



CWMT NEWS



The Newsletter of The Charlie Waller Memorial Trust

Interim Issue

April 2001



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THE CHARLIE WALLER MEMORIAL TRUST

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Letter from the Chairman

This is the Charlie Waller Memorial Trust's interim newsletter for April 2001. As you will see we have relocated our office to Henley-on-Thames although we still retain a valuable presence at the Institute of Psychiatry, who kindly accommodated us for a year and a half.

We would like to up-date you on recent progress in the Trust's activities. The Waller Clinic opened in February at Lambeth Walk Health Centre. As you may recall, this is a pilot project, co-funded with the NHS, in order to assess the viability of drop-in depression centres located with General Practice surgeries and staffed by dedicated nurses. Initial findings are very encouraging and we are confident that we are reaching and treating significant numbers of sufferers who otherwise might have fallen through the net. I would like to take this opportunity to thank all those at Lambeth Walk, especially the nurses, who have given so much of their time and expertise in instigating this important project.

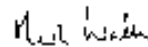
Our relationship with the Institute of Psychiatry remains on a firm footing. Professor Andre Tylee, whom the Trust funded in his work prior to his promotion, has kindly agreed to join Professor Anthony Mann as a medical advisor to the Trust. There is a serious need for someone to continue with Professor Tylee's work in the research and promotion of more effective means of treating depressive illness at the primary care level. If the Trust do not provide funding for this post it simply will never exist. The creation of a Waller Lectureship is therefore our primary fund-raising project for 2001.

We will of course continue to raise public awareness of the nature, symptoms and dangers of depression through contact with schools, universities and industry.

We believe that our work with schools is vital, and are continuing to pilot various initiatives, in the hope of developing something that can operate throughout the country.

We are also continuing to make contact with industry and other employers. The aim is to see what can be done, both to raise awareness and to build an appreciation amongst employers that it is in their own self interest to have health schemes which pick up and treat depressive illness at an early stage.

Nothing would be possible without your generous help. Fund raising events not only produce money but they also help in the general aim of raising awareness and destigmatising depressive illness. There are details in this newsletter of a few of the many wonderful ways in which people have generously striven to raise money on our behalf. I thank you all for your interest and involvement with our work.



Mark Waller

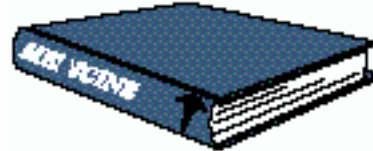
Trustees: Rt. Hon. Sir Mark Waller, Dennis Silk CBE, Neil Durden-Smith OBE, Gordon Black, Anthony West (Treasurer), The Hon. Sandra de Laszlo, Ian McIntosh, Richard Waller, Philip Waller
Secretary to the Trustees: Christine Davey

**CWMT continues to work in association with Prof. Anthony Mann and Prof. Andre Tylee
at the Institute of Psychiatry, King's College, London**

The Waller Lectureship

Introduction

In response to the often asked question 'what is the purpose of the Waller Lectureship?' Anthony West has kindly produced a guide to this newly created post.



During his or her three-year tenure the Lecturer would be expected to carry out the following functions.

Training

To provide high quality training to all relevant primary health care personnel. By way of teacher training, running G.P. skills master classes and lecturing to primary health care professionals, users and carers.

Teacher Training

To continue and expand, the 'Teach the Teachers' residential (3–4 days) courses, which are attended by pairs of G.P.s and nurses from Primary Health Care practices, with a view to the delegates disseminating the information to other members of their practices.

G.P. Skills Masterclasses

To take a lead in running one day courses designed to meet G.P. perceived training needs in eg. counselling skills, cognitive behavioural therapy skills, chronic fatigue and dementia. In the past such Classes have attracted up to 40 G.P.s at a time.

Lecturing to Primary Health Care Professionals, users and carers

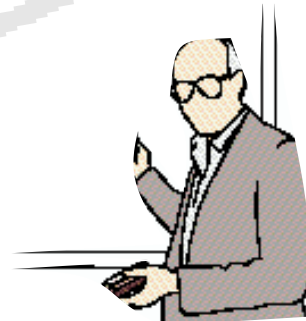
To lecture professional groups, G.P. or psychiatric trainees, undergraduates or school sixth formers, on a range of primary care mental health topics.

Research and Development

To carry out research into the most effective way of educating primary health care professionals in all aspects of mental care, with particular emphasis on depressive illness.

Conclusion

While this is necessarily a précis of the intended role of the proposed Lecturer we hope it serves to illustrate the practical benefits that this post will bring to advancing the diagnosis and treatment of depression.



