

LIFE



Autumn 2020:
Resilience
during
Coronavirus

COVID-19 UPDATE

How has the pandemic made you feel? Anxious, fearful, isolated, or frustrated? This is how many Oakleaf clients feel every day.

As you may know, Oakleaf draws people out of isolation and loneliness. However, in these unprecedented times, many clients were forced back into the confinement from which they had worked so hard to break free. Since the Coronavirus crisis began, we have been working around the clock to ensure that our hundreds of clients can access support over the phone and via video.

Oakleaf HQ has now officially re-opened; we have resumed some face-to-face activities with Covid-19 procedures in place and are continuing to grow our package of remote support. This includes our daily wellbeing activities, 1:1

counselling, bi-weekly support groups and weekly check in calls with our Client Services team.

Between the end of March and the end of July we received a staggering 134 new referrals, delivered 293 separate remote wellbeing activity sessions and held

1,384 check-ins with individual.

Thank you so much for your continued support, without which none of this would be possible.

To find out more, visit our website: www.oakleaf-enterprise.org/



- ▶ Oakleaf News
- ▶ Client Events & Activities
- ▶ Volunteering
- ▶ Fundraising Activities
- ▶ Testimonials
- ▶ Community Support



OUR OAKLEAF TRUSTEES

We are pleased to announce that Angela Goodwin and Richard Maybury have been officially appointed as Oakleaf Trustees. We are delighted to welcome them to #TeamOakleaf!



ANGELA GOODWIN

Following work as a manager for a charity that supported unpaid carers, Angela has used her skills and experience as a Guildford Borough and Surrey County Councillor to help and support people in her community. "As a new member of the Board I'm pleased to be part of the Oakleaf family; I look forward to helping Oakleaf provide the support people need to improve their mental health."



RICHARD MAYBURY

Richard runs a specialist training business, where his mission is to equip and enable his clients to improve the way they manage conflicting priorities. "Through my specialisation I'm acutely aware that most people pay too high a price for the results they deliver every day. This interest in stress management opened me up to the importance of managing our mental health. Oh, and I also love what Oakleaf does."

LAUNCH OF NEW OAKLEAF WEBSITE

Fantastic news! On 20th April 2020, we were extremely proud to launch our brand new Oakleaf website, which was developed completely pro bono by Delivered Social. We hope you enjoy our new look as much as we do; visit us at: www.oakleaf-enterprise.org



WELLBEING ACTIVITIES EXPANDED

Due to the success of our online programme of activities during lockdown, we are continuing to provide this virtual support even as face-to-face activities resume.

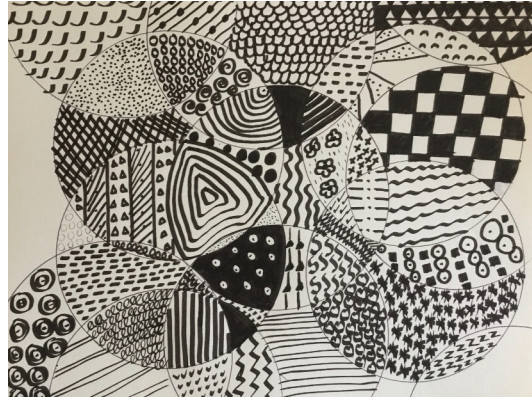
Examples of our virtual activities include: Yoga, Mindfulness, Art Therapy, Anxiety Management, Cookery classes, CV writing and our online Choir group.

Client Testimonial:

"The team at Oakleaf have been outstanding and have adapted to our new normal brilliantly. Their online sessions have given me a much-needed focus. We have the option to interact and engage with one another; something I now look forward to and rely on. Oakleaf has been the backbone of my mental health support."

- **Jan, Current Oakleaf Client**

CREATIVITY & MENTAL HEALTH



During these extraordinary times with Covid-19, our creative workshops have found a new virtual platform, forming an online community for our clients. At Oakleaf, we believe that creativity and better mental health go hand in hand. So, in a recent blog, we shine a light on some of the wonderful work that is going on behind the scenes to help maintain and strengthen this connection. You will get a closer look at our creative workshops, the challenges our clients are facing on a regular basis, and the staff and volunteers who make it all possible:

www.oakleaf-enterprise.org/creativity-and-mental-health

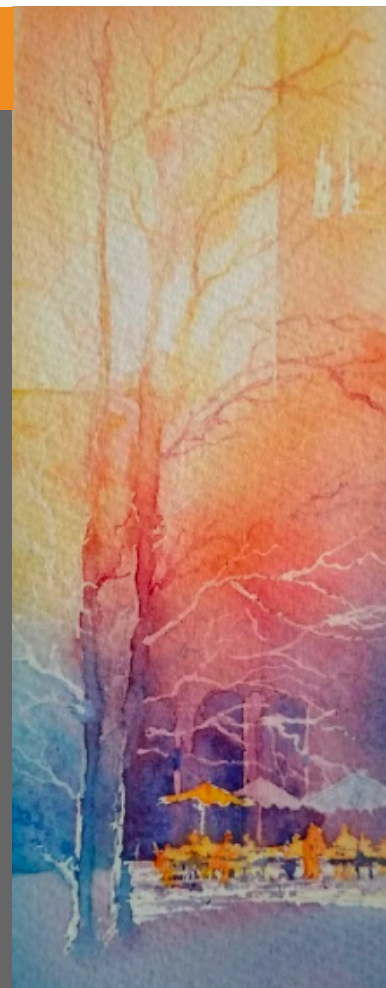
SHARE YOUR STORIES

Many of us are worried about Coronavirus and how it will affect us and those we love. That's why we encourage you to share your stories so others can see that they're not alone in the challenges they're facing.



'I now have an exciting new career working in mental health with the aim of helping and supporting people the same way that Oakleaf helped me.' - **Wendy**

In these times of uncertainty and isolation, community and kindness are needed more than ever. Simply getting involved in the conversation surrounding mental health online can make all the difference: www.oakleaf-enterprise.org/mhaw



Client Testimonial:

"My mental health was at an all-time low when I happened to attend an event Clive Stone spoke at. After hearing Clive speak, I quickly got online and registered as a client. Despite my reservations I signed up for the art classes, which opened my eyes to all I can be, and achieve - not just around art. I would have been lost without the team at Oakleaf. This is why when lockdown hit, I felt it was important to volunteer and help in whatever way I could. - **Sam, Current Oakleaf Activity Leader**

Client Testimonial:

"I had only just started with Oakleaf when the lockdown commenced, so as you can imagine it left me stranded and very isolated. I am doing a range of different courses through Oakleaf and I am thankful for all of their time, kindness, help and support. Every class and member of staff has shown so much commitment to help and understand every one of us. These classes have also given me a reason to get out of bed and provided me with a real drive and daily structure. - **John, Current Oakleaf Client**

OUR VOLUNTEERS

Many people kindly volunteered with our Client Services team during the Coronavirus pandemic.

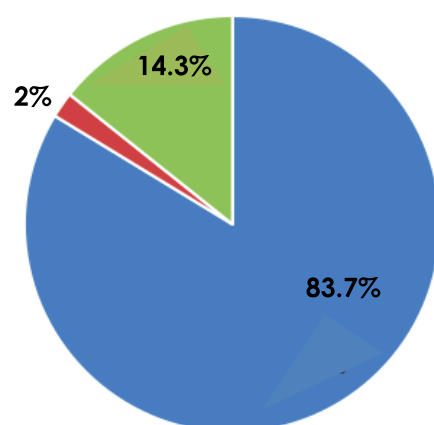
"I volunteer to help Oakleaf because it is a wonderful charity that offers help & support to those suffering from mental health issues. As a financial advice firm we passionately believe that everyone should benefit and are delighted to offer this to Oakleaf's clients at no cost." - **Mark Fryer**

So, we would like to say a huge thank you to everyone for giving us much-needed support during a difficult time.

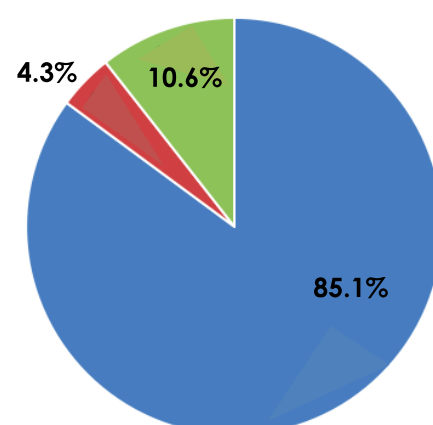
CLIENT SATISFACTION SURVEY

We conducted a client satisfaction survey at the end of June 2020 with feedback from our clients. It was fantastic to see such positive results!

Has Oakleaf helped you to feel less isolated?

