

# CWMT News

Issue 37  
March 2018

The newsletter of the Charlie Waller Memorial Trust

The **ocean-crossing** issue



## They pedalled the pond!

Breaking records for mental health

### Shelter from the storm

Dr Mina Fazel on the mental wellbeing of refugee children

### To hell and back

Robert Beaumont reviews Ed Gorman's *Death of a Translator*

### Wellbeing at work

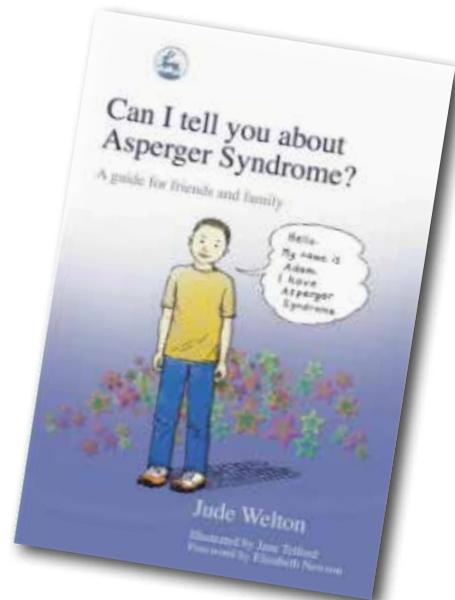
Expanding our workplace training programme



# CWMT book club

A free mental health book club for teachers and others working with children and young people

Join the club and once a term you will have the chance to receive a book which promotes understanding of mental health, and accompanying resources.



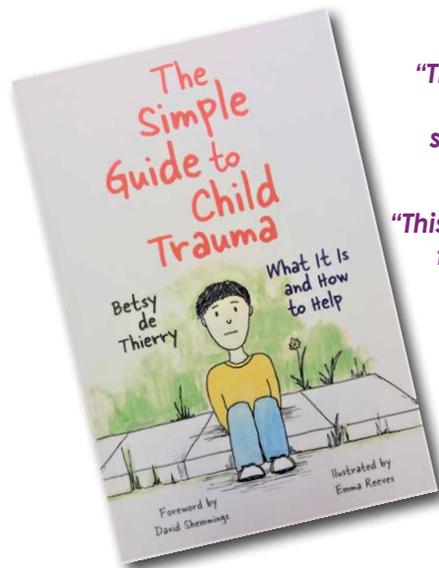
What people have said about our previous book club title:

*"The book was a fantastic resource which I've shared with the SENCo and support team in school and which I have available for young people in school to look at."*

*"This book has been a valuable resource for my team, and a wonderful reference. I feel I will keep drawing on this as a resource."*

For more information or to sign up, visit [www.cwmt.org.uk/bookclub](http://www.cwmt.org.uk/bookclub)

Do you work for or know a business who'd like to sponsor one of our book club titles? If so, we'd love to hear from you. Please email [admin@cwmt.org](mailto:admin@cwmt.org) or call 01635 869754 to find out more.



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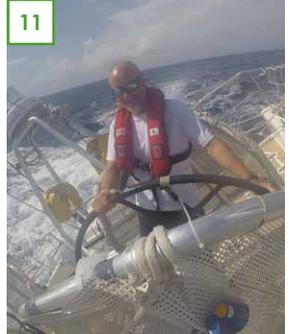


### On the cover

Pedal the Pond team arriving in Antigua. Photo: Ted Martin

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## Letter from the Chairman



Dear All,

The charity has grown substantially but our objectives and ethos are the same. We wish to provide free, good advice

and resources which will help keep young people well. We want to see that help is there if needed through helping GPs. We want to help get more therapists trained and more research done by supporting the Charlie Waller Institute at Reading University.

Concentrating for a moment on our training, we believe in a whole school, whole university or whole workplace approach. What that means is persuading everyone of the importance of a healthy environment in which everyone is involved in keeping themselves and others well, and in spotting any signs of people not being well. Prevention is as important as cure; that means people appreciating what Professor Shirley Reynolds at the Charlie Waller Institute describes as the five pillars of wellbeing – sleep, diet, activity, purpose and relationships.

What we deliver resonates with people and as a result we have people knocking on our doors and we are hard pressed to deliver against the demand. It is a concern that as we struggle to provide to

those who now appreciate that they need the help, we are missing out on those who do not. We have to get to those who are not knocking on our door.

Of course I am leading up to saying that we can only keep up if we can continue to raise the funds we need. We have been really fortunate in the support we have had over the years. People have done wonderful things, the latest of which is of course Pedal the Pond, raising over £180,000 so far (about which more on page 29). We are enormously grateful for all the support we have had.

My plea now, however, is that more of our supporters should if possible provide standing orders (please see page 39). That is not because we are not grateful for what people already do, but because as we grow and agree to do what we do, having an income which is at least in part certain, does enable us to plan more effectively.

So please if you can support us by setting up a standing order, it would be appreciated.

Mark Waller

## Report from the Treasurer



The unaudited Trustees' Report and Financial Statements for 2017 show that the Trust had another excellent year, consolidating the progress made in

2016 and resulting in a modest surplus which will help continue its work in 2018.

Charitable expenditure, which has grown considerably over the last five years, exceeded £1 million for the second year in succession and was at nearly the same level as in the previous year which included a £250,000 five-year commitment to the Charlie Waller Institute. This was achieved largely through a significant expansion in the Schools Programme and increased expenditure in respect of contracts from Health Education England (HEE), which accounted for approximately 30% (2016: 15%) of total charitable expenditure. Spending on our Universities and FE Programme was down on the previous year but there were increases in the Primary Care and Workplace Programmes.

Income, which was well ahead of budget, also exceeded £1 million for the second year in succession. Once again the Trust received tremendous support from people who undertook their own often arduous and demanding fundraising challenges in aid of our work or attended our growing number of fundraising events, from charitable trusts and from generous donors often with a

very personal reason for wanting to help with our work. This 'voluntary' income is hugely valuable to us and we could not operate without it. The HEE contracts made a significant contribution to overall income but were, of course, matched by equivalent expenditure, with the Trust making its own additional contribution.

Our investment portfolio performed well and net investment gains contributed to a very satisfactory overall outcome.

The 2018 budget approved by the Trustees recognises that income is unlikely to reach last year's level, particularly as no new HEE contracts are expected. Although the income assumptions are fairly prudent, they are still challenging for a charity almost entirely reliant on the goodwill of others. With the reduction in HEE income, charitable expenditure is expected to be below the exceptional levels of the last two years but still considerably ahead of previous years. Progress will be monitored closely and commitments will be sufficiently short-term to allow them to be scaled back, if necessary.

The audited Report and Financial Statements will be approved by the Trustees and filed with the Charity Commission by the end of May. Further details will be given in the next Newsletter but if you would like a copy please contact the Trust's office or email [admin@cwmt.org](mailto:admin@cwmt.org).

Robin Booth FCA

## News and project updates

**“Rarely, if ever, have I seen an entire group of delegates so focused, engrossed and enthusiastic over a two-day course.”**



I was honoured in the Autumn to be invited to a reception at Buckingham Palace, together with Pooky Knightsmith,

former Director of our Programme for Children and Young People. We were introduced to the Duchess of Cambridge and met others involved in promoting children's mental health. On the same day I attended a Heads Together thank you event at St James's Palace, again hosted by the young royals. I feel it is a great acknowledgement of the Trust's work over the past 20 years that we were invited to these events.

Last year we appointed June Dent as Director of our Workplace Programme. We are expanding our work in this area, taking the same 'whole organisation' approach that we apply to schools, colleges and universities. You can read more about this on page 26.

Over the coming years, we'll be taking an increasingly integrated approach to our training programmes. The key transitions in life – from school to college, university or employment, for instance – are touchpoints which provide vital opportunities for building emotional resilience. Our

training aims to give both individuals and organisations the tools they need to navigate life's changes.

Clare Stafford  
Chief Executive

### Supporting vulnerable learners

In the last edition, we told you about our work with children and young people who are particularly vulnerable to mental health problems, including those living in poverty, those with disabilities and looked after children.

This work, funded by Health Education England, is having a beneficial impact among staff, pupils and parents. Our 10 partner regions have decided on the questions they wish to address: how can I tell if a young person with autism is suffering from anxiety? How can we encourage boys to talk about their problems and seek help? How



might a child in care express their distress? We are delivering training and resources to help parents, carers and staff working with young people respond to these questions.

In Somerset and Durham we are training teachers and parents to run workshops for local parents and carers of children with autism. The workshops, hosted in schools and community venues, will help parents and carers manage their children's anxiety and develop strategies to support them. We are doing this work in partnership with the Centre for Autism at Reading University; early feedback is very encouraging:

**“I volunteered to attend the training because this was a unique opportunity to work alongside a professional in helping to support my child as well as many others and their families. Having the opportunity to share each other's experiences will be invaluable.”**

The project will also help those working with refugee children. You can read more about this work on page 12.

### Student art for mental health clinic

Students from a Berkshire school are donating artwork to transform the AnDY Research Clinic at the University of Reading. CWMT works with AnDY – which provides assessment and treatment for young people with depression and anxiety – and jointly funds the Charlie Waller Institute, also based at the University.

The AnDY research group has been working with Theale Green School,

which specialises in the arts, on a project to evaluate a psychological treatment for adolescents with low mood or depression. The treatment, Brief Behavioural Activation, aims to help young people identify what is personally important to them (their values), and plan their days to increase the time they spend on 'value-based' activities. The idea is not just to do more, but to do more of what matters to them.

The artwork will be displayed throughout the clinic to create a friendly and supportive atmosphere.



