



CWMT NEWS



The Newsletter of The Charlie Waller Memorial Trust

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Raising awareness



fighting depression

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LETTER FROM THE CHAIRMAN

Dear Supporters,

Once again Clare Stafford's report contains the detail and as will be obvious from reading it we keep our focus on schools, universities, GPs and the Charlie Waller Institute but we are continuing to expand. For example, instead of us pressing to get into schools, schools are pressing us to come in.

That has led to us being involved a little more in policy, and we had a very successful meeting with the Department for Education, which is also now focusing on mental health in schools following publication of the report from the independent Mental Health Taskforce to the NHS in England: The Five Year Forward View for Mental Health. After they have had further thoughts internally they want to meet us again.

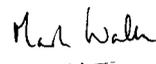
It has also led to Dick Moore and Clare Stafford being asked to appear on the ITN News - you can view the coverage on our website at www.cwmt.org.uk/media - and Pooky Knightsmith, the Director of our Children, Young People and Schools Programme, on Woman's Hour on Radio 4.

We are also very pleased that Michael Cole-Fontayn has agreed to become one of our Trustees. As Executive Vice President and Chairman, Europe, Middle East and Africa of BNY Mellon, he will help enormously with spreading the message in the City and indeed with raising funds to support what we are seeking to do.

We also decided that, although our Trustees have a wide spectrum of expertise, it would be sensible to have a number of experts in the field as "Advisers". All to whom we wrote accepted to become advisers and we are very grateful to them. Their names appear on our website and on our stationery and can be found below.

There have been one or two changes in the office recently: I would like to congratulate our bookkeeper, Carrie Green, on the birth of her son, Matthew, on 16 February. Mother and baby are both doing well, and our temporary bookkeeper, Marie Gibbs, is holding the fort.

I would finally like to say a big thank you to Marigold Jaques who has worked for the Trust for nearly ten years, helping take it from a room in our garage to its current offices in Thatcham, but is now leaving. I am sure she will be back to help out occasionally and we are enormously grateful for all her support over the years.


Mark Waller

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CHIEF EXECUTIVE'S REPORT



Many of you will have seen the increasing focus and attention on mental health in the news over the last six months. I'm pleased that CWMT has been able to contribute to this, receiving excellent coverage on the ITN News during Children's Mental Health Week in February www.cwmt.org.uk/media. I hope this interest will lead to better services, earlier intervention and improved outcomes for people suffering with depression and other mental health problems. However, it is clear that there is a long way to go and that the charitable sector still has a vital role in raising awareness, providing information and enhancing what can be provided by statutory services.

Our impact in schools continues to increase and in 2015 I'm delighted to say that we delivered more than 290 talks and training sessions, reaching over 20,000 pupils, teachers and parents. Dr Pooky Knightsmith has taken on the role of Director - Children, Young People and Schools Programme and will work with me to expand our activities and ensure that the quality and impact of what we do is maintained.

"I just wanted to say a massive thank you for your session today. It has given me a valuable focus for my teaching career." *Trainee Teacher, Teach First Conference, July 2015.*

We have had a successful partnership with The Royal College of Psychiatrists and Young Minds on a project called *No Harm Done* – a series of three short films about self-harm based on the experiences of young people, parents and professionals (see page 9). We are frequently asked about this topic in the course of our work in schools and it can often be a coping strategy for young people experiencing depression and related problems.

Our work with universities continues and we are collaborating with key people in the sector to produce some online training materials for staff who may not be able to access face to face training. It is often housekeeping staff or porters who notice when a young person is very low, staying in their room and withdrawing from normal university life. Giving these staff the knowledge and confidence to open a conversation with a young person can make a huge difference. Dr Andrew Reeves from Liverpool University is leading this work for us and, together with Waller Trainer Jackie Williams, has drafted and organised a peer review of an initial set of six training sessions.

It is indicative of general practice that our new GP Educator for the Thames Valley had to pull out at the last minute owing to staff shortages and increased pressure of demand in her practice. Fortunately, however, we were able to appoint Dr Nick Smith to the post instead and he has already successfully delivered training to GPs in Berkshire and Oxfordshire. Nick says:

"I find the requirements of managing patients with mental health needs particularly rewarding, and yet both in primary and secondary care these vulnerable patients are often misunderstood, mismanaged or feared by the professionals meant to be caring for them. This has motivated me to focus on reducing the stigma of mental ill-health that still exists within healthcare and other professions."

Under Maryanne Freer's professional leadership the Primary Care Programme has also expanded during the past six months and is reaching more GPs and practice nurses than ever before.

Professor Shirley Reynolds, Director of the Charlie Waller Institute, and her team have been very busy in the past six months and there is a full range of research and training being undertaken. A common concern for young people who are experiencing mental health problems is being able to access help easily and for this to be relevant to them and non-stigmatising. We have therefore agreed to contribute funding to trial a new, school-based intervention for young people with significant levels of depression and/or anxiety but who would not meet the criteria for a specialist NHS service. We hope that, by providing a brief treatment designed to suit adolescents and offered within a school, we can break down existing barriers to seeking and receiving help and develop a model that can be used nationally.

The MindEd e-learning programme for staff working with children and young people continues to attract new users and now has over 20,000 registered users.

Shirley has been interviewed on the Today programme on Radio 4 and was a contributor to a teenage mental health edition of 'All in the Mind': www.bbc.co.uk/programmes/b06kch0z

Of course none of our charitable activities would be possible without generous support from individuals and grant making-bodies and we are very thankful for this. There has been an encouraging increase in people carrying out fundraising challenges for the Trust and this also serves to raise awareness of depression amongst the many people who support those individuals.



