



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

This has been a year of change. Marian Spain joined us on 1st March and has made a big impact already . We congratulate her on rapidly getting up to speed and indeed further. Her Report on page 3 shows her priorities and I need say no more about what the Trust is doing and the direction in which it is going.



It is sad that we will say goodbye to Alastair Barclay as Treasurer. His dedication over the last nine years, giving an enormous amount of time freely, is something for which we will be forever grateful. Indeed, we have had to find two people to take on all the tasks he performed. Carrie Green started in July as our book-keeper. Robin Booth will take on the oversight role as Honorary Treasurer in November. We welcome them both. To show their appreciation the Trustees presented Alastair with a crystal claret jug at his final meeting.

Fundraising has not been any easier in the present economic climate. But, thanks to the efforts of many, 2013 has so far been a record year and we could not be more grateful to all of our supporters. With your continued help, we are achieving real results.

STOP PRESS

I am delighted to say that Alexander Armstrong has just agreed to become a patron. More news on our website soon!

Mark Waller

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

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

Chief Executive: Marian Spain **Secretary to the Trustees:** Bronwen Sutton
Fundraising Assistant: Marigold Jaques **Honorary Treasurer:** Alastair Barclay FCA

CHIEF EXECUTIVE'S REPORT

It is with great pleasure that I write my first report for the Trust's newsletter. As well as an update on our work (see also page 7). I also tell you about my plans for the future.

My first meeting when I arrived in March was with Denise Meyer, project manager for our Students Against Depression website. This is one of our flagship projects and continues to go from strength to strength with over 12,000 users a month. Following last year's extensive redesign, this year our priority is to make the site even better known and better used. We are making the most of up-to-date communications such as Facebook, Twitter and You Tube and will be further assisted by Richard Keen who joins the team in September to help us engage students. He will work with student-run bodies such as Nightline (who use our material to train their volunteers) as well as our professional partners in university counselling services. They sit on our advisory board and help make sure the site is evidence-based. Do take a look at <http://www.studentsagainstdepression.org/>

My other immediate priority was to revamp our training. The world in which we work has changed over recent years, as GPs, schools and universities face different pressures and priorities. So we have evolved our broadbrush training to a more focused approach, prioritising frontline staff, who work with young people and young adults, and concentrating on training for GPs in the diagnosis and treatment of depression in young people (carried out by Dr Maryanne Freer). We are also developing partnerships with other experts, as exemplified by our project in London where Gill Allen works with the South London and Maudsley and Tavistock and Portman NHS Trusts to improve the ability of teachers and children's services to support young people with mental health problems.

Our efforts to raise awareness about depression and provide "mental health first aid" skills remain vitally important. In this context we have been joined by Dick Moore, who provides engaging and practical sessions for teachers, parents and pupils. (You may have heard Dick's recent talk on Radio 4. We reproduce an extract on page 17).

I have also spent time in my first few months getting to know the Charlie Waller Institute and am pleased to report that our sponsorship continues to deliver results. Last year CWI trained over 1,300 therapists who are now able to provide expert evidence-based treatments. CWI is also contributing to new government-backed resources, such as the "Mind-Ed" on-line training pack, which is aimed at everybody who works with children, from sports coaches to the police. (See page 8 for an update about the Institute. We'll be including more "project highlights" on aspects of our work in future newsletters.)

None of this could happen, of course, without funds from our generous supporters, our fundraising events and those who make very personal efforts to raise money on our behalf – see the various reports on pages 21 to 27. I had my own introduction to

the enthusiasm and generosity of our fundraisers at the annual cricket day on 7 July, where my contribution was to man the teapot and provide a portable radio so we could also follow Andy Murray's Wimbledon triumph! This income means we can continue to provide training free of charge. But we want to make sure that our money goes as far as possible. By recovering the costs of some of our training, for example by asking for donations from those that can afford it, and by working with others who provide paid-for training.

My final priority has been to make sure that people understand what we do and why. This newsletter is a vital way of telling you, our supporters, how we use the funds you give us, and we have updated our website to explain clearly the training we offer. Take a look also at our new booklets (which you can view and order online or from the office). Please tell everybody you know about our talks, training, and materials, all of which aim to:

- enable young people to look after their mental wellbeing
- help people to recognise the signs of depression in themselves and others so they know when to seek help
- ensure expert and evidence-based help is available when people need it

So, what next? Looking ahead I'll be concentrating on three new projects for the Trust:

- A practical and interactive guide for parents, covering topics such as identifying the signs of depression, talking to a son or daughter about it, and how to get access to effective treatment and support
- New talks and training for universities, to help students stay mentally well and enable university staff to identify those who may need help
- Expanded training for line-managers on supporting people with mental health problems in the work place

I look forward to telling you about these in our next newsletter.

Marian Spain

TREASURER'S REPORT

Reports by their nature are about the past. I set out the financial highlights of 2012 in the spring newsletter and I am happy to report that the figures, then being independently examined, were approved without change. The Trustees' Report and Financial Statements for 2012 have been filed with the Charity Commission as usual. (If you would like a copy, please contact the office).

In 2012 our charitable activities and commitments exceeded our income and so our uncommitted reserves declined. None the less we entered 2013 with confidence, which has been more than justified. The CWMT is becoming increasingly well known and our support is strong. Not just financially but also in awareness. The Trust has received most generous support in the media and although not directly related, our income in the first half of this year is some 45% above that of the first half of 2012. At the end of June our reserves had increased to just over £900,000.

As a charity, this Trust does not have as an objective the amassment of financial resources. They are only ever a means to an end. But they do give confidence that we can sustain the momentum and realise our charitable objectives.

Your donations and support at our fund raising events are essential. Essential not just in financial terms, but equally as volunteers helping to organise and run them. Quite simply without our volunteers we could not continue to deliver. So, although not in the figures above, the wealth of voluntary support that we receive does add hugely to our effectiveness.

This is my last report. I have to thank you all for making the position of treasurer a pleasure. As Arthur Clough almost said, it is not true that the labour and the wounds are vain, it is not by eastern windows only, when daylight comes, comes in the light; but westward, look the future's bright.