### Mental health training for nurses

Dr Sheila Hardy, CWMT's expert in nursing, continues to deliver sessions for practice nurses, who are in a unique position to offer first line support to people who may be experiencing mental health issues. Using a 'train the trainer' approach, these are designed to increase the capacity of practice nurses to identify patients who may be depressed or have other mental health problems and to take the first steps in helping them.

Sheila has now completed a commission from Health Education England to update her core mental

health training materials. These have been peer reviewed and endorsed by the Royal College of Nursing and the Royal College of GPs. They are branded with the CWMT logo and contain case examples of work Sheila has done with CWMT.

We are fortunate in receiving funding from longstanding supporter Ted Fort. Sheila mentored last year's recipient of the Ted Fort grant and this has culminated in an article being published in the journal 'Practice Nursing' entitled 'Using a Psychological Approach in Rheumatoid Arthritis'. The nurse involved is delighted and said she'd 'achieved something she never thought was possible'. We are looking to disseminate the article further as the approach would also

apply to patients with other long term conditions, such as diabetes.

### Conferences and larger events

We have continued to deliver keynotes and workshop sessions at a variety of conferences and larger events. This can be a good way of reaching larger numbers of people and often leads to further training and collaborations. In 2017 we reached 5,660 people through conferences:

#### Research conference

In September we held a very successful conference entitled 'Improving mental health in schools: what does the research tell us?' in partnership with the University of Reading. A total of over 525 parents, carers and school staff attended the conference and evening workshops.

## In brief

### Annual Information Evening 2017

Around 100 people attended our Information Evening in November. Prof. Dame Sue Bailey's keynote address – '20 years forward, 20 years back' – gave insights into the history and future of mental health provision, and Prof. Cathy Creswell spoke on children with anxiety disorders. Our thanks also to Sarah Seccombe, and to David Jamieson and William Kesley from St Andrew's University, who spoke about their marvellous fundraising events.

### Digital media guidance

We have planned two events at Cranleigh School in Surrey aimed at giving young people, parents and professionals practical guidance on mental health in the digital age. If these are successful, we will use them to launch further work in this field.

### Update on Keeping Mental Health in Mind

Our e-learning package for university staff has received very positive feedback, with several universities making it a core part of their wellbeing strategy; we've even been contacted by the University of Melbourne who want to adapt it for an Australian audience. We are now developing new, video-based modules and creating a version for FE colleges.

**"I can honestly say it was one of the best organised and interesting conferences I've ever been to."**

### World Mental Health Day

On world mental health day (10 October 2017) we were involved in three local events in Berkshire, reaching over 700 children and adults as a result.

### Welcoming new trainers

We welcome five new trainers to help us develop our work in universities and FE under Programme Director Dr Andrew Reeves.

**Jeremy Thomas** is an author, Mental Health First Aid instructor and speaker whose talks are based around his own experience of mental health issues.



As a result of overcoming his battle with bipolar disorder he co-produced with Dr Tony Hughes the Emmy Award-winning documentary 'Stephen Fry, The Secret Life of a Manic Depressive'. He has written articles for national newspapers and appeared on BBC television and radio.

In his talks, Jeremy suggests practical ways to stay mentally fit and get the best from life.

**Dr David Mair** has worked in higher education for 30 years, most recently as Head of Counselling and Wellbeing at the University of



Birmingham. He now works in the NHS as a primary care counsellor. He is a BACP Senior Accredited Counsellor/Psychotherapist and has delivered frequent training to welfare tutors and other non-specialist staff in HE to enable them to develop confidence in responding well to students who are in distress.

**John Cowley** was Head of Counselling, Health and Wellbeing at Cardiff University for 20 years and was given the Vice Chancellor's Award for Outstanding Contribution to the University on retiring last year. Previously John worked for 20 years in school and further education settings, and in primary care. He was also funded by the World Health Organisation to help a university set up a counselling service in Sri Lanka.



A former Deputy Chair of BACP, John was also Chair of BACP's Equality and Diversity Committee and its Criminal Justice Forum, and is now a Fellow of BACP. He has joined CWMT to support colleges and universities in South Wales and the Borders.

**Kirsten Amis** will be working with universities and colleges in Scotland. Since completing her training as a psychiatric nurse in 1987, Kirsten has spent more than 20 years working as a lecturer in counselling



and as a counselling supervisor, as well as a counsellor within the NHS, education, private practice and the voluntary sector. She also works as an External Verifier for the Scottish Qualifications Authority for counselling qualifications. Kirsten is currently completing her doctoral research entitled 'Supporting the Mental Wellbeing of Students in Scottish Colleges.

After qualifying as a social worker in 1998,

#### Lindsay Pendleton

worked in community mental health teams, assertive outreach and a service for early intervention in psychosis, amongst other community services. She practised as an approved social worker and approved mental health professional, undertaking work on behalf of the local authority.

In 2009, Lindsay moved to a higher education setting and has worked as a senior mental health advisor, directly supporting students with significant mental health problems and promoting student wellbeing. Lindsay has been involved in service development throughout her career and has developed mental health training for university staff and students.

Welcome also to **Michael Priestley**, who has completed an MA in student mental health and will be helping us by providing valuable insights from the student perspective.



#### Fond farewells

We said farewell to trainer **Gill Allen** in December. Gill, a very experienced clinician, worked for the Trust for over 10 years, bringing particular skills in building resilience amongst young people. Gill goes on to be the Director of Bromley Y, who deliver talking therapies to young people locally.



We are also saying *auf wiedersehen* to

#### Pooky Knightsmith,

the Director of our Programme for Children and Young People. After four years' invaluable work for CWMT, Pooky has decided to take a break to focus on consolidating the recent improvement in her health and to take some time to consider her future career. We are very sorry to lose her from the Trust but will be keeping in touch and, we hope, collaborating with her in the future. Teresa Day has now become Director of the Schools and Families Programme.



**Aileen Moore**, too, is embarking on a new chapter of life, retiring at the end of March. Our longest standing trainer, Aileen joined CWMT in 2003 and blazed a trail in our work with GPs and employers. We wish Aileen a relaxing and fulfilling retirement.



## Life at full sail



#### Trust supporter John Olsen fulfilled a lifelong dream last year, raising funds for CWMT in the process.

It took 40 years to fulfil my ambition. In my youth I devoured autobiographies of famous long distance yachtsmen and I swore that, one day, I'd sail across an ocean.

So eventually, aged 53, I joined the Clipper Round the World Race, a year-long 40,000 mile race, between 12 yachts with a professional skipper and, at any one time, some 20 amateur crew like me.

I signed up for two legs, from Liverpool to Uruguay and then South Africa – 10,000 miles over three months, taking in the notorious Bay of Biscay, the baking heat of the windless doldrums, and the extreme weather and intense cold of the Southern Ocean.

I'd sum it up in three 'B's: Blissful, when the wind's with you, the sun's out and you're flying towards the finish. Boring, when you're stuck in a wind-hole going nowhere. And Brutal, when you're living at a 45 degree angle in 70 mph winds, being battered by huge Atlantic waves. The watch system allows less than four hours' sleep at a time, the food's basic, even

below deck everything's permanently damp, and you have to deal with all this whilst living in extremely close quarters with people you hardly know before the start.

But ultimately it's the people that make it. People from all backgrounds, learning about sailing, about teamwork and about themselves, and many becoming close friends along the way.

My reasons for supporting CWMT were straightforward and, I suspect, quite common. I've seen first-hand the effects of depression in the young so, with its mission to bring this illness out of the shadows and to educate young people about staying mentally healthy, CWMT deserves all the support it can get. When I talked about this to my crewmates, the reaction was universally positive. It's an illness that had touched almost everyone, or someone close to them, one way or another and everyone recognised that the frequent unwillingness or inability to talk openly and knowledgeably about it is a major obstacle in the road to it being tackled and overcome.

Devastatingly, shortly after I left the boat in Cape Town, one of our crewmates – Simon – was washed overboard and drowned. That will forever weigh on my memories, but I won't allow it to completely cloud what was an outstanding experience, and one that will take some beating.

*John is currently giving CWMT the benefit of his many years of business experience to help our expanded workplace training programme.*

## Shelter from the storm



Refugee children, for many reasons, can be particularly vulnerable to mental health problems. Schools can do a lot to help. Our CEO, Clare Stafford, spoke to Mina Fazel, Associate Professor in Child and Adolescent Psychiatry, University of Oxford.



### CS: What are the most important issues for refugee children and mental health?

**MF:** The most important issues are the child's environment and background. These children have likely come from a difficult environment and may have had no experience of education, or a very disrupted experience. They might have been exposed to traumatic events and a whole range of losses.

There's also the journey to a place of safety: that could be a two hour flight or two years of horrific travelling. Then we need to think about their situation in a country of refuge. We can't modify what they've experienced before but we can do a lot to improve their current experience.

We did some interesting research where we asked refugee children, "What was the one most important thing that helped you?" They would often say that the things that helped most were when they went up in assembly and said something that made everyone laugh and felt accepted by their peer group – or another kid inviting them to join in football practice.

### "What these kids need is more available in a school than a clinical environment"

I'm a child psychiatrist and clinically I feel I have none of the most important therapeutic interventions available to me, because actually what these kids need most can be found in the school environment rather than in a clinical environment.

