

THE CHARLIE WALLER TRUST

England & Wales · Charity number 1109984

Details

Other names THE CHARLIE WALLER MEMORIAL TRUST, CWMT

Status Registered

Legal form Charitable company

Company number [05447902](#)

Registered 2005-06-13

Register [View on the Charity Commission register](#)

Contact

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Kingfisher Court
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Activities

Objects: (A) TO PROTECT AND PRESERVE PUBLIC HEALTH AND IN PARTICULAR (BUT WITHOUT PREJUDICE TO THE GENERALITY OF THE FOREGOING):(I) TO EDUCATE THE PUBLIC (PARTICULARLY YOUNG PEOPLE) ON THE IMPORTANCE OF MAINTAINING AND IMPROVING THEIR MENTAL HEALTH; AND(II) TO ENSURE THAT SUFFERERS OF DEPRESSION, ANXIETY AND ANY OTHER FORM OF MENTAL ILL-HEALTH RECEIVE TREATMENT FOR THEIR ILLNESS,(B) TO EDUCATE THE PUBLIC IN RELATION TO DEPRESSION, ANXIETY AND ANY OTHER FORM OF MENTAL ILL-HEALTH TO LESSEN THE STIGMA ASSOCIATED WITH THEM; AND(C) SUCH OTHER CHARITABLE PURPOSES AS THE TRUSTEES SHALL IN THEIR ABSOLUTE DISCRETION THINK FIT.

Activities: CWMT gives free mental health training to schools, reaching thousands of pupils, teachers and parents. It also provides training to universities, workplaces, GPs and nurses, encouraging those who may be depressed to seek help. It raises awareness of depression and other mental health issues, particularly among young people, helping them take care of their emotional wellbeing and fighting stigma.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Other Charitable Activities
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£1,935,599	£2,277,312	£2,194,619	27
2023-12-31	£2,900,985	£2,394,639	£2,490,445	22
2022-12-31	£1,971,388	£2,120,841	£1,938,010	16
2021-12-31	£1,413,842	£1,617,553	£2,188,946	13
2020-12-31	£1,350,674	£1,241,839	£2,312,864	11

Trustees

Name	Role	Appointed
RICHARD BEAUMONT WALLER	Chair	
CHARLES PATRICK ST JOHN LYTLE		
Donna Colbourne		2022-06-10
Dr Mina Fizel		2019-02-28
Dr Nicholas Irwin Broughton		2014-10-23
George Charles Robin Booth		2013-11-11
IAIN GARY WEATHERBY		2013-07-25
James David George Murray		2019-02-28
Julian Brinsley Norman Hay		2020-05-13
Katie Anne Tait		2021-02-26
MARK DURDEN-SMITH		
MICHAEL COLQUHOUN COLE-FONTAYN		2015-02-10
Nicholas Garrett		2025-03-11
Timothy John Hamilton West		2025-03-11
WILLIAM PATRICK DE LASZLO		2015-05-13

THE CHARLIE WALLER TRUST

England & Wales - Charity number 1109984

Accounts



Trustees' Report and Financial Statements

for the year ended 31 December 2024

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REFERENCE AND ADMINISTRATIVE INFORMATION

Presidents

The Rt Hon Sir Mark Waller
Lady Waller OBE

Trustees

R B Waller KC, Chairman
G C R Booth FCA, Treasurer
Dr N I Broughton
D Colbourne
M C Cole-Fontayn
W P de Laszlo
M Durden-Smith
Dr M S Fazel
N Garrett (appointed 11 March 2025)
J B N Hay
C P S Lytle
J D G Murray
K A Tait
P G Waller
I G Weatherby
T West (appointed 11 March 2025)

Board Advisers

Professor David Clark
Lord Crisp KCB
Lord Layard
Dr Denise Meyer
John Olsen
Professor Andrew Reeves
Dr 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
Mary Nightingale
Susan Shenkman
Phoebe Waller-Bridge
Anthony West
Michael Whitfeld

Independent auditors

Gravita Audit Oxford LLP, Park Central, 40-41
Park End Street, Oxford, OX1 1JD

Investment advisors

J.M. Finn & Co., 25 Copthall Avenue, London,
EC2R 7AH

Bankers

CAF Bank Limited, 25 Kings Hill Avenue, Kings
Hill, West Malling, Kent ME19 4TA

Registered office

First Floor, 23 Kingfisher Court, Newbury,
Berkshire, RG14 5SJ

Company registered number

5447902

Charity registered number

1109984

INTRODUCTION FROM THE CHAIRMAN

With young people's mental health never far from the headlines, 2024 was a year of growth for the Charlie Waller Trust in many different ways. In terms of our core work, we extended the range of topics on which we offer training. Our free webinars, for example, now cover strategies for young people on overcoming loneliness, talking about mental health to neurodivergent young people, and digital wellbeing.

We continued to intensify our work with parents and carers, training further cohorts of parent carer peer support (PCPS) workers to offer support in local mental health services, using their vital lived experience perspective. Our PLACE network for PCPS groups continues to thrive, and we now have more trainers delivering specialist skills workshops for parents and carers of young people with eating problems.

Our lived experience partners, both in our youth ambassadors and our parents and carers with lived experience, were involved in a growing range of activities, helping us ensure that the voices of the very people we intend to support are truly at the heart of all we do.

We have increased our reach through social media. Whilst we recognise the research from our sister organisation, the Charlie Waller Institute (CWI), which indicates that less social media use is a key factor in mental wellbeing, we think it is still important to present positive, evidence-based information across the channels our audiences use.

Resources such as our series on making the transition to university have seen particularly good levels of engagement.

To underpin the expansion of our charitable activity, we have embarked on new ways of raising much needed funds: in the autumn, for instance, we successfully launched a promotional legacy campaign encouraging supporters to consider leaving the Trust a gift in their will, which has already resulted in several generous pledges.

Whilst this growth across all the Trust's activities is good news, growth for growth's sake is not what the Trust is about. As a small charity, we need to ensure that we focus our energy and passion on projects that make a real difference. It is therefore crucial that we grow our understanding of the context in which we find ourselves operating and of the most effective ways to help young people with their mental health in the current social, economic and cultural landscape. We have always been fortunate as a charity to have the privilege of working in partnership with a number of august and extremely well-respected organisations. Last year, these included the Universities of Cambridge, Oxford and Sussex.

This has given us invaluable opportunities to further our insights into, among other things, our whole organisation approach to young people's mental health. It also enables us to keep abreast of the realities of life for young people, their parents and carers.

Our closest academic partnership is with the Charlie Waller Institute (CWI). Based at the University of Reading, CWI combines high quality research with specialist training for clinicians. In 2024, the Trust appointed Dr Hannah Vickery, formerly an Associate Professor at Reading and CWI's Director of Training, as its Chief Executive, helping to foster even closer ties between the two organisations. As we continue to tailor our training and resources to the current mental health needs of young people, our relationship with CWI will ensure that our work is underpinned by a solid evidence base.

As always, we are enormously grateful to the consistent, dedicated and generous support of all our funders and tireless volunteers, whose energy and commitment is the lifeblood of everything we do.



Richard Waller KC
Chair



TRUSTEES' REPORT

The Trustees (who are also the directors of the charity for the purposes of the Companies Act) are pleased to present their statutory report together with the audited financial statements of The Charlie Waller Trust ('the Trust') for the year ended 31 December 2024.

The report has been prepared in accordance with Part 8 of the Charities Act 2011 and it is also the report of the directors for the purposes of the Companies Act 2006. The financial statements have been prepared in accordance with the accounting policies set out on pages 34 to 36 and comply with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), effective from accounting periods commencing 1 January 2019 or later.

OBJECTIVES AND ACTIVITIES

What we do

The Charlie Waller Trust was set up by the Waller family in 1997 after Charlie tragically died by suicide at the age of 28. Charlie's story sits at the heart of the charity and we fundamentally strive to ensure that other children and young people, from primary school to early career employment, can access the support they need from those around them, when they need it most.

The majority of our work is delivered through the support systems around young people: parents/carers, education settings (schools, colleges and universities), and workplaces. It takes the form of consultancy, training, and the provision of educational and practical resources. We establish enduring partnerships with these support systems and work with them in evidence-based and evidence-informed ways (e.g., whole school approaches, and parent/carer peer support workers) to bring about sustained change and lasting improvement in children and young people's mental health.

In cultivating a wider understanding of young people's mental health and wellbeing, we increase individuals' confidence to recognise the signs in those who might be struggling, to feel equipped to talk openly about the subject, and to work proactively to reduce the shame that still exists. In some communities the stigma narrative has shifted. Whereas previously there was a belief that "no-one should talk about mental health", there is now in some quarters a perception that "talking about it has gone too far". The reality is that both messages can isolate, invalidate, or unjustly blame the individual or family in difficulty. The Trust continues to tackle stigma around mental health and suicide as necessary work in bringing about sustained change and lasting improvement in young people's mental health.

Our work is evidence-based and the vast majority is offered free of charge. 'Charlie Waller Workplace' is distinct from our other areas of activity in that it is a commercial offer. Providing paid-for expert training and consultancy, Charlie Waller Workplace equips

leaders, managers and staff to recognise and address mental health issues in individuals and teams, and across entire organisations.

The objectives of the Trust are as follows:

- Raise awareness and provide information on depression and related mental health problems.
- Equip young people to look after their mental wellbeing.
- Help people to recognise the signs of depression and related mental health problems in themselves and others so they know when to seek help.
- Ensure expert and evidence-based help is available when people need it.

How we work

The following principles underpin all our work:

Positive: We focus on prevention, early intervention and the importance of offering hope.

Purposeful: Our work is targeted on where we can make the most impact, and we centre the voices of those we support to ensure that what we do is really what is wanted, needed and valued.

Practical: Our content provides concrete strategies and tools to support children, young people, and their families, towards better mental health.

Proven: Our consultancy, training and resources are evidence-based and/or evidence informed, often developed in collaboration with academic research teams at the forefront of their respective areas.

Our values

We work in a way which is:

- **Warm:** Positive personal connections are central to mental health; we aim to reflect this in all our relationships with people we support, our donors and supporters, staff and volunteers.
- **Empowering:** We support all those we work with, and who work for us, to use their minds, hearts, energy and creativity to fulfil their potential.
- **Collaborative:** Partnership and cooperation are at the core of our work; we seek the views of those we wish to support and aim to put them at the centre of our activity.
- **Compassionate:** We recognise vulnerability in ourselves and others, especially where there is more than one reason people may be more susceptible to mental health problems, discrimination or inequality.
- **Open:** We believe in being honest about the way we work, our aspirations and where we need to improve; openness and good communication are key to good mental health.

The Charities Act requires the trustees, in exercising their powers or duties, to have due regard to the public benefit guidance published by the Charity Commission. The trustees are mindful of this obligation and refer to the guidance when reviewing the Trust's aims and objectives and in planning future activities. In particular, they have considered how planned activities will contribute to the aims and objectives, as described in this report.

Through 2024, the trustees, supported by the new CEO and wider team, focused on refining our offer as a charity to be most impactful and most relevant, whilst also ensuring our longevity and sustainability in a challenging landscape of overstretched and under-resourced mental health provisions. We also committed and invested in ensuring our work and our organisation reflect and represent diverse communities; vitally important given that many young people face increased vulnerability to mental health problems for reasons of social and economic disadvantage, sexuality, race or disability, as well as at points of transition in their lives.

EMPOWERING SUPPORT NETWORKS

Mental health problems affect individuals. But recovery doesn't usually happen in isolation.

Young people, especially, need those around them to understand what they're going through and how to help. It's amazing what can happen when they do.

In 2021, Molly was battling anorexia. She moved back home from university for treatment. She said:

"I was struggling immensely, dealing with my illness and coping with the transition of moving home after having my independence."

Molly's parents were struggling too. They felt lost and didn't know how best to support her. They began attending our workshops and webinars, meeting other parents and carers going through similar experiences.

Molly said:

"When my parents joined these sessions I noticed significant improvements in my recovery; they began to understand what was going on in my head more and offer me strategies that really helped.

"They encouraged my brother, grandparents and friends to all join in, so I had such a supportive network around me. I owe my life to my parents and they wouldn't have been able to support me without what the Charlie Waller Trust offered them."

Molly is now a teacher. She is still benefiting from our work – as are her students:

"I have started to use your resources for schools and have become increasingly aware of how I can support children's mental health. I'll endeavour to continue with this throughout my whole career and your resources help with this.

"Your charity has made a direct positive impact on my life, and I will be forever grateful."

Molly's story illustrates the crucial role of adults in young people's mental health. Parents, carers, teachers, aunts, uncles, friends – we can all play our part. We hope this Impact Review shows how.



OUR LIVED EXPERIENCE PARTNERS – A VITAL RELATIONSHIP

Our lived experience partners (LXPs) put the voices of young people, parents and carers at the heart of our work.

Parent carer lived experience partners

Our parent carer LXPs champion lived experience and bring perspective to our work. Among other things, they play a vital role in ensuring our training and resources are responsive to parents' and carers' needs.

Youth ambassadors

In 2024, our youth ambassadors helped shape our strategic business plan, gave talks about our work, ran mental health webinars with our trainers and speakers, recorded podcasts, trained Charlie Waller staff in co-production, influenced policy and reviewed resources.

Last year our Youth Ambassadors' Stigma to Strength podcast was played 1,625 times. Episodes included Entering the World of Work, Revision and Exam Stress, Friendships, and Balance and Routine as a Young Professional.

I feel like I've developed so much as a person and professionally...I have massively benefitted from the public speaking opportunities I have been granted, as well as from the opportunities I have been given to take more responsibility.

Youth Ambassador, 2024



PARENTS AND CARERS

Parents and carers have a vital role to play in children's mental wellbeing. Supporting a child or young person with mental health issues can be incredibly challenging. Often the best way for parents and carers to get support is to connect with others who have been through something similar. This is known as parent carer peer support (PCPS) and evidence shows not only how much it helps the mental health of the parent/carer but often leads to improvements in the mental health of their young person.

Our PCPS training courses offer parents and carers with this sort of experience the opportunity to become PCPS workers. Having PCPS workers within local mental health services (including inpatient, community and neurodevelopmental teams) is hugely valuable and means parents and carers are more likely to get the support they and their children need. In July 2024 we celebrated the achievements of the 34 parents and carers who attended our third PCPS training course, thanks to support from NHS England.

Last year also saw the conclusion of three years of funding from the Bernard Sunley Foundation for our PCPS work. This enabled us to pilot the PCPS role in three areas – Derbyshire, Devon and County Durham – and give direct support to over 1,400 families.

Parent carer peer support (PCPS) training course

Our PCPS training, in partnership with the University of Reading and the University of Northumbria, builds the skills, knowledge and confidence of parent carer peer support workers, enabling them to be effective and safe in setting up, and running, support for parents and carers of children and young people with mental health problems.

I have a better understanding and knowledge of various different topics that will support my role. The course has given me confidence and reminded me of the value I hold as a person and PCPS.

PCPS trainee, 2024

It has enabled me to integrate lots of what I have been learning through the taught sessions. It also enabled me to explore concepts further which I feel has built my confidence, knowledge and expertise.

PCPS trainee, 2024

Workshops for people caring for a loved one with an eating disorder

Using the New Maudsley Approach, our workshops offer parents and carers professional techniques for supporting the recovery of children and young people.

89% of respondents said the course increased their personal confidence.

94% of respondents said the course increased their personal knowledge and understanding to support their loved one with an eating disorder.

The strategies have given us the confidence to feel like we might be able to navigate this illness.

Workshop participant, 2024

Coming up

Parent carer research network

In partnership with the University of Oxford, we are creating a network of parents and carers who'll be involved in research on children and young people's mental health. More than 70 parents and carers signed up within a week of the launch.

EDUCATION

Our expert trainers deliver mental health training in schools, colleges and universities. Wherever possible they use a 'whole organisation approach' involving teachers, learners and – in schools and colleges – parents and carers. This helps create a mentally healthy community which is sustainable. It can include innovative ways of working such as emotion coaching, a technique which helps school staff support children to regulate their emotions in the classroom and outside it.

We have a wide geographical reach, delivering training across mainstream and special schools, the state and independent sectors, and community settings such as prisons. Last year we delivered 360 training sessions, reaching 15,782 people

Our trainers are often involved in education-based projects and research. Last year these included the development of toolkits to enable schools and colleges to track their progress in applying the whole school or college approach (WSCA).

For higher education providers, our CREATE toolkit offers guidance in creating an effective and evidence-based mental health and wellbeing strategy. In 2024, we developed a practical workbook to complement the toolkit.

Schools and community

97% of training participants agreed or strongly agreed that the session increased their knowledge.

95% agreed or strongly agreed that our trainer was able to promote practical strategies.

Throughout the session [the trainer] made sure what he was delivering was relevant to the different roles within the room...keeping the group feeling engaged. Charlie Waller Trust is invested in making a difference and that's what counts.

Family Engagement Manager, HMP Cardiff Invisible Walls

Colleges and universities

96% agreed or strongly agreed that the session they attended increased their knowledge.

95% agreed or strongly agreed that the session they attended increased their confidence.

[The trainer's] knowledge was excellent and she conveyed it in a way that was engaging. She was approachable and I left the session with a greater understanding of the science behind brain development.

Assistant Principal, Sixth Form College Farnborough

Coming up

New partnerships

We'll be focusing on building new partnerships with schools, colleges and universities, using our whole organisation approach.



RESOURCES

Our booklets, posters and other resources have always been a core part of our charitable work. They are now available as text on our website and as downloads. However, there is still a demand for printed versions as so many young people, parents, carers, teachers, youth workers find these helpful to use and to share.

Every week, our small and dedicated team of office volunteers pack and send out hundreds of resources free of charge on topics ranging from Supporting a child with anxiety to Coping with self-harm and How to ask for help with your mental health.

With extremely useful insights from our Youth Ambassadors, we updated our Wellbeing Action Plans for children and young people, simplifying the language and including more relatable and inclusive examples. We also launched a version for adults, full of practical guidance on wellbeing.

I LOVE these examples! It's great to see representation of a variety of different individuals and names...Having the case studies, that are very simply and effectively worded, really helps with completing activities.

Youth ambassador

Our free mental health book club continued to give schools books that help staff support the mental wellbeing of the children and young people they work with.

These books give valuable insight into how I can best support my caseload of children and young people in relation to a variety of areas that can cause struggles/difficulties.

School nurse

In 2024 we sent out 49,529 printed booklets, posters and other mental health resources, up 6% on 2023.

On our website there were 42,921 views of our resources and 26,304 downloads.

Our free book club makes a tangible difference to its members and their day-to-day work.

In 2024 we sent out 962 books to schools and other youth settings.

The books you have offered are fabulous. They reflect the most current thinking and are completely suitable for the service we provide.

Member of Behaviour Support and SEMHS Team (Social, Emotional and Mental Health for Schools)

Coming up

Talking about suicide

We're reviewing our guide on Talking about Suicide to ensure the language is helpful for those supporting neurodivergent young people.



RESEARCH AND DEVELOPMENT

All our work is informed by sound clinical evidence. Central to this is our sister organisation, the Charlie Waller Institute (CWI), part of the School of Psychology and Clinical Language Sciences at the University of Reading. CWI undertakes innovative research and trains hundreds of psychological practitioners each year. The research team is led by Professor Stella Chan, Charlie Waller Chair in Evidence-Based Psychological Treatment.

Our trainers often work on research and development projects in their fields of expertise. Last year, this included the development of a tool to identify children with anxiety disorders in school and community settings. The findings so far are promising, indicating that a brief questionnaire for parents can be an efficient way to identify children who may benefit from support for anxiety problems.

We also undertook research to inform the creation of new resources launching in 2025: our mental health resource for young people at work, and Empowering Parents and Carers, a suite of materials we are co-producing with our lived experience partners.

The EVA study: emotional vulnerability in adolescents

Depression and anxiety are common in adolescents but current treatments are not always effective.

Over five years, the Emotional Vulnerability in Adolescents (EVA) study at CWI looked at factors that could make adolescents more vulnerable to depression and anxiety, to help inform prevention strategies. These factors included health and lifestyle, family history and personality, as well as biological risks such as levels of the 'stress hormone', cortisol, and social experience, such as bullying.

The findings suggest that future prevention and intervention strategies should consider individual differences amongst young people of different ages, gender and experience.

This research gives us vital insights to inform our training and resources in the coming months and years.

In 2024, CWI delivered clinical training to more than 350 practitioners working with children and young people and families, including:

- 37 Postgraduate Diplomas in Evidence-Based Psychological Treatment for Children and Young People, for staff whose role includes working with children and young people experiencing, for example, depression or anxiety disorders.
- 32 Postgraduate Certificates in Supervision for Children and Young People's Mental Health, for those supervising staff delivering psychological treatments for children, young people and their families.

Resilience Rucksacks

The Resilience Rucksack project aims to give every child a rucksack containing items to help them look after their mental health as they move from Year 6 to Year 7 – a challenging time. Items include a song about sleep, a stress ball, and a self-compassion journal.

1,000 young people have attended 'Resilience Fairs' with 93% saying they like the rucksacks.

The pupils had an excellent time and found the fair really helpful... they were able to identify the techniques and resources which might help them develop their resilience in the future.

Abingdon Preparatory School,
Oxfordshire.

Coming up

Bringing Eden to School

Charlie Waller Institute (CWI) will be working with the Eden Project, harnessing the positive impact of nature on young people's mental health.

WORKPLACE

Our workplace partnerships flourished, with some entering their fourth year and new partners joining up for long term strategic work. More than two thirds of our training delivery was to managers, whose understanding of mental health is vital to organisational wellbeing.

We continued to support voluntary sector organisations in Berkshire through our funded programme of training for charity leaders, managers, and workers.

Responding to the changing needs of workplaces, we developed a new training course in neurodiversity, introduced sessions on creating more inclusive workplaces, and launched our YES (Young Employee Support) workshops to help employers support those new to work.

Berkshire Music Trust has greatly valued the Charlie Waller Workplace's webinar training sessions. The broad choice of training sessions enabled all staff to take something away ... that will impact them well beyond their professional roles.

Dawn Wren, CEO, Berkshire Music Trust

The income generated by Charlie Waller Workplace is invested in the training and resources we provide to schools, colleges and universities free of charge.

100% of training participants who responded to our survey would recommend our training

The presentation...offered invaluable insights and practical tools for our working parents to support their children's wellbeing effectively.

Sian Robinson, People Officer, Sanctuary

A very useful session and very well received by the team. We will all take away useful skills and learning from it. I would thoroughly recommend other companies get Charlie Waller Workplace to come to speak to staff.

Doug Glenday, Group CEO, Supporting Education Group

Coming up

Work.Life.Tools.

In 2025 we'll launch our new guide for young people at work.



FUNDRAISING PERFORMANCE AND APPROACH

We depend on public support to deliver our vital work in support of young people's mental health and wellbeing. The support of individuals, trusts and foundations, companies and other organisations allows us to continue to provide our training, resources and wider support.

Our fundraising has performed well in 2024, with our events programme (which includes community and third-party fundraising) and corporate partnerships channels performing particularly well. We have continued to invest in our fundraising operation to support the delivery of our key income channels, and to support the continuing diversification of our income sources, as we look to further develop a robust and sustainable fundraising mix. We are pleased to report an income of £1,761,977 (excluding £18,467 from Gifts in Kind) from our fundraising activity, contributing to a total income of £1,935,599.

A number of fundraising activities contributed to these results, including events such as our annual carol services, the London Marathon and Flackstock; our corporate partnerships with ING Bank, Fiera Real Estate and Kepler Cheuvreux; a Radio 4 appeal and our annual Christmas appeal with The Big Give; our Friends of Charlie Waller regular giving scheme; statutory funding from NHS England; and a number of substantial grants from trusts and foundation partners.

We have a professional and committed fundraising team, and a culture of supporting our fundraising activities right across the organisation. We are fortunate to have a number of volunteer-led fundraising committees, who have supported key events throughout the year.

We undertake fundraising activity with supporters through our own organised events, individual challenge events, corporate partnerships, appeals and other activities in line with the Fundraising Code of Practice. We are registered with the Fundraising Regulator and are committed to good fundraising practice. Our privacy policy (which is available on our website) details how we obtain and use individuals' data, and that we will uphold individual contact preferences and not share this information with any third parties. No complaints about our fundraising activity were received in the year.

Commercial participation activity

- Under an agreement with Giles Cooper Entertainment Ltd and Prism the Gift Fund the Trust received 25% of the profit of the 2024 Flackstock Festival and of any related Gift Aid reclaimed from HMRC
- Cards For Good Causes paid the Trust 10% of the purchase price of four cards sold on behalf of the charity
- Mojo events made a donation to the Trust from two ticketed events, organised in support of the charity



VOLUNTEERS

Our volunteers had a huge impact in 2024, contributing to both fundraising and charitable activity. We were grateful to receive dedicated and significant support from 65 volunteers during the year.

OTHER GRANTS AND CHARITABLE ACTIVITIES IN 2024

The Charlie Waller Trust is not a grant-making charity. However, we occasionally make grants for specific projects or activities to meet our charitable objectives.

In 2024 we made a number of grants as part of our parent peer support programme, to support the development of these new roles within children's mental health teams.

PLANS FOR THE FUTURE

The Trustees have approved our new three-year Business Plan (2025 – 2027) with the following priorities:

- Expand our families programme to provide a diverse and inclusive range of support, training and resources to children, young people and families.
- Increase and develop our reach and impact in education systems (schools, colleges and universities) and community organisations, focusing on mental health partnerships to support a whole organisation approach to mental health.
- Create mentally healthy and productive workplaces to ensure the workforce of the future can thrive.
- Ensure the charity is a socially and environmentally responsible organisation to best serve our various stakeholders.
- Contribute to the knowledge base regarding children and young people's mental health in order to make the systems that support them (including us as a charity) to be as effective as possible.
- Diversify and grow our income streams to sustain the intended growth of our charitable activity.

In the year ahead, with the launch of the three-year business plan, we will be engaging staff to develop our organisation values, and the associated behaviours required, in practice.

In 2025, we will continue with charitable activities that extend our reach and impact. Our plans include:

- Parent carer peer support (PCPS) – having been successful in the national NHS England procurement process for PCPS training delivery, we plan to deliver two cohorts of PCPS training in the year ahead. This training equips those with lived experience of caring for a young person with mental health difficulties to become PCPS workers in children's mental health services. We will also be expanding the PLACE Network, a support forum for individuals and organisations running PCPS provisions. We will champion the case for a national roll-out of PCPS workers.
- From the success of our Big Give campaign in December 2024, we will develop a suite of co-produced resources for parents and carers.
- Carers' skills workshops for parents of children with an eating disorder – we will maintain our evidence-based workshop series for parents, carers, and professionals, who support those with difficulties around eating.
- Increasing our reach and impact in schools, colleges, universities and community organisations by developing networks and strategic relationships, taking a whole organisation approach to mental health and wellbeing and focusing on underserved, economically or socially disadvantaged institutions.

- Further develop our offer to colleges and universities to identify partnership opportunities and maximise the impact of our training and resources.
- Senior Mental Health Lead training – we will continue to offer this in partnership with the Charlie Waller Institute.
- Equity, diversity and inclusion (EDI) – we will expand our new whole team programme of EDI continued professional development (CPD) which includes our volunteers, Trustees and freelance staff as well as core office staff.
- Charlie Waller Workplace Mental Health – marketing our commercial offer to businesses to support workplaces in becoming positive environments where young people thrive.
- Youth Ambassadors and Parent/Carer Lived Experience Partners (LXPs) – we bring the voices of those we intend to support into all aspects of our charitable activity.
- Supporting life transitions – we will deliver training, in conjunction with the Charlie Waller Institute, to adult Talking Therapies staff on working with 16–25-year-olds. Research demonstrates they achieve poorer outcomes than other age cohorts and often fall through the gaps in this period of significant change.
- The Charlie Waller Institute and the Chair in Evidence-based Psychological Treatments at the University of Reading – we will support the University to train clinicians, deliver education and carry out research on the most effective psychological treatments.

Dr Hannah Vickery,
CEO of The Charlie
Waller Trust



FINANCIAL REVIEW

Statement of financial activities

Total Income decreased by 33% to £1,935,599 (2023: £2,900,985). This was not surprising because in 2023 the Trust benefited from two exceptional income items; the anniversary ball £398,149, and legacy gift £385,250. Total Expenditure was £2,277,312 (2023: £2,394,639), a decrease of 5% from the previous year.

The net deficit for the year was £341,713 (2023: net income £506,346) whilst net gains on investment assets were £45,887 (2023: gains £46,089). This resulted in an adverse net movement in funds of £295,826 (2023: favourable £552,435).

At the year-end the Trust held unrestricted funds of £2,061,574 (2023: £2,455,105) and restricted funds of £133,045 (2023: £35,340).

Details of income are given in notes 2, 3 and 4 to the financial statements. The expenditure on raising funds and on the charitable activities performed in furtherance of the Trust's charitable objectives is set out in notes 5 and 6.

Reserves policy

The level of reserves is reviewed by the Trustees on a regular basis. The factors taken into account are the Trust's existing financial commitments and activities, future plans and the uncertain nature of its income. The current context of cost of living rises and a reduction in charitable giving nationally demonstrates the importance of maintaining adequate reserves.

Although income dropped in 2024; there were some exceptionally successful instances of people raising funds for us. Trends are monitored closely, and our charitable operation is flexible enough to enable expenditure to be reduced in response to a downturn in income. However, against this background and the ever-increasing need for the Trust's services, the Trustees believe it is important to be able to maintain the current level of charitable expenditure over the next three years. They do not believe that short term fluctuations in activity are in the best interests of the charity, its reputation or its potential beneficiaries.

The Trust's reserves policy therefore aims for a level of unrestricted reserves sufficient to achieve this goal, which is equivalent to between nine and twelve months annual expenditure. This level of reserves provides sufficient flexibility to cover any temporary shortfall in income and would allow the charity time to respond to unforeseen adverse circumstances, whilst planning longer term remedial measures. After making allowance for £133,045 of restricted funds, designated fund expenditure of £307,328 in 2025 and £250,000 in later years, and £15,626 of tangible fixed assets, the Trust has free reserves of £1,488,619 at 31 December 2024. This was equivalent to six months of the expenditure budget for 2025. Having assessed the potential level of risk on income and taking account of the flexibility to reduce planned activities, in the present circumstances, the Trustees believe that this relaxation of policy is justified. The Trust's aim is to replenish its reserves.

Funds are held in cash deposits and listed investments with the capacity to grow in the long term.

In 2022 the Trustees committed to a further five-year gifting agreement with the University of Reading (Chair in Evidence-based Psychological Treatments and the Charlie Waller Institute). In accordance with FRS102 the full gift of £250,000 was taken in the 2022 accounts and will be disbursed at £50,000 per annum for the five years to 2027. The Trustees have designated £250,000 in respect of a further such gift in 2027 and £307,328 in respect of unfunded projects in the business plan and budget for 2025, which provides for increased charitable expenditure of £2,089,462.

Further details of the designations are given in note 15.

Investment policy and performance

JM Finn & Co. manage the Trust's investment portfolio in accordance with the investment policy agreed by the Trustees. The policy is to seek a combined return from income and capital growth, adopting a medium risk profile with no specific minimum of low-risk investments. The policy is reviewed annually by the Trustees and adjusted, where necessary, to ensure that it remains appropriate to the Trust's objectives, tolerances for the acceptance of risk and market conditions.

The total value of the Trust's portfolio as at 31 December 2024 was £1,322,618; 33% in UK equities and funds, 26% in UK bonds and 41% in overseas bonds, equities and alternatives.

Investment gains for the year were £45,887 and there were no income withdrawals (2023: £17,275). The total return for the year was +4.67% (benchmark: +10.1%).

Details of the current value of the portfolio are given in note 10.

Risk Management

The Trustees have a duty to identify and review the risks to which the Trust is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The Trust maintains a risk register which is reviewed by the Board annually as part of its Risk Management Policy.

The Trustees have identified the following key risks:

- Insufficient income to deliver the Trust's charitable objectives, particularly in the light of economic downturn and inflationary pressures.
- Failure to deliver projects and charitable activities, and demonstrate impact.
- Staff turnover impacting on the efficiency and effectiveness of the office team.

To mitigate these risks the Trust:

- Has a fundraising strategy and plan to continue to diversify its sources of income in 2025 and beyond.
- Has extended capacity in the central office team, including a senior leadership role overseeing finances and operations.
- Has developed impact and evaluation measures including both quantitative and qualitative indicators.
- Has developed our benefits package for substantive staff including improved maternity leave and pension contributions.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution

The Trust is a company, limited by guarantee, as defined by the Companies Act 2006. It was registered as a company on 10 May 2005.

It is the successor to The Charlie Waller Memorial Trust (registered Charity number 1065936), which was established by a Trust deed dated 20 October 1997. On 11 September 2005 all the activities, assets and liabilities of the unincorporated Charity were transferred by Deed to this incorporated Charity (registered Charity number 1109984). The former unincorporated Charity then ceased activities and was removed from the Register of Charities.

The Charity's objects are:

- To protect and preserve public health and in particular (but without prejudice to the generality of the foregoing):
 - To educate the public (particularly young people) on the importance of maintaining and improving their mental health; and
 - To ensure that sufferers of depression, anxiety and any other form of mental ill-health receive treatment for their illness
- To educate the public in relation to depression, anxiety and any other form of mental ill-health to lessen the stigma associated with them; and
- Such other charitable purposes as the Trustees shall in their absolute discretion think fit.

Method of appointment or election of Trustees

Trustees are appointed by the members of the company or by the Trustees, in accordance with the Articles of Association.

Policies adopted for the induction and training of Trustees

New Trustees are provided with key governing documents such as the Articles of Association as well as the Trustees' Report and Financial Statements, Trust policies and an overview of our charitable activities and impact. They are also provided with relevant guidance from the Charity Commission on their role and responsibilities as a Trustee.

Organisational structure and decision making

The business of The Charlie Waller Trust is managed by the Trustees. Trustees' meetings are held as often as is necessary to run the Trust properly. At least four full meetings are held each year.

In 2024 the role of the Investment Committee was expanded to cover additional financial matters. The Finance and Investment Committee's terms of reference include reviewing the Trust's management accounts and budgets, the annual Financial Statements, the Risk Register and investment performance and policy.

In addition, the Trustees are supported by the Patrons of the Trust.

The Trust also has Board Advisers consisting of people with specific experience and/or national profile in their field who are willing and able to provide occasional advice and guidance to the Board of Trustees.

Key management personnel

The Trustees, together with the staff listed below, comprise the key management of the Trust in charge of directing and controlling, running and operating the Trust on a day to day basis. None of the Trustees are remunerated for their services to the Trust. The remuneration of the CEO is determined with reference to performance and appraisal by the Chair and Treasurer in consultation with the Board of Trustees.

Clare Stafford left the Trust in February 2024. Dr Hannah Vickery started as Chief Executive Officer in March 2024. She is responsible to the Trustees for overall executive management including the charitable activities of the Trust.

The Head of Fundraising, Nick Appleby, leads all the Trust's fundraising activities with support from office staff and individuals and committees who volunteer for the Trust.

Rebecca Miles-Mallowan left the Trust in November 2024 and Tajinder Leonard joined as Head of Communications in December 2024.

The Head of Programmes, Kay Boyden left the Trust in April 2024 and Emily Kippax joined in March 2024.

A new post of Head of Finance and Operations was created in 2024 and Faramade Rees joined in August 2024.

TRUSTEES' RESPONSIBILITIES STATEMENT

The Trustees (who are also the directors of The Charlie Waller Trust for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each year. Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable to the United Kingdom and Republic of Ireland (FRS 102);

- Make judgments and accounting estimates that are reasonable and prudent;
- State whether applicable United Kingdom Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

DISCLOSURE OF INFORMATION TO AUDITORS

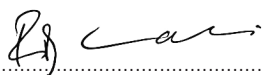
Each of the persons who are Trustees at the time when this Trustees' report is approved has confirmed that:

- So far as that Trustee is aware, there is no relevant information of which the charitable company's auditors are unaware, and that the Trustee has taken all steps that ought to have been taken as a Trustee in order to be aware of any information needed by the charitable company's auditors in connection with preparing their report and to establish that the company's auditors are aware of that information.

Auditors

The auditors, Gravita Audit Oxford LLP (formerly Critchleys Audit LLP), have indicated their willingness to continue in office. A resolution reappointing them as auditors was passed at the Annual General Meeting in September 2024.

This report was approved by the Trustees on 3 June 2025 and signed on their behalf by:



Richard Waller KC, Chairman

Trustee

INDEPENDENT AUDITOR'S REPORT TO THE TRUSTEES OF THE CHARLIE WALLER TRUST

Opinion

We have audited the financial statements of The Charlie Waller Trust ('the charitable company') for the year ended 31 December 2024 which comprise the statement of financial activities, balance sheet, statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 December 2024 and of its incoming resources and application of resources for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the [entity]'s ability to continue as a going concern for a period of at least 12 months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report, including the trustees' report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report, which includes the directors' report prepared for the purposes of company law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report included within the trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 require us to report to you if, in our opinion:

- adequate and proper accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement set out on page 3, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists.

Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- the engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations;
- we identified the laws and regulations applicable to the charity through discussions with directors/trustees and other management, and from our commercial knowledge and experience
- we focused on specific laws and regulations which we considered may have a direct material effect on the financial statements or the operations of the charity, including Companies Act 2006, Charities Act 2011, taxation legislation, data protection, anti-bribery, employment, environmental and health and safety legislation;
- we assessed the extent of compliance with the laws and regulations identified above through making enquiries of management; and
- identified laws and regulations were communicated within the audit team regularly and the team remained alert to instances of non-compliance throughout the audit.

We assessed the susceptibility of the charity's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud;
- considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations; and To address the risk of fraud through management bias and override of controls, we:
- performed analytical procedures to identify any unusual or unexpected relationships;
- tested journal entries to identify unusual transactions;
- assessed whether judgements and assumptions made in determining the accounting estimates set out in Note 1 were indicative of potential bias;
- investigated the rationale behind significant or unusual transactions; and In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:
- agreeing financial statement disclosures to underlying supporting documentation;
- reading the minutes of meetings of those charged with governance;
- enquiring of management as to actual and potential litigation and claims;

There are inherent limitations in our audit procedures described above. The more removed that laws and regulations are from financial transactions, the less likely it is that we would become aware of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the trustees and other management and the inspection of regulatory and legal correspondence, if any.

Material misstatements that arise due to fraud can be harder to detect than those that arise from error as they may involve deliberate concealment or collusion

A further description of our responsibilities is available on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities.