Wilf Marriott and Harry Lloyd undertook the challenge of cycling from London to Barcelona

TREASURER'S REPORT



The 2015 Trustees' Report and Financial Statements are still subject to audit and final approval by the Trustees, so the preliminary figures given below may change slightly.

During the year £416,000 was spent on our charitable objectives. This included £207,000 on Waller Trainers engaged in our Schools, Universities and Students, Primary Care and Employers Programmes and £28,000 on our established studentsagainstdepression website. In addition we paid the fourth of five annual instalments of £50,000 in sponsorship of the Chair in Evidence-Based Psychological Treatment at The Charlie Waller Institute; however, the whole of the current five-year commitment of £250,000 was recognised in the 2012 accounts. The Institute celebrates its 8th anniversary this year.

Income generation accounted for a further £121,000 and governance £4,000, making total outgoings of £541,000.

None of this would have been possible without the hugely generous support we have received, and continue to receive. Gross income for the year was £712,000, an increase of £135,000 over 2014 and well ahead of our budget. Income from fundraising was £313,000: £197,000 (before expenses) from our own activities and £116,000 from third parties in aid of the Trust. Donations accounted for £367,000: £163,000 from charitable trusts, £86,000 from other donors and legacies, £77,000 from our training activities and £41,000 from gift aid. Investment income was £32,000. The Trustees are extremely grateful to everyone who contributed to this success, whether by attending our events, organising their own, often strenuous, fundraising challenges or donating so generously.

Net incoming resources for the year were £171,000. Investment losses of £20,000, following gains of £107,000 over the previous two years, meant that the overall surplus was £151,000, which has been transferred to reserves.

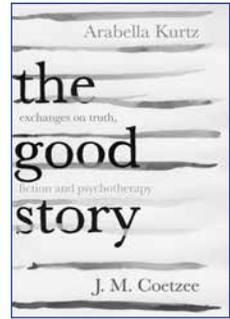
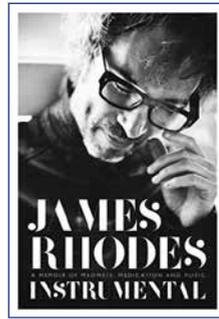
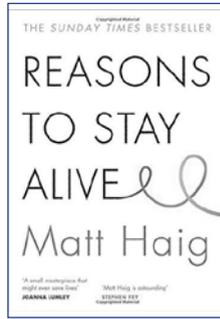
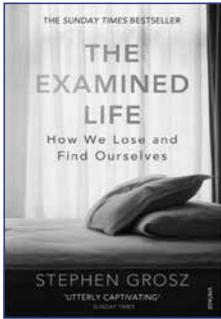
The stronger our reserves, the more income they will generate and the more the future of the Trust's work will be assured. We do not set out to amass greater reserves, but if this happens it is a sign of the Trust's growing strength and its ability to make a difference. Last year the Trustees approved a significant increase in our charitable expenditure which ended up very close to budget. Our much increased income in 2015 has enabled them to plan further substantial increases in our core activities in 2016, when it is also anticipated another £250,000 five-year commitment will be made to The Charlie Waller Institute. Whilst fairly prudent assumptions are made about our future income, the Trustees recognise that it will be a challenge to maintain it at the present level. Progress will be watched carefully and commitments entered into will be sufficiently short-term to allow them to be scaled back, if necessary.

The Trustees' Report and Statement of Financial Activities should be ready by the end of May and will be filed with the Charity Commission. If you would like a copy, please contact Bronwen Sutton at the Trust's office or email admin@cwmt.org

Robin Booth FCA

BOOK REVIEW

Happy Endings



The Examined Life by Stephen Grosz

Reasons to Stay Alive by Matt Haig

Instrumental by James Rhodes

The Good Story by JM Coetzee and Arabella Kurtz

We are the apes that tell stories. Consciously and unconsciously we are at it all the time, shaping experience into narrative. But are we the heroes of our lives, or the narrators — or something else?

“No! I am not Prince Hamlet, nor was meant to be;
Am an attendant lord, one that will do
To swell a progress, start a scene or two...”

Eliot’s *Prufrock*, to me clearly depressed, is one of the first modern men to notice himself some distance away from the centre of his own story.

Yet stories also help: there is therapeutic value in telling and hearing them. “All sorrows can be borne if you put them into a story or tell a story about them.” Karen Blixen is quoted in *The Examined Life* by Stephen Grosz, his case notes from twenty-five years as a psychoanalyst. Often his job is to persuade people stuck in a certain version of events to adopt a different narrative. It isn’t easy: “we are vehemently faithful to our own view of the world, our story.”

In the archetypal Depression memoir¹ the writer has been there and done that and, crucially, got out alive. For the writer, giving shape to experience is a way to find meaning in pain. For the reader there is community, comfort and even a map through, offered by shared experience.

“I had lost the plot”. In *Reasons to Stay Alive* Matt Haig is explicit about the loss of narrative thread in his Depression. To become depressed is, perhaps to be

1 Lewis Wolpert’s Malignant Sadness and William Styron’s Darkness Visible are classics. My favourite is Tim Lott’s The Scent of Dried Roses.

overwhelmed by the material of our lives. When David Foster Wallace, author of monumental tales *Infinite Jest* and *The Pale King* took his own life, Matt Haig was hit hard. Foster Wallace couldn't write himself a happy ending. But Depression, we know, feeds on sensitivity and intelligence.

Haig worries about describing his Depression. He — and James Rhodes in *Instrumental* — reject the D word as inadequate. Haig says it sounds like “a flat tyre” and turns instead to metaphor: “a mind on fire... bats in the chest... trapped in a cyclone... a red-raw, naked mind. A skinned personality. A brain in a jar full of the acid that is experience.”