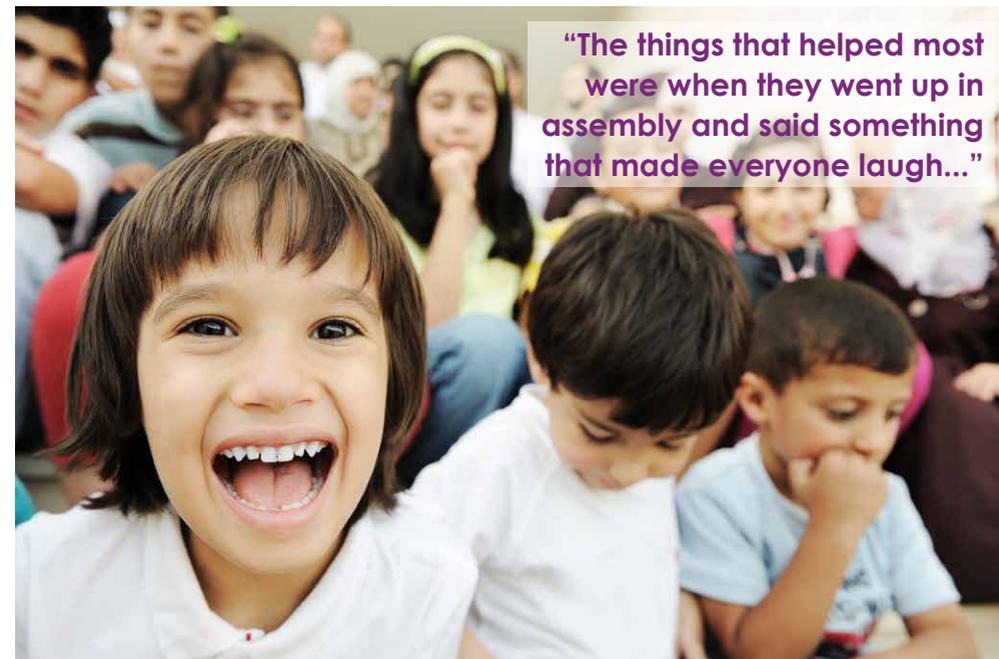
There are important things to think about if you're working with refugee children: what are you doing to prepare the other children at the school to ensure it's a welcoming environment? You could ask, "Who are the two or three kids who are most likely to be welcoming and kind to this child? Why don't we create natural ways that these young people can build their social network without thinking it's been engineered? Why don't we facilitate that in a way that makes them feel valued?"

### CS: What signs might you notice if a refugee child is beginning to experience depression or anxiety?

**MF:** It's about functioning, I suppose – if they're more withdrawn than you'd think, if they're not able to make friends, if they change their

behaviour. Every child is going to be a bit withdrawn when they start in a new environment but if it's difficult to help them get beyond that, it's important maybe to ask teachers what they've seen, ask the family. Check these things before anyone needs to get too worried – this is normal, just normalising on some level is also important.

They want to make friends and learn the language, so facilitating that might be the most powerful intervention – if no one at school speaks to you, it's impossible to practise the language. If you're worried about the kids, do the basic things first: provide linguistic support; help them feel they can build a peer network; and be aware that the most common problems are low mood and anxiety.



"The things that helped most were when they went up in assembly and said something that made everyone laugh..."

If they've come with a family, try finding ways to welcome their family too, to help them all feel part of the school community.

**CS: If a child is having problems, what support or interventions might be needed?**

**MF:** The big problem for refugee and asylum-seeking children – as with other vulnerable populations – is that services are quite difficult to access. It's useful to be aware of that. I think some families fear that if there is a problem they're either going to be deported or their child will be taken away. You've also got to understand the ongoing fears and stigma that are quite prevalent.

**“It's ok to say 'I don't really know how I can help but I will come with you to find out.'”**

We have very few resources available in their native languages so I think it's really important as a first step to explain a little bit about how we work in the UK. Schools often have someone in their pastoral team who is there to talk to them and advise that schools can sometimes help with referrals to mental health services.

More and more services are starting to look to schools and work in collaboration. It's good to explain what services are available and do what you can to facilitate that next step because if a child is traumatised, for example, a core symptom will be to avoid any

reminder of the trauma. They know that if they get referred to services, they'll be asked about the one thing their body and mind tells them to avoid. So it's difficult to expect a family to just happily come to services they don't understand and talk about the last thing in the world they want to talk about.

**CS: So, as a non-specialist member of staff, it better not to talk about that trauma?**

**MF:** I think what happens is that everyone around them avoids it. If you've not been trained to deal with trauma the natural response is “I don't want to talk about it; I don't know what to do if they talk about it; I don't want to make it worse for that child”. But then the subliminal message these kids get is that nobody in the world wants to talk to them about it and that it's potentially dangerous.

I think it's perfectly ok to say, “I don't really know how I can help but I will come with you to find out how I can get you help. So tell me, do you have things that are worrying you? I saw you in class – you jumped when the door slammed – is that because it reminded you of something bad that happened in the past? If it is, I'm going to help you, I'll come with you to your first appointment.”

In Oxford we've placed mental health services in the school, so teachers can come for the first ten minutes of an appointment, if needed. The transition into mental health services is then much easier.

We know it's not likely to make a child worse if we ask them about something that's affecting them.

**“There are a lot of projects within the community for refugee kids, but actually that's not what they want.”**

**CS: In terms of the voices of young people, are there any key things from that lived experience you want to tell us about?**

**MF:** They all seem to want to be a normal kid in England! They want to be friends with kids in their classes and to be accepted. That's what every kid wants, isn't it?

Many say in the first few weeks or months it's useful to have friends who have gone through similar experiences but after a couple of months they just want to make friends with the host population. Schools can facilitate that better than anyone else. This is a really massive thing that can help.

There are a lot of projects within the community for refugee kids, but



actually that's not what they want. Why not create a new football club for kids who've never been in a club before? Or cricket – for many kids from parts of Asia cricket is a massive sport, so that's an inroad. For girls, we've got to be more creative as refugee children do not seem to want to go to the sports clubs as much – dance clubs or sewing clubs have worked in other places. We need to think what they would like, and create those lunchtime clubs and make sure they're attractive to all the kids.

**CS: Any other practical strategies that staff might put in place to help learning and settling in?**

**MF:** If they've come with their family, the family is likely to have many complex needs, so perhaps write things down. Google Translate can translate into any language, so why not write a little note saying, “Dear parents, just to let you know she's doing really well, this homework's going to be quite difficult and this is what it's about,” and get it translated?

There are lots of ways we can make it easier, without too much effort. Just go that little extra step because these kids are likely to have a lot of responsibility on their shoulders at home. If they're the only person who can speak the native language they're likely to be used by their family to translate legal documents. Anything to support the parent to maintain their parental role by giving them information would be really valuable.

**CS: What would be the one thing you would change for refugee children and their mental wellbeing?**

**MF:** To ensure all schools prepare themselves before any kids arrive. This is a whole school responsibility. What have you done to prepare your school in the most creative way, so that when these kids arrive, everyone is aware and prepared, and excited? A lot of thought has been put into what do we do for refugee kids but actually what do we do for the host population? No one seems to be doing that well, I think.

**CS: So are there some simple ideas you might do as a school or as a class?**

**MF:** I think talking about the good things in every culture: Syria, for example, is a beautiful, culturally stunning place. How can we help a child feel proud about where they come from as well as helping the community be aware of how hard it must be to be displaced? Schools need to help the kids in the class understand this without the refugee kid having to be the main educator. What do we think it might feel like to arrive new in a school at a non-



traditional point of entry? They could prepare the kids for that without having to say "by the way, we've got one coming next week". If that work is done a fortnight before a new arrival, who knows what the shift might be?

Some schools do a lot around food. They invite families to bring in their national dish for everyone to try. There are very positive aspects about every culture and a lot of it is around food.

**CS: Is there anything we've missed that would be really useful key messages?**

**MF:** We need to be aware that global crises and forced migration of refugees is a massive problem. It affects 60 million people, of whom half are children; a large number of children are being forced to move because of organised violence.

The ones that come to high income countries like England are a very specific group; they are probably the most resilient and resourceful. They're not the weakest, the most desperate, the most deprived; they're probably the most capable people in their own individual societies. We need to ask what we can do to support them because they'll become incredible resources either for this nation or to build up their own nations if and when they choose to return.

*Adapted from a podcast recorded in October. This is the first in a series of interviews with experts on the mental health of children in vulnerable groups.*

## A festival for the imagination



**Robert Beaumont meets Trevor Wilson, the driving force behind the pioneering Broughton Hall Children's Literature Festival in Yorkshire, which is raising money for CWMT.**

In September this year, Yorkshire is hosting a major Children's Literature Festival, based in the magnificent surroundings of Broughton Hall, near Skipton. The aim of the Festival, and it's a bold aim, is to put the county at the heart of children's literature in the UK and to make a genuine difference to children's lives in local schools. *Welcome to Yorkshire*, enthusiastic supporters of this exciting project, go further. They believe the Festival has the potential to become the biggest event of its kind in the world.



Broughton Hall

So, no pressure then on Trevor Wilson, the creator and organiser of the Festival?

Trevor, whose genial exterior hides an enviable capacity for hard work and a highly-organised brain, smiles at this question. But it's a smile born of confidence, not fear.

"We have to aim high. There's no point launching what will become an annual event in a low-key way. We want to start with a flourish and a statement of intent – and that's exactly what will happen. With the enthusiastic backing of key Yorkshire companies together with Welcome to Yorkshire and Craven District Council, and star children's authors already lined up, we have the template for success," said Trevor.

"There is also a very serious message underpinning our Festival. I believe that there is a strong link between learning to enjoy reading at a young age and mental wellbeing. The pressure on children today ...

is immense and that takes an inevitable toll on their mental health.

“With this in mind, we have partnered with the Charlie Waller Memorial Trust. As the Trust supports training programmes for teachers across the country in how to recognise mental health issues and how to address them, we felt they were the perfect fit.

“With our funding, the Festival will enable the Trust, which has strong Yorkshire links, to expand its school programme to schools specifically in the Yorkshire region,” he added.

