



MAKING LIFE WORK WITH MENTAL ILLNESS

Impact Report

2021/22



We have been a registered charity since 1997, working to transform lives and build new futures with adults managing their mental health. We help clients aged 16-67 through a wide range of wellbeing activities and support groups, work-related training and employment support, as well as counselling and one-to-one mentoring.

MISSION STATEMENT

We work to foster confidence and reduce social isolation by actively training, engaging and supporting individuals with mental ill-health to empower them to participate as active members of society.

VISION

Our vision is to improve the lives of people managing mental ill-health in Surrey and to promote awareness and reduce stigma.

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Oakleaf's 25th Anniversary



We are proud that 2022 marks Oakleaf's 25th Anniversary as a charity. Oakleaf became a registered charity, 'Oakleaf Enterprise', on 22nd September 1997 and has been helping the community manage its mental ill-health ever since. Over the last 25 years, our services and support has grown monumentally; having started with just 40 clients, we now support over 800 people each year.

As a result of the pandemic, in 2020 we moved to a blended model of delivery, providing support both in person and online. In 2021 we began a 'Pathways to Work' employment project for clients, helping them to secure the skills, confidence and training needed to return to the workplace; we created a brand-new social enterprise 'Oakleaf At Home'; and we launched a Young Adult Safe Haven– as well as continuing our work-related training, wellbeing activities and counselling services.

Message from our Chief Executive

"Over the financial year ending 31 March 2022 we saw a steady upward trajectory in client figures exceeding all previous years. We have an average weekly client base of over 400 individuals accessing our services. At the year end we can report unique client visits increasing by 600 from the previous year, a total of 8,663 including all training courses.

At the beginning of the year our new employment project, "Pathways to Work" commenced, funded by the National Lottery Community Fund. This project is enabling clients to not just gain, but also to sustain employment. By year end this resulted in 86 clients attaining meaningful work, which is remarkable given there were only 15 in the previous year.



CLIVE STONE

The above developments alongside building on previous years' initiatives, have necessitated the recruitment of new staff. This has seen our team expand, which is vital in continuing to support our growing client base. The demands upon our team are considerable and I am grateful for the vital work they undertake daily."

Thoughts from our Chair & new Oakleaf Trustees



"As society has opened up following the pandemic, so has Oakleaf. In person services are now back in full operation but alongside them, we continue to offer virtual services too. Clients have the choice on whether they travel to our HQ, or outreach premises or to access our services online. This ensures that whatever circumstance they find themselves in clients can receive the support they need.

Significantly more of our clients than ever before have been able to return to work after receiving targeted support by our new employment specialists. Given the shocking unemployment rates among people who suffer mental ill-health this is becoming a cornerstone of our offering.

We have been well supported by our regular donors as well as many new ones, for which I would like to pass on my sincere gratitude. We are also making use of the non-financial support offered to us in order to strengthen the governance ability of our board and the skills of our management team as Oakleaf and its client base continue to grow in size. Having access to the skills and expertise we need to ensure a larger Oakleaf grows sustainably is invaluable.

The board and I are very proud of what Oakleaf's staff, volunteers and clients have achieved in the past 12 months; we are looking forward very positively to the year and challenges ahead." - **Lorraine, Oakleaf Chair of Trustees**



STEVE MICHELL, OAKLEAF TRUSTEE

Steve is a Chartered Surveyor who has been in the property sector for 40 years.

"As a Guildford resident I have seen the hugely valuable work that Oakleaf does in our community and very much look forward to working with the wider Oakleaf team."



JIM POYSER OAKLEAF TRUSTEE

Jim has worked in social care for 26 years and has extensive experience providing mental health services in Surrey.

"I am passionate about providing quality mental health support for people. I am very aware of the fantastic work that Oakleaf does and I'm so pleased to be able to join them as a trustee!"

How we help

Work-Related Training & Employment Support

At Oakleaf we deliver tailored training and mentoring for clients as well as our 'Pathways to Work' project to help them move forwards into the world of work.

Wellbeing Activities

Our Wellbeing Activities are designed to build confidence, physical health and wellbeing whilst reducing isolation and loneliness. We offer a wide range of courses which cater to each individual's different interests and abilities.

Counselling

We offer a counselling service registered with the British Association for Counselling and Psychotherapy, sourcing trainee counsellors from local colleges and universities including the University of Surrey.

Safe Haven

An evening drop-in service for people and their carers who are experiencing a mental health crisis or emotional distress. Delivered at Oakleaf in partnership with Catalyst and Surrey and Borders Partnership NHS Foundation Trust.