Part of the problem is the proximity to common or garden “depressing”. Most television, Donald Trump's electoral prospects — these things are “depressing”. “Clinical” comes to add weight but itself is imprecise and ambiguous. Wayne Rooney's finishing is clinical. Better perhaps the old word, melancholy or even, suggested by Haig, melancholia. He also raises “Anhedonia” — the inability to feel pleasure — which feels truer and properly medical. Since we are stuck with the D word can we not at least agree to give it the capital D it deserves?

Self-help manual, memoir and history of Depression, Matt Haig's book is also a little treasury of quotations from the great sufferers. Abraham Lincoln: “If what I feel were equally distributed to the whole human family, there would not be one cheerful face on the earth.”

While many people first experience Depression as nameless and causeless (part of its particular terror) James Rhodes is clear where his anguish began. He was repeatedly raped at a London prep school at the age of eleven. The experience turned a happy boy into a self-confessedly unreliable narrator: “I'm a vain, self-obsessed, shallow, narcissistic, manipulative, degenerate, wheedling, whiny, needy, self-indulgent, vicious, cold, self destructive douchebag.” He's also good company: funny, allusive, provocative.

He has been depressed, addicted, hyper anxious, self harming and suicidal. Somehow he is also a successful concert pianist, TV performer and writer, father and husband. *Instrumental* is the story of how he stopped being the former and became (through multiple relapses, most of the time) the latter.

Rhodes is clear about it: music saved his life and he twines his hymn to its wonder and power with the story of his journey through “madness and medication”. Each chapter is given a soundtrack with a preamble about its composer. To a man depressive, bipolar, psychotic... the great composers were tortured geniuses indeed. No wonder Byron called Depression a ‘fearful gift’.

Eventually what works for Rhodes is to give his story the slip. “The most helpful thing I learned was to experience painful, shameful feelings but to drop any kind of storyline attached to them.... I learned to simply sit and notice them with curiosity, no labels, stories or judgement.” There is an echo of Zen practice here and Tim Parks's brilliant memoir of self-diagnosis *Teach us to Sit Still*.

Rhodes's agony and the hell described in *Instrumental* is so palpable and intense that

the book itself is a kind of miracle — a piece of floating wreckage that came through the cataclysm Rhodes clinging to it like Ishmael in *Moby Dick* “And I only am escaped alone to tell thee”. It’s also a superb primer on ‘Classical’ (Rhodes hates the C word) music.

The Good Story comes from a cooler and more collected place. It is a dialogue between the great South African novelist JM Coetzee and Arabella Kurtz, a clinical psychologist. Their subject is storytelling and its relation to selfhood. Time and again in different ways, Coetzee asks this question: do the stories we tell ourselves have to be true?

Coetzee — of course, read the wintry cadences of *Boyhood or Disgrace* — is austere, omni-doubting, self-lacerating. His definition of truth is monolithic, absolute. “We should see the therapeutic dialogue as a quest for the truth before we see it as a way of making people feel good about themselves”. He finds “the nostrum that each of us has a life-story ... to be morally dubious.” He doubts his own narrator: “Am I one or am I fragments precariously held together by what I fear may be a fiction?”

Kurtz’s programme is forgiving, quotidian, affirming. She proposes “collaborative dialogue” in place of Coetzee’s truth. She quotes DW Winnicott on “How imagination is central to taking things in and making experience our own so that we can in mental terms, begin to do something with it.” Again, the pleasure and power of shaping our own stories. “One way of thinking about psychoanalysis is to say that it is aimed at setting free the narrative or autobiographical imagination”. If psychoanalysis is a rewrite of our life stories, CBT is more of a light edit of thought patterns. But the mind, all these books tell us, is still the part of the universe we know the least about.

There is a Garrison Keillor story called *Your Book Saved My Life Mister* (SPOILER: a paperback takes a bullet). All of these books help and help promote what Jonathan Rottenberg called “mood literacy”. James Rhodes shows that there can be a way out of the blackest hells. JM Coetzee and Arabella Kurtz’s dialogue will help you think about the stories you are telling yourself. Matt Haig’s book lives up to the promise of its title — it would surely help any sufferer. Stephen Grosz reminds us of the very cheerful dictum of Albert Ellis (one of the fathers of CBT): “All humans are out of their ****ing minds—every single one of them.”

Last word to Kurt Vonnegut: “Reading and writing are the most nourishing forms of meditation anyone has so far found.”

Iain Weatherby, CWMT Trustee

No Harm Done



One of the highlights of 2016 so far has been a very successful partnership with The Royal College of Psychiatrists and Young Minds on a project called *No Harm Done* – a series of three short films about self-harm based on the experiences of young people, parents and professionals. We are frequently asked about this topic in the course of our work in schools and self-harm can often be a coping strategy for young people experiencing depression and related problems.

The films are intended to provide hope and give practical support to those affected by self-harm, and to counteract the negative and frightening messages that are widely available online.

The accompanying digital packs – which are also co-created by young people, parents and professionals – aim to dispel myths, answer frequently asked questions, provide practical advice and signpost to more help and support. They are being used to spread the word in schools and in training sessions with professionals.

Lucy, 18, was one of contributors to the films. She said: “I got involved with this project alongside other young people who have ‘been there’ with self-harm. It is scary and isolating and it often feels like there is no way out. The aim of *No Harm Done* is to reassure those affected by self-harm that things can and do improve - it can be hard work, and it might feel worse before it gets better, but coming out of the other side is so worth it.”

Dr Pooky Knightsmith, the Director of CWMT’s Children, Young People and Schools Programme, says: “Staff working with young people will often spot signs of self-harm but feel unsure what to do or say next. Using real stories of self-harm and recovery, our videos and accompanying packs enable those crucial first steps and conversations which can be life-changing for the young people concerned.”

