts. Our GP trainer, Dr Maryanne Freer, has also been working closely with the RCGP to help implement the Government's commitment to include Mental Health as part of the extended training for new GPs. But it will be some time before this becomes a reality. So in 2014 we will be turning our training material into an "e-learning" package so that all doctors can access this via the RCGP website. And we also are developing a new partnership with the South West GPs Vocational Training Scheme ("VTS") who are responsible for the training and competence of new GPs in Devon and Cornwall. If this is a success we hope to take to other parts of the country, resources permitting.

Finally, we are also delighted that our support for the Charlie Waller Institute under the leadership of Shirley Reynolds continues to produce important initiatives particularly the research relating to treatment for depression in adolescents. Shirley Reynolds has also been the lead author for a major part of the Department of Health's new MindEd e-learning portal which is aimed at all adults who work with young people. This new product was launched by Norman Lamb on 25th March. The training we have been doing with CWI, for GPs on using Cognitive Behavioural Therapy techniques, has been really well received. The training equips them to identify and support patients and to look after their own mental health. One of the doctors in Oxford with whom we are working said "Managing psychological issues is a huge part of the GP workload and there is nothing worse than the realisation you have nothing much to offer your patient. I can honestly say that the CBT training is one of the very best things I have been involved with in my career".

So looking ahead again, this will be my last report. By the time you read this newsletter the Trust will have a new Chief Executive. I expect that they will be focusing on continuing our work with GPs, completing our Parent's Guide, and making even more of our SAD website.

Marian Spain

TREASURER'S REPORT



The Trustees' Report and Financial Statements for 2013 are currently being reviewed by our Independent Examiner, so the figures given below may change slightly. The full Report should be ready by the end of May and will be filed with the Charity Commission as usual. If you would like a copy, please let Bronwen Sutton know at the office or by email to admin@cwmt.org.

In 2013 our gross income from donations, legacies, fundraising events, investments and tax recovered on Gift Aid was £512,000. It was an exceptionally good year with fundraising by third parties, grants from charitable trusts, donations and gifts, and our own fundraising activities all showing increases over 2012, when our gross income was £354,000. It is really encouraging for the value of our work to be recognised in this way and we are extremely grateful to all those who have contributed, whether by supporting our events, organising their own often strenuous fundraising challenges or by their generous donations.

The Trust spent £374,000 in 2013, of which 73% went on furtherance of our charitable objectives. This included amongst other things £104,000 on Waller Mental Health Trainers and Associates and £40,000 on the Students Against Depression website. 10% was spent on fundraising events and 17% on the day to day running on the Trust. It should be noted that in addition the Trust continued its sponsorship of the Charlie Waller Chair in Evidence-Based Psychological Treatment at the Charlie Waller Institute, which celebrated its 5th anniversary during the year. In 2012 a five-year commitment of £50,000 a year was made to the Institute. In accordance with normal accounting practice the whole £250,000 commitment, which is subject to review after two and a half years, was recognised in the 2012 accounts although payments are made annually.

Net incoming resources for the year were £138,000 and the market value of the Trust's investments increased by £96,000 against which should be set £3,000 of net realised investment losses.

Taking all of this into account there was a £231,000 favourable net movement in funds, which meant that the Trust finished the year with total funds of £1,003,000, exceeding £1 million for the first time. Our policy is to spend our income on charitable activity, not simply to amass greater reserves. That said, the stronger our reserves, the more income they will generate and the more the future viability of the Trust and its charitable work is ensured.

Looking forward to 2014, the Trustees have approved an increase in our budget for charitable work from the £272,000 actually committed in 2013 to £326,000. This reflects the fact that in 2013 income exceeded expenditure, but also recognises that we cannot be sure of generating the same level of gross income as we did last year, which was £158,000 (45%) ahead of 2012.

Robin Booth

FUND RAISING REPORT

I would like to say a very big thank you to all our supporters who have helped to make last year's fundraising exceptional - but it is right to emphasise that without this support we simply would not have been able to achieve the results outlined in Marian Spain's report (page 3). Furthermore that means that we have set ourselves the formidable task of keeping the momentum going so we need further sustained help in the coming years.

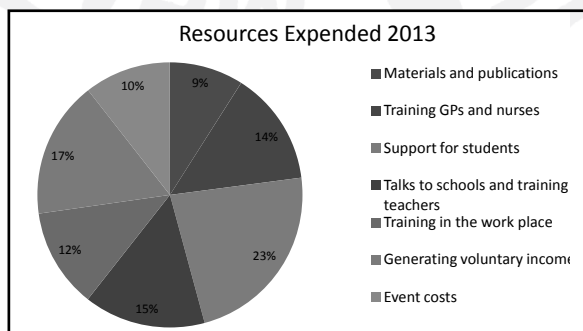
We are of course enormously grateful for the monies raised by so many individual challenges and for the support we receive at the many events put on during the year. But we are especially grateful to those who contribute by Direct Debit on a regular basis - Direct Debits provide an income on which we can rely in making our plans - so if we can persuade more people to support in this way, it really helps.

It is rather invidious to pick out any particular event – but we must thank particularly the Bishop family for the collection taken in aid of the Trust at their two wonderful carol services held in the lambing sheds at Rushall Farm, Bradfield. Two thousand people came together with the Bishop of Reading to sing traditional Christmas carols accompanied by a rock band led by John Bishop's son-in-law Pete James. The congregation sat on hay bales amongst farm animals and tractors and all this despite a power failure due to the appalling weather which John Bishop took in his stride.

