

The cover features a large orange ring with a white center. Inside the ring are several hand-drawn icons: a blue sun with rays in the top left, a purple smiley face in the top right, a green globe in the bottom left, a teal star in the bottom left, and a pink heart in the bottom right. The text is centered in the white circle.

The Charlie Waller *WELLBEING CHALLENGE* 2021

SCHOOL PACK

WELCOME



Thank you for signing up to take part in the Charlie Waller Wellbeing Challenge 2021.

We have adapted our Wellbeing Challenge again this year, reverting back to a school-based activity. We understand that schools have been under a lot of pressure so we've tried to make it as easy as possible for you to take part by including a dedicated lesson plan, as well as lots of activities for the children both in school, and at home over half-term.

The lesson plan includes notes to help you guide students in thinking about how to improve their mental health using the Five Ways to Wellbeing. You can then take part in some of the activities within school and/or you can send ideas home for families to join in over half-term whilst we are still living under some Government restrictions.

The idea is that each child tries to complete at least one activity for each of the five ways and document it by taking photos. Obviously if the children are enjoying it they can do more than one activity per way!

THE FIVE WAYS TO MENTAL WELLBEING



CONNECT – 'connect' with people you know: family, friends and neighbours. Spend time developing these relationships but remember to keep to the Government guidelines on social distancing.



BE ACTIVE – take a walk, jog or cycle or find another activity you enjoy (while also maintaining social distancing).



KEEP LEARNING – learning new skills can give you a sense of achievement and increased confidence.



GIVE – even the smallest act can count, whether it's a smile, a thank you or a kind word.



TAKE NOTICE – be more aware of the present moment, including your thoughts and feelings, your body and the world around you.

THE COMPETITION

We have two different prize categories this year – one for schools and one for individual children.

FOR SCHOOLS – the chance to win one of five wellbeing libraries for your school which includes 10-15 books all about helping young people with their mental wellbeing.

FOR CHILDREN – each school can nominate one student who has taken part in the challenge at home and shown a great understanding of the five ways to wellbeing. We will pick first, second and third place winners from these nominations and every child nominated will receive a runners up prize.

TIMINGS

The challenge is being launched on Tuesday 18 May and runs until Friday 25 June.

You can take part at any time during this period. To enter the competition, complete our submission form no later than **Friday 25 June**. And don't forget to nominate any students who have taken part at home too!

Our judging panel will then consider all entries and announce the winners at the beginning of July.

HOW TO ENTER THE COMPETITION IN THREE EASY STEPS

- 1 Have a look through the lesson plan and activity ideas for each of the five steps to mental wellbeing and plan when/where/how you will do them.
- 2 Take photos of the activities in progress or of the finished items if you've made something.
- 3 Submit your five best photos, with a clear description of the activity – one for each of your five activities, and details of the student you would like to nominate by Friday 25 June using the link in the email.

SOCIAL MEDIA

We would love to create a buzz about the challenge and encourage as many people as possible to take part. If you are able to post photos on social media, we would love to see them and share any that you are happy for us to.

You can follow us on Facebook, Instagram or Twitter and please tag us using the hashtag #wellbeingchallenge21.

 **Charlie Waller Memorial Trust**

 **@CharlieWallerUK**

 **@CharlieWallerUK**

JUDGING CRITERIA AND TERMS

We will be looking for originality, creativity, and enthusiasm so let your imagination go wild!

It's important that your photos clearly show the children doing or having done a wellbeing activity relating to one of the five ways and you must explain the activities that are happening in the photos.

You must upload at least one image for each of the five steps to mental wellbeing (therefore a minimum of five photos to qualify).

Please only include photographs of children if you have received permission from their parents/carers to do so. We will happily accept photos of the finished outcome of each activity or photos where you cannot identify the child/children.

We will accept only one submission form per school.

We will announce the winners at the beginning of July via email and on social media.

We very much welcome international entries to the competition but would ask that you make a contribution towards the postage costs should you win one of the prizes.

Our judging decision is final.

LESSON PLAN



Encourage the children to become 'scientists' and explore how and why the Five Ways to Wellbeing really work.

This lesson plan has been designed to be flexible around your timescales so it can be done in just one lesson or extended to cover a whole day. From this lesson we ask you to encourage the children to carry on looking after their wellbeing at home and have included a whole pack of ideas for them to try out over half term.

BACKGROUND

First launched in 2008, the Five Ways to Wellbeing is a popular initiative designed to encourage people to actively invest in their mental health and wellbeing. The five basic principles are based on easily achievable, accessible interventions:

- Connect with others (relational)
- Give (generosity)
- Be active (physicality)
- Learn (mental)
- Take notice (mindfulness)

The five ways can be adopted across all age groups and applied in different ways according to differences and needs.

OBJECTIVES

The learning outcomes from this Wellbeing Challenge are as follows:

- Introduce children to the Five Ways to Wellbeing
- Enable children to recall each of the Five Ways with meaning
- Give children a practical experience of engaging with the Five Ways
- Highlight that the different approaches work on an individual basis
- Develop a longer-term plan to adopt and practise the Five Ways

OVERVIEW

Today is about making the Five Ways to Wellbeing FUN. We are encouraging children and young people to become scientists and explore HOW and WHY the Five Ways work. We believe that actively engaging with each of the Five Ways will give children and young people the opportunity to analyse the meaning, effectiveness and helpfulness of each approach. We believe that active participation (which includes the opportunity for children and young people to critically dismiss approaches) leads to positive adaptation in meaningful and lasting ways.

