



# ANNUAL REVIEW & IMPACT REPORT 2021

## We're talking mental health

In another year dominated by the pandemic, the mental wellbeing of young people has increasingly been in the spotlight. We've been able to use our 25 years of experience and expertise to make a real impact in this challenging time. We've given thousands of young people, parents, carers, teachers and employers the confidence to talk about mental health and take positive action to help themselves and others.

A huge thank you to all our supporters, partners and the whole Charlie Waller community.



## OFFERING HOPE

Amidst the suffering brought about by Covid-19, there are many inspiring stories of people coming together to help each other in practical and heart-warming ways. Giving practical guidance and offering hope are cornerstones of our work. We know that a great deal can be achieved by equipping young people, their peers, parents, teachers, lecturers, support staff and colleagues with skills, knowledge and confidence. This enables mental health problems to be identified and acted on early and is at the heart of CWTs work.

All our work is based on sound evidence and we work with academic and other partners to ensure that everything we do is proven to be effective. This underpins all our work, from our growing support groups for parents of children with mental health problems to our new digital tools which enable colleges and universities to measure and improve their response to mental wellbeing.

In 2022 we mark the 25th anniversary of the Trust. As the impact of the pandemic on young people's mental health becomes clearer, our positive, proven and practical approach is going to be more important than ever.



**RICHARD WALLER QC**  
CHAIRMAN



**CLARE STAFFORD**  
CEO

Timely support from a consistent trusted adult can work wonders.

**TIME FOR ACTION,**  
CENTRE FOR MENTAL HEALTH, 2021



## WE'RE TALKING MENTAL HEALTH

Every year we reach thousands of young people, educators, parents and employers. We give them practical tools and the confidence to look after their mental health. We make sure we spend the money our supporters donate for maximum benefit, measuring our impact and the outcomes of our work.

Here's a snapshot:

**96.4%**  
said they felt more equipped to support young people after attending our webinars

**21**  
parent support groups were members of our PLACE network

There were  
**20,900**  
downloads of our resources

There were  
**10,404**  
visits to our HE and FE e-learning portals

**99,800**  
users visited our website

**78**  
colleges began using our C-MET mental health toolkit



# OUR WORK WITH SCHOOLS

In 2021 we:

- **Were appointed providers of training for the government funded senior mental health leads in schools**  
We were selected to provide this national training, in partnership with the Charlie Waller Institute at the University of Reading.
- **Partnered with the University of Sussex and their local health science network to research the impact of new Mental Health Support Teams**  
These are new teams in schools and colleges which provide therapeutic advice and bridge the gap with specialist services. CWT led the pupil element, which showed that trusting relationships with school staff was key for them.
- **Took an active role in influencing within the children and young people's mental health sector**  
Our CEO, Clare Stafford, continued as Vice-Chair of the Children and Young People's Mental Health Coalition.



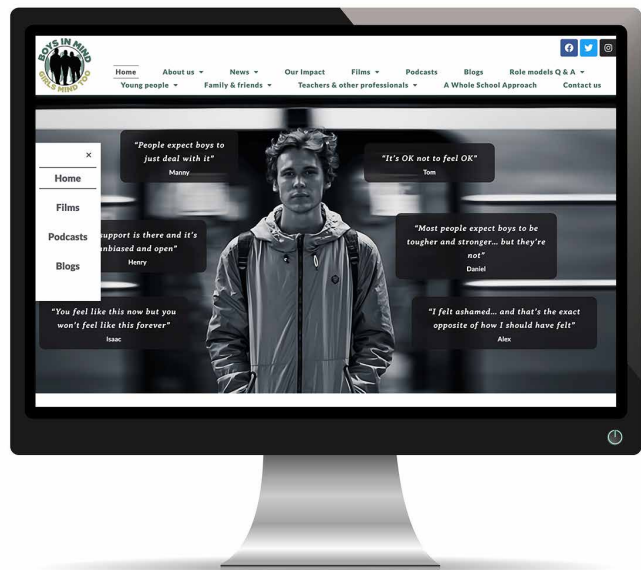
**Children & Young People's Mental Health Coalition**

- **Continued as a partner in the i-CATS (Identifying Child Anxiety Through School) study at the University of Oxford**  
In this important research, Prof. Cathy Creswell's team is analysing the effectiveness of providing parents with an online intervention to enable them to support a child with anxiety.