Funding from Charitable Trusts has increased by 40%. Again to pick out one such Trust is difficult but Ted Fort's annual bursary has enabled two Practice Nurses to produce some really helpful analysis which will assist in getting more practice nurses trained to help GPs deal with moderate depression as it presents itself at GP practices. Again introductions to Charitable Trusts which might make a regular contribution would be enormously welcome.

Finally three young committees are running their own events this year. This too is a welcome development and their contribution will be acknowledged in the September Newsletter.

Rachel Waller



PROJECT UPDATE

Our 2013 projects

GPs , NURSES and CLINICIANS <ul style="list-style-type: none"> • Research and teaching at the Charlie Waller Institute, Reading University • Training for GPs and nurses in diagnosing and treating depression • Research bursaries for nurses 	UNIVERSITIES <ul style="list-style-type: none"> • Students Against Depression.org (our award winning website) • Talks and materials for students on mental resilience and sustainable performance • Support for student run services
YOUNG PEOPLE <ul style="list-style-type: none"> • Talks to pupils, parents and teachers and training on mental health first aid • The Capacity Building Project: training for front line staff in schools and children's services 	THE WORK PLACE <ul style="list-style-type: none"> • Talks to businesses about mental well-being and performance • The Line Managers Workbook: training and tools on mental health at work

See the “what we do “ section of our website for more details

Highlights for 2013:

26,000 depression booklets sent out

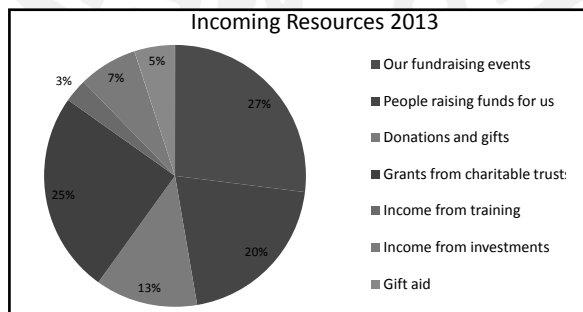
17,000 people a month using Students Against Depression website

40 workplace trainers delivering mental health courses to fellow managers

45 schools signed up for mental health talks

8 GP trainers teaching CBT and other depression therapies to doctors training to be GPs

2 research bursaries awarded to nurses



PROJECT HIGHLIGHTS

TRAINING GPs IN THE DIAGNOSIS AND TREATMENT OF DEPRESSION IN YOUNG PEOPLE

In 2013 Waller Associate, Dr Maryanne Freer, has been concentrating on increasing the training delivered to GPs and primary care teams. The year of training has gone well with 414 individuals trained, an increase over the previous year in the number of training days and individuals trained. This training continues to be popular with the GPs themselves.

We continue to look at new ways of expanding our reach and are pleased to have:

- Entered into an agreement with Exeter University's Mood Disorder Centre for them to deliver a two day masterclass using the Trust's material in April 2014.
- Signed up with the Royal College of GPs to develop CWMT training material into an online package for practicing GPs.
- Begun discussions with the South West VTS (who are responsible for training new GPs) to develop a programme of training and competence testing for GPs.

POSITIVE AND UNIVERSITIES

Working with Positive we have delivered 8 talks to students and staff in colleges at Cambridge, Oxford and Durham Universities supported by personalised web portals. The portal has allowed us to receive feedback on popularity and demand for these talks which is, almost without exception, positive and supportive. We are now discussing with Positive an expanded programme which would involve follow up modules and engagement with students.

WE ARE HOLDING THE FOLLOWING TWO EVENTS IN RELATION TO OUR PROJECTS

YOUNG PEOPLE AND MENTAL WELLBEING

Launch of the CWMT Parent's Guide

Tuesday 13 May 2014 at 19:00 - Petyt Hall, 64 Cheyne Walk, London SW3 5LT

FOR LAWYERS: BUILDING PSYCHOLOGICAL RESILIENCE

Evidence Based Techniques for Staying Positive Under Pressure

Wednesday 18 June 2014 at 17:30 – The Parliament Chamber, The Inner Temple,
London EC4Y 7HL

To reserve a place for either of these events please email admin@cwmt.org
or call 01635 869754

THE FUTURE TREATMENT OF DEPRESSION IN PEOPLE WITH LONG TERM PHYSICAL CONDITIONS IN PRIMARY CARE – SOME REFLECTIONS

It is very likely in the future that the mainstay of treatment for depression will remain in the primary care setting, which includes general practice, primary care psychological services such as the national Improving Access to Psychological Therapies programme (IAPT) and a range of non-IAPT first line psychological or counselling services in the community. This article will describe how IAPT is progressing and expanding and current research aimed at improving our ability to personalize treatment for people with depression. The article will also consider how IAPT and general practice can tackle the increasing dilemma of managing depression and anxiety in people with long term physical conditions such as heart disease which is an increasingly recognised priority area in the NHS.