Sarah Brennan Chief Executive of Young Minds, said: *No Harm Done* is a response to the powerful cry for help from young people, parents and professionals, who have told us just how difficult dealing with self-harm is. These films are not intended to shock, but rather to show the reality of what is all too often a misunderstood subject.

The films were launched at an event at Latymer School in London on Thursday 25th February, where young people spoke about their experiences and Natasha Devon, Mental Health Champion for the Department for Education, chaired a question and answer session with young people, a parent, a former teacher and a psychiatrist.

Dr Helen Rayner from the Royal College of Psychiatrists said: “Between 10% and 20% of adolescents are thought to self-harm. This causes a huge amount of distress in all those who are touched by this. Young people are growing up in a stressful environment with increasing demands to perform academically and socially. Social networking can also lead to pressures from bullying to worries about friendship groups. Young people can feel more isolated and alone and can turn to self-harm as a destructive coping strategy.”

You can watch the films on our website: www.cwmt.org.uk/noharmdone

VIEWPOINT

Nightline – all night, all term, all ears

“[It was helpful] being able to put the problem into words and just being able to tell someone about it without any judgement.” **Student caller**

Mental health at university is an increasingly prevalent issue. Nightline Association is committed to supporting the wellbeing of students and their education. By facilitating the delivery of a unique support service across the UK and Republic of Ireland, we are there through the night for over 1.5 million students to talk to in confidence.

Mental health & students – the facts

Problems with mental health often arise in late adolescence or young adulthood and when combined with the changes and pressures that university life can bring, it is unsurprising that a survey of 1,000 students at universities with a Nightline showed that a third reported experiencing depression or homesickness whilst studying.¹

1 in 12 students have experienced suicidal thoughts whilst at university² and this distress can be expressed in many different ways: young people aged 16-24 are more likely to self-harm or attempt suicide than those in other age groups.³ Indeed self-harm is an expression of distress and a high risk factor relating to suicide attempts.

Mental health problems can often worsen without proper support, yet 1 in 3 students who experienced psychological distress explicitly said it was at night⁴ – the time when welfare services are usually closed but Nightlines are open. Furthermore, the survey suggests that students prefer to talk to other students about their problems.⁵ Over half of the students who accessed support from Nightline turned to another student compared to a quarter who chose to visit a university counsellor.⁶ Nightlines exist to fulfil these specific needs.

What is Nightline?

Student-led Nightlines offer confidential and anonymous listening support to other students at night. They are run by trained volunteers who are available every night of term to provide a listening ear to their peers. The service differs to most university welfare services due to its anonymity and confidentiality, providing a safe space in which students can discuss any topic. Nightlines are also non-directive, non-advisory and non-judgmental, meaning students do not face judgement or the pressure to make decisions.

The vision of Nightline Association is that every student be able to talk about their feelings in a safe, non-judgmental environment, that fewer students have their education compromised by emotional difficulties and that fewer students die by suicide.

We work towards this by helping new Nightlines open and existing ones develop new services like email or instant messaging thus increasing the availability and accessibility of Nightline services. Research with student callers found that 87% of those who contacted Nightline to talk about a problem felt their mental wellbeing had improved as a result and 3 in every 4 student callers felt calmer, less agitated or

anxious and better able to manage their situation.⁷

Investing in our volunteers

Nightline volunteers are exposed to a wide range of challenging issues, potentially including suicide, so they must have the skills, knowledge and tools to respond appropriately to calls.

Nightline Association prioritises volunteer training. In 2013, Charlie Waller Memorial Trust generously donated £5,000 to Nightline Association to train volunteers as instructors of *Connecting with People* suicide awareness (SA) training and emotional resilience (ER) training. This donation was matched by the James Wentworth-Stanley Memorial Fund and the Matthew Elvidge Trust, two organisations similarly set up in memory of young men who had taken their own lives. This substantial total of £15,000 had a significant effect: over 300 students benefitted from suicide awareness training and over 300 from emotional resilience training.

Invaluable training

Connecting with People evidence-based training is used by The Royal College of Psychiatrists, The Royal College of General Practitioners and The College of Emergency Medicine. Dr. Alys Cole-King, a Consultant Liaison Psychiatrist who developed the training has commented that: *“By training the Nightline volunteers we know that they will be able to offer their support more confidently and safely. This will help prevent unnecessary loss of promising lives.”* Nightline Association is a core member of the National Suicide prevention Alliance and this training is one aspect of our Suicide Prevention Action Plan created as part of our commitment to this Alliance.

Thanks to the continued generosity and funding support for 2016 and 2017 from CWMT and partners, two further cohorts of volunteers will be trained to deliver specialist training to 300 more Nightline volunteers. This significant investment not only has an impact on the quality of service provided by Nightlines to student callers in crisis, but also helps to ensure the welfare of its volunteers.

Can you help us to fulfil our aims?

In 2015 Nightline Association facilitated the creation of four new Nightlines, bringing the total number of students with access to a Nightline to over 1.5 million. However, reaching even more students relies on ongoing support and funding.

Want to find out more about the work of Nightline Association? Sign up to the Nightline Supporters' e-Newsletter.

1, 2, 4, 5, 6 YouthSight. (2013). Psychological Distress in the UK Student Population: Prevalence, Timings and Accessing Support. Nightline Association: London

3 Meltzer (H). (202). Non-fatal suicidal behaviour amongst adults aged 16-74 in Great Britain 2000. London: ONS.

7 YouthSight conducted research in 2014 on behalf of Nightline Association, and generously funded by Comic Relief, with students at 6 universities which had access to a Nightline. Of 1,301 students surveyed, 11% had accessed Nightline and 70% of them wanted to talk about a problem or to get support.

