

# LIFE

Winter  
2018/19

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## The University of Surrey Students' Union Chosen Charity

In September Oakleaf became one of the two chosen charities to be recipients of the 2018-2019 RAG fundraising efforts made by the University of Surrey Students' Union.

The Students' Union felt that by partnering with Oakleaf it would be a great opportunity to not only support local individuals with their mental health but also to encourage students to think about their own mental wellbeing. Over the next year as part of this partnership Oakleaf will be providing mental health first aid training to some of the University students so they are better equipped to help support their peers.



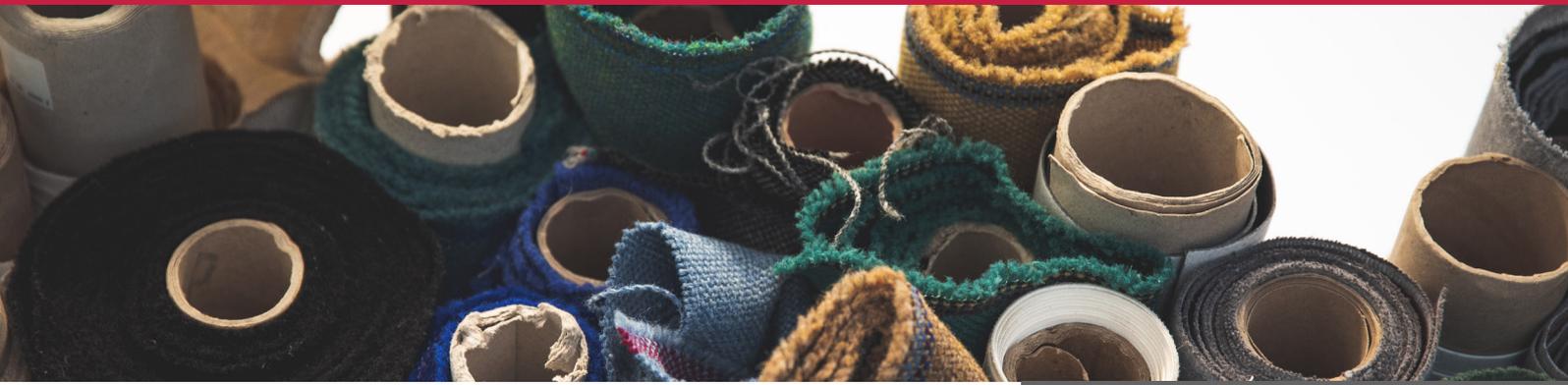
The University of Surrey  
**Students' Union**

the University to celebrate World Mental Health Day 2018. We were joined by our CEO, Clive Stone, who spoke of the importance of taking care of your own mental health and what Oakleaf has to offer its clients and the wider community.

The students have jumped at the opportunity to find interesting ways to fundraise for Oakleaf, from Hospitality Events Management students hosting a Christmas Variety Performance, (including a set from our very own Oakleaf band 'Arx Vanitas'), to the University of Surrey Boat Club rowing the length of the Thames outside the Friary Centre in the freezing cold! We have even had a lovely group from the University Theatre Society volunteering at our 'Guildford In Harmony' concert. They will also be leading some drama workshops for our clients in 2019.

A huge thank you to everyone at the University who has raised money for us so far; we are very much looking forward to the months to come!

In celebration of this announcement, we hosted a mindful Tai Chi session at



## New Year, New Oakleaf!

The New Year is an exciting time for changes here at Oakleaf.

For 2019 we have decided that our Social Inclusion Activity calendars will now be quarterly, covering 3 months' worth of activities at a time. Our activity posters are being given a makeover to include more information on the sessions and the instructors, as well as looking more uniform and cohesive.

The activities will also be changing in the New Year – They will now span multiple weeks, such as our 8-week Confidence Course starting in February, or our 6-week Art Classes starting in January, in addition to drop in sessions and workshops.

Our drop-in sessions include Mindful Colouring on Mondays and Fridays, the Wellbeing Café on Monday evenings, and our Everyman Choir which meets on a

Wednesday Evening. The one-off workshops include our Drama workshops delivered by Guildford Shakespeare Company in January and February.

Our Horticulture courses will be updated come January. They will now be 12-weeks long and will focus on the ins and outs of horticulture and gardening, including sessions on health and safety, planting and plant identification. These courses will end with our clients receiving a certificate of completion and a deeper understanding of gardening.

