



How you can help

Some partners may choose us as their nominated charity partner for a year; others have sponsored a Charlie Watkins Foundation event or organised their own.

There are plenty of ways you and your team can help us raise crucial funds to help young people with mental health challenges.

Previous events from our corporate partnerships include a:

- sponsored skydive
- sponsored walk
- bake sale
- raffle
- film viewing
- football match
- TGIF party!

It is entirely up to you how you choose to support us, any help you can provide will be much appreciated.



Charlie Watkins Foundation

Supporting young people to look after their mental health

Corporate partnerships



Why support us?

Every year in the workplace, around 70 million days are lost in absence due to mental illness*.

Choosing to support us will not only help the vital work that we do, it's also a great way to show your staff that you care and take mental health seriously.

In return for your support, we will:

- set up a 'Corporate Partnerships' profile on our website for you
- list you on our 'Charlie's Champions' page
- work with your PR team to provide tailored communications to demonstrate your commitment to your corporate social responsibility
- provide you with website and social media graphics that show your support to us

*mentalhealth.org.uk



Let's talk



hello@cwfoundation.co.uk

Facebook @charliewatkinsfoundation

Twitter @cwfoundation1

Instagram @charliewatkinsfoundation

LinkedIn @charliewatkinsfoundation

www.cwfoundation.co.uk



About Charlie

Charlie Watkins was only 22 when he took his life in March 2017. Sadly, Charlie never recovered from the tragic loss of his mother when he was only nine years old.

Charlie is one of many examples of young people who suffer with mental health challenges, and the Charlie Watkins Foundation aims to raise funds for partners of the foundation to better support young people struggling with their mental health and wellbeing.



About the foundation

The Charlie Watkins Foundation has been formed by Charlie's twin brother Harry and his father Tim, to receive funds in memory of Charlie.

These funds are to be used at the discretion of the foundation to support charities and initiatives whose primary focus is to assist young people their mental health.

We're supporting



The **Colchester and Tendring Youth Enquiry Service (YES)** works with some of the area's most vulnerable young people to help address their emotional needs and mental health through counselling, activities and other support.

Our funding has meant that YES can provide a new project helping young people to access and navigate the right support they need, including a new school navigator role.

student minds

Student Minds is the UK's student mental health charity. It supports students and members of university communities to look after their own mental health, support those around them and create change.

We are funding an assessment tool, co-created with students, which empowers them to be part of the assessment process, recognising and rewarding universities seeking to gain the Charter Award Scheme accreditation as defined by Student Minds' University Mental Health Charter.

We're partnering with



The **Charlie Waller Trust** was founded after Charlie Waller took his own life. The Trust's mission is to educate young people - and those with responsibility for them - about their mental health and wellbeing.

In collaboration with the Charlie Waller Trust, we are funding a series of transition guides written by experienced mental health professionals to support young people with any mental health challenges they might face at university.

The guides are written specifically for vulnerable groups including those with Adverse Childhood Experiences (ACE), LGBTQ+ students, international students and many more.

We're always on the lookout for new initiatives to support

If you have a charity or initiative you believe would benefit from the Charlie Watkins Foundation's support, please do not hesitate to get in contact with us.

