

NEWS

- ▶ Oakleaf News
- ▶ Fundraising Events
- ▶ Testimonials
- ▶ Client Stories
- ▶ New services
- ▶ Community Support



We are extremely proud to announce that this year is Oakleaf's 25th Anniversary as a charity!

Oakleaf became a registered charity on 22nd September 1997 and has been helping the community manage its mental ill-health ever since; having started with just 40 clients, we now support over 800 people each year.

The last two years have transformed Oakleaf. 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 pilot.

To all those who have given their support over the last 25 years and to those who continue to do so - thank you. We simply could not expand and deliver our services without this support. We are continuing to offer work-related training, employment support, wellbeing activities, one-to-one emotional support and counselling services both online and in-person, so that every one of our clients has access to the support they need.

To learn more about our 25th Anniversary, upcoming events and the history behind Oakleaf as a charity or if you have any queries or comments about our services, please do get in touch: info@oakleaf-enterprise.org.

NEW OAKLEAF TRUSTEES

JIM POYSER

Jim has worked in Social Care for twenty six years in a number of roles both in the NHS and Surrey County Council. He's a qualified Social Worker and has extensive experience in providing Mental Health Services across Surrey, both as a Social Worker and manager.



"Over the years I've experienced mental health problems myself, so have an insight into what it means both to provide and receive support. I am passionate about the need for quality mental health support for people and their families.

Throughout my career in Surrey I've been very aware of the fantastic work that Oakleaf does and I'm so pleased to be able to join them as a Trustee in their 25th Anniversary year!"

STEVE MICHELL

Stephen is a Chartered Surveyor who has been in the property sector for around 40 years in a variety of roles and currently works at Nat West Bank advising colleagues and customers on commercial and real estate matters.



"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."

ADDITIONS TO OAKLEAF STAFF

We were delighted to welcome lots of new faces to the Oakleaf team in the new year.



JANE FELTON

EVENTS & COMMUNITY
FUNDRAISING MANAGER



EMILY KOSHER

ASSISTANT
CLIENT ADVISOR



HELEN LUNN

EMPLOYMENT ADVISOR



JENNY FREEMAN

COUNSELLING
ADMINISTRATOR

OPPORTUNITIES AT OAKLEAF

Oakleaf is always looking for individuals to join the team!

We often have exciting new job opportunities ranging from: assisting different departments, running wellbeing activities and support groups, to taking on volunteer roles,

For more information about the jobs we have on offer, and details on how to apply, visit our website or get in touch with our Head of Client Services, Annalise:
annalisebaker@oakleaf-enterprise.org.

KELLY'S GUILDFORD 10K

Oakleaf was fortunate to be supported for the third time at Kelly's Guildford 10k in association with the University of Surrey Student Union, on Saturday 19th February 2022.

The sun was shining and the event turned out to be a resounding success with nearly 300 runners taking part in the challenging 5k and 10k routes.

The event raised over £,8000 for three chosen charities, The Rainbow Trust, The Alzheimer's Society and of course, Oakleaf. Well done to everyone who took part and to all those who chose to support Team Oakleaf. Also a huge thank you to our volunteers who helped to run our Oakleaf stall throughout the morning.



OAKLEAF'S 25TH ANNIVERSARY QUIZ NIGHT



We were unable to host our 10th Annual Quiz Night in-person last year; we are therefore especially pleased to have hosted our 25th Anniversary Quiz Night in person again on Friday 1st April, sponsored by The Shanly Foundation.

With over 150 attendees (our biggest turnout to date), we managed to bring in £6,405 - an incredible amount. Well done and thank you to all 19 teams for taking part, and a special congratulations to our winning team, The (Not So) Secret Seven from RHW Solicitors!

We would like to thank everyone who took part in the quiz as well as all of the local Surrey businesses who very kindly donated to our raffle. Also a big thank you to our amazing volunteers who worked incredibly hard to make the night a success. We hope to welcome more faces next year, old and new, to battle it out for the top of the scoreboard!



CHLOE NORRIS



TONI MITCHELL

INTERNATIONAL WOMEN'S DAY 2022

The theme for International Women's Day 2022 was #BreakTheBias, so we wanted to celebrate the achievements of women in the workplace by shining a spotlight on two brilliant individuals: Toni and Chloe, Oakleaf's Social Enterprise Assistants. Not only have they been pivotal in the creation of our new social enterprise 'Oakleaf At Home', they are also talented artists and upholsterers responsible for the beautiful designs behind it.

TONI: *"Anxiety and depression has always been present in my life. I was first introduced to Oakleaf as a client in 2014 and immediately felt safe among like-minded people. Oakleaf's Upholstery course gave me a focus, a routine and slowly I gained confidence, which made it possible to return to work."*

Unfortunately, in 2020 Toni's anxiety and panic attacks returned. So, she decided to reach out to Oakleaf once more for support.

"Art has always been very cathartic and rewarding to me so when Oakleaf announced an art competition I duly entered."

Toni was one of two successful participants, which meant her artwork would be used for Oakleaf At Home.

"I was anxious about not working to a high enough standard but with the right support, Oakleaf allowed me to really flourish in my role."