Finally, our Upholstery Courses will also be different in the New Year, changing to 6-weeks, followed by a 12-week course for those who pass the initial 6-weeks. This will help our clients to learn basic skills and develop a greater understanding of Upholstery.

## Football Success!

We had a lot to celebrate on World Mental Health Day 2018, with our fantastic football team, The Mighty Oaks, making it all the way to the finals of the Wellbeing and Inclusion Football tournament hosted by The Welcome Project!

Our coach, Kelvin Bossman, was bursting with pride at their success and the team were in high spirits following their tough final against Mind United FC of Kingston.

This is an incredible achievement for one of their first major tournaments and both Kelvin and the team are excited about future finals in 2019.





# NHS Concert

2018 marked the 70th year of the NHS. To celebrate, the South West Surrey Compass Health and Social Care group hosted a celebration concert on 10th November with all the proceeds being donated to Oakleaf.

The evening featured wonderful performances from local choirs, bands and a comedy performance from the junior doctors of St George's Hospital 'Malignant Humours'. There were also two brilliant sets by Oakleaf band - 'Arx Vanitas'! A huge thank you to the South West Surrey Compass group for raising over £1150 on the evening.



# Christmas at Oakleaf



The Christmas season at Oakleaf really was a time for coming together and giving back.

We launched our Christmas celebrations with our Volunteer Christmas Party on 14th December, where we thanked all the wonderful people who donate their time and skills to help support our clients.

The annual Client Christmas Party on 18th December was a huge success, with an enormous curry that was

enjoyed by all, a performance by the Oakleaf band, and a bumper year of presents for all the clients who attended!

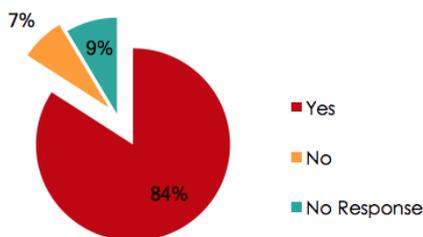
It was a wonderful afternoon celebrating all the clients' achievements over this last year.

A huge thank you to all those who donated such generous presents including, Windlesham Golf Club, Highways England and BOC who even came along to help us prepare for the party.

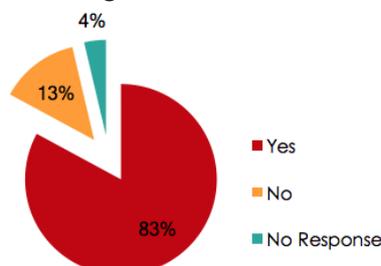
# Client Satisfaction Survey

Oakleaf conducted a client satisfaction survey at the end of 2018 with feedback from clients based across our Guildford, Godalming, Farnham and Surrey Heath sites. It was fantastic to see such positive results:

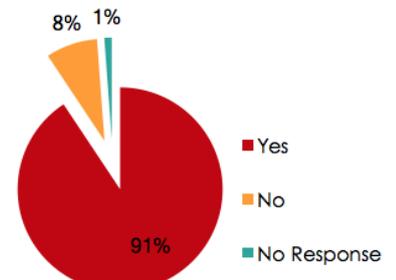
Has attending any of these activities helped you feel more confident?



Has Oakleaf helped you improve your mental wellbeing?



Has Oakleaf helped you to feel less isolated?





## Join us for our Oakleaf Annual Quiz Night!

On Friday 22nd February at 7pm, we are hosting our popular annual Oakleaf Quiz Night!

Put your general knowledge skills to the test whilst raising money for better mental health in Surrey! Only £15 per person including dinner.

The Quiz will take place at St. Catherine's School, Station Road, Bramley, GU5 0DF.

There will also be a raffle with lots of fantastic prizes to be won with all proceeds being donated to Oakleaf.

To book a table of 8 - 12 people or to book an individual place and join a group team, email: [elibeckett@oakleaf-enterprise.org](mailto:elibeckett@oakleaf-enterprise.org) or call 01483 303649.