Eleanor Marsh, Communications & PR Volunteer, Nightline Association

BRIEF ENCOUNTER

By raising awareness of depression, CWMT aims not only to help those who experience it access the right treatment, but also to inform others how they might be able to point people toward the help they need. Often this is in the context of a classroom, GP practice or workplace but occasionally the circumstances are more unusual, as in this story from longstanding Trust supporter John Bishop.

My daughter and her family have recently moved to Eastbourne just a short drive from Seven Sisters and the infamous Beachy Head. It's a beautiful part of our coastline and a wonderful place to walk the dogs. The first time I went there was with my son-in-law. He was oblivious to my state of mind, which was not positive. As I looked over the edge, where so many had lost their lives, given up the struggle or had the confused determination to step off that very high diving board, I drew back and shuddered.

Since then I have regularly enjoyed walks up there alone with the dogs. Tonight the sunset was amazing. I tried to capture it on my phone but it was only a dim mirror of what I could actually see. Last night a playful couple took photos of being poised on the edge before skipping off, laughing in the cool north east breeze of an October evening. But tonight it was the real thing. A man dressed in shorts and a t-shirt, pack on his back, willing himself to jump. I sat six feet behind him and the cliff edge imploring, beseeching him to step back. His retort was of his total failings in life, he'd lost his job and was going to lose his house. If he died at least they would have a home and his children would be provided for.

I kept talking with cries of anguish but also reason to his confused mind. Several people passed by but at a distance, the dogs ran round, and I continued to try to offer hope in the face of absolute despair. A French couple came closer and I shouted to them to get help but they didn't understand. Someone took a flash photo of the tragic scene. I begged him to have the courage to step back and, probably wrongly, promised my faithful friendship to him as we had been together at this critical moment, this crossroads, this defining point in both our lives. Then there was a sense that God's peace had come into the situation. He became less determined, in spite of cries that he couldn't think. I sort of woke up, got the dogs under control, texted my wife for help.

Two chaplains arrived not too long after with torch and florescent jackets. One thanked me and said I'd done a good job. Was I alright, he asked. I said no, and burst into tears. He said he'd be back, but needed to support his colleague. I left my friend still standing in front of the abyss. It was pitch black. I stumbled back to the car. The police phoned, "Where was he?" I replied with broken heart and broken signal. Two days later we heard that nobody had jumped that night.

By raising awareness of depression CWMT gives us the informed courage to stop and not walk past on the other side. But for me Beachy Head will never quite be the same again.

FUNDRAISING HIGHLIGHTS

2015 stands out as our most successful fundraising year to date. We have had enormous support from individual challenges and, as you can read below, Toby Mackean has added to his amazing fundraising total by joining his 'Upping the Andes' team mates in a talk to a packed Royal Geographic auditorium in January this year.

Mayfair Capital hosted a brilliant Quiz Night. We are enormously grateful to them for their generosity and time. The new young committee who are now running the Carol Service have continued to make the event as popular as ever and have indeed increased the revenue.

We have co-opted three new members to the Fundraising Committee, Rosemary Morton Jack, Susie Williams and Caroline Gilbey and are hugely grateful to them for their time and commitment.

We are developing fast so need to expand our fundraising to keep pace. Again we make a plea for more Banker's Orders, and the 'Donate Now' button on the homepage of our website – www.cwmt.org.uk – is now fully functional so we are hoping that this will be a useful method for you all to donate as well.

We receive an incredible amount of support from a wide range of people – as the following pages demonstrate – and we are extremely grateful to them all.

Hadrian's Wall Walk – 21 August

When someone close to them sadly lost their life as a result of depression, Angus Mayes, Archie Watt, Bertie Cole-Fontayn and Charlie Thornton decided to walk the Hadrian's Wall path in four days to raise money for CWMT and to raise awareness of depression.

They walked for 37 hours, 6 minutes and 17 seconds, completing the walk with some blisters and tired legs and would like to thank everyone who donated and supported them.

Barcelona Cycle Ride – 27 August

In August Wilf Marriott and Harry Lloyd undertook the most demanding of challenges: without the aid of a hairdryer or makeup they cycled from London to Barcelona, to raise money for Breast Cancer Care and the Charlie Waller Memorial Trust. The gruelling 1,000+ mile journey took them into strange lands, such as France and Spain, and they didn't engage in luxury at any point in the journey, camping along the way, meeting the natives and cooking for themselves.

The funds raised will help to provide critical support for those who suffer from depression, in memory of Wilf's Uncle Jamie Douglas-Home, who unbelievably sadly took his own life in 2014 after suffering from a very short but deep bout of depression which was difficult to appreciate until it was too late. Wilf said, "Even though our ride is a small struggle in comparison with those who suffer from these illnesses, we will endeavour to raise awareness for such a worthwhile cause."

Texas Scramble – 10 September

For someone who had a brief brush with depression in 2008, this is a charity that resonates strongly. A Texas Scramble with three close friends on a stunning day at Badgemore Park, followed by a lunch of lavish proportions, is an excellent formula for lifting the spirits and simultaneously will plant a smile on the face of any competitor. However, if you add into the equation that our team shot an unlikely five under par (net 57!), then surely this is a cure for all evils! This was a wonderful day out and my thanks, on behalf of all 80 or so competitors, to the Wallers for providing the energy behind this special charity.

Tim Eliot-Cohen

CWMT Luncheon – 13 October

CWMT luncheons are always the best, packed out with clever, interesting people, and Tuesday 13 October was no exception. It was held on a crisp, sunny day at the Roof Garden Restaurant, Kensington, and sun beat down on the green veranda and gardens as people gathered for this important fundraising event which Trustee Sue Shenkman had organised so well.

