

CWMT News

The newsletter of the Charlie Waller Memorial Trust

Depression can be beaten

Professor Steve Hollon on not believing everything you think

Coping with self-harm

A new guide for parents

Dr Brian Marien

reviews David Brooks' The Road to Character

The Midsummer Ball

A huge success

What a scorcher!

The CWMT cricket tournament and other fundraising highlights

Issue 34
September 2016



Letter from the Chairman



Dear All,

The Trust is expanding and we are very fortunate with the support we are getting to enable that to happen. This

expansion is down to the individuals who train in schools and universities, who help our GPs and others in primary care, and who do wonderful work at the Charlie Waller Institute at Reading University; it's down to the work done by people working in the office (now in bigger premises); and, of course, it is down to the amazing support by so many volunteers who help raise funds.

To name individuals would normally be unfair, but the amazing sum raised by the Yorkshire Ball (see page 22) does, I think, allow me to mention the Black family. They have been wonderful supporters right from the beginning, Gordon with his wisdom and business sense as a Trustee and Louise at the heart of fundraising, together with their children. The work done to make the ball the success it was shows their enthusiasm is undimmed – we are truly grateful.

The work of the Trust and the many volunteers has been recognised by the Queen's Award for Voluntary Service. Reading University has also recognised the contribution made by the Trust to the research carried

out by the Charlie Waller Institute at a ceremony in which the Trust was inducted with others to the College of Benefactors. These awards give some independent recognition of the value of the work being done by the Trust but, as importantly, the value of the support you all have given, without which nothing could have been achieved.

Finally, you will notice that this edition of the newsletter looks a little different from usual. By good fortune, our new Administrative Assistant, Amy, brings with her graphic design skills. This means we are able to have a professionally designed newsletter, in colour, for less than the previous version cost to produce. We hope you like it – please send any comments to tracey.gurr@cwmt.org

Mark Waller

Inside this issue:

- 2 Letter from the Chairman
- 3 Report from the Treasurer
- 4 News and project updates
- 8 Depression can be beaten – Professor Steve Hollon
- 13 Book review – David Brooks' The Road to Character
- 16 "We have to find a way of getting through" – the impact of self-harm on families
- 20 Profile – Andy Caress, Waller Trainer
- 22 Fundraising highlights – thank you to our supporters
- 29 Serene spaces – two peaceful gardens
- 30 What's on – forthcoming events
- 30 Support us – how you can help
- 31 Banker's standing order form
- 32 Sources of help
- 32 Who's who in CWMT

Report from the Treasurer



The 2015 accounts have been approved by the Trustees and audited with no material changes since the spring newsletter. Income was £713,000 whilst

outgoings were £540,000 including £418,000 (2014: £306,000) spent on the Trust's charitable activities. Net of investment losses of £20,000 accumulated funds increased by £153,000 to £1,339,000 at the year-end. The full Trustees' Report and Financial Statements have been filed at Companies House and with the Charity Commission. If you would like a copy, please contact the office.

2016 has started very well. The unaudited management accounts for the first six months show £506,000 was spent on, or committed to, charitable activities. There were significant increases over the same period last year in our Schools (up 61% at £121,000) and Universities/Students (up 113% at £32,000) programmes and a renewed £250,000 commitment was

made to sponsor The Charlie Waller Institute at £50,000 p.a. for another five years commencing September 2017, when the present arrangement expires. We budgeted for a significant increase in our charitable expenditure and expect further evidence of this in the second six months.

Gross income for the six months was £555,000, 89% up on the same period last year. This included £211,000 of grants, donations and gift aid, £98,000 from our own fundraising events, £16,000 of investment income and £217,000 from activities organised by supporters of the Trust. We are hugely grateful to everyone who has worked so hard, often in demanding physical challenges, and given so generously. The Yorkshire Ball raised over £226,000 (net), of which £158,000 was received by 30 June. A truly remarkable effort.

Generating our income cost £73,000 compared to £53,000 in the same period in 2015. The increase was partly attributable to the direct costs of our own fundraising events, up a little at £34,000, but generating £98,000 of gross income.

Net outgoing resources for the half-year were £24,000. Investment gains of £42,000 meant there was an £18,000 increase in accumulated funds to £1,357,000 at 30 June 2016. The long term business plan approved by the Trustees anticipates that over the next two to three years expenditure will exceed income and reduce our reserves, as we continue to expand our work.

Robin Booth FCA

News and project updates

“I just wanted to thank whoever organised last night’s talk. I found it incredibly informative, inspiring and totally emotional and such a wake-up call to the mental health of young people.”



2016 has been a tremendous year so far for the Trust. As Sir Mark has mentioned, we were honoured to receive the Queen’s Award

for Voluntary Service, and I was lucky enough to attend the garden party at Buckingham Palace in May, together with Waller trainer, Dick Moore. The Trust is gradually expanding and we have been joined by Amy Neal as a full-time administrator and fundraising assistant. We have therefore moved into a larger office just down the road in Thatcham. (You can find our new address on the back page). We are now reaching more people than ever before – particularly children and young people – with vital information about looking after their mental wellbeing, through talks, training sessions, workshops and conferences. My thanks to all of you who generously support these activities.

C. Stafford

Clare Stafford
Chief Executive



Supporting the support staff

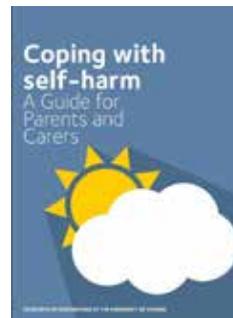
In March we were successful in being awarded a significant grant from Health Education England for a one year project developing the capacity of school pastoral and support staff to provide effective early intervention for young people with mental health issues. This is being led by Pooky Knightsmith and we have taken on a new member of staff, Izzi Dent, as Project Assistant.

The work is taking place in Wiltshire, Somerset and Brighton and builds on local plans and activity as well as providing face-to-face and online support to staff working with young people. All the work will be based on what pupils and staff need, using the approaches research shows to be most effective.

The project should produce ideas and materials that can be rolled out in other parts of the UK.

Coping with self-harm

CWMT has been collaborating with Professor Keith Hawton who leads a research group at Oxford University studying suicide and related issues. As a result we have published a leaflet version of ‘Coping with Self-harm – A Guide for Parents and Carers’. The content of the leaflet was developed with parents of children who had self-harmed and



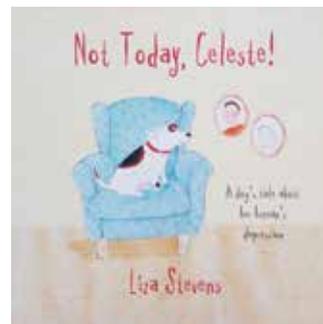
early feedback is that other parents have found it very useful in coping with a difficult issue. You can read more about the guide in our article on page 16.

Conference round-up

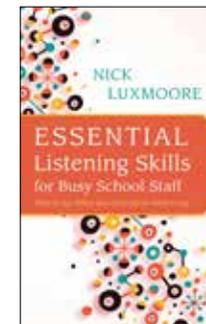
Our Children, Young People and Schools Programme has developed further under Pooky Knightsmith's direction and we are increasingly asked to speak at conferences, reaching significant numbers of parents, professionals and pupils. Pooky has spoken at many events across the UK, including 'Presenting Positive Body Image' in Wiltshire. Waller Trainers Dick Moore and Andy Cares were the keynote speakers at the SecEd conference in Birmingham in June, receiving excellent feedback from teachers who attended. Dick also addressed 800 people at the Jersey MIND conference and he and Pooky both spoke at Teach First in Leeds, (see page 7).