When IAPT was first set up in 2008, the assumptions were made that with an estimated 6 million people nationally in need, by virtue of having depression and/or anxiety problems requiring National Institute of Health and Excellence (NICE) recommended treatments, that around 900,000 people would present to services, of whom 600,000 would complete a course of treatment and 300,000 (i.e. half) would be expected to recover and within that number, around 25,000 people would be able to move off sick pay and benefits. The plans for IAPT nationally are to see 15% of all people with depression and anxiety by 2015 and many services are on track to achieve this goal. Whilst this is an incredible achievement and something I never thought I would see in my professional lifetime, it does however also mean that only a proportion of people with depression/anxiety being seen in general practice can currently be referred for IAPT first line psychological treatment services and already articles in the general practice press over the last year or so have been reporting long waiting lists in some areas and wanting faster access and increased psychological treatment provision. It must also be acknowledged that many people do not want psychological treatment and prefer other approaches such as medication.

IAPT have recently reported the results from their first 3 years of operation in 2012 and these are impressive in public health terms. They have seen over 1 million people for treatment of whom 680,000 have completed treatment with more than 45% of people recovering and a significant improvement in 65% of people and more than 45,000 people moving off sick pay and benefits. Also, they have trained nearly 4000 new practitioners. Indeed so successful has this been that this area is one that the Treasury and the Opposition seem keen to continue funding and expand. IAPT services are expanding their role into providing depression and anxiety treatments for people with long term physical illnesses (LTCs) (such as heart disease, diabetes, chronic lung disease), people with medically unexplained symptoms (MUS) (such as fibromyalgia, chronic fatigue, irritable bowel syndrome), people with severe and enduring mental

illness (such as schizophrenia, bipolar disorder) and children and young people.

There are currently 14 national Pathfinder pilot sites around the country to determine how best to expand first line psychological services for people with LTCs and MUS and the results are being independently evaluated by a team of researchers at the University of Surrey. These national Pathfinder sites are addressing a range of issues including; how to improve the skills needed by existing IAPT workers in seeing people with LTCs and MUS conditions and how to train clinical staff working in general practice (such as GPs and practice nurses) and hospital based physical health services (such as coronary rehabilitation services, pulmonary rehabilitation services) in psychological approaches that can be applied in their settings. Other examples of Pathfinder projects include introducing psychological approaches to diabetic patient groups and providing remote tele-health psychological advice to people with chronic obstructive airways disease living in remote rural settings.

At the Institute of Psychiatry and South London and Maudsley Foundation Trust, we want to understand why some people respond well to first line psychological services provided by IAPT and other people do not. For example, non response could be related to the complexity of someone's psycho-social problems, so if someone has for example a history of childhood trauma contributing to chronic depression, they may need more complex psychological treatment than can be provided first line by an IAPT service. The PROMPT study (PRedictors of OutcoMe to Psychological Treatments) began in January 2014 and will be working with up to 600 people attending Southwark IAPT to identify a range of factors that may predict the lack of response to first line psychological treatment. All people attending Southwark IAPT who wish to be involved will receive a comprehensive assessment encompassing a range of psychological and social factors including childhood trauma and will provide blood and hair samples for a range of biological factors including cortisol which can now be measured in a small sample of hair. Once the process is established in Southwark we would wish to provide it in the other boroughs we serve (currently, Lambeth, Lewisham and Croydon). We currently have 12-15,000 people referred to our 4 IAPT services each year. Once we have a clear picture of contributory factors, we hope to be able to personalize treatment more than is currently possible so that people would be better able to be matched up to a more appropriate level of treatment for their personal circumstances and people needing more intensive treatment for more complex problems would be able to access second line psychological treatments at an earlier stage.

In early January 2014, the Department of Health published "Closing the Gap: Priorities for essential change in Mental Health" (www.gov.uk/dh). This has followed the Department of Health's previous strategy "No Health Without Mental Health" and sets out 25 aspects of mental health care and support where government, health and social care leaders, academics and representative organisations need to focus. These priorities include the need for more and better integration of mental health care and physical healthcare at every level. The IAPT Pathfinders described above

will contribute to this aim. In addition, the National Institute of Health Research has funded our team of multidisciplinary researchers at Kings College to develop more integrated and personalised care for people with coronary heart disease and depression in the UPBEAT programme. We have been working with over 800 patients with heart disease in 33 South London practices to understand the links between both conditions and how better to manage people with heart disease, depression and frequent angina and non anginal pain. We have been contacting our patients for up to 4 years to examine how depression (present in just under 1 in 5) and anxiety (present in 1 in 4) affected the outcome of their heart disease. Patients with depression at the outset reported more angina chest pain over the years than those without depression. We interviewed some patients with heart disease and depression in depth and they described having a very large range of psycho-social problems predominantly losses (e.g. loss of health, control, income, relationships, function, sexuality, gender roles etc). Many men felt that they had lost their traditional “breadwinner role” and this contributed to their depression. As a result we designed a new form of nurse administered personalised care for people with heart disease, chest pain and depression that encouraged patients to prioritise goals to achieve around reduction of chest pain, improved activity, better diet, anxiety reduction and a range of other areas contributing to their depression. Patients were contacted weekly or less by telephone for 10-15 minutes if appropriate by the nurse over 6 months to encourage their chosen goal attainment. This seemed feasible in that few patients dropped out and said they had become more effective at self management and whilst their depression only improved at the same rate as the comparison group who didn't have nurse contact, the group who did have nurse contact were around half as likely to report chest pain at the end of the treatment and 6 months after treatment ended. These results suggest that it may be worth testing if a more personal approach by practice nurses tailored to the priorities of the patient, may prove beneficial in larger trials and whether such an approach could be beneficial in other physical disorders. Psychological wellbeing practitioners in IAPT may also prove able to apply some of the methods used by our nurses in UPBEAT.