Fears, worries and anxiety are a normal part of childhood, but for some children anxiety has a negative impact on their day-to-day lives. These children may benefit from support or intervention to help them manage and overcome their difficulties with anxiety. The i-CATS study will help more children with anxiety problems receive effective support when they first need it.

**PROFESSOR CATHY CRESWELL**  
I-CATS TEAM, PRINCIPLE INVESTIGATOR

- **Delivered 296 mental health sessions to 18,152 teachers, parents and pupils**  
We also developed live open access webinars as part of our blended offer of digital and face-to-face sessions.
- **Continued our partnership with Boys in Mind/Girls Mind Too (BiM) in Bath and North East Somerset**  
Highlights included 50 Ofsted inspectors attending a BiM mental health training session and 50 films now being available on the BiM website.



As a member of staff working with vulnerable pupils, I found it extremely helpful to discuss ways to talk with young people when there is a worry / risk of self harm or suicidal thoughts. It has given me more confidence to ask difficult questions as a way of best supporting the children.

**SCHOOL STAFF MEMBER**

## LOOKING AHEAD



We will set up more long term partnerships with schools, particularly in disadvantaged areas, to help them adopt a 'whole school approach' to mental health.

## OUR WORK WITH PARENTS AND CARERS

In 2021 we:

- Continued to develop The PLACE Network for individuals and organisations who run groups for parents and carers of children with mental health issues



Emerging evidence shows that parent peer support can lead to better outcomes for children and young people, as well as encouraging self-care for families supporting a child.

- Reached many more parents and carers of young people with an eating disorder
- Began developing our parent peer support training programme

Our workshops using the New Maudsley model give parents the skills and confidence they need to support their children. With good training, parents can become a part of the workforce for children and young people's mental health. We developed our training curriculum after an independent evaluation of our peer support model.



### SARAH AND AMELIA'S STORY

Sarah attended a series of workshops run by CWT trainer Jenny Langley to learn how to help her daughter Amelia, whose eating disorder was having an extremely negative effect on her life.

The workshops provide practical advice, including communication skills to help parents and carers connect with their loved one. Sarah says she learned that "An eating disorder is not a choice – it happens and we needed to support Amelia, not fight endless battles with the eating disorder we couldn't win."

The support Amelia has received from professionals and, vitally, from her parents, has been crucial in her recovery. There is, she now says, "so much more to life."



**Jenny Langley**  
CWT Trainer



- Held Teen Brain workshops attended by 1,678 parents, carers and others with responsibility for young people
- These help parents understand the physical changes behind confusing aspects of teenage behaviour.



I wanted to share the effect that your talk has had and that your message didn't stop with me. I have talked openly with my husband and daughter about an awareness of our feelings and those closest to us and the importance of having someone to share those thoughts and feelings with... I have proactively reached out to friends who I know are worried about their children and pointed them to the website. The power of your talk has rippled to at least another 15.

**A PARENT**

### LOOKING AHEAD



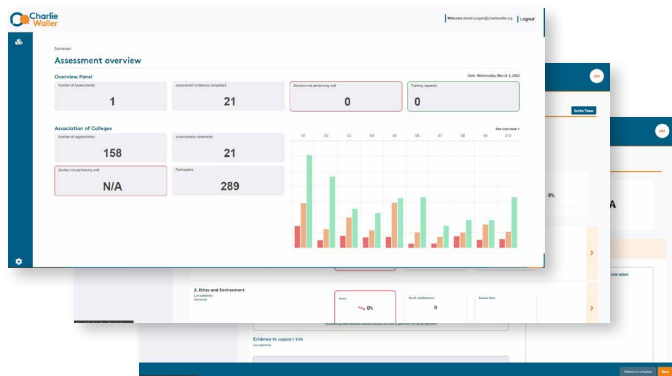
We will be using our expertise and influence to help ensure peer support for parents is given priority in the government's new national mental health strategy.