SUGGESTIONS

For today, all children and young people become scientists. Encourage them to not just believe that the Five Ways are effective, but to test them out and see for themselves. Which do they each prefer? What do they find most enjoyable or most helpful? How does that compare to the person they sit next to? Isn't it incredible how we are all different!

The following contains suggestions of how you can bring each element to life within a school setting:

CONNECT WITH OTHERS

- Team up with a classmate you don't usually work with. Ask them questions... do they have any pets? What is their favourite colour? What food do they like/hate? Do they have any siblings? What other things can you find out? Spend a good chunk of time interviewing one another... what things surprise you? What have you learnt?
- Write a letter to someone you care about. What do you want to tell them? What's important to you?
- As a class, interview your headteacher (in person or via Zoom/Teams depending on your Covid limitations). What do you want to ask? How can you know your headteacher better as a person?
- As a class, interview a local person (councillor, parent, shopkeeper) via Zoom/Teams. What can you find out about them?
- Write letters and send a care package to either a different year group in your school, or maybe your own year group in a different school.

BE ACTIVE

- As a class, go out and do the Daily Mile challenge... everyone does laps of the playground for 15 minutes.
- Participate in some team games, such as throwing and catching.
- Take part in a Joe Wicks PE lesson.
- Have a mini-disco - play some music and dance!
- How long can you jog on the spot for?

LEARN

- Take a vote on what, as a class, you'd like to learn today.
- Use the school computers to research something you're interested in
- How many languages can you use to say the numbers 1-10 in?
- Can you learn a fascinating fact about the human body?
- Watch a documentary about the world we live in (e.g. Blue Planet).



- As a class, make a card or poster for your lunchtime supervisors, or the care-taking team. How does it feel to make something for someone else? Ask them to share with you how they feel about your gift.
- Bake some cookies/cakes and share them among your class/bubble.
- Do a litter pick, safely, wearing gloves or using a litter pick tool.
- Spend some time giving your classroom a clean/tidy.
- Write a letter to your MP about a local issue.



- Lie on the ground outside and watch the clouds. What shapes can you see?
- Walk around outside and write down what you can hear.
- Walk around outside and write down how many colours you can see.
- Sit quietly and draw something that represents peace.
- Listen to some music. How does it make you feel?

CONCLUSION

Once you have completed at least one activity in each of the Five Ways, using the templates on the following page, ask the children to really think about which one they enjoyed the most and why. Encourage them to think of some more ideas of how they can continue using them in everyday life both at school and at home.

'HOMEWORK'

The second half of this pack is for you to send home with the children so they can complete it over half-term. We have included a brief explanation for the parents and carers so they can get involved as well. Don't forget to nominate one child who has taken part at home to be in with a chance of winning an individual prize. For your ease we have created a separate download for the home pack on its own so you can forward it to parents and carers. You can access this via your confirmation email.

FUNDRAISING

Would you consider continuing the conversation about mental health by raising money for the Charlie Waller Trust? Any donations received will go towards our work in schools and with young people.

You could host a non-uniform day, hold a bake sale or set up personal, class or whole school challenges. We have many fundraising ideas on our website: charliewaller.org/get-involved/fundraise/fundraising-ideas

MY FIVE WAYS TO WELLBEING



Put the Five Ways to Wellbeing in order of how much you enjoyed them and why:

MY TOP FIVE

WHY I DID/DIDN'T ENJOY THEM

OTHER IDEAS

1		
2		
3		
4		
5		

MY FIVE WAYS TO WELLBEING



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1		
2		
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MY FIVE WAYS TO WELLBEING



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MY TOP FIVE

WHY I DID/DIDN'T ENJOY THEM

OTHER IDEAS

1		
2		
3		
4		
5		

The cover features a large orange ring with a white center. Inside the ring, the title 'The Charlie Waller WELLBEING CHALLENGE 2021' is written. 'The Charlie Waller' is in blue, 'WELLBEING CHALLENGE' is in orange brush script, and '2021' is in blue. Below the title is 'HOME PACK' in blue. The cover is decorated with a purple smiley face, a green globe, a teal star, and a pink heart. Blue brush strokes are scattered around the top left.

The Charlie Waller *WELLBEING CHALLENGE* 2021

HOME PACK

WELLBEING CHALLENGE 2021

HALF-TERM FUN

INFORMATION FOR PARENTS AND CARERS...

Your child/children have taken part in a lesson at school all about the Five Ways to Wellbeing, learning how they can think positively about their mental health.

To encourage the children to introduce the 'ways' into their everyday life we have created a home pack so they can take part over half-term. The main aim is to complete at least one wellbeing activity for each of the Five Ways and document it by creating a mini presentation page.

We have given you lots of ideas to help you out but we would encourage the children to think up their own activities too and for the whole family to join in as well. Obviously they can do much more than one activity per way if they are enjoying it!

THE FIVE WAYS TO MENTAL WELLBEING



CONNECT – 'connect' with people you know: family, friends and neighbours. Spend time developing these relationships but remember to keep to the Government guidelines on social distancing.