Better integration of mental health care and physical health care as advocated by the Rt Hon Nick Clegg MP, Deputy Prime Minister and Norman Lamb MP, Minister of State for Care and Support, in “Closing the Gap; priorities for essential change in Mental Health” will require a range of novel approaches within general practice and IAPT and hopefully the approaches described above will contribute to this.

Prof André Tylee MBBS MD FRCGP FRCPsych

Professor of Primary Care Mental Health and Academic Director, Mood Anxiety and Personality, Institute of Psychiatry and South London and Maudsley Foundation Trust, Kings Health Partners, Kings College London

PROFILE OF ALEXANDER ARMSTRONG



Robert Beaumont continues his series on key Trust supporters with an exclusive interview with comedian Alexander Armstrong

The quality of light entertainment shows on both the BBC and ITV on Saturday nights has been pretty low, even since the inglorious trail blazed by Bruce Forsyth and the excruciating ‘The Generation Game’ in the 1970s. So it was a brave decision by Alexander Armstrong, one of the country’s best-loved broadcasters and comedians, to take part in ‘Your Face Sounds Familiar’, an ill-conceived reworking of ‘Stars In Their Eyes’, which graced our TV screens last summer.

But Alexander had a special reason for taking part in ‘Your Face Sounds Familiar’. The programme allowed him to raise the profile of, and raise money for, the Trust. As a good friend of Charlie’s, and as a patron of the Trust, this was too good an opportunity to miss.

“I will be honest,” said Alexander, as we chatted away in the exclusive surroundings of the Electric House, a media club in Notting Hill, “the way in which ‘Your Face’ was sold to me was rather different from the reality. For example, the judges and hosts were to include Jarvis Cocker and Jonathan Ross.

“However, that didn’t matter too much in the end, because I had a ball. We all did. The programme itself promoted the Trust and a series of interviews I did around that time, notably in the Sun, enabled me to talk about the wonderful work that the Trust does and to draw attention to the tragic fact that suicide is the biggest killer of young men under the age of 35,” he explained.

And, of course, ‘Your Face Sounds Familiar’, allowed us to see Alexander sing his heart out in a number of amazing guises from Susan Boyle to Pavarotti and from Johnny Rotten to Johnny Cash. He was consistently superb and, had he voted tactically on the final show, he would have won. As it was, a young actress with a sweet voice from Yorkshire’s sex and sheep dip soap ‘Emmerdale’ triumphed.

“I think ‘Your Face Sounds Familiar’ missed a trick by not eliminating contestants at the end of every show. That way, far more people would have rung in trying to save them, thereby raising much more money for charity. As it was I helped to raise about £7,000 for the Trust and I know every penny of that will be spent wisely,” said Alexander.

Alexander’s Johnny Cash was a wonder to behold and I was amazed that he allowed judge Donny Osmond’s inane comment that he wouldn’t be voting for him because Cash had contributed nothing to modern rock or pop music to go unpunished. Wasn’t he tempted to smash his guitar on Osmond’s head?

Smiling, and typically diplomatic, Alexander said: “Everyone is entitled to their opinion, but there was, shall we say, a certainly irony in Donny Osmond’s comments. Let’s leave it at that.”

It is this essential decency that has made Alexander Armstrong a favourite in households across the country, from students to grannies and everyone in between. The success of Armstrong And Miller, the quirky sketch show that launched his, and his great friend Ben Miller’s careers, and then Pointless, the quiz show that has us all hooked, have made him famous, but he remains extremely grounded, aware of the fickle nature of fame.

“My three young sons keep me grounded, and so does my wife Hannah. I also remember the hard slog around the comedy circuit after Cambridge University, whilst all my friends were embarking on ‘proper’ careers, until Armstrong and Miller first took off in 1997. I am certainly enjoying myself right now, but my family and friends are more important to me than my public profile or persona,” he said.

Born in Rothbury in Northumberland in 1970, and educated at Durham School, he won a choral scholarship to Trinity College, Cambridge, where – on his first day – he met Rick Waller, Charlie’s brother and Iain Weatherby, both Trustees of CWMT.

“My friendship with Rick and Iain defined my time at Cambridge, as much as the Footlights, and through Rick I met Charlie and all the Waller family. Charlie was an amazing guy and was the life and soul of the party, a gifted sportsman and had a successful career as an advertising executive,” Alexander said.

“People were drawn to him. Charlie lit up the room when he walked in. It was a devastating shock to learn that he had killed himself. He would have been 46 this year. Yet too few people talk about it or know what to do to help. The Charlie Waller Memorial Trust is doing fabulous work to change that and I’ll do all I can to support it.”

By throwing himself so wholeheartedly and so successfully into Your Face Sounds Familiar, Alexander Armstrong certainly did that. Everyone at the Trust is exceptionally grateful for Alexander’s support and will cherish the memory of his Rotten, Boyle, Cash and Pavarotti, and the magnificent way he raised our profile, for many years to come.

BOOK REVIEW

The Mindful Way through Depression: Freeing Yourself From Chronic Unhappiness by Mark Williams, John Teasdale, Zindel Segal and Jon Kabat-Zinn (The Guildford Press, £14)

We live in a society where instant gratification rules. If there is something we want, we want it now. If there is something wrong with our lives, be it with our job, our health, our finances or our relationships we want it fixed. At once. The reasons for this unseemly “me, me, me” dash are myriad and complex, ranging from the speed at which we live to the mistaken belief that everything can be solved by a cursory surf of the Internet. There are many casualties of this craving for instant solutions and instant happiness, chief among these being our mental health.