# OUR WORK WITH COLLEGES AND UNIVERSITIES

In 2021 we:

- **Produced 'C-MET', a new digital self-evaluation tool to help colleges track progress in their approach to mental health**

This was produced in collaboration with the Association of Colleges.



- **Continued to partner with Nightline to deliver 'suicide calls' training**  
This enables student volunteers to respond effectively and safely to students in suicidal distress. Nightlines run in 31 universities covering a student population of 1.4 million.

- **Partnered with the Charlie Watkins Foundation to produce guides for young people moving from school to university**  
The guides are aimed at young people who may be particularly vulnerable to mental health problems, including care leavers, international students and LGBTQ+ students.



- **Reached more than 10,000 individual users with 'Keeping Mental Health in Mind', our e-learning package**

The package is specifically for non-specialist staff in universities and colleges, to help them identify and support students experiencing mental health problems.

- **Wrote a mental health guide for post graduate students in STEM subjects**

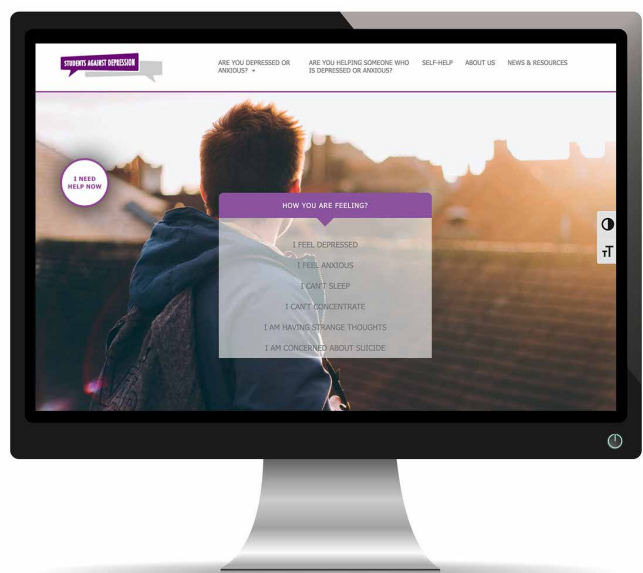
In partnership with Jonathan's Voice we produced this specialist guide for post-grads in science, technology, engineering and maths.



I've already shared the guide with all my past and present PhD students. One of the students mentioned after a quick read: 'it's as if the author is talking to me directly'. Congratulations on such an impactful guide.

**PROFESSOR TANVIR HUSSAIN**  
THE UNIVERSITY OF NOTTINGHAM

- **Partnered with BACP, the professional body for over 50,000 registered therapists**  
Our partnership is providing specialist training for counsellors based in colleges and universities.
- **Logged 77,082 users of our Students Against Depression (SAD) website**  
SAD continues to offer a wide range of evidence-based self-help resources for college and university students.



## LOOKING AHEAD



We will publish our mental health toolkit for universities, an evidence-based guide on implementing a mental health strategy.



## OUR WORK IN THE WORKPLACE

In 2021 we:

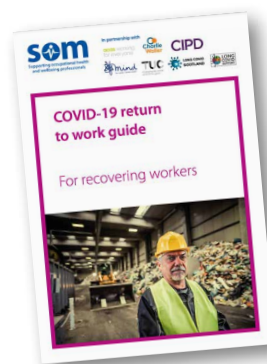
- **Launched the new Charlie Waller Workplace Mental Health Programme**  
This will generate income which we will use to provide more free training and resources, helping to create the healthy workforce of the future.
- **Held a successful conference to launch the new programme**  
Expert speakers gave delegates invaluable information and advice.



- **Delivered 86 mental health sessions in the workplace**  
A total of 2,032 people benefited from these.