Alastair Barclay FCA

FUND RAISING REPORT

This wonderful summer has helped in making our events, including the Roof Garden Lunch, the Bertie Pearce Magic Evening and the Bradfield Cricket, resounding successes. The hot weather was not so good for our valiant Marathon and 10k runners but they have raised substantial sums for CWMT despite the heat. Bicyclists have also taken to the road including Benji Waller, Ivo Mayfield and Esme Backhouse.

See the highlights from some of our events on pages 21 – 27.

We have received further substantial support from many sources. I would particularly like to mention the money raised in memory of Marie Cole-Fontayn and Jake Pirie. Tragedies such as these are desperately sad and spur us on to further efforts in developing our work in the field of depression and mental well being.

We are enormously grateful to the charitable trusts who support us. In particular I would like to mention the Monument Foundation and the Matthew Elvidge Trust who have funded the Student Against Depression website.

A very big thank you to everyone who has contributed. We could not achieve the results we do without the help of so many of you. We will need all your efforts in the future.

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 (our award winning website)• Talks 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 so far:

20,000 depression booklets sent out

12,000 people a month using Students Against Depression website

40 workplace trainers delivering mental health courses to fellow managers

22 schools signed up for mental health talks

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

3 research bursaries awarded to nurses

PROJECT HIGHLIGHTS

CELEBRATING FIVE YEARS AT THE CHARLIE WALLER INSTITUTE

The Charlie Waller Institute (CWI) is based at the University of Reading. It is a collaborative initiative between the Charlie Waller Memorial Trust, the University of Reading and Berkshire Healthcare NHS Foundation Trust. Launched in January 2008, the Institute:

- trains clinicians in evidence-based psychological treatments, in particular those recommended by the National Institute for Health and Clinical Excellence (NICE)
- evaluates the effectiveness of the training to ensure that it improves clinician knowledge, skills and patient outcome
- undertakes research to add to the evidence-base for effective psychological treatments

Five Years, five facts from the CWI

1. **Only 25% of the 6 million people in the UK with depression are receiving treatment**, and just two thirds of these people receive treatment which could be considered “minimally adequate”. The CWI attracts world experts who help train local NHS staff to use the most effective therapy when treating patients, leading to more efficient and accessible treatment for those who are suffering.
2. **The CWI has trained over 300 highly skilled mental health clinicians.** In addition, the Institute has provided over 5,000 training days to support improvements in mental health care across the UK.
3. **The CWI is at the forefront of psychological research.** As well as training clinicians who go on to make a real difference to people’s lives, the team currently has studies investigating treatments for adolescents with depression.
4. **One in ten children and young people in the UK have a diagnosable mental health problem.** The CWI is working with over 500 young people aged 12 – 18 who have depression to discover which treatment is the most successful and effective in preventing relapse.
5. **The CWI was the first of its type to train clinicians in proven psychological treatments** recommended by the National Institute for Health and Clinical Excellence.



SPECIALIST ARTICLE

AN UPSTREAM APPROACH TO IMPROVING PSYCHOLOGICAL WELLBEING

Prevention or cure?

Zola, an American sociologist, described a scene where a walker strolling along the bank of a river notices a man pulling bodies out of the water. He asks tentatively, “What’s happening?” The man explains, “I am a doctor and I am saving lives, but I am so busy pulling bodies out of the water that I don’t have time to go upstream to see why they are falling in.” Zola used this metaphor to highlight how medical practice in the 60’s and 70’s was predominantly focused “downstream”, waiting for people to get ill or develop a disease. Medicine has now moved “upstream”, assessing and modifying a wide range of recognised “risk factors” (e.g. elevated blood pressure, blood sugar, cholesterol) that are known to increase the chances of individuals developing disability and disease. Medicine also routinely recommends “protective factors” (e.g. exercise, healthy diet, social support) that can help reduce the incidence of illness and premature death.

The reality is that most of us will experience periods of stress, anxiety, or depression at certain times in our lives. It is a normal response to adverse life events, periods of pressure or distressing experiences. One in 4 people will experience some kind of mental health problem in the course of a year and about one in 10 children has a common mental health problem. It is estimated that anxiety and depression account for 40% of underperformance at work, 40% of time off work and 40% of disability.

Scientific evidence shows that 44% of people who receive psychological treatment recover and around 65% show worthwhile improvement, as well as reduced risk of relapse.

There is a growing focus on moving upstream to protect mental health and reduce the incidence of mental illness.

Mental health literacy

Normalising emotional states improves mental health literacy and reduces stigma. Increasing mental health literacy has been shown to improve mental health¹. Emotional literacy, an understanding of psychology, and insights into how the brain works can help normalise the impact of emotional states on cognition (thoughts, images, patterns of thinking and information processing), physiology (physical symptoms) and behaviour.

Emotions can only really be understood from an evolutionary perspective. We only left the savannah 80,000 years ago and remain hardwired to emotions that helped our ancestors survive.

TYPES OF EMOTIONAL REGULATOR SYSTEMS



Hedonic

Wanting
Achieving
Motivated

Drive,
Excitement
& Vitality

Dopamine



Threat

Anxiety Anger

Fight, Freeze, Flight
Activate/Inhibit

Depression/Defeat
*Adrenaline, Cortisol
Serotonin*

Eudaimonic

oxytocin / endorphins



serotonin & adrenaline).

Different emotions cause the release of specific neurotransmitters in the brain creating “emotional memories”. Later, certain triggers can reactivate the same emotion, wake up the memory, and directly influence how we think, feel and behave. Emotions strongly influence what we pay attention to. When anxious we tend to focus on potential sources of threat. Focusing on real sources of threat helps to improve our chances of survival and helps to keep us alive. Imaginary threats, worries or catastrophic thoughts, can create a virtual reality that is capable of hijacking our attention and activating the same powerful threat circuit. Persistent worry maintains activation of the threat circuit and starts to take a heavy cognitive and physical toll.

Emotions influence the memories that come to mind. When we are sad, low or depressed we have better access to more negative memories and impoverished access to positive memories. Revisiting, and dwelling on, past negative events can help to maintain a depressed state. Selective attention and selective memory are recognised as powerful maintaining factors in mood disorder and their modification is central to effective psychological treatment.