But it needn't be this way. If we slow down and listen to our bodies and our minds, we can learn that peace, equilibrium and tranquillity are within us and don't depend on possessions or social status. This is what mindfulness teaches us. It may be an ungainly word, but it is a magnificent method of managing our minds, which involves paying attention to, and confronting non-judgmentally, our most difficult emotions and life experiences in the present moment in our minds. As every sensitive person has discovered, the mind is a strange, unpredictable and, on occasions, dark place. It can, as John Milton wrote in his epic 17th century poem ‘Paradise Lost’, “make a heaven of hell and a hell of heaven”.

Milton encapsulates, with admirable brevity, the tricky hand that we have all been dealt. Whilst there is much joy to be found in our everyday existence, too many people – for a huge variety of reasons - suffer a living mental hell. Their minds have travelled to an uncomfortable, unsettling place and there seems no way back. It is the aim of mindfulness, and the aim of the four contributors to this sensible and thought-provoking book, to rescue people from this mental hell and teach them to be contented, even happy, again.

‘The Mindful Way through Depression’ draws on the collective wisdom of these four internationally-renowned cognitive therapy experts and highlights clinically-proven methods to reduce the recurrence of chronic unhappiness, revealing the hidden psychological mechanisms that cause depression and demonstrating powerful ways to strengthen resilience in the face of life's misfortunes. More specifically, the book explains why our usual attempts to “think” our way out of a bad mood or just “snap out of it” leads us deeper into a maelstrom of despair. Through perceptive lessons drawn from Eastern meditative traditions and cognitive therapy, we are taught how to escape the vicious cycle of chronic introspection, self-blame and self-doubt, which lead inexorably to depression and despair.

At this stage it is important to point out that it is crucial for the reader to be receptive to these arguments and to see whether they resonate. That shouldn't be difficult as ‘The Mindful Way through Depression’ is written with structure and clarity, featuring

a detailed week-by-week self-help programme, involving physical (notably controlled breathing) and mental exercises, and a number of instructive case histories. Let's take one case history, which encapsulates both the causes and the nature of depression and potential solutions to it:

Alice couldn't sleep. As she tossed and turned all night, her mind was beset by doubts and demons, fearful about her career and her relationships. Her own shrill internal voice was chiding her about her performance at work and telling her she would be out of a job, with no money to look after herself and her children. By the time she had to get up, her body was aching and her mind was numb. No wonder her performance at work was suffering and she was struggling to be a proper mother. She just wanted to be happy, but instead she was terribly, terribly sad – and exhausted. Her life was defined by disappointment. It was only by facing up to these fears, by owning up to failure and accepting and embracing it, that Alice could move on to find peace and freedom. That may be easier said than done, but it is certainly worth a try.

One crucial way of finding this peace and freedom, as Candide does, at the end of Voltaire's famous novel, is to take pleasure from the simplest things in life. Candide, having endured just about every torture known to man, takes refuge in his garden, where nature in all its myriad forms joyously demonstrates the harmony so often lacking in our own existences. Reading, music and walking, and – of course meditation - are also wonderful ways of celebrating life “in the moment”, forgetting the baggage and the regrets of the past and the fears and the uncertainty of the future.

It would be facile, misleading and just plain wrong to suggest that this book has all the answers. The intricate nature of the brain is such that those suffering from chronic and bi-polar depression cannot just lose themselves in the present. They need specific medication and informed medical advice (which is why CWMT's central aim to training GPs in the nature of depression is so crucial). However, for those whose experience of life has led them down that rocky road to sadness, despair and self-hatred, this is an invaluable handbook. It is not a 21st century “quick-fix”, though – and is all the better for it.

Robert Beaumont (Charlie's Uncle)

VIEWPOINT: THE NEED FOR DOCTORS TO BE BETTER EQUIPPED TO DEAL WITH THEIR OWN AND PATIENTS' MENTAL HEALTH

For the last five years I have had the honor of being the doctors'-doctor" – leading a multidisciplinary service for doctors and dentists with mental health or addiction problems, and who, for one reason or another cannot access care through standard means. Over the five years around 1400 doctors have presented to the Practitioner Health Programme (PHP), many in serious distress, all in need of care. The doctors have taught me about the stresses and strains of working in a modern health service, of the failings that they face when in need of help themselves and the joy that once in treatment, doctors do exceptionally well – with many returning to good mental health, employment or education.

Doctors with mental health problems are one of the most unattended of all patients in our community.

That doctors make bad patients is a truism – with many reluctant to approach the very services they encourage their patients to attend. The reasons for this are multifold. Perhaps the most often cited reason that doctors who attend PHP is fear that their confidentiality will be breached if they attend 'standard' services. This fear is not entirely unfounded. Medicine is a small community – smaller still when one works in a Trust or small town. All too often at PHP we have heard of sick doctors having to be cared for by their own team – or by their spouse or partners.

Doctors also fear that if they disclose mental health issues that their careers will be affected and that they will be seen as weak-willed in their eyes of their peers and superiors. This explains why doctors 'suffer in silence' and continue to work way beyond the time when it is safe for them to do so. Continuing to work rather than take time off sick can be seen as letting the side down. Doctors at PHP as with other practitioner - health services often present late, after concerns at work have been raised or where they have been involved in a drink-drive offence.