226

Young Adult
Safe Haven
attendances
(4 months)

1,565

Safe Haven
attendances

Our Impact

Total number of
new clients

345

912

Individuals used our
services

Work-Related Training

Courses which enable clients to gain qualifications and practical experience.

144

clients attended our three training departments

We awarded **18** certificates of course completion for ITQ and Cisco courses.

GARDENING



Teaches clients about soft landscaping and garden maintenance, while working on real customers' gardens with our trained and qualified staff.

IT TRAINING



Offers clients a 6-week introductory course and the option to progress onto a nationally recognised ITQ course of two levels as well as a variety of Cisco courses.

UPHOLSTERY



Clients participate in a 6-week introductory course, delivered by our expert upholstery trainer, with the option to extend by a further 18 weeks.

Employment Project

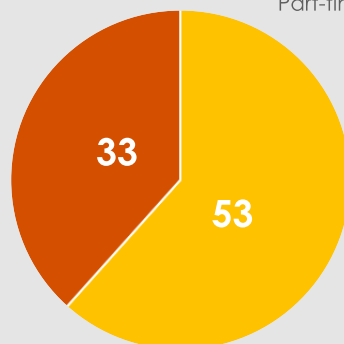
Our three year 'Pathways to Work' employment project, funded by the National Lottery Community Fund, began in May 2021 and focuses on training and mentoring clients to move forward into the workplace with the help of two new Oakleaf Employment Advisors.

112 clients supported by the Employment Project

58 clients gained a certificate or qualification

Clients who resumed employment:

Volunteering Full-time/
Part-time work



Our Impact

Wellbeing Activities



This year we provided **over 40** distinct wellbeing activities online and in person including:

Physical	Emotional	Creative	Life Skills
Tai Chi	Anger Management	Choir	CV Writing
Massage Therapy	Women's Group	Calligraphy	Budgeting
Football	Mindfulness	Guitar	Maths
Hot Yoga	Confidence Building	Cooking & Nutrition	Literacy
Wellbeing Walks	Pets as Therapy	Watercolour Art	Finance

Total number of wellbeing attendances

7,233

Total number of sessions

1,323

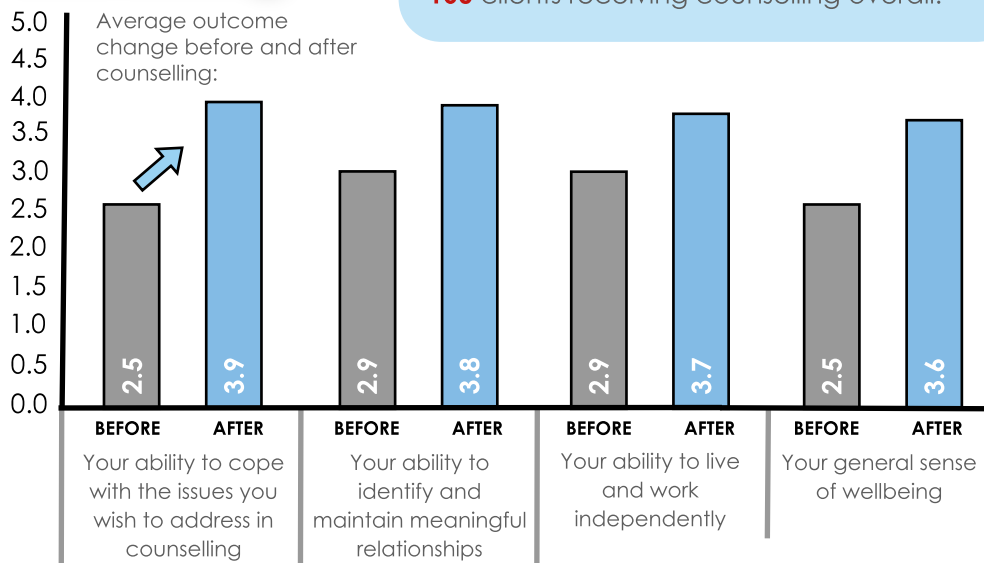
Studies show that **10 million** (8.5 million adults and 1.5 million children and young people) people in England will need support for their mental health over the next **three to five years** as a direct result of the pandemic.

Centre of Mental Health, 2021

Our Impact

Counselling

We delivered **1,641** counselling sessions, with **160** clients receiving counselling overall.



Client Satisfaction Survey

We conduct bi-annual client satisfaction surveys, which yielded these results in 2021/22:

95% of clients felt more confident



98% of clients felt their mental wellbeing had improved



96% of clients felt less isolated



Total number of emotional support check-in calls

1,141



Client Stories

Prior to attending Oakleaf, George has always had a passion for being outdoors. When he learned that Oakleaf was offering a gardening course, he signed up straight away.