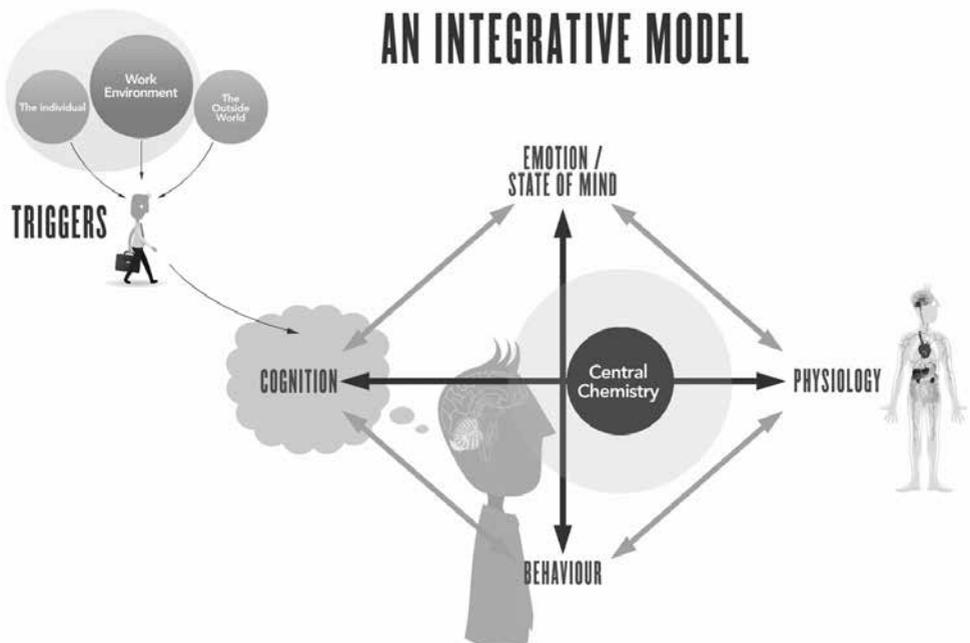
The mind–body connection

The evidence linking physical health and psychological wellbeing has accumulated rapidly over the past decade. Stress, anxiety and depression exert a powerful impact on the central nervous system, the immune system, hormone levels, and a range of important metabolic pathways.

The relatively recent discovery of chemical immune messengers, “cytokines”, has revolutionised our understanding of mind/body communication. The relationship is bidirectional. Positive and negative emotional states alter the circulating levels of different cytokines. Cytokines impact on sleep, appetite, mood, memory, cognitive function, energy and motivation.

Cytokines act as important mediators between mood states and illness. The discovery of cytokines has accelerated our understanding of the powerful correlation between psychological health and the risk of developing physical and mental health problems.

The cognitive behavioural approach is based on the principle that our emotions change the way we think, how we feel physically, and can alter our behaviour.



Thoughts can trigger chemical changes in the brain and body within a matter of milliseconds. Hearing a noise in the night (trigger) and thinking it is the cat will have a very different impact on brain chemistry, physiology and behaviour than thinking that the same noise is an intruder in the house.

Some of the risk factors for developing mental health problems are linked to our personal genetic make-up and early life experiences. Others such as low self esteem, cognitive vulnerability (negative patterns of thinking), perfectionism, chronic stress, insomnia, intolerance of uncertainty, worry and rumination (repetitive negative thinking) along with certain behavioural patterns (avoidance or withdrawal) are amenable to an upstream approach.

“Neuroplasticity” means the brain’s ability to re-organise itself. The brain forms neural connections in response to new information. These brain connections change in response to experience and can be strengthened by repeated use. So a negative cognitive style is a risk factor for developing mental health problems. Persistent worry, negative thinking and rumination contribute to anxiety and depression, and impair problem solving and an individual’s ability to recover from problems or distressing events². Neuroplasticity means that we can re-wire our brain and a positive cognitive style is highly protective.

Moving upstream

Emotional literacy (the ability to manage one’s own emotions and understand the relationship between mood, cognitive style and behaviour) can help to reduce vulnerability to stress, anxiety and depression.

Psychology is not just the study of problems; it is also the study of strengths and resilience. The past decade has seen the emergence of a new field of science, known as “**Positive Psychology**” (informed by medicine, neuroscience, cognitive and behavioural psychology) that actively seeks to understand how individuals thrive and flourish.

Resilience is a dynamic process that enables an individual to adapt, adjust and recover when they encounter periods of pressure, set-backs or adversity. Resilient individuals adopt “a positive cognitive style”, and patterns of behaviour that help build physical, mental and emotional resilience. The good news is that these effective cognitive and behavioural tools and techniques can be learnt.

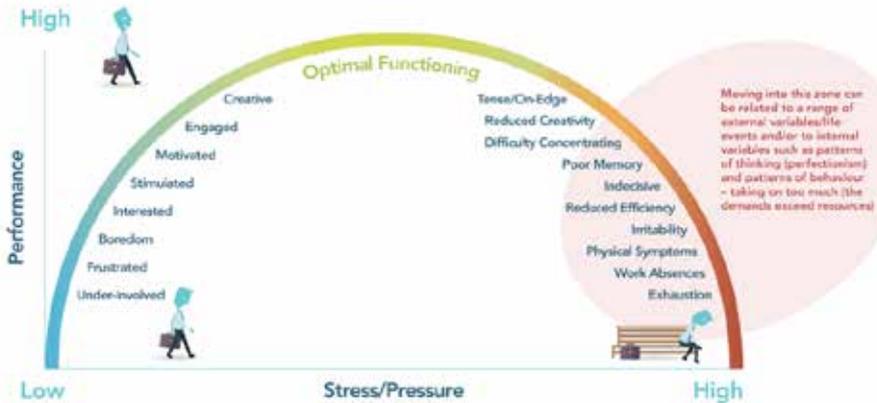
Optimism and a positive cognitive style are highly protective. A good example is the Penn Resiliency Program (PRP³), based on the cognitive-behavioural approach, which has been delivered to over 2,000 school children and shows a significant reduction in anxiety and depression. There is also robust evidence showing that regular exercise and good social support help improve mental health.

There are real and measurable benefits in moving “upstream” to improve mental health. Psychological wellbeing, optimism and happiness confer significant health benefits, increase life expectancy and improve our social and economic life. (The Depression Report⁴ (part funded by CWMT) outlined the economic burden of mental health problems and helped persuade the Government to improve access to therapies).