BE ACTIVE – take a walk, jog or cycle or find another activity you enjoy (while also maintaining social distancing).



KEEP LEARNING – learning new skills can give you a sense of achievement and increased confidence.



GIVE – even the smallest act can count, whether it's a smile, a thank you or a kind word.



TAKE NOTICE – be more aware of the present moment, including your thoughts and feelings, your body and the world around you.

THE COMPETITION

As well as your child's school having the chance to win one of five wellbeing libraries which includes 10-15 books all about helping young people with their mental wellbeing, we are also running a competition for individual children who continue the challenge at home.

Each school can nominate one student who has taken part in the challenge at home and shown a great understanding of the Five Ways to Wellbeing. We will pick first, second and third place winners from these nominations and every child nominated will receive a runners up prize.

HOW TO ENTER

Simply complete an activity for each of the Five Ways to Wellbeing - you can do as many as you like if you are really enjoying it. Take photos of your child either doing the activities or the end product if they have made something, and create a 'presentation' page with descriptions of everything they did. This is an example of how it could look:



PROGRESS CHART



Name						
Connect						
Be active						
Keep learning						
Give						
Take notice						

BADGE CUT-OUTS

Every time you complete one of the Five Ways to Wellbeing cut out a badge and stick it to your chart. See how many you can get!!



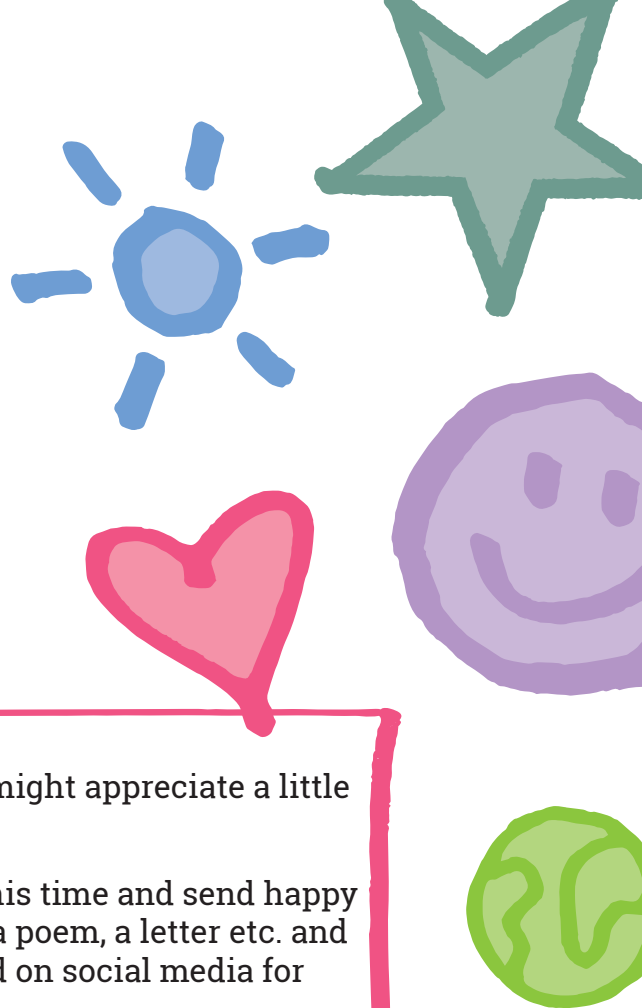
Lots of little badges for those of you who want to do more activities.



Some bigger badges for those of you who just do one thing amazingly!

CONNECT

Connections with other people help strengthen our sense of self-worth, and feelings of being loved and valued. They also offer a sense of perspective and a distraction from getting stuck in negative thoughts. They help us feel less lonely, which is very important, as studies have shown that loneliness may be linked to low mood, sleep problems and other wellbeing issues.



- ☐ Bake some cakes or biscuits for someone who might appreciate a little 'pick me up'.
- ☐ Think about someone who might be lonely at this time and send happy mail to cheer them up. This could be a picture, a poem, a letter etc. and can either be sent in the post, emailed or posted on social media for them to see.
- ☐ Make a playlist of your favourite songs and share it with your friends.
- ☐ Arrange to see a friend or family member in person who you haven't been able to see for a while.
- ☐ Count how many people you can smile and say 'hello' to in one day.
- ☐ Create your close family tree. Why not make it into a poster and make it look pretty.
- ☐ Invent your own secret code and write messages to your friends.
- ☐ Try smiling – whether just for yourself, or when you're with others. It is a simple and rewarding way of connecting.

Use this space to write down your own ideas for **CONNECT**:

BE ACTIVE

Exercise is good for our mental health; indeed the NHS recommends regular, enjoyable exercise as an effective treatment for depression. For children and young people aged 5 to 18 the NHS recommends an average of at least 60 minutes of moderate intensity physical activity a day, including some aerobic exercise and some that strengthens muscles and bones.