The CWMT Mental Health Book Club

A very recent initiative for our schools work has been the 'CWMT Mental Health Book Club'. Teachers have told us they value practical resources to aid teaching children and young people about mental health and so we have formed a partnership with Jessica Kingsley Publishing to provide books from a wide range of titles they currently publish on children's mental health. More than 300 teachers signed up to the scheme in the first three days – which shows how well this idea has been received and that Pooky and our team of Waller trainers have excellent networks in schools. Schools will sign up to receive books regularly, together with expert reviews and guidance on using the books in the classroom.



The first two
books in the
club



Online developments

Many staff at universities may come across students experiencing depression, anxiety, homesickness or other issues related to their mental wellbeing. In recognition of this, we have developed a new online learning package to help non-specialist staff feel more confident in spotting and responding to signs of distress amongst students.

It is free of charge and aimed at any staff who may find themselves having that first conversation with a student, whether they're a personal tutor, cleaner, librarian, chaplain or a member of the catering staff. The training has been reviewed by experts in the mental health field and covers a range of topics including identifying mental health problems, key helping skills, transitions, risk and crisis. Alongside this we are updating

the Students Against Depression website to include more advice on topics such as insomnia and anxiety.



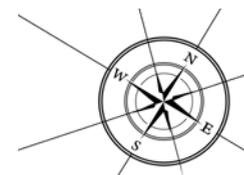
City Mental Health Alliance

Our collaboration with the City Mental Health Alliance has progressed and we have planned an event in December to bring together City employers and senior leaders in the university sector to emphasise how important emotional and mental wellbeing is for employment and life chances.

Northern lights

More than 200 people attended our Yorkshire fundraising ball in June (see page 22) which has already led to an expansion in our activity in Yorkshire and the north of England. We are focusing on children and young people and were pleased to work with Teach First in Leeds at their two-day event in July, attended by 3,000 trainee and newly qualified teachers. Dick Moore delivered three talks to a packed lecture hall and Pooky Knightsmith trained 30 Teach First Ambassadors in resilience; they each cascaded their training to 30 others the following day, making a total of 900. Pooky also ran sessions for teachers who are vulnerable, some because of their own mental health problems, to help them build their mental wellbeing. Teach First, who prepare talented new teachers to work in the most challenging schools in deprived areas of the UK, have now invited us to help shape their curriculum.

We have also booked 'roadshow' events for schools in Oldham, Wakefield and Northumberland in partnership with Optimus Education and a conference in Durham in December. We expect these events to lead to an increase in requests for our training in schools and for us to have a broader impact in the region.



Charlie Waller Institute – a transformative impact

Professor Shirley Reynolds from the Charlie Waller Institute (CWI) and colleagues from the School of Psychology at the University of Reading held a very successful and well-attended event for parents and professionals in June. Waller Trainer Lisa Thomson was part of the expert panel who spent an hour taking questions from parents and provided insights from the latest research, with practical advice and strategies that parents could take away with them. One parent commented on having had an opportunity to see that "other parents' concerns are similar...in a similar situation – I'm not alone," and another attendee said that the panel was "very positive and helpful; good to have access to professionals and a good mix of people...open and informative speakers."

In July the University of Reading recognised the Trust as a significant donor through our continued support of CWI. Rachel and Mark Waller attended a ceremony at which the Trust was admitted to the College of Benefactors and Vice Chancellor Sir David Bell remarked that CWI's "generous support has had a transformative impact on the University's teaching and research".



Depression can be beaten



Steve Hollon is Professor of Psychology at Vanderbilt University in the USA, and has devoted his career to the treatment and prevention of depression.

Depression is an eminently treatable disorder. Moreover it can be prevented.¹

For people with less severe depressions something works better than nothing and nothing works better than anything else.² What this means is that doing something such as the kind of low intensity treatment as offered through Increasing Access to Psychological Therapies (IAPT)³ is often enough to help someone get out of a depression. Most episodes will run their course even in the absence of treatment (something known as spontaneous remission) but pursuing some kind of active intervention can cut the time that takes from months to weeks.

For people with more severe depressions something that has a more specific antidepressant effect is required. What this means is that

some types of active interventions work better than simply going into treatment. Antidepressant medications work better than pill-placebos for people with more severe depressions, something that is not the case for less severe depressions,⁴ and certain types

“...something works better than nothing and nothing works better than anything else.”

of “talk therapies” work better than more purely supportive interventions.⁵ Chief among them are cognitive therapy (CT) and behavioural activation (BA), but the same can be said for interpersonal psychotherapy (IPT). Both CT and BA focus on teaching skills that people can use to deal with their own depressions and these skills, once learned, appear

to help to keep them from getting depressed again. Several studies have shown that people treated with CT are less than half as likely to get depressed again after treatment is over than people treated with medications⁶ and the same was true for BA in the one study in which it has been tested.⁷

CT teaches people how to recognise when they are being unnecessarily negative about themselves or their futures and how to examine the accuracy of their own beliefs. Despite its name it teaches behavioural skills as well and encourages people to use their own behaviours to test their beliefs. BA is a simpler intervention and focuses on encouraging people to pursue the things they value and to not avoid the things they fear. Both approaches put an emphasis on teaching people how to become their own therapists (much like having your mechanic teach you how to do maintenance on your own car) and that is likely why they have enduring effects.⁸

CT and BA can be taught to both children/adolescents and adults. Pre-pubescent children generally do better with more purely behavioural interventions but both adolescents and adults can handle the more cognitive aspects of CT as well. Not only can people learn these skills while they are in treatment for depression, they can also learn these skills when they are not depressed. Studies have shown that adolescents at risk by virtue of having a family history of depression but not currently depressed themselves can learn skills that protect them from becoming depressed⁹ and that this preventive effect can last across their adolescence.¹⁰

There have been at least three times in my life when I was depressed enough to meet criteria for one of my own treatment trials. The first came the year when I graduated from college and I had no sense as to what I wanted to do with my life (I withdrew my applications for law school but was unable find a graduate programme in psychology that would admit me), the second the following year when I managed to find a job as a therapist in a community mental health centre by staffing the suicide crisis hotline every fourth night, and the third came the following year during my first year in graduate school when I became convinced that I could never come up with the idea for a study and thus would never earn my doctorate. All started in the winter (curiously after bad colds that settled deep into my lungs) and all remitted spontaneously in the spring. I sought no treatment for

“To a person with a fungus in their nose the whole world stinks.”

the first episode (it cleared up on its own over a good meal at a Hungarian restaurant like a fever breaking) but did for the second (getting misdiagnosed as having obsessive compulsive disorder because I was ruminating that I might not be doing right by my suicidal callers). I did get some good behavioural counselling from one of the faculty in my psychology programme for the third episode, with the particularly wise counsel not to drop out of training just because I was depressed (one piece of advice I always give my clients is to avoid making major life decisions in the

midst of a depression – the philosopher Spinoza once said: “To a person with a fungus in their nose the whole world stinks”).