People talk easily about teenage mental health at these events, sometimes referring directly to their own first-hand experience as a mother or father or professional. There are no elephants in these rooms. You tend to go to a lunch like this because you care about how young people can be helped to survive depression and the Charlie Waller Memorial Trust makes it 'OK' to acknowledge that terrible sadness and to look for a light or a way to get through it as a young person or parent.

Trustee Sue Shenkman looked stunning in a dress by Eponine, and it was hardly surprising that there was a rush on a raffle for a dress by the same designer.

Film producer James Salter, just in from Singapore, spoke after lunch about how he and his teenage son Finn became the first solo father and son to swim the Channel together, arriving on French soil at two am on Tuesday, 9 September, despite high tides, strong currents and jelly fish stings. They have raised thousands for CWMT and James is planning a second swim with his younger son Harry. James said at the time that he was "incredibly proud" of Finn who attends Charlie Waller's former school, Radley College. One suspects that Finn must have been rather proud of father too!

Demeter Lowrison

Mayfair Capital Quiz Evening – 12 November

Teams of surveyors, lawyers and charities gathered at The Lansdowne Club in Mayfair to battle it out for the prestigious Winners' Cup at Mayfair Capital Investment Management's ninth annual quiz evening, this year in aid of The Charlie Waller Memorial Trust. The evening kicked off with an introduction to the charity and its work by Sir Mark Waller, after which the first three quiz rounds got underway and the fight to be top of the leader board began.

Those attending the event were lucky enough to have Mary Nightingale as the quiz master for the evening and she arrived straight after reading the ITN News to

oversee a boisterous game of Heads and Tails won by Mayfair Capital's Chairman to light-hearted cries of 'fix' and 'cheat' from the crowd! A delicious buffet supper preceded the auction led by professional auctioneer Chris Mills of CBRE who did a great job of selling some fantastic lots, including a week in a villa in Provence and tickets to the filming of Have I got News for You with Alexander Armstrong as the host. Mary Nightingale then reverted to her quiz master role for the last few rounds which saw property company Jones Lang LaSalle crowned the winners. The table who received the wooden spoons for having the lowest score shall remain nameless!

Robert Palmer

Kinsky Trio Concert – 16 November



Monday 16 November saw the return of the Kinsky Trio to Oxford for a CWMT fundraising concert at Lincoln College. The evening began with a wine reception, accompanied by canapés and a chance to meet other supporters of the Trust. We then moved into the panelled setting of the newly refurbished Oakeshott room, where we were treated to a delightful musical triptych. The

programme began with the Dvorak Dumky trio, followed by the light-hearted Bergerettes by Bohuslav Martinů, rounded off by the beautifully elegiac Trio No 1 by Anton Arenskij.

The Kinsky Trio are a Prague-based chamber ensemble with a growing international reputation. Their short UK tour for the Trust in 2014 had been a huge success, and word had clearly spread, for the room was full. We were quickly entranced by their technical skills, emotional range and musical expressiveness. Lucie Hulova (violin), Martin Sedlak (cello) and Veronika Bohmova (piano) were outstanding, and the performance was helped by the intimacy and warm acoustics of the setting.

The concert ended all too quickly, but not without a treat of an encore and a return to Dvorak: a taste of his jaunty "Humoresque". The evening was enormously enjoyable for us all, with the combination of interesting conversations over canapés and beautiful music in a wonderful setting.

Thanks go to Geoffrey and Caroline de Jager for sponsoring the concert, Laura Burton and Luke Bullivant for helping to organise the event, Lincoln College for hosting it and Daisies Flower Shop for the flowers.

Dr Louise Houtl

St John's Smith Square Concert – 19 November

The evening began with drinks generously hosted by Tim and Beverley Guinness before the performance of Bach's B Minor Mass with Vox Cordis and the Orchestra of St. Paul's.

Bach wrote this Mass towards the end of his life and it is still considered one of the most magnificent choral works ever written. It is characterized by enormous

complexity and textural contrast and uses a wide range of compositional devices and a range of styles. The soloists are often beautifully balanced by the accompaniment principally of a woodwind instrument which contrasts dramatically with the magnificent rousing choruses.

Vocally the Mass is demanding, not least in its two-and-a-half hour duration, and Vox Cordis paced themselves to allow the work to build. Their singing was precise and words were clear throughout at all tempi. In the *Domine Deus*, soprano soloist Ruby Hughes and tenor Richard Edgar-Wilson were excellently matched, bouncing off one another, interspersed with a lyrical flute line and muted strings. Similarly in the later duet, *Et In Unum Dominum*, Ruby Hughes and mezzo-soprano Ciara Hendrick were well partnered to give lovely expressive singing. Of special note was bass Andrew Ashwin's beautiful rendition of *Et In Spiritum Sanctum* and Ciara Hendrick's *Laudamus Te*, with even tone throughout her range, very precise accidentals and a fine oboe accompaniment. The orchestra, complete with copies of Baroque trumpets, played sensitively throughout, matching but never overpowering the choir or soloists. From the beautiful legato playing in the opening *Kyrie* to the slow build of *Dona Nobis Pacem*, their performance was outstanding. Their conductor Ben Palmer achieved a perfect balance between the choir and orchestra and his clear direction gave an exceptional evening.

Rosanna Patrick



Welly Ball – 21 November

The 2015 Welly Ball at St Andrews was a huge success, raising money for CWMT through a unique evening of black tie and wellies. A great deal of fun was had by all, as you can see from the photo.

Carol Service – 14 December

The handsome St Luke's Chelsea, its nave the highest of any parish church in London, was glowingly resplendent in gold and red for the annual CWMT Carol Service: as one member of the packed congregation said, "This is how Christmas is *meant* to feel". This year there was extra amusement and secret pleasure at being named the second best carol service in London by Tatler (number one was at St Paul's!)