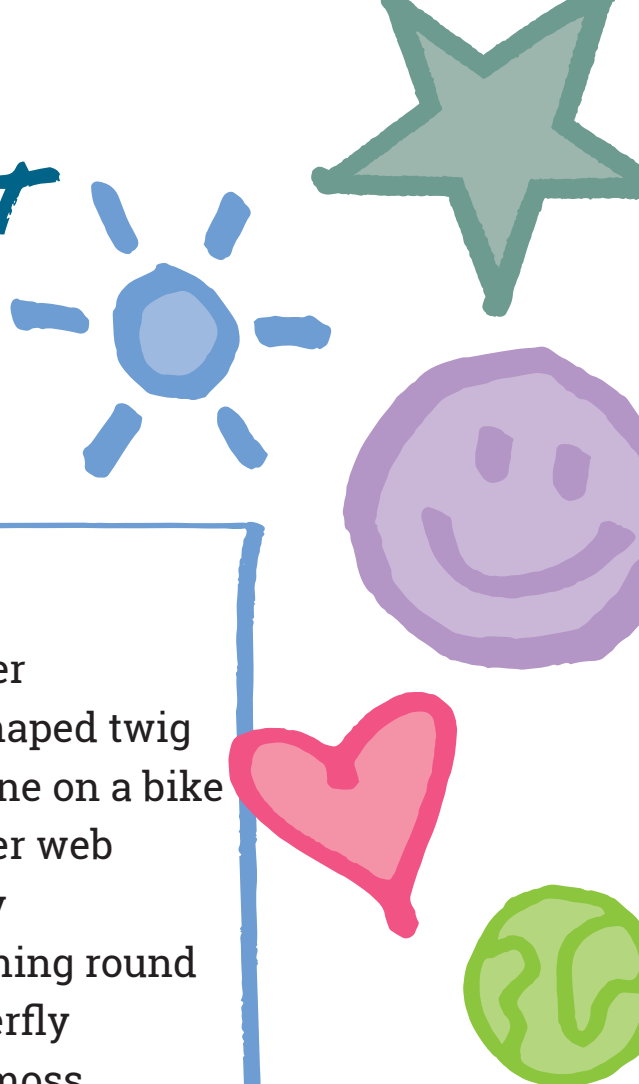


- ☐ Do a scavenger hunt. See [page 7](#) for our indoor and outdoor hunts for you to try.
- ☐ Help your local community - put on some gloves, take a plastic bag and pick up any litter you see (maybe have a competition amongst your friends to see who can pick up the most).
- ☐ Help round the house - when the laundry is all clean, take one item at a time from the dryer or washing line, take it to the room where it belongs and put it away. If you have to go upstairs you should be puffed out by the end of this one!
- ☐ Either on your own or with friends create a dance routine to your favourite song.
- ☐ Try making a giant picture on the floor from household items – ‘Art Attack’ style (remember to tidy up afterwards!).
- ☐ Create an obstacle course in your garden or round your house. Time how long it takes you and see if you can get quicker the more times you complete it. See [page 8](#) for our ideas on what you can include.
- ☐ Ask a grown-up to teach you a dance move from their youth – the twist, the electric slide, the running man, the macarena!

Use this space to write down your own ideas for: **BE ACTIVE:**

SCAVENGER HUNT

One for a sunny day outdoors and one for a rainy day indoors. They include things you can pick up as well as things you will see.



OUTDOOR SCAVENGER HUNT

- | | |
|---|--|
| <input type="checkbox"/> Something prickly | <input type="checkbox"/> A flower |
| <input type="checkbox"/> Someone going for a run | <input type="checkbox"/> A 'Y' shaped twig |
| <input type="checkbox"/> A pinecone | <input type="checkbox"/> Someone on a bike |
| <input type="checkbox"/> Three kinds of leaves | <input type="checkbox"/> A spider web |
| <input type="checkbox"/> Something that smells nice | <input type="checkbox"/> A berry |
| <input type="checkbox"/> A weed | <input type="checkbox"/> Something round |
| <input type="checkbox"/> Something yellow | <input type="checkbox"/> A butterfly |
| <input type="checkbox"/> A crack in the pavement | <input type="checkbox"/> Some moss |
| <input type="checkbox"/> A bug | <input type="checkbox"/> A post box |
| <input type="checkbox"/> A funny shaped stone | <input type="checkbox"/> A worm |

INDOOR SCAVENGER HUNT

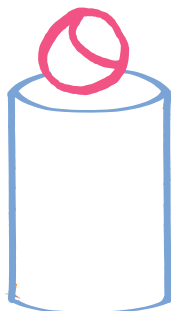
- | | |
|--|--|
| <input type="checkbox"/> A spoon | <input type="checkbox"/> A ruler |
| <input type="checkbox"/> A purple crayon or pencil | <input type="checkbox"/> Something fluffy |
| <input type="checkbox"/> Something that has ears | <input type="checkbox"/> A blue Lego brick |
| <input type="checkbox"/> A key | <input type="checkbox"/> A dice |
| <input type="checkbox"/> Something with your name on | <input type="checkbox"/> A penny |
| <input type="checkbox"/> A whisk | <input type="checkbox"/> Something square |
| <input type="checkbox"/> A sock with red on it | <input type="checkbox"/> A hat |
| <input type="checkbox"/> A softback book | <input type="checkbox"/> A hairband |
| <input type="checkbox"/> Something that has wheels | <input type="checkbox"/> A playing card |
| <input type="checkbox"/> A tissue | <input type="checkbox"/> Something orange |

OBSTACLE COURSE

Try out a few of these ideas for creating an obstacle course inside or out!



