Charlie Waller

Talking mental health for 25 years

The Charlie Waller Trust

Impact review 2022

25 years of talking mental health

Charlie Waller's family set up the Trust in 1997 to give others hope in the wake of their personal tragedy.

The intervening 25 years have seen our society – especially young people – become much more open about mental health. There's still a great deal to do, however, to ensure that all children and young people have the skills, knowledge and confidence to really take care of their mental wellbeing. Without this, there is the risk that they will fall short of their potential and lead less fulfilling lives.

Of course, there are many external factors affecting everyone's mental health – the cost of living crisis, climate change and the long-term effects of Covid, for instance – these may have a greater impact on the young, who can feel powerless or let down. We can't, as a charity or as individuals, solve the world's problems.

What we can do, though, is equip young people and those who support them with the tools to look after their mental health as effectively as possible, whatever life brings. The skills they learn now will last them a lifetime.

We can also give vital support to those who work with and care for children and young people. Parents, carers, teachers and employers all play a crucial role in shaping the lives of young people, including their mental health; we are there for them with practical, evidence-based training and resources they can put into practice immediately.

And we can bring our considerable expertise to bear on influencing national policy onyoung people's mental health, to ensure it's viewed in a wider social and economic context.

We can only do any of this thanks to the help of our wonderful supporters. Their constant and amazingly generous support not only funds our work but forms the heart of the charity – giving it the passion and positive approach we need to build our future.

We hope you enjoy this snapshot of our work and the difference it makes to the lives of young people and those around them.

Clare Stafford
Chief Executive

What we do

We provide mental health training, resources and consultancy with a focus on children and young people.

We work with young people, parents and carers, schools, colleges, universities and employers.

All our work is based on sound evidence. It gives people the confidence and skills to look after their mental health.

Why our work is needed

In 2022

1 IN 4

One in four 17 to 19-year-olds had a probable mental disorder, according to NHS Digital (up from 1 in 6 in 2020).

The longer-term impact of the pandemic on some children and school staff became clearer.

Teachers and support staff reported high levels of stress.

50%

More than 50% of GPs said it was difficult for patients aged 5 – 18 to access eating disorder treatment.

Many children and young people are displaying signs of stress and anxiety as a result of global events such as the cost of living crisis, climate change and war.

Children who were more vulnerable to mental health problems before the pandemic continued to fare less well than their peers on returning to school.

Mental health services for children and young people in the UK are very stretched, leaving many parents and carers desperate for support.

Highlights of our work in 2022

Open to all

We ran **open access** webinars on many topics, including the teen brain, and eating disorders.

8,114 people attended our open access webinars

126,300 users visited our website

We sent out **37,860** mental health publications

Parents and carers

We trained the first cohort of people on our parent/carer peer support course. This is for parents and carers with lived experience of supporting children and young people with mental health problems; it enables them to improve outcomes for children as part of their local mental health workforce

1,054 people attended our New Maudsley Carers Skills workshops, providing essential support for carers whose loved ones have an eating disorder

There were **70** member groups in PLACE, our network of parent carer support groups

> **The training has been such a vital tool in my recovery, without me even knowing it! It gave my mum tools to help me when I needed it.**
>
> *Young person*

Schools

We delivered **320** sessions in schools, to **20,456** attendees

We launched **new guidance** on writing a mental health policy

We gave out **1,275** free books through our mental health book club

Colleges and universities

There were **13,140** visits to our higher education and further education e-learning portals

We delivered **68** sessions to **2,948** attendees

106 colleges have begun using our 'C-MET' (mental health self-evaluation tool)

We launched a mental health strategy **toolkit** for universities

We set up a library of **wellbeing resources** for colleges

Workplace

We delivered **108** sessions to over **2,500** delegates

We launched a **new website:** charliewallerworkplace.org

We've worked with Women and Theatre to produce **three films** on mental health in the workplace

25 years of the Charlie Waller Trust

1997

Trust set up in memory of Charlie

1998

First Charlie Waller newsletter published

2002

Our depression booklet won an advertising industry award

2004

Students Against Depression website launched

2005

We had four mental health trainers

2007

We supported Lord Layard's case for investment in therapy, leading to the national IAPT programme: Improving Access to Psychological Therapies

2008

Charlie Waller Institute was established

2010

Training pack for secondary schools created

2014

Clare Stafford appointed as CEO

2017

E-learning for universities launched

2018

Trust had doubled in size, with trainers covering schools, colleges, universities and workplace

2019

Number of therapists trained by CWI exceeded 1,000

2020

Online training and webinars massively increased

2021

New brand launched

New website launched

2022

Lady Waller awarded OBE for Services to Mental Health in Young People

We reached over half a million people with our free resources and toolkits

2023

We have 38 mental health trainers

Our CEO is Vice Chair of the Children and Young People's Mental Health Coalition

Research and development

All our work is underpinned by sound evidence. Our sister organisation, the Charlie Waller Institute at the University of Reading, combines research and high-quality teaching so that clinicians and patients can benefit from the most effective evidence-based psychological treatments.

Amongst many other activities, CWI trains new therapists; produces online open-access courses to help the public better understand common mental health difficulties; trains mental health professionals to deliver training to those working in education and healthcare settings; and has developed a sleep intervention programme specifically for young people, to be delivered alongside existing treatments for depression.