...an amazing trainer, very relatable and knowledgeable. Managers are saying their awareness and understanding is so much wider and they're benefitting from attending the sessions. It's been such a positive experience.

- **Offered mental health training and advice to 1 Million Mentors**  
This is a community-based mentoring service that aims to improve young people's career chances.



- **Produced a COVID-19 return to work guide**  
We published this in partnership with colleagues in the mental health sector.

### LOOKING AHEAD



We will grow the range of services offered to our business partners, using income generated to fund our free training and resources for schools and families, colleges and universities.

## OUR WORK IN PRIMARY CARE

In 2021 we:

- **Took a decision to maintain a small team for this area of work rather than expand it further**  
This will enable us to streamline and focus more clearly on our other charitable activities.
- **Trained 361 primary care professionals**  
These included GP trainers and trainees, practising GPs and nurses.

- **Reached 6,457 users with our e-learning package for practice nurses**  
Topics include medication for mental health problems in primary care, the patient journey, managing alcohol and drug misuse in primary care, and care planning.
- **Were delighted that our trainer Sheila Hardy had a five-page feature published in Practice Nurse**  
The feature in this leading journal was on improving the physical health of people with severe mental illness.

# OUR WORK WITH THE CHARLIE WALLER INSTITUTE

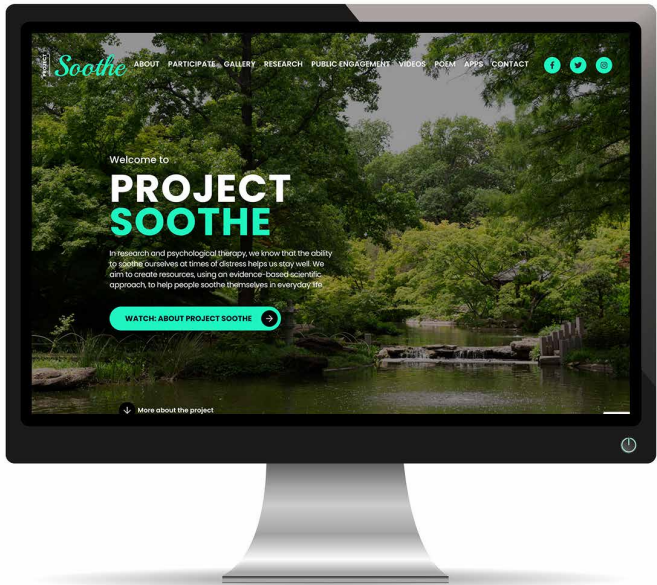


**Professor Stella Chan**  
Chair in Evidence-based Psychological Treatments

In 2021, the Trust continued to support the Chair in Evidence-based Psychological Treatments at the University of Reading, Professor Stella Chan, who works closely with the Charlie Waller Institute (CWI).

CWI trains new therapists, educates clinicians in the latest treatments and provides education for undergraduates and postgraduates.

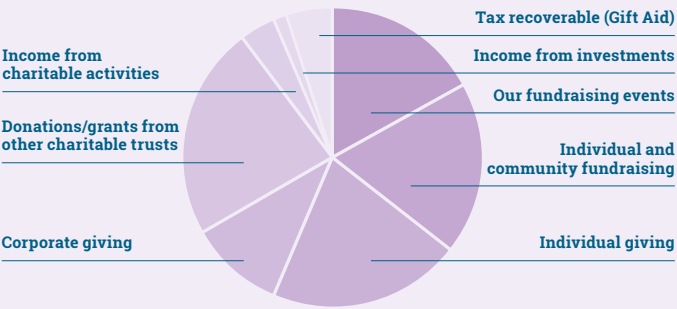
Two of Professor Chan's current areas of work are the Soothe Project, an evidence-based library of images that can boost wellbeing, and the Reading Resilience Network, promoting and researching activities that build young people's resilience.