**Please be aware that tickets must be purchased in advance**

# QUIZ NIGHT

# H GUILDFORD IN HARMONY

SINGING FOR WELLBEING

On Saturday 24th November 2018 we hosted our second 'Guildford in Harmony' concert. Our Patron, Dame Penelope Keith introduced the evening, speaking of how wonderful it has been to see Oakleaf flourish and grow over the last 20 years, with so many local individuals benefiting from our services.



She handed over to our fantastic compère for the evening, Matt Pinches of Guildford Shakespeare Company, who brought a brilliant energy to the evening introducing all our wonderful choirs!

Guildford Vox, Guildford Jazz Choir, The Guildford County School Chamber Choir, Oakleaf's Everyman Choir, and Bellow Fellows gave flawless performances

creating an uplifting and inspiring atmosphere for all those attending.

Our very own Everyman choir sang their hearts out earning the biggest applause of the night, despite their choir director being unwell and unable to attend. A special mention to Bellow Fellows director, Dom Stichbury, for stepping up to the plate only a few hours before the performance, to lead the Everyman choir in their two brilliant pieces.



A huge thank you to everyone who volunteered and attended the concert which helped raise over £2000 for Oakleaf!

**A video of the evening can be found on our YouTube channel and website.**



# The Pattern Project



The Pattern Project was founded by artist Fraser Aberdeen who creates series of drawings to support his chosen charity. In 2018 Fraser chose Oakleaf as the charity to receive all the profits from his new series 'The Inner Beast' which focuses on Fraser's own battle with depression – "Depression is hard to describe, but one way it can be expressed is like a Hungry Beast."

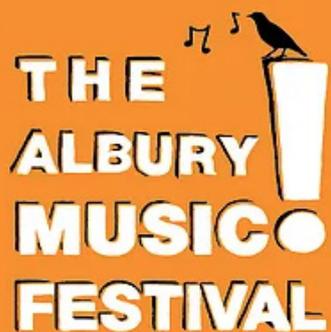
The series is made up of stylised illustrations of four animals, all representing a

value; A lion for courage, a bear for strength, an owl for wisdom and an elephant for memory.

Fraser has also kindly run two art workshops in October and December for our clients, showing them how to express themselves through his medium of drawing.

If you are interested in purchasing one of the Pattern Project 'Inner Beast' prints and supporting Oakleaf in the process visit [www.etsy.com/uk/shop/PatternProject](http://www.etsy.com/uk/shop/PatternProject)

# Albury Music Festival



The Albury Music Festival has been running for 10 years showcasing talented musicians from around Surrey and the local area whilst also raising money for charity. We are very happy to say that for 2019 they have chosen to support Oakleaf.

We see and understand the positive effects singing and music have on mental health and have multiple activities for our clients that harness them, including our wonderful Everyman Choir, Guitar classes and Music Production course, to name but a few.

We are so thrilled that this was recognised by the Albury Music Festival Committee and we cannot wait until the festival fun on Sunday **July 21st 2019**. Be sure to put the date in your diary! <https://www.alburymusicfestival.com/>

# Ride London-Surrey 100

Would you like to take on the challenge of a lifetime? We have a number of charity places for the Prudential RideLondon-Surrey 100 on 4th August 2019 and one of them could be yours!



If you are interested in cycling for Team Oakleaf please contact Eli Beckett for more information. Email: [elibeckett@oakleaf-enterprise.org](mailto:elibeckett@oakleaf-enterprise.org) or visit [www.oakleaf-enterprise.org/ridelondon1002019/](http://www.oakleaf-enterprise.org/ridelondon1002019/)



# Take Part in Kelly's 10k Run for Oakleaf

Start the new year off with a great fitness goal and help support Oakleaf in the process. On Saturday 16th February Kelly's Storage are partnering with the University of Surrey Students' Union to fund a 10k and 5K run through the centre of Guildford, raising money for Oakleaf and Shooting Star Chase.

If you would like to get your running shoes on, register now and support Oakleaf via

<https://charity.kellystorage.co.uk/Events/2019/Guildford-10k>



## Kelly's Guildford 10k

In partnership with



The University of Surrey  
**Students' Union**

University of Surrey, Stag Hill, GU2 7XH

**Saturday 16th February**

100% of money raised goes to

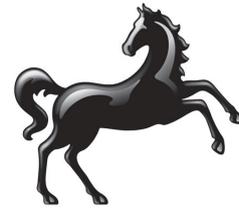


Enter online at: [charity.kellystorage.co.uk](https://charity.kellystorage.co.uk)

# Oakleaf's funding boost from Lloyds Bank Foundation

Oakleaf will receive three year funding to deliver its popular digital training for clients, thanks to a grant from Lloyds Bank Foundation for England and Wales. Many people taking part in this training go on to employment or further education, demonstrating the clear and tangible success of Oakleaf's work changing lives.