This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



Katherine Wilkes (Senior Statutory Auditor)

For and on behalf of Gravita Audit Oxford LLP

First Floor

Park Central

40-41 Park End Street

Oxford

OX1 1JD

Date: **27th June 2025**

THE CHARLIE WALLER TRUST
(A company limited by guarantee)
Audited Statement of Financial Activities
Including the income and expenditure account
Year Ended 31 December 2024

		2024			2023
		Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	Notes	£	£	£	£
Income and endowments from:					
Donations and legacies	2	1,089,072	126,719	1,215,791	1,589,554
Charitable activities	3	101,666	311,406	413,072	614,120
Other trading activities		253,247	-	253,247	659,141
Investments	4	53,489	-	53,489	38,170
TOTAL INCOME		1,497,474	438,125	1,935,599	2,900,985
Expenditure on:					
Raising funds	5	433,963	-	433,963	506,866
Charitable activities	6	1,492,982	350,367	1,843,349	1,887,773
TOTAL EXPENDITURE		1,926,945	350,367	2,277,312	2,394,639
NET INCOME / (EXPENDITURE) BEFORE INVESTMENT GAINS / (LOSSES)		(429,471)	87,758	(341,713)	506,346
Gains / (Losses) on investment assets	10	45,887	-	45,887	46,089
NET INCOME / (EXPENDITURE)	7	(383,583)	87,758	(295,826)	552,435
TRANSFERS BETWEEN FUNDS		(9,947)	9,947	-	-
		(393,530)	97,705	(295,826)	552,435
RECONCILIATION OF FUNDS					
Total funds brought forward		2,455,105	35,340	2,490,445	1,938,010
Total funds carried forward		2,061,575	133,045	2,194,619	2,490,445

The notes on pages 30 to 38 form part of these financial activities

THE CHARLIE WALLER TRUST
(A company limited by guarantee)

Balance Sheet
at 31 December 2024

	Notes	31 Dec 2024 £	31 Dec 2023 £
Fixed Assets:			
Tangible assets	9	15,626	13,705
Investments	10	1,322,618	1,263,645
Total Fixed Assets		1,338,244	1,277,350
Current Assets:			
Debtors	11	200,708	295,571
Cash at bank and in hand		960,499	1,365,414
Total Current Assets		1,161,207	1,660,985
Liabilities:			
Creditors: amounts falling due within one year	12	(204,832)	(297,890)
Net Current Assets		956,375	1,363,095
Total Assets less Current Liabilities		2,294,619	2,640,445
Liabilities:			
Creditors: amounts falling due in more than one year	13	(100,000)	(150,000)
Total Net Assets		2,194,619	2,490,445
The Funds of the Charity			
Restricted funds	15	133,045	35,340
Unrestricted funds	15	2,061,575	2,455,105
Total Charity Funds		2,194,619	2,490,445

The financial statements were approved by the Board of Trustees on 3 June 2025 and were signed on behalf by:



Richard Waller KC, Chairman

Company registered number: 5447902

The notes on pages 30 to 38 form part of these financial activities

THE CHARLIE WALLER TRUST
(A company limited by guarantee)
Statement of Cash Flows
For the year ending 31 December 2024

	Notes	2024 £	2023 £
Net cash provided by operating activities	14	(436,353)	302,431
Cash flows from investing activities:			
Plus dividends, interest and rents from investments		53,489	38,170
Less purchase of property, plant and equipment		(8,966)	(8,853)
Plus proceeds from the sale of investments		1,064,253	6,528
Less purchase of investments		(1,080,605)	(369)
Plus cash held by investment manager for reinvestment		3,267	(17,222)
Net cash provided by investing activities		31,438	18,254
Change in cash and cash equivalents in the reporting period		(404,915)	320,685
Cash and cash equivalents at the beginning of the reporting period		1,365,414	1,044,729
Cash and cash equivalents at the end of the reporting period		960,499	1,365,414

The notes on pages 30 to 38 form part of these financial activities

Notes to the financial statements for the year ended 31 December 2024

1. Accounting Policies

The Charlie Waller Trust is a charitable company limited by guarantee which is incorporated in England and Wales. The registered office is First Floor, 23 Kingfisher Court, Newbury, Berkshire, RG14 5SJ.

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are laid out below.

Basis of preparation

These financial statements have been prepared for the year ended 31 December 2024.

The financial statements have been prepared under the historical cost convention or transaction value unless otherwise stated in the relevant accounting policy note.

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, FRS102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS102.

The financial statements are presented in sterling and are rounded to the nearest pound.

Critical accounting estimates and areas of judgement

No significant accounting estimates or judgements were required or made by the Trustees in the presentation of the financial statements.

Assessment of going concern

The Trustees have assessed whether the use of the going concern assumption is appropriate in preparing these financial statements. The Trustees have made the assessment in respect to a period of one year from the date of approval of these financial statements.

The Trustees of the charity have concluded that there are no uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The Trustees are of the opinion that the charity will have sufficient resources to meet its liabilities as they fall due.

Income recognition

Income is recognised in the period in which the charity has entitlement to the income, the amount of income can be measured reliably and it is probable that the income will be received.

Income from investments comprises income earned on the charity's listed investments and interest on cash deposits. Dividends are recognised once the dividend has been declared and the amount has been received. Interest on funds held on deposit is included when received and the amount can be measured reliably by the charity; which is normally upon notification of the interest paid or payable by the bank.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, and any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Donations and event income are recognised in the period in which the charity has entitlement to the income, the amount of income can be measured reliably and it is probable that the income will be received.

Income tax recoverable in relation to donations received under Gift Aid is recognised at the time of the donation.

Expenditure recognition

All expenditure is accounted for on an accruals basis and has been included under expense categories that aggregate all costs for allocation to activities. Where costs cannot be directly attributed to particular activities they have been allocated on a basis consistent with the use of the resources.

Notes to the financial statements for the year ended 31 December 2024

Support costs are allocated to activity costs on the basis of a reasonable estimate of the time spent supporting the activities.

All resources expended are inclusive of irrecoverable VAT.

Fund accounting

Unrestricted funds represent general funds available for use at the discretion of the Trustees in furtherance of the general objectives of the Trust. Restricted funds can only be used for particular restricted purposes within the objectives of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes. Designated funds comprise funds which have been set aside at the discretion of the trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the financial statements.

Investments

Listed investments are a form of basic financial instrument and are initially recognised at their transactional value and subsequently measured at their fair value as at the balance sheet date using the closing quoted market price.

The charity does not acquire put options, derivatives or other complex financial instruments.

Realised gains (or losses) on investment assets are calculated as the difference between disposal proceeds and their opening carrying value or their purchase value if acquired subsequent to the first day of the financial year. Unrealised gains and losses are calculated as the difference between the fair value at the year end and their carrying value at that date. Realised and unrealised investment gains (or losses) are combined in the statement of financial activities and are credited (or debited) in the year in which they arise.

Debtors

Debtors are recognised at their settlement amount, less any provision for non-recoverability. Prepayments are valued at the amount prepaid. They have been discounted at the present value of the future cash receipt where such discounting is material.

Cash at bank and in hand

Cash at bank and in hand represents such amounts and instruments that are available on demand or have a maturity of less than three months from the date of acquisition. Deposits for more than three months but less than one year have been disclosed as short term deposits. Cash placed on deposit for more than one year is disclosed as a fixed asset investment.

Creditors and provisions

Creditors and provisions are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Creditors and provisions are recognised at the amount the charity anticipates it will pay to settle the debt. They have been discounted to the present value of the future cash payment where such discounting is material.

Operating leases

Payments in respect of operating leases are charged to the SOFA on a straight line basis over the term of the lease.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fixed Assets

Fixed assets (excluding investments) are stated at cost less accumulated depreciation. Depreciation is provided at the rate of 25% on a straight line basis.

Gifts in kind

Items donated for fundraising events have been included as donations received and as costs of charitable activities. The items are at the amount they would have cost had they been bought in.

THE CHARLIE WALLER TRUST
(A company limited by guarantee)

Notes to the financial statements for the year ended 31 December 2024

	2024			2023
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	£	£	£	£
2. INCOME AND ENDOWMENTS FROM:				
Donations and legacies				
Individual & Community Fundraising	328,538	-	328,538	197,327
Individual Giving	240,523	-	240,523	578,506
Gifts in kind	18,467	-	18,467	145,697
Donations received from other trusts and foundations	200,875	44,000	244,875	385,458
Donations received from training activities	60,560	-	60,560	88,699
Corporate Giving	246,655	-	246,655	117,516
Trading/Commercial	8,816	-	8,816	11,219
Tax recoverable (Gift Aid)	64,609	-	64,609	61,852
Donations received for resources	2,748	-	2,748	3,280
	<u>1,171,791</u>	<u>44,000</u>	<u>1,215,791</u>	<u>1,589,554</u>
3. INCOME AND ENDOWMENTS FROM:				
Charitable activities				
Statutory contracts	-	311,406	311,406	518,610
Workplace training	101,666	-	101,666	95,510
	<u>101,666</u>	<u>311,406</u>	<u>413,072</u>	<u>614,120</u>
4. INCOME AND ENDOWMENTS FROM:				
Investments				
Listed investments	17,974	-	17,974	17,275
Cash investments	35,515	-	35,515	20,895
	<u>53,489</u>	<u>-</u>	<u>53,489</u>	<u>38,170</u>
5. EXPENDITURE ON RAISING FUNDS				
Direct costs of fundraising	365,564	-	365,564	310,439
Gifts in kind	18,467	-	18,467	145,697
Support and office expenses	49,932	-	49,932	50,730
	<u>433,963</u>	<u>-</u>	<u>433,963</u>	<u>506,866</u>

THE CHARLIE WALLER TRUST
(A company limited by guarantee)

Notes to the financial statements for the year ended 31 December 2024

	 2024		2023	
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
6. EXPENDITURE ON CHARITABLE ACTIVITIES	£	£	£	£
Education Programme	412,623	14,000	426,623	414,148
Families Programme	194,678	-	194,678	168,633
Workplace Programme	175,252	3,750	179,002	151,461
Resources & Materials	282,879	32,872	315,750	267,442
Support and governance costs (see note below)	391,551	-	391,551	330,046
Grants paid to Institutions (see note below)	36,000	-	36,000	36,000
Statutory contracts	-	299,745	299,745	520,043
	1,492,982	350,367	1,843,349	1,887,773
Support and governance costs				
Programme direction	158,971	-	158,971	117,973
Financial inc. insurance	27,745	-	27,745	25,186
Staff inc. training	109,402	-	109,402	100,549
Information technology inc. communications	36,953	-	36,953	33,802
Office expenses	42,735	-	42,735	42,338
Audit and other professional fees	15,369	-	15,369	9,911
Trustees expenses	376	-	376	287
	391,551	-	391,551	330,046
Grants paid to Institutions				
Bernard Sunley - Parent Carer Peer Support Worker grant	36,000	-	36,000	36,000
	36,000	-	36,000	36,000
7. NET INCOME / (EXPENDITURE)			2024	2023
			£	£
This is stated after charging:				
Depreciation of tangible fixed assets:				
- owned by the company			7,046	6,758
Auditor's remuneration			15,300	9,600
Auditor's other fees			-	276

THE CHARLIE WALLER TRUST
(A company limited by guarantee)

Notes to the financial statements for the year ended 31 December 2024

8. STAFF NUMBERS

The average monthly number of employees during the year was as follows;

	No.	No.
Charitable activities	15	12
Administrative	5	3
Fundraising	7	7
	<u>27</u>	<u>22</u>

STAFF COSTS AND THE REMUNERATION OF KEY MANAGEMENT PERSONNEL

	£	£
Staff - Salaries, wages and pension contributions	759,260	589,072
CEO - Salary, wages and pension contributions	94,687	70,119
Staff - Employer's National Insurance costs	70,068	52,704
CEO - Employer's National Insurance costs	<u>10,705</u>	<u>7,960</u>

The emolument of employee who is higher paid fell into the band:

£70,000-£79,999	1	1
-----------------	---	---

Clare Stafford left the Trust in February 2024. Dr Hannah Vickery started as Chief Executive Officer in March 2024.

9. TANGIBLE FIXED ASSETS

	Fixtures and fittings
	£
Cost	
At 1 January 2024	22,450
Additions	8,966
	<u>31,416</u>
At 31 December 2024	
Depreciation	
At 1 January 2024	8,745
Charge for the year	7,046
	<u>15,790</u>
At 31 December 2024	
Net book value	
At 31 December 2024	<u>15,626</u>
At 31 December 2023	<u>13,705</u>

THE CHARLIE WALLER TRUST
(A company limited by guarantee)

Notes to the financial statements for the year ended 31 December 2024

10. FIXED ASSET INVESTMENTS

	2024	2023
	£	£
Market value of listed investments portfolio at 1 January 2024	1,263,645	1,206,494
Additions at cost	1,080,605	369
Sales proceeds	(1,064,253)	(6,528)
Net gain/(loss) on revaluation	4,467	41,338
Profit/(loss) on sales	41,421	4,750
Reduction in cash held by investment manager for reinvestment	(3,267)	17,222
Market value of listed investments portfolio at 31 December 2024	1,322,618	1,263,645
Analysed as follows:		
Fixed Interest - UK bonds	339,305	261,528
Equities & funds - UK	437,394	429,186
Equities & funds - Europe	49,462	45,507
Equities & funds - Global	103,411	38,500
Equities & funds - Global themed	166,168	164,752
Equities & funds - Emerging markets	-	21,563
Alternatives	206,208	278,669
Cash and cash equivalents	20,670	23,940
	1,322,618	1,263,645
Investment portfolio - historical cost	1,045,389	990,885

THE CHARLIE WALLER TRUST
(A company limited by guarantee)

Notes to the financial statements for the year ended 31 December 2024

	2024	2023
	£	£
11. DEBTORS		
Trade debtors	62,598	132,179
Prepayments and accrued income	59,206	119,688
Other debtors	78,904	43,704
	<u>200,708</u>	<u>295,571</u>
12. CREDITORS		
Amounts falling due within one year		
Trade creditors	80,221	144,380
Accruals	119,421	106,100
Deferred income	5,190	45,410
Other creditors	-	2,000
	<u>204,832</u>	<u>297,890</u>
Deferred Income		
Deferred income at 1 January 2024	45,410	257,710
Incoming resources deferred during the year	5,140	45,410
Amounts released from previous years	(45,410)	(257,710)
	<u>5,140</u>	<u>45,410</u>
Deferred income at 31 December 2024		
	<u>5,140</u>	<u>45,410</u>
13. CREDITORS		
Amounts falling due after more than one year		
Funding committed not yet paid	<u>100,000</u>	<u>150,000</u>
14. Reconciliation of net income to net cash flow from operating activities		
Net income / (expenditure) for the reporting period (as per the SOFA)	(295,827)	552,435
Add back depreciation charges	7,046	6,758
Deduct interest income shown in investing activities	(53,489)	(38,170)
Add back / (deduct) gains losses on investments	(45,887)	(46,089)
Decrease / (Increase) in debtors	94,863	68,556
(Decrease) / Increase in creditors falling due within one year	(93,058)	(191,060)
(Decrease) / Increase in creditors falling due in more than one year	(50,000)	(50,000)
Net cash provided by/(used in) operating activities	<u>(436,353)</u>	<u>302,431</u>

Notes to the financial statements for the year ended 31 December 2024

15. THE FUNDS OF THE CHARITY	Brought Forward	Income	Expenditure	Gains/ (Losses)	Transfers	Carried Forward
	£	£	£	£	£	£
Unrestricted funds - 2024						
Designations						
Charlie Waller Institute Chair fund (2028 - 2032)	250,000	-	-	-	-	250,000
Parent/Carer Peer Support	60,017	-	(158,392)	-	131,673	33,298
Mental health assessment toolkit - Schools & Colleges	10,000	-	-	-	(800)	9,200
Website & CRM development	15,020	-	(24,018)	-	54,998	46,000
Young People in the Workplace Videos	9,240	-	(19,470)	-	10,230	0
Student Ambassadors	28,155	-	(45,370)	-	69,522	52,307
Parent Carer Peer Support Workers	20,000	-	(36,000)	-	30,000	14,000
Monitoring & Evaluation improvements	-	-	-	-	36,800	36,800
The Parents Research Network	-	-	-	-	6,104	6,104
Communities	-	-	-	-	15,760	15,760
NMA Eating Disorder Training Project	-	-	-	-	77,560	77,560
Mental health bookclub for education sector	-	-	-	-	16,200	16,200
Other unfunded expenditure in budget and business plan	153,914	-	-	-	(153,816)	98
	546,346	-	(283,250)	-	294,231	557,328
General funds	1,908,759	1,497,473	(1,643,695)	45,887	(304,178)	1,504,246
	2,455,105	1,497,473	(1,926,945)	45,887	(9,947)	2,061,574
Restricted funds - 2024						
Other contracts	-	311,406	(299,745)	-	7,895	19,556
Resilience Rucksacks Project with CWI	2,000	-	(4,000)	-	2,000	-
Alexander P.S. McKeown Charitable Foundation	5,000	-	(5,000)	-	-	-
The Big Give	-	82,719	-	-	-	82,719
Berkshire Community Foundation	-	5,000	(3,750)	-	-	1,250
The Cutlers' Company	-	4,000	(4,000)	-	-	-
David Family Foundation	-	5,000	-	-	-	5,000
de Laszlo Foundation	3,520	5,000	-	-	-	8,520
The Foyle Foundation	8,820	-	(8,872)	-	52	-
The Freshfield Foundation	16,000	24,000	(24,000)	-	-	16,000
Legge Family Fund via Hampshire Community Foundation	-	1,000	(1,000)	-	-	-
	35,340	438,125	(350,367)	-	9,947	133,045
	2,490,445	1,935,598	(2,277,312)	45,887	-	2,194,619
Unrestricted funds - 2023	£	£	£	£	£	£
Designations						
Charlie Waller Institute Chair fund (2028 - 2032)	250,000	-	-	-	-	250,000
Parent/Carer Peer Support	126,503	-	(125,862)	-	59,376	60,017
eLearning development inc. additional modules & cont. dev.	17,500	-	(11,000)	-	(6,500)	-
Student participation videos	13,000	-	-	-	(13,000)	-
Mental health assessment toolkit - Schools & Colleges	-	-	-	-	10,000	10,000
Website & CRM development	15,000	-	(19,842)	-	19,862	15,020
Students against depression website development	5,000	-	-	-	(5,000)	-
Young People in the Workplace Videos	5,000	-	(13,030)	-	17,270	9,240
Student Ambassadors	25,000	-	(27,935)	-	31,090	28,155
Parent Carer Peer Support Workers	34,500	20,000	(34,500)	-	-	20,000
Other unfunded expenditure in budget and business plan	200,717	-	-	-	(46,803)	153,914
	692,220	20,000	(232,169)	-	66,295	546,346
General funds	1,214,140	2,259,375	(1,606,538)	46,089	(4,307)	1,908,759
	1,906,360	2,279,375	(1,838,707)	46,089	61,988	2,455,105

Notes to the financial statements for the year ended 31 December 2024

Restricted funds - 2023

Other contracts	4,650	518,610	(452,235)	-	(71,025)	-
Resilience Rucksacks Project with CWI	-	2,000	-	-	-	2,000
Adrian Swire Charitable Trust	-	6,500	(6,500)	-	-	-
Berkshire Community Foundation	-	5,000	(5,037)	-	37	-
Bernard Sunley Foundation	7,000	25,000	(36,000)	-	4,000	-
Alexander P.S. McKeown Charitable Foundation	-	5,000	-	-	-	5,000
The Cutlers' Company	2,000	-	(2,000)	-	-	-
de Laszlo Foundation	-	5,000	(6,480)	-	5,000	3,520
Essex Community Fund	-	8,500	(8,500)	-	-	-
The Foyle Foundation	-	15,000	(6,180)	-	-	8,820
The Freshfield Foundation	16,000	24,000	(24,000)	-	-	16,000
Gallagher Community Fund	2,000	-	(2,000)	-	-	-
Hospital Saturday Fund	-	2,000	(2,000)	-	-	-
The Sobell Foundation	-	5,000	(5,000)	-	-	-
	31,650	621,610	(555,932)	-	(61,988)	35,340
	1,938,010	2,900,985	(2,394,639)	46,089	-	2,490,445

Restricted fund detail

Adrian Swire Charitable Trust – 2023 Open Access Webinars, Alexander P.S. McKeon Charitable Foundation – Resilience Rucksacks, Berkshire Community Foundation – Embedding wellbeing culture in CVS in Berkshire, Bernard Sunley Foundation – Part-time PCPS roles, The Cutlers' Company – School and College Training in London, David Family Foundation – Resilience Rucksacks, de Laszlo Foundation – SAD Website, Essex Community Fund – Partnership with Charlie Watkins Foundation and Boys in Mind resources to support young people's mental health, The Foyle Foundation – Schools Mental Health Book Club, The Freshfield Foundation – Raising CWT's profile, Gallagher Community Fund – Training in schools, Hospital Saturday Fund – 2023 Open Access Webinars, Resilience Rucksacks Project with Charlie Waller Institute (CWI), Legge Family Fund via Hampshire Community Foundation - Schools training in Hampshire, The Sobell Foundation – Parent Supporting Young People Resources

16. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	2024			2023		
	Unrestricted Funds	Restricted Funds	Total Funds	Unrestricted Funds	Restricted Funds	Total Funds
	£	£	£	£	£	£
Tangible fixed assets	15,626	-	15,626	13,705	-	13,705
Fixed asset investments	1,322,618	-	1,322,618	1,263,645	-	1,263,645
Current assets	1,028,162	133,045	1,161,207	1,625,645	35,340	1,660,985
Creditors due within one year	(204,832)	-	(204,832)	(297,890)	-	(297,890)
Creditors due in more than one year	(100,000)	-	(100,000)	(150,000)	-	(150,000)
	2,061,574	133,045	2,194,619	2,455,105	35,340	2,490,445

17. CONTROLLING PARTY

The charity as a company limited by guarantee is controlled by the guarantors.

18. RELATED PARTY TRANSACTIONS

During the year, no Trustee received any remuneration (2023 - £nil). During the year, no Trustee received any benefits in kind (2023 - £nil). One Trustee received reimbursement of expenses amounting to £376 in the current year for travel expenses (2023 - One Trustee - £287). In addition, the Trustees took out Trustee Indemnity Insurance at a cost of £13,773 (2023 - £9,509).

During the year, unconditional donations totalling £1,002 (2023 - £562) were received from the trustees, one trustee donated goods valued at £1,000 (2023 - £455).

19. CAPITAL COMMITMENTS

At the balance sheet date, the charity had financial commitments of £Nil (2023: £Nil).

20. OTHER FINANCIAL COMMITMENTS

At 31 December 2024 the Trust had total future minimum lease payments under non-cancellable operating leases expiring as set out below:

	2024	2023
	£	£
Land & Buildings		
Payable within one year	28,800	28,800
Payable two to five years	76,800	105,600

Payments made under land and buildings operating leases in the year amounted to £24,000 (2023: £24,000)



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 died by suicide. 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.

Charlie sits at the heart of our story, our vision and our purpose.

THANK YOU

We rely on the generosity, energy, skills and commitment of our supporters, donors and volunteers in order to continue our work.

We are enormously grateful for any donation, large or small, and would like to thank all the individuals, trusts, companies, schools, colleges, universities and other organisations whose support enables us to move closer to our vision.

Our vision is of a world in which young people are educated to understand mental health and can get all the support they need.

GET IN TOUCH

hello@charliewaller.org
01635 869754

FIND OUT MORE

charliewaller.org

FOLLOW US



The Charlie Waller Trust

First Floor • 23 Kingfisher Court • Newbury • Berkshire • RG14 5SJ

Registered Charity No. 1109984

THE CHARLIE WALLER TRUST

England & Wales - Charity number 1109984

Accounts



Trustees' Report and Financial Statements

for the year ended 31 December 2023

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REFERENCE AND ADMINISTRATIVE INFORMATION

Presidents

The Rt Hon Sir Mark Waller
Lady Waller OBE

Trustees

R B Waller KC, Chairman
G C R Booth FCA, Treasurer
Dr N I Broughton
D Colbourne
M C Cole-Fontayn
W P de Laszlo
M Durden-Smith
Dr M S Fazel
J B N Hay
C P S Lytle
J D G Murray
K A Tait
P G Waller
I G Weatherby

Board Advisers

Professor David Clark
Lord Crisp KCB
Lord Layard
Dr Denise Meyer
John Olsen
Professor Andrew Reeves
Dr 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
Mary Nightingale
Susan Shenkman
Phoebe Waller-Bridge
Anthony West
Michael Whitfeld

Independent auditors

Critchleys Audit LLP, Beaver House,
23-38 Hythe Bridge Street, Oxford, OX1 2EP

Investment advisors

J.M. Finn & Co., 25 Copthall Avenue, London,
EC2R 7AH

Bankers

CAF Bank Limited, 25 Kings Hill Avenue, Kings
Hill, West Malling, Kent ME19 4TA

Registered office

First Floor, 23 Kingfisher Court, Newbury,
Berkshire, RG14 5SJ

Company registered number

5447902

Charity registered number

1109984

INTRODUCTION FROM THE CHAIRMAN

November 2023 marked the end of The Charlie Waller Trust's 25th anniversary year. It was a time to reflect on the impact we have had as a charity and the wider societal context for our work.

More than 25 years on from the tragic loss of Charlie to suicide, what has changed? Would things be different for Charlie today? Would he be able to ask for and receive the help he needed swiftly and without fear of stigma?

Certainly in part this is the case, and that is cause for continued hope.

However, despite the many positive changes in recognising and responding to mental health issues such as depression and anxiety, there remains a huge challenge to the health and wellbeing of children and young people.

The NHS digital study¹ showed that the rate of probable mental disorders amongst 8 – 25-year-olds had stabilised, following the rise between 2017 and 2020, a welcome statistic – but there were some worrying findings. For example, young women aged 17 – 25 were twice as likely to have a probable disorder as their male counterparts and there has been an increase in the prevalence of eating disorders.

The Charlie Waller Trust's work in 2023 addressed many of these challenges.

We continued our work to support families and train parent peer support workers to offer first line support in local mental health services from a lived experience perspective.

We increased the capacity to deliver our carers' skills workshops for parents and carers of young people with eating disorders.

We also expanded the range of topics offered through our free webinars to include, amongst many others, gaming and gambling in young people, suicidal thoughts, and supporting young people with ADHD.

After a decade as CEO, Clare Stafford left the Trust at the end of February 2024. She said:

"As soon as I arrived at The Charlie Waller Trust, I knew it was something special. It was a small charity, but it had the foundations for growth. There was a passion for and commitment to the cause that was backed up by working with experts and those with lived experience and by following the evidence, alongside a culture of

warmth, hope and optimism. Crucially, we also had a loyal and generous supporter base.

"It was a privilege to lead the Trust for 10 years and to work with such amazing people – the office team, freelance trainers, speakers and consultants, and volunteers – and to oversee the significant expansion of the Trust's work and impact."

Under Clare's leadership, the Trust went from strength to strength. She enhanced our reputation as a charity that provides first-class evidence-based training and resources that I firmly believe make a real difference and impact. She also saw us become the go-to charity for our groundbreaking parent peer support work. Clare left us with a great office team in place and a pool of talented and committed freelance trainers who will ensure that our charitable delivery will continue seamlessly.

We are delighted to have appointed Dr Hannah Vickery as our new CEO. Hannah was formerly the Head of Training and Associate Professor at the Charlie Waller Institute at the University of Reading. This means that, in addition to bringing immensely valuable knowledge and experience of the mental health field, she is already very well acquainted with the work of the Trust. Hannah has joined the charity at a hugely important time, not just for the organisation, but for young people's mental health in general. Backed by a strong team and our tireless supporters, she has the opportunity to help the Trust reach new heights, helping many more young people and those who care for the them in the coming years.

We are so grateful to all our funders and supporters for enabling 2023 to be an outstanding year for income. We remain passionately committed to using these funds to achieve the most positive impact possible.



Richard Waller KC
Chair



1. 'Mental Health of Children and Young People in England, Wave 4 follow up to the 2017 survey' NHS Digital, 2023.

TRUSTEES' REPORT

The Trustees (who are also the directors of the charity for the purposes of the Companies Act) are pleased to present their statutory report together with the audited financial statements of The Charlie Waller Trust ('the Trust') for the year ended 31 December 2023.

The report has been prepared in accordance with Part 8 of the Charities Act 2011 and it is also the report of the directors for the purposes of the Companies Act 2006. The financial statements have been prepared in accordance with the accounting policies set out on pages 34 to 36 and comply with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), effective from accounting periods commencing 1 January 2019 or later.

OBJECTIVES AND ACTIVITIES

What we do

The Charlie Waller Trust was set up by the Waller family in 1997 after Charlie tragically took his own life at the age of 28.

Our vision is of a world in which young people are educated to understand mental health and can get all the support they need. Our overarching mission is to educate young people and those with responsibility for them – notably parents and carers, teachers, college and university staff, and employers – about their mental health and wellbeing.

We aim to improve their understanding of mental health, to give them the knowledge and skills to support themselves and look out for those around them, and to give them greater confidence in talking openly about the subject.

By enabling more open and better-informed conversations, we aim to reduce further the stigma that surrounds mental health.

Our focus is on supporting all young people, from primary school age to the early years of their working lives, and on the crucial role of parents, carers and families. We recognise that some children and young people have increased vulnerability to mental health problems for reasons of social and economic disadvantage, sexuality, race or disability, and at points of transition in their lives.

The majority of our work is delivered through schools, parents, colleges and universities, and workplaces, in the form of consultancy, training, and the provision of educational and practical resources. We seek to establish enduring partnerships, in order to bring about sustained change and lasting improvement.

Our work is evidence-based and most of it is offered free of charge.

'Charlie Waller Workplace' is distinct from our other areas of activity. It is a commercial offer that provides expert training and consultancy to enable managers and staff to recognise and address mental health issues in individuals and teams.

Charlie's story sits at the heart of the charity and we strive to ensure that the voices of young people and parents are embedded throughout our work.

How we work

The following principles underpin all our work:

Positive: We focus on prevention, early intervention and the importance of offering hope.

Proven: Our consultancy, training and resources are all evidence-based and/or evidence informed.

Practical: Our content provides people with strategies and tools to care for their mental health, and to support others in doing so.

Purposeful: Our work is targeted on where we can make the most impact

The Charities Act requires the Trustees, in exercising their powers or duties, to have due regard to the public benefit guidance published by the Charity Commission. The Trustees are mindful of this obligation and refer to the guidance when reviewing the Trust's aims and objectives and in planning future activities. In particular, they have considered how planned activities will contribute to the aims and objectives, as described in this report.

The Trustees, supported by the CEO and wider team, focused on parents and carers as part of the Trust's charitable activity in 2023. The Trust has made progress in gaining acceptance that parent and carer peer support workers should be in every children's mental health service. The impact on families of the increased prevalence and severity of mental health problems amongst children and young people is significant and services continue to be chronically over-stretched in providing a full and timely response. This new role in children's mental health teams is therefore vital in increasing capacity to respond to parents and carers and their children.

The objectives of the Trust are as follows:

- Raising awareness and providing information on depression and related mental health problems.
- Equipping young people to look after their mental wellbeing.
- Helping people to recognise the signs of depression and related mental health problems in themselves and others so they know when to seek help.
- Ensuring expert and evidence-based help is available when people need it.

Our values

We work in a way which is:

- **Warm:** Positive personal connections are central to mental health; we aim to reflect this in all our relationships with beneficiaries, supporters, staff and volunteers.
- **Empowering:** We support all those we work with, and who work for us, to use their minds, hearts, energy and creativity to fulfil their potential.
- **Collaborative:** Partnership and cooperation are at the core of our work; we seek the views of those we wish to support and aim to put them at the centre of our activity.
- **Compassionate:** We recognise vulnerability in ourselves and others, especially where there is more than one reason people may be vulnerable to mental health problems, discrimination or inequality.
- **Open:** We believe in being honest about the way we work, our aspirations and where we need to improve; openness and good communication are key to good mental health.

SUMMARY OF IMPACT

Every year we reach thousands of young people, educators, parents and employers with our high quality, evidence-based training, advice and resources. We give children and young people, and those around them, the knowledge, practical tools, skills and confidence to look after their own mental health and support others. Our work is bespoke and responsive, and the lived experience of parents, carers and young people sits at the heart of what we do. The following summary highlights our impact in 2023:

COMMUNICATIONS

46,451
PUBLICATIONS
SENT OUT

16,535
NEWSLETTERS
SENT OUT

133,872
USERS VISITED OUR WEBSITE
29,997
RESOURCES DOWNLOADS
426,643
PAGE VIEWS
11,536
VIDEO VIEWS

SCHOOLS PROGRAMME

3,645
PEOPLE
ATTENDED
OUR OPEN
ACCESS
WEBINARS

94%
SAID THEY
INCREASED
THEIR
KNOWLEDGE
OF THE
TOPIC AFTER
ATTENDING
OUR
WEBINARS

WE DELIVERED
216
SESSIONS TO
14,153
ATTENDEES

1,701
PEOPLE
ATTENDED
OUR
WORKSHOPS
FOR PARENTS
AND CARERS
OF CHILDREN
AND YOUNG
PEOPLE WITH
AN EATING
DISORDER

FAMILIES PROGRAMME

185

INDIVIDUAL MEMBERS
INCLUDING 70 PARENT
SUPPORT GROUPS IN OUR
PLACE NETWORK

67

PARENTS AND
PROFESSIONALS TRAINED
TO DELIVER INDIVIDUAL
AND GROUP SUPPORT

COLLEGES AND UNIVERSITIES PROGRAMME

87

SESSIONS TO
3,328
ATTENDEES

199

COLLEGES ARE
USING 'C-MET'
(MENTAL
HEALTH SELF-
EVALUATION
TOOL)

145

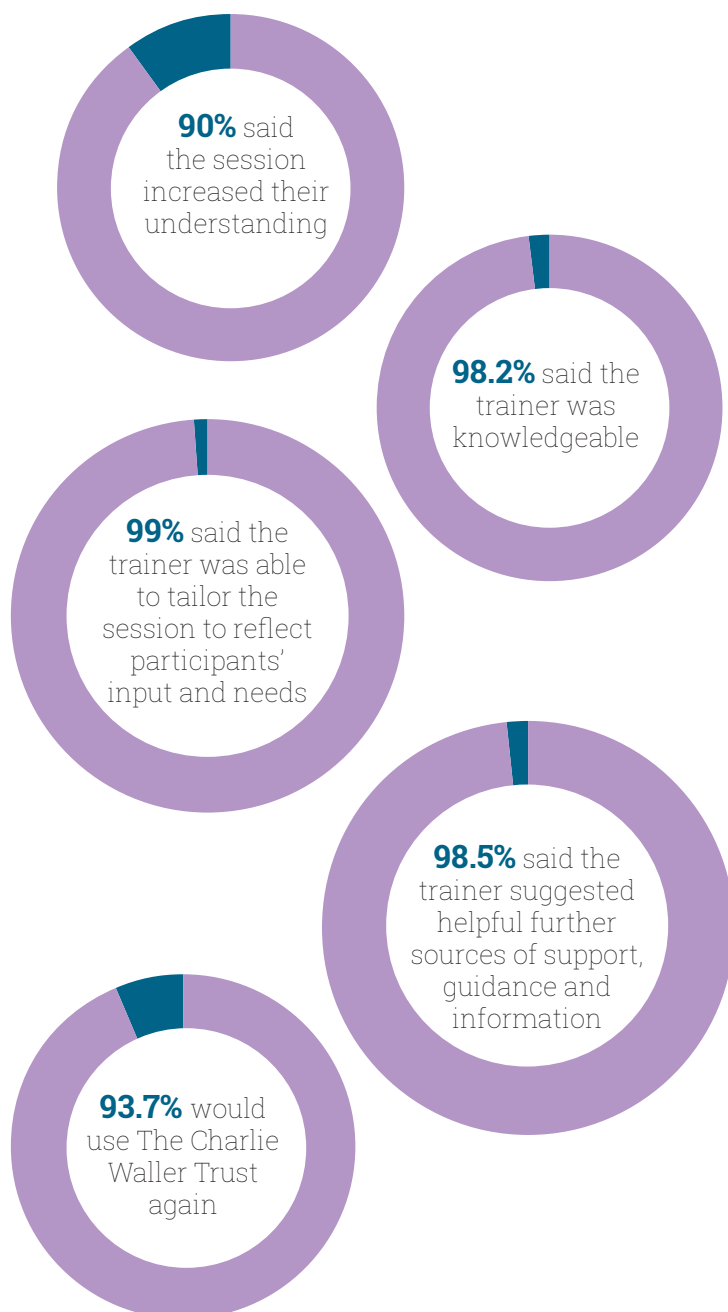
SIGN-UPS TO
OUR NEW
E-LEARNING
COURSES

WORKPLACE PROGRAMME

115

SESSIONS
DELIVERED TO
3,152
PEOPLE

Evaluation of our training is consistently excellent across a range of measures. Below is a snapshot from 171 attendees we have worked with in 2023:



As a parent, I'm so appreciative that this [training] is on offer and that you have highly knowledgeable and passionate presenters [like Gemma] to deliver the training.

Parent

ACHIEVEMENTS AND PERFORMANCE

Raising awareness of depression and other common mental health problems

Totals sent out in 2023:

Publications – 46,451

Books – 839

Our high quality, bespoke and co-produced publications are a key part of our charitable delivery and 2023 saw another increase in our reach (from 37,860 publications in 2022 to 46,451 in 2023).

The Trust offers many different publications and resources to support children and young people and those around them to look after their mental health and wellbeing. During 2023 we reviewed these and increased our range. The Trustees are grateful to funders who support this aspect of our work.



We also updated our exam guidance in 2023 and our youth ambassadors reviewed our 'Life at University' resources.

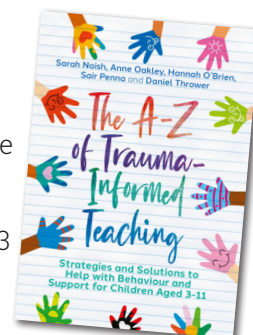


I always use my CWT bookmark as it helps to remind me to look after my mental health.

Usman, CWT Youth Ambassador.

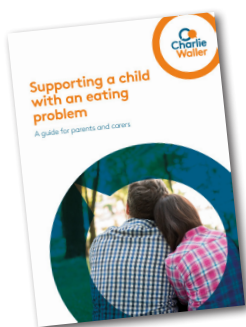
Book Club

The Charlie Waller Mental Health Book Club for schools and other youth settings once again received generous funding support from the Foyle Foundation and in 2023 we sent out **839** books to teachers and support staff.



I really value the Book Club and the opportunities it provides for our children and our staff. It is invaluable in being able to access new stories and activities for the work our pastoral team delivers to children and families. We have also been able to recommend these books to parents.

Pastoral Manager



We published a much needed new guide on 'Supporting a Child with an Eating Problem', drawing on the expertise of our trainers, parents with lived experience and other experts in the field.

The booklets are amazing to share with families I work with. I have shared the resources with other workers who have all said their families have found the booklets easy to use and very helpful.

Children and family worker

It's absolutely amazing! We are an underfunded primary school and many of our children have very tricky lives. I buy most of the SEMH [resources] out of my own money. Your book club is like a lifeline and helps so many of our children and staff. Thank you, thank you, thank you!!!

School Behaviour Lead and Social, Emotional and Mental Health (SEMH) support

Partnership project - In our own words

CWT was pleased to partner with the Charlie Watkins Foundation and Boys in Mind to produce a package of resources for parents, teachers and others who want to support a child, using the experiences and voices of children and young people themselves.