SOPHIE'S SPANISH JOURNEY

Before you read the intrepid Miss Lindsay's own account of her activities we would like to express our sincere thanks to Sophie for all her efforts on behalf of the Trust which resulted in over £5,500 being raised.

WALK TO SANTIAGO DE COMPOSTELLA

In September of 2000 I found myself walking for the fourth time along the pilgrimage route to Santiago de Compostella in the North West tip of Spain. Having already walked about 1300 miles on the various paths that lead to this city, I thought it would be a fun idea to combine my work as a photographer with my walking, to raise money for the Trust. I thought I would try and find sponsorship and hold a photography exhibition, selling images from my adventures whilst walking 600 miles through the North of Spain.



It takes about four weeks to arrive in Santiago; it is the city of Saint James, patron saint of Spain and one of the twelve apostles, and has housed his shrine for the last thousand years. Many thousands of people make the journey each year, mostly on foot, from the French Pyrenees along the top of Spain, and there are many reasons for undertaking the walk; these range from religious to cultural, being outdoors in nature, or (as in my case) to experience a wonderful journey in a beautiful country. Arriving in Santiago for the third time culminated in the end of a 2000-mile walk, many wonderful adventures...

The Exhibition was a real success and was held in the Shepherds Market Gallery in Piccadilly, London during the week before Christmas. I showed about 30 images, in both black and white and colour, and having covered all costs, I raised at least £1,500 pounds (by the time everyone pays me!). Lots of friends and family supported me, and it proved a really fun way to raise money, and was also a good excuse to show some of the amazing things I was lucky enough to see on the walk.

Sophie Lindsay

CAROL SINGING

Shortly before Christmas a pub in south west London was alive to the sound of music as Mark Young and friends gathered for an evening of carols and carousing. Adam Prideux whose accomplished piano playing lent style to the evening accompanied the singers. However, it was unanimously agreed that the star attraction of the event was William Kennerley whose rendition of 'Once In Royal David's City' stunned his audience. William may lack the perfect pitch of Aled Jones but his powerful, enthusiastic performance made listening to this traditional carol an unforgettable experience. It was, reported Mark, money well spent to just hear William sing. The whole evening was great fun, raising a grand total of £2,000.

On December 21st a quartet of singers, led by Jonno Arscott, entertained weary commuters at Euston with a selection of Christmas carols. Their efforts were obviously appreciated as the group collected £450 in three hours.

The Trust is extremely grateful to all those who participated in both these events.

AU REVOIR BUT NOT GOODBYE TO JOHN MASSEY

As some of you may be aware John is no longer Secretary to the Trustees and as his successor I would like to take this opportunity to say how much I appreciate all the support he has given me over the last three months. Without John's understanding of the Trust's aims and objectives, together with his help and guidance, taking on the role of Secretary would have been a daunting prospect.

John is not, of course, abandoning CWMT. He can certainly expect a few more 'phone calls from me doubtless beginning with the words 'John can you just...' In a wider context he will continue to be actively involved in the Trust through membership of Rick Waller's 'Young' Committee where his knowledge of, and commitment to, the Trust will be a valuable asset.

I am sure that everyone will join with me in thanking John for all he has done for CWMT and wishing him success and happiness in the future.

Christine Davey

DURHAM FASHION SHOW



This prestigious fund-raising event, which is staged annually by students at Durham University, chose the Trust as its charity this year. This was thanks to the enthusiastic and hard-working Caroline Copeman, who was the chairman of the fund-raising committee.

The show, which was staged over four successive nights, attracted around 2,000 people (mainly students from Durham, Newcastle and Edinburgh Universities). Taking the theme of Revolution, the show entertained the enthusiastic audiences with spectacular fashion displays paying homage to revolutionary movements ranging from the French and Russian to the sexual and feminist. The show was an enormous success, with fashion guru Jasper Conran commenting on how "fabulous" it was.

The event is expected to raise over £10,000 but, as Caroline stated, this was 'an awareness raiser as well as a fund-raiser.' In addition to the financial benefit gained by the Trust, it gave us an excellent opportunity to distribute our literature to a large number of students as every member of the audience went home with a 'party bag' including, among other things, our Depression booklet.

We would like to thank Caroline Copeman and her committee for all their hard work. We know how much effort Caroline put in to make this show the tremendous success it was and we are exceptionally grateful to her and her enthusiastic and willing friends on the committee. Thank you, Caroline, your efforts are really appreciated.



GERTRUDE JEKYLL TALK

On Monday 16th October, 2000 120 people attended Rosamund Wallinger's talk on Gertrude Jekyll Gardens. The talk was fascinating as Rosamund relayed her personal knowledge of reconstructing a Gertrude Jekyll garden. Despite the breakdown of the projector, the image of the work was undiminished and all those present experienced an extremely enjoyable day. This event was wonderfully organised by The Hon. Deborah Whitfeld and raised £1,900 for the Trust.