In each of those episodes I lost interest in doing the things that I typically enjoy and spent my time dwelling on how inadequate I was (most people who get depressed are concerned that they are either incompetent or unlovable or both). I ruminated about the things I did not think I could do (like getting into graduate school or working with my clients or coming up with a dissertation proposal) and had trouble sleeping through the night, waking up well before dawn ruminating on my failings. I was never suicidal but that often goes with depression and tragic when carried out.

What really changed for me was when I went to Philadelphia with the intent of working with Aaron Beck, the developer of CT (I have never been shy about pursuing what I wanted when I was not depressed and although I showed up uninvited I was able to work my way into his group by working for nothing and doing whatever needed to be done).

“Do not believe everything you think: check it out.”

Over the course of the next two years I learned a lot about depression and even more about CT and what I found is that I derived as much benefit from what I was teaching my clients as I

hope they did. No more midwinter depressions; it has become second nature for me to catch myself when I start to ruminate by asking: “What is the evidence?” or “Is there any alternative explanation?” or “What are the real implications?” In essence, “Do not believe everything you think: check it out.” I also learned the basics of behavioural activation: do not wait to feel like doing something; act first and the motivation will follow.

I have never had another episode of depression since I started doing CT with my clients and that is not the usual course that these things typically go. I cannot say for sure that it was learning how to do CT that prevents my own proclivity for getting depressed, but I strongly suspect that is the case. I no longer worry about whether I am competent enough to do the things I value, I just list the steps that need to be taken and let the outcome decide whether it was something that could be done. I no longer worry about whether someone else will like me or approve of what I do, I have learned to let other people tell me no. It is not just what happens to you that determines how you feel (and how you respond) it is the way you interpret those events, what you think they mean about you and your future. Once you recognise that basic fact, it gives you an extra tool for dealing with the challenges you face.

None of this is magic, but some life skills work better than others. The United Kingdom differs from the United States in having an absolutely first-rate mental health system that affords access to treatments that actually work.

We have a problem in the US that we refer to as the “doors” problem; what you get by way of treatment depends on whom you go to see and most therapists are behind the times with respect to what they know to do. In the UK the National Institute for Health and Clinical Excellence (NICE) evaluates the evidence for different kinds of interventions and the National Health Service (NHS) puts money into training therapists to deliver psychosocial treatments that have been shown to work. Much of the latter is due to the efforts of Richard Layard and David Clark, the developers of IAPT.¹¹ We have nothing like it in the US although it is a system that some of us hope to emulate.¹²

“...do not wait to feel like doing something; act first and the motivation will follow.”

The bottom line is that there is nothing shameful about depression or anxiety or any of the other psychological disorders that IAPT was designed to treat. Winston Churchill would have met criteria for depression at several

points in his life (usually when he lost an election) and Abraham Lincoln as well. Not bad company to run in. That being said, there is no reason to put up with being depressed. Good, efficacious treatments are now available that can both help a person get over any given episode and greatly cut the likelihood that they will get depressed again. Antidepressant medications can be quite useful (they are often quite effective and relatively safe) and for some people they will be the answer. About a quarter of the more severely depressed patients in our studies do better on medications than in cognitive therapy whereas another quarter of our patients do better in cognitive therapy than they do on medications (for the other half of the patients do equally well in either).¹³ I would start with a treatment like CT (or possibly BA) that has an enduring effect since depression tends to be a recurrent disorder (most people will be like me and have multiple episodes). Nonetheless different people respond to different treatments and the NHS is wise to offer an array of efficacious interventions.

Depression is an eminently treatable disorder and it can be prevented.

Improving Access to Psychological Therapies (IAPT) is an NHS programme rolling out services across England offering interventions approved by the National Institute of Health and Clinical Excellence (NICE) for treating people with depression and anxiety disorders.

To find your local IAPT service visit www.nhs.uk for contact details or contact your GP.



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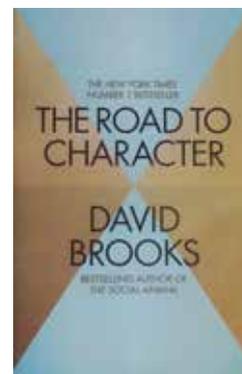
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The Road to Character – reviewed by Dr Brian Marien



David Brooks' latest book, *The Road to Character*, provides some serious food for thought. Brooks opens by outlining the opposing sides of our nature. Adam I, as he coins one half, is continuously striving for and driven by personal gain, status, and materialism. The achievements caused primarily by Adam I's influence are mainly individualistic, linked to personal success, self-advancement and designed to bolster our 'résumé'. Brooks contrasts Adam I with his twin, Adam II, who embodies a very different set of characteristics. Adam II's inclination is to champion the advancement of more moral qualities, such as humility, honesty, compassion, selflessness, and kindness, as well as an eagerness to engage in a 'wider context'. Brooks calls this self the 'eulogy', since these traits are those we tend to remember and truly value in someone. It is Adam II, with his sense of a deeper meaning and purpose, who, for Brooks, in the age of the selfie, rising egotism and personal greed, must be brought to the fore if we are to live healthier, happier lives. This is not a new concept. Aristotle

distinguished between two types of happiness: hedonic (based on consumption, pleasure and immediate gratification) and eudaimonic (deeper satisfaction derived from a sense of purpose, meaning and connection).

Brooks argues that "success leads to the greatest failure, which is pride. Failure leads to the greatest success, which is humility and learning". To press home this thesis he revives various historical figures that, he believes, are joined by a common thread: they have all experienced adversities and failures that helped them to grow and strengthen, building their own unique responses. Taking a plethora of big names – from St Augustine to Samuel Johnson and George Eliot to Dwight D. Eisenhower – Brooks chisels away at their biographies, sculpting from their hardships, flaws and successes the stones that pave their personal road to character.

Brooks makes the case thereafter that humans do not just live for happiness or pleasure but also seek a sense of meaning, connection and purpose – a sense of coherence. He also concedes that we are all conflicted 'stumpers', himself included, experiencing an inherent tension between Adam I and Adam II: "we are all deeply divided selves, both splendidly endowed and deeply flawed – that we each have certain talents but also certain weaknesses". Brooks believes that moral realists recognise their own nature and understand that we are all built from 'crooked timber', "we are both weak and strong, bound and free, blind and far-seeing", but

importantly he also contends that we all have the capacity to struggle with ourselves.

A central theme of the book is how the values of our society have shifted in the past few decades to what Brooks calls the 'Big Me' – a culture of narcissism, materialism, self-interest and self-aggrandisement. Brooks argues that this new moral ecology has pushed the median narcissism score up by 30 percent in the last two decades. Such a hyper-competitive environment as ours, one that obsessively rewards individual success, fame, status and celebrity, can inspire us to leap onto the hedonic treadmill on which Adam I tones up while Adam II withers and atrophies.

The problem is that we need Adam II to be strong, because Adam II is the rudder and the keel that provides the stability and direction needed to steer us through troubled waters. It is Adam II that provides the resilience to help us recover when we are faced with adversity.

