



BECOME A FRIEND OF CHARLIE WALLER



Teaching young people how to look after their mental health is more important now than it has ever been.

Thousands of young people and their families are struggling with their mental health. You can help us continue to be there for them.

By giving a regular donation of any amount, you can become a **Friend of Charlie Waller**.

**YOU WILL RECEIVE...
A FREE COPY...**

of our annual
Wellbeing Calendar



PLUS...

exclusive online sessions on popular
mental health topics with our experts

COMING UP...

November 2020
Nutrition and mental health

January 2021
Men's Mental Health

March 2021
Change and uncertainty

May 2021
Young people's mental health

July 2021
The teenage brain –
what's going on?

September 2021
Anxiety in young people –
what helps?

**HOW YOUR
REGULAR
DONATIONS
CAN HELP...**

£5

a month pays for **24 packs of resources** for parents and carers – giving them crucial information and guidance to help them support a loved one or young person struggling with their mental health

£10

a month buys **15 books** for our mental health Book Club – helping young children to understand/learn about taking care of their wellbeing

£20

a month pays for **1,200 Wellbeing Action Plans** for a school

£50

a month pays for **3,000 copies** of our Parent's Guide to Depression

£125

a month pays for **three days' mental health training** in a school

£250

a month pays for a year's development of our students against depression website content

SIGN UP TODAY

If you would like to support the Trust in this way, please complete the form overleaf or visit charliewaller.org/get-involved/friends-of-charlie-waller



The Charlie Waller Trust
First Floor • Rear Office • 32 High Street
Thatcham • Berkshire RG19 3JD
Company No. 5447902 • Charity No. 1109984



Name and full postal address of your Bank or Building Society

To: The Manager

Bank/Building Society

Address

Postcode

Name of Account Holder(s)

Bank/Building Society Account Number

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Branch Sort Code

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Banks and Building Societies may not accept Direct Debit Instructions from some types of account

Instruction to your Bank or Building Society to pay by Direct Debit

Service User Number

6	9	1	2	1	3
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CAF, Kings Hill, West Malling, Kent, ME19 4TA

Instruction to your Bank or Building Society

Please pay Charities Aid Foundation Direct Debits from the account detailed in this Instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this Instruction may remain with Charities Aid Foundation and, if so, details will be passed electronically to my Bank/Building Society.

Signature(s)

Date DD/MM/YYYY

Please return your completed form to:

The Charlie Waller Trust, First Floor, Rear Office, 32 High Street, Thatcham, Berkshire, RG19 3JD

This is not part of the Instruction to your Bank or Building Society

My details

Title Name

Address

Postcode

Email

Donation details

I would like to make a regular donation of:

☐ £5 ☐ £10 ☐ £20 £ Other Amount
☐ Monthly ☐ Quarterly ☐ Yearly

Commencing:

01 / / or 15 / /

Gift Aid Declaration

Tick to apply ☐

Please Gift Aid this donation and any donations I make in the future or have made in the past 4 years. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year, it is my responsibility to pay any difference. Please notify us if you want to cancel this declaration, change your name or home address or if you no longer pay sufficient tax on your income and/or capital gains.

This guarantee should be detached and retained by the Payer

The Direct Debit Guarantee

- This guarantee is offered by all Banks and Building Societies that accept instructions to pay Direct Debits.
- If there are any changes to the amount, date or frequency of your Direct Debit, Charities Aid Foundation will notify you ten working days in advance of your account being debited or as otherwise agreed. If you request Charities Aid Foundation to collect a payment, confirmation of the amount and date will be given to you at the time of the request.
- If an error is made in the payment of your Direct Debit, by Charities Aid Foundation or your Bank or Building Society, you are entitled to a full and immediate refund of the amount paid from your bank or building society – if you receive a refund you are not entitled to, you must pay it back when Charities Aid Foundation asks you to.
- You can cancel a Direct Debit at any time by writing to your Bank or Building Society. Written confirmation may be required. Please also send a copy of your letter to us.