St Luke's is a church with a certain seasonally relevant history: Charles Dickens, author of *A Christmas Carol*, was married here, and past organists include John Goss, who composed *See Amid the Winter's Snow*. The organ music this year was certainly magnificent with singing by the always excellent Vox Cordis, supported by a full-voiced, even competitive, congregation, in carols that reflected the mystery as well as jollity of Christmas.

A stellar group of readers brought life to a terrific range of readings, eliciting both laughter (Father Christmas facing the challenge political of correctness was a gem) and sometimes quiet reflection, while Alice Palmer gave a moving and passionate talk on the experience of depression and isolation in students. She concluded that

observant and supportive friendship might be the strongest weapon against despair at a vulnerable time in life – you can read the transcript of Alice’s talk on page 19.

Many present had lives touched by the issues the CWMT campaigns for, but, as the congregation streamed out, chatting away, to be greeted with mince pies and wine - both extremely welcome on a rainy London night - some might have agreed with a repentant Scrooge in A Christmas Carol: “I am as light as a feather, I am as happy as an angel, I am as merry as a school-boy. I am as giddy as a drunken man. A merry Christmas to everybody!”

Elizabeth Speller

Upping the Andes RGS talk – 21 January

More than 700 people poured into the Royal Geographical Society’s London headquarters for a talk given by Toby Mackean, Archie Innes, Guthrie Fenton and Tom Lawson, about their Andean adventure as featured in the last edition of the newsletter. It was a fascinating and enjoyable evening which enabled the cyclists to add substantially to their fundraising total.

Jesus College Chapel, Cambridge Concert - 3 February

Jesus College Chapel is the oldest in the university, formed between the years of 1498-1516 out of the dilapidated nunnery built for St Radegund. We are pleased to report all dilapidations are long gone (there are no fewer than three organs) and we gathered together on a cold but clear evening for a concert of quality presented by students from a selection of Cambridge colleges.

The concert of early music and Fauré’s Requiem was organised and managed by Heppy Longworth, who was tireless in her ability to replace and reorganise performers right up until the last minute; indeed several of the participants were able to support this recital before going on to other musical commitments - such is the hectic life of a Cambridge student in February.

The idea for the concert was suggested by Margaret Mair, the wife of the recently retired Master of Jesus, and it was through her help that we contacted the Rev Paul Dominiak, who kindly agreed to the evening without hesitation, so great thanks are due to the Master and Fellows for allowing us the wonderful privilege of an evening of inspirational music in such glorious surroundings. Almost everywhere in Cambridge is glorious, every college, every chapel, every alley, every corner seeps history and knowledge and beauty; Jesus College was just right for this small and personal gathering.

CWMT has organised a few of these small musical evenings in Oxford, and hoped to achieve a similar event in Cambridge, so it was a ‘free – no ticket required’ evening, allowing students and Cambridge incumbents to come along and find out more about how important CWMT is becoming in the mental health of young people, while enjoying a performance of divine music and choral singing. It is always astounding how much talent there is amongst young students, and their enthusiasm and love for their music shone through. What a gift to be able to perform to this high standard for the pleasure of others!

The Dean kindly entertained performers and organisers for a drink after the concert and we spilled out into the dark night full of joy and hope: joy at such a lovely concert and hope that at least one sad or depressed young student will be helped to enjoy life and fulfil their dreams.

Susie Williams

Other Fundraising Achievements

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

- Waller Trainer Andy Hall – for running the Cardiff Half Marathon.
 - Jill Houston – for hosting a concert at Little Park House with Orchestra Vitae, mezzo-soprano Ella Lawrence and pianist Christine Evans.
 - Nick Cumming-Bruce – for successfully completing the Weymouth Iron Distance Triathlon.
 - Julian Hay for raising money through a bold attempt on the world record for carol singing.
-

Coming up...

The following supporters are planning events and individual challenges in the coming months:

- Nick Coupe, Lorna Cumming Bruce, Rupert Strutt, Francis Walters, Johanna Whitehead and Kate Winsor are running the Virgin London Marathon on 24 April. Please support them at www.cwmt.org.uk/diary
- Twelve Radley boys are taking on the Henley-on-Thames Tough Mudder challenge on 1 May, together with their House Tutor, George May, his wife, Emi-Lou, and don, Ed Pearson: <http://uk.virginmoneygiving.com/team/HToughMudder>
- Poppy Worcester is running the Richmond Half Marathon on 1 May. You can support her at www.justgiving.com/Poppy-Worcester
- Kirstin Gunning-Barnes is climbing Snowdon on 7 May in memory of Dylan Edwards. You can support her efforts for CWMT at www.justgiving.com/Kirstin-Gunning-barnes or, to donate £10, text SIRA92 £10 to 70070.
- The formal opening of the Mindfulness Garden at Malvern College will take place on Saturday 28 May. The garden was created to promote the Trust and raise awareness of depression in young people.

- Tricia Hastings is kindly hosting a Summer Gin and Garden Party at the Manor House, Aldwinckle, Northamptonshire on Friday 17 June.
- Antonius Hufnagel is organising a charity car rally in September.
- Tanja Velling is taking on the challenge of the Deloitte Ride Across Britain, cycling 969 miles in 9 days from Land's End to John O'Groats on 10 September. You can support her at virginmoneygiving.com/TanjaVelling
- GP Waller Trainer Dr Maryanne Freer is taking part in Bike Oxford on Sunday 11 September. **We need keen cyclists to join Maryanne** – please call 01635 869754, visit www.cwmt.org.uk/diary or email admin@cwmt.org for more information.

We wish them all the best of luck!

A territory less lonely

We hope that, by the time you are reading this newsletter, Spring will be well and truly on its way and cold winter nights a distant memory. We would, however, like to share with you the transcript of the talk given by Alice Palmer at our Carol Service on students' experience of depression.