Rachel Waller

P.S. A beautiful Max Mara raincoat was left behind. Owner please contact the Trust.

HOW YOU CAN HELP

The Trust urgently needs volunteers to distribute our award-winning booklet *Depression and How to Deal with it*.

If CWMT supporters countrywide could each keep just one local **library, chemist's shop and G.P.s' surgery supplied with booklets** for distribution, you will help us to achieve one of the Trust's major objectives.

I have recently undertaken this in the King's Road in London. Having approached a librarian, a pharmacist, and a G.P., personally with a letter of introduction and CWMT's explanatory literature, **I have found the people concerned more than willing to help.**

Regular contact then maintained ensures continued participation, that booklets are in supply, well displayed and going out to members of the public as they should.

Don't try to be too ambitious! Stick to your own locality then the regular contact is easy to maintain. Can you then encourage existing or potential CWMT supporters to do the same?

Apply now to CWMT HQ for your introductory pack and make a start in your local library today!

Thank you from all of us to all of you.

Sandra de Laszlo. Trustee
For enquiries: Tel HQ: 01491 573514
e-mail: christine@cwmt.org



CLARA IN HARROGATE

Appropriately, it was on the eve of the first day of Spring that Sally Adams brought her highly-acclaimed *Clara* to Harrogate Theatre. For Sally's lively, spirited and thought-provoking performance of her own play heralded the advent of the new season in perfect style. It was as fresh and attractive as the crocuses on Harrogate's famous Stray.



Harrogate's picturesque theatre, which has managed to stay open despite straitened financial circumstances during the past decade, was unusually full on this special night. Much credit for this must go to Louise Black, who organised the whole evening and whose enthusiasm and hard work were rewarded by a wonderful turnout. Her canapés, incidentally, were divine and launched the evening in style.

Clara, which was written as well as performed by Sally Adams, tells the life story of Clara Schumann, the wife of the famous 19th century German composer Robert Schumann. Sally, who was ably supported by her talented daughter Kirsten on the piano, moved effortlessly from portraying Clara as a musical prodigy, to a teenager in love, to a devoted wife and finally to a grieving widow. Hers was a virtuoso performance.

Schumann himself suffered from depression, which gave the evening a special resonance. Indeed some of the strongest passages of the play came when Clara was trying to accept and cope with her husband's debilitating illness. She also had to come to terms with the terrible friction between the two men she adored, her father and her husband.

Clara, however, is not just the portrait of one woman. It is also the portrait of an age. We were given fascinating snapshots of 19th century Germany, which was a hotbed of artistic inspiration and political intrigue. Through Clara's eyes, we marvel at the talent of composers such as Mendelssohn, Brahms and Chopin and glimpse the uprisings of 1848 and the Franco-Prussian war of 1870 and their traumatic consequences.

At the end of this riveting production, which received the warmest of ovations, Sir Mark gave a moving account of the aims and objectives of the Trust. The man sitting next door to me was so impressed that he wrote out a cheque for £250 on the spot. Yes, it was that kind of evening — the kind of evening which raised more than £11,000 for the Trust in less than three hours.

LONDON CLARA

The Harrogate production of *Clara* followed hard on the heels of the "London Clara", which was held five days earlier in the elegant and illustrious surroundings of Grays Inn Hall. The different environment made for a markedly different evening, but it was equally enjoyable and equally successful. Once again, more than £10,000 was raised on the night.

The evening was launched in fine style with a champagne reception, which put everyone in an excellent mood for Sally Adams' virtuoso performance as Clara. This performance, which drew warm and prolonged applause, was followed by supper. This was organised superbly by Lady Virginia Kennedy and Philippa Perkins — and special thanks should go to chef Adrian Evans for producing a superb meal. Marco-Pierre White had better watch out!

There were also tremendously generous raffle prizes, including a Methuselah of champagne. This was won in the raffle, then donated for auction and eventually drunk by everyone. That heartening tale of generosity summed up a most enjoyable and worthwhile evening.

Robert Beaumont

FORTHCOMING EVENTS

20th April *Texas Scramble*

22nd April *London Marathon*

13th May *Northcote Lodge Walk — Richmond Park*

1st July *Auction of Promises*

14th July *Cricket Tournament, Bradfield*

October *Ball*



The Maxse Walk originally scheduled for 20th — 25th March has fallen victim to the Foot and Mouth Epidemic. It is hoped this event will now take place on 5th — 10th June.

For further details of any of these events please contact:
Christine Davey at the Henley Office



Details of other fund raising activities will appear in Autumn Newsletter.