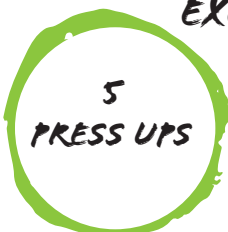
THROW BALLS
OF SOCKS INTO
A BIN FROM A
SET DISTANCE



SET UP 'STATIONS'
OF DIFFERENT
EXERCISES:



10
BURPEES



5
PRESS UPS



15
STAR
JUMPS



CIRCLE ROUND
AND ROUND A
CHAIR 5 TIMES

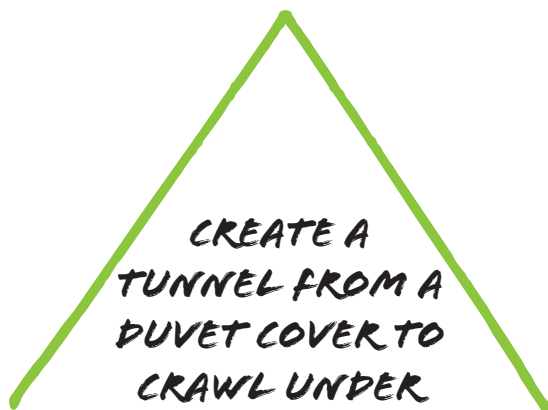
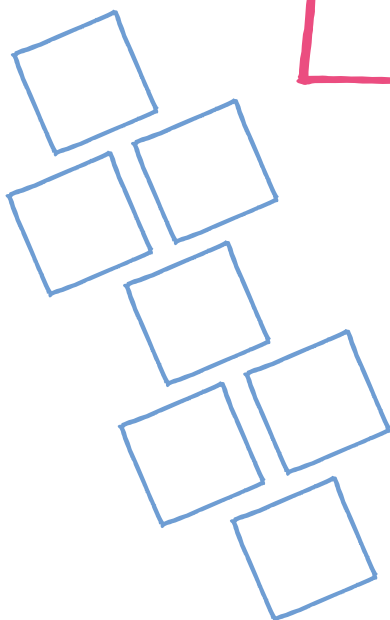


USE A
PILLOWCASE
TO HOP
ALONG A SET
DISTANCE



STEP UPS ON
THE BOTTOM
STAIR

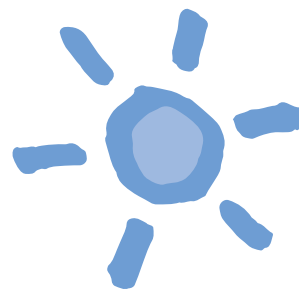
CREATE A HOP
SCOTCH GRID
(USE CHALK
OUTSIDE OR
MASKING
TAPE INSIDE)



CREATE A
TUNNEL FROM A
DUVET COVER TO
CRAWL UNDER

KEEP LEARNING

Learning things, developing new skills and achieving goals can help boost self-esteem and give a sense of purpose. Active minds are more resilient to intrusive negative thoughts. Learning can also be fun!



- ☐ Go out for a walk with your family and collect 10 different leaves. Try to identify the tree using information from the Woodland Trust <https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/british-trees/how-to-identify-trees/>
- ☐ Recreate a scene from your favourite movie, TV programme or book. Why not film it too?
- ☐ Try and think of an animal that begins with each letter of the alphabet.
- ☐ Do a wordsearch. See [page 10](#) for our positive search.
- ☐ Find out what a haiku is and try to write your own.
- ☐ Think of a friend or someone on TV who eats food from another country – curries, stir frys, patties. Find a recipe and see if your family can cook it at home.
- ☐ Find out the meaning of your name (and your family's names too).
- ☐ Discover a really long word and find out what it means. Why not try and get it into a conversation!
- ☐ Design and make your own board game and play it with your family.

Use this space to write down your own ideas for **KEEP LEARNING**:

WELLBEING WORDSEARCH

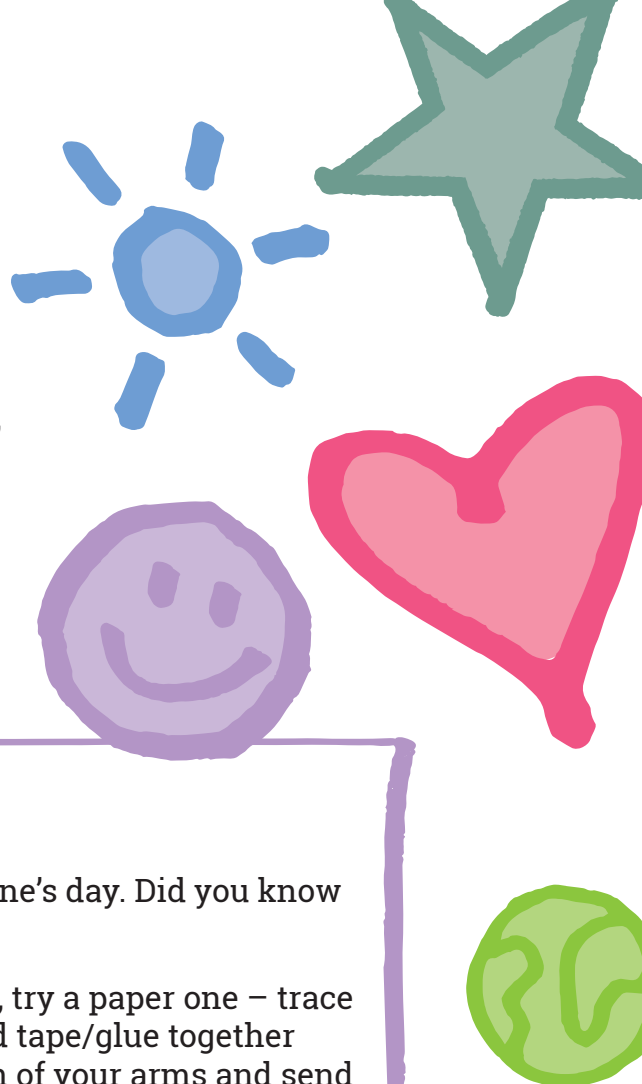
Find all ten positive words below in the letter grid.
The words are all forwards and are either vertical or horizontal. Can you find any other random words in there too? (You can find the solution on [page 15](#)).