Social media highlights

Our social media presence showed significant growth in 2023. Our online community expanded to include approximately **7,500** followers on X (previously Twitter), **4,600** on Facebook, **3,500** on Instagram (marking a notable 24% increase during the year) and **1,900** on LinkedIn; TikTok witnessed a considerable increase of nearly 50% in followers – confirming the platform's importance, particularly in our commitment to video content. Additionally, we established a robust following on Spotify, YouTube and Threads, and this year launched our Workplace LinkedIn page.

Our content strategies for the year proved successful, with key themes revolving around the promotion of new resources and initiatives. Examples include our CoRAY academic study, a resource for supporting a child with an eating disorder and podcast episodes. Core brand messaging, particularly posts about Charlie Waller and the family, resonated well with our longstanding supporters. Timely mental health advice, featuring parenting tips and guidance, especially around awareness days, also garnered significant attention.



Website engagement

Our website continues to attract a steadily increasing number of visitors, averaging around **11,500** per month. Our digital resources, in particular webinars, were the most popular pages visited. In 2023, we recorded **9,227** sign-ups to our webinar events, and the total number of resource downloads reached an impressive **29,997**.

Media coverage

Throughout 2023, the Trust received coverage across various media outlets. A **BBC Radio Berkshire** interview featuring our CEO, Clare Stafford, provided insights into the Trust's impactful work and participation in the Big Give campaign. Our fundraising events continued to be included in national outlets such as the **Daily Mirror**, **The Evening Standard** and **The Times**. Local and specialist news coverage, including **Newbury Weekly News**, **Bucks Free Press**, **Englefield Echo** and **Muddy Stilettos**, along with global exposure through **Getty Image** branded content, contributed to an extended reach.

Video and animation

To enhance brand awareness and expand our influence, we crafted a video narrating 'who' we are and 'why' we exist. This interview-style, short film featured our Chairman Richard Waller, Trustee Mark Durden-Smith, trainer Gemma Howard and two beneficiaries, providing a comprehensive journey from the founding of the charity to shaping our whole school approach. Towards the year's end, a supporting animation summarising 'what' we do and 'how' we help was introduced and received exceptionally positive feedback. Both resources are available on our YouTube channel.



Newsletter and email news bulletins

Our printed newsletter now reaches nearly **16,535** addresses, including insight into the Trust's work, impact and key mental health topics. Accompanying this, our regular email bulletins, totalling **113,636** in 2023, provide dynamic content on subjects ranging from reverse mentoring and supporting children with autism to the intersection of 'music and mental health'.



SCHOOLS

In 2023 the Trust delivered talks, training and advice to primary and secondary schools. The focus is on a whole school approach and supporting staff at a time when school funds are stretched and the demands on staff are significant.

CEO, Clare Stafford, contributed as Vice-chair of the Children and Young People's Mental Health Coalition to influence policymakers on priorities for children and young people's mental health.

We delivered training for senior mental health leads in schools, in cooperation with the Charlie Waller Institute. This received an excellent rating from the Department for Education and participants show significant increases in skill, knowledge and confidence on pre- and post-course measures.

Having [CWT trainer Gemma] really focusses our staff and makes us consider the tweaks to our practice that will have huge impact for our pupils. Having [Gemma] for the year means we don't get complacent - we have goals, a plan and together we achieve it. Our relationship keeps us on track to be proactive.

Primary school headmaster

In 2023 we delivered **216** sessions to **14,153** teachers, parents and pupils and continued our live, open access webinars, which attracted **3,645** attendees.

Partnership highlights



CoRAY was a project based at the University of Oxford. In partnership with The Charlie Waller Trust, together we published a range of mental health lessons and resources, working with young people, researchers and clinicians providing evidence-informed advice. In 2023 we developed targeted materials for special schools and alternative provision, whilst continuing to promote and disseminate the core materials.

We partnered with the **Anna Freud Centre** and the **National Children's Bureau** to deliver emotional health training for the wider children's workforce. **740** people were trained in the pilot areas and evaluation showed improvement across all measures.

FAMILIES

In 2023 we consolidated our position as the leading charity championing parent and carer peer support and furthered our reputation for active and genuine coproduction. We also worked with policy makers and partners in the sector to achieve this.

Parent and Carer Peer Support

Training

The Trust is currently the sole provider of parent and carer peer support training and this is funded by NHS England and delivered in partnership with the University of Reading and Northumbria University. In 2023 we trained **33** parents and carers with lived experience of supporting young people with mental health problems to become parent and carer peer support (PCPS) workers. Their subsequent work in local children and young people's mental health teams is of enormous value.

This training was so informative. It has challenged my thinking in so many ways and has stretched my abilities.

PCPS trainee

We trained over **15** clinical supervisors to support these newly trained PCPS workers to navigate local systems. These supervisors will provide an essential bridge to their colleagues to ensure the contribution of the PCPS worker is understood, valued and that the PCPS worker is appropriately supported.

Over **£80,000** was provided in grants to local services for their PCPS workers to participate in the training and to acquire experience of supporting parents and carers.

The training was possible due to support from NHS England who have recognised the value of this new role and commissioned further courses in both the University of Reading and Northumbria University. Applications for this training course opened on the 1st November 2023 and we received over **44** partnership applications between services and parent/carers.

Building system capacity

The Trusts' work has included support for local commissioners and services so that they have the capacity and capability to have PCPS workers in their teams. In response to the needs of parents, carers and professionals we delivered **4** CPD sessions and over **20** one-to-one support meetings were delivered to services and commissioners looking to take parent carer peer support forward within their children and young people's mental health services. We also delivered **4** CPD sessions to parents and carers who wanted to explore how they might use their experiences to help others, and better understand if PCPS is something they might like to do. These courses were developed and delivered by lived experience PCPS workers and professionals.

I took so much information away from this, thank you for putting on this event and sharing knowledge and experience.

Carer

In November 2023 we launched our 'Parent and Carer Database'. By early December 2023 we had successfully matched parents and carers who were interested in PCPS with services looking for parents and carers in their area.

Speaking with Sara has really helped me to feel supported, she listens and picks up on things I've said and then helped with providing resources really targeted to my needs. Speaking with someone who has lived experience and is willing to share really makes all the difference and helps you to feel like you are not alone."

Parent

Thanks to the generosity of one of our funders we have been piloting the PCPS role over three years in three different areas. We are evaluating the impact of these roles across a range of measures and this data will be used to make the case for future commissioning.

The PLACE Network

The PLACE Network for individuals and organisations who run and set up groups for parents of children with mental health issues had **185** members including **70** groups. Throughout 2023 we facilitated **26** Network meetings and other network events including the delivery of training, and peer-to-peer supervision sessions.

Policy teams in health, social care and education as well as the Children and Young People's Mental Health Coalition have used PLACE to carry out key consultations.

Supporting parents and carers to help their loved ones with an eating disorder

We secured funding to roll out the evidence based New Maudsley Carers Skills workshops for parents and carers of children with an eating disorder. PLACE Network members and many other parents had said that more support was needed for families, who often felt alone in caring for their child, especially as specialist services are facing unprecedented demand. Our independent review for this programme was completed in Oct 2023.

16 existing CYPMH PCPS trained as New Maudsley Ambassadors. These Ambassadors will provide 'on the ground' support to parents/carers and extend the work of clinical teams.

It has helped in my role when trying to explain to professionals why families may react in certain ways. I have learnt a lot about what triggers an eating disorder, and this understanding has informed my discussions in my professional role as we have seen an increase in the children we support having eating disorders.

NMA Ambassador

We trained **18** professionals and people with lived experience to introduce and deliver NMA carer skills workshops within their own services.

Immensely rich in terms of the training and resources provided, thank you. Hugely valuable, hugely practical and feeling very well resourced.

NMA Facilitator

Without these sessions, I would have been in a deeper hole"

Carer

We supported these new facilitators to deliver **24** courses (**240** hours of training) to over **200** carers throughout September, November, and December 2023.

Lived experience and co-production

The voice and experience of parents and carers who are supporting a child or young person with mental health difficulties is at the heart of the Trust's work. We believe that people with lived experience play an important role in shaping and developing our services.

Lived experience partners

In 2023 we successfully recruited five new Lived Experience Partners to work with the Families Team. These partners will build on the work to champion the voice of parent carer lived experience and in bringing this lens and perspective to our work.

This May Help

We supported the NHSE project team to co-produce a series of short films by celebrities that will support parents and carers with concerns about their child's mental health. We worked to ensure the content was appropriate from a lived experience perspective and provided the most helpful practical advice possible.

Youth Intensive Psychological Practitioners Training (YIPP)

We delivered a number of workshops for NHS England for this new role in inpatient settings as part of their 2-day induction training to help the trainees think about a lived experience and coproduction lens right from the very start of their training.

YOUTH INVOLVEMENT



Launched officially in January 2023, our new Youth Involvement team spent its first year embedding itself into many aspects of the Trust's work. The purpose of recruiting nine youth ambassadors aged 16-25 from across the UK is to ensure that young people's ideas and voices are central to our work. The benefits to both The Charlie Waller Trust and the ambassadors have been multifaceted.

One of the ambassadors' main roles is to aid the Trust in its relevance and approach. This means that training has been provided throughout the year. Training sessions have ranged from Public Speaking to Taking on Mental Health Research and Understanding Anxiety – How to Help Yourself or Others Struggling.

All ambassadors have been given public speaking opportunities in their first year, whether this be in an educational setting, at the Flackstock festival, or on their own podcast series, 'Stigma to Strength.'

In this role personally I've been able to learn and shape my thinking in a way that has helped me add a voice at university, as well as gain confidence raising my voice to try and champion mental health in my own settings.

Fariha Agha

I've really enjoyed my time working for the Trust due to the collaborative aspect. It's been so refreshing to be in a space where our opinions are valued as ambassadors and I feel that this encouragement has made me feel more confident in expressing my ideas. Furthermore the work that I have been able to do with the Trust has been continually rewarding through the Stigma to Strength podcast to helping out at Flackstock and it has felt very fulfilling to continue to spread the Trust's work.

Kyanne Graham

The 'Stigma to Strength' **podcast** series is the Trust's first entirely youth-led project, with ambassadors Eliza Antelme and Kyanne Graham developing the concept, content, hosting and dissemination of this series. Monthly episodes tackle topics specifically affecting the mental health of young people and the podcast has achieved such status within a year that Ben West, a young and influential figure in the mental health campaigning world, joined an episode recently to discuss male body image.



Other ambassadors have run **webinars** and **workshops** alongside clinicians, joined fundraising events to raise awareness about the benefits of exercise for mental health and worked on collaborations with the Charlie Waller Workplace team. They have also written **book reviews, blog posts** and **social media content** relevant to young people and worked with professionals at the University of Oxford to advise on **short films**, translating research evidence into practical tools for young people.

I have grown in confidence and have experienced some invaluable opportunities. The role is really important to me as my lived experience has made me determined to help create change and promote positive mental health especially among young people.



Sophie Griffiths at Flackstock Festival

The year closed with ambassadors attending the CWT team day to host a panel discussion on the involvement of young people both at the Trust and across the sector. They have been widely celebrated and welcomed into projects across the Trust and look forward to another year of such opportunities and successes.

The current team have been closely involved in recruiting three new ambassadors for 2024.

The programme is supported by Youth Involvement Lead, Alice Palmer and Co-ordinator Michael Priestley and the Youth ambassador team of 2023/24 comprised Tilly Prestige, Amy Knight, Andrew Macdonald, Eliza Antelme, Fariha Agha, Kyanne Graham, Patrick Regan and Usman Javaid.

I have really enjoyed working with the Trust this year. I feel like I have learned so much from the brilliant people I work with, and I have really had my eyes opened to just how much amazing work is produced by charities like The Charlie Waller Trust. It is something I find very inspiring, and I hope to stay involved in charity work for the rest of my life alongside my future job as a doctor.

Andrew Macdonald

Working as an ambassador has been an absolute joy; everyone at CWT has been so friendly and welcoming, and the other ambassadors are so passionate and enthusiastic too. The role fits really well alongside work/study, and there have been so many different kinds of opportunities to get involved with. I particularly enjoyed going to the CYPMHC conference back in June, and I'm really looking forward to helping deliver the MH research workshop with Michael next month.

Amy Knight

Working alongside other ambassadors, I have built a strong connection with them all. The opportunities that come with this role as well as the training and other members of staff, all appeal to me. I like how I can bring my specific expertise, and how I do not have to know everything.

Usman Javaid

COLLEGES AND UNIVERSITIES

In 2023 we delivered **87** sessions of training to **3,328** attendees. We continue to support a whole college or university approach to mental health and wellbeing, in line with the University Mental Health Charter and other sector guidance.

A significant development in 2023 was a complete review and refresh of our suite of [free online courses](#) designed to empower non-specialist staff in universities and colleges with valuable knowledge and skills related to young people's mental health. The courses include Staff Supporting Students, Managers Supporting Staff, Wellbeing Strategies (for yourself) and Managing Risk and Crises. There were received over **145** registrations in the last quarter of 2023.

Our [Students Against Depression](#) (SAD) website had **30,283** users in 2023 and received **57,602** page views.

Partnership highlights

We continue to collaborate with the [Association of Colleges](#) to deliver training, develop a bespoke training programme for senior mental health leads and to contribute to 'Communities of Practice'.

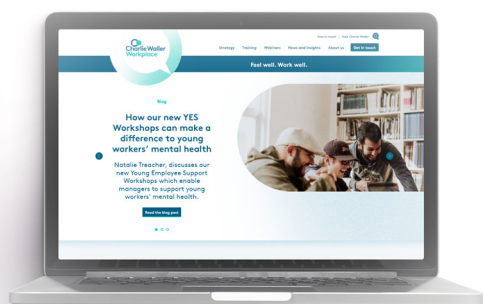
Ros was brilliant. Engaging and welcoming. We were made to feel able to share and contribute. Ros was very knowledgeable in the area of eating disorders and made the content relevant to us as practitioners within higher education. Overall it was great.

HE practitioner, Cardiff University

WORKPLACE



In early 2023 we launched our new website, charliewallerworkplace.org



This has enabled us to develop our whole organisation approach to supporting mental health and wellbeing in the workplace. Our training and consultancy income increased by **14%** to just under **£96,000** and we reached over **3,000** delegates.

Our workplace team worked with a range of new customers including Bonhams Auctioneers, the Charity for Civil Servants and Guinness World Records. We were awarded a grant from Berkshire Community Foundation and trained over 100 leaders, managers and employees in our core course on leading, managing and learning.

An interesting and engaging session. Great to be able to have the training face to face and meet other participants. Our facilitator was clearly very knowledgeable and skilled in this topic.

Delegate, Elizabeth Fry Charity

In response to the changing needs of workplaces, we developed a successful new training course in neurodiversity in 2023.

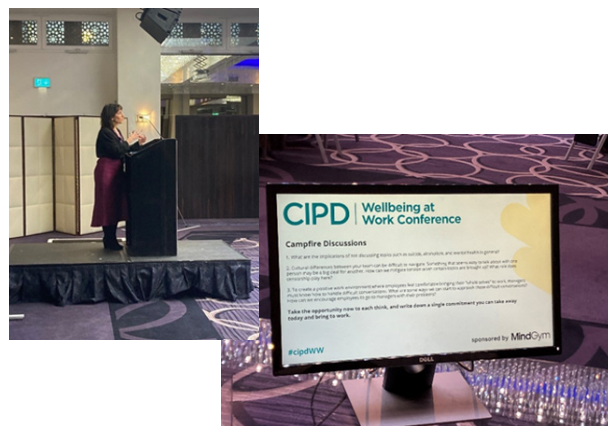
Really inspiring presentation; tricky subjects to explain to lay people but it was done brilliantly.

Delegate, West Berkshire Council

We developed and delivered our new webinar series for parents in the workplace, providing advice and guidance on how to support a young person with mental ill health as well as how to look after themselves. We also provided webinars on men and mental health.

Another important development was our whole organisation approach assessment tool, enabling us to measure how organisations are doing against eight key criteria.

In response to increased attention on suicide in the workplace, we spoke at the **Chartered Institute of Personnel and Development** national conference and published an article for the National Suicide Prevention Alliance.



Young people at work

In 2023, we created our YES (Young Employee Support) workshops using the lived experience of young people to support employers working with those new to work.

We had an excellent session from The Charlie Waller Trust around how we approach our development in relation to mental health and wellbeing.

Delegate, CPL Solutions

Very interactive session. The trainer pushes you to think what matters to you and how can you improve your life quality.

Delegate, Fujitsu India

CHARLIE WALLER INSTITUTE AND OTHER RESEARCH ACTIVITY



The Trust has a five-year gifting agreement which supports the Charlie Waller institute and the Chair in Evidence-based Psychological Treatments in the Department of Psychology at the University of Reading. The Chair role is currently held by Professor Stella Chan.

The Charlie Waller Institute aims to:

- Deliver a range of training courses to clinicians, both within and outside the IAPT programme (Improving Access to Psychological Therapies, now NHS Talking Therapies);
- Evaluate the effectiveness of the training to ensure that it improves clinicians' knowledge and skills, and outcomes for patients;
- Undertake research that adds to the evidence base on effective psychological interventions.

The Charlie Waller Institute accepted over **400** new students in the 2023/4 academic year across a range of clinical training and qualifications.

The institute has built a national profile for its work on equity, diversity and inclusion, both for the core staff team of **58** people and for students.

CWI is the most inclusive, supportive, and kind place I have ever worked. Honestly, it doesn't know how far ahead it is when it comes to meaningful equity, diversity and inclusion work at every level..

CWI team member

It has also been an exemplar for engaging experts by experience (people with personal experience of mental ill health) in clinical programmes.

Alongside the work of the Charlie Waller Institute, Professor Stella Chan has built her team in 2023, and led an effective programme of projects and research. The Trust has been involved in researching an initiative called 'Resilience Rucksacks'. This is a universal intervention for pupils moving from primary to secondary school. The aim is to provide pupils with items that research has identified as beneficial for adolescents' mental health and wellbeing. Young people were central to selecting the rucksack contents.

Academic studies increasingly look for charity partners to make sure their research is rooted in need and that the results of research can be put into practice. We have therefore continued being a partner for academic studies including the Emerging Minds network and iCATS (implementing child anxiety treatments in primary schools) at the University of Oxford and the SORTS (Self-harm Training in Schools) study at the University of Cambridge. We sit on the Advisory Group for the U-BELONG study at Kings College London, looking at loneliness and mental health, as well as a study on the impact of Mental Health Support Teams with the University of Sussex.

No words to thank you enough [staff member name], truly feeling more grateful than ever today. I've worked super hard and I've finally done it! Without your support with the scholarship I would not have been able to continue with the course. Thankyou SO much. For the scholarship, the support - EVERYTHING. It means a lot to me. Where I came from, an immigrant girl who grew up in some of the worst areas in the UK - people around me didn't have the opportunity to do much. This is hope to do better for me, my family and others, it's priceless

Komel Jalil (CWT Caroline Gilbey scholarship student) who graduated in December 2023

FUNDRAISING PERFORMANCE AND APPROACH

We depend on public support to deliver our vital work in support of young people's mental health and wellbeing. The support of individuals, trusts and foundations, companies and other organisations allows us to continue to provide our training, resources and wider support.

Our fundraising has delivered positive results in 2023, with our events and individual giving channels performing particularly well. We have continued to invest in our fundraising operation, bringing additional capacity to support the diversification of our income sources and a robust and sustainable fundraising mix. We are pleased to report significant income growth in 2023, with income exceeding **£2.9m**, beyond the budgeted £2m.

A number of fundraising activities contributed to these results, including events such as our 25th Anniversary Ball, our annual carol services and the London Marathon; corporate partnerships with Dunnhumby and Kepler Cheuvreux; The Big Give Christmas appeal, our Friends of Charlie Waller regular giving scheme and a significant legacy; statutory funding from NHS England; and a number of substantial grants from trusts and foundation partners.

We have a professional and committed fundraising team, and a culture of supporting our fundraising activities right across the organisation. We are fortunate to have a number of volunteer-led fundraising committees, who have supported key events throughout the year, including the hugely successful 25th Anniversary Ball.

We undertake fundraising activity with supporters through our own organised events, individual challenge events, corporate partnerships, appeals and other activities in line with the Fundraising Code of Practice. We are registered with the Fundraising Regulator and are committed to good fundraising practice. Our privacy policy (which is available on our website) details how we obtain and use individuals' data, and that we will uphold individual contact preferences and not share this information with any third parties. No complaints about our fundraising activity were received in the year.

Commercial participation activity

- New Generation Wine are paying the Trust £0.50p from the sale of every bottle sold of their 'Mists of Time' wine.
- Luke Martineau paid the Trust 10% of the sale price of items sold online or in person, between 7 November – 25 December 2023.
- Under an agreement with Giles Cooper Entertainment Ltd and Prism the Gift Fund the Trust received 25% of the profit of the 2023 Flackstock Festival and of any related Gift Aid reclaimed from HMRC.

VOLUNTEERS

Our volunteers had a huge impact in 2023, contributing to both fundraising and charitable activity. We were grateful to receive dedicated and significant support from **51** volunteers during the year.

OTHER GRANTS AND CHARITABLE ACTIVITIES IN 2023

The Charlie Waller Trust is not a grant-making charity. However, we occasionally make grants for specific projects or activities to meet our charitable objectives.

In 2023 we made a number of grants as part of our parent peer support programme, to support the development of these new roles within children's mental health teams.

PLANS FOR THE FUTURE

The Trustees have refreshed the final year of our three-year Business Plan to provide for the transition between the outgoing and incoming CEOs in 2024.

In 2024 we will continue and consolidate our charitable activities, taking opportunities to extend our reach and impact. Our plans include:

- **Parent peer support** – we aim to become the leading charity for parent carer peer support. We will do this by expanding the PLACE Network and delivering two further Parent Carer Peer Support (PCPS) training courses to equip those with lived experience to become parent carer peer support workers in children's mental health services.
We also aim to extend the PCPS course to meet the needs of parents and carers looking after a child with an eating disorder and children who are non-neurotypical. We will continue to make the case for a national roll-out of PCPS workers.
We will develop a suite of resources for parents and carers. These will be co-produced with parents, carers and young people. There will be a particular focus on materials for parents in the workplace
- **Carers' skills workshops for parents of children with an eating disorder** – we will train up to **30** new facilitators and deliver **16** workshops up to **1,280** parents and carers.
- **Increasing our reach and impact** in schools, colleges and universities by developing networks and strategic relationships, taking a whole organisation approach to mental health and wellbeing and focusing on underserved, economically or socially disadvantaged institutions.
- **Reviewing our offer to colleges and universities** to identify partnership opportunities and maximise the impact of our training and resources.
- **Senior Mental Health Lead training** – we will offer this in partnership with the Charlie Waller Institute and deliver a bespoke course for colleges.
- **Diversity and inclusion** – we will tailor our training and resources to ensure they reach a diverse audience, in particular those who may have increased vulnerability to mental health problems for reasons of social and economic disadvantage, sexuality, race or disability.
- **Charlie Waller Workplace Mental Health** – marketing our commercial offer to businesses alongside charitable activity to focus on the experience of young people in the workforce and support for parents.
- **Youth Ambassadors** – we will continue to develop this area of our work to bring the youth voice into all our activities.
- **The Charlie Waller Institute and the Chair in Evidence-based Psychological Treatments** at the University of Reading – we will continue our gifting agreement with the University to train clinicians, deliver education and carry out research on the most effective psychological treatments.

FINANCIAL REVIEW

Statement of financial activities

The Trustees are pleased to report a strong performance for 2023 for both income and charitable spend. Total Income increased by 47% to £2,900,985 (2022: £1,971,388). Total Expenditure was £2,394,639 (2022: £2,120,841), an increase of 13% from the previous year.

Net income for the year was £506,346 (2022: net income -£149,453) whilst net gains on investment assets were £46,089 (2022: losses £101,483). This resulted in a favourable net movement in funds of £552,435 (2022: adverse £250,936).

At the year-end the Trust held unrestricted funds of £2,455,105 (2022: £1,906,360) and restricted funds of £35,340 (2022: £31,650).

Details of income are given in notes 2, 3 and 4 to the financial statements. The expenditure on raising funds and on the charitable activities performed in furtherance of the Trust's charitable objectives is set out in notes 5 and 6.

Reserves policy

The level of reserves is reviewed by the Trustees on a regular basis. The factors taken into account are the Trust's existing financial commitments and activities, future plans and the uncertain nature of its income. The current context of cost of living rises and a reduction in charitable giving nationally demonstrates the importance of maintaining adequate reserves.

Income grew significantly in 2023 across all areas of fundraising; there were also some exceptionally successful instances of people raising funds for us. Trends are monitored closely, and our charitable operation is flexible enough to enable expenditure to be reduced in response to a downturn in income. However, against this background and the ever-increasing need for the Trust's services, the Trustees believe it is important to be able to maintain the current level of charitable expenditure and achieve gradual expansion over the next three years. They do not believe that short term fluctuations in activity are in the best interests of the charity, its reputation or its potential beneficiaries.

The Trust's reserves policy therefore aims for a level of unrestricted reserves sufficient to achieve this goal, which is equivalent to between nine and twelve months annual expenditure. This level of reserves provides sufficient flexibility to cover any temporary shortfall in income and would allow the charity time to respond to unforeseen adverse circumstances, whilst planning longer term remedial measures. After making allowance for £35,340 of restricted funds, designated funds expenditure of £296,346 in 2024 and £250,000 in later years, and £13,705 of tangible fixed assets, the Trust had free reserves of £1,895,054 at 31 December 2023. This was equivalent to between ten and eleven months of expenditure (net of the deficit) in the 2024 budget agreed by the Trustees. Funds are held in cash deposits and listed investments with the capacity to grow in value over the long term.

In 2022 the Trustees committed to a further five-year gifting agreement with the University of Reading (Chair in Evidence-based Psychological Treatments and the Charlie Waller Institute). In accordance with FRS102 the full gift of £250,000 was taken in the 2022 accounts and will be disbursed at £50,000 per annum for the five years to 2027. The Trustees have designated £250,000 in respect of a further such gift in 2027 and £346,346 in respect of unfunded projects in the business plan and budget for 2024, which provides for increased charitable expenditure of £2,083,929.

Further details of the designations are given in note 15.

Investment policy and performance

JM Finn & Co. manage the Trust's investment portfolio in accordance with the investment policy agreed by the Trustees. The policy is to seek a combined return from income and capital growth, adopting a medium risk profile with no specific minimum of low-risk investments. The policy is reviewed annually by the Trustees and adjusted, where necessary, to ensure that it remains appropriate to the Trust's objectives, tolerances for the acceptance of risk and market conditions.

The total value of the Trust's portfolio as at 31 December 2023 was £1,263,645; 34% in UK equities and funds, 21% in UK bonds and 45% in overseas bonds, equities and alternatives.

Investment gains for the year were £46,089 and income withdrawals totalled £17,275. The total return for the year was +4.89% (benchmark: +10.1%).

Details of the current value of the portfolio are given in note 10.

Risk Management

The Trustees have a duty to identify and review the risks to which the Trust is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The Trust maintains a risk register which is reviewed by the Board annually as part of its Risk Management Policy.

The Trustees have identified the following key risks:

- Insufficient income to deliver the Trust's charitable objectives, particularly in the light of economic downturn and inflationary pressures.
- Failure to deliver projects and charitable activities, and demonstrate impact.

To mitigate these risks the Trust:

- Has a fundraising strategy and plan to continue to diversify its sources of income in 2024 and beyond.
- Has extended capacity in the central office team, including a senior leadership role overseeing charitable activity.
- Has developed impact and evaluation measures including both quantitative and qualitative indicators.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution

The Trust is a company, limited by guarantee, as defined by the Companies Act 2006. It was registered as a company on 10 May 2005.

It is the successor to The Charlie Waller Memorial Trust (registered Charity number 1065936), which was established by a Trust deed dated 20 October 1997. On 11 September 2005 all the activities, assets and liabilities of the unincorporated Charity were transferred by Deed to this incorporated Charity (registered Charity number 1109984). The former unincorporated Charity then ceased activities and was removed from the Register of Charities.

The Charity's objects are:

- To protect and preserve public health and in particular (but without prejudice to the generality of the foregoing):
 - To educate the public (particularly young people) on the importance of maintaining and improving their mental health; and
 - To ensure that sufferers of depression, anxiety and any other form of mental ill-health receive treatment for their illness
- To educate the public in relation to depression, anxiety and any other form of mental ill-health to lessen the stigma associated with them; and
- Such other charitable purposes as the Trustees shall in their absolute discretion think fit.

Method of appointment or election of Trustees

Trustees are appointed by the members of the company or by the Trustees, in accordance with the Articles of Association.

Policies adopted for the induction and training of Trustees

New Trustees are provided with key governing documents such as the Articles of Association as well as the Trustees' Report and Financial Statements, Trust policies and an overview

of our charitable activities and impact. They are also provided with relevant guidance from the Charity Commission on their role and responsibilities as a Trustee.

Organisational structure and decision making

The business of The Charlie Waller Trust is managed by the Trustees. Trustees' meetings are held as often as is necessary to run the Trust properly. Normally at least four full meetings are held each year.

In addition, the Trustees are supported by the Patrons of the Trust.

The Trust also has Board Advisers consisting of people with specific experience and/or national profile in their field who are willing and able to provide occasional advice and guidance to the Board of Trustees.

Key management personnel

The Trustees, together with the staff listed below, comprise the key management of the Trust in charge of directing and controlling, running and operating the Trust on a day to day basis. None of the Trustees are remunerated for their services to the Trust. The remuneration of the CEO is determined with reference to performance and appraisal by the Chair and Treasurer in consultation with the Board of Trustees.

Clare Stafford is the Chief Executive Officer of the Trust and is responsible to the Trustees for overall executive management including the charitable activities of the Trust.

The Head of Fundraising, Nick Appleby, leads all the Trust's fundraising activities with support from office staff and individuals and committees who volunteer for the Trust.

Kay Boyden was appointed as Programmes Director in October 2022 to oversee the effective delivery of our charitable activity and Rebecca Miles was appointed Head of Communications in September 2022 to extend our reach, profile and influence through communications, PR and marketing.

TRUSTEES' RESPONSIBILITIES STATEMENT

The Trustees (who are also the directors of The Charlie Waller Trust for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each year. Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable to the United Kingdom and Republic of Ireland (FRS 102);

- Make judgments and accounting estimates that are reasonable and prudent;
- State whether applicable United Kingdom Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

DISCLOSURE OF INFORMATION TO AUDITORS

Each of the persons who are Trustees at the time when this Trustees' report is approved has confirmed that:

- So far as that Trustee is aware, there is no relevant information of which the charitable company's auditors are unaware, and that the Trustee has taken all steps that ought to have been taken as a Trustee in order to be aware of any information needed by the charitable company's auditors in connection with preparing their report and to establish that the company's auditors are aware of that information.

Auditors

The auditors, Critchleys Audit LLP, have indicated their willingness to continue in office. A resolution reappointing them as auditors was passed at the Annual General Meeting in September 2023.

This report was approved by the Trustees on 21 May 2024 and signed on their behalf by:



Richard Waller KC, Chairman

Trustee

INDEPENDENT AUDITOR'S REPORT TO THE TRUSTEES OF THE CHARLIE WALLER TRUST

Opinion

We have audited the financial statements of The Charlie Waller Trust ('the charitable company') for the year ended 31 December 2023 which comprise the statement of financial activities, balance sheet, statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 December 2023 and of its incoming resources and application of resources for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least 12 months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report, including the trustees' report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report, which includes the directors' report and the strategic report prepared for the purposes of company law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report and the strategic report included within the trustees' report have been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 require(s) us to report to you if, in our opinion:

- adequate and proper accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement [set out on page 3, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists.

Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- the engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations;
- we identified the laws and regulations applicable to the charity through discussions with directors/trustees and other management, and from our commercial knowledge and experience
- we focused on specific laws and regulations which we considered may have a direct material effect on the financial statements or the operations of the charity, including Companies Act 2006, Charities Act 2011, taxation legislation, data protection, anti-bribery, employment, environmental and health and safety legislation;
- we assessed the extent of compliance with the laws and regulations identified above through making enquiries of management; and
- identified laws and regulations were communicated within the audit team regularly and the team remained alert to instances of non-compliance throughout the audit.

We assessed the susceptibility of the charity's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud;
- considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations; and

To address the risk of fraud through management bias and override of controls, we:

- performed analytical procedures to identify any unusual or unexpected relationships;
- tested journal entries to identify unusual transactions;
- assessed whether judgements and assumptions made in determining the accounting estimates set out in Note 3 were indicative of potential bias;
- investigated the rationale behind significant or unusual transactions; and

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

- agreeing financial statement disclosures to underlying supporting documentation;
- reading the minutes of meetings of those charged with governance;
- enquiring of management as to actual and potential litigation and claims;

There are inherent limitations in our audit procedures described above. The more removed that laws and regulations are from financial transactions, the less likely it is that we would become aware of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the trustees and other management and the inspection of regulatory and legal correspondence, if any.

Material misstatements that arise due to fraud can be harder to detect than those that arise from error as they may involve deliberate concealment or collusion.

A further description of our responsibilities is available on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities.

This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



Katherine Wilkes (Senior Statutory Auditor)

For and on behalf of Critchleys Audit LLP, Statutory Auditor

Beaver House

23-38 Hythe Bridge Street

Oxford

OX1 2EP

Date: 20/6/24

THE CHARLIE WALLER TRUST
(A company limited by guarantee)

Statement of Financial Activities
Including the income and expenditure account
Year Ended 31 December 2023

		2023			2022
		Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	Notes	£	£	£	£
Income and endowments from:					
Donations and legacies	2	1,486,554	103,000	1,589,554	1,314,226
Charitable activities	3	95,510	518,610	614,120	243,769
Other trading activities		659,141	-	659,141	391,108
Investments	4	38,170	-	38,170	22,285
TOTAL INCOME		2,279,375	621,610	2,900,985	1,971,388
Expenditure on:					
Raising funds	5	506,866	-	506,866	389,020
Charitable activities	6	1,331,841	555,932	1,887,773	1,731,821
TOTAL EXPENDITURE		1,838,707	555,932	2,394,639	2,120,841
NET INCOME / (EXPENDITURE) BEFORE INVESTMENT GAINS / (LOSSES)		440,668	65,678	506,346	(149,453)
Gains / (Losses) on investment assets	10	46,089	-	46,089	(101,483)
NET INCOME / (EXPENDITURE)	7	486,757	65,678	552,435	(250,936)
TRANSFERS BETWEEN FUNDS		61,988	(61,988)	-	-
		548,745	3,690	552,435	(250,936)
RECONCILIATION OF FUNDS					
Total funds brought forward		1,906,360	31,650	1,938,010	2,188,946
Total funds carried forward		2,455,105	35,340	2,490,445	1,938,010

The notes on pages 34 to 44 form part of these financial activities

THE CHARLIE WALLER TRUST
(A company limited by guarantee)

Balance Sheet
at 31 December 2023

	Notes	31 Dec 2023 £	31 Dec 2022 £
Fixed Assets:			
Tangible assets	9	13,705	11,610
Investments	10	1,263,645	1,206,494
Total Fixed Assets		<u>1,277,350</u>	<u>1,218,104</u>
Current Assets:			
Debtors	11	295,571	364,127
Cash at bank and in hand		1,365,414	1,044,729
Total Current Assets		<u>1,660,985</u>	<u>1,408,856</u>
Liabilities:			
Creditors: amounts falling due within one year	12	<u>(297,890)</u>	<u>(488,950)</u>
Net Current Assets		1,363,095	919,906
Total Assets less Current Liabilities		2,640,445	2,138,010
Liabilities:			
Creditors: amounts falling due in more than one year	13	(150,000)	(200,000)
Total Net Assets		<u><u>2,490,445</u></u>	<u><u>1,938,010</u></u>
The Funds of the Charity			
Restricted funds	15	35,340	31,650
Unrestricted funds	15	2,455,105	1,906,360
Total Charity Funds		<u><u>2,490,445</u></u>	<u><u>1,938,010</u></u>

The financial statements were approved by the Board of Trustees on 21st May 2024 and were signed on behalf by:



Richard Waller KC, Chairman

Company registered number: 5447902

The notes on pages 34 to 44 form part of these financial activities

THE CHARLIE WALLER TRUST
(A company limited by guarantee)

Statement of Cash Flows
For the year ending December 2023

	Notes	2023 £	2022 £
Net cash provided by operating activities	14	302,431	75,121
 Cash flows from investing activities:			
Plus dividends, interest and rents from investments		38,170	22,285
Less purchase of property, plant and equipment		(8,853)	(2,924)
 Plus proceeds from the sale of investments		6,528	363,892
Less purchase of investments		(369)	(605,180)
Less cash held by investment manager for reinvestment		(17,222)	(6,716)
 Net cash provided by investing activities		18,254	(228,643)
 Change in cash and cash equivalents in the reporting period		320,685	(153,522)
Cash and cash equivalents at the beginning of the reporting period		1,044,729	1,198,251
 Cash and cash equivalents at the end of the reporting period		1,365,414	1,044,729

The notes on pages 34 to 44 form part of these financial activities

Notes to the financial statements for the year ended 31 December 2023

1. Accounting Policies

The Charlie Waller Trust is a charitable company limited by guarantee which is incorporated in England and Wales. The registered office is First Floor, 23 Kingfisher Court, Newbury, Berkshire, RG14 5SJ.

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are laid out below.

Basis of preparation

These financial statements have been prepared for the year ended 31 December 2023.

The financial statements have been prepared under the historical cost convention or transaction value unless otherwise stated in the relevant accounting policy note.

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, FRS102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS102.

The financial statements are presented in sterling and are rounded to the nearest pound.

Critical accounting estimates and areas of judgement

No significant accounting estimates or judgements were required or made by the Trustees in the presentation of the financial statements.

Assessment of going concern

The Trustees have assessed whether the use of the going concern assumption is appropriate in preparing these financial statements. The Trustees have made the assessment in respect to a period of one year from the date of approval of these financial statements.

The Trustees of the charity have concluded that there are no uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The Trustees are of the opinion that the charity will have sufficient resources to meet its liabilities as they fall due.

Income recognition

Income is recognised in the period in which the charity has entitlement to the income, the amount of income can be measured reliably and it is probable that the income will be received.

Income from investments comprises income earned on the charity's listed investments and interest on cash deposits. Dividends are recognised once the dividend has been declared and the amount has been received. Interest on funds held on deposit is included when received and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, and any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Donations and event income are recognised in the period in which the charity has entitlement to the income, the amount of income can be measured reliably and it is probable that the income will be received.

Income tax recoverable in relation to donations received under Gift Aid is recognised at the time of the donation.

Notes to the financial statements for the year ended 31 December 2023

Expenditure recognition

All expenditure is accounted for on an accruals basis and has been included under expense categories that aggregate all costs for allocation to activities. Where costs cannot be directly attributed to particular activities they have been allocated on a basis consistent with the use of the resources.

Support costs are allocated to activity costs on the basis of a reasonable estimate of the time spent supporting the activities.

All resources expended are inclusive of irrecoverable VAT.

Fund accounting

Unrestricted funds represent general funds available for use at the discretion of the Trustees in furtherance of the general objectives of the Trust. Restricted funds can only be used for particular restricted purposes within the objectives of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes. Designated funds comprise funds which have been set aside at the discretion of the trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the financial statements.