Doctors also have structural barriers to receiving help. They often move address - sometimes as much as every 3 to 4 months making registering with a GP or having continuity with mental health teams difficult. Taking time to attend for care is also a barrier. Doctors work long and unsocial hours and most find it difficult to 'just nip off' from the ward to attend a GP or therapy appointment.

Finally, doctors fear that if they disclose mental health difficulties that they might be referred to the general medical council – especially if their problem is related to using drugs.

The practitioner health programme attempts to over come these barriers – though is still bound by the regulatory process dictated by the General Medical Council –

though PHP helps support the doctor through this legal and regulatory process.

Around one third of doctors presenting to PHP have addiction problems and two thirds mental health issues, commonly depression, anxiety and increasingly burnout. Of those with addiction, most have problems related to alcohol addiction, though the service has a significant cohort of doctors with problems related to drug abuse. PHP will support doctors through the difficult process of disclosure where this is needed.

Doctors attending PHP on independent assessment have similar high levels of mental health distress as those attending standard NHS mental health services – these doctors are not ‘the worried well’ but individuals who have been experiencing considerable difficulties.

Doctors presenting to PHP have very good outcomes. Of those not at work when they presented, over three quarters were able to return to work – even those who had been out of work for more than 10 years. Most addicted doctors become abstinent – with over 90% doing so at 12 months and this for doctors who have been in the service the longest, maintained by 5 years. Improvements are seen in social functioning and mental health wellbeing.

Doctor's work hard for their patients. It is important that when they need care, that we work hard for them. We must ensure that confidential specialist services are available for them – which they can access in a timely manner.

Professor Clare Gerada MBE, FRCGP, MRCPsych

FUNDRAISING HIGHLIGHTS

Children's Garden Party – 8 September

In true British style, the weather forecast did not deter the hardy crowd that descended on Englefield's beautiful grounds for the third Children's Garden Party in aid of the CWMT.

What to do first?! Buy some raffle tickets or learn our fate from Gypsy Lisa? Or go on the Merry Go Round and then watch the Punch and Judy show, followed by gigantic bubble blowing, the bouncy castle and the big slide.... then listen to the brass band while eating some tea and then throw some sponges... another quick go on the Merry Go Round and then the football shoot out... popcorn time and a cheeky Pimms for Mum and Dad, then time to get faces painted, try the lucky dip, splat the rat, hook a duck, put the tail on the donkey and knock the coconuts and skittles over... The downpour halfway through the afternoon was a welcome break for many and everyone squeezed into the tea tent to watch the clowns and sample the delicious cakes.

One of our favourite CWMT celebs, Mark Durden-Smith did a sterling job as MC and announcing the raffle winners, interspersed with witty comments throughout.

What a day! A big thank you to the committee, the volunteers and a special thanks to Richard and Zoe Benyon for allowing us to invade their stunning grounds again.

Debs Burles



Robert Davies Memorial Concert – 7 September

Some Enchanted Evening summed up the feeling during this concert in St Edmundsbury Cathedral. The crowded room was the great space in this cathedral where Rob Davies served as a chorister. The celebratory love story of the evening was the one between Rob, his parents Neil and Nettie and his many friends.

The rich programme had other contributions from The Cathedral Lay Clerks including a fine *Cantate Domino* by Giuseppe Pitoni as well as the joyful numbers in the 2nd half following drinks and eats in the crypt.

The St Edmundsbury Male Voice choir (conductor Mark Jefferson) topped the bill for the evening and their rich tones, precision timing and their heartfelt delivery were such a joy to hear. The *African Trilogy* and the *Morte Christe* finale were outstanding

Add the marvellous Antara flute and harp duo – Thomas Hancox and Rachel Wix. The Andriesson *Intermezzo* in the first half was heart stopping and the setting of *Danny Boy* in the second half a magic moment.

Finally add some of the finest organ music played by Mark Blatchly, Director of Music at St Edmundsbury 1990-1992.

The welcome from the Cathedral (Canon Philip Banks) and the introduction by Kevin Crossley-Holland movingly refreshed Rob in the minds of those who knew him and gave those who did not know him a sense of regret for that privilege.

Mark Waller gave an overview of the work of CWMT at the end of the programme. The Trust is hugely grateful to Nettie and Neil and all the performers for the support to us arising from this most enjoyable event.

Trissa Orange

Downe House Swimathon – 21 & 22 September



A friend and myself at Downe House, organised a 24 hour charity Swimathon in aid of the Charlie Waller Memorial Trust which took place between 1pm on the 21st September and 1pm on the 22nd September. This is to let you all know how we got on during a very exhausting, but worthwhile 24 hours..!

Many people from school got involved in the event, whether they were swimming, life guarding or simply just there for the moral support!

Overall we swam a total of 5,075 lengths of a 25m pool which totals up to 126,875m or roughly 127km. To give you a comparison for distance, it takes around 32km to swim the English Channel. This means we nearly swam the Channel four times!

As a team we were keen to raise as much money as possible for this very worthwhile charity and amazingly raised far more than our original target of £5,000!

It is all thanks to your extremely kind and generous donations that CWMT will benefit greatly from the money that we have raised to help raise awareness of the nature and dangers of depression, reduce stigma, provide training to primary care staff and encourage those who may be depressed to seek help.