HAPPY	CONNECT	LAUGH
WELLBEING	ACTIVE	LOVE
FRIENDS	GIVE	INSPIRE
FAMILY	NOTICE	BREATHE
KINDNESS	LEARN	SMILE

J	F	K	D	V	B	R	E	A	T	H	E
R	R	Q	E	I	N	D	D	I	S	J	N
K	I	N	D	N	E	S	S	N	Z	Q	Q
O	E	E	F	C	W	T	U	S	I	W	I
M	N	Y	H	A	P	P	Y	P	X	E	V
X	D	H	M	C	N	C	R	I	S	L	E
Y	S	L	L	O	V	E	Q	R	U	L	W
L	E	A	R	N	C	R	U	E	M	B	O
U	V	B	C	N	O	T	I	C	E	E	E
S	M	I	L	E	N	M	I	L	P	I	U
H	K	D	A	C	T	I	V	E	S	N	C
S	P	H	M	T	B	T	L	A	U	Q	H
F	A	M	I	L	Y	D	Z	V	N	I	K

GIVE

As humans, we thrive on doing something positive for the world around us. It can be incredibly uplifting and bring a sense of hope, value and purpose.

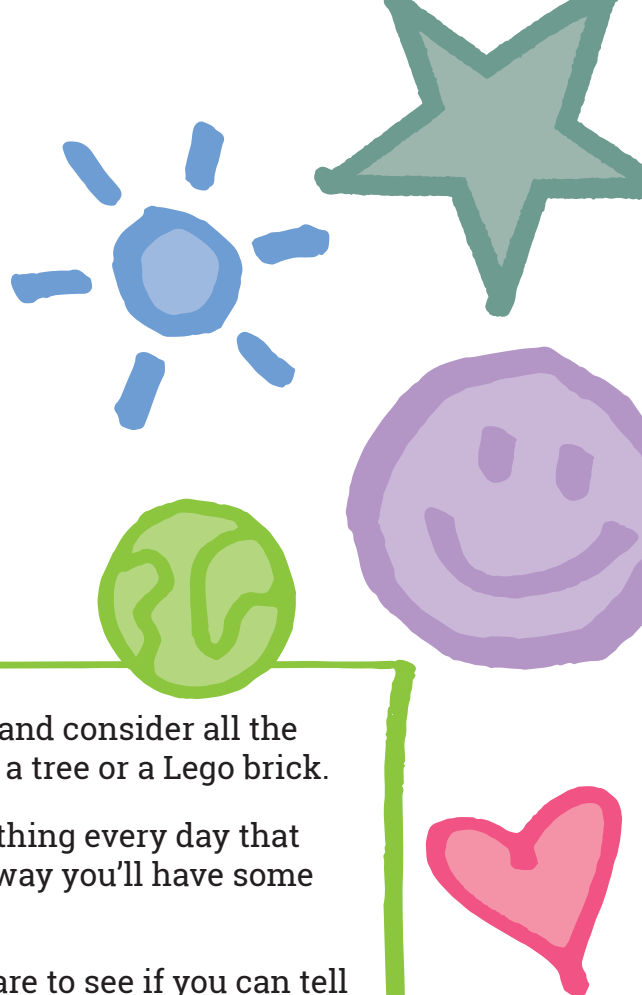


- ☐ Do three random acts of kindness in one day.
- ☐ Find a funny fact and pass it on to make someone's day. Did you know that kangaroos can't walk backwards??
- ☐ Give a hug! If you can't give someone a real hug, try a paper one – trace your hands on pieces of paper, cut them out and tape/glue together with other paper that would measure the length of your arms and send to someone in the post or leave in their letterbox.
- ☐ Give a compliment to everyone in your house today.
- ☐ Find something in your food cupboard to give to a food bank. Lots of supermarkets have collecting points for donated food as well.
- ☐ Give back to the planet and find a way to re-use one item this week. Maybe you could turn an empty bottle into a bird feeder or plant holder or cut up empty toilet rolls and make a marble run?
- ☐ Give your time and ask someone how you can help them today.
- ☐ Learn something new and share it with a friend. It can be something as small as a new word or a new game.