**“I believe that there is a strong link between learning to enjoy reading at a young age and mental wellbeing.”**

Trevor Wilson, aged 65, but with the energy of someone at least 20 years younger, is ideally placed to organise and run this high-profile event. Not only was he a highly-successful and much-respected teacher, he is also a renowned publisher of children's books and organiser of author visits to schools across the UK and abroad.

Born on Yorkshire Day in Oakworth, near Haworth, and educated at Keighley Boys Grammar School, Trevor trained to be a teacher at Padgate College in Cheshire. His first teaching job came at Shadwell Middle School in Leeds before an unmissable opportunity came to relocate to the Bahamas in 1975 and teach PE and Maths at the R G M

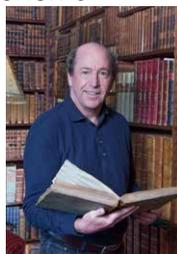
Bailey High School in Nassau.

“I loved it. My childhood sweetheart Catherine, who was also a teacher, joined me the following year after we were married. It was a blissful time and I represented the Bahamas at Squash and Rugby Union, enabling me to call myself a double sports international,” he chuckled. “Even though there wasn't amazing competition, I'm still proud of that.”

In 1979 Trevor and Catherine moved to the Cayman Islands, not, I must add, for tax reasons! Other teaching jobs and two children, Sarah and Jenny, followed, but the lure of Yorkshire was too great and in 1988 they returned home, with Trevor moving into the private teaching sector, first at Belmont Grosvenor, near Harrogate, then at Malsis Hall, near Skipton, where he became deputy head, and then at Westville House School in Ilkley, before retiring in 2005.

Since then Trevor has been driven by his love of children's literature, founding both the flourishing publishing company Caboodle Books and Authors Abroad, both based in Silsden.

“So you can see, it was a natural progression for me to launch a Children's Literature Festival in Yorkshire. We have a host of fabulous children's authors on our books (no pun intended!), and Authors Abroad is the largest provider of



Trevor Wilson

author, poet, storyteller and illustrator visits to schools throughout the UK,” he said proudly.

**““We believe that a love of reading has a very positive effect on children's mental well-being, building confidence and self-esteem and developing empathy.”**

Although the Festival isn't being held until late September, the hard work has already begun, as Trevor explains.

“We are currently in meetings with various interested parties to secure a good sponsorship base and also talking to a number of publishers to attract big names from the world of children's literature. On this front we are almost there and look forward to announcing our exciting line-up next month. We also have some imaginative marketing opportunities, which will be revealed shortly.

“A key component of the Festival will be visits by well-known authors to schools in North and West Yorkshire and Lancashire. We are planning to have 50 authors and poets visiting 150 schools in the local community, which will be a wonderful experience for the children. The structure will be two days working in schools and two days performing at Broughton Hall, one of Yorkshire's most picturesque venues.

“I cannot stress enough how important it is to us to be supporting the Charlie Waller Memorial Trust ([www.cwmt.org.uk](http://www.cwmt.org.uk)). Mental health issues are sadly very prevalent in

young children these days, with cyber-bullying rife. We have seen a dramatic increase recently in schools experiencing mental health issues associated with exam stress, depression, anxiety, eating disorders and peer group pressure.

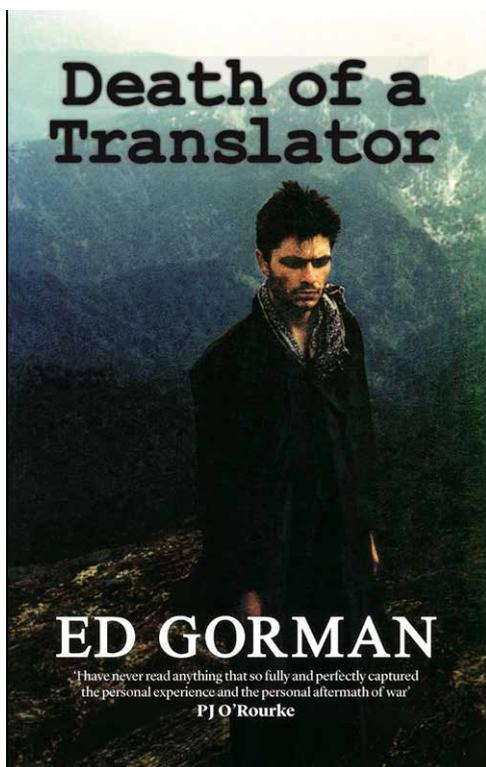
“We believe that a love of reading has a very positive effect on children's mental well-being, building confidence and self-esteem and developing empathy. A well-read child has every chance of being a happy child.

“To sum up, we believe the benefits of our Festival will be immense, not just for children's literature across the UK, but in particular for Yorkshire. It will place Skipton and the surrounding area at the heart of children's literature in the UK; it supports a wonderful award-winning charity; it has immense benefits for the local schools and local community; and, above all, it will be fun!”

Now fun is something that Trevor, with his wealth of teaching experience and children's book publishing across the world, knows all about.

The Broughton Hall Children's Literature Festival will run from Thursday 27 September to Sunday 30 September 2018. For further details, please contact Trevor Wilson at [trevor@caboodlebooks.co.uk](mailto:trevor@caboodlebooks.co.uk) or on 01535 656015 ext 9855 or 07885 279519.

## To hell and back



**Robert Beaumont meets Ed Gorman, whose brutally honest book *Death of a Translator* is a harrowing account of his odyssey into the heart of war-torn Afghanistan and a chilling insight into Post-traumatic Stress Disorder (PTSD)**

It was in the spring of 1985 when Ed Gorman received a telephone call that was to change his life forever. The caller was his friend James Blount, a dashing old-school adventurer, who was bored with his life as a merchant banker in Thatcherite Britain. James was planning to travel to Afghanistan to

report on the battle between the Afghan holy warriors, the Mujahidin, and the invading Soviet army. He wasn't affiliated to any newspaper, but was confident he could sell his stories to the Daily Telegraph. Would Ed come with him? The contact was timely. Twenty-four-year-old Ed was already a journalist, but his duties on Broadcast magazine were neither onerous nor fulfilling. He needed no persuading, despite knowing next to nothing about Afghanistan and having never written a word for a national newspaper.

James was gung-ho, saying: "You've always said you want to go overseas and write about other people killing each other". Whilst that wasn't exactly true, Ed had definitely wanted to be a foreign correspondent rather than reporting on drier subjects such as health and education. His inquiring mind, stimulated by a first-class education at Marlborough College and Cambridge University, immediately saw the possibilities of a life lived in the fast lane on the front line. But he didn't foresee the consequences. Ed's experiences in Afghanistan, especially during his first visit in 1985, took a terrible toll on his mental health. It is only now, 32 years later, that he is able to make sense of what happened in a war-torn country, where he was exposed to the nightmare of battle.

As we sit and talk in a smart restaurant in London's West End, a million miles away from the gunfire of

Kabul, Ed opens up – in a disarmingly honest manner – about how writing *Death of a Translator* has enabled him to come to terms with what he experienced in Afghanistan.

**"It is only now, 32 years later, that he is able to make sense of what happened."**

"Writing a book about my experiences was part of the healing process. It took me 28 years to finally find the peace of mind and clarity of mind to start writing an account of what happened to me in Afghanistan in 1985. What I hadn't expected was how cathartic and beneficial the process of writing was. Finally my story had a beginning, a middle and an end," he explained.

If he could rewind his life, and he'd said no to the buccaneering Blount's suggestion to become a freelance war correspondent, would he have been happier?

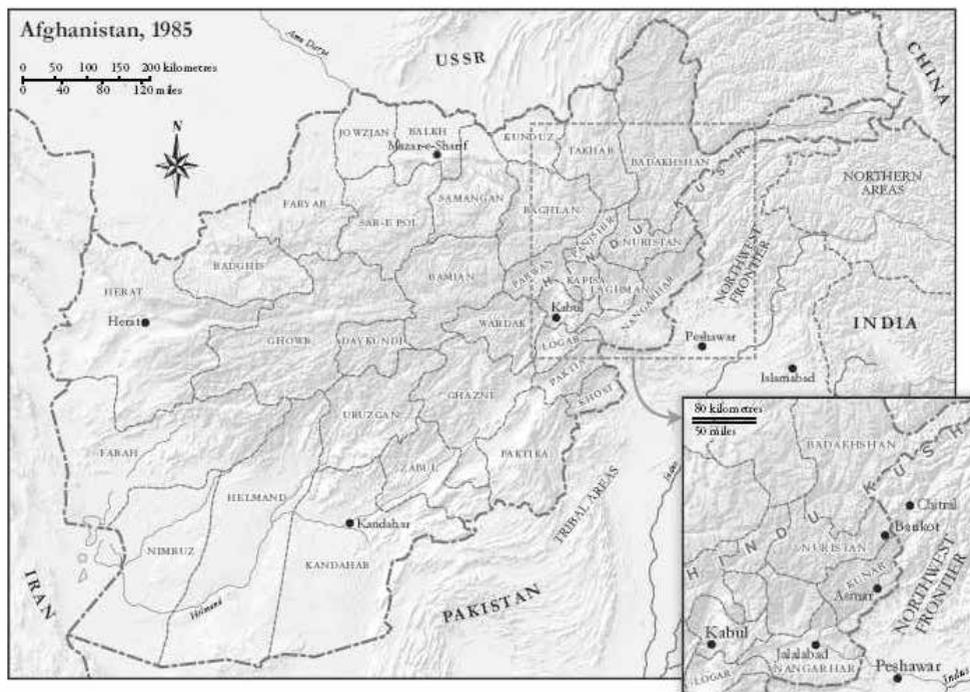
"People often ask that. If I had a second chance, would I change what happened to me? I can honestly say no – even with all the heartache and tribulations I have battled with. We are the sum total of our experiences and it would be impossible to imagine not being the person I am now – a bit wiser, a bit calmer and a lot happier," he said.