Personal resilience predicts educational performance better than IQ does because it protects cognitive ability (concentration, memory, decision making and important executive skills). Even relatively mild levels of psychological distress can have a negative impact on cognitive function and performance.

Psychological wellbeing improves work performance. Academic studies show that employees with positive psychological wellbeing have on average 31% higher productivity, their sales are 37% higher, and their creativity is three times higher. Enlightened organizations are actively seeking to improve the psychological wellbeing of their employees, help build their resilience and optimise their full potential.

PSYCHOLOGICAL WELLBEING & PERFORMANCE



Returning to Zola's metaphor, a joined-up, integrative approach to mental health, that combines **upstream and downstream** approaches, would make a powerful and measurable contribution to helping people remain well. We now have a range of psychological techniques that have passed the most rigorous scientific tests of effectiveness.

Providing access to an effective cognitive and behavioural tool-kit, informed by positive psychology, should be seen as a valuable life skill. Mindfulness⁵ is a good example of an effective cognitive tool that can protect individuals from mental health problems, by changing negative patterns of thinking.

Developing a structured upstream approach would provide important insights into the various risk factors and protective factors involved in mental health. Building a personal resilience framework, based on proven techniques, could help reduce the incidence of mental health problems and alleviate some of the distress, disability and suffering associated with mental illness. Moving upstream would provide a 'vaccine of self-awareness' that enabled more people to thrive, flourish and achieve their true potential.

Dr Brian Marien

Founder and Director of Positive Health Strategies

www.positivegroup.org

- 1 Mental health first aid training in a workplace setting: A randomized controlled trial [ISRCTN13249129] Betty A Kitchener*1 and Anthony F Jorm2. BMC Psychiatry 2004, 4:23 doi:10.1186/1471-244X-4-23
- 2 (Watkins, E. and Baracaia, S. (2001) Why do people ruminate in dysphoric moods? Personality and Individual Differences, 30, 723-34.)
- 3 <http://www.ppc.sas.upenn.edu/prpsum.htm>)
- 4 The Depression Report in 2006. http://cep.lse.ac.uk/textonly/research/mentalhealth/DEPRESSION_REPORT_LAYARD2.pdf
- 5 See for example ; Mindfulness: a Practical Guide to Finding Peace in a Frantic World – Mark Williams

PROFILE OF MARIAN SPAIN



Robert Beaumont talks to Marian Spain, the new chief executive of CWMT, in the latest of his series of interviews with key Trust members

A wise, contemporary Confucius said recently that we juggle five balls in our lives: A health ball, a family ball, a friends ball, a spirituality ball and a work ball. The first four of these balls are made of crystal and, if we drop them, they shatter. The fifth, the work ball, is made of rubber and, if we drop that, it bounces back. If there is a better analysis of how to approach that thorny question of the perfect work/life balance, I have yet to hear it.

Marian Spain, the dynamic and charismatic new chief executive of the Charlie Waller Memorial Trust, had been juggling her own five balls for the past two decades or so. Most of the juggling, as she ruefully recalls, took place in either the car or the train, as she commuted daily from the idyllic village of Yattendon in deepest Berkshire to Birmingham and London, where she worked as the Senior Director of Policy and Communications for Ofwat, the water industry regulator.

Marian describes herself, with typical self-deprecation, as a career civil servant. She is being tough on herself. She was, in fact, a highly-successful and well-regarded policymaker working for a number of bodies in the public sector with a focus on environmental protection. She has an excellent record of achievement behind her and an exciting future ahead. But, as she approached the prime of her life, she was getting restless, worried that she was so far removed from front line delivery that she could not always see how what she did was making a real difference to the things that had led her to choose this career in the first place.

It was then, with great serendipity, that she heard from a friend that CWMT was looking for a new chief executive. Inevitably the fact that the Trust's offices were just down the road from Yattendon at Thatcham was a major, plus but Marian had always had a more-than-passing interest in mental wellbeing.

She takes up the story: "I studied Nursing at the University of Liverpool in the mid 1980s combining my nurse training with a degree in Environmental Biology. When I did my stint in the psychiatric unit of the Royal Liverpool Hospital, I nursed a young woman with depression, who was my age, shared my interests and even looked uncannily like me.

"Although we formed a bond, my training and experience gave me no real insight into how she was suffering. Shortly after I finished my placement at the hospital, she committed suicide.

"I have always wondered whether something more could have been done and why, as a student nurse, I did not understand more about depression."

Depression and stress also touched Marian's civil service career, where, as a manager of large numbers of people in a high pressure environment, she inevitably came across colleagues who were suffering. But, as she says "Management and leadership training

focuses on equipping people to deliver at work. But it doesn't help you to understand how to spot the signs that somebody needs help, let alone how to offer support. Too many people suffer in silence, afraid that asking for help will be equated with failing to perform. The work that the Trust has done in this regard has been invaluable. For me now to be a part of this is a huge honour and privilege," Marian explains.

This works both ways, of course. The Trust is also privileged to have a chief executive as committed, as intelligent and as experienced as Marian. Her stellar CV, which includes five years at Ofwat, four years at the Energy Saving Trust, five years at the Environment Agency and 15 years with the Countryside Commission – all in senior strategic positions – makes her perfectly equipped to tackle the stiff challenges which lie ahead for the Trust. In particular Marian knows how government works, which is an invaluable asset.

She has hit the ground running since she took up her post on March 1, immersing herself in the work of the Trust, evaluating how it can best achieve its aims with the means at its disposal and getting to know everyone who works, in whatever capacity, for the Trust. Her first Project Report for CWMT's Trustees was a model of clarity and commonsense.

In it she identified the significance of the research and practical work of the Charlie Waller Institute at Reading University (including Cognitive Behavioural Therapy training), the importance of developing the Students Against Depression (SAD) website and an on-line profile, the vital role of the Waller Trainers in helping GPs understand the symptoms of depression and the on-going need to make employers and schools more enlightened about the mental health of their staff and pupils as crucial planks in future CWMT programmes. She has also addressed how to help everyone working on these different projects to deliver and to examine how the Trust can work effectively with other mental health charities.