Investments

Listed investments are a form of basic financial instrument and are initially recognised at their transactional value and subsequently measured at their fair value as at the balance sheet date using the closing quoted market price.

The charity does not acquire put options, derivatives or other complex financial instruments.

Realised gains (or losses) on investment assets are calculated as the difference between disposal proceeds and their opening carrying value or their purchase value if acquired subsequent to the first day of the financial year. Unrealised gains and losses are calculated as the difference between the fair value at the year end and their carrying value at that date. Realised and unrealised investment gains (or losses) are combined in the statement of financial activities and are credited (or debited) in the year in which they arise.

Debtors

Debtors are recognised at their settlement amount, less any provision for non-recoverability. Prepayments are valued at the amount prepaid. They have been discounted at the present value of the future cash receipt where such discounting is material.

Cash at bank and in hand

Cash at bank and in hand represents such amounts and instruments that are available on demand or have a maturity of less than three months from the date of acquisition. Deposits for more than three months but less than one year have been disclosed as short term deposits. Cash placed on deposit for more than one year is disclosed as a fixed asset investment.

Creditors and provisions

Creditors and provisions are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Creditors and provisions are recognised at the amount the charity anticipates it will pay to settle the debt. They have been discounted to the present value of the future cash payment where such discounting is material.

Operating leases

Payments in respect of operating leases are charged to the SOFA on a straight line basis over the term of the lease.

Taxation

The charity is exempt from corporation tax on its charitable activities.

THE CHARLIE WALLER TRUST
(A company limited by guarantee)

Notes to the financial statements for the year ended 31 December 2023

Fixed Assets

Fixed assets (excluding investments) are stated at cost less accumulated depreciation. Depreciation is provided at the rate of 25% on a straight line basis.

Gifts in kind

Items donated for fundraising events have been included as donations received and as costs of charitable activities. The items are based on the costs that would have been incurred if they had been purchased in.

THE CHARLIE WALLER TRUST
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Notes to the financial statements for the year ended 31 December 2023

	2023			2022
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	£	£	£	£
2. INCOME AND ENDOWMENTS FROM:				
Donations and legacies				
Individual & Community Fundraising	197,327	-	197,327	371,188
Individual Giving	578,506	-	578,506	206,059
Gifts in kind	145,697	-	145,697	-
Donations received from other trusts and foundations	282,458	103,000	385,458	412,965
Donations received from training activities	88,699	-	88,699	76,062
Corporate Giving	117,516	-	117,516	159,340
Trading/Commercial	11,219	-	11,219	14,027
Tax recoverable (Gift Aid)	61,852	-	61,852	72,921
Donations received for resources	3,280	-	3,280	1,664
	<u>1,486,554</u>	<u>103,000</u>	<u>1,589,554</u>	<u>1,314,226</u>
3. INCOME AND ENDOWMENTS FROM:				
Charitable activities				
Other contracts	-	518,610	518,610	166,906
Workplace training	95,510	-	95,510	76,863
	<u>95,510</u>	<u>518,610</u>	<u>614,120</u>	<u>243,769</u>
4. INCOME AND ENDOWMENTS FROM:				
Investments				
Listed investments	17,275	-	17,275	18,368
Cash investments	20,895	-	20,895	3,917
	<u>38,170</u>	<u>-</u>	<u>38,170</u>	<u>22,285</u>
5. EXPENDITURE ON RAISING FUNDS				
Direct costs of fundraising	310,439	-	310,439	289,509
Gifts in kind	145,697	-	145,697	-
Support and office expenses	50,730	-	50,730	99,511
	<u>506,866</u>	<u>-</u>	<u>506,866</u>	<u>389,020</u>

THE CHARLIE WALLER TRUST
(A company limited by guarantee)

Notes to the financial statements for the year ended 31 December 2023

	 2023			2022
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
6. EXPENDITURE ON CHARITABLE ACTIVITIES	£	£	£	£
Education Programme	399,648	14,500	414,148	446,123
Families Programme	163,633	5,000	168,633	128,861
Workplace Programme	146,424	5,037	151,461	170,477
Resources & Materials	224,282	43,160	267,442	207,207
Support and governance costs (see note below)	330,046	-	330,046	249,114
Grants paid to Institutions (see note below)	-	36,000	36,000	36,000
Other Contracts	67,808	452,235	520,043	244,039
Sponsorship of the CWI Chair	-	-	-	250,000
	1,331,841	555,932	1,887,773	1,731,821
Support and governance costs				
Programme direction	117,973	-	117,973	66,484
Financial inc. insurance	25,186	-	25,186	22,191
Staff inc. training	100,549	-	100,549	106,372
Information technology inc. communications	33,802	-	33,802	16,973
Office expenses	42,338	-	42,338	29,661
Audit and other professional fees	9,911	-	9,911	7,130
Trustees expenses	287	-	287	303
	330,046	-	330,046	249,114
Grants paid to Institutions				
Bernard Sunley - Parent Carer Peer Support Worker grant	-	36,000	36,000	36,000
	-	36,000	36,000	36,000

THE CHARLIE WALLER TRUST
(A company limited by guarantee)

Notes to the financial statements for the year ended 31 December 2023

7. NET INCOME / (EXPENDITURE)

This is stated after charging:

Depreciation of tangible fixed assets:

- owned by the company

Auditor's remuneration

Auditor's other fees

2023	2022
£	£
6,758	6,565
9,600	9,720
276	(2,600)
<u> </u>	<u> </u>

8. STAFF NUMBERS

The average monthly number of employees during the year was as follows;

	No.	No.
Charitable activities	12	7
Administrative	3	4
Fundraising	7	5
	<u>22</u>	<u>16</u>

STAFF COSTS AND THE REMUNERATION OF KEY MANAGEMENT PERSONNEL

	£	£
Staff - Salaries, wages and pension contributions	589,072	396,363
CEO - Salary, wages and pension contributions	70,119	74,150
Staff - Employer's National Insurance costs	52,704	30,928
CEO - Employer's National Insurance costs	7,960	8,955
	<u> </u>	<u> </u>

9. TANGIBLE FIXED ASSETS

	Fixtures and fittings
	£
Cost	
At 1 January 2023	25,389
Additions	8,853
(Disposals)	(11,792)
	<u> </u>
At 31 December 2023	22,450
Depreciation	
At 1 January 2023	13,779
Charge for the year	6,758
Eliminated on disposal	(11,792)
	<u> </u>
At 31 December 2023	8,745
Net book value	
At 31 December 2023	<u>13,705</u>
At 31 December 2022	<u>11,610</u>

THE CHARLIE WALLER TRUST
(A company limited by guarantee)

Notes to the financial statements for the year ended 31 December 2023

10. FIXED ASSET INVESTMENTS	2023	2022
	£	£
Market value of listed investments portfolio at 1 January 2023	1,206,494	1,059,973
Additions at cost	369	605,180
Sales proceeds	(6,528)	(363,892)
Net gain/(loss) on revaluation	41,338	(144,968)
Profit/(loss) on sales	4,750	43,485
Cash held by investment manager for reinvestment	17,222	6,716
Market value of listed investments portfolio at 31 December 2023	1,263,645	1,206,494
Analysed as follows:		
Fixed Interest - UK bonds	261,528	253,312
Equities & funds - UK	429,186	408,553
Equities & funds - Europe	45,507	47,882
Equities & funds - Global	38,500	33,075
Equities & funds - Global themed	164,752	147,537
Equities & funds - Emerging markets	21,563	21,072
Alternatives	278,669	288,347
Cash and cash equivalents	23,940	6,716
	1,263,645	1,206,494
Investment portfolio - historical cost	990,885	975,071

THE CHARLIE WALLER TRUST
(A company limited by guarantee)

Notes to the financial statements for the year ended 31 December 2023

	2023	2022
	£	£
11. DEBTORS		
Trade debtors	132,179	291,629
Prepayments and accrued income	119,688	64,548
Other debtors	43,704	7,950
	<u>295,571</u>	<u>364,127</u>
12. CREDITORS		
Amounts falling due within one year		
Trade creditors	144,380	100,472
Accruals	106,100	128,767
Deferred income	45,410	257,710
Other creditors	2,000	2,000
	<u>297,890</u>	<u>488,949</u>
Deferred Income		
Deferred income at 1 January 2023	257,710	14,049
Incoming resources deferred during the year	45,410	257,710
Amounts released from previous years	(257,710)	(14,049)
Deferred income at 31 December 2023	<u>45,410</u>	<u>257,710</u>
13. CREDITORS		
Amounts falling due after more than one year		
Funding committed not yet paid	<u>150,000</u>	<u>200,000</u>
14. Reconciliation of net income to net cash flow from operating activities		
Net income / (expenditure) for the reporting period (as per the SOFA)	552,435	(250,936)
Add back depreciation charges	6,758	6,565
Add back loss on disposal	-	12,411
Deduct interest income shown in investing activities	(38,170)	(22,285)
Add back / deduct gains losses on investments	(46,089)	101,483
Decrease / (Increase) in debtors	68,556	(229,934)
(Decrease) / Increase in creditors falling due within one year	(191,060)	257,817
(Decrease) / Increase in creditors falling due in more than one year	(50,000)	200,000
Net cash provided by/(used in) operating activities	<u>302,431</u>	<u>75,121</u>

Notes to the financial statements for the year ended 31 December 2023

15. THE FUNDS OF THE CHARITY	Brought Forward	Income	Expenditure	Gains/ (Losses)	Transfers	Carried Forward
	£	£	£	£	£	£
Unrestricted funds - 2023						
Designations						
Charlie Waller Institute Chair fund (2028 - 2032)	250,000	-	-	-	-	250,000
Parent/Carer Peer Support	126,503	-	(125,862)	-	59,376	60,017
eLearning development inc. additional modules & cont. dev.	17,500	-	(11,000)	-	(6,500)	-
Student participation videos	13,000	-	-	-	(13,000)	-
Mental health assessment toolkit - Schools & Colleges	-	-	-	-	10,000	10,000
Website & CRM development	15,000	-	(19,842)	-	19,862	15,020
Students against depression website development	5,000	-	-	-	(5,000)	-
Young People in the Workplace Videos	5,000	-	(13,030)	-	17,270	9,240
Student Ambassadors	25,000	-	(27,935)	-	31,090	28,155
Parent Carer Peer Support Workers	34,500	20,000	(34,500)	-	-	20,000
						-
Other unfunded expenditure in budget and business plan	200,717	-	-	-	(46,803)	153,914
	692,220	20,000	(232,169)	-	66,295	546,346
General funds	1,214,140	2,259,375	(1,606,538)	46,089	(4,307)	1,908,759
	1,906,360	2,279,375	(1,838,707)	46,089	61,988	2,455,105
Restricted funds - 2023						
Other contracts	4,650	518,610	(452,235)	-	(71,025)	-
Resilience Rucksacks Project with CWI	-	2,000	-	-	-	2,000
Adrian Swire Charitable Trust	-	6,500	(6,500)	-	-	-
Berkshire Community Foundation	-	5,000	(5,037)	-	37	-
Bernard Sunley Foundation	7,000	25,000	(36,000)	-	4,000	-
Alexander P.S. McKeown Charitable Foundation	-	5,000	-	-	-	5,000
The Cutlers Company	2,000	-	(2,000)	-	-	-
de Laszlo Foundation	-	5,000	(6,480)	-	5,000	3,520
Essex Community Fund	-	8,500	(8,500)	-	-	-
The Foyle Foundation	-	15,000	(6,180)	-	-	8,820
The Freshfield Foundation	16,000	24,000	(24,000)	-	-	16,000
Gallagher Community Fund	2,000	-	(2,000)	-	-	-
Hospital Saturday Fund	-	2,000	(2,000)	-	-	-
The Sobell Foundation	-	5,000	(5,000)	-	-	-
	31,650	621,610	(555,932)	-	(61,988)	35,340
	1,938,010	2,900,985	(2,394,639)	46,089	-	2,490,445
Unrestricted funds - 2022						
Designations						
Charlie Waller Institute Chair fund (2028 - 2032)	250,000	-	(250,000)	-	250,000	250,000
Boys in Mind / Girls Mind Too Project	42,046	9,253	(51,299)	-	-	-
Parent/Carer Peer Support	141,155	-	(103,079)	-	88,427	126,503
Newham Community College Project	24,193	-	-	-	(24,193)	-
eLearning development inc. additional modules & cont. dev.	23,000	-	(30,000)	-	24,500	17,500
Student participation videos	13,000	-	-	-	-	13,000
Schools book club	15,000	-	(4,102)	-	(10,898)	-
Ted Fort Bursary	3,000	-	(3,630)	-	630	-
Website, CRM & elearning development	15,000	-	-	-	-	15,000
Students against depression website development	-	5,000	-	-	-	5,000
Young People in the Workplace Videos	-	11,380	(10,391)	-	4,011	5,000
Student Ambassadors	-	-	-	-	25,000	25,000
Parent Carer Peer Support Workers	-	34,500	-	-	-	34,500
Other unfunded expenditure in budget and business plan	322,175	-	-	-	(121,458)	200,717
	848,569	60,133	(452,501)	-	236,019	692,220
General funds	1,307,042	1,670,350	(1,425,750)	(101,483)	(236,019)	1,214,140
	2,155,611	1,730,483	(1,878,251)	(101,483)	-	1,906,360

THE CHARLIE WALLER TRUST
(A company limited by guarantee)

Notes to the financial statements for the year ended 31 December 2023

Restricted funds - 2022

Other contracts	-	166,906	(162,256)	-	-	4,650
Resilience Rucksacks Project with CWI	-	6,000	(6,000)	-	-	-
The Band Trust	33,334	-	(33,334)	-	-	-
Bernard Sunley Foundation	-	25,000	(18,000)	-	-	7,000
Clare McKeown Charitable Trust	-	10,000	(10,000)	-	-	-
The Cutlers Company	-	2,000	-	-	-	2,000
David Family Foundation	-	5,000	(5,000)	-	-	-
The Freshfield Foundation	-	24,000	(8,000)	-	-	16,000
Gallagher Community Fund	-	2,000	-	-	-	2,000
	33,334	240,906	(242,590)	-	-	31,650
	2,188,945	1,971,389	(2,120,841)	(101,483)	-	1,938,010

Restricted fund detail

Adrian Swire Charitable Trust – 2023 Open Access Webinars, Alexander P.S. McKeon Charitable Foundation – Resilience Rucksacks, The Band Trust – Supporting young people with mental health problems in Further Education Colleges over 3 years, Berkshire Community Foundation – Embedding wellbeing culture in CVS in Berkshire, Bernard Sunley Foundation – Part-time PCPS roles, Clare McKeown Charitable Trust – Resilience Rucksacks, The Cutlers Company – School and College Training in London, David Family Foundation – Resilience Rucksacks, de Laszlo Foundation – SAD Website, Essex Community Fund – Partnership with Charlie Watkins Foundation and Boys in Mind resources to support young people's mental health, The Foyle Foundation – Schools Mental Health Book Club, The Freshfield Foundation – Raising CWT's profile, Gallagher Community Fund – Training in schools, Hospital Saturday Fund – 2023 Open Access Webinars, Resilience Rucksacks Project with CWI, The Sobell Foundation – Parent Supporting Young People Resources

16. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	2023			2022		
	Unrestricted Funds	Restricted Funds	Total Funds	Unrestricted Funds	Restricted Funds	Total Funds
	£	£	£	£	£	£
Tangible fixed assets	13,705	-	13,705	11,610	-	11,610
Fixed asset investments	1,263,645	-	1,263,645	1,206,494	-	1,206,494
Current assets	1,625,645	35,340	1,660,985	1,377,206	31,650	1,408,856
Creditors due within one year	(297,890)	-	(297,890)	(488,950)	-	(488,950)
Creditors due in more than one year	(150,000)	-	(150,000)	(200,000)	-	(200,000)
	2,455,105	35,340	2,490,445	1,906,360	31,650	1,938,010

17. CONTROLLING PARTY

The charity as a company limited by guarantee is controlled by the guarantors.

18. RELATED PARTY TRANSACTIONS

During the year, no Trustee received any remuneration (2022 - £nil). During the year, no Trustee received any benefits in kind (2022 - £nil). One Trustee received reimbursement of expenses amounting to £287 in the current year for travel expenses (2022 - One Trustee - £303). In addition, the Trustees took out Trustee Indemnity Insurance at a cost of £9,509 (2022 - £6,997).

During the year, unconditional donations totalling £562 (2022 - £647) were received from the trustees, one trustee donated goods for a fundraising auction valued at £455.

19. CAPITAL COMMITMENTS

At the balance sheet date, the charity had financial commitments of £Nil (2022: £Nil).

20. OTHER FINANCIAL COMMITMENTS

At 31 December 2023 the Trust had total future minimum lease payments under non-cancellable operating leases expiring as set out below:

	2023	2022
	£	£
Land & Buildings		
Payable within one year	28,800	28,800
Payable two to five years	105,600	134,000

Payments made under land and buildings operating leases in the year amounted to £24,000 (2022: £10,214)



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.

Charlie sits at the heart of our story, our vision and our purpose.

THANK YOU

We rely on the generosity, energy, skills and commitment of our supporters, donors and volunteers in order to continue our work.

We are enormously grateful for any donation, large or small, and would like to thank all the individuals, trusts, companies, schools, colleges, universities and other organisations whose support enables us to move closer to our vision.

Our vision is of a world in which young people are educated to understand mental health and can get all the support they need.

GET IN TOUCH

hello@charliewaller.org
01635 869754

FIND OUT MORE

charliewaller.org

FOLLOW US



The Charlie Waller Trust

First Floor • 23 Kingfisher Court • Newbury • Berkshire • RG14 5SJ

Registered Charity No. 1109984

THE CHARLIE WALLER TRUST

England & Wales - Charity number 1109984

Accounts



Trustees' Report and Financial Statements

for the year ended 31 December 2022

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REFERENCE AND ADMINISTRATIVE INFORMATION

Presidents

The Rt Hon Sir Mark Waller
Lady Waller OBE

Trustees

R B Waller KC, Chairman
G C R Booth, FCA, Treasurer
Dr N I Broughton
D Colbourne (appointed 10 June 2022)
M C Cole-Fontayn
W P de Laszlo
M Durden-Smith
Dr M S Fazel
J B N Hay
C P S Lytle
J D G Murray
K A Tait
P G Waller
I G Weatherby

Board Advisers

Professor David Clark
Lord Crisp KCB
Lord Layard
Dr Denise Meyer
Dr Suzanna Rose
Sir Anthony Seldon
Professor R L 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
Susan Shenkman
Phoebe Waller-Bridge
Anthony West
Michael Whitfeld

Independent auditors

Critchleys Audit LLP, Beaver House,
23-38 Hythe Bridge Street, Oxford, OX1 2EP

Investment advisors

J.M. Finn & Co., 25 Copthall Avenue, London,
EC2R 7AH

Bankers

CAF Bank Limited, 25 Kings Hill Avenue, Kings
Hill, West Malling, Kent ME19 4TA

Registered office

First Floor, 23 Kingfisher Court, Newbury,
Berkshire, RG14 5SJ

Company registered number

5447902

Charity registered number

1109984

INTRODUCTION FROM THE CHAIRMAN AND CEO

2022 was an important year of development for the Trust as we grew our income, charitable activity and impact 25 years after we were founded, following the tragic loss of Charlie to suicide.

It was also a year in which the longer-term impact of the coronavirus pandemic on some children and their families and on the education system in general became increasingly clear. Children were, in the main, delighted to go back to school in 2022. However, teachers and support staff in schools reported high levels of stress and those children who were more vulnerable to mental health problems prior to the pandemic continued to fare less well than their peers on returning to school.

The NHS digital study¹ highlighted some very concerning increases in probable mental disorders amongst 17 – 19 year olds, rising from one in six in 2021 to one in four in 2022.

This was set in the context of global climate change, war and significant increases in the cost of living. Children and young people were inevitably affected by this with many displaying signs of stress, worry and anxiety as a result.

The Charlie Waller Trust's work to improve the mental health and wellbeing of children, young people and their parents, teachers and employers needs to speak directly to these challenges and maintain a position of hope and optimism.

A highlight of our work in 2022 was to run the first ever parent/carer peer support course, in partnership with the Charlie Waller Institute and The Cellar Trust. The concept of parents and carers with lived experience being a part of local mental health services came from members of the PLACE Network, a national network of parent/carer peer support groups that the Trust hosts and facilitates.

The Trustees are committed to expanding our work to ensure that parents and carers of children with a mental health problem get support at the right time and in a way that meets their needs. Training parents and carers with lived experience is an important first step in gaining recognition that parent and carer peer support workers should be part of children and young people's mental health services in each local area.

We are so grateful to all our funders and supporters for enabling us to increase our income in 2022. This will ensure that we can continue to make a positive impact in 2023 and beyond.



Richard Waller KC
Chair



Clare Stafford
CEO

1. 'Mental Health of Children and Young People in England, 2022 - wave 3 follow up to the 2017 survey' NHS Digital, November 2022



TRUSTEES' REPORT

The Trustees (who are also the directors of the charity for the purposes of the Companies Act) are pleased to present their statutory report together with the audited financial statements of The Charlie Waller Trust ('the Trust') for the year ended 31 December 2022.

The report has been prepared in accordance with Part 8 of the Charities Act 2011 and it is also the report of the directors for the purposes of the Companies Act 2006. The financial statements have been prepared in accordance with the accounting policies set out on pages 31 to 33 and comply with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), effective from accounting periods commencing 1 January 2019 or later.

OBJECTIVES AND ACTIVITIES

What we do

The Charlie Waller Trust was set up by the Waller family in 1997 after Charlie tragically took his own life at the young age of 28. We provide mental health training, resources and consultancy with a focus on children and young people. Our expert trainers give parents, carers, teachers and employers the skills and confidence to spot signs of mental ill health and support young people to seek help. We work in schools, colleges, universities and workplaces throughout the UK. All our work is evidence-based and most of it is offered free of charge. 'Charlie Waller Workplace' is distinct from our other areas of charitable activity as it is a paid for, commercial offer that provides expert training and consultancy to recognise and address mental health issues in individuals, in teams and in organisations.

Charlie's story sits at the heart of the charity and we strive to ensure young people's voices are heard throughout our work.

How we work

We are:

Positive: We focus on increasing wellbeing, early intervention and the importance of offering hope.

Proven: Our consultancy, training and resources (printed and digital publications) are all evidence-based.

Practical: We give people workable strategies and tools to care for their mental health and support others.

Purposeful: Our work is targeted on where we can have the most impact.

Our overarching mission is to educate young people – and those with responsibility for them, notably parents and carers, teachers, college and university staff, and employers – about their mental health and wellbeing.

We aim to improve their understanding of mental health, to give them the knowledge and skills to support themselves and look out for those around them, and to give them greater confidence in talking openly about the subject.

By enabling more open and better-informed conversations, we aim to further reduce the stigma that still surrounds mental health. Our focus is on supporting all young people, throughout their journey from primary school age to the early years of their working lives, and on understanding the crucial role that parents, carers and families play in this. We also recognise that some children and young people have increased vulnerability to mental health problems for reasons of social and economic disadvantage, sexuality, race or disability.

In 2022 the Trust focused on parent and carer peer support and made significant strides in developing the role of parent/carer peer support as part of local mental health provision, in particular giving parents and carers the training and support they need to be credible, respected and effective in their role. Our vision is that:

- Every parent and carer with a child or young person with mental health issues gets the support they need, when they need it.
- Parents, carers, professionals and commissioners create needs-led support that is fully funded and part of the overall local offer.

We continued to deliver training to schools, colleges, universities and workplaces both in person and digitally and furthered our impact by partnering with other charities, delivering commissioned projects and placing the lived experience voice at the heart of our work.

The Charities Act requires the Trustees, in exercising their powers or duties, to have due regard to the public benefit guidance published by the Charity Commission. The Trustees are mindful of this obligation and refer to the guidance when reviewing the Trust's aims and objectives and in planning future activities. In particular, they have considered how planned activities will contribute to the aims and objectives, as described in this report.

The Trustees, supported by the CEO and wider team, decided to focus more of the Trust's charitable activity in the area of parent and carer peer support in 2022. This was in response to there being some key gaps in how parents and carers are able to access support, and increased feelings of isolation, hopelessness and distress when they try to support a child with mental health problems. Additional strain has been put on families and communities as a result of the increased cost of living, the legacy of the pandemic and the fact that specialist services are under extreme pressure of demand. Placing lived experience and co-production at the heart of this work, the Trust made significant progress in parent and carer peer support in 2022, and has ambitious plans for 2023 onwards.

The objectives of the Trust are as follows:

- Raising awareness and providing information on depression and related mental health problems.
- Equipping young people to look after their mental wellbeing.
- Helping people to recognise the signs of depression and related mental health problems in themselves and others so they know when to seek help.
- Ensuring expert and evidence-based help is available when people need it.

We do this by:

- Delivering talks, education and training in schools, helping staff, pupils and parents learn how to stay mentally well.
- Working in partnership with universities and colleges, helping them identify what they do well in relation to student mental health and how they can improve.
- Providing education and training to nurses and allied healthcare professionals in identifying and supporting those with mental health problems.
- Supporting research and teaching via the Chair in Evidence-based Psychological Treatments at the Charlie Waller Institute at the University of Reading.
- Supporting parents and carers who have a child experiencing mental health problems, with parents and carers co-producing everything as equals.
- Offering employers practical, evidence-based consultancy, training and support in mental health through Charlie Waller Workplace.

Our values

We work in a way which is:

- **Warm:** Positive personal connections are central to mental health.
- **Empowering:** We support people to fulfil their potential.
- **Collaborative:** Partnership and cooperation are at the core of our work.
- **Compassionate:** We recognise vulnerability in ourselves and others.
- **Open:** We believe in being honest about the way we work and in communicating well.

Strategic enablers:

- Applying the benefits of adopting new technology to our charitable delivery, fundraising and operational running.
- Building the capacity needed to do our work, creating a culture of positive wellbeing and mental health and harnessing the talents of all our staff and volunteers.
- Increasing our income by diversifying our revenue streams and methods of fundraising.
- Placing lived experience (individuals, parents and carers) at the heart of our work.
- Ensuring our work reaches a diverse audience whose mental health may be impacted by their environment or life experiences.
- Recording, analysing and evaluating the impact of our work to ensure it continues to meet the needs of our different audiences.
- Cultivating new and existing partnerships with public, private and charitable sector organisations and influencing policy where that meets our objectives.
- Maximising the effectiveness of our communications, PR, marketing and dissemination of our publications and information.
- Ensuring the governance of the charity continues to be carried out to a very high standard.
- Putting the voice of young people at the centre of our work through our youth ambassador programme and similar initiatives.

SUMMARY OF IMPACT

The Trust offers high quality, evidence-based training, advice and resources to schools, colleges, universities and workplaces. We support children and young people by ensuring that parents, carers, families and those around a child or young person such as teachers, support workers, lecturers and other professionals can be confident and responsive to meet emotional and mental health needs.

Our work is bespoke, responsive and flexible to meet need and the voices of young people and their parents and carers are at the heart of what we do.

The following summary of our impact highlights what we achieved in 2022.

COMMUNICATIONS

37,860
PUBLICATIONS
SENT OUT

17,342
NEWSLETTERS
SENT OUT

126,300
USERS VISITED OUR WEBSITE
29,364
DOWNLOADS
386,577
PAGE VIEWS
13,822
VIDEO VIEWS

SCHOOLS PROGRAMME

8,114
PEOPLE
ATTENDED
OUR OPEN
ACCESS
WEBINARS

94%
SAID THEY
INCREASED
THEIR
KNOWLEDGE
OF THE
TOPIC AFTER
ATTENDING
OUR
WEBINARS

WE DELIVERED
320
SESSIONS TO
20,456
ATTENDEES

126,300
USERS VISITED
OUR WEBSITE

1,054
PEOPLE
ATTENDED
OUR
WORKSHOPS
FOR PARENTS
AND CARERS
OF CHILDREN
AND YOUNG
PEOPLE WITH
AN EATING
DISORDER

PARENT/CARER PEER SUPPORT PROGRAMME

70

PARENT SUPPORT
GROUPS IN OUR PLACE
NETWORK

COLLEGES AND UNIVERSITIES PROGRAMME

68

SESSIONS TO
2,948
ATTENDEES

106

COLLEGES
HAVE BEGUN
USING 'C-MET'
(MENTAL
HEALTH SELF-
EVALUATION
FORM)

13,140

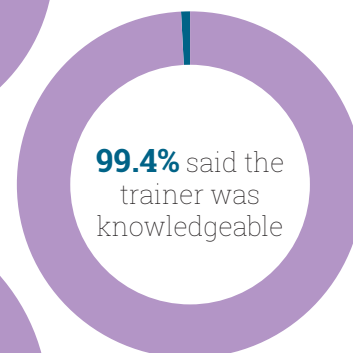
VISITS TO OUR
HE AND FE
E-LEARNING
PORTALS

WORKPLACE PROGRAMME

101

SESSIONS
DELIVERED TO
2,416
PEOPLE

Evaluation of our training is consistently excellent across a range of measures. A snapshot from **171** attendees we have worked with in 2022:



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

ACHIEVEMENTS AND PERFORMANCE

Raising awareness of depression and other common mental health problems

Totals sent out in 2022:

Publications – 37,860

Books – 1,275

The reach we achieved with our range of digital and hard copy publications increased in 2022 (from 24,606 publications in 2021 to 37,860 in 2022, and 888 books in 2021 to 1,275 in 2022) and received an excellent response from our beneficiaries and contributed to our overall impact.

In 2022 the Trust reviewed and added to the publications and resources we offer to support children and young people and those around them to look after their mental health and wellbeing. The Trustees are grateful for the funding from supporters that allows us to continue to offer this and our training in educational settings free of charge. This is crucial to making our offer accessible to everyone.

We updated the incredibly popular **Wellbeing Action Plan** for children, with an additional version for young people. Since their release in April we have sent out a combined total of **16,039**.



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

We added a bespoke **College Wellbeing Library** to our website in partnership with the Association of Colleges.

We refreshed our **Schools Mental Health Policy template**



and updated the **Asking for help** booklet to include a version for young people and another for adults, with specific signposting for each.



In 2022 we published **Talking about Suicide – A Guide for University Staff** in response to increasing concerns about suicide amongst the student population.



Talking about Suicide: A guide for University staff. Very clear to understand and a useful engagement tool at a university staff event last month. We signposted to further training ... giving brief advice while handing them out.

Book Club

The Charlie Waller Mental Health Book Club for schools and other youth settings received generous funding support from the Foyle Foundation and in 2022 we sent out **1,275** books to teachers and support staff.



I work with many children from service families. This group of young people have specific needs and support required. These books are a great resource.

We are a teaching school so they will be available to our student teachers to borrow. This will mean the books will reach a wider audience than our permanent school staff.

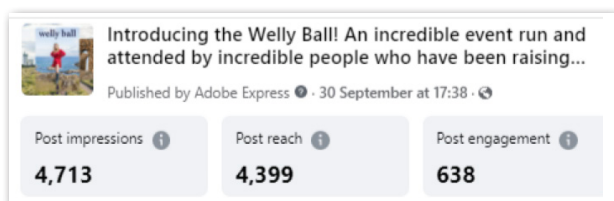
Social media highlights

Our reach on social media increased well during 2022. We now have over 7,200 followers on Twitter, over 4,300 on Facebook, 2,859 on Instagram (which is a 37% increase during the year) and 1,560 on LinkedIn (a 30% increase). We also have a following on our YouTube and Tiktok channels.

Successful content genres for the year were **think pieces** (such as our post on watching the controversial show Love Island as a parent to teenagers), **core brand messaging** (posts about Charlie Waller and the family always perform well and engage our longstanding supporters) and **timely mental health advice** (sharing tips and guidance particularly around awareness days).

Top performing posts

facebook



Instagram



Actions taken from this post
- 113 profile visits

Impressions - 6,941

LinkedIn

You know us as the Charlie Waller Trust, but who was Charlie Waller? Charlie was a...

Posted by Sabita Burke

8/26/2022

Post type	Image
Audience	All followers
Impressions	8,456
Clicks	270
Reactions	159
Comments	8
Repost	4

Website

Our website continues to attract a steadily increasing number of visitors, averaging at around **10,500** per month. Our resource pages remain the most popular, with a total of **29,364** downloads across the year (this is a **41%** increase from 2021).

Media coverage

The Trust featured in a range of broadcast coverage throughout 2022, including a **BBC Radio Berkshire** interview with our CEO, Clare Stafford. We were featured in **CYP Now** - a national magazine and website for professionals working with children and young people and had an editorial within our local **Newbury Weekly News** supporting our fundraising.

The **Fleckstock festival** gave us a lot of national coverage including **The Times** and the **Daily Mirror**. There were also mentions in numerous local and regional titles across the UK, including **St Helen's Star**, **Powys County Times** and the **Reading Chronicle**, alongside a TV appearance on **Sky Max** as the event was aired.

Charlie Waller newsletter

Our own newsletter now reaches nearly **19,000** people with information about the work of the Trust, our impact and key mental health topics such as sleep, eco-anxiety, and children, war and mental health.



SCHOOLS

In 2022 the Trust delivered talks, training and advice to infant, primary and secondary schools, paying particular attention to the needs of pupils, teachers and parents in the first full academic year back at school following the pandemic. Our CEO, Clare Stafford, was active as the Vice-chair of the Children and Young People's Mental Health Coalition with policymakers proactive in seeking members' views on a range of policy areas relating to children and young people's mental health. We delivered training for school senior mental health leads in partnership with the Charlie Waller Institute and continued to support training and research with mental health support teams.

He was amazing and made us all feel very comfortable with hard topics. He also made it very inclusive. I would recommend his sessions to anyone else who is interested in a career with children.

We continued to offer schools expert advice, guidance and training to help them take a whole schools approach to mental health and wellbeing.

It is a whole school approach that has been positive for children, parents and staff alike. Each and every school should have a [CWT trainer] and be linked to the brilliant work that Charlie Waller do to keep the important issue of mental health at the forefront of our minds.

Primary school head

In 2022 we delivered **320** sessions to **20,456** teachers, parents and pupils and continued our live, open access webinars, which attracted over **8,000** attendees.

I just wanted to express my thanks to you for the clear and expertly delivered session tonight on the Development of the Teen Brain. The way in which you conveyed the key points while bringing in your participants' questions was both skilled and innovative. I have been following other speakers on this topic over a number of months and I haven't met anyone as expert as you in alerting us to the helpful things we can do. I will use these skills to support my grandchildren now, having retired as a pastoral deputy. I wish I had had this understanding twenty years ago!

Partnership highlights

Colleagues at the Centre for Mental Health and The Cellar Trust collaborated with us to form a partnership to develop our parent peer support proposals.



We partnered in the CoRay Project based at the University of Oxford, which worked with young people, researchers and clinicians to develop evidence-informed advice for dealing with difficult thoughts and feelings young people told us they most wanted support with. The Charlie Waller Trust developed lessons and resources to promote and disseminate the advice effectively.

We entered an innovative partnership with the Anna Freud Centre and the National Children's Bureau to develop and pilot new emotional health training that is designed to reach the wider children's workforce of over seven million people, in much the same way as safeguarding training reaches all members of the children's workforce.

PARENT/CARER PEER SUPPORT

A flagship development for the Trust in 2022 was our work to support parents and carers who have a child struggling with mental health issues. Central to this work is that parents and carers coproduce everything as equals, working alongside professionals, clinicians, CWT staff and our partners. The model the Trust endorses is parent/carer led, professionally supported.

The PLACE Network for individuals and organisations who run and set up groups for parents of children with mental health issues continued to grow, with over **70** projects across the country being members of the PLACE Network in 2022.

In 2022 we developed and gained support for the concept of parents/carers being part of the workforce; their role might include:

- Provide 1-1 peer support via telephone, messenger or Facebook
- Coordinate parent/carer support groups (face to face and digital)
- Help families navigate CYPMH (Children and Young People's Mental Health) and community services and systems
- Co-facilitate parent/carer training sessions alongside CYPMH professionals

You don't know the system or who to turn to. You speak to professionals and you don't understand their language. The professionals know the academic side but they don't feel the total exhaustion and emotion looking after your amazing children. Finding a parent peer support group is worth its weight in gold. They understand your emotions and how to navigate your way through the system, who you need to speak to and what to ask for. They also give you that bit of hope that things can get better, when you are rock bottom. 'Life savers'.

We delivered the first national Parent Peer Support training course in partnership with the Charlie Waller Institute and The Cellar Trust. **18** parents and carers successfully completed the first course and went on to work as Parent/Carer Peer Support workers in their local area. The concept of parents and carers with lived experience being a part of local mental health services came from members of the PLACE Network, a national network of parent/carer peer support groups that the Trust hosts.

Thank you so much for creating this course. It is so helpful to me to bring professionalism to what I do. It helps other professionals to connect with me as they see me as equal, not 'just a mum'.

We delivered **1,054** New Maudsley Carers Skills workshops, providing essential peer support for a loved one with an eating disorder.

When I joined, I immediately felt I had found a safe place, filled with people who understood everything I said. The four-session course gave me the confidence to speak to (daughter) and support her gently towards some kind of recovery plan. Before joining the group, I felt very alone, isolated and hopeless. Through attending the course I have learnt so much and been able to use what I've learned to support both my daughters. The regular carer support group meetings pop up every few weeks and are like a lifeline. Jenny has given us hope in a situation where it is very easy to lose all hope.

We continue to build the evidence base for parent peer support and in 2020 published and disseminated an evaluation of the Rollercoaster support group model (<https://charliewaller.org/parent-carer-peer-support/rollercoaster-evaluation-briefing-paper/>), which found that parent peer support was effective. We have partnered with the Centre for Mental Health to evaluate our training course. We amplify the voice of parents and carers locally and nationally.



COLLEGES AND UNIVERSITIES

In 2022 we delivered **68** sessions of training to **2,948** attendees. In recognition that many universities are working towards the student mental health charter, we published 'How to CREATE a university mental health strategy that works'.



Easy to work with from initial approach to session delivery. Expert knowledge. Ethical cause.... Well delivered session with a good mix of relevant presentation and group work.

I feel that I have increased my knowledge base, and feel much more confident in my approach, also reassured that I am doing the right thing!

Trainer was excellent, she had the whole group engaged and everyone came out feeling well informed after. She was very friendly and made everyone feel at ease. She also dealt with the situations discreetly and professionally.

By the end of 2022 we had recruited a diverse group of **nine** student ambassadors who will offer guidance, direction and recommendations relating to the Trust's decisions, policies, programmes and projects in universities, schools and colleges, to ensure that they remain aligned and accessible to the student voice, experience, and needs.

Our blended offer of training, advice and resources includes '[Keeping Mental Health in Mind](#)', our e-learning package for non-specialist staff in universities and colleges, which reached over 10,000 individual users in 2022.

Our [Students Against Depression](#) (SAD) website had **67,556** users in 2022 and received around **185,900** page views.

Partnership highlights

We continue to collaborate with the [Association of Colleges](#) in reaching the FE sector and produced a new digital self-evaluation toolkit, 'C-MET', to help colleges measure and track progress in their whole college approach to mental health.

We continued to partner with [Nightline](#) to deliver 'suicide calls' training to enable 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**.