Use this space to write down your own ideas for **GIVE**:

TAKE NOTICE

Paying more attention to your surroundings can help keep your mind grounded and stop it getting carried off by spiralling uncontrolled thoughts and worries. Focusing on the here and now can be a powerful way to help deal with anxiety.

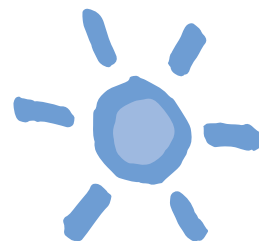


- ☐ Choose an everyday object and close your eyes and consider all the textures. It could be a stone or stick, the bark of a tree or a Lego brick.
- ☐ Start a happiness jar – write down at least one thing every day that has made you happy and pop it in the jar. That way you'll have some positive memories to look back on.
- ☐ Examine a few crystals of salt and sugar, compare to see if you can tell them apart by sight and then taste them to see if you were right!
- ☐ Take notice of how you are feeling. Let your family know by using our 'feelings chart' on [page 13](#).
- ☐ Look up to the sky and find funny shapes in the clouds.
- ☐ Take some quiet time out and do some colouring in and drawing. See [page 14](#) for our very own colouring page. We have started one side – use your imagination to complete the other side.
- ☐ Just close your eyes for a few minutes and take notice of what you hear around you, whether it's just a conversation, music or even silence. Notice your breathing, and try and consciously take deeper breaths; you'll notice how calming that feels.
- ☐ Do our 'wellbeing' scavenger hunt on [page 15](#).

Use this space to write down your own ideas for **TAKE NOTICE**:

FEELINGS CHART

Sometimes it's easier to show how you are feeling in a picture rather than words, so we suggest that you put a chart like this one up where everyone in your family/household can see and all take time out in the day to update it. Our chart is just a suggestion - why not create your own? Please see our note on [page 22](#) for advice if you need to talk to your child about their feelings.



Name tags - Cut these out and make sure everyone in your family has one



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FEELINGS

WHICH ONE ARE YOU TODAY?



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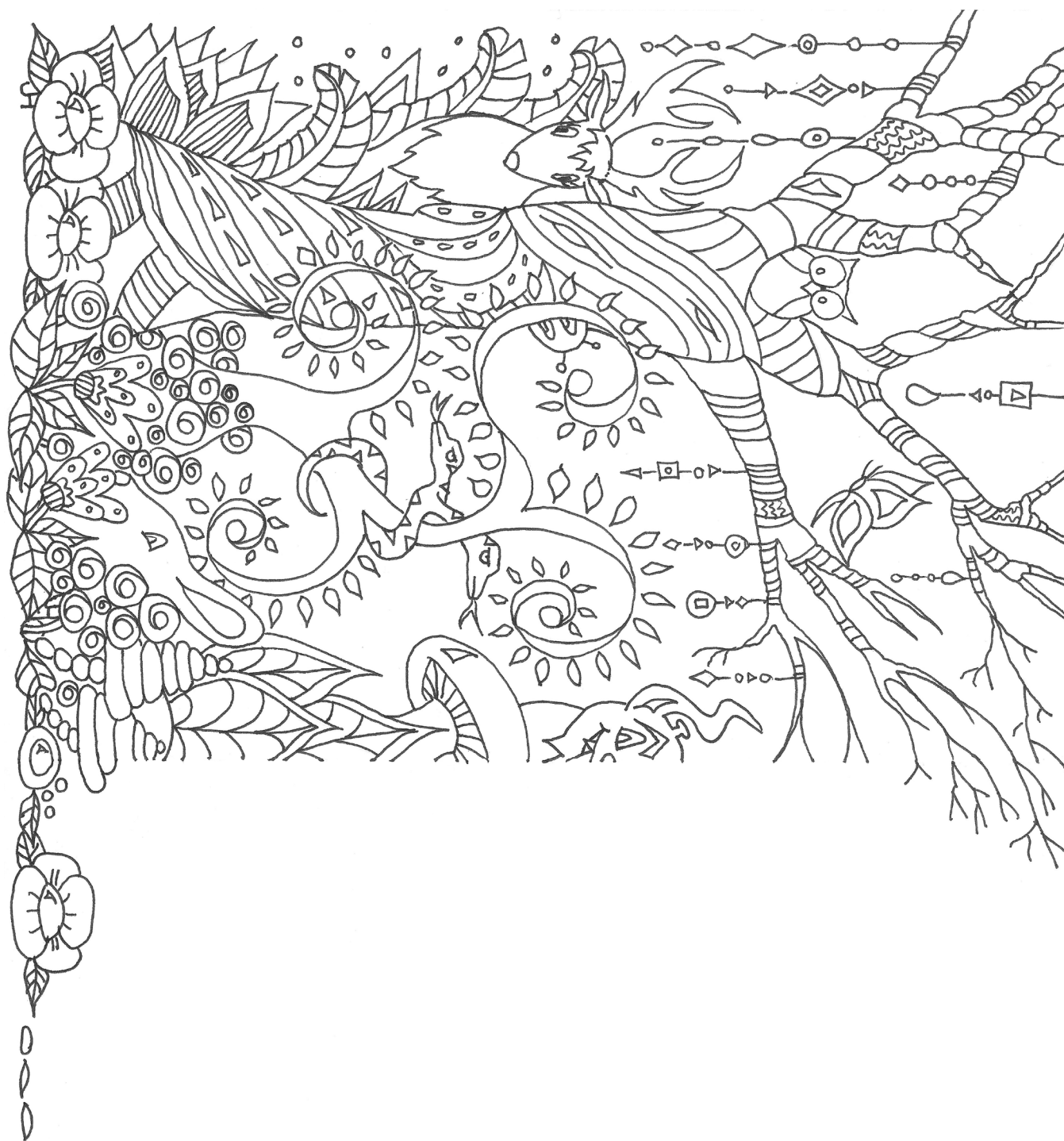
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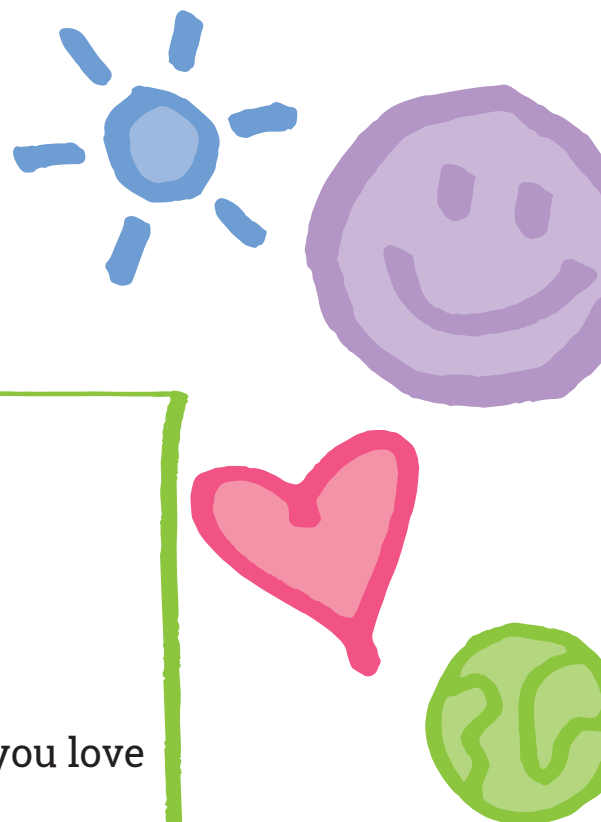
COLOURING IN