“I inhabited a territory of loneliness which resembles the place where the dying spend their time before death, and from where those who do return, living, to the world bring, inevitably, a unique point of view that is a nightmare, a treasure, and a lifelong possession.” *Janet Frame: An Autobiography*

There are, sadly, far too many young people who can relate only too well to this quotation and I feel incredibly lucky to have been asked to stand up here and speak to you about a topic very close to my heart.

When first asked to speak this evening, I asked a close friend if he would mind me making reference to some of the problems he's been through. He looked me in the eye and said “scream it from the rooftops, Palms”. And so here I am...it's not quite a rooftop but it doesn't feel far off!

Throughout my life, at both school and university, I have become increasingly overwhelmed by how many people close to me have been affected, in some way, by mental health issues. At the same time, I have become increasingly disheartened by the lack of understanding of such issues; especially in the education sector. Depression is becoming an undeniably recurring topic and it doesn't seem to be going away. Nor do we seem to find it any easier to talk about. The British stiff upper lips remain in their thousands and cancelling an event for the sake of feeling depressed remains far from as legitimate as breaking a leg.

And yet, if you add together young men aged 17 to 35 who die as a result of Aids, violent crime and road traffic accidents; the number is significantly smaller than the number of young men in this age category who take their own lives. Statistically over 180 of us in this church will suffer from an emotional illness at some stage, with most cases developing during adolescence. There is no doubt I've spent more time at

university doing or discussing things with friends which relate in some way to mental health than I have in lectures...Sorry, Dad!

Depression needs to be understood as a chemical imbalance. It needs to be put in the same category as every other serious illness and never be labelled as a weakness. There remains an enormous amount of negligence and insensitivity and this needs to change before the problem becomes bigger than us.

With social media allowing us to compare our every move with everyone else's, is it any wonder so many young people find themselves thinking they're not cool enough, not popular enough or not good-looking enough? We are all constantly in the limelight, whether we choose to be or not. And the pressures have become too much; just as they did for Charlie Waller. It's not just a friend of a friend anymore – it's our friends and our families, and Christmas couldn't be a better time to let them know you're here for them.

For all those struggling with depression, feeling isolated is one of the biggest obstacles and I see this evening as a huge first step. Here we all are, acknowledging how important this fantastic charity is and bringing our families and friends together in the hope that we can make a change.

Sir Mark and Lady Waller are two people who haven't just lived through something horrific and decided to continue their lives in the same way – they have since created an incredibly important charity which has brought many young people hope and understanding in their darkest hours. They have inspired people to run marathons, ride the Andes and even set up an Institute at Reading University which supports research into neuroscience - a field which is set to fundamentally change the way we think about education and emotional illness. The Trust has enabled me to try and help others who find themselves in places I too have found myself in. It has enabled me to meet young people and give them advice that I wish somebody had given me at a younger age. There is no feeling as great as picking up the phone to a little girl you've met in the depths of depression and hearing a completely different voice of enthusiasm and hope six months later. Without this charity, none of these things would have been possible.

With an average of 18 weeks' waiting time for a referral within the NHS, smaller steps closer to home need to take precedence. So much reading can be done to enhance our knowledge of these issues and so much groundwork can be done if we are prepared to be honest with each other. Every individual deserves to be listened to and everyone suffering from depression has their own story which deserves time and energy.

So, next time you say to somebody, "Have a very happy Christmas," make sure you really mean it, because for a lot of young people struggling with depression, having a happy Christmas seems near impossible, no matter how many loving people surround them or how big their stockings are.

This isn't an issue for the New Year, nor for the future in any respect whatsoever; it's an issue for here and now and the people in this church are the most likely to start the wheels turning before we become a generation unequipped to cope with the future. No matter how daunting the road ahead may seem, the deeper that sorrow carves within your being, the more joy you can contain.

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.

You can also make a one-off or regular donation using the 'Donate' button on our website: www.cwmt.org.uk

JUST GIVING

Donations can 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

The next edition of the CWMT newsletter will include some new design and editorial features which we hope you will like. If you have any views or ideas for the newsletter you would like to send us in the meantime, we would be pleased to receive them. Please email tracey.gurr@cwmt.org or get in touch using the contact details on the front of the newsletter.

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:

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

The sum of

(in words)

Date when payments should 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 2016

VIRGIN LONDON MARATHON

Sunday 24 April

DINNER AT LORDS

Thursday 5 May

THREE COUNTIES LADIES' TENNIS TOURNAMENT

Throughout the summer, beginning in May

WALK THE CWMT WALK

Bedales School, Steep, Hampshire – Friday 6 May

GROCCERS' DINNER

Groccers' Company, London – Thursday 19 May

SUMMER ART FAIR

Donnington Priory, Newbury, Berkshire – Saturday and Sunday 21 and 22 May

YORKSHIRE BALL

Rudding Park, Yorkshire – Friday 10 June

ANNUAL CRICKET TOURNAMENT

Bradfield College, near Reading – Sunday 10 July

BRITISH LONDON 10K RUN

Sunday 10 July 2016

Please contact the office if you would like to run for CWMT

TOUCH OF NEON DISCO (CHILDREN, YEARS 7 & 8)

Englefield, Reading – Monday 11 July

TEXAS SCRAMBLE

Badgemore Park, Henley-on Thames – Wednesday 7 September

BOODLE'S DINNER

St James's Street, London; speaker: Robin Lane Fox – Friday 7 October

QUIZ NIGHT

St Columba's Church Hall, Chelsea – Tuesday 15 November

CAROL SERVICE

St Luke's Church, Chelsea – Monday 12 December

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

SOURCES 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 116 123

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 111 111

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

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