In 2014, Professor Shirley Reynolds and Dr Laura Pass developed a new form of Brief Behavioural Action treatment (Brief BA), targeting depression in adolescents.

As of 2022

Over **14,000** young people young people have been treated with Brief BA, and **10,000** additional mental health professionals trained

170,000 people have accessed CWI's open-access mental health courses

Brief BA is now in the NICE guidelines

Initial results show CWI's new sleep programme leads to shorter times to fall asleep and **better sleep quality**

Since it was founded in 2008, CWI has trained over **750 new therapists**

Thank you to our funders and fundraisers

Our Christmas **Big Give** campaign raised **£52,328** thanks to our generous supporters and match-funders

Over 2,000 people attended our musical events last year, including our annual carol services and a stunning performance of the Mozart Requiem at Cadogan Hall, raising **£93,805**

More than **300** people took on a running/trekking challenge last year, including the Cambridge Half Marathon and Sahara Trek, raising over **£150,000.**

We trained **17** parent carer peer support workers; they have lived experience of caring for children with mental health issues and will support other parents and carers.

We distributed **17,342** newsletters giving supporters updates about our work

We sent out **16,039** copies of our Wellbeing Action Plans for children and young people, helping them learn practical ways to look after their mental health

'Boo's ball', celebrating the life of Boo, who tragically took her own life in 2015, raised an astonishing **£174,000** to help us expand our work, especially in Norfolk and Suffolk

Our amazing volunteers continued to play a crucial role on fundraising committees and in myriad other ways

> "The Wellbeing Action Plan is my go-to resource when working with almost any student. It is an effective way to encourage students to take an active part in looking after their own wellbeing, whilst signposting them to further resources."
>
> *Assistant Pastoral Manager*

Who's who

Presidents
The Rt Hon. Sir Mark Waller
Lady Waller

Trustees
Richard Waller QC (Chairman)
Robin Booth (Hon. Treasurer)
Dr Nick Broughton (Consultant Psychiatrist)
Donna Colbourne
Michael Cole-Fontayn
William de Laszlo
Mark Durden-Smith
Dr Mina Fazel (Research Fellow & Consultant Child Psychiatrist)
Julian Hay
Charles Lytle
James Murray
Katie Tait
Philip Waller
Iain Weatherby

Board Advisers
Professor David Clark
Lord Crisp KCB
Lord Layard
Dr Denise Meyer
Professor Andrew Reeves
Professor Suzanna Rose
Sir Anthony Seldon
Professor Roz Shafran
Professor Sir Simon Wessely

Patrons
Alexander Armstrong
Gordon Black CBE
Louise Black
The Hon. Mrs de Laszlo
Neil Durden-Smith OBE
Nigel Gray
Professor Steven Hollon
Ian McIntosh
Mary Nightingale
Sue Shenkman
Phoebe Waller-Bridge
Anthony West
Michael Whitfeld

Chief Executive
Clare Stafford

Executive Assistant to CEO
Natalie Chandler

Director of Programmes
Kay Boyden

Director, Charlie Waller Workplace
Abigail Hirshman

Programme Manager (Parent/Carer Peer Support)
Annabelle Easton

Project Manager
Christina Sell

Volunteer & Resources Officer
Martha Pipkin

Training & Projects Assistant
Chelsey Dixon

Head of Fundraising
Nick Appleby

Corporate Partnerships Manager
Helen Franks

Fundraising Events Manager
Carley Stump

Fundraising Events Officer
Debs Burles

Fundraising Events Officer
Natasha Austen

Trusts & Foundations Fundraising Officer
Angela Cunningham

Individual Giving Fundraising Officer
Rachael Coombs

Fundraising Assistant
Michelle Lane

Head of Communications
Rebecca Miles-Mallowan

Content & Story Manager
Tracey Gurr

Graphic Designer
Amy Martin

Social Media Officer
Sabita Burke

Digital Marketing Lead
Emily Wyatt

Finance & Operations Manager
Carrie Green

Office and IT Co-ordinator
Kirsty Smith

Office Assistant
Kerryn Cyfka

Mental Health Trainers
Sarah Ashworth
Pauline Beaumont
Vicki Beevers
Jo Billington
Hannah Buckland
Pamela Butler
Andrew Caress
Julie Castleman
Gemma Fieldsend
Mark Fudge
Dr Maryanne Freer
Dr Sheila Hardy
Jenny Langley
Barbara Lawton
Liz Lord
Ian Macdonald
Dr Anivta Madan-Bahel
Dick Moore
Lindsay Pendleton
Claire Poole
Ros Rea
Reena Shah
Debbie Spens
Lisa Thomson
Julie Turner
Rachel Welch
Jackie Williams

Parent/Carer Lived Experience Lead
Wendy Minhinnett

Speaker
Haleem Clift

Strategic Consultant
Kathryn Pugh MBE

Youth Involvement
Alice Palmer
Michael Priestly

Workplace Consultants
Jane Abraham
Dr Katie Behrens
Dr Mike Oliver
Natalie Treacher
Tracy Wright

PLEASE FOLLOW US

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charliewaller.org