





## Fiera Steps Up

## **Event Overview**

20th June 2024

Target of **1.5million steps** through walking events by 25 teams

An **8km walk** will take place starting at 2pm from Trafalgar Square

Fundraising through GoFundMe, with Fiera donating a prize to the largest team raise

Teams of up to 10 people (smaller/larger teams will have their fundraise calculated on a volume weighted basis)

If based outside London, teams can run separate events

£50,000 can provide

15,000

mental health webinars for parents & carers

4,000

training sessions for teachers & lecturers in schools & colleges

1,000

workshop courses for parents supporting young people

Click to donate

## **Rules & Prizes**

Minimum donation of £20 to take part
Biggest fundraising team receives an extra £500 donation from Fiera
Biggest individual fundraiser receives an extra £500 donation from Fiera



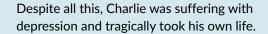




## **About Charlie Waller Trust**

The Charlie Waller charity was founded in response to the tragic death of Charlie in September 1997. He was a talented actor, a formidable rugby player and was also flying high in his chosen career in advertising. To the outside world, he had everything to live for.

Find out more here



Shortly afterwards, in response to this tragedy, his family founded the Charlie Waller Trust. This was at a time when depression and mental health were significantly less well understood and talked about than they are today.

The charities mission is to open up the conversation around depression, to ensure that young people are able to understand and look after their own mental health and to spot the signs in others and know how and where to access help.



50%

of mental health problems are established by age 14 1/5

school age children have a diagnosable mental health disorder 1/4

17 to 19 yr olds have a probable mental disorder



Our corporate objectives is to help equip young people with the knowledge, skills and confidence to look out for themselves, their friends and those around them.