The grant represents a continued investment in Oakleaf Enterprise by Lloyds Bank Foundation.



## LLOYDS BANK

Clive Stone said: "We are absolutely delighted to receive this wonderful support from the Lloyds Bank Foundation. The acquisition of IT skills is critical for so many jobs; for our clients securing digital qualifications can be the pivotal factor in moving forwards into the workplace. This funding will enable us to deliver IT training over the next three years. We will continue to support local adults experiencing the huge challenges of mental ill-health, helping them to develop and maintain improved wellbeing."

Paul Streets, Chief Executive, Lloyds Bank Foundation said: "As our latest research has shown, there is a quiet crisis facing local authorities. Ever-tighter budgets mean vulnerable people have to rely on the support of local charities like Oakleaf Enterprise. They're not just a 'nice to have' – their work makes a vital difference, day in, day out to people's lives. We're proud to partner with Oakleaf Enterprise as part of Lloyds Banking Group's plan to Help Britain Prosper, supporting the costs of their work, strengthening them, and helping raise their voice among the policy-makers and decision-makers their future depends on."

# How are your New Year's resolutions progressing?

According to YouGov, taking more care of our bodies or appearance, giving up smoking or booze, getting organised, setting aside 'me time' perhaps to learn a new skill and having a better work/life balance are some of the most common New Year resolutions.

Even if you pledge a little after 1st January, how about choosing to arrange your will in this first half of 2019? It is energising to get one's affairs in order and to feel that everything is arranged for the future.

We hope that you care about Oakleaf and all the work that we do. If you feel that this charity has had a positive impact on you or your loved ones, please do consider (after making provision for family, friends and loved ones) leaving a gift in your will to Oakleaf.

Whilst we cannot offer legal advice on leaving a gift, if you would like any further information please do contact Moyra at [moyramatravers@oakleaf-enterprise.org](mailto:moyramatravers@oakleaf-enterprise.org)

## Tesco Bags of Help

We are delighted that Oakleaf will be receiving support from Tesco's 'Bags of Help' grant scheme in 2019. During January and February, Tesco customers will have the opportunity to vote for their favourite local project, including Oakleaf and two other local charities.

We would like to encourage all our supporters to ask for a blue voting counter next time they are making a purchase in a participating store.

The project with the highest number of votes will receive £4,000, the second placed project £2,000 and the third placed project £1,000.



The Guildford Community Lottery is a quick, easy and inexpensive way to support Oakleaf and the work we do for the Surrey community. With weekly prizes of up to £25000 the Lottery is only £1 a week and each ticket has a 1 in 50 chance of winning a prize.

To celebrate Valentine's Day there is also special draw on Saturday 2nd February where those who buy tickets to support a cause will be in for a chance to win an afternoon tea for two at the Harbour Hotel! Each ticket gives you a chance to win, so more tickets mean more chances!

Support Oakleaf at:

<https://www.guildfordlottery.org/support/oakleaf-enterprise>

**TESCO**

## Bags of Help

We will hear at the end of March the amount of funding Oakleaf will receive.

**The following Tesco stores will take part in the voting on our project.**

**Guildford Superstore  
GU2 7UN**

**GUILDFORD BRIDGE Express  
GU1 4RY**

**MILFORD Express  
GU8 5HJ**

## Guildford Community Lottery

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



@\_Oakleaf



@Oakleaf-Enterprise



linkedin.com/company/Oakleaf



facebook.com/oakleafenterprise



Oakleaf Enterprise



MAKING LIFE WORK WITH MENTAL ILLNESS

# LIFE

## Dates for the Diary

Guildford Lottery  
Valentine's Draw - Sat 02/02/19

Kelly's 10k Run----- Sat 16/02/19

Quiz Night----- Fri 22/02/19

Tesco Bags of Help  
End Date -----Thu 28/02/19

Albury Music  
Festival ----- Sun 21/07/19

Ride London ----- Sun 04/08/19

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