Thank you again for every donation and your support.

Florice (and the rest of the Swimathon team!)

Annual Texas Scramble – 11 September

The annual CWMT Texas Scramble was held again at Badgemore Park. Every year we look forward to the day with eager anticipation. The delicious bacon sandwiches and coffee on arrival, fathoming out Sir Mark's explanation of any interesting new rules, working out which hole to head for with the shot gun start and forming a loose strategy, are every bit as enjoyable as the golf itself.

This year team Stokoe, comprising Simon Stokoe, John Burr, Jo Bardot (CWMT Texas Scramble 1st timer) and Annabel Stokoe got off to a dubious start. We scraped a par on our first hole, the tricky 17th par 3, but soon after found some unexpected form, managing to dovetail somewhat and surprise ourselves by sinking some longish putts.

The course was again in immaculate condition and provides the perfect test as an interesting, attractive, challenging but not too onerous venue for the golfers to enjoy with handicaps varying from the highest to single figures. The longest drive and nearest the pin competition for the ladies this year was won by the diminutive Tina Dresher which proved conclusively that timing is everything!

The round flies by but rather than feel disappointed that it is all over too soon there is a sumptuous lunch to enjoy and an opportunity to discuss the best and worst of the round as only golfers can! The auction this year, with Iain Weatherby standing in admirably in place of Mark D-S, was well supported with generous donations of prizes including holidays, wine and sporting opportunities.

As ever, it was a great day enjoyed by everyone, and we look forward to returning for 2014.

Simon Stokoe

Walk In Memory of Matthew Wood – 15 September



Our son Matt, who lost his battle against depression 9 years ago, loved walking and once walked 50 miles in a day, so we decided to have a short walk in his name. We had planned a two hour country walk to take place on the 15th September and sent out invitations to all our friends and relations.

Everyone, whether or not they could come, gave generously and on the day some 60 adults and 20 children gathered in our garden and set off at 10am with stout sticks, frisky dogs and friskier children. We walked through quiet country lanes, past pretty lakes, up steep hills, past grazing flocks of sheep, arriving back hungry and happy for the barbeque. At this moment the dark clouds overhead

decided that their load was too heavy; they released a torrent of rain above us – solid sheets of water. The barbeque went out immediately, the sausages drowned and everyone with their muddy boots, wet coats and huge appetites, surged indoors. All was not lost and as the steam rose and everyone dried out and filled their glasses whilst the sausages having cooked in the Aga, were demolished as were the great piles of brownies. The rain pounded on the roof as the children competed with the grownups to see who could make more noise and it was agreed that the walk had been a thundering success.

The generosity of those attending enabled us to make a significant donation to CWMT in support of their Students Against Depression website.

Isobel Wood

VERDI REQUIEM – 21 November

St John's, Smith Square was packed for this thrilling performance of Verdi's Requiem on a clear, chilly November evening. Vox Cordis have sung carols for CWMT for a number of years and this time they were joined by the Orchestra of St Paul's, Covent Garden with whom they have a close association. Verdi's Requiem is a work of great dynamic contrasts - exhilarating, threatening, poignant and lyrical by turns. Orchestra, soloists and choir negotiated these shifts skilfully under conductor Ben Palmer's incisive direction. The choir have wonderfully clear diction and they were outstanding in the Sanctus. The soloists excelled, particularly Belinda Williams and Daniela Bechly in the Domine Jesu. It's an accomplished Orchestra, strong in all sections. The Dies Irae is the dramatic heart of the work and the brass played their

part splendidly, positioned stereophonically in the Hall and Gallery. The choir's robust repeat of the Dies Irae in the final Libera Me offered a vivid contrast to the touching tenderness of Daniela Bechly's gentle soprano. The moments of silence as the final notes died away and before the applause came were an eloquent tribute to the performance and to the theme of this most operatic of Requiems – the fragility of life.

Vivian Brown

Carol Service – 16 December

Despite the rainy weather on the night, the annual CWMT Carol Service at St Luke's was a sell out success, with the church brimming to full capacity with 800 people packed into pews above and below. The church looked fabulous, decorated with a vast Christmas tree and the altar, ablaze with flowers, berries and golden candle light.

Vox Cordis lead the congregation with inspired carol singing from a wonderful selection of firm favourites and solo renditions. Readings, secular and sacred, were delivered by a dazzling array of well known personalities who had all given their time in support of the Trust and to whom we are so grateful.

Before the final reading, Mark Mackay-Lewis spoke movingly on behalf of CWMT about his late brother Michael and his participation in the Great Kindrochit Quadrathlon on Loch Tay, which he completed in 2013 in his brother's memory following Michael's long and hard struggle with depression. Mark urged everyone present to talk about CWMT to their friends and family and the importance of the work the Charity does raising awareness about depression and the help that is available to those who need it. Individuals and their families do not have to battle depression on their own or in isolation. Mark spoke how Michael would have benefitted from such support.

Sheltering from the rain, with a glass of wine and mince pie we then left huddled beneath umbrellas generously provided by Strutt & Parker, who sponsored the event. Another wonderful CWMT Carol Service brilliantly organised and thoroughly enjoyed by all who attended. It is easy to see why it is a prime fundraising event and an annual fixture in so many supporter's December diary. Put this year's date in your diary now: Monday 15th December 2014.