It is widely recognised that adversity can create strength, meaning and resilience, best exemplified by Viktor Frankl's extraordinary description of his time in Auschwitz in *Man's Search for Meaning*. Frankl's ability to salvage and construct meaning from the flotsam of that bestial, despicable atrocity shows a strong connection with Adam II. Frankl writes, "Man's search for meaning is the primary motivation in his life," and he quotes Nietzsche's words, "He who has a why to live for can bear with almost any how".

We do not all have the extraordinary resilience of Viktor Frankl and for

most of us distressing life events, or serial set-backs, can engender a sense of defeat and hopelessness. Unfortunately it is very easy to get stuck in a 'defeat state', especially if we've lost touch with Adam II. The way we think, feel and behave when we feel defeated can serve to keep us stuck in the defeat state.

The neuroscientist Richard Davidson found that individuals with higher scores on the Purpose in Life subscale of wellbeing – surely Viktor Frankl would be one of them – exhibited the most robust recovery following negative events.

So, Adam II is important, but how do we strengthen him?

One way Adam II can be strengthened is by better understanding how the brain works, recognising that we all are conflicted, and normalising the link between moodstate, mindset and behaviour.

We are all born with innate selfish drives that can prompt us to exercise power over others, want to appear superior, or satisfy some instinct or lust. These primitive desires and impulses, designed to provide gratification and reward, are often the 'secret authors' of Adam I-style behaviour. Although designed to exert a powerful influence, these unconscious drivers do not possess absolute control. As Viktor Frankl said, "Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."

Too strong a focus on our own desires can distract our attention from important social ones, which Adam II is

concerned with. Despite being social animals by nature, as Brooks outlines, Western society increasingly rewards our narcissism and self-interest – on an individual and national level. There is a growing body of research showing that self-focus and the endless hedonic treadmill of materialism and self-gratification provides only transient satisfaction and is ultimately unfulfilling.

Research shows that social support, friendship, and prosocial activity, kindness and altruism – things linked closely to Adam II – are highly protective to our health. On the flipside, loneliness and social isolation, which can be the result of relentless self-focus and a life dedicated to the hedonic treadmill, are associated with increased illness and shorter life expectancy. Travelling the road to character is good for your health. Research on social genomics shows that individuals who are pro-social, connected and living a meaningful life gain significant health benefits by influencing the expression of a range of pro-inflammatory genes.

Therefore, individual development needs to take place in a supportive context, an amiably constructive environment that enables individuals and teams to grow and thrive. *The Road to Character* provides an excellent road map for navigating these challenges. But perhaps the real challenge is to combine individual learning with adaptive social, cultural, and contextual change. We are hard-wired to conform and our social networks powerfully predict our behaviour – more *Homo Imitans* than *Homo Sapiens*. For these reasons, knowledge and understanding is a relatively weak predictor of change, whereas exposure to the behaviour

of others is the most potent predictor of behaviour. Relentless competition, individualism and self-interest are the bases of most Western societies. So, as well as individually working to reconnect or deepen our connection with Adam II, it is important that we alter our environments in ways that nourish our inner life and help us grow as a community.

There is room for optimism. A growing number of schools, universities and workplaces are actively looking to create more 'psychologically informed environments' where environmental factors and cultural display rules are actively designed and supported to help their pupils, students and employees to flourish. The committed implementation of these initiatives will help change mindset and behaviour over time, nourishing both the individuals' and group's Adam II.

As I was finishing *The Road to Character*, looking for a final word of guidance to deepen my understanding of Adam II, I was reminded of the remarkable Oliver Sachs.

Sachs wrote *Gratitude* just a few months before he died from a metastatic melanoma.

"It is the fate of every human being to be a unique individual, to find his own path, to live his own life, to die his own death."

"My predominant feeling is one of gratitude. I have loved and been loved. I have been given much and I have given something in return. Above all, I have been a sentient being, a thinking animal, on this beautiful planet, and that in itself has been an enormous privilege and adventure." Here, I thought, is Adam II.

“We have to find a way of getting through”

The impact of a young person’s self-harm on their parents and other family members

By Anne E. Ferrey and Keith Hawton, University of Oxford Centre for Suicide Research

Discovering that a young person has been self-harming (defined as intentional self-poisoning or self-injury) can be devastating for parents. Parents may discover their child’s self-harm in different ways – some notice signs of self-harm or find out from the school or a child’s friends. Others notice their child has been upset or withdrawn and investigate further. In some cases, parents are unaware of the self-harm until it leads to hospital admission, which can be a major shock for the family.

Self-harm is common in young people, with 10-15% of young people in the UK reporting that they have self-harmed. Young people self-harm to deal with bad feelings, including feelings of depression, anger, or dislike of themselves. Explanations by young people who self-harm about why they do it include, for example, reducing tension, self-punishment, getting a sense of control over their life and showing others how bad they are feeling.

Impact of self-harm on parents and family

A young person’s self-harm can have an impact on the entire family. Discovering that their child has been self-harming can be extremely distressing for parents, but most research has focused on the young person’s perspective or on family factors (such as abuse, neglect or difficult family relationships) that might be risk factors for self-harm. At the Centre for Suicide Research, we recently interviewed 37 parents of young people who had self-harmed to help us understand the impact of the

young person’s self-harm on parents and family members. (All parent names in this article are pseudonyms).

Parents were very emotional after finding out about self-harm. Jocelyn told us she couldn’t stop crying and couldn’t sleep. Georgia felt physically sick from the stress, and Alana lost a lot of weight. Some parents had to have treatment for anxiety or depression. Parents often felt the need to watch their child more closely, including sleeping near their child to ensure they were safe (one parent slept on the landing outside their child’s room to ensure they did not self-harm during the night, and others stayed in their child’s room). This took a physical and emotional toll on parents.

Support for the child

Although the discovery of self-harm can be very distressing for parents and carers, most are desperate to help their child. Parents may wish the child would just stop the behaviour, but it is important for them to keep in mind that young people self-harm for a reason. The root cause of the self-harm

will need to be addressed.

For parents, it is important not to let self-harm become the focus of their relationship with their child. They can acknowledge that the child’s emotions are real and important and let them know that the family is not judging them and will always love them. If the child is willing to talk to the parents about their feelings, they could try to come up with possible solutions together. This might include, for example, seeing the GP or speaking to a counsellor. It may also be useful for the child to think about what triggers usually lead to a bout of self-harm so they can try to avoid these circumstances. For example, Janet’s daughter found that she was most likely to self-harm before going to bed, so worked with her parents to avoid becoming overtired. With the child’s agreement, parents and children can work together to find ways to make it more difficult to self-harm – for example, by storing medication securely or by removing easily accessible sharp objects. Some children do not want to talk to their parents about self-harm. In

some cases young people found it easier to send a note or email to their parent discussing their feelings. Louise’s daughter sent a blank text to her mother when she needed some support, and Susanne’s daughter had a notebook where she would write things she didn’t want to talk about face to face for her parents to read later. Other children just wanted support (cuddles or attention) without having to talk. If a child does not want to confide in their parents, they could speak to a GP, a mental health professional or the staff of a helpline about their feelings and their self-harm.

