

Cameron Grant MEMORIAL TRUST



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It has been nearly 3 years since Cameron died and we've learnt a lot about suicide since then; the statistics are frightening. About ¾ of suicides are male, and it's the biggest cause of death for boys and men aged between 15 and 45. 1 in 10 young people, or about 3 in every school classroom, are experiencing mental health problems at any given time.

We decided to set up the Cameron Grant Memorial Trust in Cameron's memory to help others in these circumstances.

One of our goals is to encourage all, and especially young people, to speak up and ask for help rather than to soldier on battling poor mental health on their own. To this end, we have created Cameron's Coasters; these are simple drink mats which carry the message "There is always someone you can talk to" on one side, and contact details for people who can help on the other. We have worked with universities & colleges to customise Cameron's Coasters so that they carry the help details relevant to each place where they are used. Further information can be found on our website: www.camgrant.org.uk/events/camerons-coasters

To date we have sent out over 320,000 coasters to: 66 universities, 19 Cambridge Colleges, 11 schools, 4 GP Practices, Poole NHS Mental Health, Ricoh Arena and Wasps Rugby Club, other local sports clubs, IBM, West Midlands Police Federation and the White Lion, our local pub.

This year we are focusing on working with more schools and 6th form colleges, as well as carrying on the work with universities. There is a lot of work still to do. We have also produced a 'credit-card' version of the coasters. The cards carry similar help information, but are more enduring and can easily be put in a wallet.

We won grants from the Aviva Community Fund in 2015 and 2016, and produced a video with them: 'Could these drinks coasters save lives?' youtu.be/zs7RwUfeGLk. The 2017 voting process runs from 24 October to 21 November; please vote for us – it is quick and easy to do, and it means a lot to us.

We have also received grants this year from the St James's Place Foundation and the Alpkit Foundation, and we are very grateful for the donations given to us by other groups and individuals.



The Cameron Grant Memorial Trust

We started this project to encourage people to ask for help rather than to suffer in silence as Cameron did. If you know of a community that might benefit from Cameron's Coasters or Credit Cards, then please get in touch on info@camgrant.org.uk.

We work with POPYRUS Prevention of Young Suicide, and have sponsored Suicide Awareness workshops, Applied Suicide Interventions Skills Training (ASIST) and have delivered their Awareness Training. In addition, we sponsored 'Look After Your Mate' run by Student Minds, a 'A Stranger on the Bridge' workshop for schools and a Warwick University Christmas Lecture. We have been into schools and given talks to both teachers and students about the importance of good mental health. We were invited by West Midlands Police Counter Terrorism Unit to participate in a school well-being workshop. We were invited by Reading University to take part in their Mental Health Day with Frank Bruno.

We have worked with The Hampton Gym to introduce a Teen Membership for 13 to 18 year olds. Cameron's Charity are paying for 8 group teen classes a week, and will also be providing a number of well-being workshops. This has been successful and The Hampton has had enquiries from other Local Councils to provide this to their teenagers.

We climbed Kilimanjaro in Cameron's name last year, and took part in a street collection with Cambridge RAG (assisted by our lurcher puppy Rhia who wore her CGMT t-shirt with some style – see the photo below)

We are members of The Alliance of Suicide Prevention Charities (TASC) an alliance of UK charities. This helps us keep current with other initiatives and programmes, and the latest research, and gives us another means of communicating what we do. It also allows us to check we are not duplicating work done by others.

We have our annual Night Walk from Hampton on the Friday closest to Cameron's birthday which this year is 6th October. This allows us to remember Cameron, raise some money, and have some fun! Our route is 7.5km and takes about 2 hours. Night walkers start between 7 and 8pm and finish by 10pm; please join us! For more information and to register see www.camgrant.org.uk/events/camerons-3rd-night-walk.

Mental Health issues can affect anyone and there is no shame in seeking help for any illness, physical or mental. We hope that by spreading this message openly and honestly we can help many others in Cameron's memory. We miss Cameron an unbelievable amount and we so wish that he had asked for help.

Carol & Evan Grant