Sarah Farquhar

Quiz Night – 22 January

Nothing is more potentially shaming than a quiz evening – especially if you are of “a certain age” and facts that you thought were firmly lodged in the grey matter prove to be strangely elusive at the crucial moment. The art of the person setting the quiz is to produce questions that are not too easy (that would be plain boring) yet not so difficult that no one in the room is capable of answering them.

The 4th annual quiz for the Trust, held in the Main Hall of St Columba’s church in London’s Pont Street, is one of the best of its kind. The quizmaster, Richard Hilliard (assisted by his accomplice Roddy), is witty, practised (he undertakes around a dozen a year) and exhibits the perfect blend of bonhomie with lofty sternness when the participants threaten to become unruly.

Twenty teams of eight fought the contest, grappling with questions that were a judicious mix of subjects across the arts, sport, natural history, showbusiness, history and politics. Among the posers were: What does lusophone mean? (Portuguese-speaking); How many Test centuries were scored by Sachin Tendulkar? (51); Which King of England married Eleanor of Aquitaine? (Henry II).

It was tight at the top, with two teams – Eight Minds Think Alike and Les Quizerables – tying for first place with 107 points apiece. In a sudden death play-off they were asked “What is the average age of the UK population?” Whoever came closest would have scooped the prize, but inspired guesswork led Les Quizerables to venture 39 – the exact answer! - and they duly trooped on stage to collect their understated but coveted little trophies.

This quiz always makes for a truly memorable evening, one that attracts both young and not-so-young. Long may it continue.

Jay Iliff

RUNNERS NEEDED

THE BRITISH 10K LONDON RUN

Sunday 13th July 2014 starting at 9.35am

www.thebritish10klondon.co.uk



If you would like to run for CWMT please email or call the office for further details and to reserve a place.

OTHER FUNDRAISING ACHIEVEMENTS

We would like to thank the following for undertaking individual challenges in support of the Trust:

- Fiona Stuart – Brussels Marathon
- Hannah and Fabian Hayward – Amsterdam Marathon
- Oliver Spratt – Pays d’Aix Ironman
- Charlie Niekirk – Coll Half Marathon
- ‘Runner Beans’ – Windsor Half Marathon
- Volunteers from Keo Films – Eton Dorney Triathlon

SUPPORTING US

- Thank you for all your support
- Our website www.cwmt.org.uk includes details of how you can help us

REGULAR DONATIONS

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

ONE-OFF DONATIONS

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

JUST GIVING

Donations can also be made through Just Giving by using the link on the CWMT website.

GIFT AID

Gift Aid increases the value of your donation to CWMT at no extra cost to you which is a valuable source of additional funds for the Trust. If you have not already lodged a form with us and would like your past or future donations to be included in the Gift Aid scheme please complete the Gift Aid section of the form overleaf.

MAILING LIST

Please help us keep our database up-to-date and inform us if:

- any of your details are incorrect/have changed
- you would prefer to receive future editions of the Newsletter by email

BANKERS STANDING ORDER

Please complete your details below in block capitals, sign and date the form then return it to:

Mrs. B. Sutton, Secretary, c/o Charlie Waller Memorial Trust, 16a High Street, Thatcham, Berkshire RG19 3JD

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 CWMT.

Signature:

Date:

Full name in capitals: Title.....

Name

Account to be debited:

Account No.

Sort Code:

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

giftaid it

Please treat as Gift Aid all qualifying gifts of money made to CWMT (Registered Charity No: 1109984)

today ☐ in the future ☐ Please tick all boxes you wish to apply

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

Signed Date

Name

Address

Postcode

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

FORTHCOMING EVENTS

SWINLEY FOREST GOLF DAY

Ascot, Berkshire — Thursday 24 April 2014

KINSKY TRIO RECITAL

Northumberland — Sunday 25 May 2014

BRIDGE AND TEA

Hill Barn, Sparsholt, near Wantage — Monday 16 June 2014

WALKING THE WALK

near Alton, Hampshire — Friday 27 June 2014

SUMMER CHARITY BALL

Highgate House, Creton, Northampton — Saturday 5 July 2014

BRADFIELD CRICKET

Bradfield College, near Reading — Sunday 6 July 2014

TEENAGE DISCO

Englefield House, near Reading — Tuesday 8 July 2014

HAVING A BALL

Hurlingham Club, London — Friday 11 July 2014

BRITISH 10K LONDON RUN

Sunday 13 July 2014

TEXAS SCRAMBLE GOLF DAY

Badgemore Park, near Henley-on-Thames — Wednesday 10 September 2014

RECITAL IN GRAY'S INN

Gray's Inn, London — Wednesday 5 November 2014

CAROL SERVICE

St Luke's Church, Chelsea — Monday 15th December 2014

See our website (www.cwmt.org.uk) for tickets and entry forms
or contact us on Tel: 01635 869754: E-mail: admin@cwmt.org

SOURCE OF HELP

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

SAMARITANS

08457 909090

For confidential emotional support 24/7

YOUNG MINDS PARENTS' HELP LINE

0808 802 5544

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

PAPYRUS HOPE LINE

0800 068 4141/ Text 07786 209697

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

MAYTREE

0207 263 7070

An adult respite sanctuary for the suicidal

STUDENTS

www.studentsagainstdepression.org

For information and self help material

BABCP

www.babcp.com

For a register of accredited therapists

NHS DIRECT

111

For access to NHS help 24/7

Inclusion here does not mean that CWMT recommends or endorses any of these 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