Helping siblings

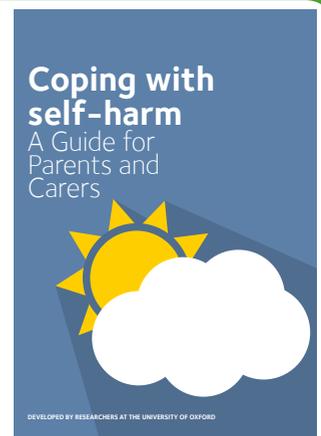
Knowing that their brother or sister has been self-harming can be very difficult for other children in the family. It’s also hard for parents to give a fair share of attention to all their children when one is having a very difficult time, and this can sometimes add to parents’ feelings of guilt.

Individual families had different thoughts about telling their other children about a brother or sister’s self-harm. This depended on the age and maturity of the children, and on

To give parents more information, researchers at the Centre for Suicide Research at the University of Oxford have published a free, downloadable resource for parents and carers of young people who self-harm.

The guide is based on current research on self-harm and on interviews with parents. It contains quotes from them, with advice for other parents as well as evidence-based information and links to sources of help.

To order hard copies please email admin@cwmt.org or download a copy from <http://tinyurl.com/self-harmparents>



individual family dynamics. Vanessa's family did not immediately tell her daughter's step-brother about her daughter's self-harm, because they were not close, but told her older brother immediately because they thought he would be supportive. In general, siblings will realise something is wrong, and secrecy can be devastating. For example, Judith's younger daughter was worried when she found knives in her older sister's room. Giving an explanation, without giving too many details, may be best; for example, that their sibling is having a difficult time.

Although it can be very distressing to see your child hurting themselves, it's important to maintain normal boundaries around the child's behaviour – parents are still parents. Letting the family dynamic revolve around one child's problems can be very stressful for everyone and children must not be allowed to treat other members of the family badly. Siblings may find that they also struggle, so parents can try to make sure they also get attention and support and watch for signs of mental health problems. It may help to remind them of ways to cope with emotions, such as talking to a friend, taking a walk to get out of the house, or getting some exercise.

Self-harm and social support

Parents told us it was hard to know where to turn for help and support. Telling other people about a child's self-harm may be difficult, as people's reactions may vary and some may react with negative emotions, such as shock or disgust. Parents might also want to protect their child's privacy

or protect him or her from being judged. However, many parents say that secrecy can make things more difficult by adding to the pressure on both the child and the parents. Talking to others can also be a crucial source of support, and keeping a child's self-harm secret removes this support. Speaking to friends who had previous experience with self-harm or mental health problems was reported by parents to be particularly helpful. Parents also found some comfort in hearing other people's stories. Vanessa told us, "Just hearing other people's stories makes you feel like you're less alone... you can gain a lot of strength from that."

No Harm Done

This series of three short films is now available, based on the experiences of young people, parents and professionals.

Accompanied by digital information packs, the films have been produced by CWMT in partnership with Young Minds and The Royal College of Psychiatrists and can be viewed at www.cwmt.org.uk/noharmdone

Attending to parents' own needs

Discovery of a child's self-harm can bring up very strong emotions. Many parents reported feeling a sense of guilt and feelings of shame. Susanne felt she had failed as a parent, because "if they were normal, well-adjusted children they wouldn't be doing these things." However, most parents we spoke to were very clear

that self-blame was not helpful. They recommended that parents be kind to themselves and practice self-care.

A child's self-harm can have practical implications too. Many parents found it was difficult to hold a full-time job when their child might have a crisis at any moment, and this led some to take paid or unpaid leave or even give up work. However, some employers were very supportive, so speaking honestly to them about problems at home sometimes led to support, such as more flexible hours for taking care of a child.

Practical help when a child is self-harming

Parents often feel quite lost and uncertain how to cope with their child's self-harm. For most, the GP will be the first port of call, and the young person may be referred to mental health services. If the child goes to the hospital for reasons related to self-harm, they should be assessed by mental health services while at the hospital. If the child is reluctant to get help, the GP can still give advice to parents. There are also a number of telephone helplines that can provide information and support.

For some children, developing other ways to cope with difficult or overwhelming feelings may help them to eventually stop self-harming. These can include distraction, stress management techniques, and alternative methods of discharging extreme emotions. Some examples include listening to music, going for a walk, clenching an ice cube in the hand or hitting a pillow or punch bag. Different methods work for different

people, so if one method doesn't help, another method might work better.

Hope for the future

Although coping with a young person's self-harm is very difficult, many parents we interviewed shared a sense of hope for the future. Parents realised their children might always be more vulnerable, and knew they would have to take one day at a time. However, parents hoped that as their child matured, they would develop more appropriate coping mechanisms and find the help they needed to flourish as adults.

More information

To provide parents in this situation with the ability to hear other parents' stories, video or audio recordings of many of the parents quoted here can be seen online at <http://www.healthtalk.org/self-harm>. This site was set up with the charity Healthtalk.org to give people an opportunity to hear about the experiences of others in the same situation.

An academic qualitative research paper arising from this research can be downloaded at <http://bmjopen.bmj.com/content/6/1/e009631.full>

Other academic papers from this work: Ferrey, A.E., Hughes, N.D., Simkin, S., Locock, L., Stewart, A., Kapur, N., Gunnell, D. & Hawton, K. (2016) The impact of self-harm by young people on parents and families: A qualitative study. *BMJOpen* 6(1), DOI:10.1136/bmjopen-2015-009631

Hughes, N. D., Locock, L., Simkin, S., Stewart, A., Ferrey, A. E., Gunnell, D., Kapur, N. & Hawton, K. (2015). Making sense of an unknown terrain: How parents understand self-harm in young people. *Qualitative Health Research*. DOI: 10.1177/1049732315603032

Profile of Andy Caress – Waller Trainer in Wales

Emma Beaumont, Charlie's cousin, profiles Andy Caress, the new Waller Trainer in South Wales



Andy Caress doesn't want to be called 'brave'. But the adjective seems fitting when you learn about how he used his own experiences with anxiety and depression as motivation for becoming a mental health trainer with CWMT.

Andy feels, and rightly so, that it is vital to normalise the discussion of mental health, enabling more and more people to open up about their struggles. This is especially crucial for young people, who, by and large, never want to feel out of step with their peers.

Before becoming a freelance trainer with CWMT, Andy worked as a teacher and also as a team leader for the Prince's Trust. But it was when he heard fellow CWMT trainer, the inspirational Dick Moore, speak at an

event, he thought: "I have to find out who he works for" and it went from there.

As part of the Trust's ongoing and encouraging expansion, Andy lives and works in South Wales. Notably, this region was struck by tragedy with the spate of suicides in the small town of Bridgend around seven years ago. There is a sadness that still hangs over the area, although this is, Andy believes, "perhaps due to the media's perception and documentation of it all".

As we talk, our conversation moves on to a discussion about the added pressures for young people in the digital age and the statistics that show a worrying rise in self-harm and anxiety disorders: "It's very concerning, but on the flipside,

there's evidence that social media has led to more openness and increased talking". Andy avoids generalisations and dogmatic statements across the whole of our interview. He is clearly someone who takes a personal and nuanced approach to his work.