WORKPLACE

In 2022 the Trustees agreed to rebranding our offer to businesses as 'Charlie Waller Workplace'.



We are developing a distinct offer for workplace wellbeing using the expertise of our team. Our approach is based on the view that mental health at work is a collective responsibility: leaders set the tone, managers support their teams, and all individuals are mindful of how they keep themselves well and access support when they need it.

Thank you so much for delivering some really impactful training for Fujitsu people managers over the past few weeks. We saw really high participation and received some great feedback from across the Europe region. Really appreciate how quickly you were able to put this training together for us, and how easy you are to work with.

In 2022, we delivered **108** sessions to over **2,500** delegates and brought in income of over **£77,000**. The team worked with companies ranging from small start-ups to global multinationals and led sessions with exec teams, front line managers, HR and staff teams.

It gives you tools to help you rethink your own wellbeing and to be a real leader to your team in difficult times, both individual as well as being part of a team.

Fantastic trainer, great training, great materials. For the first time in a very long time online training was interesting and engaging to the point where I chose not to multitask in the background and fully pay attention and put my focus on the training. Thank you for great session and a lot of knowledge!

Young people at work

Complimenting our paid-for workplace training and consultancy, we also developed a project to respond to the specific experience of young people at work in partnership with Women in Theatre.

We have offered mental health training and advice to **One million mentors**, a community based mentoring service that aims to improve the career chances of young people, as well as providing tailored support on a bi-annual basis for new graduates at **Centrica**.

We are an active member of the **Council for Work and Health** and co-chair the mental health group. We have presented at a range of conferences including the Health and Wellbeing at Work event and The National Health and Wellbeing Conference as well as membership only sessions for the **Chartered Institute of Public Relations**, the **Society of Occupational Medicine** and the **Berkshire Community Foundation Trust**.



CHARLIE WALLER INSTITUTE, UNIVERSITY OF READING



The Charlie Waller Institute was launched in January 2008 as a collaboration between the University of Reading, Berkshire Healthcare Foundation Trust (BHFT) and The Charlie Waller Trust. Under the leadership of its former Directors (Professor Roz Shafran, Professor Shirley Reynolds) and with the support of funding from The Charlie Waller Trust and BHFT, the Institute has grown rapidly in size and strength. Today, more than 50 staff support the Institute in its activities. Its workshops and courses are led by nationally and internationally recognised clinical academics whose expertise helps improve clinicians' skills.

The Charlie Waller Institute is committed to training practitioners in psychological approaches that have been shown to work, combining rigorous research and high-quality teaching. This means clinicians and patients can benefit from the most effective evidence-

based psychological treatments for conditions such as depression, post-traumatic stress disorder and obsessive-compulsive disorder. Its aims are to:

- Deliver a range of training courses to clinicians, both within and outside the IAPT programme (Improving Access to Psychological Therapies, now NHS Talking Therapies);
- Evaluate the effectiveness of the training to ensure that it improves clinicians' knowledge and skills, and outcomes for patients;
- Undertake research that adds to the evidence base on effective psychological interventions.

In 2022 the Trustees renewed their five-year £250,000 gifting agreement with the University of Reading in relation to the Chair in Evidence-based Psychological Treatments, Professor Stella Chan, and the Charlie Waller Institute. This ensures our annual support of £50,000 for the period 2023-2027.

Research highlights include a universal intervention being tested with children in transition from primary to secondary school called 'Resilience Rucksacks'. The Charlie Waller Institute continues its programme of teaching and training, accepting **150** new students in the 2022/3 academic year across a range of clinical training and qualifications.

We have also benefited from joint delivery of training with the Charlie Waller Institute for Senior Mental Health Leads in schools and colleges and in piloting the new Parent Carer Peer Support training programme.

We aim to inspire clinicians to widen their knowledge and make a real difference in patients' lives.

Charlie Waller Institute

FUNDRAISING PERFORMANCE AND APPROACH

We depend on public support to deliver our vital work in support of young people's mental health and wellbeing. The generosity of individuals, trusts and foundations, companies and other organisations allows us to continue to provide our training, parent and carer peer support and other activities.

The performance of our core fundraising channels was strong in 2022, with each of our main income streams exceeding budget. We have invested in our fundraising operation as we look to diversify our income sources and build a more robust and sustainable fundraising mix. We are pleased to report significant income growth in 2022, with income just short of £2 million, well beyond the budgeted £1.455 million.

A number of activities contributed significantly to these results, including events such as the Cambridge Half Marathon, Boo's Ball and Flackstock; partnerships with Boden and Kepler Cheuvreux; The Big Give Christmas appeal and the Friends of Charlie Waller regular giving scheme; statutory funding from Health Education England; and a number of substantial grants from trusts and foundation partners.

We have a professional and committed fundraising team, and a culture of support for our fundraising activities right across the organisation. We have invested in training and development for the team, and recruited new faces, bringing experience and fresh thinking.

We undertake fundraising activity with our supporters through our own organised events, individual challenge events, corporate partnerships, appeals and other activities in line with the Fundraising Code of Practice set by the Fundraising Regulator. We have updated our privacy policy (which is available on our website) to reflect how we obtain and use individuals' data, and to reassure that we will uphold individual contact preferences and not share this information with any third parties. No complaints about our fundraising activity were received in the year.

VOLUNTEERS

In 2022 we were well supported by volunteers, and benefitted from the hard work of **56** volunteers who assisted with fundraising events and activities, sending out mental health resources, office tasks, copywriting, communications and PR.

OTHER GRANTS AND CHARITABLE ACTIVITIES IN 2022

The Charlie Waller Trust is not a grant-making charity. However, we occasionally make grants for specific projects or activities that fit with our own charitable objectives.

In 2022 we made a small grant in the form of the Ted Fort Scholarship for primary care nurses.

Other activities of the Trust included a small amount of training for GP trainers, trainees, practising GPs and nurses. In total we delivered **28** sessions reaching **258** attendees.

We continued being a partner for academic studies including the **Emerging Minds network and iCATS** (implementing child anxiety treatments in primary schools) at the University of Oxford and the **SORTS** (Self-harm Training in Schools) study at the University of Cambridge.

PLANS FOR THE FUTURE

The Trustees have set plans for expanding the Trust's crucial role in children and young people's mental health and wellbeing in 2023, paying particular regard to supporting parents and carers.

Our plans for 2023-2024 focus on key areas where we can achieve the most impact. We aim to work in partnership where this best meets our objectives. Our plans include:

- **Parent peer support** – becoming the leading charity for parent carer peer support by expanding the PLACE Network, delivering two further Parent Carer Peer Support (PCPS) training courses to equip those with lived experience to become parent carer peer support workers in children's mental health services. We also aim to extend the PCPS course to meet the needs of parents and carers looking after a child with an eating disorder and children who are non-neurotypical. We will continue to make the case for a national roll-out of PCPS workers.
- **Increasing our reach and impact** in schools, colleges and universities by delivering training, talks and advice supported by our publications and a new series of open access webinars. A focus on particular geographic areas and targeting social and economic deprivation will underpin this.
- **A refresh of our e-learning for university staff** – to provide evidence-based e-learning for university staff to equip them to effectively support student mental health and wellbeing.
- **Diversity and inclusion** – implementing plans to increase our reach and tailor our training and resources to ensure they reach a diverse audience, in particular those who may have increased vulnerability to mental health problems for reasons of social and economic disadvantage, sexuality, race or disability.
- **Charlie Waller Workplace Mental Health** – marketing our commercial offer to businesses alongside charitable activity to focus on the needs of young people in the workforce, parents and the topic of suicide.
- Developing and disseminating creative and academic projects that reflect the voice of those with lived experience, including the Co-Ray project and short film, '**A Love Letter to Depression**'.
- **Chair in evidence-based psychological treatments** and Charlie Waller Institute at the University of Reading, continuing our support for a further 5 years to train clinicians, deliver education and carry out research.

FINANCIAL REVIEW

Statement of financial activities

The Trustees are pleased to report a strong performance for 2022 for both income and charitable spend. Total Income and Endowments increased by 39.4% to £1,971,388 (2021: £1,413,842). Total Expenditure was £2,120,841 (2021: £1,617,553), an increase of 31.11% from the previous year.

Net expenditure for the year was £149,453 (2021: expenditure £203,711) whilst net losses on investment assets were £101,483 (2021: gains £79,793). This resulted in an adverse net movement in funds of £250,936 (2021: adverse £123,918).

At the year-end the Trust held unrestricted funds of £1,906,360 (2021: £2,155,612) and restricted funds of £31,650 (2021: £33,334).

Details of income are given in notes 2, 3 and 4 to the financial statements. The expenditure on raising funds and on the charitable activities performed in furtherance of the Trust's charitable objectives is set out in notes 5 and 6.

Reserves policy

The level of reserves is reviewed annually by the Trustees. In setting an appropriate level of reserves, the Trustees take into account the Trust's existing financial commitments and activities, future plans and the economic climate.

Income from fundraising grew significantly in 2022, with each of the main fundraising channels seeing substantial growth, which has enabled the Trust to increase its charitable expenditure. The Trustees are mindful that income may not remain at the present level which would impact on the Trust's ability to maintain its charitable expenditure without prudent reserves. Trends are monitored closely, and the Trust's charitable operations are flexible enough to enable expenditure to be reduced in response to a downturn in income.

Against this background and the ever-increasing need for the Trust's services, the Trustees believe it is important to be able to maintain the current level of expenditure over at least the next two years.

The Trust's reserves policy therefore aims for a level of unrestricted reserves sufficient to achieve this goal, which is equivalent to between nine and twelve months annual expenditure. This level of reserves provides sufficient flexibility to cover any temporary shortfall in income and would allow the charity time to respond to unforeseen adverse circumstances, whilst planning longer term remedial measures. The Trust's unrestricted reserves of £1.9m (at the end of December 2022) represent approximately nine months of forecast annual expenditure, in line with this policy.

Funds are held in cash deposits and listed investments with the capacity to grow in value over the long term.

In 2022, the Trustees committed to a further five-year gifting agreement with the University of Reading (Chair in Evidence-based Psychological Treatments and the Charlie Waller Institute). In accordance with FRS102 the full gift of £250,000 was taken in the 2022 accounts but will be disbursed at £50,000 per annum for the five years to 2027. The Trustees have designated £442,220 in respect of unfunded projects in the business plan and budget for 2023, which provides for increased charitable expenditure of approximately £2.4 million.

Further details of the designations are given in note 15.

Investment policy and performance

JM Finn & Co. manage the Trust's investment portfolio in accordance with the investment policy agreed by the Trustees. The policy is to seek a combined return from income and capital growth, adopting a medium risk profile with no specific minimum of low-risk investments. The policy is reviewed annually by the Trustees and adjusted, where necessary, to ensure that it remains appropriate to the Trust's objectives, tolerances for the acceptance of risk and market conditions.

The total value of the Trust's portfolio as at 31 December 2022 was £1,206,494; 34% in UK equities and funds, 21% in UK bonds and 45% in overseas bonds, equities and alternatives.

Investment losses for the year were £101,483 and income withdrawals totalled £18,368. The total return for the year was -9.00% (benchmark: -8.10%).

Risk Management

The Trustees have a duty to identify and review the risks to which the Trust is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The Trust maintains a risk register which is reviewed by the Board annually as part of its Risk Management Policy.

The Trustees have identified the following key risks:

- Insufficient income to deliver the Trust's charitable objectives, particularly in the light of economic downturn and inflationary pressures.
- Failure to deliver projects and charitable activities, and demonstrate impact.

To mitigate these risks the Trust:

- Has a fundraising strategy and plan to continue to diversify its sources of income in 2023 and beyond.
- Has extended capacity in the central office team, including a senior leadership role overseeing charitable activity.
- Has developed impact and evaluation measures including both quantitative and qualitative indicators.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution

The Trust is a company, limited by guarantee, as defined by the Companies Act 2006. It was registered as a company on 10 May 2005.

It is the successor to The Charlie Waller Memorial Trust (registered Charity number 1065936, which was established by a Trust deed dated 20 October 1997. On 11 September 2005 all the activities, assets and liabilities of the unincorporated Charity were transferred by Deed to this incorporated Charity. The former unincorporated Charity then ceased activities and was removed from the Register of Charities.

The Charity's objects are:

- To protect and preserve public health and in particular (but without prejudice to the generality of the foregoing):
 - To educate the public (particularly young people) on the importance of maintaining and improving their mental health; and
 - To ensure that sufferers of depression, anxiety and any other form of mental ill-health receive treatment for their illness
- To educate the public in relation to depression, anxiety and any other form of mental ill-health to lessen the stigma associated with them; and
- Such other charitable purposes as the Trustees shall in their absolute discretion think fit.

Method of appointment or election of Trustees

Trustees are appointed by the members of the company or by the Trustees, in accordance with the Articles of Association.

Policies adopted for the induction and training of Trustees

New Trustees are provided with key governing documents such as the Articles of Association as well as the Trustees' Report and Financial Statements, Trust policies and an overview

of our charitable activities and impact. They are also provided with relevant guidance from the Charity Commission on their role and responsibilities as a Trustee.

Organisational structure and decision making

The business of The Charlie Waller Trust is managed by the Trustees. Trustees' meetings are held as often as is necessary to run the Trust properly. Normally at least four full meetings are held each year.

In addition, the Trustees are supported by the Patrons of the Trust.

The Trust also has Board Advisers consisting of people with specific experience and/or national profile in their field who are willing and able to provide occasional advice and guidance to the Board of Trustees.

Key management personnel

The Trustees, together with the staff listed below, comprise the key management of the Trust in charge of directing and controlling, running and operating the Trust on a day to day basis. None of the Trustees are remunerated for their services to the Trust. The remuneration of the CEO is determined with reference to performance and appraisal by the Chair and Treasurer in consultation with the Board of Trustees.

Clare Stafford is the Chief Executive Officer of the Trust and is responsible to the Trustees for overall executive management including the charitable activities of the Trust.

The Head of Fundraising, Nick Appleby, leads all the Trust's fundraising activities with support from office staff and individuals and committees who volunteer for the Trust.

Kay Boyden was appointed as Programmes Director in October 2022 to oversee the effective delivery of our charitable activity and Rebecca Miles was appointed Head of Communications in September 2022.

TRUSTEES' RESPONSIBILITIES STATEMENT

The Trustees (who are also the directors of The Charlie Waller Trust for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each year. Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Observe the methods and principles in Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable to the United Kingdom and Republic of Ireland (FRS 102);

- Make judgments and accounting estimates that are reasonable and prudent;
- State whether applicable United Kingdom Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

DISCLOSURE OF INFORMATION TO AUDITORS

Each of the persons who are Trustees at the time when this Trustees' report is approved has confirmed that:

- So far as that Trustee is aware, there is no relevant information of which the charitable company's auditors are unaware, and that the Trustee has taken all steps that ought to have been taken as a Trustee in order to be aware of any information needed by the charitable company's auditors in connection with preparing their report and to establish that the company's auditors are aware of that information.

Auditors

The Trustees have appointed Critchleys Audit LLP as the company's new external auditor following a review of its audit function. They confirm that the outgoing auditor, Villars Hayward LLP, lodged its resignation letter (effective from 18 January 2023), and that there are no reasons or other matters connected with their ceasing to hold office that should be brought to the attention of the company's members or creditors.

This report was approved by the Trustees on 23 May 2023 and signed on their behalf by:



.....
Richard Waller KC, Chairman
Trustee

INDEPENDENT AUDITOR'S REPORT TO THE TRUSTEES OF THE CHARLIE WALLER TRUST

Opinion

We have audited the financial statements of The Charlie Waller Trust ('the charitable company') for the year ended 31 December 2022 which comprise the statement of financial activities, balance sheet, statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 December 2022 and of its incoming resources and application of resources for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least 12 months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report, including the trustees' report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report, which includes the directors' report and the strategic report prepared for the purposes of company law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report and the strategic report included within the trustees' report have been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 require us to report to you if, in our opinion:

- adequate and proper accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement [set out on page 23, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists.

Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- the engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations;
- we identified the laws and regulations applicable to the charity through discussions with directors/trustees and other management, and from our commercial knowledge and experience
- we focused on specific laws and regulations which we considered may have a direct material effect on the financial statements or the operations of the charity, including Companies Act 2006, Charities Act 2011, taxation legislation, data protection, anti-bribery, employment, environmental and health and safety legislation;
- we assessed the extent of compliance with the laws and regulations identified above through making enquiries of management; and
- identified laws and regulations were communicated within the audit team regularly and the team remained alert to instances of non-compliance throughout the audit.

We assessed the susceptibility of the charity's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud;
- considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations; and

To address the risk of fraud through management bias and override of controls, we:

- performed analytical procedures to identify any unusual or unexpected relationships;
- tested journal entries to identify unusual transactions;
- assessed whether judgements and assumptions made in determining the accounting estimates set out in Note 3 were indicative of potential bias;
- investigated the rationale behind significant or unusual transactions; and

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

- agreeing financial statement disclosures to underlying supporting documentation;
- reading the minutes of meetings of those charged with governance;
- enquiring of management as to actual and potential litigation and claims;

There are inherent limitations in our audit procedures described above. The more removed that laws and regulations are from financial transactions, the less likely it is that we would become aware of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the trustees and other management and the inspection of regulatory and legal correspondence, if any.

Material misstatements that arise due to fraud can be harder to detect than those that arise from error as they may involve deliberate concealment or collusion.

A further description of our responsibilities is available on the Financial Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities.

This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



Katherine Wilkes (Senior Statutory Auditor)

For and on behalf of Critchleys Audit LLP, Chartered Accountants, Statutory Auditor

Beaver House

23-38 Hythe Bridge Street

Oxford

OX1 2EP

Date: **15 June 2023**

THE CHARLIE WALLER TRUST
(A company limited by guarantee)
Statement of Financial Activities
Including the income and expenditure account
Year Ended 2022

		 2022	2021		
		Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	Notes	£	£	£	£
Income and endowments from:					
Donations and legacies	2	1,240,226	74,000	1,314,226	1,097,170
Charitable activities	3	76,863	166,906	243,769	55,455
Other trading activities		391,108	-	391,108	240,862
Investments	4	22,285	-	22,285	20,355
TOTAL INCOME		1,730,482	240,906	1,971,388	1,413,842
Expenditure on:					
Raising funds	5	389,020	-	389,020	299,105
Charitable activities	6	1,489,231	242,590	1,731,821	1,318,448
TOTAL EXPENDITURE		1,878,251	242,590	2,120,841	1,617,553
NET (EXPENDITURE) / INCOME BEFORE INVESTMENT (LOSSES) / GAINS					
		(147,769)	(1,684)	(149,453)	(203,711)
(Losses) / Gains on investment assets	10	(101,483)	-	(101,483)	79,793
NET (EXPENDITURE) / INCOME		(249,252)	(1,684)	(250,936)	(123,918)
TRANSFERS BETWEEN FUNDS					
		-	-	-	-
OTHER RECOGNISED GAINS / (LOSSES)					
		-	-	-	-
		(249,252)	(1,684)	(250,936)	(123,918)
RECONCILIATION OF FUNDS					
Total funds brought forward		2,155,612	33,334	2,188,946	2,312,864
Total funds carried forward		1,906,360	31,650	1,938,010	2,188,946

The notes on pages 31 to 41 form part of these financial activities

THE CHARLIE WALLER TRUST
(A company limited by guarantee)

Balance Sheet
at 31 December 2022

	Notes	31 Dec 2022 £	31 Dec 2021 £
Fixed Assets:			
Tangible assets	9	11,610	27,662
Investments	10	1,206,494	1,059,973
Total Fixed Assets		1,218,104	1,087,635
Current Assets:			
Debtors	11	364,127	134,193
Cash at bank and in hand		1,044,729	1,198,251
Total Current Assets		1,408,856	1,332,444
Liabilities:			
Creditors: amounts falling due within one year	12	(488,950)	(231,133)
Net Current Assets		919,906	1,101,311
Total Assets less Current Liabilities		2,138,010	2,188,946
Liabilities:			
Creditors: amounts falling due in more than one year	13	(200,000)	-
Total Net Assets		1,938,010	2,188,946
The Funds of the Charity			
Restricted funds	15		
Statutory contracts		4,650	-
Restricted funding		27,000	33,334
		31,650	33,334
Unrestricted funds	15	1,906,360	2,155,612
Total Charity Funds		1,938,010	2,188,946

The financial statements were approved by the Board of Trustees on 23 May 2023 and were signed on behalf by:



Richard Waller KC, Chairman

Company registered number: 5447902

The notes on pages 31 to 41 form part of these financial activities

THE CHARLIE WALLER TRUST
(A company limited by guarantee)

Statement of Cash Flows
For the year ended 31 December 2022

	Notes	2022.00 £	2021 £
Net cash provided by operating activities	14	75,121	(186,852)
Cash flows from investing activities:			
Plus dividends, interest and rents from investments		22,285	20,355
Less purchase of property, plant and equipment		(2,924)	(11,341)
Plus proceeds from the sale of investments		363,892	357,638
Less purchase of investments		(605,180)	(352,134)
Less cash held by investment manager for reinvestment		(6,716)	-
Net cash provided by investing activities		(228,643)	14,518
Change in cash and cash equivalents in the reporting period		(153,522)	(172,334)
Cash and cash equivalents at the beginning of the reporting period		1,198,251	1,370,585
Cash and cash equivalents at the end of the reporting period		1,044,729	1,198,251

The notes on pages 31 to 41 form part of these financial activities

Notes

1. Accounting Policies

The Charlie Waller Trust is a charitable company limited by guarantee which is incorporated in England and Wales. The registered office is First Floor, 23 Kingfisher Court, Newbury, Berkshire, RG14 5SJ

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are laid out below.

Basis of preparation

These financial statements have been prepared for the year ended 31 December 2022.

The financial statements have been prepared under the historical cost convention or transaction value unless otherwise stated in the relevant accounting policy note.

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, FRS102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS102.

The financial statements are presented in sterling and are rounded to the nearest pound.

Critical accounting estimates and areas of judgement

No significant accounting estimates or judgements were required or made by the Trustees in the presentation of the financial statements.

Assessment of going concern

The Trustees have assessed whether the use of the going concern assumption is appropriate in preparing these financial statements. The Trustees have made the assessment in respect to a period of one year from the date of approval of these financial statements.

The Trustees of the charity have concluded that there are no uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The Trustees are of the opinion that the charity will have sufficient resources to meet its liabilities as they fall due.

Income recognition

Income is recognised in the period in which the charity has entitlement to the income, the amount of income can be measured reliably and it is probable that the income will be received.

Income from investments comprises income earned on the charity's listed investments and interest on cash deposits. Dividends are recognised once the dividend has been declared and the amount has been received. Interest on funds held on deposit is included when received and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, and any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Donations and event income are recognised in the period in which the charity has entitlement to the income, the amount of income can be measured reliably and it is probable that the income will be received.

Income tax recoverable in relation to donations received under Gift Aid is recognised at the time of the donation.

Notes

Expenditure recognition

All expenditure is accounted for on an accruals basis and has been included under expense categories that aggregate all costs for allocation to activities. Where costs cannot be directly attributed to particular activities they have been allocated on a basis consistent with the use of the resources.

Support costs are allocated to activity costs on the basis of a reasonable estimate of the time spent supporting the activities.

All resources expended are inclusive of irrecoverable VAT.

Fund accounting

Unrestricted funds represent general funds available for use at the discretion of the Trustees in furtherance of the general objectives of the Trust. Restricted funds can only be used for particular restricted purposes within the objectives of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes. Designated funds comprise funds which have been set aside at the discretion of the trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the financial statements.

Investments

Listed investments are a form of basic financial instrument and are initially recognised at their transactional value and subsequently measured at their fair value as at the balance sheet date using the closing quoted market price.

The charity does not acquire put options, derivatives or other complex financial instruments.

Realised gains (or losses) on investment assets are calculated as the difference between disposal proceeds and their opening carrying value or their purchase value if acquired subsequent to the first day of the financial year. Unrealised gains and losses are calculated as the difference between the fair value at the year end and their carrying value at that date. Realised and unrealised investment gains (or losses) are combined in the statement of financial activities and are credited (or debited) in the year in which they arise.

Debtors

Debtors are recognised at their settlement amount, less any provision for non-recoverability. Prepayments are valued at the amount prepaid. They have been discounted at the present value of the future cash receipt where such discounting is material.

Cash at bank and in hand

Cash at bank and in hand represents such amounts and instruments that are available on demand or have a maturity of less than three months from the date of acquisition. Deposits for more than three months but less than one year have been disclosed as short term deposits. Cash placed on deposit for more than one year is disclosed as a fixed asset investment.

Creditors and provisions

Creditors and provisions are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Creditors and provisions are recognised at the amount the charity anticipates it will pay to settle the debt. They have been discounted to the present value of the future cash payment where such discounting is material.

Operating leases

Payments in respect of operating leases are charged to the SOFA on a straight line basis over the term of the lease.

Notes

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fixed Assets

Fixed assets (excluding investments) are stated at cost less accumulated depreciation. Depreciation is provided at the rate of 25% on a straight line basis.

Notes

	2022			2021
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	£	£	£	£
2. INCOME AND ENDOWMENTS FROM:				
Donations and legacies				
Individual & Community Fundraising	385,215	-	385,215	264,238
Individual Giving	206,059	-	206,059	176,079
Donations received from other trusts and foundations	338,965	74,000	412,965	323,539
Donations received from training activities	76,062	-	76,062	115,438
Corporate Giving	159,340	-	159,340	146,972
Tax recoverable (Gift Aid)	72,921	-	72,921	69,149
Donations received for resources	1,664	-	1,664	1,755
	1,240,226	74,000	1,314,226	1,097,170
3. INCOME AND ENDOWMENTS FROM:				
Charitable activities				
Other contracts	-	166,906	166,906	21,831
Workplace training	76,863	-	76,863	33,624
	76,863	166,906	243,769	55,455
4. INCOME AND ENDOWMENTS FROM:				
Investments				
Listed investments	18,368	-	18,368	20,213
Cash investments	3,917	-	3,917	142
	22,285	-	22,285	20,355
5. EXPENDITURE ON RAISING FUNDS				
Direct costs of fundraising	289,509	-	289,509	188,952
Support and office expenses	99,511	-	99,511	110,153
	389,020	-	389,020	299,105

THE CHARLIE WALLER TRUST
(A company limited by guarantee)

Notes

	2022			2021
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	£	£	£	£
6. EXPENDITURE ON CHARITABLE ACTIVITIES				
Schools & Families Programme	370,577	21,000	391,577	381,016
Colleges & Universities Programme	109,071	33,334	142,405	226,148
Workplace Programme	170,477	-	170,477	190,390
Primary Care Mental Health Education Programme	41,002	-	41,002	32,859
Resources & Materials	199,207	8,000	207,207	159,179
Support and governance costs (see note below)	249,114	-	249,114	287,616
Grants paid to Institutions (see note below)	18,000	18,000	36,000	20,080
Other Contracts	81,783	162,256	244,039	21,160
Sponsorship of the CWI Chair	250,000	-	250,000	-
	1,489,231	242,590	1,731,821	1,318,448
Support and governance costs				
Programme direction	66,484	-	66,484	63,510
Digital strategy project	-	-	-	37,128
Financial inc. insurance	22,191	-	22,191	16,945
Staff inc. training	106,372	-	106,372	113,884
Information technology inc. communications	16,973	-	16,973	22,278
Office expenses	29,661	-	29,661	15,147
Audit and other professional fees	7,130	-	7,130	18,698
Trustees expenses	303	-	303	27
	249,115	-	249,115	287,616
Grants paid to Institutions				
Nightline - Suicide Calls Project	-	-	-	5,000
CWI - C.Gilbey scholarship - Postgraduate Diploma	-	-	-	15,080
Bernard Sunley - Parent Carer Peer Support Worker grant	18,000	18,000	36,000	-
	18,000	18,000	36,000	20,080

Notes

7. NET (EXPENDITURE) / INCOME

	2022	2021
	£	£
This is stated after charging:		
Depreciation of tangible fixed assets:		
- owned by the company	6,565	6,621
Auditor's remuneration	9,720	8,100
Auditor's other fees	(2,600)	690
	<u>6,685</u>	<u>15,411</u>

8. STAFF NUMBERS

The average monthly number of employees during the year was as follows;

	No.	No.
Charitable activities	7	6
Administrative	4	3
Fundraising	5	4
	<u>16</u>	<u>13</u>

STAFF COSTS AND THE REMUNERATION OF KEY MANAGEMENT PERSONNEL

	£	£
Staff - Salaries, wages and pension contributions	396,922	279,804
CEO - Salaries, wages and pension contributions	74,150	71,243
Staff - Employers National Insurance costs	30,928	23,966
CEO - Employers National Insurance costs	8,955	8,145
	<u>510,955</u>	<u>383,158</u>

The number of employees whose annual remuneration was more than £60,000 is as follows:

£70,001 to £80,000	1	1
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Notes

9. TANGIBLE FIXED ASSETS

Equipment, Fixtures and fittings
£

Cost

At 1 January 2022	53,638
Additions	2,924
(Disposals)	(31,173)

At 31 December 2022	25,389
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Depreciation

At 1 January 2022	25,976
Charge for the year	6,565
Eliminated on disposal	(18,762)

At 31 December 2022	13,779
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Net book value

At 31 December 2022	11,610
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At 31 December 2021	27,662
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Notes

10. FIXED ASSET INVESTMENTS

	2022	2021
	£	£
Market value of listed investments portfolio at 1 January 2022	1,059,973	985,685
Additions at cost	605,180	352,134
Sales proceeds	(363,892)	(357,639)
Net gain/(loss) on revaluation	(144,968)	64,464
Profit/(loss) on sales	43,485	15,329
Cash held by investment manager for reinvestment	6,716	-
Market value of listed investments portfolio at 31 December 2022	1,206,494	1,059,973
Analysed as follows:		
Fixed Interest - UK bonds	253,312	-
Fixed Interest - Overseas bonds	-	166,860
Equities & funds - UK	408,553	370,675
Equities & funds - Europe	47,882	67,138
Equities & funds - Overseas	33,075	37,870
Equities & funds - Global themed	147,537	229,537
Equities & funds - Emerging markets	21,072	28,735
Alternatives	288,347	159,158
Cash and cash equivalents	6,716	-
	1,206,494	1,059,973
Historical cost	968,355	683,582

11. DEBTORS

	£	£
Trade debtors	291,629	58,841
Prepayments and accrued income	64,548	72,226
Other debtors	7,950	3,125
	364,127	134,193

12. CREDITORS

Amounts falling due within one year

Trade creditors	100,472	75,360
Accruals	128,767	139,724
Deferred income	257,710	14,049
Other creditors	2,000	2,000
	488,950	231,133

Notes

CREDITORS CONT.	2022	2021
	£	£
Deferred Income		
Deferred income at 1 January 2022	14,049	12,671
Incoming resources deferred during the year	257,710	8,129
Amounts released from previous years	(14,049)	(6,751)
Deferred income at 31 December 2022	<u>257,710</u>	<u>14,049</u>

Deferred income relates to fundraising events held after 31st December 2022 and contracts relating to future periods.

13. CREDITORS

Amounts falling due after more than one year

Funding committed not yet paid	<u>200,000</u>	<u>-</u>
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14. Reconciliation of net income to net cash flow from operating activities

Net (expenditure) / income for the reporting period (as per the SOFA)	(250,936)	(123,918)
Add back depreciation charges	6,565	6,621
Add back loss on disposal	12,411	-
Deduct interest income shown in investing activities	(22,285)	(20,355)
Add back / deduct gains / losses on investments	101,483	(79,793)
(Increase) / Decrease in debtors	(229,934)	(31,064)
Increase / (Decrease) in creditors falling due within one year	257,817	61,657
Increase / (Decrease) in creditors falling due in more than one year	200,000	-
Net cash provided by/(used in) operating activities	<u>75,121</u>	<u>(186,852)</u>

Notes

15. THE FUNDS OF THE CHARITY	Brought Forward	Income	Expenditure	Gains/ (Losses)	Transfers	Carried Forward
	£	£	£	£	£	£
Unrestricted funds - 2022						
Designations						
Charlie Waller Institute Chair fund (2028 - 2032)	250,000	-	(250,000)	-	250,000	250,000
Boys in Mind / Girls Mind Too Project	42,046	9,253	(51,299)	-	-	-
Parent/Carer Peer Support	141,155	-	(103,079)	-	88,427	126,503
Newham Community College Project	24,193	-	-	-	(24,193)	-
elearning development	23,000	-	(30,000)	-	24,500	17,500
Student participation videos	13,000	-	-	-	-	13,000
Schools book club	15,000	-	(4,102)	-	(10,898)	-
Ted Fort Bursary	3,000	-	(3,630)	-	630	-
Website, CRM & elearning development	15,000	-	-	-	-	15,000
Students against depression website development	-	5,000	-	-	-	5,000
YPinWP Videos (Women and Theatre)	-	11,380	(10,391)	-	4,011	5,000
Student Ambassadors	-	-	-	-	25,000	25,000
Parent Carer Peer Support Workers	-	34,500	-	-	-	34,500
Other unfunded expenditure in budget and business plan	322,175	-	-	-	(121,458)	200,717
	848,569	60,133	(452,501)	-	236,019	692,220
General funds	1,307,043	1,670,350	(1,425,750)	(101,483)	(236,019)	1,214,141
	2,155,612	1,730,483	(1,878,251)	(101,483)	-	1,906,361
Restricted funds - 2022						
Other contracts	-	166,906	(162,256)	-	-	4,650
Restricted grants - Resilience Rucksacks Project with CWI	-	6,000	(6,000)	-	-	-
Restricted grant - The Band Trust	33,334	-	(33,334)	-	-	-
Restricted grant - Bernard Sunley Foundation	-	25,000	(18,000)	-	-	7,000
Restricted grant - Clare McKeown Charitable Trust	-	10,000	(10,000)	-	-	-
Restricted grant - The Cutlers Company	-	2,000	-	-	-	2,000
Restricted grant - David Family Foundation	-	5,000	(5,000)	-	-	-
Restricted grant - The Freshfield Foundation	-	24,000	(8,000)	-	-	16,000
Restricted grant - Gallagher Community Fund	-	2,000	-	-	-	2,000
	33,334	240,906	(242,590)	-	-	31,650
	2,188,946	1,971,389	(2,120,841)	(101,483)	-	1,938,010
Unrestricted funds - 2021						
Designations						
Charlie Waller Institute Chair fund (2023 - 2028)	250,000	-	-	-	-	250,000
CWI C.Gilbey scholarship Postgrad Dip	9,400	-	(9,400)	-	-	-
Nightline, Suicide Calls Project Grant 2020-2021	5,000	-	(5,000)	-	-	-
Implementation of Digital Strategy Implementation	62,055	-	(62,055)	-	-	-
Boys in Mind / Girls Mind Too Project	70,000	21,281	(54,755)	-	5,520	42,046
Parent/Carer Peer Support	68,580	-	(63,616)	-	136,191	141,155
Teen Brain workshop	8,360	-	(5,550)	-	(2,810)	-
Newham Community College Project	40,000	-	(15,807)	-	-	24,193
Increase academic partnerships	25,000	-	-	-	(25,000)	-
Digital mental health assessment/evaluation toolkit	23,000	-	(23,000)	-	-	-
elearning development	23,000	-	-	-	-	23,000
Student participation videos	-	-	-	-	13,000	13,000
Schools book club	-	-	-	-	15,000	15,000
Ted Fort Bursary	-	-	-	-	3,000	3,000
Website, CRM & elearning development	-	-	-	-	15,000	15,000
Other unfunded expenditure in budget and business plan	268,894	-	-	-	53,281	322,175
	853,289	21,281	(239,183)	-	213,182	848,569

Notes

	Brought Forward	Income	Expenditure	Gains/ (Losses)	Transfers	Carried Forward
	£	£	£	£	£	£
Designations cont.						
General funds	1,392,908	1,355,730	(1,307,451)	79,793	(213,937)	1,307,043
	2,246,197	1,377,011	(1,546,634)	79,793	(755)	2,155,612
Restricted funds - 2021						
Other contracts	-	21,831	(21,160)	-	(671)	-
Restricted grant - Foyle Foundation	-	15,000	(16,426)	-	1,426	-
Restricted grant - The Band Trust	66,667	-	(33,333)	-	-	33,334
	66,667	36,831	(70,919)	-	755	33,334
	2,312,864	1,413,842	(1,617,553)	79,793	-	2,188,946

16. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	2022			2021		
	Unrestricted Funds	Restricted Funds	Total Funds	Unrestricted Funds	Restricted Funds	Total Funds
	£	£	£	£	£	£
Tangible fixed assets	11,610	-	11,610	27,662	-	27,662
Fixed asset investments	1,206,494	-	1,206,494	1,059,973	-	1,059,973
Current assets	1,377,206	31,650	1,408,856	1,299,110	33,334	1,332,444
Creditors due within one year	(488,950)	-	(488,950)	(231,133)	-	(231,133)
Creditors due in more than one year	(200,000)	-	(200,000)	-	-	-
	1,906,360	31,650	1,938,010	2,155,612	33,334	2,188,946

17. CONTROLLING PARTY

The charity as a company limited by guarantee is controlled by the guarantors.

18. RELATED PARTY TRANSACTIONS

During the year, no Trustee received any remuneration (2021 - £nil). During the year, no Trustee received any benefits in kind (2021 - £nil). One Trustee received reimbursement of expenses amounting to £303 in the current year for travel expenses (2021 - One Trustee - £27). In addition, the Trustees took out Trustee indemnity Insurance at a cost of £6,597 (2021 - £5,614).

During the year, unconditional donations totalling £647 (2021 - £613) were received from the trustees.

19. CAPITAL COMMITMENTS

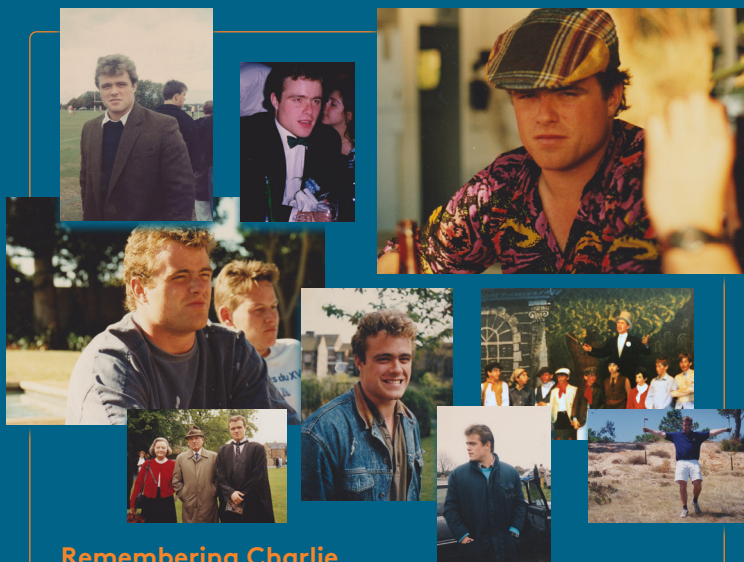
At 31 December 2022, the charity had financial commitments of £Nil (2021: £Nil).

