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### **Night Walk for the Cameron Grant Memorial Fund & Trust, 2 October 2015**

Dear Night Walkers and Marshals

Very many thanks for taking part in our Night Walk, and for the sponsorship you raised. We hope you had fun, and that the activities this evening have helped raise awareness of the importance of good mental health for all.

Our first project, launched with the support of the Aviva Community Fund, will be to train Hampton-in-Arden community members in Mental Health First Aid, and in Suicide Awareness. Please keep checking our website - [www.camgrant.org.uk](http://www.camgrant.org.uk) - for further news, please "Like" us on Facebook - [www.facebook.com/CamMemorial](http://www.facebook.com/CamMemorial) - and please follow us on Twitter - [@CamMemorial](https://www.facebook.com/CamMemorial)

If you are interested in taking part in the training, please email us at [info@camgrant.org.uk](mailto:info@camgrant.org.uk) and let us know why you would like to be involved. Our goal is to prove our community approach in Hampton, and then to repeat it in as many other communities as we can.

Cameron suffered a lonely battle against depression for 7 years, and we have learnt that mental health struggles affect a large number of people. One of our strongest aims is to make sure anyone who is suffering feels it is safe and acceptable to speak up and ask for help. We don't want anyone else to suffer in silence, and we'd like to highlight the organisations below as ones that can help:

**PAPYRUS** exists to give young people hope, and to prevent young suicide. They operate HOPELineUK (Tel: 0800 068 41 41, email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org), SMS: 07786 209697) a specialist service staffed by trained professionals who give non-judgemental support, practical advice and information to children, teenagers and young people up to the age of 35 who are worried about how they are feeling, and to anyone who is concerned about a young person. Website: [www.papyrus-uk.org](http://www.papyrus-uk.org)

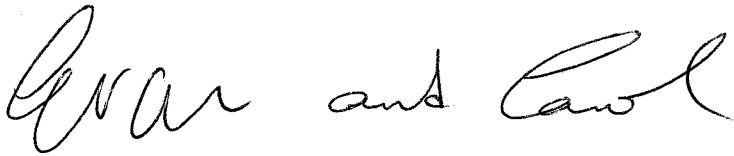
**Samaritans** - if there's something troubling you, then get in touch. Samaritans are there 24 hours a day, 365 days a year. If you need a response immediately, it's best to call free on 116 123. Help by email and post also available – please see their website: [www.samaritans.org](http://www.samaritans.org)

**Time to Change** - led by Mind and Rethink Mental Illness, Time to Change is England's biggest programme to challenge mental health stigma and discrimination. Take the pledge on their website: [www.time-to-change.org.uk](http://www.time-to-change.org.uk)

This is simply a list of 3 organisations we have found that we believe can help, and it is certainly not exclusive. We will add these links to our website; please let us know of other links you think we should include.

We would like to add our thanks to all who have helped us make the Night Walk happen, and especially to Simon Thomas and Duncan Ballard. Our thanks also to Peter & Samantha Adams and the Lillie Johnson Charitable Trust for enabling us to establish the Cameron Grant Memorial Fund as a charitable fund almost immediately and for helping us to run it. And our thanks to the community of Hampton-in-Arden for extraordinary love and support.

Very many thanks

A handwritten signature in black ink that reads "Evan and Carol". The signature is written in a cursive, flowing style.

Evan & Carol Grant