



Charlie Waller Memorial Trust delivered a CPD for all staff of London South East Academies Trust. The objective of the mental health training was to encourage staff to reflect on their own wellbeing, understand how to support colleagues and determine coping mechanisms for themselves alongside students.

CWMT facilitated the training for free and gives resources to support staff and parents; we were proud to celebrate their work through a donation raised by our students at various events held this autumn term.

This CPD is a part of our Mental Health training programme delivered termly to staff and links into our schools-wide autumn campaign of 'Time to Change'. This mental health campaign is focused on beginning conversations and de-stigmatising mental health discussion.