There is no average day for a CWMT trainer, but Andy's work in schools includes holding assemblies, workshops, PSHE lessons and teacher-training sessions. Part of his focus is on holding parents' evenings, which he finds can be very effective: "With parents, there can be a lot of fear and misunderstanding – a fear of saying the wrong thing, or an unwillingness to talk about it, because of what you think it might say about yourself or your parenting". He clarifies this by saying: "Using my own experience, when I first told my family about my depression and anxiety, the response I got wasn't negative, but it was, in a way, blinkered by lack of understanding and a lack of knowledge. It was 'oh, you've got a nice partner, a good job, why do you feel like this?' Certainly, there can be a tendency for parents to want to immediately fix whatever is hurting their children, but of course this is not how it works, it's about making them realise there is a journey to go through here".

As for what he is pouring his energy into at the moment, Andy says, "my real passion is trying to reach more young men – being a man who has been through it, I feel I have

something to say, because when I first started experiencing signs of depression, I didn't know what I was going through, and when I did, I took the typically male approach of 'I'll be fine,' even though I wasn't and should have opened up".

"What we can do is hopefully change the culture."

"What we can do is hopefully change the culture," he adds emphatically. Sadly, the idea of a group of male friends talking about how they are feeling down the pub on a Friday night still feels an unlikely scene, even in an age where traditional gender roles are eroding. But, with Andrew Caress, you sense that this is a mission rather than just a job. And there is no doubt that the effects of his crucial work will be felt in South Wales and beyond.

His appointment is vital as the Trust reaches out to help those suffering from anxiety and depression across the UK. The Trust has a great presence in London and the South East and is making tremendous strides in Yorkshire and the North East, so the South Wales initiative is so important in broadening CWMT's scope and appeal. There are clearly challenges ahead for Andy, but his personal experience, his enthusiasm and commitment suggest that he is more than equipped to tackle them.

He has certainly earned the right to be called 'brave'.

Fundraising Highlights

The first half of 2016 has been the most successful period of fundraising since the Trust began. It has also been a period of huge expansion of the Trust's work so we are enormously grateful to all those who have contributed to this success on both counts.

The Yorkshire Ball is the highlight and the proceeds from this amazing event will focus on our work in the North of England. We are very grateful to the Grocer's Company for the dinner they gave in support of CWMT and to all the cricketers who came to the brilliant Lord's Dinner. Mike Atherton, Johnny Barclay and Nick Compton were the star guests. Mark Durden-Smith ran the evening with magnificent aplomb as he did at the Yorkshire Ball; Mark is a huge asset to the Trust.

On the individual fronts we would like to make special mention of Sarah Seccombe and her friends who cycled from London to Aldeburgh in memory of Sarah's daughter, Boo. We would also like to mention all those who have supported the Edwards family in their fundraising for CWMT in memory of their son Dylan.

We need to continue to raise more funds to meet the huge need out there. The Trust is growing and we need to support our ever-expanding Waller Trainer network. Please do fill in a Banker's Order or use the Donate Now button on our website: www.cwmt.org.uk. Any support, however small, is hugely appreciated.

Rachel Waller
Head of Fundraising



The hardworking and very glamorous Midsummer Ball Committee

Having a ball

Rudding Park in Yorkshire, one of the finest hotels in the world according to the influential Trip Advisor website, was the venue for one of the best nights in the history of the Charlie Waller Memorial Trust. An unbelievable £226,000 (yes, no mistake with the noughts there) was raised in one evening at the glittering Midsummer Ball, thanks to the superb efforts of Louise Black and her hard-working and talented committee.

There were so many highlights, it's difficult to know where to begin. But I'm going to start with Dick Moore, whose heartfelt talk on mental health reduced the raucous Yorkshire crowd to appreciative silence. The post-dinner speech is normally a graveyard slot at charity events but Dick's impassioned plea to raise awareness and understanding of mental health filled the 200-strong audience. Afterwards hard-bitten Yorkshire businessmen, a couple with tears in their eyes, thanked Dick – and, my goodness, they meant it.

And there was the laughter machine that is Mark Durden-Smith. Hard on the heels of a stellar performance at CWMT'S Lords dinner, where Mark affectionately poked fun at speakers and audience members alike, he chose our Midsummer Ball ahead of a prestigious corporate event in New York. Excellent move, Mark. Presiding over the auction, he gave us half an hour of comedy heaven and raised thousands of pounds in the process. As Charlie's best friend, it is both fitting and poignant that Mark plays such a valuable role within the Trust.

Meanwhile Louise Black and daughter Laura presided over their committee with vision, humour and drive, supported admirably by Alison Whitham. I suppose it's invidious to pick out individual committee members but special mention should go to Becs Scott, whose commitment and expertise ensured that the online auction was the tremendous success that it turned out to be. Thanks, also, should go to Andrew Malcher and Jim Coleman of High Street TV who so generously provided sponsorship and support, including a Nutribullet as a prize for each of the 20 tables.

It is crucially important to point out that the staggering amount of money raised by the ball will be spent by CWMT in Yorkshire and the North, funding Waller trainers and raising awareness about the debilitating effects of depression across the county. This funding is desperately needed because, besides the laughter and the joy that characterised this very special and memorable evening, there were also stories of heartbreak, loss and despair.

Robert Beaumont
(Charlie Waller's uncle)

Summer Art Show

On 20th May, more than 200 people gathered for a private view at Dreweatts Auction House in Newbury for the Summer Art Show to raise funds for CWMT. Dreweatts Bloomsbury kindly donated the use of the auction rooms, a brilliant setting to show off a wide range of artwork, from watercolours and oils to glass and bronze sculpture. Guests were also able to admire various garden sculptures by David Harber. Local artists Tom Coates, Susie Phillipps and Michelle Pearson-Cooper were amongst those who supported the event.

More than 28 pieces of art were sold on the night and a couple more afterwards. Mark Waller made an enlightening speech about the work of CWMT and thanked the committee for putting on such a successful evening. Many thanks also to Clearview Relocation for sponsoring the magnums of rosé and to Ramsbury Brewery for donating a very popular keg of beer – all contributing factors to the success of the evening!

Lucy Hanbury



'Mount Kenya' by David Marrian, one of the Art Show exhibits



The winning Whippersnappers

CWMT Cricket - a Scorcher!

Despite a dubious drizzle, the worried mutterings from fair weather cricketers dissipated as quickly as the rain and the day developed into what can only be described as an absolute scorcher. Not only was the weather idyllic, but the spectators were numerous and the cricketers were on fine competitive form, with unexpected pace bowling, intricate batting skills and catches only normally seen from excitable salmon in far reaching Scottish rivers. The 18-28 age bracket showed up the less athletic on the field, though the more mature CWMT tournament goers could not be beaten on loyalty and dedication to the event, for which we are enormously grateful.

Lunch and tea were gratefully devoured, arguably the best in the country – congratulations to Annie Bowyer for winning the coveted 'Best Cake Prize.'

On the cricketing front, with the Gussets winning the plate and the Whippersnappers the main tournament, some might be asking the tournament referee a few pertinent questions. Although the Waller brothers romped home for the first time in

tandem in the tournament's history, the validity stood, especially as no tournament referee was willing to comment on the matter.

What a huge effort from all the organisers, especially my mother, for tirelessly putting the whole day together year in and year out. I know she is so grateful for the volunteers who help with teas, washing up, serving lunch and working behind the bar, far too many to mention individually. We also thank Bradfield College for lending us the immaculate pitches. Thank you to the cricket captains for bringing their sides who so generously give money. We hope to see everyone next year!