"I have absolutely loved my first few months at the Trust," says Marian. "I have been struck not only by everyone's friendliness and commitment to the cause, but also by their knowledge and intelligence. It is fair to say that the level of expertise amongst key members and supporters of the Trust and our training associates and those running our projects is exceptionally high. All this has made my own job hugely enjoyable and, of course, easier as I feel I am part of a team."

"I am learning something new every day, and that is incredibly refreshing. I loved my work on environmental projects in the public service, but I am also finding it immensely rewarding to be doing something which is very important to many people on many different levels and for which I can see tangible and positive results in the short-term, as well as the long-term," she says.

These are early days, but it seems like Marian's appointment is a marriage made in heaven for both her and the Trust. Whilst she still works very hard, she can now be back home in Yattendon at a civilised hour to enjoy her hobbies of riding, walking and gardening and to spend quality time with her husband Richard who works in the City of London. And she has time to devote to the voluntary work she still does on environmental projects, including as a member of the New Forest National Park Authority. At last, that work-life balance is in perfect harmony.

BOOK REVIEW

Sane New World: Taming The Mind by Ruby Wax (Hodder & Stoughton, £18.99)

Ruby Wax is not to everyone's taste. Her over-the-top television series, in which she extracted fairly useless pieces of information from C-list celebrities, were roundly criticised, whilst her ubiquitous appearances on disposable chat shows were rather more miss than hit. Critics had a field day, but they weren't nearly as hurtful as Wax's inner voices, which were driving her mad – literally.

She takes up the harrowing story, under the heading Critical Voices: “Why are we so mean to ourselves? Why, if we are the best that evolution has tossed up so far, are we so abusive to ourselves? Each of us has a nagging parent implanted in our heads: ‘Don’t do that...why didn’t you...you should have...but you didn’t, on an endless tape.’”

“No other species is as cruel as we are to ourselves. We’d never dream of treating our pets they way we treat ourselves. We whip ourselves to keep moving like we would an old horse, until it falls over exhausted; the hooves made into glue. I have asked so many people if they have ever had a voice in their head that says ‘Congratulations you’ve done a wonderful job and may I say how attractive you look today’. I’m sure they are out there. I just never met them.”

These voices were destroying Ruby Wax. They weren't psychotic, just the ordinary persistent internal monologue that most people think of as the sound of themselves. But Wax couldn't stand the internal sound of herself. She ended up in the Priory, her life and her career in tatters. For many people, crippled by this debilitating introversion which goes hand in hand with chronic depression, that would have been that.

Wax, however, is a battler. She was determined to tackle her demons, silence her voices and emerge from her own personal hell as a wiser and a stronger person. But how? She decided to learn about what really goes on in the brain by going back to school and enrolling on a neuroscience course at University College, London. She describes the experience thus: “The class was filled with 21-year-olds. I felt like a freak so I told them I had a skin disease, one where you really age fast. They found out later I really was old. In the end they liked me because I was the one with the car. I did learn that there are physical manifestations of mental illness; it isn't just our imagination.”

This last passage encapsulates all that is good, and all that is bad, about this book. The first couple of sentences are typical Wax - frantic, scatter-gun humour, which isn't actually very funny. But the last sentence is sensitive, instructive and powerful. The book's the same. Once we can pierce Wax's “comic” exterior, her interior is fascinating and extremely helpful.

The key to Wax's recovery from her deep depression is “mindfulness”. Put simply, this

is the process of decluttering your mind, of reining in those discordant voices and of watching your thoughts rather than being trapped by their demands. “The greatest liberation of my life was learning that these thoughts aren’t facts; they come and go, some are heavy, some light but they are always changing and you don’t have to cling on to any particular one if you choose not to.”

“The greatest liberation of my life was learning that these thoughts aren’t facts”. This was the essence of Wax’s salvation. Wax had tuned into her mind, not in the ultimately clichéd, self-indulgent manner of the hippies of the 1960s, but in an intelligent, logical way which enabled her to control her thoughts, rather than being imprisoned by them. By studying the mind in all its myriad forms she was able to understand its complexity and accept the thoughts and emotions it creates, rather than fight against them.

So, tread carefully amid this roller-coaster of a book. There’s lots of Wax-like froth and foam, where the jokes fall flat and where this reader wants to shriek “Get on with it”, but then Wax also plots a path to possible peace and happiness for anyone suffering from depression or mental illness. Crucially she is neither dogmatic nor prescriptive. Clearly Sane New World is not going to work for everyone with depression, but it is an important contribution.

The irrepressible Stephen Fry, himself a sufferer from depression, was typically effusive about Sane New World, writing: “Ruby Wax has an extraordinary mind, and she has brought it to bear with trademark wit and searing honesty on the subject of that mind, and the minds of all us. Very few will be able to read this wonderful contribution to the literature of mental health without recognising some part of themselves, and certainly of someone they know. A ruby beyond price.”

The strength of this searingly honest book is the wisdom it imparts, sometimes transparently, sometimes obliquely. Everyone should be able to take away something instructive, positive and heart-warming from it. For me, this comes when Wax controls the volume, stops the jokes and recounts a story like this:

“One evening, a Native American elder told his grandson about a battle that goes on inside people. He said: ‘My son, the battle is between two wolves inside us. One is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride and superiority. The other is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth and compassion.’ The grandson thought about this for a minute and then asked his grandfather: ‘Which wolf wins?’ His grandfather replied simply: ‘The one that you feed.’”

Robert Beaumont (Charlie’s Uncle)

VIEWPOINT: LOSING A SON TO SUICIDE

The suicide of Dick Moore's 21-year-old son Barney led the former headmaster to immerse himself in the emotional wellbeing of adolescents. Here he tells Barney's story and questions whether schools do enough to protect adolescents with mental health problems.

Have you got children? It's a standard dinner party question, often an area of common ground. But it's a question that I find hard to answer.

Friends, relatives and teachers all say that our four boys are delightful, but they haven't half put us through the mill over the last 30 years!

Numerous visits to head teachers' offices on disciplinary matters, drink, body piercings, dodgy cars and dodgier women, African bandits, police helicopters, South American conmen and any number of calls for help. Is this par for the course for parenthood? Or have we made some ghastly mistakes?

It seems to me that the pleasures generated by children are largely passive - a warmth that gently glows deep within like a large sip of whisky on a cold day - while the pain they provoke is anything but passive. It strikes hard and low and when you least expect it. You're left breathless, emotionally battered and several years older. But still your love as a parent remains unconditional.