20. OTHER FINANCIAL COMMITMENTS

At 31 December 2022 the Trust had total future minimum lease payments under non-cancellable operating leases expiring as set out below:

	2022	2021
	£	£
Land & Buildings		
Payable within one year	28,800	10,214
Payable two to five years	134,400	-

Payments made under land and buildings operating leases in the year amounted to £10,214 (2021: £13,618)



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.

Charlie sits at the heart of our story, our vision and our purpose.

THANK YOU

We rely on the generosity, energy, skills and commitment of our supporters, donors and volunteers in order to continue our work.

We are enormously grateful for any donation, large or small, and would like to thank all the individuals, trusts, companies, schools, colleges, universities and other organisations whose support enables us to move closer to our vision.

Our vision is of a world where people understand and talk openly about depression, where young people know how to maintain wellbeing, and where the most appropriate treatment is available to everyone who needs it.

GET IN TOUCH

hello@charliewaller.org
01635 869754

FIND OUT MORE

charliewaller.org

FOLLOW US



The Charlie Waller Trust

First Floor • 23 Kingfisher Court • Newbury • Berkshire • RG14 5SJ

Registered Charity No. 1109984

THE CHARLIE WALLER TRUST

England & Wales - Charity number 1109984

Accounts



Trustees' Report and Financial Statements

for the year ended 31 December 2021

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REFERENCE AND ADMINISTRATIVE INFORMATION

Presidents

The Rt Hon Sir Mark Waller
Lady Waller OBE

Trustees

R B Waller QC, Chairman
R G Beaumont (resigned 24 November 2021)
G C R Booth, FCA, Treasurer
Dr N I Broughton
M C Cole-Fontayn
W P de Laszlo
M Durden-Smith
Dr M S Fazel
J B N Hay
C P S Lytle
J D G Murray
Professor R L Shafran (resigned 1 March 2022)
K A Tait
P G Waller
I G Weatherby

Board Advisers

Professor David Clark
Lord Crisp KCB
Lord Layard
Dr Denise Meyer
Dr Suzanna Rose
Sir Anthony Seldon
Professor R L Shafran
Professor Sir Simon Wessely

Patrons

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

Independent auditors

Villars Hayward LLP, Boston
House, Henley-on Thames, RG9
1DY

Registered office

First Floor, Rear Office, 32 High
Street, Thatcham, Berkshire, RG19
3JD

Company registered number

5447902

Charity registered number

1109984

INTRODUCTION FROM THE CHAIRMAN AND CEO

2021 saw a second year of challenge and disruption due to the coronavirus pandemic. Evidence of the impact that this has had on children and young people's mental health has been building, with NHS Digital reporting a rise from 1 in 9 to 1 in 6 children and young people with a probable mental health disorder.

The study also highlighted that younger children (aged 4-10) have had greater changes in levels of behavioural, emotional and attentional difficulties throughout the pandemic, whilst levels of difficulties among secondary school aged children (11-16) have been more stable. There have also been concerning increases in eating disorders with cases in or waiting for urgent care increasing by 128% from Q4 2019/20 to Q4 2020/21.

Therefore the Charlie Waller Trust's (CWT) work to improve the mental health and wellbeing of children, young people and their parents, teachers and employers is perhaps more vital today than ever before. We know that a great deal can be achieved by equipping young people, their peers, teachers, lecturers, support staff and colleagues with the right skills, knowledge and confidence. This enables problems to be identified and acted on early, which is so important for achieving a successful outcome:

'Timely support from a consistent trusted adult can work wonders' (*Time for Action, Centre for Mental Health, 2021*).

Early intervention is at the heart of CWT's work.

In 2021, we focused on creative ways of delivering our work including open access webinars, vox pops from young people and digital tools to enable colleges and universities to measure and improve their response to mental health and wellbeing.

2021 also saw the launch of our workplace programme as a commercial offer, marked by the inaugural CWT workplace mental health conference in September.

An increased focus on supporting parents, carers and families was a feature of 2021. We reached many more parents and carers of young people with an eating disorder, completed an evaluation of our parent support group model that demonstrated positive outcomes and began development of a parent peer support training programme to equip parents to become part of the children and young people's workforce.

We have been incredibly fortunate in 2021 to maintain our charitable income and are very grateful to all of our supporters and funders in 2021 for their loyalty and generosity. It is likely that we have yet to see the full impact of the pandemic on mental health so our passion and commitment to making a positive and lasting contribution to children and young people's mental health remains.



Richard Waller QC
Chair



Clare Stafford
CEO

TRUSTEES' REPORT

The Trustees (who are also the directors of the charity for the purposes of the Companies Act) present their statutory report together with the audited financial statements of The Charlie Waller Trust ("the Trust") for the year ended 31 December 2021. The report has been prepared in accordance with Part 8 of the Charities Act 2011 and it is also the report of the directors for the purposes of the Companies Act 2006. The financial statements have been prepared in accordance with the accounting policies set out on pages 31 to 33 and comply with Accounting and Reporting by Charities Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), effective from accounting periods commencing 1 January 2015 or later.

OBJECTIVES AND ACTIVITIES

The Charlie Waller Trust was created by the Waller family in 1997 in response to the loss of their son and brother Charlie to suicide having suffered from depression. We have since become one of the UK's most respected mental health charities.

Our overarching mission is to educate young people – and those with responsibility for them, so parents and carers, teachers, college and university staff, and employers – about their mental health and wellbeing.

We aim to improve their understanding of mental health, to give them the knowledge and skills to support themselves and look out for those around them, and to give them greater confidence in talking openly about the subject. By enabling more open and better-informed conversations, we aim to further reduce the stigma that still surrounds mental health.

Our focus is on supporting all young people, throughout their journey from primary school age to the early years of their working lives, and understanding the crucial role that parents, carers and families play in this. We also recognise that some children and young people have increased vulnerability to mental health problems for reasons of social and economic disadvantage, sexuality, race or disability.

In 2021, the Trust continued its digital delivery of training, advice and resources and took opportunities for face to face engagement when restrictions permitted. All educational settings, and schools in particular, continued to face significant challenges throughout the year, in enabling an educational catch-up, in addressing the problems created by lockdown and isolation and in absences due to covid. We therefore saw a reduction in our traditional model of training delivery, whether in person or online. Our focus instead was to establish a sound basis for expanding our parent and carer support, responding to an increase in the prevalence of eating disorders by expanding our delivery of carers' skills workshops and further developing our digital offer.

The Charities Act requires the Trustees, in exercising their powers or duties, to have due regard to the public benefit guidance published by the Charity Commission.

The Trustees are mindful of this obligation and refer to the guidance when reviewing the Trust's aims and objectives and in planning future activities. In particular, they have considered how planned activities will contribute to these aims and objectives, as described in this report.

The Trustees have maintained an ethos of being hopeful, positive and purposeful in addressing the mental health of children and young people, whilst also recognizing the very significant struggles that some face and the context of the pandemic, climate change and economic concerns that can have an adverse impact.

The **objectives** of the Trust are as follows:

- Raising awareness and providing information on depression and related mental health problems.
- Equipping young people to look after their mental wellbeing.
- Helping people to recognise the signs of depression and related mental health problems in themselves and others so they know when to seek help.
- Ensuring expert and evidence-based help is available when people need it.

We do this by:

- Delivering talks, education and training to young people, teachers and those who work with them about how to stay mentally well.
- Providing training and self-help resources to universities and student-led organisations to promote resilience and mental wellbeing.
- Providing education and training to primary health care and other professionals in identifying and supporting those with depression.
- Supporting research and teaching via the Chair in evidence-based psychological treatments at the Charlie Waller Institute at the University of Reading.

Our **values** and the way we work:

- **Warm:** Positive personal connections are central to mental health; we aim to reflect that in all our relationships with beneficiaries, supporters, staff and volunteers.
- **Empowering:** We support all those we work with, and who work for us, to use their minds, hearts, energy and creativity to fulfil their potential.
- **Collaborative:** Partnership and cooperation are at the core of our work; we seek the views of those we wish to support and aim to put them at the centre of our activity.
- **Compassionate:** We recognise vulnerability in ourselves and others, especially where

there is more than one reason people may be vulnerable to mental health problems, discrimination or inequality.

- **Open:** We believe in being honest about the way we work, our aspirations and where we need to improve; openness and good communication are key to good mental health.

The following operating principles underpin all our work.

- **Positive:** We focus on prevention, early intervention and the importance of offering hope.
- **Proven:** Our consultancy, training and resources are all evidence-based and/or evidence-informed.
- **Practical:** Our content provides people with strategies and tools to care for their mental health, and to support others in doing so.
- **Purposeful:** Our work is targeted on where we can make the most impact.

Strategic enablers:

- Continuing our digital transformation and applying the benefits of adopting new technology to our charitable delivery, fundraising and operational running.
- Building the capacity needed to do our work, fostering and adding to the talents of all our staff and volunteers.
- Increasing our income by diversifying our revenue streams and methods of fundraising.
- Continuing to encourage people with lived experience of mental ill health to work with us.
- Ensuring our work reaches a diverse audience whose mental health may be impacted by their environment or life experiences.
- Recording, analysing and evaluating the impact of our work to ensure it continues to meet the needs of our different audiences.
- Cultivating new and existing partnerships with public, private and charitable sector organisations and influencing policy where that meets our objectives.
- Maximising the effectiveness of our communications, PR, marketing and dissemination.
- Ensuring the governance of the charity continues to be carried out to a very high standard.

SUMMARY OF IMPACT

Our charitable delivery in schools, colleges, universities and workplaces helps to create a culture of mental health and wellbeing using a 'whole organisation' approach. This involves a blended offer of training, talks, consultation and advice, literature and digital materials so that a school, university, employer or other organisation can address all aspects of mental health and wellbeing.

Our work is bespoke, responsive and flexible to meet need and is evidence-based and evidence-informed.

The following summary of our impact highlights what we achieved in 2021.

COMMUNICATIONS

24,606

PUBLICATIONS
SENT OUT

17,860

NEWSLETTERS
SENT OUT

99,800

USERS VISITED OUR WEBSITE

20,900

DOWNLOADS

331,500

PAGE VIEWS

7,500

VIDEO VIEWS

SCHOOLS AND FAMILIES PROGRAMME

535

PEOPLE
ATTENDED
OUR OPEN
ACCESS
TEEN BRAIN
WEBINARS

96.4%

SAID THEY
FELT MORE
EQUIPPED
TO SUPPORT
YOUNG
PEOPLE AFTER
ATTENDING
OUR
WEBINARS

WE DELIVERED

296

SESSIONS TO
18,152
ATTENDEES

21

PARENT
SUPPORT
GROUPS IN
OUR PLACE
NETWORK

25

TEEN BRAIN
SESSIONS
DELIVERED TO
1,143
ATTENDEES

99,800

USERS VISITED
OUR WEBSITE

COLLEGES AND UNIVERSITIES PROGRAMME

186
SESSIONS TO
5,002
ATTENDEES

78
COLLEGES
BEGAN
USING C-MET

10,404
VISITS TO OUR
HE AND FE
E-LEARNING
PORTALS

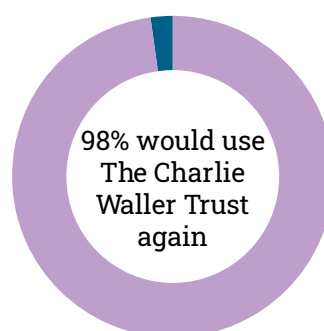
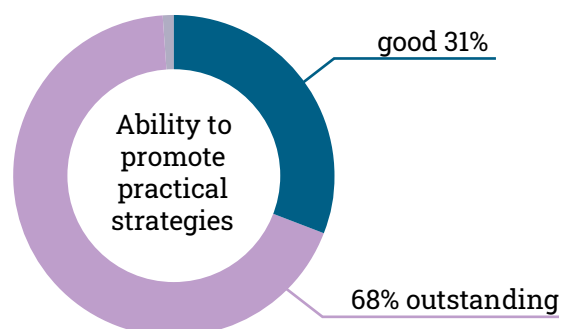
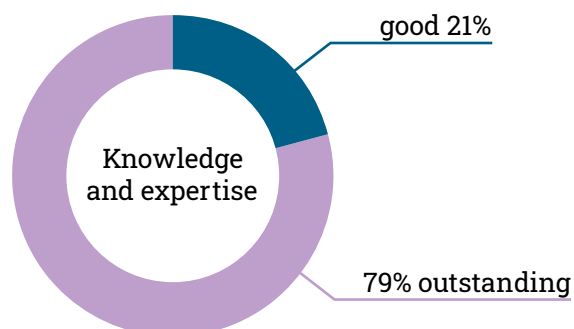
WORKPLACE PROGRAMME

86
SESSIONS
DELIVERED TO
2,032
PEOPLE

PRIMARY CARE PROGRAMME

361
GP TRAINERS,
TRAINEES,
PRACTISING
GPs AND
NURSES
TRAINED

Evaluation of our training is consistently excellent across a range of measures. A snapshot from **275** attendees we have worked with in 2021:



Very engaging speaker with a great knowledge and using terms that can be easily related to my families and pupils to understand and use.

ACHIEVEMENTS AND PERFORMANCE

Raising awareness of depression and other common mental health problems

Total items sent out in 2021:

Publications – 24,606

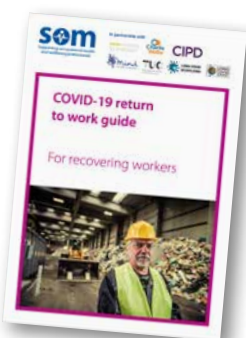
Books – 888

The Trust further developed its range of digital publications, which together with our hard copy resources represents a significant element of our charitable activity and impact.

Workplace Wellbeing, returning to work:



In response to the continuing impact of the covid pandemic we wrote and collaborated on key publications in 2021:



In response to heightened concern from staff in Further Education Colleges in the context of the disruption and isolation caused by the covid pandemic we produced 'Talking about Suicide – A Guide for College staff.'



Wellbeing Action Plan

Our Wellbeing Action Plans continued to be a very popular resource in 2021:



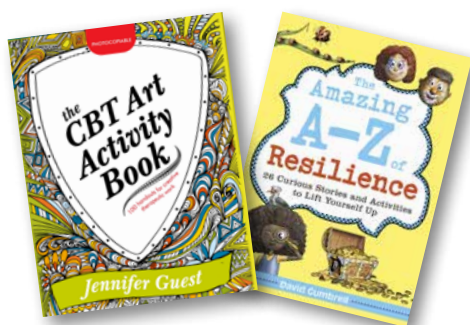
Dead easy to use. It helped me a lot. It helped me and my dad.

Gave the young person goals to work towards to start making steps to improving their wellbeing.

It's simple, personal and short. The printed format was so useful, it was so lovely to read through it with my students and then they were able to take it home.

Book club

The Charlie Waller Mental Health Book Club for schools and other youth settings received generous funding support from the Foyle Foundation. In 2021, we sent out two new books to **over 880** teachers and support staff: 'The Amazing A-Z of Resilience' for primary schools and 'The CBT Art Activity Book' for secondary schools.



I have found all your books really helpful especially working remotely with children - many thanks.

This book enables us to work with those who struggle to verbalize their worries.

Incredible for so many of our children. Many of our children experience ACEs that impact their resilience and this is so good to support them and their parents to make positive changes.

Wellbeing Challenge

Our Wellbeing Challenge in 2021 was affected by the pandemic with very few schools managing to complete it. This will be reviewed for 2022 as the educational catch-up continues.

Social media highlights

Our reach on social media increased gradually during 2021. We now have over **6,800** followers on Twitter, just under **3,700** on Facebook, **1,870** on Instagram and **1,050** on LinkedIn (our fastest growing platform).

Our most successful posts included those highlighting major fundraising efforts, such as the 'Charlie's Challenge' cycling event undertaken by friends and family of Charlie, and promoting new resources such as our series of animations to help university staff support students' mental health.

Website

Launched in 2020, the Trust's new website continues to attract a steadily increasing number of visitors, peaking at **26,450** in the fourth quarter of 2021. Our resource pages remain the most popular (after the home page) and there was a total of **20,871** downloads across the year.

Media coverage

The Trust featured in a range of broadcast coverage throughout 2021, including a feature on regional TV programme **BBC South Today** about Luke Owens' seven marathons fundraising challenge; radio interviews with trainer Gemma Fieldsend on parents and carers supporting their children's mental health (**BBC5 Live**) and with Rick Waller promoting our work ahead of the Cambridge Half Marathon (**BBC Radio Cambridgeshire**).

In print, a five-page main feature by trainer Dr. Sheila Hardy on improving the physical health of people with severe mental illness appeared in **Practice Nurse**; and there were articles about the Trust in several local and regional titles, including the **The Yorkshire Post**, **Newbury Weekly News**, **Henley Standard** and others.

Charlie Waller newsletter

Our own twice-yearly newsletter now reaches nearly **18,000** people with information about the work of the Trust and on how to look after your mental health.

In 2021 it continued to provide thought-provoking content on topics including **trauma** and its effects of the mental health of young people; the relationship between **nature and mental wellbeing**; public mental health; and the psychological effects of **loneliness**.



SCHOOLS AND FAMILIES

In 2021 the Trust took an active role in influencing within the children and young people's mental health sector via our CEO, Clare Stafford, as the Vice-chair of the Children and Young People's Mental Health Coalition. We were proactive in both training and research for the new government funded mental health support teams and were successful in becoming a provider of senior mental health lead training, in partnership with the Charlie Waller Institute.

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.

In 2021 we delivered **296** sessions to **18,152** teachers, parents and pupils and developed live open access webinars in addition to continuing our Teen brain workshops to **1,678** attendees.

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 mentioned the Charlie Waller charity and the dense library of online resources to our teams and 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.

In 2021 we continued to run and develop **The PLACE Network** for individuals and organisations who run and set up groups for parents of children with mental health issues. 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. We commissioned an independent evaluation of our parent support model, using the Rollercoaster Support group in Durham. Conducted by the University

of Northumberland and the Association of Young People's Health, the study demonstrated measurable benefits. Trustees have the ambition of establishing a national parent peer support workforce and laid the foundations for this by co-producing with PLACE Network parents and carers a competency framework and training curriculum.

In response to the increased mental health need, especially among more vulnerable groups and in respect of eating disorders, we delivered more sessions for parents on the Teen Brain and delivered significantly more New Maudsley Carers Skills workshops.

I have been thinking a lot lately about the training you gave to my husband and me and I will always be eternally grateful to you. It's only in the last few months that I can feel calm talking about Anorexia and so I feel more able to put your guidance into action more often. I have realised that fear was a major factor... and caused me to be controlled by the illness as well as (my daughter). Gradually my fear is melting away and so I am no longer blinded by it..... in rescue mode and always on high alert. Anorexia is a cruel illness, but it can be beaten and there is life after it. (My daughter) has gone from strength to strength...she feels so passionate about helping other sufferers to see the light and move away from the illness and it's like she's carving a pathway in life for herself during her recovery. I believe that your training for us has helped her enormously too, so much so that she believes support from family and friends is crucially important and possibly the most effective in helping the sufferer move forward. If there is anything I can do to give something back or help someone to feel hope, please let me know.

SCHOOLS AND FAMILIES

Partnership highlights:

Our partnership with **Boys in Mind/Girls Mind Too** in Bath and North East Somerset continued in 2021. This youth-led team continued to work with schools and produce film and video resources to tackle stigma and raise awareness of mental health.

Highlights in 2021:

- Youth advisor team expanded to **14**, including a diverse range of age, gender, ethnicity, sexuality and upbringing.
- **50** Ofsted Inspectors attended a BiM training session on mental health
- **50** films available on the BiM website
- **33,300** users of the BiM website
- **42%** increase in Facebook followers
- **44%** increase in Twitter followers (6,890)

Colleagues at the **Centre for Mental Health** collaborated with us to form a partnership to develop our parent peer support proposals.

We continued as a partner in the i-CATS academic study, **University of Oxford**.

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.

i-CATS Team, Principle Investigator, Professor Cathy Cresswell

We partnered with the University of Sussex and the Kent Surrey and Sussex Academic Health Science Network to research the impact of new Mental Health Support Teams. CWT led the pupil element through small group activities, which showed that trusting relationships with school staff was a key element for them – both as a barrier and enabler to seeking help.

COLLEGES AND UNIVERSITIES

The Charlie Waller whole college/university approach to Mental and wellbeing continued in 2021 although the Trust found that the demands and strain placed on students, staff and institutions as a result of the pandemic made it far more difficult to engage in anything outside of core and urgent business.

In addition to our whole college/university partnership work we delivered talks and training sessions at universities (excluding those with which we have partnerships), in 2021, reaching **5,002** participants.

Excellent opportunity to hear how others have adapted to our new ways of working. Some inspiring ideas.

Good information, concisely delivered. Really useful resource for learning and teaching.

Our blended offer of training, advice and resources includes '**Keeping Mental Health in Mind**', e-learning package for non-specialist staff in universities and colleges which reached over 10,000 individual users in 2021. Our **Students Against Depression** (SAD) website had **77,082** users in 2021 and received around **157,910** page views.

Partnership highlights:

We wrote a guide for post graduate students in science, technology, engineering and maths in partnership with **Jonathan's Voice**.



We continue to collaborate with the **Association of Colleges** in reaching the FE sector and produced a new digital self-evaluation toolkit 'C-MET' to help Colleges measure and track progress in their whole college approach to mental health.

We continued to partner with **Nightline** to deliver 'Suicide calls' training to enable student volunteers to respond effectively and safely to students in suicidal distress and in 2021 were able to support Nightline in adopting a consistent operational policy across all their university sites.

Nightlines run in **31 universities** covering a student population of **1.4 million**.

We partnered with the **Charlie Watkins Foundation** to produce a series of guides for young people going through the transition from school to university.



We also partnered with **BACP** the professional body for over 50,000 registered therapists to provide specialist training for counsellors based in colleges and universities.

WORKPLACE

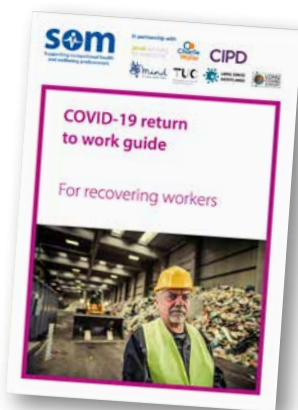
In 2021 Trustees were pleased to launch a new Charlie Waller Workplace Mental Health programme and this is now positioned as income generating.

The Charlie Waller framework for mental health and wellbeing at work has been created to empower businesses to build, and maintain, good mental health in the workplace. Our expert team offers practical, evidence-based consultancy, training and support, tailored to an organisation's needs.

... 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.

2021 was the second year of disruption to business, the economy and workplaces caused by the Covid pandemic.

This meant that although mental health at work became more prominent, the capacity to engage with meaningful whole-organisation strategies to address this was under strain. In partnership with sector colleagues we produced a COVID-19 return to work guide.



In 2021, we delivered **86** sessions to **2,032** people in the workplace. We also organised a successful conference to launch our new workplace offer.



Best conference I have been to in several years.

A well formatted event with engaging speakers.

Partnership highlights:

We have offered mental health training and advice to **One Million Mentors**, a community-based mentoring service that aims to improve the career chances of young people.

Thanks for this useful training. I am already implementing what I learnt from the workshop in my personal and professional life as well as in my interaction with my mentee. I am most grateful for the opportunity to learn, share and implement.

We are a member of the **Council for Work and Health** and are active in their mental health group.



PRIMARY CARE

Trustees took a strategic decision in 2021 to not expand and develop our work in primary care, to narrow the range of charitable activities we deliver and ensure greater focus and impact in those areas. We maintained a very small team who continued to deliver high quality training and digital education.

361 GP trainers, trainees, practising GPs and nurses received Charlie Waller training in 2021.

Practice nurse e-learning

6,457 total users over all the modules

Modules:

- Managing alcohol and drug misuse in primary care
- Medication for mental health problems in primary care (part one and two)
- Your patient's journey
- Specific mental health conditions
- Care planning

My confidence on the approach to alcohol dependence is much improved since doing this module. I am also now more aware of the various support resources available to patients.

Really helpful and will enable me to continue training and supporting nurses.

CHARLIE WALLER INSTITUTE, UNIVERSITY OF READING

In 2021 Trustees continued their support to the Chair in evidence-based psychological treatments at the University of Reading. Dr Stella Chan has furthered her research into soothing images, an evidence-based library of images that can boost mood and wellbeing and established the Reading Resilience Network, to promote and share research activities that can build resilience amongst children and young people.

Both the Chair and the Trust work closely with the Charlie Waller Institute (CWI) which trains new clinicians into the workforce, educates existing clinicians in the latest evidence-based treatments and provides education for undergraduates and postgraduates.



Professor Stella Chan
Chair in Evidence-based
Psychological Treatments

FUNDRAISING PERFORMANCE AND APPROACH

The Trust relies on and benefits from the generosity of individual supporters, grant-making bodies, corporate partners and other organisations to continue and expand delivery of charitable activity for our beneficiaries. Thanks to this generosity, and the creative response of the team to the pandemic, the Trustees are pleased to report in 2021 income exceeded **£1.4 million**. During the second year of the pandemic, and at a time when competition for charitable funding is high, this is an indication of the robustness of our fundraising efforts and that funders believe in both our core purpose and that we deliver our objectives to a high standard. We believe that the year ahead will be challenging due to increased competition for funds and the cost of living crisis, and a key focus will be on ensuring the long-term stability of our income and diversifying our income streams. The Trustees are committed to increasing our income to expand our reach and impact further.

This year all income areas performed beyond budget, with particularly strong results from corporate partnerships and the individual and community fundraising support. Our partnerships with **Michelmores** and **Kepler Cheuvreux** contributed substantially, and we benefited from a number of challenge events raising significant income. Our fundraising events were once again impacted by the restrictions of the pandemic, however we started to see a return of some of our annual events towards the end of the year, resulting in an improved performance when compared with 2020. Despite exceeding budget, both the donations and gifts and grant income from trusts and foundations, were down on 2020.

The charity observes and complies with the relevant fundraising regulations and codes and is working towards registration with the Fundraising regulator. During the year there was compliance with these regulations and codes and the Trust received no complaints relating to its fundraising. Our fundraising ethos and practice is one that specifically avoids any activity or behaviour that might be an unreasonable intrusion on a person's privacy, is unreasonably persistent, or places undue pressure on a person to give money or other property. The Trust does not engage in large scale public fundraising and does not use professional fundraisers. We value our funders and supporters highly and ensure our fundraising team and those who raise funds for us are trained and fully aware of our approach and therefore the charity has taken steps to protect the interest of anyone who may be vulnerable to unreasonable behaviour in relation to fundraising.

Commercial Participation activity in 2021

- **State of Play** – State of Play will pay to CWT **£0.50** from the sale of CWT support identified items on its food and drinks menu

VOLUNTEERS

In 2021 we were pleased to be well supported by volunteers, and benefitted from the hard work of 51 volunteers who assisted with fundraising events and activities, sending out mental health resources, office tasks, copywriting, communications and PR.

OTHER GRANTS AND CHARITABLE ACTIVITIES IN 2021

The Charlie Waller Trust is not a grant-making charity, however we occasionally make grants for specific projects or activities that fit with our own charitable objectives.

In 2021 we made a small grant to [Nightline](#) to train their student volunteers to respond to callers in suicidal distress.

Trustees were pleased to award another Caroline Gilbey Scholarship in 2021 with a grant of **£13,200** to support a scholarship for the high intensity clinical training at the Charlie Waller Institute.

I cannot express how grateful I am for this opportunity – I hope to become successful in this journey and will use the opportunity to work even harder.



Other activities of the Trust included being a partner for academic studies including [the Emerging Minds network and iCATS](#) (implementing child anxiety treatments in primary schools) at the University of Oxford and a Masters student placement with [King's College London](#).

PLANS FOR THE FUTURE

Children and young people's mental health is shaped by many social, economic, environmental and biological factors. In 2021 we faced the unprecedented challenges of a global pandemic against the backdrop of the climate crisis.

Trustees therefore believe that building resilience and the psychological capacity to respond to this is crucial for future mental health and wellbeing.

Our plans for 2022 - 2024 focus on key areas where we can achieve the most impact. We believe that this is best achieved by partnerships with fellow charities, government bodies and other organisations. Our plans include:

- **Parent Peer Support** – co-producing with parents a competency framework, curriculum and training course to equip parents to become parent peer support workers in the child and adolescent workforce.
- **Increasing our reach and impact** in schools, colleges and universities by delivering a series of open access webinars as part of our training offer.
- **A University mental health toolkit** – as an evidence-based guide for universities in implementing a whole organization approach to mental health and wellbeing.
- **Diversity and inclusion** – Continuing to review our training and resources to ensure they reach a diverse audience and especially those who may have increased vulnerability to mental health problems for reasons of social and economic disadvantage, sexuality, race or disability.
- **Charlie Waller Workplace Mental Health** – growing our offer to businesses with a policy and research focus on young people in the workforce.
- **'Talking about Suicide' A guide for university staff** – launching and disseminating this new publication.
- **Chair in Evidence-based psychological treatments** and Charlie Waller Institute at the University of Reading, continuing our support to train clinicians, deliver education and carry out research.

FINANCIAL REVIEW

Statement of financial activities

The Trust continued to receive strong and generous support throughout the year. Total Income and Endowments increased by 4.68% to £1,413,842 (2020: £1,350,674). Total Expenditure was £1,617,553 (2020: £1,241,839), an increase of 0.25% from the previous year.

Net expenditure for the year was £203,711 (2020: income £108,835) whilst net gains on investment assets were £79,793 (2020: gains £19,115). This resulted in an adverse net movement in funds of £123,918 (2020: favourable £127,950).

At the year-end the Trust held unrestricted funds of £2,155,612 (2020: £2,246,197) and restricted funds of £33,334 (2020: £66,667).

Details of income are given in notes 2, 3 and 4 to the financial statements. The expenditure on raising funds and on the charitable activities performed in furtherance of the Trust's charitable objectives is set out in notes 5 and 6.

Reserves policy

The level of reserves is reviewed by the Trustees on a regular basis. The factors taken into account are the Trust's existing financial commitments and activities, future plans and the uncertain nature of its income. The importance of maintaining adequate reserves is demonstrated by the impact of the Covid-19 pandemic on fundraising.

The Trust has always been dependent on the generosity of those who donate to it or raise funds for it. This support is entirely voluntary and in no circumstances can it be taken for granted.

Income has grown quite significantly over recent years during which there have been two exceptionally successful instances of people raising funds for us. Trends are monitored closely and to an extent the business model is flexible enough to enable expenditure to be reduced in response to a downturn in income. However, against this background and the ever increasing need for the Trust's services, the Trustees believe it is important to be able to maintain the current level of charitable expenditure for at least two years, during which time it would become clear whether any reduction in income was temporary or not. They do not believe that short term fluctuations in activity are in the best interests of the charity, its reputation or its potential beneficiaries.

It is considered unlikely that all income would cease without warning so financial models have been run to assess the effect of various conceivable levels of income reduction and/or losses in the value of the investment portfolio.

These indicate that the current level of free reserves is broadly appropriate and commensurate with continued operation for two years in the event of a significant but not total loss of income.

Funds are held in cash deposits and listed investments with the capacity to grow in value over the long term.

In addition to designating £250,000 in respect of a further five-year commitment to the Charlie Waller Institute in 2022, the Trustees have designated £598,569 in respect of unfunded projects in the business plan and budget for 2022, which provides for increased charitable expenditure of approximately £1.6 million. Further details of the designations are given in note 15.

The Trustees acknowledge and recognise the continuing impact of the Covid-19 pandemic on the operations of the charity, its beneficiaries, partners and stakeholders and on wider society, particularly in the field of mental health.

Although 2021 saw income remain at the level of 2020, the charity remains vulnerable to Covid-19, however, its financial solvency is not threatened as a result of its prudent reserves policy, which will enable it to maintain its charitable expenditure in the medium term in the event of a significant drop in income.

Investment policy and performance

JM Finn & Co. manage the Trust's investment portfolio in accordance with the investment policy agreed by the Trustees. The policy is to seek a combined return from income and capital growth, adopting a medium risk profile with no specific minimum of low risk investments. The policy is reviewed annually by the Trustees and adjusted, where necessary, to ensure that it remains appropriate to the Trust's objectives, tolerances for the acceptance of risk and market conditions.

The total value of the Trust's portfolio as at 31 December 2021 was £1,059,973; 35% in UK equities and funds and 65% in overseas bonds, equities and alternatives.

Investment gains for the year were £79,793 and income withdrawals totalled £20,355. The total return for the year was +9.77% (benchmark: +12.54%).

Details of the current value of the portfolio are given in note 10.

Risk Management

The Trustees have a duty to identify and review the risks to which the Trust is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The Trust maintains a risk register which is reviewed by the Board annually as part of its Risk Management Policy.

The Trustees have identified the following key risks:

- insufficient income to deliver the Trust's charitable objectives, particularly in the light of the coronavirus pandemic and its economic impact which has reduced available charitable funding
- Failure to deliver projects and charitable activities
- loss of key personnel, impacting on its ability to fulfil its charitable objectives and activities

To mitigate these risks the Trust:

- is developing a fundraising strategy and plan to increase and diversify its sources of income in 2022 and beyond
- has extended capacity in the central office team
- has improved digital systems and monitoring of progress against key objectives

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution

The Trust is a company, limited by guarantee, as defined by the Companies Act 2006. It was registered as a company on 10 May 2005.

It is the successor to The Charlie Waller Memorial Trust (registered Charity number 1065936, which was established by a Trust deed dated 20 October 1997. On 11 September 2005 all the activities, assets and liabilities of the unincorporated Charity were transferred by Deed to this incorporated Charity. The former unincorporated Charity then ceased activities and was removed from the Register of Charities.

On 25 February 2021 The Charlie Waller Memorial Trust changed its name to The Charlie Waller Trust.

The Charity's objects are:

- To protect and preserve public health and in particular (but without prejudice to the generality of the foregoing):
 - To educate the public (particularly young people) on the importance of maintaining and improving their mental health; and
 - To ensure that sufferers of depression, anxiety and any other form of mental ill-health receive treatment for their illness
- To educate the public in relation to depression, anxiety and any other form of mental ill-health to lessen the stigma associated with them; and
- Such other charitable purposes as the trustees shall in their absolute discretion think fit.

Method of appointment or election of Trustees

Trustees are appointed by the members of the company or by the Trustees, in accordance with the Articles of Association.

Policies adopted for the induction and training of Trustees

New Trustees are provided with key governing documents such as the Articles of Association as well as the Trustees' Report and Financial Statements, Trust policies and an overview of our charitable activities and impact. They are also provided with relevant guidance from the Charity Commission on their role and responsibilities as a Trustee.

Organisational structure and decision making

The business of The Charlie Waller Trust is managed by the Trustees. Trustees' meetings are held as often as is necessary to run the Trust properly. Normally at least four full meetings are held each year.

In addition the Trustees are supported by the Patrons of the Trust.

The Trust also has Board Advisers consisting of people with specific experience and or national profile in their field who are willing and able to provide occasional advice and guidance to the Board of Trustees.

Key management personnel

The Trustees, together with the staff listed below, comprise the key management of the Trust in charge of directing and controlling, running and operating the Trust on a day to day basis. None of the Trustees are remunerated for their services to the Trust. The remuneration of the CEO is determined with reference to performance and appraisal by the Chair and Treasurer in consultation with the Board of Trustees.

Clare Stafford is the Chief Executive Officer of the Trust and is responsible to the Trustees for overall executive management including the charitable projects of the Trust.

Our Head of Fundraising, Nick Appleby, leads all the Trust's fundraising activities with support from office staff and individuals and committees who volunteer for the Trust.

TRUSTEES' RESPONSIBILITIES STATEMENT

The Trustees (who are also the directors of The Charlie Waller Trust for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each year. Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable to the United Kingdom and Republic of Ireland (FRS 102);

- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable United Kingdom Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

DISCLOSURE OF INFORMATION TO AUDITORS

Each of the persons who are Trustees at the time when this Trustees' report is approved has confirmed that:

- so far as that Trustee is aware, there is no relevant information of which the charitable company's auditors are unaware, and that the Trustee has taken all steps that ought to have been taken as a Trustee in order to be aware of any information needed by the charitable company's auditors in connection with preparing their report and to establish that the company's auditors are aware of that information.

Auditors

The auditors, Villars Hayward LLP, have indicated their willingness to continue in office. A resolution reappointing them as auditors will be put to the Annual General Meeting.

This report was approved by the Trustees on 24 May 2022 and signed on their behalf by:



.....
Richard Waller QC, Chairman
Trustee

INDEPENDENT AUDITOR'S REPORT TO THE TRUSTEES OF THE CHARLIE WALLER TRUST

Opinion

We have audited the financial statements of The Charlie Waller Trust (the charitable company) for the year ended 31 December 2021 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 December 2021 and of its incoming resources and application of resources for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees' with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the annual report, but does not include the financial statements and our Report of the Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives

rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the annual report.

We have nothing to report in respect of the following matters where the Charities Act 2011 requires us to report to you if, in our opinion:

- The information given in the Report of the Trustees is inconsistent in any material respect with the financial statements; or
- The charitable company has not kept adequate accounting records; or
- The financial statements are not in agreement with the accounting records and returns; or
- We have not received all the information and explanations we require for our audit

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities set out on page 5, the trustees (who are also the directors of the charity for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

- Enquiry of management and those charged with governance around actual and potential litigation and claims;
- Enquiry of charitable company staff in finance and compliance functions to identify any instances of non-compliance with laws and regulations;
- Performing audit work to assess the risk of management override of controls, including testing of journal entries and other adjustments for appropriateness, evaluating the business rationale of significant transactions outside the normal course of business and reviewing accounting estimates for bias.
- Reviewing minutes of meetings of those charged with governance;
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations;
- Reviewing areas of the financial statements which may indicate greater risk, testing to supporting documentation as necessary.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation.

This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Auditors.

Use of our report

This report is made solely to the charitable company's trustees, as a body, in accordance with Section 144 of the Charities Act 2011 and the regulations made under Section 154 of that Act. Our audit work has been undertaken so that we might state to the charitable company's trustees those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's members as a body, for our audit work, for this report, or for the opinions we have formed.