Happiness has been hard-won for Ed Gorman. People often imagine that the classic independent school and Oxbridge education is a passport, not only to success, but also to peace of mind. Not so

in many cases, and particularly not so in Ed's. The death of his beloved mother, when he was just 17, and the subsequent irretrievable breakdown of his relationship with his barrister father, who unforgivably abandoned his four children after the death of his wife, left a layer of emotional insecurity and devil-may-care recklessness under Ed's charismatic, confident exterior. It was this emotional fragility that was to be exposed in the heat of war.

**"Writing a book about my experiences was part of the healing process."**

Let Ed now describe the pivotal passage of events, not just in his Afghan adventure but also in his life, which defines *Death of a Translator*, as he recalls the death of his Mujahidin interpreter Abdullah: "The young mullah has been spotted by Soviet pilots...the explosion that followed tore into his upper legs, severing arteries, causing damage from which he had no hope of surviving and prompting a heart attack which killed him in minutes...one of the strongest men brought Abdullah into the camp on piggyback. His lifeless features seemed to move as if animated as his head lolled backwards and forwards...from the waist downwards he was soaked in blood. I spent the evening chain-smoking Abdullah's cigarettes and looking at the lifeless body of the man who had been so good to me. As I lit the last one, it struck me that I had been smoking a dead man's tobacco before he



was even buried. It seemed a callous thing to have done, disrespectful somehow, and it haunted me."

It wasn't easy writing this, as Ed explains. "Revealing personal details makes me feel uneasy. But my feeling is that if you try to deal with a mental health issue like, in my case, PTSD, without getting into the nitty-gritty, you are wasting people's time. It has to feel real for readers to understand what happened and hopefully, in some cases to benefit from seeing what happened to me. One key point to make is that back in 1994-95, when PTSD began to take an unforgiving grip on my life, few doctors in the UK knew about it or recognised it and that is, of course, why it took so long for me to get a

diagnosis. Nowadays I don't think that would happen, because PTSD seems to be here to stay."

PTSD isn't always immediate. As Ed mentions above, it wasn't until nine years after Abdullah's death that his mind began to unravel. After that fateful summer in 1985, the young freelancer became a staff reporter for The Times, covering conflicts in Northern Ireland, the Gulf, Pakistan, Sri Lanka and the Balkans but Afghanistan never let him go. Ultimately, a series of panic attacks, a feeling of worthlessness, a loss of mental stability, a reliance on drink and drugs and an overpowering sense of helplessness combined to convince Ed that he needed professional psychiatric help. Thus it

was that he found himself, together with three other shattered souls, in an East Sussex treatment centre, after a consultant psychiatrist had diagnosed "a rip-roaring case of PTSD".

**"Whilst in the depths of despair, Ed felt as though he was the loneliest man in the world, but he now knows he is far from alone."**

He recalls the need to be utterly honest in front of his fellow sufferers in their group therapy sessions and he reflected this in his diary: "Part of the problem with Afghanistan in 1985 is that my rational self keeps throwing into doubt the possibility that that was where and when I was first traumatised. What about the death of my mother in 1978? And the break-off of relations of my father in 1983? I thought I was doing reasonably well in the last few weeks, but I can see now that, actually, all I have been doing is concealing the wreckage. And this is going to be horrible."

Horrible it may initially have been, but it was the start of Ed's recovery, which has been completed by this book that has received plaudits from across the world. The one I like the best is from the doyen of American journalists, P J O'Rourke, who accompanied Ed on one of his assignments in the Balkans. O'Rourke writes: "I have never read anything that so fully and perfectly captured the personal experience and the personal aftermath of war. This is a

brave book. Ed Gorman has a lonely struggle, but, excellent reporter that he is, he shows us how the struggle is not his alone."

Those last few words are crucial. Whilst in the depths of despair, Ed felt as though he was the loneliest man in the world, but he now knows he is far from alone. His realisation that PTSD, though debilitating and terrifying, can be treated is the central message of this incredibly honest, inspiring book. It certainly took guts for Ed to give up his comfortable life in London to report on the Soviet-Afghan war in 1985, but there's little doubt that it was far more courageous to write *Death of a Translator*, a searing, compelling and painfully candid account of a journey to hell and back.

*Death of a Translator*, which is published by Arcadia Books, costs £14.99 and is available on Amazon and in all good bookshops. **Arcadia will contribute £5 to the Charlie Waller Memorial Trust for every copy sold in the week following the publication of this review.** All readers have to do is send an email to [piers@arcadiabooks.co.uk](mailto:piers@arcadiabooks.co.uk) saying they have bought the book after reading the CWMT review.

## Inside looking out



**As we await the results of a new study into the prevalence of mental health problems in children and young people, Peter Tait, retired headmaster of Sherborne Preparatory School, gives a personal view of wellbeing and education.**

It is apparent that not all is well in the world of our young. Articles on mental health, bullying, suicide, eating disorders, and unhappiness can make disturbing reading and many young people face an array of challenges and anxieties: the power of social media; concerns about education and jobs; anxiety about the state of the world; and a lack of certainty over their own future. There has also been a rise in concerns about popularity, body image, and self-worth, which can be exacerbated by social media.

A major 2017 study found academic pressures, especially related to exams, to be one of 10 common themes in suicide amongst young people.\*

But there are also other forces at play, to do with the way parents have unwittingly placed children

under even more pressure by trying to shape and influence their lives rather than by giving them the tools to cope and a measure of independence and then supporting them. Pressure to get into the right courses and get the right grades, misplaced parental ambition and unconditional (and unrealistic) advocacy have blurred the line between the world of the child and the adult, and propelled the child into an uncomfortable place.

**“Is it time for students to discover a world outside the self?”**

In a talk given at the Wellington Festival of Education last summer, Dr Jennie Bristow addressed the huge pressures schools are facing in dealing with mental health issues

and the difficulty in distinguishing between adolescent angst, teenage self-absorption and serious mental health problems. In her summing up she asked whether it was time for students to discover a world outside the self.

**“Perhaps what is needed is a resurgence of the idea of service and the importance of kindness.”**

With so many parents focusing on their children's accomplishments and talents, hovering over them, as we are often told, like helicopters, it is time we took seriously the risk of foisting an adult world, with adult concerns and ambitions, on children before they are emotionally equipped to deal with them. Young people of this generation are capable of amazing things, usually unscripted, such as their care for the environment and their much greater tolerance of diversity than preceding generations. However, many are distracted by too many pressures, both real and imagined, and dire warnings about the dangers of life rather than its joys and opportunities.

Much has been written about the atomised society, the fact that life online is less collaborative and more selfish, less outward looking and more introspective. Perhaps what is needed is a resurgence of the idea of service, of being part of the whole, of looking after each other in tangible ways and the importance of kindness. With our focus on meeting each individual's needs, we

have neglected the value of being taught together, of sharing talents and ideas, and looking after each other.

We should stop commenting on the obsessive behaviour, the sexting, self-harming and the like and do something about it. Let's address the root causes and protect children by giving them a bit more time to grow up and not push them towards goals that will benefit only themselves. For what we are short of in this world are not the academically able, but those who are empathetic and have the character and personality to lead happy lives by doing worthwhile things and by entering those professions that serve others.

Rather than having to struggle to meet the expectation that good grades, respectable jobs and material wealth are the most desirable outcomes of a life well-led, we should instead encourage our children, whatever their talents and aspirations, to look outwards and to be involved with other people and communities, and service, for that is the pathway to a satisfying and meaningful life.

\*Suicide by Children and Young People (2017), University of Manchester, Healthcare Quality Improvement Partnership



## Wellbeing at work



### Employment can be beneficial for mental health when the workplace has a culture of promoting wellbeing and responding positively to mental health difficulties.

CWMT has long provided training for line managers and we are beginning to expand this work with the aim of providing employers with practical advice and training so that they can develop an organisational culture that supports all of their employees to have positive mental health. Hallmarks of this supportive culture include:

- Strong leadership, to enable all staff to look after their health and wellbeing;
- Knowledge of relevant legislation;
- Knowing how to spot early signs of depression and other mental health problems and how they can affect performance;
- Ways to support staff who are struggling with mental ill health whether they are at work or off work;
- Strategies to help staff when they return from a period of absence;
- Effectively measuring the impact of the interventions on productivity, staff engagement and costs of recruitment and retention.

We offer workplace training for line managers, board members, and people in specialist roles such as HR

and occupational health – those who can have the greatest impact on the culture of an organisation. We use a 'whole organisation approach' and help employers take the next steps on the journey to achieve 'good work' for all.

We are updating our free online materials, recruiting new trainers and are aiming to increase our offer in the workplace during 2018.

Small and medium-sized enterprises can be less well provided for in terms of workplace training and so, together with partners such as Mind and Mental Health First Aid, we are making sure that our training and support is directed at areas of most need. Thriving at Work, a report commissioned by the Government and published in October, is a useful platform from which to build our work with employers, especially as it makes a powerful economic and human case for action.

We delivered a successful event for employers in West Berkshire last autumn and have had training enquiries in response. Here's a snapshot of what delegates said:

**"Excellent event, strong and engaging speakers."**

**"I come on lots of training sessions and it is hard to determine their impact. This has been fantastic and insightful and interesting and relevant to all."**

**"Confident to take this forward and cascade to managers."**

*June Dent is the director of our workplace training programme. Please email her at [june.dent@cwmt.org](mailto:june.dent@cwmt.org) if you would like to know more.*

## Anxiety – when does it become a mental health problem?



### We all feel nervous, worried or anxious on occasion, but when does anxiety become a mental health problem, and how can we help ourselves through it?