Let me tell you a little about Barney, the third of our four sons.

Growing up he was challenged by the new - indecisive, gentle, wilful, kind, but painfully shy. His friends, and there were many, called him "The Gnome". He was always there, reliable and unassuming, but saying very little.

He could laugh at himself, too. His brothers teased him, to be rewarded with his infectious grin and chuckle.

Following his 15th Christmas, Barney entered a dark depression where going to school was not an option.

Stubborn, unhappy and uncommunicative, he would not be moved. In the weeks and months that followed and with the support of friends, family, kind doctors and medication, the true extent of his difficulty in coping with growing up - becoming independent and mixing with his peers - became apparent.

A longed-for girlfriend he met on the internet helped him to join the sixth form at the local school. A-levels and a place at university followed. During his gap year he qualified as a master scuba diving instructor and all seemed set fair.

Yet confidence was still a big issue and when he fell deeply in love again, he seemed to retreat from the world at large, devoting his whole self to his beloved.

When she, not unreasonably, wanted to spread her wings, Barney resented the perceived implication that he was not enough. He wanted them to live forever in their own little box. The relationship ended at the beginning of August 2011 and there followed a month of deepening depression and desperation.

Sunday, 11 September 2011, was a beautiful autumnal afternoon. The grounds of the girls' boarding school where my wife and I lived and worked were bathed in soft, warm sunlight.

Suddenly, the peace was shattered by four police vehicles careering up the drive between the main school buildings. They had responded to our frantic call about Barney who was threatening to kill himself. The police were lovely, bumbling and well-meaning, telling Barney in firm but friendly tones to be more considerate to his parents.

The next day, Barney drove away from us in his little red car. During the five days that followed we received texts in which he tried everything to cajole us to persuade his girlfriend to get in touch.

Eventually, in the early hours of Sunday, 18 September, having told us that he no longer had a family and that his mother was unfit for purpose, he informed us that the final deadline for his girlfriend to contact him was noon.

Monday, 19 September, was unremarkable. At 6pm I was working in the staff room when a colleague poked his head around the door. "Some people are here to see you," he said quickly.

The people turned out to be a gentle policeman and a beautiful young policewoman.

My wife and I sat down. Barney had been found in a hotel room in Reading. It appeared that he had taken his own life. I remember thinking how sensitively these two people had delivered their terrible message and I apologised to them for their having such a foul job to do.

Twenty months have passed since that awful day. There has been much soul-searching and many tears. Each of us - my wife and I, and Barney's three brothers - deal with Barney's death in our own ways. I find the word "death" difficult to dwell upon.

Waves of grief still roll in from time to time and there isn't a day that goes by that a memory is not stirred, a wistful thought provoked by a smell or a song or a photograph. But we are OK; we have survived and, perhaps oddly, we are able to enjoy life again.

For me, that restorative process has been directly linked to my search for knowledge about the emotional wellbeing of young people. And with knowledge has come some understanding. Not about how Barney's story may have had a less tragic ending, but about the epidemic of emotional turmoil that can threaten to engulf some young

people. About the efforts of some to make a difference. About the apparent lethargy of others in positions to make a difference but who fail to do so.

Adolescence, which presents huge and frightening challenges, begins with the onset of puberty but it doesn't end until as late as 25. It is only then that the part of the brain responsible for decision making, planning and organising, for common sense, catches up with that area of the brain which develops earlier and which, amid contortions of shape and size, is responsible for our developing emotions.

Depression, anxiety, self-harm, eating disorders and suicidal thoughts are now commonplace among young people.

Seventy-five per cent of mental health disorders originate in adolescence.

The statistics are horrendous:

About 13% of sixteen year olds have self-harmed.

Suicide is now the most common cause of death - above even road traffic accidents - in men aged 17 to 34.

Too many schools appear to prioritise academic results above the emotional wellbeing of their pupils, without seeming to appreciate that the former rely on the latter.

They won't admit as much, of course, but sticking plasters don't work - bolt-on counsellors and one-off training are a drop in the ocean. Real progress requires long-term commitment and a genuine desire to change the culture in our schools, our universities, our politics, our medical services and our homes - not least so that those suffering from emotional distress don't feel too embarrassed and stigmatised to access help and support.

Distressed young people often need to trust before they will engage. Such trust is no longer conferred by status, by labels such as "father", or "doctor" or "teacher". GPs are often the first point of referral. But it is increasingly likely that the GP will not know their patient. If they do, it is a 50/50 call whether they have any mental health training. How, then, can they be expected to earn the trust, the engagement, of a person in an average consultation of 11.1 minutes?

School staff, too, are often overwhelmed by planning and targets and emails and paperwork. Young people need to be listened to too, patiently, regularly and non-judgementally. Parents may try, but the sting of emotional involvement makes such listening difficult.

Continue reading the main story. Worldwide suicide statistics nearly one million people worldwide die by suicide each year - one every 40 seconds on average. The yearly deaths by suicide exceed the number of deaths due to homicide and war combined. Suicide attempts may be up to 20 times more than the number of deaths

by suicide About 5% of people are estimated to attempt suicide at least once in their lifetime. 10-15% of people are estimated to think about suicide. It is believed to be widely under-reported for multiple reasons including stigma, religious concerns, and social attitudes. Documented rates of suicide are highest in eastern European countries, such as Lithuania, and lowest in Latin America.

Some schools have been triggered into action by tragedy - just as I have. But some have their heads stuck firmly in the sand. Some schools have invested in a sophisticated network of preventative measures, and support services - a full time counselling psychologist, a retained psychiatrist, health education specialists attached to each group of pupils, open and structured communication between medical and pastoral staff, and a structured programme of training for all staff.

Too many other schools, judging by their websites and their policy documents, have no such provision and prefer instead to talk proudly of their excellent sports injury rehabilitation clinic.

I implore school leaders, politicians, and parents to remove their heads from the sand and smell the heartache. Life is not wholly about grades even during this, the exam season. It is time to reassess priorities. It is time to talk. It is time to act. It is time to educate. It is time to invest - for there can be no health without mental health.

Life is not about waiting for the storms to pass. It is about learning to dance in the rain.