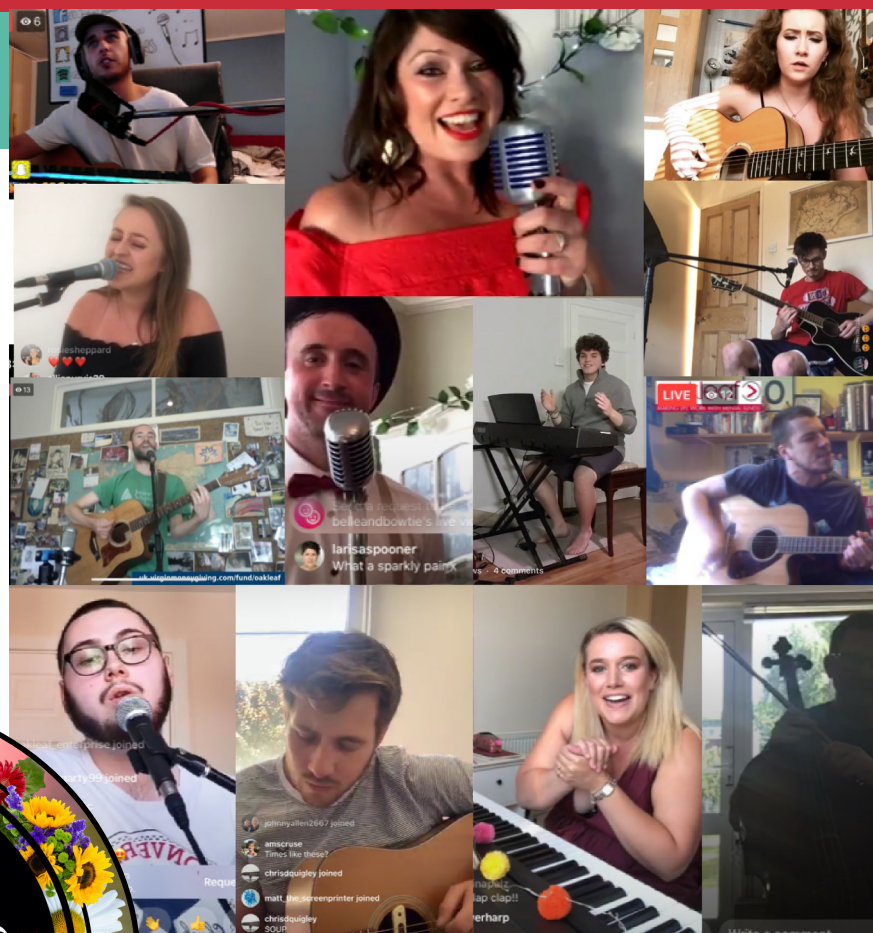


Has Oakleaf helped you improve your mental wellbeing?



OAKLEAF LIVE

Research shows that music can be incredibly beneficial for your mental health. This is one reason why we held 'Oakleaf Live' in May 2020. The virtual festival not only raised much-needed funds and awareness around mental health, but also promoted the profiles of more than a dozen local singers, songwriters, musicians and wellness instructors in the Surrey community. We hoped the event would bring people together during uncertain lockdown times, when we needed community the most; and it did just that! A massive thank you to all of our musicians, volunteers and supporters who helped to make the day a resounding success.



VIRTUAL QUIZ NIGHTS

Due to the success of our annual Oakleaf Quiz Night, we started hosting virtual quiz nights every other Tuesday from April, via Zoom with a suggested donation of £3. Participants were split into teams or 'breakout rooms' on Zoom to battle it out to the top of the scoreboard and be in with the chance of winning some fabulous prizes.

We were not sure initially if it would pick up, but after week one, the event was widely shared - with many participants coming back week after week!

We managed to raise more than £2,500 over ten quizzes, and hope we were able to bring some light-hearted fun and a sense of community to our hundreds of quizzers during lockdown.

A huge thank you to everyone who took part and supported Oakleaf.

OAKLEAF REUNION QUIZ

Following the success of our 10th and final lockdown quiz, we are thrilled to be hosting our new Oakleaf Reunion Quiz on Wednesday 7th October at 7pm via Zoom in celebration of World Mental Health Day 2020! To sign up, email: jenclay@oakleaf-enterprise.org



VIRTUAL
PUB
QUIZ



TOUR DE OAKLEAF

After hearing that the Prudential RideLondon was being cancelled, we decided to host a virtual alternative: 'Tour de Oakleaf'! On Sunday 16th August, we challenged businesses and supporters to match the Olympic legacy by cycling 50 or 100 miles in a location of their choice - getting their friends, family and colleagues to sponsor them along the way! Our participants were given the option to join a Strava club in order to keep track of what fellow



members were up to, which gave the event much more of a community feel. All in all, a fantastic way to raise money for mental health and an even better excuse to get outside and stay active during Coronavirus. Congratulations and thank you to all of our cyclists!