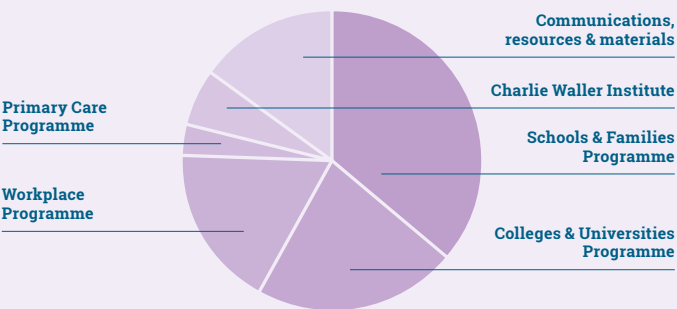
## The funds we raise and how we spend them

The charts illustrate how funds were raised in 2021 and our charitable expenditure. We are very grateful for the generous support of many organisations and individuals.

### 2021 INCOME



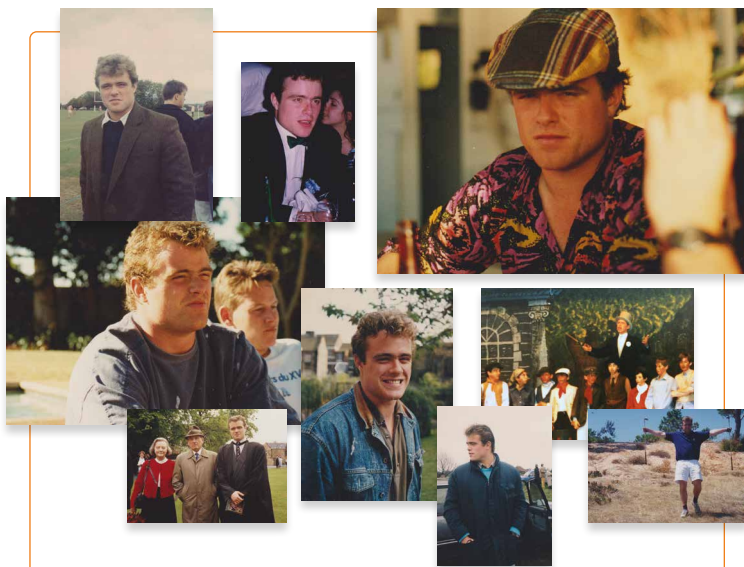
### 2021 CHARITABLE EXPENDITURE



## LOOKING AHEAD



We will be working with CWI to create and deliver our peer support training package for parents and carers.



## Remembering Charlie

Charlie Waller was a strong, funny, popular, good-looking and kind young man, with a close and loving family. To the outside world, he had everything to live for. Yet in 1997, at the age of 28, Charlie took his own life. He was suffering from depression.

In response to this tragedy, his family founded The Charlie Waller Trust, to open up the conversation around depression, and to ensure that young people are able to understand and look after their mental health and to spot the signs in others.

2022 will mark 25 years since the charity was set up. The founding principles of the Trust are still rigorously applied to guide our approach; Charlie sits at the heart of our story, our vision and our purpose.

**At the Charlie Waller Trust we will continue to work as hard as we can to support children, young people, their parents, carers, teachers and employers.**

Thanks to our fantastic partners, funders and supporters we've been able to expand our work, particularly with parents and carers who can play such a crucial role in supporting young people with mental health problems. We are sincerely grateful for all your generous support; it enables us to achieve so much for young people and those who care for them. And, crucially, it helps us to plan for a future in which we can reach even more people with our vital training and resources.

To find out more, please see our details below. We'd love to hear from you.

### GET IN TOUCH

hello@charliewaller.org  
01635 869754

### FIND OUT MORE

charliewaller.org

### FOLLOW US



### OUR VISION

**A world where people understand and talk openly about mental health:** a world where young people and those who support them are equipped to spot the signs of mental health problems in themselves and others; to maintain and enhance their mental health and wellbeing; and to have the confidence to seek help when they need it.

### The Charlie Waller Trust

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The Charlie Waller Trust is a registered charity in England and Wales 1109984.  
A company limited by guarantee. Registered company in England and Wales 5447902.  
Registered address: as above.