We've all experienced a degree of anxiety in relation to important decisions or occasions, such as taking exams, getting married, going into hospital or moving house. However, high and sustained levels of anxiety can negatively begin to shape how we feel, who we are and what we do, becoming debilitating and exhausting.

#### When is it a problem?

At the simplest level, anxiety might be becoming problematic if:

- We experience it very intensely, for example: heart beating fast; feeling nauseous or faint; trembling.
- There is no apparent reason for it, for example when we might otherwise expect ourselves to feel relaxed, and there is nothing apparent triggering our feelings (such as exams, or an interview).
- It is linked to particular thoughts or fears: social anxiety might mean we avoid social situations; health anxiety can make us negatively preoccupied with our health ("I have cancer"; "I am going to have a heart attack").

#### What can I do about it?

##### See your GP

Make your doctor your first port of call. Your GP can offer a professional opinion and suggest possible treatments.

##### Talk about it

As well as visiting your GP, talking to other people you trust about your anxious feelings can help dissipate them.

##### Distract yourself

Try focussing on something other than your anxious thoughts – perhaps by listening to music, phoning a friend, looking at nature or playing with a pet.

##### Breathe

Simple breathing techniques can help calm us. Try breathing in for a count of four and out for a count of six, focusing on the out breath.

##### Eat regular, healthy meals

The ideal pattern is breakfast, mid-morning snack, lunch, late afternoon snack, dinner, evening snack. Positive mood foods include oily fish, beans, oats, nuts, seeds and whole grains.

##### Reassure yourself

It can sometimes help to tell ourselves that the symptoms we experience are the result of anxiety, that they will pass and are not really dangerous.

#### Want to read more about anxiety?

You might like to visit:

- [www.mind.org.uk](http://www.mind.org.uk)
- [www.nhs.uk](http://www.nhs.uk)
- [www.studentsagainstdepression.org](http://www.studentsagainstdepression.org)

The Little Brown Book Group publishes self-help books for anxiety, including *Overcoming Anxiety* by Helen Kennerley, and *Overcoming your Child's Fears and Worries* by Cathy Creswell and Lucy Willetts: [www.littlebrown.co.uk](http://www.littlebrown.co.uk)

## Fundraising highlights

**The lengths to which our supporters go to raise money for CWMT sometimes have to be seen to be believed.**

Throughout January and a large part of February, everyone at the Trust office avidly followed the progress of Paddy, Max, Hec and Henry as they crossed the Atlantic in their pedalo, the Reveller, powered only by their feet and extraordinary determination. They have raised more than £180,000 so far with more to come, which will make a hugely positive difference to the amount of mental health training we are able offer across the UK.

In the next edition, you'll be able to read more about the team's experience and why they chose to raise money for CWMT; in the meantime you can read some highlights of their challenge below, together with reports from many of the other wonderful fundraising events our supporters have organised and taken part in.

We are particularly grateful this year to have been selected as one of two charity partners for the 2018 Henley Festival. The Festival takes place from 11- 15 July and celebrates the best of UK and international arts and music. It will offer many opportunities to increase awareness of our work and raise funds. We're also delighted to be the charity partner for the Broughton Hall Children's Literature Festival in Yorkshire from 27 – 30 September; you can read more about this in our feature on page 17.

It is thanks to all this marvellous

fundraising activity that the Trust is able to continue its work. One of our most important projects at the moment is for children who are particularly vulnerable to mental health problems. As you will have read in our news pages, these include looked after children, those with disabilities and refugees. This work was funded by a very welcome initial grant from Health Education England and we now wish to ensure it continues into the future. In the next edition of the newsletter we will tell you more about this work and how you might be able to support it.

Rachel Waller  
Head of Fundraising

### Haydn's Creation – St John's Smith Square

The Charlie Waller Memorial Trust has developed a healthy appetite for taking on the high peaks of music. None will surpass Haydn's Creation, commissioned from the composer during his last visit to London in 1795 and finally published with libretto in both English and German in 1800. It remains one of Haydn's greatest achievements which engaged, for the performance on 21 November, the combined talents of the Covent Garden Sinfonia, the Vox Cordis choir and three eminent soloists, all under the baton of the mercurial Ben Palmer.

The work relates the story of the creation, from Genesis with additions based on Milton, up to the Garden of Eden, with the soloists taking the parts of archangels and finally Adam and Eve. The drama was splendidly

## Pedal the Pond

### The crossing

On 7 January, four twenty-somethings set off on an epic 3,000 mile journey across the Atlantic. Their vessel: a pedalo. Their route, from Gran Canaria to Antigua, is the equivalent of travelling five times between Lands End and John O'Groats. The boys pedalled in pairs in two hour shifts, while the other pair slept, non-stop for forty days and nights, battling waves of up to 50 feet.

They reached Antigua at around midnight on Friday 16 February, exhausted but triumphant, having broken several world records. In the next newsletter, the boys will tell their story. In the meantime, you can still support their heroic fundraising efforts at [www.justgiving.com/fundraising/pedal-pond](http://www.justgiving.com/fundraising/pedal-pond)

### The ball

On 9 December around 650 people gathered at the Embankment Hotel in London to enjoy fine dining, dancing and most importantly to raise money for the Pedal the Pond boys. With a greeting drink on arrival, guests were ushered to the entrance hall to view a video of the boys' challenge, detailing the magnificent feat ahead of them.

presented, from the famous opening depiction of chaos to the final endearing scene in Eden before the fall. St John's Smith Square is a splendid venue in which to unleash such mighty musical forces. The performance was appreciated by a capacity audience which included, most unusually for St John's, full use of the gallery seating. The evening was another triumph for the Charlie Waller Trustees and



**CEO Clare Stafford with film maker and mental health campaigner Jonny Benjamin.**

The atmosphere was vibrant and people of all ages attended, making the event a complete success. Not only was the food of a very high standard and the venue impressive, there were also stirring speeches from film maker and mental health campaigner Jonny Benjamin, the pedalo boys and Sir Mark Waller to encourage donations and raise awareness of the Trust's work.

Mark Hillyer

### The panto!

Hilary Quinlan, mum of one of the pedalo team, held a collection at all 10 performances of *Jack and the Beanstalk* at Strode Theatre, Somerset, with Teresa Day, Director of our Schools and Families Programme. We also used this opportunity to promote our work in the area.

organisers and a fitting event to promote the vital work in which they are engaged.

John Uff QC

### Texas Scramble

Almost 100 golfers of various ages, genders and abilities gathered at Badgemore Park Golf Club, near Henley-on-Thames, on 20 September for the 19th annual golf day in aid

of CWMT. Despite chaotic weather elsewhere in the world with Hurricane Irma still in full force, we were blessed with a warm, dry and generally sunny day.

Armed with a hazy understanding of the rules from Mark Waller's prior briefing and some Mulligans for emergencies, the golfers glided in effortless unison around the course like the chorus from Swan Lake, bagging birdies and bogeys alike.

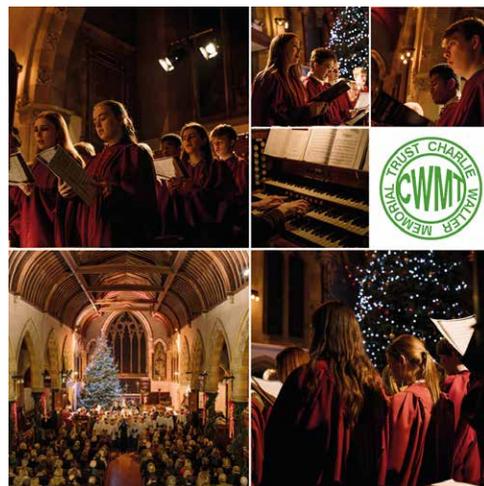
Mike Jones's victorious team from 2016 reassembled like a Take That reunion for another one-off appearance to defend our trophy, hampered only by a net handicap reduction from last year and a few more grey hairs. Nevertheless, with a gross score of 63 (par 69) and a net score of 57.1, Mike's team again won the overall competition, laying down a serious challenge for the 2018 contenders. Mike scooped the longest drive prize as well, although team member, Andy Lomax, who had come up from the Isle of Wight that morning leaving home at 5am, really merited the award for longest drive. He had to make do with the longest drive home (for which there was no prize) and an engraved whisky glass, while Mike took home the champagne.

Golf was followed by an excellent lunch and a riotous auction, led by auctioneer Mark Durden-Smith, who managed to persuade those attending (including the writer of this piece) to part with stupendous amounts of money in aid of CWMT, which we gladly did.

I suspect most of those attending have had some experience, directly

or indirectly, with the issues tackled by CWMT throughout the year, and for that reason we were all delighted to play our small part in supporting this valuable and important charity.

Nick Shepherd



Bradfield Chapel – a beautiful setting

Carol Service, Bradfield College

"To the darkened soul bring laughter, and to the damaged mind give hope". With these lines from a prayer written for World Mental Health Day, the Reverend Dr Peter Hansell reminded a tightly packed Bradfield College Chapel that it wasn't only for the beautifully wrapped mince pie and meringue going home present that we had all gathered.

If any encouragement were needed, these words, together with the sublime combination of the Elstree and Bradfield choirs, ensured that the Chapel's roof was truly raised when it came to O Come, all ye Faithful and Hark! The Herald Angels Sing. Wonderful, spine-tingling Christmas magic.

The amazingly erudite Alice Palmer spoke on behalf of CWMT. Alice spoke movingly about the life-enhancing work of the Trust. She also highlighted some of the strain on the system with the sobering statistic that in certain cases it can take years from a GP's referral to someone actually seeing a psychiatrist and starting to get the proper help and support they need. Alice also singled out Bradfield as being one educational establishment that is really working hard at mental health awareness.