This piece is based on an edited version of Dick Moore's "Four Thought" on BBC Radio 4

FUNDRAISING HIGHLIGHTS

Cape Argus Cycle Tour – 10 March

Being 6' 7" tall and about 108kg in weight I am sure you will appreciate I am no Bradley Wiggins! However I do take to a road bike from time to time and was persuaded by someone who I work with who lives in Cape Town to participate in the above. The course is 110km (69 miles) and takes you from the centre of Cape Town along the Indian Ocean coastline, right over the mountains towards the Atlantic coast and the famous Chapman's Peak and the last climb to Suikerbossie. 36,000 people took part. I set off at 7.55am into a pretty stiff wind. Roads were lined with vocal supporters, which helped the muscles to operate properly and, as a result, I finished in 4 hours 6 minutes with a fair bit left in the tank. The scenery is simply stunning, the wind was not too harsh on us and the 29 degrees temperature meant a fine day all round. Highly recommended.

William Maydon

Virgin London Marathon – 21 April

On Sunday 21st April 2013 Louisa Buchanan, Edward Kerry, Richard Openshaw, Tatty Watson-Smyth and myself headed off to Greenwich Park for the 33rd London Marathon. The enormity of the event hit home as I walked towards the start line together with 36,000 other runners, each running for their own very special cause. After a minute's silence in memory of the Boston Marathon tragedy, we set off.

The fine spring weather meant the crowds were out in full force to cheer us around the 26.2 mile course. Everybody says what a help the crowd are, but it's not until you're struggling through mile 16 around the Isle of Dogs that you realise quite how tremendous the support is. What a treat it was to round the majestic Cutty Sark to the cheers of so many well-wishers.

Loved ones, friends, strangers (everyone in fact!) scream your name in encouragement. The wall of sound at Tower Bridge was very special indeed. Children lined the streets giving you a "high five", reggae music was blasted out, together with brass bands and drummers to create a real party atmosphere.

The endless supplies of jelly babies, home-made brownies and even scotch eggs that were offered by the crowds finally got me to The Mall.

Then there were the amazing costumes. I tried to overtake a surprisingly athletic

Womble for a good three hours. I managed to pass Bagpuss, but must admit to being soundly beaten by a banana. There were the famous rhinos, two chaps carrying AGAs on their backs and an 80 year old running as a postman with letters in his hand.

A huge thank you to Rachel, Mark, Sam, Tanja for looking after us so well at the finish line and to Dorota for those much needed massages! It was a fantastic day and I'd really recommend going for it in 2014. If I can do it, anyone can! We are all very proud to have run for the CWMT.

Sam Outram

Skipwith Theatre – 10 March

The CWMT party were guests of Charles and Ros Forbes-Adam at their charming Queen Anne house, Skipwith Hall near Selby. We started with a most pleasant lunch kindly put on by Malise Forbes Adams, Gilly Armitage and Louise Black.

After lunch we walked to a little theatre where a short but gripping play was put on. I was asked by Robert Beaumont to review the play. I was, as he put it, “to cast my fine legal mind” over it: two adjectives and a noun that have rarely been used in my case, save in mockery! The play - The Rape Queen by Tom Needham - was about a lady barrister who successfully defended a headmaster accused of rape. Her criminal defence practice burgeoned and she became a great defender of such cases, known as the Rape Queen. The play ended with the headmaster being charged with another rape, going back to student days. A child had been born as a result and the defence was “consent”. But The Rape Queen had become disenchanted and she was convinced of the headmaster’s guilt.

In a dramatic twist it was suggested that the Rape Queen had imparted important details to the prosecution barrister, a disbarring matter. Thus a great deal of heat and fury towards the Rape Queen from the Defendant! In the end he was acquitted due to a weak prosecution case and undisputed detail that the complainant had followed him to university and given him an expensive pen.

An excellent day out, with generous input from the sponsors Dickinson Dees, Brown Shipley and DHP Croft.

Robin Denny

Roof Top Lunch – 15 May

“Such fun” as Patricia Hodge, the actress who stars as Miranda’s mother in the BBC2 runaway hit sitcom might have said, referring to CWMT’s Summer Roof Top Lunch at The Roof Garden Restaurant in Kensington.

What a happy, friendly event, superbly organised by Sue Shenkman and Sandra Menzies. It was a grey and rainy London outside but inside was packed with old and new friends, squeezed into every corner to enjoy a delicious three course lunch.

Dick Moore gave a short speech about the work of the Trust and how much still needs to be done to support young people suffering from depression. Dick emphasised that effective communication with young people is the key, however demanding and difficult it is.

Eponine designs were beautifully modelled during the lunch (including one delicious red coat that had several of us hoping for more cold weather and the chance to wear.). A lucky person won a Eponine design of their choice in the generous raffle which followed.

Demeter Lowrison

Golf Day – 19 May

Eight teams, more or less from the fund management industry, arrived on a warm, dry Sunday in May for a typically delicious and gargantuan Swinley lunch. The day had been organised by Christopher Clarke (wearing an Investec hat) and we were delighted that one team included Rachel and Mark Waller. The natural competitive spirits were enhanced by a few sharpeners, some moving words and the promise of fine prizes.

We played 4 ball better ball. Performance was mixed - as would befit the day job. The course looked splendid - albeit the atrocious Spring meant the azaleas were not in full bloom. Our team was transfixed by the sight of a red kite carrying off a small rabbit for tea.

In the final reckoning the Rathbones team came joint second. Competitive instinct prevents me from publishing the winner and, as the day was characterised by warmth and camaraderie all round, does it really matter....?

Special thanks to Christopher Clarke and to Swinley Golf Club.

Mark Nicholls

Chairman, Rathbone Brothers Plc.

An Evening of Magic – 5 June

The evening of 5 June was magical indeed. The evening sun showed off the beautiful setting of Ardington House as the throng of people made their way into the large marquee. The sense of anticipation was tangible. Magic is a new venture for CWMT and the evening lived up to every expectation.