Space for you to finish the picture.



WELLBEING SCAVENGER HUNT

Here's a scavenger hunt with a difference! It's all about wellbeing and thinking about what helps us to feel happy, calm and positive. Feel free to add other items to this list, such as something that reminds you of other family members – grandparents, aunts, uncles, cousins – or a special friend, teacher or pet. You could also make it an activity for the whole family and turn it into a 'show and tell' session. You might find each other's items inspiring!



WELLBEING SCAVENGER HUNT

- ☐ Something that makes you happy
- ☐ Something that makes you feel calm
- ☐ Something that makes you laugh
- ☐ Something that reminds you of someone you love
- ☐ Something that helps you sleep
- ☐ Something that makes you feel grateful
- ☐ Something that makes you think of your friends

FOR PARENTS/CARERS


Sometimes thinking about feelings may bring up more challenging emotions for children and it may be helpful for parents/carers to talk about these with them. You can find some guidance on this from our experienced mental health trainers on our website: charliewaller.org/information/mental-wellbeing/talking-to-children-about-feelings

Wordsearch solution:

J	F	K	D	V	B	R	E	A	T	H	E
R	R	G	E	I	N	D	D	I	S	J	N
K	I	N	D	N	E	S	S	N	Z	A	G
O	E	E	F	C	W	T	U	S	I	W	I
M	N	Y	H	A	P	P	Y	P	X	E	V
X	D	H	M	C	N	C	R	I	S	L	E
Y	S	L	L	O	V	E	G	R	U	L	W
L	E	A	R	N	C	R	U	E	M	B	O
U	V	B	C	N	O	T	I	C	E	E	E
S	M	I	L	E	N	M	I	L	P	I	U
H	K	D	A	C	T	I	V	E	S	N	C
S	P	H	M	T	B	T	L	A	U	G	H
F	A	M	I	L	Y	D	Z	V	N	I	K

References:

www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people
www.mentalhealth.org.uk/sites/default/files/the_lonely_society_report.pdf
www.campaigntoendloneliness.org/the-facts-on-loneliness/



THANK YOU FOR TAKING PART IN THE CHARLIE WALLER WELLBEING CHALLENGE 2021.

We hope you have enjoyed the challenge and we have helped make some positive changes to your mental wellbeing.

The Charlie Waller Trust (CWT) was set up in 1997 in memory of Charlie Waller, a young man who took his own life whilst suffering from depression. CWT raises awareness of depression and other mental health problems, fights stigma, provides education and training to schools, universities, workplaces, GPs and nurses, and encourages those who may be depressed to seek help. Visit www.charliewaller.org for further information.

GET IN TOUCH

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If you have found this resource useful please consider donating to help us continue our work



Text

To donate £10 **Text 'CWT' to 70085**

This costs £10 plus the cost of a standard rate message



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Visit charliewaller.org/donate

The Charlie Waller Trust

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