Philip Waller (Whippersnapper Manager!)



Neon Disco

More than 200 young people poured into two large marquees on Monday 11 July for the Neon Disco. The youngsters danced the evening away in support of CWMT in the beautiful grounds of Englefield House, thanks to the great generosity of Richard and Zoe Benyon. A great time was had by all, as confirmed by Lucy Farrer-Brown who said, "Fab evening! Thank you for another fantastic disco!" and Ollie Horton, who said it was "the best Neon Disco yet!"

Grocers' Company Fundraising Dinner

On the evening of Thursday 19 May, several CWMT supporters were amongst the guests gathered in the magnificent surroundings of Grocers' Hall, in the City of London, to attend a fundraising dinner organised by the Company. The three charities to benefit this year were The 999 Club, Music in Secondary Schools Trust and CWMT. Each charity made a presentation of its objectives, Dick Moore giving an inspiring insight into the Trust's work in schools and the obstacles to be overcome.

Before dinner, several musical schoolchildren performed short solo pieces, a testament to the work carried out by their charity. We were then treated to a delicious meal, courtesy of the Grocers' chef.

Earlier in the evening, we had been encouraged to register for the silent auction, comprising some 66 lots offering opportunities to enjoy, amongst other things, sport, the arts, food, hotel accommodation and wine. Despite the technological shortcomings of most of our table(!), we all managed to register and use our smart pads to the full. After dinner, a live auction was conducted by Humphrey Butler, in his inimitable style, with many insults to potential (and failing!) bidders. The first lot was a week in a luxury Austrian chalet, sleeping 14, and, in an endeavour to solicit more bids, Humphrey assured those bidding that it had at least one bathroom!

On our way out, we were able (if successful) to collect our prizes and we then left the Hall, having experienced a truly wonderful evening.

'Stinker' West

Lords Dinner

The link between cricket and depression isn't immediately obvious. How can it be that such a glorious game, which lights up many an English summer, can induce feelings of pain, loneliness, paranoia and hopelessness, which together form that perfectly horrible storm of depression? There's no easy answer of course, though the incessant treadmill of touring and the personal and pressurised nature of the cricketer's battles at the crease, give some clues. So, too, does the emptiness that can often follow a player when he retires.

In this context, CWMT's magnificent cricketing dinner at Lords in May was timely and instructive, as well as hugely enjoyable. The 200 guests, dining in the historic Long Room with that unique view across the ground, were given an invaluable insight into the life of a cricketer by three of the most articulate players (past and present) around: Mike Atherton, Nick Compton and John Barclay. Barclay, a good friend of the Trust and no stranger to depression himself, was exceptionally funny, recounting a number of hilarious anecdotes of when he managed Atherton in New Zealand in 1997; Nick Compton, charming and modest, answered questions from the floor with unflinching honesty and good humour;



whilst Atherton, after a late entry, was as articulate, perceptive and amusing as his peerless columns in the Times. Together they mixed intelligent comment with light asides.

The whole evening was compered by Mark Durden-Smith in his own inimitable style. On his night, Mark is side-splittingly funny. And this was one of his nights. Unafraid to berate Mike Atherton for his late arrival and unconventional attire, or one guest for a complex and convoluted question, Mark had us all in stitches of laughter, whilst never forgetting the underlying significance of the evening and guiding us through the complexities of the online auction.

Many thanks to CWMT trustee Nick Broughton, who invited his old Cambridge University chum Atherton to speak, and to the CWMT fundraising and organising committee, who ensured the evening was a seamless, unqualified success, making some serious money. This was an occasion to cherish, not least because it demonstrated that whilst the game of cricket can have its dark side, it is also incredibly uplifting.

Robert Beaumont

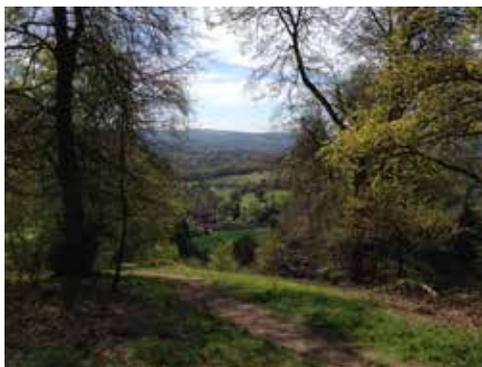
Walk the Walk

Friday 6 May was a remarkable day: it wasn't raining, there was no wind blowing from Siberia, the sun was shining and we felt blessed. The grounds of Bedales School and the surrounding Hampshire countryside were verdant and floriferous.

Thirty-two CWMT supporters met at the school, drank coffee, ate biscuits and learned about the excellent

work of the Trust. The choice was then between a tour of the school, led by current pupils and the extremely well informed ex-Head of History, or a walk up to The Hangers and Edward Thomas's Memorial Poet's Stone.

Those who chose the former enjoyed viewing the school's Grade I Arts and Crafts Memorial Library, remarkable timber-framed theatre and outdoor work department including bakery, forge and livestock. Those who chose the walk to the Poet's Stone chatted until the challenging final ascent. This was rewarding in the extreme as the view from the Stone illustrates. A few appropriate poems by Edward Thomas were read and the trek back down to the school began.



View from the Poet's Stone

The morning concluded with lavish platters of sandwiches and refreshing drinks. It was a really enjoyable event and those who attended donated generously to the Trust.

Avril Hardie

Virgin London Marathon

An enormous thank you to all those who ran the Marathon for the Trust this year: Nick Coupe, Lorna Cumming-



The indomitable Johanna!

Bruce, Rupert Strutt, Francis Walters, Johanna Whitehead and Kate Winsler.

We're particularly grateful to Johanna, who ran the final 21 miles with a torn calf muscle as the result of an accident 11 days before the Marathon. At the five mile mark, Johanna's leg became extremely painful and she spent 25 minutes in the St John's Ambulance. "I was told my journey was over," she said, "but adrenalin and not wanting to let anyone down meant I decided to try and walk. I walked for half a mile and when two men dressed in a camel costume overtook me, my competitiveness took over and I ran! My official time is 4 hours, 24 mins but if you subtract the time in the ambulance, it was 3 hours, 59 minutes! "Although it was painful, it was an amazing experience. I am beyond thrilled to have run for CWMT and I hope that the money I raised helps!"

Lorna, too, was very pleased to have run for the Trust. She says, "A week on and I was still hobbling. But smiling too! Thanks to a fantastic team of

supporters, I can honestly say I loved every mile of my 4 hour, 45 minute race. Even 19 – the mile that saw two toenails go. Raising money for CWMT made crossing the finish line more than worth the struggle. I'm full of admiration for Rachel and Mark Waller as they continue to commemorate their son Charlie's life through making mental health part of the conversation. Let's keep talking."

British 10k London Run

In July, 11 runners took to the streets of London for the British 10k run. Many thanks to Robyn Forbes, Bethan Harvey, Michelle Howie, Tanya Sonachan, Antonia Wainman, Ted Wainman (collectively known as the Putney Runners) Ben Broughton, Nick Broughton, Charlie Maunder, Annabel Rushton and Sophie Rushton. Sophie said, "The run was very satisfying and extremely rewarding and it was such a pleasure to help raise funds for CWMT." Annabel added, "It was enjoyable, energising and such an exciting experience," and Antonia commented that it was "lovely to meet others who were running for CWMT." Ted was possibly the only runner to consume two small bottles of wine en route – as training for the Marathon du Medoc, which he also ran for the Trust (see page 28).