SIDE WITH 17

Approximately 17% of people will experience a common mental health problem in any given week. We wanted to reflect this in the week of 20th-26th July by holding the virtual running challenge 'Side With 17'! Participants ran 17 miles in a week to raise awareness around the large number of people who struggle with their mental health, while getting friends and family to sponsor them along the way. The virtual aspect meant that participants were able to choose their own routes, from local roads and trails close to their own home. We made sure to create an online Strava club so that everyone could commiserate about their



blisters or celebrate the highs of a personal best together, along with a mid-week yoga class, which added a real sense of community to the challenge. More than 40 runners managed to raise an amazing £4,300 all together! Thank you so much to the individuals and supporters who chose to support Oakleaf.



MENTAL HEALTH IS MORE IMPORTANT THAN EVER BEFORE

In our spring newsletter I innocently wrote - "In the 2020s we look forward to supporting many more local people through their mental health journeys towards achieving positive wellbeing." I had no concept of the COVID-19 juggernaut hurtling towards us and the unprecedented number of local people who would consequently seek Oakleaf's wellbeing support. I had no idea that from March, both mental health and mortality would be at the forefront of so many people's minds.

At Oakleaf we have been inundated with referrals for new clients, many of whom had never previously suffered significant challenges to mental wellbeing. We have also provided vital ongoing support to existing clients facing additional anxiety, grief and isolation. I am immensely proud of the way that our local charity has adapted our services and delivered critical support to so many local people severely affected by the pandemic. Yet we can only achieve this with funding in place – and so many sources of traditional fundraising have closed; recession will exacerbate this.

If the pandemic has impacted your own mental wellbeing (or that of friends and family), and if in the coming months you reassess the gifts you plan to leave in your Will, having made provision for relatives, please do consider supporting Oakleaf in this way. I know that I myself have reviewed my own Will to update my wishes. Leaving a gift to our local charity, to help local people would be hugely appreciated, helping to ensure Oakleaf can continue to deliver vital mental health support for many years to come.

Whilst we cannot offer legal advice, please do get in touch for further information:

- Moyra Matravers, moyramatravers@oakleaf-enterprise.org

OUR MENTAL HEALTH FIRST AID TRAINING COURSES ARE BACK!

It is safe to say that Covid-19 has caused seismic changes to our daily habits and routines. Perhaps more importantly, regular sources of support in the social and charity sector are under severe strain themselves. We want to stress that our role in the community is now more important than ever to create environments and tools that promote

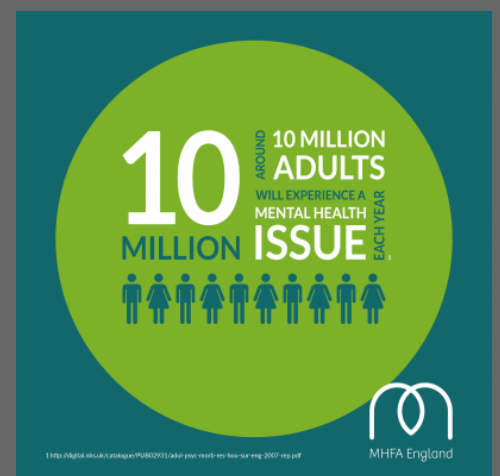
positive wellbeing and cement the fact that we are all in this together; no one is on their own and help is always available.

We are therefore excited to bring back our MHFA courses after a 5 month hiatus, hosted at the Guildford Pavilion who kindly donated their space to Oakleaf.

You might be wondering, what is a mental health first aider? We gathered together some newly qualified Mental Health

First Aiders to share their thoughts on why they decided to take the MHFA course and what they took away from the training:

www.oakleaf-enterprise.org/mhfa.



If you are able to donate to Oakleaf and help us provide much-needed support as funding sources vanish, we would be incredibly grateful—we need you now more than ever. If you are interested in supporting Oakleaf in any way, please get in touch by emailing:

jenclay@oakleaf-enterprise.org

or phoning:

01483 303 649

For updates on Oakleaf and all things mental health, be sure to follow us on social media:



@_Oakleaf



@Oakleaf_Enterprise



Oakleaf Enterprise



Oakleaf

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LIFE



'Charity of the Year'