Nicholas Smith ACA, CTA (Senior statutory auditor)
for and on behalf of
Villars Hayward LLP
Chartered Accountants
Statutory Auditors
Chartered Tax Advisers
Boston House
Henley-on-Thames
RG9 1DY

Nicholas Smith ACA, CTA

Date: 27 May 2022

The Charlie Waller Trust (A company limited by guarantee)
Trustees' Report and Financial Statements for the year ended 31 December 2021

Statement of Financial Activities
for the Year Ended 31 December 2021

.....12 mths to end December 2021.....					12 mths to December 2020
		Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	Notes	£	£	£	£
Income and endowments from:					
Donations and legacies	2	1,082,170	15,000	1,097,170	1,067,673
Charitable activities	3	33,624	21,831	55,455	39,565
Other trading activities		240,862	-	240,862	225,299
Investments	4	20,355	-	20,355	18,137
Other incoming resources		-	-	-	-
TOTAL INCOME		1,377,011	36,831	1,413,842	1,350,674
Expenditure on:					
Raising funds	5	299,105	-	299,105	205,592
Charitable activities	6	1,247,529	70,919	1,318,448	1,036,247
TOTAL EXPENDITURE		1,546,634	70,919	1,617,553	1,241,839
NET INCOME / (EXPENDITURE) BEFORE INVESTMENT GAINS / (LOSSES)					
		(169,623)	(34,088)	(203,711)	108,835
Gains / (Losses) on investment assets	10	79,793	-	79,793	19,115
NET INCOME / (EXPENDITURE)	7	(89,830)	(34,088)	(123,918)	127,950
TRANSFERS BETWEEN FUNDS					
		(755)	755	-	-
OTHER RECOGNISED GAINS / (LOSSES)					
		-	-	-	-
		(90,585)	(33,333)	(123,918)	127,950
RECONCILIATION OF FUNDS					
Total funds brought forward		2,246,197	66,667	2,312,864	2,184,914
Total funds carried forward		2,155,612	33,334	2,188,946	2,312,864

The notes on pages 31 to 38 form part of these financial activities

The Charlie Waller Trust (A company limited by guarantee)
Trustees' Report and Financial Statements for the year ended 31 December 2021

Balance Sheet
at 31 December 2021

	Notes	31 Dec 2021 £	31 Dec 2020 £
Fixed Assets:			
Tangible assets	9	27,662	22,941
Investments	10	1,059,973	985,685
Total Fixed Assets		1,087,635	1,008,626
Current Assets:			
Debtors	11	134,193	103,129
Cash at bank and in hand		1,198,251	1,370,585
Total Current Assets		1,332,444	1,473,714
Liabilities:			
Creditors: amounts falling due within one year	12	(231,133)	(119,476)
Net Current Assets		1,101,311	1,354,238
Total Assets less Current Liabilities		2,188,946	2,362,864
Liabilities:			
Creditors: amounts falling due in more than one year	13	-	(50,000)
Total Net Assets		2,188,946	2,312,864
The Funds of the Charity			
Restricted funds	15		
The Band Trust		33,334	66,667
		33,334	66,667
Unrestricted funds	15	2,155,612	2,246,197
Total Charity Funds		2,188,946	2,312,864

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the ended 31 December 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2021 in accordance with section 476 of the Companies Act 2006.

The directors (trustees) acknowledge their responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its gain or loss for each financial year in accordance with the requirements of Section 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The financial statements have been prepared in accordance with the provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the Board of Trustees on 24 May 2022 and were signed on its behalf by:



Richard Waller QC, Chairman

The notes on pages 31 to 38 form part of these financial activities

Statement of Cash Flows
for the Year Ended 31 December 2021

	Notes	2021 £	2020 £
Net cash provided/(used) by operating activities	14	(186,852)	83,952
 Cash flows from investing activities:			
Plus dividends, interest and rents from investments		20,355	18,137
Less purchase of fixtures and fittings		(11,341)	(7,347)
 Plus proceeds from the sale of investments		357,638	556,323
Less purchase of investments		(352,134)	(303,236)
 Net cash provided by investing activities		14,518	263,877
 Change in cash and cash equivalents in the reporting period		(172,334)	347,829
Cash and cash equivalents at the beginning of the reporting period		1,370,585	1,022,756
 Cash and cash equivalents at the end of the reporting period		1,198,251	1,370,585

The notes on pages 31 to 38 form part of these financial activities

**Notes to the Financial Statements
for the Year Ended 31 December 2021**

1. Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are laid out below.

Basis of preparation

These financial statements have been prepared for the year to 31 December 2021.

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant accounting policies below or the notes to these financial statements.

The financial statements have been prepared in accordance with Accounting and Reporting by Charities Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (Charities SORP FRS 102) issued on 16 July 2014, Update Bulletin 1 issued on 2 February 2016, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Companies Act 2006. The charity constitutes a public benefit entity as defined by FRS 102.

The financial statements are presented in sterling and are rounded to the nearest pound.

Critical accounting estimates and areas of judgement

No significant accounting estimates or judgements were required or made by the Trustees in the presentation of the financial statements.

The full impact of the recent global coronavirus pandemic is still unknown. It is therefore not currently possible to evaluate all the potential implications for the Trust's activities, beneficiaries, funders, suppliers and the wider economy. In particular the value of the listed investments (see note 10) is subject to a greater degree of uncertainty and volatility after the balance sheet date.

As set out in these accounting policies under 'Assessment of going concern', the Trustees have considered the impact of the pandemic on the Trust and have concluded that although there may be some negative consequences, it remains appropriate for the Trust to continue to prepare its accounts on the going concern basis.

Assessment of going concern

The Trustees have assessed whether the use of the going concern assumption is appropriate in preparing these financial statements. The Trustees have made the assessment in respect to a period of one year from the date of approval of these financial statements.

The Trustees of the charity have concluded that there are no uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The Trustees are of the opinion that the charity will have sufficient resources to meet its liabilities as they fall due.

Income recognition

Income is recognised in the period in which the charity has entitlement to the income, the amount of income can be measured reliably and it is probable that the income will be received.

Income from investments comprises income earned on the charity's listed investments and interest on cash deposits. Dividends are recognised once the dividend has been declared and the amount has been received. Interest on funds held on deposit is included when received and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, and any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Donations and event income are recognised in the period in which the charity has entitlement to the income, the amount of income can be measured reliably and it is probable that the income will be received.

Income tax recoverable in relation to donations received under Gift Aid is recognised at the time of the donation.

Expenditure recognition

All expenditure is accounted for on an accruals basis and has been included under expense categories that aggregate all costs for allocation to activities. Where costs cannot be directly attributed to particular activities they have been allocated on a basis consistent with the use of the resources.

Support costs are allocated to activity costs on the basis of a reasonable estimate of the time spent supporting the activities.

All resources expended are inclusive of irrecoverable VAT.

Fund accounting

Unrestricted funds represent general funds available for use at the discretion of the Trustees in furtherance of the general objectives of the Trust. Restricted funds can only be used for particular restricted purposes within the objectives of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Investments

Listed investments are a form of basic financial instrument and are initially recognised at their transactional value and subsequently measured at their fair value as at the balance sheet date using the closing quoted market price.

The charity does not acquire put options, derivatives or other complex financial instruments.

Realised gains (or losses) on investment assets are calculated as the difference between disposal proceeds and their opening carrying value or their purchase value if acquired subsequent to the first day of the financial year. Unrealised gains and losses are calculated as the difference between the fair value at the year end and their carrying value at that date. Realised and unrealised investment gains (or losses) are combined in the statement of financial activities and are credited (or debited) in the year in which they arise.

Debtors

Debtors are recognised at their settlement amount, less any provision for non-recoverability. Prepayments are valued at the amount prepaid. They have been discounted at the present value of the future cash receipt where such discounting is material.

Cash at bank and in hand

Cash at bank and in hand represents such amounts and instruments that are available on demand or have a maturity of less than three months from the date of acquisition. Deposits for more than three months but less than a one year have been disclosed as short term deposits. Cash placed on deposit for more than one year is disclosed as a fixed asset investment.

Creditors and provisions

Creditors and provisions are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Creditors and provisions are recognised at the amount the charity anticipates it will pay to settle the debt. They have been discounted to the present value of the future cash payment where such discounting is material.

Operating leases

Payments in respect of operating leases are charged to the SOFA on a straight line basis over the term of the lease.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fixed Assets

Fixed assets (excluding investments) are stated at cost less accumulated depreciation. Depreciation is provided at the rate of 25% on written down value.

	 2021			2020
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
2. INCOME AND ENDOWMENTS FROM:	£	£	£	£
Donations and legacies				
Individual & Community Fundraising	264,238	-	264,238	93,928
Individual Giving	176,079	-	176,079	244,202
Donations received from other trusts and foundations	308,539	15,000	323,539	512,514
Donations received from training activities	115,438	-	115,438	103,759
Corporate Giving	146,972	-	146,972	62,666
Tax recoverable (Gift Aid)	69,149	-	69,149	49,647
Donations received for resources	1,755	-	1,755	957
	<u>1,082,170</u>	<u>15,000</u>	<u>1,097,170</u>	<u>1,067,673</u>
3. INCOME AND ENDOWMENTS FROM:				
Charitable activities				
Other Contracts	-	21,831	21,831	39,565
Workplace training	33,624	-	33,624	-
	<u>33,624</u>	<u>21,831</u>	<u>55,455</u>	<u>39,565</u>
4. INCOME AND ENDOWMENTS FROM:				
Investments				
Listed investments	20,213	-	20,213	17,210
Cash investments	142	-	142	927
	<u>20,355</u>	<u>-</u>	<u>20,355</u>	<u>18,137</u>
5. EXPENDITURE ON RAISING FUNDS				
Direct costs of fundraising	188,952	-	188,952	115,575
Support and office expenses	110,153	-	110,153	90,017
	<u>299,105</u>	<u>-</u>	<u>299,105</u>	<u>205,592</u>

	 2021			2020
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
6. EXPENDITURE ON CHARITABLE ACTIVITIES	£	£	£	£
Schools & Families Programme	343,430	37,586	381,016	299,538
Colleges & Universities Programme	192,815	33,333	226,148	147,702
Workplace Programme	190,390	-	190,390	125,466
Primary Care Mental Health Education Programme	32,859	-	32,859	28,895
Resources & Materials	159,179	-	159,179	117,994
Support and governance costs (see note below)	287,616	-	287,616	258,039
Grants paid to Institutions (see note below)	20,080	-	20,080	17,400
Other Contracts	21,160	-	21,160	41,213
	<u>1,247,529</u>	<u>70,919</u>	<u>1,318,448</u>	<u>1,036,247</u>
Support and governance costs				
Programme direction	63,510	-	63,510	60,302
Support costs	205,381	-	205,381	191,948
Audit and other professional fees	18,698	-	18,698	5,744
Trustees expenses	27	-	27	45
	<u>287,616</u>	<u>-</u>	<u>287,616</u>	<u>258,039</u>
Grants paid to Institutions				
Ted Fort Practice Nurse Bursaries	-	-	-	3,000
Nightline - Suicide Calls Project	5,000	-	5,000	5,000
CWI - C.Gilbey scholarship - Postgrad Dip	15,080	-	15,080	9,400
	<u>20,080</u>	<u>-</u>	<u>20,080</u>	<u>17,400</u>

7. NET INCOME / (EXPENDITURE)

This is stated after charging:

Depreciation of tangible fixed assets:

- owned by the company

Auditor's remuneration

Auditor's other fees

2021	2020
£	£
6,621	1,843
8,100	4,754
690	990

8. STAFF NUMBERS

The average monthly number of employees during the year was as follows;

	No.	No.
Charitable activities	6	5
Administrative	3	3
Fundraising	4	3
	13	11

STAFF COSTS AND THE REMUNERATION OF KEY MANAGEMENT PERSONNEL

	£	£
Staff - Salaries, wages and pension contributions	279,804	207,020
CEO - Salaries, wages and pension contributions	71,243	68,842
Staff - Employers National Insurance costs	23,966	11,711
CEO - Employers National Insurance costs	8,145	6,535

9. TANGIBLE FIXED ASSETS

	Fixtures and fittings £
Cost	
At 1 January 2021	42,297
Additions	11,341
At 31 December 2021	53,638
Depreciation	
At 1 January 2021	19,355
Charge for the year	6,621
At 31 December 2021	25,976
Net book value	
At 31 December 2021	27,662
At 31 December 2020	22,941

10. FIXED ASSET INVESTMENTS

	2021 £	2020 £
Market value of listed investments portfolio at 1 January 2021	985,685	1,219,657
Movement on cash held investment portfolio;		
Additions at cost	352,134	303,236
Sales proceeds	(357,639)	(556,323)
Net gain/(loss) on revaluation	64,464	22,451
Profit/(loss) on sale	15,329	(3,336)
Market value of listed investments portfolio at 31 December 2021	<u>1,059,973</u>	<u>985,685</u>
Analysed as follows:		
Fixed Interest - Overseas bonds	166,860	246,694
Equities & funds - UK	370,675	342,825
Equities & funds - Europe	67,138	56,027
Equities & funds - Asia ex. Japan	-	54,004
Equities & funds - Overseas	37,870	215,923
Equities & funds - Global themed	229,537	-
Equities & funds - Emerging markets	28,735	-
Alternatives	159,158	70,212
	<u>1,059,973</u>	<u>985,685</u>
Historical cost	<u>683,582</u>	<u>673,758</u>
Investments that represent over 5% of the total portfolio were as follows:		
Allianz Global Investors GMBH Strategic Bond	-	99,412
Allianz Technology Trust PLC ORD GBP 0.25	93,413	96,674
AstraZeneca ORD USD 0.25	65,085	54,930
CG Portfolio Fund PLC Real Return A INC	166,860	147,283
HALMA ORD GBP 0.10	80,000	61,225
Impax Environmental Markets ORD SHS GBP 0.10	82,050	63,375
Link Fund Solutions Ltd Trojan X Acc	-	70,212
London Stock Exchange Group ORD GBP 0.6918604	-	61,705
Nestle SA CHF 0.10 (REGD)	67,138	56,027
Pacific Assets Trust ORD GBP 0.125	-	54,004
Rio Tinto PLC ORD GBP 0.10	62,373	69,743
Worldwide Healthcare Trust ORD GBP 0.25	54,075	55,875
Diploma PLC ORD GBP 0.05	72,541	-
Link Fund Solutions Ltd Ruffer Total Return Inc	80,300	-
Troy Trojan Fund X Acc	78,858	-
	<u>902,693</u>	<u>890,465</u>
Investments at market value comprise:		
Listed investments	<u>1,059,973</u>	<u>985,685</u>

At the date of signing of the Trustees' annual report on 24 May 2022, the market value of the listed investment portfolio was £926,846.

	2021	2020
	£	£
11. DEBTORS		
Other debtors	106,272	78,547
Tax recoverable	20,496	19,446
Fundraising event funds still to be received	7,425	5,136
	<u>134,193</u>	<u>103,129</u>
12. CREDITORS		
Amounts falling due within one year		
Other creditors, accruals and deferred income	136,074	119,476
Funding committed not yet paid	95,058	-
	<u>231,132</u>	<u>119,476</u>
Deferred Income		
Deferred income at 1 January 2021	12,671	20,605
Incoming resources deferred during the year	8,129	11,471
Amounts released from previous years	(6,751)	(19,405)
Deferred income at 31 December 2021	<u>14,049</u>	<u>12,671</u>
13. CREDITORS		
Amounts falling due after more than one year		
Funding committed not yet paid	<u>-</u>	<u>50,000</u>
14. Reconciliation of net income to net cash flow from operating activities		
Net income/(expenditure) for the reporting period (as per the SOFA)	(123,918)	127,950
Add back depreciation charges	6,621	1,843
Deduct interest income shown in investing activities	(20,355)	(18,137)
Deduct gains/add back losses on investments	(79,793)	(19,115)
Decrease/(Increase) in debtors	(31,064)	31,337
Increase/(Decrease) in creditors	61,657	(39,926)
Net cash provided by/(used in) operating activities	<u>(186,852)</u>	<u>83,952</u>

15. THE FUNDS OF THE CHARITY	Brought Forward	Income	Expenditure	Gains/ (Losses)	Transfers	Carried Forward
	£	£	£	£	£	£
Unrestricted funds						
Designations						
Charlie Waller Institute Chair fund (2023 - 2028)	250,000	-	-	-	-	250,000
CWI C.Gilbey scholarship Postgrad Dip	9,400	-	(9,400)	-	-	-
Nightline, Suicide Calls Project Grant 2020-2021	5,000	-	(5,000)	-	-	-
Implementation of Digital Strategy Implementation	62,055	-	(62,055)	-	-	-
Boys in Mind / Girls Mind Too Project	70,000	21,281	(54,755)	-	5,520	42,046
Parent/Carer Peer Support	68,580	-	(63,616)	-	136,191	141,155
Teen Brain workshop	8,360	-	(5,550)	-	(2,810)	-
Newham Community College Project	40,000	-	(15,807)	-	-	24,193
Increase academic partnerships	25,000	-	-	-	(25,000)	-
Digital mental health assessment/evaluation toolkit	23,000	-	(23,000)	-	-	-
eLearning development inc. additional moduals & continuous development	23,000	-	-	-	-	23,000
Student participation videos	-	-	-	-	13,000	13,000
Schools book club	-	-	-	-	15,000	15,000
Ted Fort Bursary	-	-	-	-	3,000	3,000
Website, CRM & elearning development	-	-	-	-	15,000	15,000
Other unfunded expenditure in budget and business plan	268,894	-	-	-	53,281	322,175
	853,289	21,281	(239,183)	-	213,182	848,569
General funds	1,392,908	1,355,730	(1,307,451)	79,793	(213,937)	1,307,043
	2,246,197	1,377,011	(1,546,634)	79,793	(755)	2,155,612
Restricted funds						
Other contracts	-	21,831	(21,160)	-	(671)	-
Restricted grant - Foyle Foundation	-	15,000	(16,426)	-	1,426	-
Restricted grant - The Band Trust	66,667	-	(33,333)	-	-	33,334
	66,667	36,831	(70,919)	-	755	33,334
	2,312,864	1,413,842	(1,617,553)	79,793	-	2,188,946

16. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	2021	2020
	Unrestricted Funds	Restricted Funds
	£	£
Tangible fixed assets	27,662	-
Fixed asset investments	1,059,973	-
Current assets	1,299,110	33,334
Creditors due within one year	(231,133)	-
Creditors due in more than one year	-	-
	2,155,612	33,334
	2,188,946	2,312,864

17. CONTROLLING PARTY

The charity as a company limited by guarantee is controlled by the guarantors.

18. RELATED PARTY TRANSACTIONS

During the year, no Trustee received any remuneration (2020 - £nil). During the year, no Trustee received any benefits in kind (2020 - £nil). One Trustee received reimbursement of expenses amounting to £27 in the current year for travel expenses (2020 - One Trustee - £45). In addition, the Trustees took out Trustee indemnity Insurance at a cost of £5,614 (2019 - £5,063).

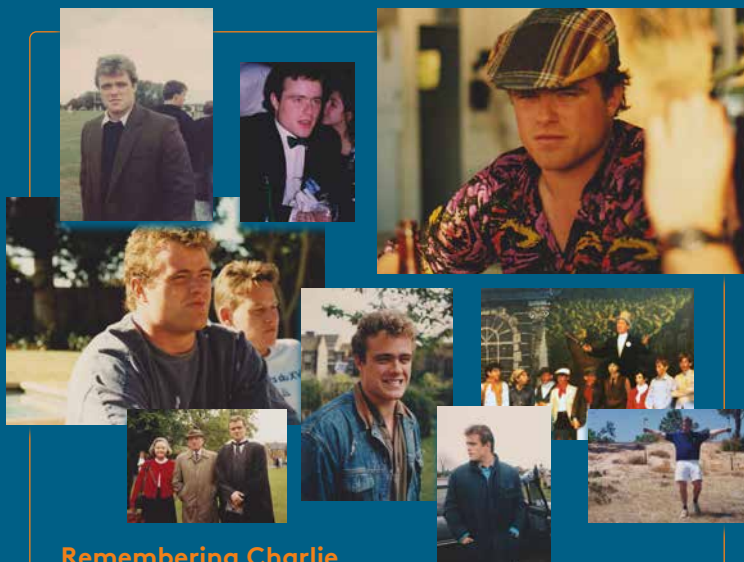
During the year, unconditional donations totalling £613 (2020 - £3,185) were received from the trustees.

19. POST BALANCE SHEET EVENTS

The Trustees have considered the ongoing effects of the pandemic on the Trust's operations and have concluded that the impact on them in the foreseeable future is manageable.

20. FINANCIAL COMMITMENTS

At the balance sheet date, the charity had financial commitments of £Nil (2020: £62,055) for the implementation of digital strategy over the next financial period.



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.

Charlie sits at the heart of our story, our vision and our purpose.

THANK YOU

We rely on the generosity, energy, skills and commitment of our supporters, donors and volunteers in order to continue our work.

We are enormously grateful for any donation, large or small, and would like to thank all the individuals, trusts, companies, schools, colleges, universities and other organisations whose support enables us to move closer to our vision.

Our vision is of a world where people understand and talk openly about depression, where young people know how to maintain wellbeing, and where the most appropriate treatment is available to everyone who needs it.

GET IN TOUCH

hello@charliewaller.org
01635 869754

FIND OUT MORE

charliewaller.org

FOLLOW US



The Charlie Waller Trust

First Floor • Rear Office • 32 High Street • Thatcham • Berkshire RG19 3JD

Registered Charity No. 1109984

THE CHARLIE WALLER TRUST

England & Wales - Charity number 1109984

Accounts

A circular photograph of a young man and woman smiling and talking outdoors. The man has curly brown hair and is wearing a white cardigan over a checkered shirt. The woman has long red hair and is wearing a light blue cardigan over a white top. They are standing in front of a blurred background of trees and a street. The entire image is framed within a large circle that has an orange-to-white gradient overlay.

Trustees' Report and Financial Statements

for the year ended 31 December 2020

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REFERENCE AND ADMINISTRATIVE INFORMATION

Presidents

The Rt Hon Sir Mark Waller
Lady Waller

Trustees

R B Waller QC, Chairman
R G Beaumont
G C R Booth, FCA, Treasurer
Dr N I Broughton
M C Cole-Fontayn
W P de Laszlo
M Durden-Smith
Dr M S Fazel
J B N Hay (appointed on 13 May 2020)
C P S Lytle
J D G Murray
Professor R L Shafran
K A Tait (appointed 25 February 2021)
P G Waller
I G Weatherby

Board Advisers

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

Patrons

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

Independent auditors

Villars Hayward LLP, Boston House, Henley-on
Thames, RG9 1DY

Registered office

First Floor, Rear Office, 32 High Street,
Thatcham, Berkshire, RG19 3JD

Company registered number

5447902

Charity registered number

1109984

INTRODUCTION FROM THE CHAIRMAN AND CEO

Like for most of us, 2020 was an exceptional year for The Charlie Waller Trust (CWT). The coronavirus pandemic challenged us to radically change how we operated and delivered our charitable activities. The pandemic also had a negative impact on mental health and wellbeing and our focus on reaching children, young people and their parents, teachers and employers with key mental health information and advice became more important than ever.

The Trust was already embarking on a digital transformation programme at the beginning of 2020 which meant we were able to switch very rapidly to the virtual delivery of targeted mental health information, advice, consultation and training during this crucial time.

2020 was also the year that two of our founders, Sir Mark and Lady Waller, retired from the charity. With the continued involvement of Charlie's brothers and friends, the passion and determination to make a real difference continues to underpin everything we do. Whilst Sir Mark and Lady Waller will be missed, the Trust's strength in depth means it is in an excellent position to continue and indeed expand its work to meet the increased demand for mental health support.

During the year we undertook a rebranding and changed the Trust's name. Our core values remain the same but we believe that with the new look we will be better placed to reach out to more people more effectively and to fulfil our ambitions for growth, diversity and impact.

Our determination to improve the mental health and wellbeing of young people and to help the adults around them is only made possible by the generosity of those who support us with funding. We are hugely grateful for this support and remain committed to spending it efficiently and effectively for the benefit of those we serve.



Richard Waller QC
Chair



Clare Stafford
CEO

TRUSTEES' REPORT

The Trustees (who are also the directors of the charity for the purposes of the Companies Act) present their statutory report together with the audited financial statements of The Charlie Waller Trust ("the Trust") for the year ended 31 December 2020. The report has been prepared in accordance with Part 8 of the Charities Act 2011 and it is also the report of the directors for the purposes of the Companies Act 2006. The financial statements have been prepared in accordance with the accounting policies set out on pages 31 to 33 and comply with Accounting and Reporting by Charities Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), effective from accounting periods commencing 1 January 2015 or later.

OBJECTIVES AND ACTIVITIES

The Charlie Waller Trust was created by the Waller family in 1997 in response to the loss of their son and brother Charlie to suicide having suffered from depression. We have since become one of the UK's most respected mental health charities.

We believe that the issue of mental health in our young people represents one of the greatest challenges of our generation – both for individuals and also for our society as a whole.

Our overarching mission is to educate young people – and those with responsibility for them, so parents and carers, teachers, college and university staff, and employers – about their mental health and wellbeing.

We aim to improve their understanding of mental health, to give them the knowledge and skills to support themselves and look out for those around them, and to give them greater confidence in talking openly about the subject. By enabling more open and better-informed conversations, we aim to further reduce the stigma that still surrounds mental health.

Our focus is on supporting all young people, throughout their journey from primary school age to the early years of their working lives, recognising that the points of transition in that journey can represent moments of particular vulnerability. We also recognise that some children and young people have increased vulnerability to mental health problems for reasons of social and economic disadvantage, sexuality, race or disability.

In 2020 the Trust had to move swiftly from a face to face training and consultation model to online delivery. This inevitably led to challenges and in particular, many schools were significantly less able to engage with us, as they were over-stretched in meeting the demands of the pandemic and home-schooling. However, the Trust continued to focus on the need for quality, evidence-based training and resources to equip young people to look after their mental health and wellbeing and enable frontline staff, professionals and parents to offer practical support and advice. We were able to harness our team of mental health trainers, all of whom have significant mental health knowledge and experience, to offer tailored mental health training, advice and consultation using digital delivery.

The Charities Act requires the Trustees, in exercising their powers or duties, to have due regard to the public benefit guidance published by the Charity Commission.

The Trustees are mindful of this obligation and refer to the guidance when reviewing the Trust's aims and objectives and in planning future activities. In particular, they have considered how planned activities will contribute to these aims and objectives, as described in this report.

Despite the significant challenges to mental health in 2020 and emerging evidence of a negative impact on children and young people's mental health in particular, the Trust has maintained its approach to building confidence, knowledge and optimism and promoting activities for increasing wellbeing, as illustrated by the three key points below:

Practical

We give people practical strategies and freely accessible resources to take care of their mental wellbeing and offer support to others.

Positive

We know the importance of understanding, talking and offering hope that things can improve.

Proven

All our training and resources are informed by sound clinical evidence of what works.

The objectives of the Trust are as follows:

- Raising awareness and providing information on depression and related mental health problems;
- Equipping young people to look after their mental wellbeing;
- Helping people to recognise the signs of depression and related mental health problems in themselves and others so they know when to seek help;
- Ensuring expert and evidence-based help is available when people need it.

We do this by:

- Delivering talks, education and training to young people, teachers and those who work with them about how to stay mentally well.
- Providing training and self-help resources to universities and student-led organisations to promote resilience and mental wellbeing.
- Providing education and training to primary health care and other professionals in identifying and supporting those with depression.
- Supporting research and teaching via the Chair in evidence-based psychological treatments at the Charlie Waller Institute at the University of Reading.

The ethos and the values that underpin this and inform all our work include:

- Making our resources and training freely accessible to all educational institutions including schools, colleges, universities and other youth settings;
- Cooperating and collaborating with other charities, academic institutions, the private sector and statutory organisations;
- Following the research and evidence-base for all our activities;
- Promoting positive mental health and wellbeing and the importance of exercise, social connectedness, sleep and other factors that build resilience and enhance recovery;
- Inspiring hope and promoting early intervention;
- Encouraging and enabling people with lived experience of mental ill health to work for and with us;
- Raising funds in a way that promotes awareness and values our supporters.

SUMMARY OF IMPACT

Our aim is to work in partnership with schools, colleges, universities and workplaces to promote a culture of mental health and wellbeing using a 'whole organisation' approach. This involves a blended offer of training, talks, consultation and advice, literature and digital materials so that a school, university, employer or other organisation can create a culture that looks at mental health in the round, focuses on raising wellbeing and responds effectively to those who may be struggling. We also support partner organisations to measure and report on progress, using validated tools and techniques.

Our breadth of work means that we can also address the transitions between different stages of life, when people can be more vulnerable to mental health problems.

Our work in schools, FE colleges and universities is free at the point of delivery. In 2020, we decided to take a different approach to our workplace offering, where we have moved to a paid-for model for employers, the income from which is invested in further extending our work to support young people in other settings, so helping to create a mentally healthy workforce for tomorrow.

The following summary of our impact highlights what we have achieved in 2020.

SCHOOLS AND FAMILIES PROGRAMME

37,988
PUBLICATIONS
SENT OUT

16,981
NEWSLETTERS
SENT OUT

**OVER
2,000**
BOOKS GIVEN
AWAY

180,000
YOUNG PEOPLE
REACHED FOR
OUR WELLBEING
CHALLENGE

WE DELIVERED
291
SESSIONS TO
15,446
TEACHERS

60
INDIVIDUAL
PLACE MEMBERS
IN OUR FAMILIES
PROGRAMME

10
TEEN BRAIN
SESSIONS
DELIVERED TO
350
PARENTS AND
CARERS

COLLEGES AND UNIVERSITIES PROGRAMME

WE WORKED WITH
24
FE COLLEGES...

...AND
35
UNIVERSITIES

19,592
INDIVIDUAL
USERS ON OUR
E-LEARNING
PROGRAMME

134,731
USERS OF OUR
STUDENTS
AGAINST
DEPRESSION
WEBSITE

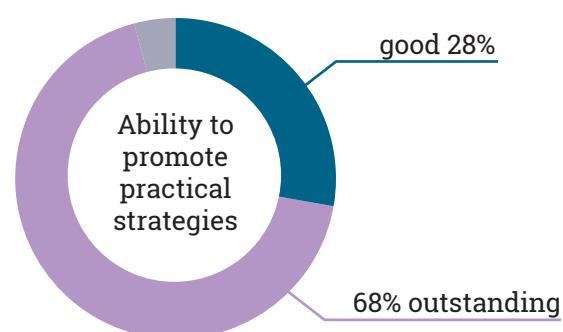
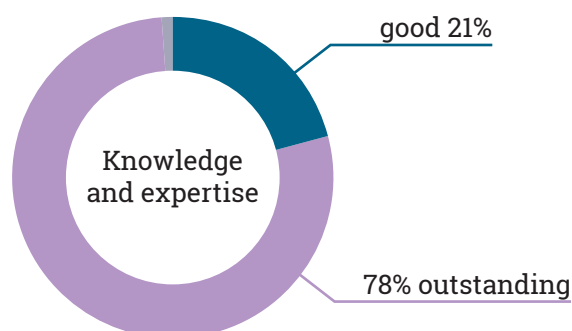
WORKPLACE PROGRAMME



PRIMARY CARE PROGRAMME



Evaluation of our training is consistently excellent across a range of measures. A snapshot from **320** attendees we have worked with in 2020:



This has probably been the best CPD I've done during lockdown. Incredibly well presented, expert knowledge and such a wealth of links to appropriate resources. It is especially amazing to have access to such quality CPD because we as teachers so rarely get the chance to access external CPD due to time off school/cost to school and so this is one of the most positive things I am taking out of lockdown

ACHIEVEMENTS AND PERFORMANCE

Raising awareness of depression and related mental health problems

Total items sent out in 2020:

Publications – 37,988

Newsletters – 16,981

Books – over 2,000

(With over 4,600 people on our book club mailing list)

Our newsletters have continued to reach more people with **16,981** hard copies sent in the post. This compares to **13,053** in 2019.

The Trust further developed its range of digital publications and we were able to address the specific challenges of the pandemic during 2020. These resources are stand-alone and also complement our partnership work and training.

Workplace Wellbeing Action Plans:

Working from home and Life after Lockdown

867 digital downloads from Sept – Dec 2020



Supporting a child with anxiety

This guide was produced collaboratively by parents and the Charlie Waller team with clinical/academic expertise provided by Professor Cathy Creswell at the University of Oxford.

662 digital downloads from Sept – Dec 2020



Wellbeing Action Plan

A simple plan for further education students to keep them well and help them through difficult times.

714 digital downloads from Sept – Dec 2020



Book club

The Charlie Waller Mental Health Book Club for schools and other youth settings received generous funding support from the Foyle Foundation in 2020. It remains very popular with schools and in 2020 we sent three new books to over **2,000** teachers and support staff.



Wellbeing Challenge

Our Schools Wellbeing Challenge went digital in 2020 with the focus of activities being completed at home. We had a reach of around **180,000** young people and **81** participants who entered our prize draw. The top 10 winners in both the primary and secondary categories each received prizes donated from various sources.



It was something that my daughter was able to do independently, so she felt a sense of achievement on completion of it

It has given our son something positive to focus on through these difficult times. It has taken his mind off the fact he hasn't seen his friends in two months

Social media highlights

Our reach on social media increased significantly during 2020, and we are now considerably more active on all four of the platforms we use. We now have just under **6,500** followers on **Twitter** (around 1,500 more than the previous year) and around **3,200** followers on **Facebook** (an increase of 900). We have significantly increased our activity on **Instagram** and now have over **1,500** followers (an increase of 100%). We have begun to explore the use of Instagram live as a more interactive way of reaching our audiences.

LinkedIn is our newest social media account, with **690** followers (450 more than previously). We are using LinkedIn to extend our reach to businesses in relation to our workplace programme and potential corporate fundraising partners, as well as engaging in the broader national conversation about mental health, especially in relation to the pandemic and its effects.

We ran some distinct social media 'campaigns' throughout the year and these provided some of our highest impression figures. Paid-for promotions of the final event in our series of online fundraising quizzes reached **230,000** people on Facebook, and in December, when we ran our (organic, ie non-paid for) campaign to 'Look after your wellbeing at Christmas,' we reached over **200,000** impressions on Twitter.

Our decision, as part of our brand evolution, to put Charlie's story more visibly at the heart of our work and communications, resulted in **685** engagements with a Facebook post which linked to the 'About Charlie' page of our website; and our drive to make the most of our relationships with celebrity supporters saw sports commentator Andrew Cotter's tweet in support of our 'Walkies for Wellbeing' event attract **7,400** likes.

New branding and website

The Trust undertook a carefully considered rebrand in 2020, its 24th year of operation, with the aim of extending and enhancing its charitable activity, communicating more effectively with beneficiaries and supporters, and widening its appeal in respect of income generation. The development of the new Charlie Waller website was an integral part of this process and, since its launch in September, there has been a rise in the number of people visiting it, peaking in November when, for example, there were **2,180** views of our page on mental health resources for parents and staff working with young people.

Media coverage

The Trust featured in a range of media coverage throughout 2020, including a brief quote in the **Telegraph** weekend magazine (print circulation 460,000) from trainer Jenny Langley about teens in lockdown; a short interview with CEO Clare Stafford in the **Sunday Express**; a piece in the **Glasgow Times** referencing the Trust's advice on coping with social isolation; an interview with trainer Penny Aspinall on **Radio Leeds** about the impact of the pandemic on mental health; and coverage of our work with colleges in **TES**; as well as pieces in local and regional press such as the **Sidmouth Herald**, **Yorkshire Post** and **Newbury Weekly News**.

Charlie Waller newsletter

Our own twice-yearly newsletter now reaches over **16,000** people with information about the Trust's work and on how to take care of your mental health. Contributors in 2020 included Professor Russell Foster and colleagues on adolescent sleep and educational performance; David Weaver, President of the British Association for Counselling and Psychotherapy, with a piece on **mental health inequalities and the BAME community**; and Ian MacDonald, Charlie Waller Trainer and author, on **young adults, mental health and drugs**.



SCHOOLS AND FAMILIES

The Charlie Waller Trust is distinct in the young people's mental health sector as we offer our services free at the point of delivery. We have expert trainers and a senior team who have a deep understanding of mental health that goes beyond mental health awareness and we aim to work in partnership with schools to support a culture of wellbeing and good mental health, informed by evidence-based best practice.

In 2020 we delivered **291** sessions to **15,446** teachers, parents and pupils and developed our online and digital delivery significantly. This included four live webinars to parents and carers with over **222** attendees and produced **14** online video training sessions that have received over **1,000** views.

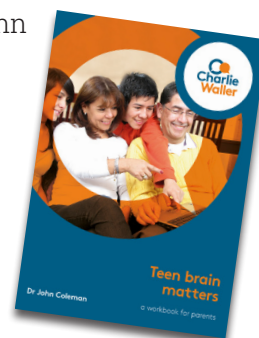
Thank you so much for yesterday's talks – they were amazing. The girls all thought they were so interesting and relevant to how they are currently feeling

In 2020 the Trustees increased our focus and support for parents and carers. In the frontline when a child experiences mental health difficulties, parents are often left feeling isolated, stigmatised and at a loss for how to support their child. **The PLACE Network** was therefore established in 2020 to support parents, carers and professional organisations to set up groups for parents of children with mental health issues. Evidence shows that peer support can be extremely helpful. A key aim is to connect existing or planned support groups with each other to share good practice. Our website features an interactive map showing in excess of **60** current individual PLACE members all of whom either run groups themselves or are planning to do so.

We are so grateful to have had CWT support at the start of term. Uncharted waters are ahead. Many stressed staff and children. CWT trainer helped to allay fears and remind everyone that there is a limit to what we can do, and self-care is key

The Teen Brain

Teenage brain expert Dr John Coleman taught a group of Charlie Waller trainers to deliver his highly successful 'Teen Brain Matters' workshop for parents. Our trainers have now begun delivering these workshops, helping parents understand the physical changes behind confusing aspects of teenage behaviour. They have so far delivered **10** sessions to over **350** parents and carers.



SCHOOLS AND FAMILIES

Partnership highlights:

Clare Stafford, our CEO, continued in her role as Vice-Chair of the **Children and Young People's Mental Health Coalition** which celebrated its 10th Anniversary in 2020.

Our partnership with **Boys in Mind/ Girls Mind Too** in Bath and North East Somerset strengthened in 2020. This youth-led organisation, supported by a team of experienced education and health professionals, has been working with **14** local schools to develop a whole school approach to Mental Health and Wellbeing and engages children and young people through film projects. Some of the themes of school-based film projects so far have been:

- Outdoor play
- The importance of friendship
- What helps when you're struggling
- Boys and Mental Health (Elmfield School for Deaf Young People)

The films have been viewed locally, nationally and internationally – over **20,000** views on their website alone and many more on their social media platforms.

We were feeling so stuck and this has really helped us. I wouldn't have found it so easy to talk in a face to face setting so Zoom is a godsend.

The **12** Boys in Mind youth advisors take the lead on a variety of projects and have produced two films on Race Equality and one for universities called "Starting a Conversation". They have supported the work of the Trust by acting in an advisory capacity, speaking at national conferences/webinars and on radio and TV to express the voice and experience of young people.

In 2020, BIM worked closely with **14** local primary and secondary schools on film projects, produced **42** films on staying physically and mentally healthy during lockdown – developed by **55** young people and viewed by over **30,000** people on Facebook. The BIM website has received over **53,000** page visits, mainly from visitors in the UK but also from around the world – particularly the USA, France and Germany.

The Trust was a charity partner for the '**Every Mind Matters**' national public mental health campaign aimed at young people and parents.

COLLEGES AND UNIVERSITIES

The Charlie Waller Mental Health Partnership approach was consolidated and expanded during 2020 to contribute significantly to our aim of supporting colleges and universities to embed a culture of mental health and wellbeing that is sustainable for the future.

We are working with **24** Further Education Colleges and **35** Universities.

Excellent opportunity to hear how others have adapted to our new ways of working. Some inspiring ideas.

In addition to our partnership work we delivered **359** talks and training sessions at universities (excluding those with which we have partnerships), in 2020, reaching **5,635** participants.