Throughout a thoroughly joyful service we were entertained by Mark Durden-Smith explaining *How Angels Came To Be Atop The Tree*, rowing legend Alex Gregory reciting Helen Steiner Rice's *The Priceless Gift of Christmas* and Bradfield Music Scholar, Tom Klafkowski, ensuring there were few dry eyes in the house with his stunning solo in *Three Kings from Persian Lands Afar*.

As ever, nights as brilliant as this are only possible due to the hard work of a legion of musicians, choristers, sponsors and of course a fantastic committee. You could not have wished for a better start to Christmas.

Mark Antelme

London Carol Service

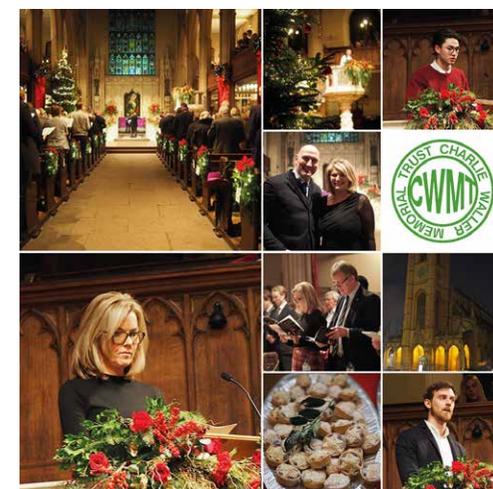
The CWMT Carol Service is one of the highlights of our family Christmas and marks the proper start of festivities. This year, it was as good as ever and lived up to all expectations. So what makes it so special? Everything about it, I think. St Luke's Church, which is huge, was filled to the brim and humming with excitement by the time we arrived, friends and relatives all laughing and smiling happily, catching up on news and discussing the long list of celebrity readers. Lawrence

Dallaglio, who is also huge, was my Dad's favourite but they were all excellent and generous in giving their time and talents for the event.

Charlie Grace's brilliant Vox Cordis were every bit as good as I remembered them; beautiful singing breathing life and fun into the Christmas classics. The highlight for me was Sir Ken Gibson's inspirational address towards the end of the service. He was funny and down to earth but spoke powerfully about CWMT and mental health issues in everyday life; strong words softly spoken, leaving us all with plenty to think about.

Sadly, I never got the chance to meet cousin Charlie although I love hearing the stories about him and we all remember him, and others who have been affected by depression, through the great work of the Trust. And at the end of a wonderful carol service, we all stepped out into the crisp night air to spread the word, but not before a well-earned mince pie or two!

Freddie Bowyer, 13



Seasonal splendour at St Luke's

### Thames Path Challenge

CWMT Trustee Dr Nick Broughton, Richard Morgan and Gary Harcombe completed the Thames Path Challenge, running 100km from Putney to Henley along the river. Richard said he was "running for a cause that has become only too apparent in young people of today – mental health and depression." Aiming to finish in time for last orders, he added: "I finished just before 9pm with a run time of 12 hours, 30 minutes. There were lots of lows, a few highs and a huge respect to the power of bananas!"

Nick Broughton, meanwhile, said: "Gary and Richard finished well ahead of me and had long since gone home by the time I arrived in Henley! It took me a little over 16 hours, during which I experienced episodes of euphoria and despair." As well as running with an injury, Nick encountered other unexpected trials en route: at one point he was attacked by a dog, and he also had to call emergency services to ensure the safety of someone he met between Bray and Maidenhead.

All in all a marvellous achievement which brings new meaning to the term 'fundraising challenge'.

### Welly Ball 2017

The Welly Ball is an annual event hosted by the students of St Andrews University, Scotland, welcoming students from universities across the UK. In November 2017 we welcomed 2,000 guests, who donned black tie and wellington boots, for our 10th anniversary and fourth consecutive year of supporting the Charlie Waller Memorial Trust. This has led to CWMT generously awarding the Welly Ball Committee the Mary Moloney



### Ball revellers in their welly boots!

Plate, which will be displayed in the university.

The tireless work of the committee meant that in 2017 we were proud to donate £27,000 to the charity, which will go towards Charlie Waller GP training in Scotland. The ball involves a sit-down dinner for 850 followed by an after party, with live bands, DJs, with fabulous sponsorship and a woodland theme. The 2017 event received the best reviews yet from guests and we are in the process of initiating plans for the 2018 event to make it even more of a success.

Olivia Douch and Annabel Burton

### Quiz Night

Wednesday 17 January saw yet another very successful quiz evening at St Columba's Church to raise funds for CWMT. Huge thanks go to Richard Hilliard who compered the quiz with wit and purpose, and Mary Nightingale who officiated the Heads and Tails competition. Our thanks also to the team of scorers ably marshalled by Alexander Shenkman whose audit skills were vital – not least in assessing the returns of team Gin'll Fix It who won for the third year running...The margin by which Gin'll Fix It won was impressive and prompted serious discussion from

other teams about using unauthorised assistance in the event of future quiz evenings – such is the dominance of the Gin team. It was also extremely gratifying to note that yet again we had a full house and we very much appreciate the generosity of all participants.

As always a huge vote of thanks must go to Sue Shenkman and her team who masterminded the evening, not least in providing delicious smoked salmon and prosecco.

Tim Fisher



Mary Nightingale officiating Heads and Tails

### USA bike ride

Phrases like "taking yourself out of your comfort zone" or "it's good to set yourself new challenges" have always seemed rather foreign to me. But inexplicably, it was with such thoughts in mind that I decided to cycle 2,500 miles down the east coast of the USA. I was not, by any definition, a cyclist, nor did I actually own a bicycle. But on 18 October 2017 I flew to Boston with a shiny new bike, an iPhone, Google maps and some Lycra.

My unsupported ride started on the Maine/Canada border and finished in Key West, Florida. I gave myself 51:49 odds of success. The first two weeks were physically tough, the middle



Gavin at the start and end of his epic journey

two weeks were mentally tough and the last two weeks were almost fun. Staying in motels and eating mostly in petrol stations gave me a very different perspective of the USA that I thought I knew. It was a privilege and a great motivation to raise funds for CWMT. Thank you to all those people who supported this great cause.

Gavin Owston

### Nuts Challenge

Many congratulations to Xan Winterton and 15 others who completed the Nuts Challenge 2017, a 15km obstacle course, in memory of their dear friend Edward Lundy. "We had a great, though exhausting, time!" said Xan.



Xan and team at the Nuts finish line

### Chalke Valley Cricket

James Holland, Chairman of Chalke Valley Cricket Club, put together a festival of cricket at the end of the summer. Four matches were

played over four days, with evening entertainment, marvellous food and drink and a special Saturday England Legends Lunch with an auction, raffle, and former England cricketers stars. A most enjoyable time was had by all.



**The Shepherd family: let there be lights!**

### Christmas lights

Jancis and Tony Shepherd have been lighting up their Marlow home in spectacular fashion for many years to raise money for good causes. The wonderful light show is accompanied by music each evening for several weeks over the Christmas period, attracting visitors from miles around. We are very fortunate that they selected CWMT as their beneficiary.

### Beating the winter blues

Many thanks to Lady Colfox for holding a successful fundraising concert. The 'Afternoon of Musical Joy' was held at Symonds Estate, Dorset and the incredibly varied programme encompassed Poulenc, Schumann and the Rolling Stones, amongst many others. A fascinating musical journey!

### Dry January

Wine lover Alex Hutchings made it through her dry January challenge, saying: "I'm delighted to have

supported CWMT, as I am a passionate advocate of promoting awareness for children and young peoples' mental and emotional health, primarily as a mum, but also a High School Pastoral Manager. It was a long month and I treated myself to a very large glass of cold Chardonnay on the evening of 1 February!"

### Kent Tea

We are most grateful to Sally Rumbellow for holding a very successful strawberry tea in the summer to raise funds for us in Kent. The tea was held by kind invitation of Hugo and Serena Loudon and a delightful afternoon was had by all.



**Melina and friends in their swimming costumes!**

### Boxing Day swim

Huge thanks to Melina Jones for braving the freezing waters of Tenby on Boxing Day to raise money for the Trust.

### Roger Smith

Our continued thanks to Roger Smith for his ongoing support to the Trust through his fundraising lectures.

## Forthcoming events 2018

### Virgin London Marathon

Sunday 22 April

### Fingask Follies

Broughton Castle, Oxfordshire  
Thursday 17 May

### Bike Oxford

From Oxford University Rugby Club  
Sunday 20 May

### Texas Scramble Golf Tournament

Badgemore Park, Henley-on-Thames  
Wednesday 23 May

### Annual Cricket Tournament

Bradfield College, near Reading  
Sunday 8 July

### Neon Disco for children

Englefield House, near Reading  
Monday 9 July

### Henley Festival

Henley-on-Thames  
Wednesday 11 - Sunday 15 July

### British London 10K Run

Sunday 15 July

### Children's Literature Festival

Broughton Hall, Yorkshire  
Thursday 27 - Sunday 30 September

### Donnington Art Fair

Donnington Priory, Newbury  
Thursday 27 - Sunday 30 September

### St Matthew Passion

Cadogan Hall, Belgravia  
Thursday 8 November

### Bradfield Carol Service

Bradfield College, near Reading  
Tuesday 4th December

### London Carol Service

St Luke's Church, Chelsea  
Monday 10 December

Please see our website – [www.cwmt.org.uk](http://www.cwmt.org.uk) – for event tickets, entry forms and more information, or contact us by telephone on 01635 869754 or email at [admin@cwmt.org](mailto:admin@cwmt.org)



### Boden partnership – official launch

The first part of the official launch of our partnership with Boden took place at the company's head office in London on 28 February. More than 250 Boden people heard presentations from CEO Clare Stafford and trainer Dick Moore about the work of the Trust and the importance of mental health. Boden Chairman Julian Granville introduced CWMT and presented us with a cheque for £70,000 – an extremely generous initial boost for the partnership which will immediately help us reach more people with training and talks on mental wellbeing.