Our magician was Bertie Pearce, a member of the Inner Magic Circle. The moment he appeared on stage he commanded our attention with his whimsical looks and quick fire wit. He insisted on a “magic aerial” being held aloft by a member of the audience identified by Bertie as a head hunter – and he was never allowed to forget this! Golden balls appeared and disappeared under cups, silver rings miraculously interlocked together and then separated, scrunched up tissue paper rematerialized as a hat and handbag for Rachel Waller and disparate objects including jugs, a loo seat and a fly-mow suspended on a rope threaded through the sleeves of a lawyer’s jacket all disentangled at the click of Bertie’s fingers. All the while keeping up a witty badinage in which the audience was ribbed about their professions and where they lived. Each county represented came in for a turn of his tongue – particularly Wiltshire.

The whole event was a resounding success thanks to Nigel and Jane Baring and their sons, the CWMT committee and a truly magical venue.

Fenja Anderson

The CWMT Cricket Tournament – 7 July



Eight assorted and varied cricket teams again did battle for the Charlie Waller Trophy on a sunny day in July.

The day will be remembered for the fantastic weather, the great sporting contests and Andy Murray winning Wimbledon. At one stage 100 people crowded around the radio to hear the final stages of the match which coincided with the tea interval.

One of the joys of the day is the variety of teams now represented. Old favourites like the Gussets, Tappers, Elephants and Wombles being joined by the Whippersnappers and the Wild Dogs.

The tournament was won by the Whippersnappers who beat the Tappers, and hold the distinction of being able to persuade an ex England test player, Mark Ealham, to grace the tournament. They were superbly led by Phil Waller off the pitch and Phil Hollis on the pitch. However their victory was a tribute to all round contributions from many of the team.

The Plate was won by the Wild Dogs who lived up to their name in the final by beating the Wombles with both teams captained by old school mates Mark Crossley and Mark Walton. For the first time there were matches particularly for the children which involved 6-9 year olds in one match and 10-13 year olds in another. The employment of independent umpires for the main pitch did a superb job throughout.

Yet again the day was a huge success. It is characterised by huge endeavour, fabulous food, exemplary organisation by everyone at the CWMT and much fun and enjoyment for all the participants.

Sasha White QC

London Nightrider – 8 June

London Nightrider 2013 was an evening of moonlit cycling we will never forget. We navigated the streets of London from dusk until dawn riding 100 kilometres of bustling London high streets and quietly sleeping residential neighbourhoods, passing London's iconic landmarks. Alexandra Palace and Crystal Palace were the most difficult climbs but we all made it in the end to successfully complete it in time for a cup of tea and bacon bap! All for a good cause!

Patrick, Benji and Rick Waller, and Ben

York Minster to Westminster Abbey Cycle Ride – 8 to 12 July

Two friends and I managed to complete the feat of cycling from York Minster to Westminster Abbey, roughly 280 miles. It was amazing to arrive at Westminster with our parents holding up banners and cheering us in - thankfully managing to avoid too many injuries! We cycled in memory of our school friend Jake and will always have very fond memories of the happy times we all spent together. He was always the first to put a smile on everyone's face. It was wonderful to raise money in his memory for such an incredible cause.

I am so grateful to everyone who has so kindly donated and I raised more money than I ever dreamed of doing!! Thank you so much for all the support and encouragement we were given.

Esme Backhouse

Great Kindrochit Quadrathlon – 13 July



In July Will Laxton and I headed to Loch Tay in Scotland to compete in the 13th Great Kindrochit Quadrathlon - the toughest one day challenge in the UK. It took us on an exhilarating mile swim at dawn on a stunning sunny day across a rather chilly Loch Tay. We then ascended in an exhausting 17 mile run over 7 Munros, climbing over 8,000 feet in all, and luckily finding some cloud cover on the tops as respite from the sun. We then gave the arms a work out with a 7 mile kayak and just

when I felt like there was nothing left in the tank, we embarked on a 34 mile cycle, around Loch Tay! It was elating to finish, with my family cheering me on in a respectable 12 hours 20 minutes.

The big question on all my friend's lips, who know I'm not exactly a natural athlete, was why on earth was I putting myself through it. Well, my determination to complete it was entirely drawn from my beloved brother Michael who signed up two years ago, but very sadly never made it to the start line. Michael was an extremely ambitious and courageous man, as the fact that he signed up shows. He was struggling with depression. Despite the confident and strong persona he portrayed to the outside world, his unending pain and worry clouded his judgement to the point where he saw no other way out than to end his own life. All those close to him are certain that with a clear head and knowing the abundant love of his two children this could have been avoided with the right help. One thing Michael definitely did lack was the correct diagnosis, help and understanding from his local GP. This is why I was so keen to support the CWMT. I am very grateful to my family, friends and the CWMT who have shown such amazing support and generosity in helping me achieve something that I know would have made Michael very proud.

Mark Mackay-Lewis

Your Face Sounds Familiar



A lot of our supporters go that extra mile to help the Trust. But only one was brave enough to dress up as Barry Manilow on national television to boost our cause.

Take a bow, Alexander Armstrong. The broadcaster, Pointless host, actor and comedian starred on ITV1's prime time Saturday night show Your Face Sounds Familiar all in aid of the Charlie Waller Memorial Trust.

Each week, Alexander and five fellow celebrities were given a different superstar to impersonate, being awarded points by the panel of judges and viewers at home. As well as his Manilow impression, Alexander became Johnny Rotten, Morrissey and Johnny Cash. He scored maximum points for his amazing Pavarotti, which powered him into the final where his Susan Boyle was described as "unbelievable".

A long time supporter of the trust, we were his chosen charity on the show. Alexander and Charlie were good friends. Alexander said:

"Shockingly, depression is the biggest killer of men aged under 35 in Britain – not illness, not road accidents, but depression.

"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 – even dress as Madonna if necessary!"

Chris Titley

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 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 under the scheme, please complete the form overleaf and send it to us.

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 start: Every month Every quarter Annually

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

VERDI REQUIEM

St John's Smith Square

Thursday 21 November 2013

ANNUAL CAROL SERVICE

St Luke's Church, Sidney Street, Chelsea

Monday 16 December 2013

QUIZ NIGHT

St Columba's Hall, Pont Street, London

Wednesday 22 January 2014

VIRGIN LONDON MARATHON

Sunday 13 April 2014

SWINLEY FOREST GOLF DAY

Ascot, Berkshire

Thursday 24 April 2014

BRITISH 10K LONDON RUN

Sunday 13 July 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 0845 46 47

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