"Oakleaf has enabled me to start my weeks off with something I really enjoy."

"The gardening team are very helpful, and you always feel like you have support around you."

George also chose to attend weekly wellbeing activities and support groups, including our youth group and karate classes. He also enjoys his creative outlets: drawing, writing and painting. Pictured to the left is George alongside a player from the Guildford Flames, his favourite team as well as a brilliant canvas painting he did of the whole team.

- George, Oakleaf Client

Matthew was diagnosed with mental illness about 25 years ago and describes his symptoms as 'a mixture of hallucinations and elated/low mood. Sometimes annoying, other times terrifying.' Prior to Oakleaf, he took up screen printing – a hobby he feels marked the beginning of his mental health recovery.

"When I started going to Oakleaf, I instantly found myself at home with everyone."

He now participates in a wide variety of wellbeing activities and support groups, including our 'Pathways to Work' project, Mental Health Support group, Mindfulness, Karate and Tai Chi. What's more, he has very kindly volunteered for Oakleaf in the past by running our Wellness Walks in Guildford.

"I try to tell a story of hope, and remind people that recovery is possible. Even though it doesn't always seem like it, life can get better with mental illness."



- Matthew, Oakleaf Client

Highlights of the Year



Thanks to the O2 Together Fund, we were so pleased to host our Client BBQ in July, bringing together the Oakleaf community after the pandemic challenges.



We were delighted to host 'An Evening with Oakleaf' in August, celebrating our key local supporters and thanking them for their support before and during the pandemic.



We were thrilled to have four fabulous runners take part in the Virtual London Marathon 2021. They ran 26.2 miles in aid of Oakleaf and raised over £4,000!



Kelly's Guildford 10k was a huge success with nearly 300 runners taking to the Surrey University campus. In total the event raised over £8,000 for charity.

Highlights of the Year



We started offering a wider variety of IT courses through Cisco, including an Entry Level course, Cyber Security Essentials and Programming Essentials.



We introduced the Oakleaf Mental Health Leaders Network to bring together Surrey-based companies committed to addressing workplace mental health.



We were pleased to continue running our 'Kickstart' Wellbeing Programme, helping clients take steps towards a positive and healthy lifestyle through a 12-week intensive course focusing on physical health and nutrition.



Oakleaf and Catalyst launched a Young Adult Safe Haven pilot for 12 months to act as a safe space for 18-25 year olds facing mental health challenges and in need of emotional support.

Social Enterprises

Our social enterprises sell the services of our work-related training to the public. All income is then re-invested back into the charity.

OAKLEAF AT HOME

Beautiful design for better wellbeing ➤

Oakleaf At Home is inspired by the artistic talents of our clients and captures their illustrations on beautiful homewares and gifts such as greetings cards and handmade cushions. The new enterprise's roots spring from

our upholstery training course. We aim to build a creative hub that provides hands on small business training while developing employment opportunities for clients. The development has been fully funded by specialist enterprise funding bodies including The Enterprise Development Programme and UNLtd. Our products are available to purchase on our website: www.oakleafathome.com



Toni is one of our talented artists and upholsterers, delivering handmade cushions to you and others:

"Anxiety and depression has always been present in my life. Oakleaf's Upholstery course gave me a focus, a routine and slowly I gained confidence. This opened the door for a fantastic opportunity to become employed as an assistant with Oakleaf at Home." - **Toni, Social Enterprise Assistant**



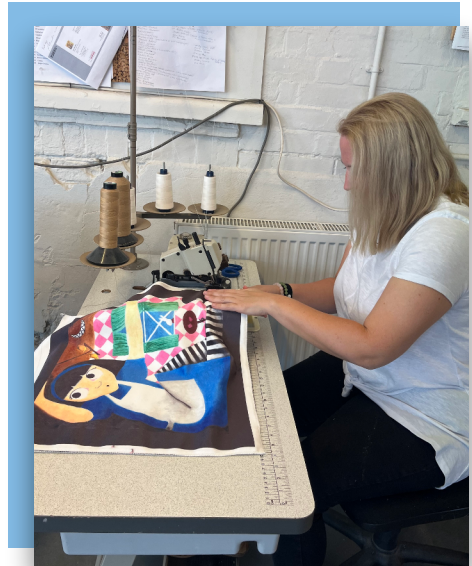
Since 2005, our teams have provided a first-class gardening service to private and corporate customers in and around Guildford, whilst helping our clients gain vocational skills in gardening.