The Putney Runners

Individual fundraising achievements

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



Sarah Seccombe and friends

for cycling from London to Aldeburgh in memory of Sarah's daughter, Boo Van der Noot. Raising

awareness of the Trust as well as vital funds, they wore T-shirts saying 'Depression must not be taBOO'. Sarah said, "Boo's wonderful friends kept me going with encouragement and love...thank you to everyone who donated."

Twelve Radley boys for completing the Henley-on-Thames Tough Mudder Challenge, together with their House Tutor, George May, his wife, Emi-Lou, and don, Ed Pearson.

Veale Wasbrough Vizards and PRA Health Sciences for their fundraising activities throughout the past year.

Brick Court Chambers for their Grand National sweepstake.

Poppy Worcester for running the Richmond Half Marathon.

Tim Gill for running the Rotterdam Marathon.

Briony Pearson for running the Leeds Half Marathon.

Rachel Gibson, staff and friends from Harton Technology College for completing the Harton Warrior Beach Assault in memory of Karen Pattison.

Paul Weatherby for his Homestead Foods Charity Golf Day.

Tricia Hastings, Gurvinder Evans and Amanda Taylor for holding a very successful Summer Gin & Garden Party.

Tanja Velling and friends: Joe Harwood, Radoslav Lolov and Alister Mathie for cycling from capital to coast in the London to Brighton Cycle Challenge.

Tanja Velling for completing the Deloitte Ride Across Britain challenge.

Dr Maryanne Freer and fellow cyclists for taking part in Bike Oxford cycle challenge.

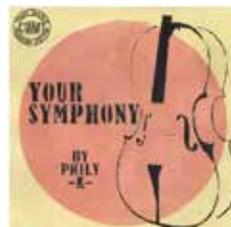
Ted Wainmain for running the Marathon du Medoc.

James and Harry Salter for their father and son Channel Swim (more on this amazing feat in the April edition).

Waitrose Community Matters, Wantage, for nominating CWMT as one of their three charities for July.

Thanks to all those who have taken part in events and fundraising challenges in memory of Dylan Edwards:

- At 'Dylanfest' several hundred young people listened to local musicians and heard about CWMT's work from Waller Trainer Dick Moore.
- Kirstin Gunning-Barnes, who climbed Snowdon.
- Local cyclists took part in 'Cycling for teenage depression' in Swinley Forest, Berks



- Phily K has written a beautiful song to raise money for CWMT in Dylan's memory; it's available to download from

here: <https://philyk.bandcamp.com/track/your-symphony>

Serene spaces

CWMT supporters Margaret Bryer and Claire Beaumont told us about two inspirational garden projects in schools.



Mindfulness Garden - Margaret Bryer

On 28th May Mark Waller opened the Mindfulness Garden at Malvern College. This beautiful small garden was created by three members of a design company, "Contained Gardens," and won a silver medal at the RHS Malvern Spring Festival in 2015.

The garden was created to promote CWMT and was sponsored by Roger and Judy Smith, with Judy's sister and brother-in-law Betsan and John Partridge, in memory of Richard Smith, who sadly took his own life in 2006. He was a pupil at the college, at which his father Roger was a master. The garden consists of containers filled with contrasting dark foliage and lighter flowers and grasses; a sculpture of transparent glass tubes; a water feature; and seating.

Judy and Roger explained the garden to a school assembly, saying: "The garden may help give one the chance to reflect and just 'be'. We hope it will help create a sense of wellbeing for pupils, staff and the whole college community." From comments at the opening ceremony, it is clear this is already happening.

Peace Garden - Claire Beaumont

The enormous pressure on today's teenagers combined with a state education policy that has primarily concentrated on raising standards and exam results has meant that not enough priority has been given to pupils' mental health. I was delighted, therefore, as Chair of Governors of Boroughbridge High School in North Yorkshire, to be given a donation of £2,000 from the George Martin Trust, via CMWT, for a project to help mental wellbeing.

The students themselves came up with the idea of a Peace Garden where they could get away from frenetic school life and their smart devices, and where they could talk about their worries freely in a calm and peaceful atmosphere.

The area chosen is, at present, a rather dismal quad area with ugly red brick walls and a few municipal shrubs. Over the summer holidays the transformation began, with sympathetic peaceful planting, seating areas, a water feature, a few strategically-placed well-being quotes and a problem box. With no state funding available for this kind of project, the students themselves have already raised £1,000 from a Christmas fair and are hoping for donations of plants from local garden centres and businesses as well as free help from parents, governors and teachers. All involved are very excited.

Forthcoming events 2016/2017

Boodle's Dinner

Boodle's, St James's Street, London
Friday 7 October 2016

Quiz Night

St Columba's Church Hall, Chelsea
Tuesday 15 November 2016

Carol Service

St Luke's Church, Chelsea
Monday 12 December 2016

Virgin London Marathon

Sunday 23 April 2017

Kinsky Trio Concert

Gray's Inn Hall, London
Thursday 4 May 2017

Piano Recital by Leslie Howard

Phyllis Court, Henley
Thursday 8 June 2017

Annual Cricket Tournament

Bradfield College, near Reading
Sunday 2 July 2017

British London 10K Run

Sunday 9 July 2017

Haydn's The Creation

St John's Smith Square, London
Tuesday 21 November 2017



The CWMT annual carol service

Please see our website – www.cwmt.org.uk – for tickets, entry forms and more information, or contact us by telephone on 01635 869754 or email at admin@cwmt.org

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 31.

Donate online

Please visit our website – www.cwmt.org.uk – to make an online donation.

The Big Give – please spread the word!

This year online donations to CWMT will be doubled for 72 hours starting on **29 November**, thanks to the Big Give Christmas Challenge.

JustGiving

Please visit justgiving.com/charliewaller

VirginMoneyGiving

Donate through VirginMoneyGiving using the link on our website: www.cwmt.org.uk/making-a-donation

By cheque

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

By telephone

Call us on 01635 869754

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 _____

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 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

Students:

www.studentsagainstd Depression.org

For information and self-help material

BABCP:

www.babcp.com

For a register of accredited therapists

Young Minds Parents' Helpline:

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

NHS111:

111

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

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, Andrew McKay, Prof. Roz Shafran (Chartered Clinical Psychologist), Mrs Susan Shenkman, Philip Waller, Richard Waller QC, Iain Weatherby

Board Advisers: Mary Bennett, 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 Whitfeld

Chief Executive: Clare Stafford; Director, Children, Young People and Schools Programme: Dr Pooky Knightsmith; Head of Fundraising: Lady Waller; Office and Marketing Manager: Tracey Gurr; Secretary to the Trustees: Bronwen Sutton; Administrative Assistant: Amy Neal; Project Assistant (Children, Young People and Schools): Izzi Dent

Please note our new address:

Charlie Waller Memorial Trust, First Floor, Rear Office,
32 High Street, Thatcham, Berkshire, RG19 3JD
T: 01635 869754 | E: admin@cwmt.org | W: cwmt.org.uk

Registered charity number: 1109984