Chatting to staff afterwards, we were extremely encouraged by their great enthusiasm for helping us raise further funds and awareness in the coming months.

We are very much looking forward to the second launch event, to take place in April at Boden's Leicester premises.

## Lift your spirits!

**A further selection of uplifting art and music from CWMT trainers and programme directors.**

If you'd like to tell us about any books, paintings, songs, photos or other pieces of art which enhance your sense of wellbeing, do write to us and we'll publish as many as we have space for.

### Wild and wonderful

2017 was a challenging year for me personally, with some difficult family problems and two operations to remove cancers from my face; I am recovering from one of these as I write. It is so easy to feel quickly depleted and I can all too readily recognise that utterly awful, overwhelming feeling. There are few ways in which I can easily express myself: I am no artist but do enjoy writing and particularly relish photography. It is specifically photography, where I can capture moments and find meaningful expression for them; especially the wild and wonderful places that have the capacity to touch my soul. I took this photo on a near-deserted beach in Snowdonia, of an unknown person in their own space, surrounded by beauty. I am often this small dot: existentially minute yet phenomenologically connected in the moment, staring out to sea across the iridescent blue.

Andrew Reeves, Programme Director – Universities and Further Education

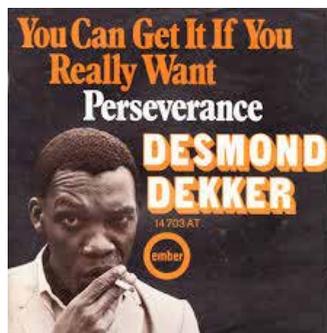


### If at first...

This track reminds me nostalgically of being at school and every lunchtime dancing to reggae and rocksteady music with my mates. We played the same tracks over and over and over again. But more importantly the lyrics speak of the importance of holding onto your values and achieving what you want, even if the going gets tough. Even then, the ideas of perseverance and resilience seemed important.

And last but not least it is the track played in the closing sequence of one of my all-time favourite films, Made in Dagenham, about the women machinists at Ford who went on strike in 1968 and whose determination and persistence against so much opposition led, eventually, to the change in support for gender pay equality at work and ultimately the development of the Equal Pay Act in 1970.

June Dent, Programme Director – Workplace



### Musical hug

I've hugely enjoyed Gregory Porter's new album 'Nat King Cole and Me'. This beautiful new take on these very familiar songs felt like the musical equivalent of a big warm hug. I especially enjoyed really hearing 'Nature Boy' for the first time since I've been a wife and mother; the line 'The most important thing you'll ever learn is just to love, and be loved in return' hugely resonated with and uplifted me.

Pooky Knightsmith, former Director of Children and Young People

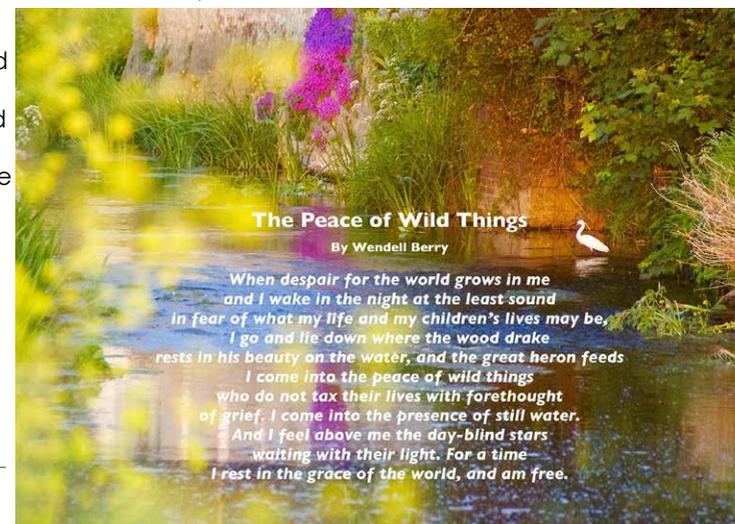


### Rest in beauty

I took this photo a couple of summers ago when out with my dog. The bridge is just behind my house and I walk across it most days to access the fields beyond. On a beautiful mid-summer evening I disturbed this little egret, which flew off as it heard me walking above it. I watched it circle around before flying back down to reclaim its fishing ground, waiting with immense patience, for a fish to swim by.

Watching the egret, I shared its serenity and became aware that this poem had started to 'play' in my mind. When I returned home I added the poem to the photograph to make this picture – it captures perfectly the uplifting peace I experience when immersing myself in nature.

Teresa Day, Programme Director – Schools and Families



### The Peace of Wild Things

By Wendell Berry

When despair for the world grows in me  
and I wake in the night at the least sound  
in fear of what my life and my children's lives may be,  
I go and lie down where the wood drake  
rests in his beauty on the water, and the great heron feeds  
I come into the peace of wild things  
who do not tax their lives with forethought  
of grief. I come into the presence of still water.  
And I feel above me the day-blind stars  
waiting with their light. For a time  
I rest in the grace of the world, and am free.

### Calm after the storm

The idea of overcoming storms and high seas as an analogy for overcoming the challenges life can throw at us is one I often reflect upon. I find this quote by B D Gulledge very thought-provoking; it also mirrors the incredible challenge taken by the 'Pedal the Pond' team to raise funds for our work:

"I used to sit on the banks with a raft and watch the water roll lazily by. One day I pushed my raft into the shallows of the water and found the water moved swifter than I thought. My raft was actually a boat. Then, after some time, I rowed my little boat into deeper water. There were great storms, mighty winds, tremendous waves, and sometimes I felt so alone. But I have noticed my little rowboat is now a mighty ship manned by my friends and loved ones; and beautiful calm seas, warm sunny days, and nights filled with comfortable dreams always double after a storm. Now, I could never go back and sit on the bank. In fact, I search for deeper water. Such is life when lived."

– B D Gulledge

Andy Caress, CWMT Trainer

## Supporting us

The Trust relies on individuals who generously give their money or time to continue our work and we are extremely grateful for all your support. There are many ways in which you may make a donation:

### Regular donations

A banker's order form (including a Gift Aid declaration for UK taxpayers) can be found on page 39.

### Donate online

Please visit our website – [www.cwmt.org.uk](http://www.cwmt.org.uk) – to make an online donation.

### JustGiving

Please visit [justgiving.com/charliewaller](http://justgiving.com/charliewaller)

### VirginMoneyGiving

Donate through VirginMoneyGiving using the link on our website: [www.cwmt.org.uk/donate](http://www.cwmt.org.uk/donate)

### By cheque

Send a cheque (payable to CWMT) to Charlie Waller Memorial Trust, 32 High Street, Thatcham, Berkshire RG19 3JD.

### By telephone

Call us on 01635 869754.

### By text

Text 'TALK18' £2/£5/£10 to 70070

## The new CWMT mug

A fun, useful addition to your mug tree with an important message.

Let people know it's okay to talk about depression.

Great for teachers and others working with young people, line managers, health professionals – and just about everybody else!

**£8.00 each with free postage and packing**

**Why not order yours now? Visit our shop at [www.cwmt.org.uk](http://www.cwmt.org.uk), call us on 01635 869754 or email [admin@cwmt.org](mailto:admin@cwmt.org)**



## Banker's Standing Order

Please complete your details below in block capitals, sign and date the form then return it to: **Charlie Waller Memorial Trust, First Floor, Rear Office, 32 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 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 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 \_\_\_\_\_

Title \_\_\_\_\_ 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.

# Sources of help

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

**Samaritans:**

116 123

For confidential emotional support 24/7

**Maytree:**

0207 263 7070

An adult respite sanctuary for the suicidal

**Young Minds Parents' Helpline:**

0808 802 5544

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

**NHS111:**

111

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

**BABCP:**

[www.babcp.com](http://www.babcp.com)

For a register of accredited therapists

**BACP:**

[www.bacp.co.uk](http://www.bacp.co.uk)

For a directory of registered/accredited therapists

**Papyrus Hope Line:**

0800 068 4141/Text 07786 209697

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

**Students:**

[www.studentsagainstdespression.org](http://www.studentsagainstdespression.org)

For information and self-help material

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

## Who's who in CWMT

Trustees: The Rt Hon. Sir Mark Waller (Chairman), Robert Beaumont, Gordon Black CBE, Robin Booth (Hon. Treasurer), Dr Nick Broughton (Consultant Psychiatrist), Michael Cole-Fontayn, William de Laszlo, Mark Durden-Smith, Charles Lytle, Prof. Roz Shafran (Chartered Clinical Psychologist), Mrs Susan Shenkman, Philip Waller, Richard Waller QC, Iain Weatherby

Board Advisers: Professor David Clark, Lord Crisp KCB, Lord Layard, Dr Denise Meyer, Dr Suzanna Rose, Sir Anthony Seldon, Professor Sir Simon Wessely

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

Chief Executive: Clare Stafford; Head of Fundraising: Lady Waller;  
Communications Director: Tracey Gurr; Director; Schools and Families Programme: Teresa Day;  
Director, Universities and Further Education Programme: Dr Andrew Reeves;  
Director, Primary Care Programme: Dr Maryanne Freer;  
Director, Workplace Programme: June Dent; Admin & Design Officer: Amy Martin;  
Training and Projects Officer: Izzi Dent; Fundraising Assistant: Georgie Miles;  
Administrative Officer: Fiona Gallagher

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