Chloe's Story

"I used to be very depressed, anxious and agoraphobic, so I couldn't really leave the house or use public transport. I lived a lonely, isolated existence. The state of my mental health completely messed with my ability to remember things; it was like a fog. I felt low every second of the day. But Oakleaf gave me a place to come back to.

Over the years I have regained parts of myself through Oakleaf's yoga sessions, counselling, art classes and upholstery course. I could make use of my textiles and fashion degree again and put my own little twist on bits of furniture which re-sparked this creativity in me.



"I felt like I'd found myself again and knew what I wanted to do in life. To start my own business, to design again."

My time with Oakleaf At Home as an artist and upholsterer has been a wonderfully positive, varied and interesting experience. From day one I was made to feel part of the team.

Knowing that our work directly helps people living with mental ill-health inspired me to think creatively, problem solve, offer new ideas to the team and successfully navigate the running of a small business.



My confidence has grown hugely since working for Oakleaf At Home. I have secured a new role working for the Guildford Safe Haven as a Peer Support Worker, which means I can officially move forward into the next chapter of my life. I now have the opportunity to pass on my knowledge and experiences, and help others build towards a life worth living, however that may look for them."

- Chloe, Social Enterprise Assistant

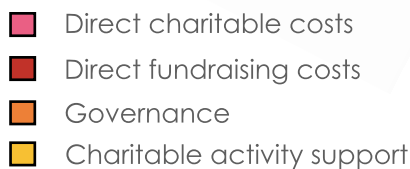
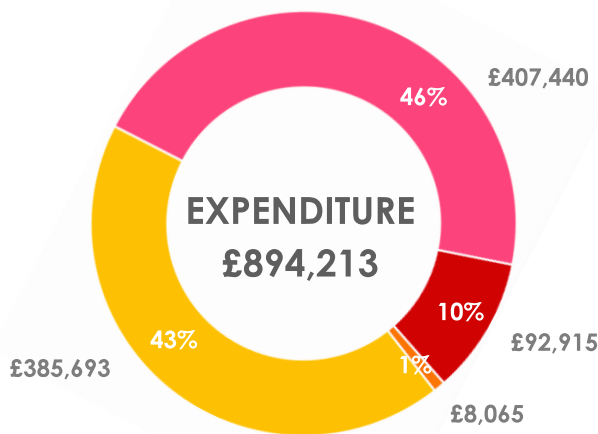
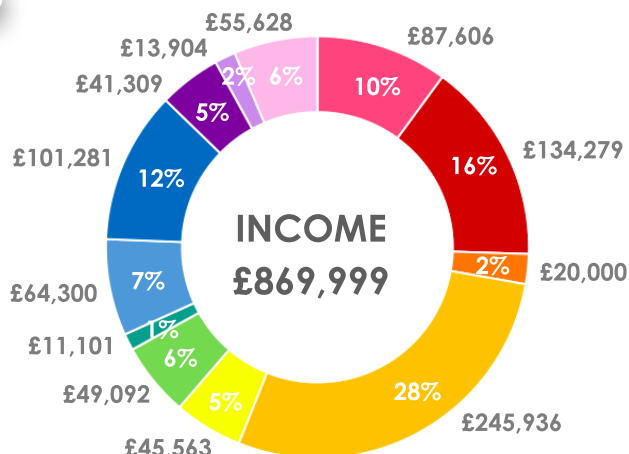
Our Finances

Following the outpouring of support for Oakleaf's emergency response to the pandemic, in 2020-21, this subsequent year was always going to show a reduction of income.

However, we are grateful that ongoing support and committed giving has meant that income remains significantly above the pre-pandemic year of 2019-20. The cause of mental health – and specifically Oakleaf's high quality service delivery – continue to secure recognition as being of high significance and worthy of support.

We have continued to attract funding from diverse sources, avoiding over-reliance on any one area and we remain hugely grateful for all financial contributions towards our services. In addition to earned income, voluntary donations from companies, community groups, individuals and charitable trusts are key to enable us to deliver our wide range of activities.

Based on draft end of year figures, Sept 2022



Registered with



Thank You

The kind and continued generosity of all our supporters is greatly appreciated – without it we would be unable to deliver our wide range of activities or our critical support for individuals in challenging circumstances. We thank every donor who has contributed to Oakleaf in 2021-22.

As the number of clients attending Oakleaf's services has grown to an unprecedented level, the need for support is correspondingly high; and as we enter a time of economic uncertainty, with the dramatic rise of the cost of living, not only is the need for our work escalating but the cost of delivering our work also increases.

If you feel able to help our work in any way, please visit:
www.oakleaf-enterprise.org to make a donation
or contact us through: info@oakleaf-enterprise.org / 01483 303649





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