A key element of the partnership offer is a blended learning approach that offers hard copy and digital resources alongside consultation, advice and training. Some key new publications in 2020 included:

Industry specific FE guides

A series of industry specific FE guides for tutors including:

- Construction
- Agriculture
- Hair and Beauty
- Admin and IT
- Creative Industries



Good information, concisely delivered. Really useful resource for learning and teaching.

University guides

1,085 digital downloads from Sept – Dec 2020



In 2020, we produced a version of '**Keeping Mental Health in Mind**', for Further Education Colleges. This e-learning package for non-specialist staff in universities and colleges continues to be well used across both sectors. It reached over **19,592** individual users in 2020.

Our **Students Against Depression** (SAD) website had **134,731** users in 2020 and received around **262,000** page views.

We know that 40% of those users were aged 18-24 and 30% were aged 25-34 with the split between male and female being 40/60.

Partnerships highlights:

We continue to collaborate with the **Association of Colleges** in reaching the FE sector, including the new e-learning course for FE colleges.

We partnered with **Nightline** to deliver 'Suicide calls' training to enable 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**.

WORKPLACE

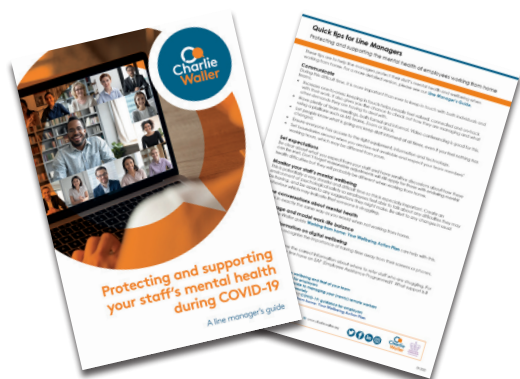
Our work with employers is driven by a belief in a 'whole organisation' approach that embeds a positive mental health culture, and helps employers to implement practical and relevant practices in the workplace that make a tangible and sustainable difference to wellbeing, in responding to mental ill-health and to employee engagement and productivity.

CWT trainer communicated the information in an excellent way, the presentation was clear, informative and provoked good thought and the resources were fantastic!

2020 saw significant numbers of people working from home and we therefore developed new publications to offer practical advice and strategies for good mental health.

The Guide for Line Managers to help support and protect employees' mental health during the coronavirus crisis was completed along with the shorter Tips for line managers.

129 digital downloads of the Guide for Line Managers and **80** digital downloads of the Top Tips from Sept – Dec 2020



Another impact of the pandemic in 2020 was a reduction in the number of graduate employment opportunities. Our range of advice and information for graduates was based on consultation and involvement of recent graduates and these were published and launched in September as part of our new website.

In 2020, we delivered **41** sessions to **3,416** people in the workplace.

Partnership highlights:

With the charity **Jonathan's Voice** we co-produced a sector-specific guide for Patent and Trade Mark professionals.

38 digital downloads from Sept – Dec 2020 (this guide is also available to download on the Jonathan's Voice website).



I was so impressed with the wonderful booklet. It is so informative, helpful and humane, and I just wanted to say how useful and applicable it is to anyone whose mental health and wellbeing needs protecting. This must apply to millions of people at the moment.

We are a member of the **Council for Work and Health** and are active in their mental health group.

We contributed to the **City Mental Health Alliance** guide 'Supporting the mental health and wellbeing of young employees during the coronavirus outbreak'.

PRIMARY CARE

NHS Primary Care services were significantly affected by the pandemic in 2020 and therefore it was not possible to deliver training as usual. Our training modules for Practice Nurses were updated and endorsed by the Royal College of Nurses and continue to be delivered as a train the trainer resource.

197 GP trainers, trainees, practising GPs and nurses received Charlie Waller training in 2020.

Practice nurse e-learning

38,604 total users over all the modules

Modules:

- Managing alcohol and drug misuse in primary care
- Medication for mental health problems in primary care (part one and two)
- Your patient's journey
- Specific mental health conditions
- Care planning

My confidence in the approach to alcohol dependence, misuse and drug misuse is much improved since doing this module. I am also now more aware of the various support resources that are available to patients.

CHARLIE WALLER INSTITUTE, UNIVERSITY OF READING

In 2020 the Charlie Waller Institute (CWI) continued to train new clinicians, provided education for undergraduates and postgraduates and carried out research in the field of child and adolescent mental health. A new Chair in Evidence-based Psychological Treatments was appointed in November 2020 and the Trustees welcome Professor Stella Chan who brings significant clinical and research experience in the areas of child and adolescent depression as well as citizen science.



Professor Stella Chan
Chair in Evidence-based
Psychological Treatments

FUNDRAISING ACTIVITIES

The Trust relies on generous fundraising support from individuals, grant-making bodies, corporate sponsors and other organisations to enable us to deliver impact via our charitable activities. The Trustees are very pleased to report in 2020 income exceeded £1.3 million for the third year running, significantly beyond the budgeted figure of £1.1 million. This was a remarkable achievement in a year when many charities suffered a significant reduction in income and puts us in a strong position to continue and grow our activities over the coming years which may well prove challenging economically.

In 2020 our events programme was severely curtailed. We were able to replace some of this lost income via virtual fundraising events including four virtual quizzes, 'Walkies for Wellbeing' and a live-streamed virtual carol service. Of particular note in 2020 was the significant increase in income from charitable trusts, which increased to £513,000 (from £389,000 in 2019) and we continued to be incredibly well supported by donors whilst individuals raising funds for us remained an important source of fundraising.

During the year we enjoyed strong corporate partnerships. That with Michelmores will now extend into 2021 and will enable us to deliver more workplace talks and training.

We partnered with ECI during 2020 and were also incredibly grateful for further generous support from Boden, following on from our corporate partnership with them in 2019. We were very grateful to receive a COVID specific grant from Bridgepoint to focus on college students in Newham who were badly affected by the coronavirus in 2020.

The Trustees are delighted to report that further corporate partnerships with Fidelity, Mercers Solicitors, ACRE Capital Real Estate LLP and a match-funded challenge by a team from Goldman Sachs are going ahead in 2021.

The Trust does not engage in large scale public fundraising and does not use professional fundraisers.

During the year ended 31 December 2020 the charity used two organisations which fall within the definition of Commercial Participators.

The charity observes and complies with the relevant fundraising regulations and codes and is working towards registration with the Fundraising regulator. During the year there was no non-compliance with these regulations and codes and the Trust received no complaints relating to its fundraising. Our fundraising ethos and practice is one that specifically avoids any activity or behaviour that might be an unreasonable intrusion on a person's privacy, is unreasonably persistent, or places undue pressure on a person to give money or other property. We value our funders and supporters highly and ensure our fundraising team and those who raise funds for us are trained and fully aware of our approach and therefore the charity has taken steps to protect the interest of anyone who may be vulnerable to unreasonable behaviour in relation to fundraising.

VOLUNTEERS

As a result of the restrictions on social contact in 2020 our ability to work with volunteers was significantly reduced. However, we did still work with 131 volunteers who assisted with posting out resources, office tasks, copywriting, PR and workplace consultation and fundraising events.

OTHER GRANTS AND CHARITABLE ACTIVITIES IN 2020

The Charlie Waller Trust is not a grant-making charity, however we occasionally make grants for specific projects or activities that fit with our own charitable objectives.

In 2020 we made one small grant to [Nightline](#) to support student volunteers.

Other activities of the Trust included being a partner for academic studies including [Blueprint](#), [University of Manchester](#), the [Emerging Minds network](#) and [iCATS](#) (implementing child anxiety treatments in primary schools) and a Masters student placement with [King's College London](#).

PLANS FOR THE FUTURE

Although the impact of the pandemic in 2020 in terms of mental health and wellbeing is still emerging, there are signs that many children and young people have experienced increased problems and therefore there is an urgent need to respond. The voluntary sector has an important role to play in this and the Trust occupies a distinct position in the sector.

Our plans for 2021 focus on key areas where we can achieve the most impact.

We plan to work in partnership with fellow charities, government bodies and other organisations in order to develop and expand our work according to the strategy and business plan for 2021 which includes:

- Expanding and developing the Charlie Waller Mental Health Partnership in schools, colleges and universities.
- Providing an interactive digital mental health toolkit for FE Colleges to record and measure progress in their whole college approach to mental health.
- Producing suicide awareness guidance for Further Education Colleges and Universities in partnership with sector bodies.
- Continuing to review our training and resources to ensure they reach a diverse audience and especially those who may have increased vulnerability to mental health problems for reasons of social and economic disadvantage, sexuality, race or disability.
- Completing the evaluation of the Rollercoaster parent support model, publishing commissioning guidance informed by this and disseminating the model and results to the PLACE parent support network.
- Collaborating with the NHS in producing and disseminating a training film on the physical health needs of patients with severe mental illness.
- Developing and launching our paid-for workplace programme.
- Continuing to partner with the Chair in Evidence-based psychological treatments at the University of Reading and Charlie Waller Institute in training clinicians, delivering education and carrying out research.
- Improving our use of digital technology to capture and report on the impact of our work.

FINANCIAL REVIEW

Statement of financial activities

Net income for the year was £108,835 (2019: income £237,468) whilst net gains on investment assets were £19,115 (2019: gains £176,697). This resulted in a favourable net movement in funds of £127,950 (2019: favourable £414,165).

The Trust continued to receive strong and generous support throughout the year. Total Income and Endowments increased by 0.28% to £1,350,674 (2019: £1,346,922). Total Expenditure was £1,241,839 (2018: £1,109,454), an increase of 11.9% from the previous year.

At the year-end the Trust held unrestricted funds of £2,246,197 (2019: £2,074,914) and restricted funds of £66,667 (2019: £110,000).

Details of income are given in notes 2, 3 and 4 to the financial statements. The expenditure on raising funds and on the charitable activities performed in furtherance of the Trust's charitable objectives is set out in notes 5 and 6.

Reserves policy

The level of reserves is reviewed by the Trustees on a regular basis. The factors taken into account are the Trust's existing financial commitments and activities, future plans and the uncertain nature of its income. The importance of maintaining adequate reserves is demonstrated by the possible impact of the Covid-19 pandemic on future fundraising.

The Trust has always been dependent on the generosity of those who donate to it or raise funds for it. This support is entirely voluntary and in no circumstances can it be taken for granted.

Income has grown quite significantly over recent years during which there have been two exceptionally successful instances of people raising funds for us. Trends are monitored closely and to an extent the business model is flexible enough to enable expenditure to be reduced in response to a downturn in income. However, against this background and the ever increasing need for the Trust's services, the Trustees believe it is important to be able to maintain the current level of charitable expenditure for at least two years, during which time it would become clear whether any reduction in income was temporary or not. They do not believe that short term fluctuations in activity are in the best interests of the charity, its reputation or its potential beneficiaries.

It is considered unlikely that all income would cease without warning so financial models have been run to assess the effect of various conceivable levels of income reduction and/or losses in the value of the investment portfolio.

These indicate that the current level of free reserves is broadly appropriate and commensurate with continued operation for two years in the event of a significant but not total loss of income.

Funds are held in cash deposits and listed investments with the capacity to grow in value over the long term.

In addition to designating £250,000 in respect of a further 5-year commitment to the Charlie Waller Institute in 2021, the Trustees have designated £603,291 in respect of unfunded projects in the business plan and budget for 2021, which provided for increased charitable expenditure of approximately £1.23 million. Further details of the designations are given in note 15.

The Trustees acknowledge and recognise the continuing impact of the Covid-19 pandemic on the operations of the charity, its beneficiaries, partners and stakeholders and on wider society, particularly in the field of mental health. Although 2020 saw our income remain at the level of 2019, the charity is likely to be adversely affected by Covid-19, however, its financial solvency is not threatened as a result of its prudent reserves policy, which will enable it to maintain its charitable expenditure in the medium term notwithstanding a significant drop in income.

Investment policy and performance

JM Finn & Co. manage the Trust's investment portfolio in accordance with the investment policy agreed by the Trustees. The policy is to seek a combined return from income and capital growth, adopting a medium risk profile with no specific minimum of low risk investments. The policy is reviewed annually by the Trustees and adjusted, where necessary, to ensure that it remains appropriate to the Trust's objectives, tolerances for the acceptance of risk and market conditions.

The total value of the Trust's portfolio as at 31 December 2020 was £985,685; 35% in UK equities and funds, 33% in overseas equities and funds, 7% in alternatives and 25% in overseas bonds. During the year £250,000 was withdrawn from the portfolio.

Investment gains for the year were £19,115 and income withdrawals totalled £18,137. The total return for the year was +7.74% (benchmark: +1.95%).

Details of the current value of the portfolio are given in note 10.

Risk Management

The Trustees have a duty to identify and review the risks to which the Trust is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error. The Trust maintains a risk register which is reviewed by the Board annually as part of its Risk Management Policy.

The Trustees have identified the following key risks:

- insufficient income to deliver the Trust's charitable objectives, particularly in the light of the coronavirus pandemic and its economic impact which has reduced available charitable funding
- loss of key personnel, impacting on its ability to fulfil its charitable objectives and activities

To mitigate these risks the Trust:

- is developing a fundraising strategy and plan to increase and diversify its sources of income in 2021 and beyond
- has plans for the loss of key personnel, including succession plans and has extended capacity in the central office team

STRUCTURE, GOVERNANCE AND MANAGEMENT

Constitution

The Trust is a company, limited by guarantee, as defined by the Companies Act 2006. It was registered as a company on 10 May 2005.

It is the successor to The Charlie Waller Memorial Trust (registered Charity number 1065936), which was established by a Trust deed dated 20 October 1997. On 11 September 2005 all the activities, assets and liabilities of the unincorporated Charity were transferred by Deed to this incorporated Charity. The former unincorporated Charity then ceased activities and was removed from the Register of Charities. During 2020 the Trustees formally agreed to change the name of the charity to 'The Charlie Waller Trust' and this has been registered at the Charity Commission and Companies House.

In 2020 the Trustees decided to update the governing instruments of the Trust and new Articles of Association were drafted and ratified by the Board on 25 February 2021. The Charity's objects are:

- To protect and preserve public health and in particular (but without prejudice to the generality of the foregoing):
 - To educate the public (particularly young people) on the importance of maintaining and improving their mental health; and
 - To ensure that sufferers of depression, anxiety and any other form of mental ill-health receive treatment for their illness
- To educate the public in relation to depression, anxiety and any other form of mental ill-health to lessen the stigma associated with them; and
- Such other charitable purposes as the trustees shall in their absolute discretion think fit.

Method of appointment or election of Trustees

Trustees are appointed by the members of the company or by the Trustees, in accordance with the Articles of Association.

Policies adopted for the induction and training of Trustees

New Trustees are provided with key governing documents such as the Articles of Association as well as the Trustees' Report and Financial Statements, Trust policies and an overview of our charitable activities and impact. They are also provided with relevant guidance from the Charity Commission on their role and responsibilities as a Trustee.

Organisational structure and decision making

The business of The Charlie Waller Trust is managed by the Trustees. Trustees' meetings are held as often as is necessary to run the Trust properly. Normally at least four full meetings are held each year.

In addition the Trustees are supported by the Patrons of the Trust.

The Trust also has Board Advisers consisting of people with specific experience and or national profile in their field who are willing and able to provide occasional advice and guidance to the Board of Trustees.

Key management personnel

The Trustees, together with the staff listed below, comprise the key management of the Trust in charge of directing and controlling, running and operating the Trust on a day to day basis. None of the Trustees are remunerated for their services to the Trust. The remuneration of the CEO is determined with reference to performance and appraisal by the Chair and Treasurer in consultation with the Board of Trustees.

Clare Stafford is the Chief Executive Officer of the Trust and is responsible to the Trustees for overall executive management including the charitable projects of the Trust.

Our Head of Fundraising leads all the Trust's fundraising activities with support from office staff and individuals and committees who volunteer for the Trust.

Following the retirement of Rachel Waller at the end of 2020 a new Head of Fundraising will be appointed in 2021.

TRUSTEES' RESPONSIBILITIES STATEMENT

The Trustees (who are also the directors of The Charlie Waller Trust for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each year. Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable to the United Kingdom and Republic of Ireland (FRS 102);

- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable United Kingdom Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

DISCLOSURE OF INFORMATION TO AUDITORS

Each of the persons who are Trustees at the time when this Trustees' report is approved has confirmed that:

- so far as that Trustee is aware, there is no relevant information of which the charitable company's auditors are unaware, and that the Trustee has taken all steps that ought to have been taken as a Trustee in order to be aware of any information needed by the charitable company's auditors in connection with preparing their report and to establish that the company's auditors are aware of that information.

Auditors

The auditors, Villars Hayward LLP, have indicated their willingness to continue in office. A resolution reappointing them as auditors will be put to the Annual General Meeting.

This report was approved by the Trustees on 20 May 2021 and signed on their behalf by:



Richard Waller QC, Chairman

Trustee

INDEPENDENT AUDITOR'S REPORT TO THE TRUSTEES OF THE CHARLIE WALLER TRUST

Opinion

We have audited the financial statements of The Charlie Waller Trust (the 'charitable company') for the year ended 31 December 2020 which comprise the Statement of Financial Activities, the Balance Sheet, the Statement of Cash Flows and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 December 2020 and of its incoming resources and application of resources for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charitable company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the annual report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Charities Act 2011 requires us to report to you if, in our opinion:

- The information given in the Report of the Trustees is inconsistent in any material respect with the financial statements; or
- The charitable company has not kept adequate accounting records; or
- The financial statements are not in agreement with the accounting records and returns; or
- We have not received all the information and explanations we require for our audit

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities set out on page 24, the trustees (who are also the directors of the charity for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

Use of our report

This report is made solely to the charitable company's trustees, as a body, in accordance with Section 144 of the Charities Act 2011 and the regulations made under Section 154 of that Act. Our audit work has been undertaken so that we might state to the charitable company's trustees those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's members as a body, for our audit work, for this report, or for the opinions we have formed

Nicholas Smith ACA, CTA (Senior statutory auditor)

for and on behalf of
Villars Hayward LLP
Chartered Accountants
Registered Auditors
Chartered Tax Advisers
Boston House
Henley-on-Thames
RG9 1DY

Nicholas Smith ACA, CTA

Date: 27 May 2021

Statement of Financial Activities
for the Year Ended 31 December 2020

		2020.....			2019
		Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	Notes	£	£	£	£
Income and endowments from:					
Donations and legacies	2	1,067,673	-	1,067,673	976,864
Charitable activities	3	-	39,565	39,565	59,179
Other trading activities		225,299	-	225,299	281,500
Investments	4	18,137	-	18,137	29,379
TOTAL INCOME		1,311,109	39,565	1,350,674	1,346,922
Expenditure on:					
Raising funds	5	205,592	-	205,592	174,436
Charitable activities	6	949,615	86,632	1,036,247	935,018
TOTAL EXPENDITURE		1,155,207	86,632	1,241,839	1,109,454
NET INCOME / (EXPENDITURE) BEFORE INVESTMENT GAINS / (LOSSES)		155,902	(47,067)	108,835	237,468
Gains / (Losses) on investment assets	10	19,115	-	19,115	176,697
NET INCOME / (EXPENDITURE)	7	175,017	(47,067)	127,950	414,165
TRANSFERS BETWEEN FUNDS		(47,067)	47,067	-	-
OTHER RECOGNISED GAINS / (LOSSES)		-	-	-	-
		127,950	-	127,950	414,165
RECONCILIATION OF FUNDS					
Total funds brought forward		2,118,247	66,667	2,184,914	1,770,749
Total funds carried forward		2,246,197	66,667	2,312,864	2,184,914

Balance Sheet
at 31 December 2020

	Notes	31 Dec 2020 £	31 Dec 2019 £
Fixed Assets:			
Tangible assets	9	22,941	17,437
Investments	10	985,685	1,219,658
Total Fixed Assets		1,008,626	1,237,095
Current Assets:			
Debtors	11	103,129	134,465
Cash at bank and in hand		1,370,585	1,022,756
Total Current Assets		1,473,714	1,157,221
Liabilities:			
Creditors: amounts falling due within one year	12	(119,476)	(159,402)
Net Current Assets		1,354,238	997,819
Total Assets less Current Liabilities		2,362,864	2,234,914
Liabilities:			
Creditors: amounts falling due in more than one year	13	(50,000)	(50,000)
Total Net Assets		2,312,864	2,184,914
The Funds of the Charity			
Restricted funds	15	66,667	110,000
Unrestricted funds	15	2,246,197	2,074,914
Total Charity Funds		2,312,864	2,074,914

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2020.

The members have not deposited notice, pursuant to Section 476 of the Companies Act 2006 requiring an audit of these financial statements. The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been audited under the requirements of Section 144 of the Charities Act 2011. These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to charitable small companies and with the Financial Reporting Standard for Smaller Entities (effective January 2015).

The financial statements were approved by the Board of Trustees on 20 May 2021 and were signed on its behalf by:



Richard Waller QC, Chairman

The notes on pages 31 to 40 form part of these financial activities

Statement of Cash Flows
for the Year Ended 31 December 2020

	Notes	2020 £	2019 £
Net cash provided by operating activities	14	83,952	97,458
 Cash flows from investing activities:			
Plus dividends, interest and rents from investments		18,137	29,379
Less purchase of property, plant and equipment		(7,347)	(11,202)
 Plus proceeds from the sale of investments		556,323	159,402
Less purchase of investments		(303,236)	(381,064)
 Net cash provided by/(used in) investing activities		263,877	(203,485)
 Change in cash and cash equivalents in the reporting period		347,829	(106,027)
Cash and cash equivalents at the beginning of the reporting period		1,022,756	1,128,783
 Cash and cash equivalents at the end of the reporting period		1,370,585	1,022,756

The notes on pages 31 to 40 form part of these financial activities

Notes to the Financial Statements
for the Year Ended 31 December 2020

1. Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are laid out below.

Basis of preparation

These financial statements have been prepared for the year to 31 December 2020.

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant accounting policies below or the notes to these financial statements.

The financial statements have been prepared in accordance with Accounting and Reporting by Charities Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (Charities SORP FRS 102) issued on 16 July 2014, Update Bulletin 1 issued on 2 February 2016, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Companies Act 2006. The charity constitutes a public benefit entity as defined by FRS 102.

The financial statements are presented in sterling and are rounded to the nearest pound.

Critical accounting estimates and areas of judgement

No significant accounting estimates or judgements were required or made by the Trustees in the presentation of the financial statements.

The full impact of the recent global coronavirus pandemic is still unknown. It is therefore not currently possible to evaluate all the potential implications for the Trust's activities, beneficiaries, funders, suppliers and the wider economy. In particular the value of the listed investments (see note 10) is subject to a greater degree of uncertainty and volatility after the balance sheet date.

As set out in these accounting policies under 'Assessment of going concern', the Trustees have considered the impact of the pandemic on the Trust and have concluded that although there may be some negative consequences, it remains appropriate for the Trust to continue to prepare its financial statements on the going concern basis.

Assessment of going concern

The Trustees have assessed whether the use of the going concern assumption is appropriate in preparing these financial statements. The Trustees have made the assessment in respect to a period of one year from the date of approval of these financial statements.

The Trustees of the charity have concluded that there are no uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The Trustees are of the opinion that the charity will have sufficient resources to meet its liabilities as they fall due.

Income recognition

Income is recognised in the period in which the charity has entitlement to the income, the amount of income can be measured reliably and it is probable that the income will be received.

Income from investments comprises income earned on the charity's listed investments and interest on cash deposits. Dividends are recognised once the dividend has been declared and the amount has been received. Interest on funds held on deposit is included when received and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, and any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Donations and event income are recognised in the period in which the charity has entitlement to the income, the amount of income can be measured reliably and it is probable that the income will be received.

Income tax recoverable in relation to donations received under Gift Aid is recognised at the time of the donation.

Expenditure recognition

All expenditure is accounted for on an accruals basis and has been included under expense categories that aggregate all costs for allocation to activities. Where costs cannot be directly attributed to particular activities they have been allocated on a basis consistent with the use of the resources.

Support costs are allocated to activity costs on the basis of a reasonable estimate of the time spent supporting the activities.

All resources expended are inclusive of irrecoverable VAT.

Fund accounting

Unrestricted funds represent general funds available for use at the discretion of the Trustees in furtherance of the general objectives of the Trust. Restricted funds can only be used for particular restricted purposes within the objectives of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Investments

Listed investments are a form of basic financial instrument and are initially recognised at their transactional value and subsequently measured at their fair value as at the balance sheet date using the closing quoted market price.

The charity does not acquire put options, derivatives or other complex financial instruments.

Realised gains (or losses) on investment assets are calculated as the difference between disposal proceeds and their opening carrying value or their purchase value if acquired subsequent to the first day of the financial year. Unrealised gains and losses are calculated as the difference between the fair value at the year end and their carrying value at that date. Realised and unrealised investment gains (or losses) are combined

in the statement of financial activities and are credited (or debited) in the year in which they arise.

Debtors

Debtors are recognised at their settlement amount, less any provision for non-recoverability. Prepayments are valued at the amount prepaid. They have been discounted at the present value of the future cash receipt where such discounting is material.

Cash at bank and in hand

Cash at bank and in hand represents such amounts and instruments that are available on demand or have a maturity of less than three months from the date of acquisition. Deposits for more than three months but less than a one year have been disclosed as short term deposits. Cash placed on deposit for more than one year is disclosed as a fixed asset investment.

Creditors and provisions

Creditors and provisions are recognised when there is an obligation at the balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Creditors and provisions are recognised at the amount the charity anticipates it will pay to settle the debt. They have been discounted to the present value of the future cash payment where such discounting is material.

Operating leases

Payments in respect of operating leases are charged to the SOFA on a straight line basis over the term of the lease.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fixed Assets

Fixed assets (excluding investments) are stated at cost less accumulated depreciation. Depreciation is provided at the rate of 25% on written down value.

The Charlie Waller Trust (A company limited by guarantee)
Trustees' Report and Financial Statements for the year ended 31 December 2020

	 2020			2019
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	£	£	£	£
2. INCOME AND ENDOWMENTS FROM:				
Donations and legacies				
People raising funds for the Trust	93,928	-	93,928	214,457
Donations and gifts	244,202	-	244,202	96,343
Donations received from other Charities/Trusts	512,514	-	512,514	388,775
Donations received from training activities	103,759	-	103,759	162,215
Donations received from corporations	62,666	-	62,666	70,000
Tax recoverable (Gift Aid)	49,647	-	49,647	39,345
Donations received for resources	957	-	957	5,729
	<u>1,067,673</u>	<u>-</u>	<u>1,067,673</u>	<u>976,864</u>
3. INCOME AND ENDOWMENTS FROM:				
Charitable activities				
Other Contracts	-	39,565	39,565	59,179
	<u>-</u>	<u>39,565</u>	<u>39,565</u>	<u>59,179</u>
4. INCOME AND ENDOWMENTS FROM:				
Investments				
Listed investments	17,210	-	17,210	27,505
Cash investments	927	-	927	1,874
	<u>18,137</u>	<u>-</u>	<u>18,137</u>	<u>29,379</u>
5. EXPENDITURE ON RAISING FUNDS				
Direct costs of fundraising events	108,037	-	108,037	80,922
Proportion of CEO Salary and Employer's NI	7,538	-	7,538	7,314
Support and office expenses	90,017	-	90,017	86,200
	<u>205,592</u>	<u>-</u>	<u>205,592</u>	<u>174,436</u>

	 2020			2019
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
6. EXPENDITURE ON CHARITABLE ACTIVITIES	£	£	£	£
Schools & Families Programme	287,452	12,086	299,538	354,501
Colleges & Universities Programme	114,369	33,333	147,702	118,274
Workplace Programme	125,466	-	125,466	92,079
Primary Care Mental Health Education Programme	28,895	-	28,895	30,370
Resources & Materials	117,994	-	117,994	52,843
Support and governance costs (see note below)	258,039	-	258,039	203,895
Grants paid to Institutions (see note below)	17,400	-	17,400	23,877
Other Contracts	-	41,213	41,213	59,179
	<u>949,615</u>	<u>86,632</u>	<u>1,036,247</u>	<u>935,018</u>
Support and governance costs				
Programme direction	60,302	-	60,302	58,511
Support costs	191,948	-	191,948	140,306
Audit and other professional fees	5,744	-	5,744	4,764
Trustees' expenses	45	-	45	314
	<u>258,039</u>	<u>-</u>	<u>258,039</u>	<u>203,895</u>
Grants paid to Institutions				
Ted Fort Practice Nurse Bursaries	3,000	-	3,000	3,877
Nightline - Suicide Calls Project	5,000	-	5,000	5,000
CWI - C. Gilbey scholarship for the Postgrad Dip	9,400	-	9,400	-
Wellspring Therapy & Training Grant	-	-	-	10,000
John Simonds Trust - Life Skills Programme	-	-	-	5,000
	<u>17,400</u>	<u>-</u>	<u>17,400</u>	<u>23,877</u>

7. NET INCOME / (EXPENDITURE)

This is stated after charging:

Depreciation of tangible fixed assets:

- owned by the company

Auditor's remuneration

Auditor's other fees

2020	2019
£	£
1,843	2,163
4,754	4,764
990	-

8. STAFF NUMBERS

The average monthly number of employees during the year was as follows:

	No.	No.
Charitable activities	5	4
Administrative	3	3
Fundraising	3	2
	11	9

STAFF COSTS AND THE REMUNERATION OF KEY MANAGEMENT PERSONNEL

	£	Restated £
Staff - Salaries, wages and pension contributions	207,020	165,268
CEO - Salaries, wages and pension contributions	68,842	66,837
Staff - Employer's National Insurance costs	11,711	11,099
CEO - Employer's National Insurance costs	6,535	6,601

9. TANGIBLE FIXED ASSETS

Fixtures and fittings

Cost	£
At 1 January 2020	34,949
Additions	7,347
At 31 December 2020	42,296
Depreciation	
At 1 January 2020	17,512
Charge for the year	1,843
At 31 December 2020	19,355
Net book value	
At 31 December 2020	22,941
At 31 December 2019	17,437

10. FIXED ASSET INVESTMENTS

	2020 £	2019 £
Market value of listed investments portfolio at 1 January 2020	1,219,657	821,299
Movement on cash held investment portfolio;		
Additions at cost	303,236	381,064
Sales proceeds	(556,323)	(159,402)
Net gain/(loss) on revaluation	22,451	143,764
Gain/(loss) on sale	(3,336)	32,933
Market value of listed investments portfolio at 31 December 2020	985,685	1,219,658
Analysed as follows:		
Fixed Interest - UK bonds	-	82,046
Fixed Interest - Overseas bonds	246,694	139,653
Equities & funds - UK	342,825	506,091
Equities & funds - Europe	56,027	55,945
Equities & funds - Asia ex. Japan	54,004	-
Equities & funds - Overseas	215,923	244,348
Alternatives	70,212	191,575
	985,685	1,219,658
Historical cost	673,758	930,181
Investments that represent over 5% of the total portfolio were as follows:		
Allianz Global Investors GMBH Strategic Bond	99,412	-
Allianz Technology Trust PLC ORD GBP 0.25	96,674	-
AstraZeneca Ordinary Shares of USD 0.25	54,930	-
Caledonia Investments ORD GBP 0.05	-	61,818
CG Portfolio Fund PLC Real Return A INC	147,283	139,654
HALMA Ordinary Shares of GBP 0.10	61,225	68,770
Impax Environmental Markets ORD SHS GBP 0.10	63,375	-
Link Fund Solutions Ltd Trojan X Acc	70,212	65,250
London Stock Exchange Group ORD GBP 0.6918604	61,705	-
Nestle SA CHF 0.10 (REGD)	56,027	-
Pacific Assets Trust ORD GBP 0.125	54,004	-
Rio Tinto PLC Ordinary Shares GBP 0.10	69,743	-
RIT Capital Partners Ordinary Shares of £1	-	64,508
Worldwide Healthcare Trust ORD GBP 0.25	55,875	-
	890,465	400,000
Investments at market value comprise:		
Listed investments	985,685	1,219,658

11. DEBTORS	2020	2019
	£	£
Other debtors	78,547	87,934
Tax recoverable	19,446	23,883
Fundraising event funds still to be received	5,136	22,648
	<u>103,129</u>	<u>134,465</u>

12. CREDITORS

Amounts falling due within one year

Other creditors, accruals and deferred income	119,476	109,402
Funding committed not yet paid	-	50,000
	<u>119,476</u>	<u>159,402</u>

Deferred Income

Deferred income at 1 January 2020	20,605	12,104
Incoming resources deferred during the year	11,471	20,605
Amounts released from previous years	(19,405)	(12,104)
	<u>12,671</u>	<u>20,605</u>

13. CREDITORS

Amounts falling due after more than one year

Funding committed not yet paid	<u>50,000</u>	<u>50,000</u>
--------------------------------	---------------	---------------

14. Reconciliation of net income to net cash flow from operating activities

Net income for the reporting period (as per the SOFA)	127,950	414,165
Add back depreciation charges	1,843	2,163
Deduct interest income shown in investing activities	(18,137)	(29,379)
Deduct gains/add back losses on investments	(19,115)	(176,697)
Decrease/(Increase) in debtors	31,337	(96,356)
Increase/(Decrease) in creditors	(39,926)	(16,438)
Net cash provided by (used in) operating activities	<u>83,952</u>	<u>97,458</u>

15. THE FUNDS OF THE CHARITY	Brought Forward	Income	Expenditure	Gains/ (Losses)	Transfers	Carried Forward
	£	£	£	£	£	£
Unrestricted funds						
Designations						
Charlie Waller Institute Chair fund	250,000	-	-	-	-	250,000
C. Gilbey scholarship for the Postgraduate Diploma	-	-	-	-	9,400	9,400
Nightline, Suicide Calls Project Grant 2020-2021	10,000	-	(5,000)	-	-	5,000
Implementation of Digital Strategy	115,750	-	(115,750)	-	62,055	62,055
Boys in Mind / Girls Mind Too Project	58,784	21,027	(52,556)	-	42,745	70,000
Parent & carer support evaluation and national guidance	48,924	75,000	(39,577)	-	(15,767)	68,580
Scoping and development of resources for younger children	10,000	-	-	-	(10,000)	-
Development and implementation of impact evaluation	18,000	-	-	-	(18,000)	-
Teen Brain workshop	18,000	-	(5,729)	-	(3,911)	8,360
Newham Community College Project	-	-	-	-	40,000	40,000
Increase academic partnerships	-	-	-	-	25,000	25,000
Graduate Wellbeing Website	50,000	-	(32,513)	-	(17,487)	-
Digital mental health assessment/evaluation toolkit	-	-	-	-	23,000	23,000
eLearning development	-	-	-	-	23,000	23,000
Other unfunded expenditure in budget and business plan	37,000	-	-	-	231,896	268,896
	616,458	96,027	(251,125)	-	391,931	853,291
 General funds	 1,458,456	 1,215,082	 (904,082)	 19,115	 (395,665)	 1,392,906
	2,074,914	1,311,109	(1,155,207)	19,115	(3,734)	2,246,197
Restricted funds						
Other contracts	-	39,565	(41,213)	-	1,648	-
Restricted grant - Foyle Foundation	10,000	-	(12,086)	-	2,086	-
Restricted grant - The Band Trust	100,000	-	(33,333)	-	-	66,667
	110,000	39,565	(86,632)	-	3,734	66,667
	2,184,914	1,350,674	(1,241,839)	19,115	-	2,312,864

16. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	2020		2019	
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	£	£	£	£
Tangible fixed assets	22,941	-	22,941	17,437
Fixed asset investments	985,685	-	985,685	1,219,658
Current assets	1,407,047	66,667	1,473,714	1,157,221
Creditors due within one year	(119,476)	-	(119,476)	(159,402)
Creditors due in more than one year	(50,000)	-	(50,000)	(50,000)
	2,246,197	66,667	2,312,864	2,184,914

17. CONTROLLING PARTY

In the Trustees' opinion there is no ultimate controlling party of the Company other than the Trustees.

18. RELATED PARTY TRANSACTIONS

During the year, no Trustee received any remuneration (2019 - £nil). During the year, no Trustee received any benefits in kind (2019 - £nil). One Trustee received reimbursement of expenses amounting to £45 in the current year for travel expenses (2019 - One Trustee - £314). In addition, the Trustees took out Trustee Indemnity Insurance at a cost of £5,063 (2019 - £4,730).

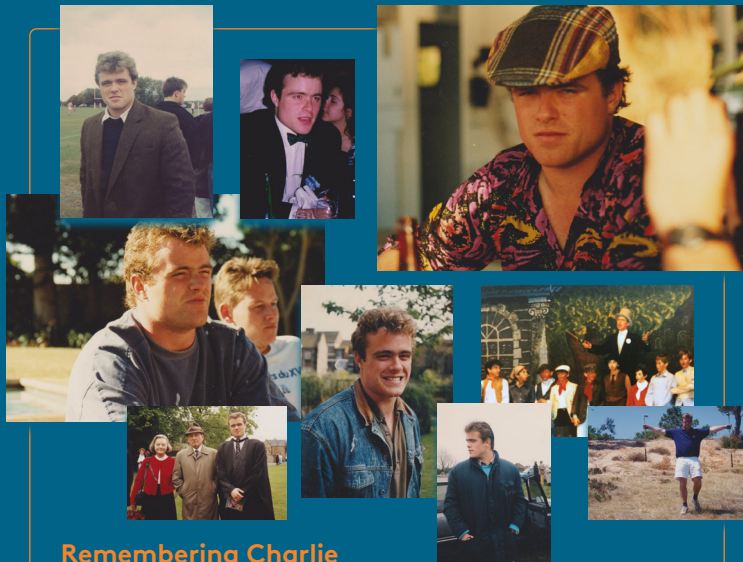
During the year, unconditional donations totalling £3,185 (2019 - £14,114) were received from the Trustees.

19. POST BALANCE SHEET EVENTS

Since 31 December 2020 business and economic activity has continued to be disrupted by the coronavirus (Covid-19) pandemic which spread worldwide in early 2020. The procedures regarding employees working from home and other social distancing measures introduced by the Trustees and staff in March 2020 have enabled effective operations to continue whilst employees are not physically present in the Trust's office. In accordance with the UK Government's four-step roadmap offering a route back to a more normal life, from 8 March 2021 restrictions started to be lifted with a view to all legal limits on social contact being removed no earlier than 21 June 2021.

20. FINANCIAL COMMITMENTS

At the balance sheet date, the charity had financial commitments of £62,055 (2019: £Nil) for the implementation of digital strategy over the next financial period.



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.

Charlie sits at the heart of our story, our vision and our purpose.

THANK YOU

We rely on the generosity, energy, skills and commitment of our supporters, donors and volunteers in order to continue our work.

We are enormously grateful for any donation, large or small, and would like to thank all the individuals, trusts, companies, schools, colleges, universities and other organisations whose support enables us to move closer to our vision.

Our vision is of a world where people understand and talk openly about depression, where young people know how to maintain wellbeing, and where the most appropriate treatment is available to everyone who needs it.

GET IN TOUCH

hello@charliewaller.org
01635 869754

FIND OUT MORE

charliewaller.org

FOLLOW US



The Charlie Waller Trust

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Registered Charity No. 1109984