CHLOE: *"In 2015 I learned how to paint with watercolours to a professional standard. I did so through Oakleaf Enterprise's art classes. I then started an upholstery training course in 2017 where I got to hone in on my design skills."*

When Chloe became a client at Oakleaf, she was working through feelings of not being good enough. However, Chloe was eventually able to overcome her imposter syndrome by stepping out of her comfort zone; volunteering at work events, attending meet-and-greets, and raising awareness of mental ill-health.

"I have really grown in confidence under the caring guidance of Oakleaf. I have learned how to run a small business and it has felt wonderful to be creative again. My goal now, is to become financially independent through setting up my own furniture design and upholstery"

To read the full blog, please visit:
www.oakleaf-enterprise.org/iwd2022

MENTAL HEALTH LEADERS NETWORK

We were delighted to launch the Mental Health Leaders Network at the end of 2021, bringing together a wide variety of Surrey businesses committed to addressing workplace mental wellbeing. This network provides events, training and support around workplace mental health for local businesses and their staff - all whilst helping make a difference for local people managing mental ill-health.

To learn more, or if your business is interested in joining, email:
jenclay@oakleaf-enterprise.org

Membership fees help fund Oakleaf's charitable activities.

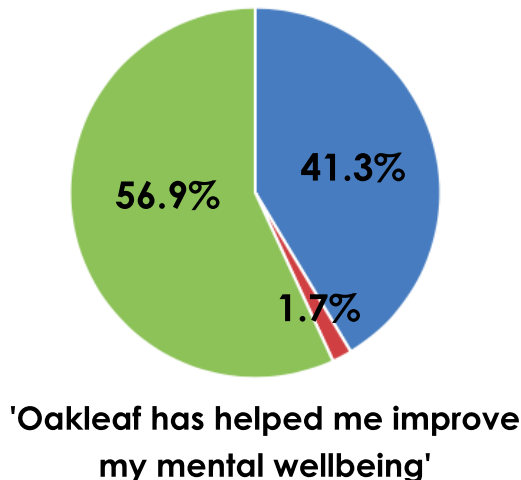


CLIENT SATISFACTION SURVEY

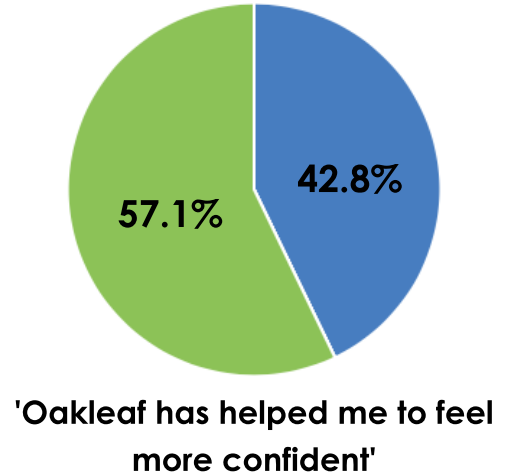
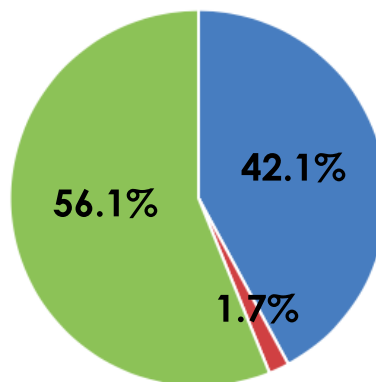
We conducted a Client Satisfaction Survey in January 2022 seeking feedback from our clients. It was great to see the positive impact Oakleaf has had.



"I have noticed that my mental health has really improved since joining Oakleaf. Even on the bad days, I know that support is there and I can always join in with their online courses over Zoom."



'Oakleaf has helped me to feel less isolated'



OAKLEAF'S IMPACT IN 2021

877

Individuals used our services

25,388

Attendances to our activities

53

Clients progressed into paid or voluntary employment

PATHWAYS TO WORK



**COMMUNITY
FUND**

We are continuing to run our 'Pathways to Work' project, which focuses on delivering tailored employment training and mentoring for clients - to help them move forward into the workplace.

We are pleased to welcome a new Career Coach Clare who has taken on a volunteer role within Team Oakleaf. Clare will be providing free coaching sessions to our employment project clients to help them improve their interview skills. We are also delighted to share that in the first eight months of the programme, 42 clients have gained part-time or full-time employment! For more details, visit our website or contact: mikeover@oakleaf-enterprise.org.



SUPPORTING THE NEXT 25 YEARS

As you will have read elsewhere in this edition, in 2022 Oakleaf marks 25 years since registering as a charity.

From modest beginnings and through numerous challenges, Oakleaf's resilience and growth have been major achievements.

We reflect proudly on those years and the thousands of local people whom we have supported back to health and to positive new starts.

But as we look forward to the nation's recovery from the intense mental health challenges created by the pandemic, there is no 'quick fix'. Our services will be critical for local people for many years to come.

If you are considering writing or amending your will in 2022, we would be most grateful if (having made provision for family and friends) you could consider leaving a gift to Oakleaf, to help us continue to provide ongoing support to local people experiencing mental illness - for the next 25 years and beyond.

Thank you.

Although we cannot provide legal advice, for any questions please do not hesitate to contact Moyra Matravers:

moyramatravers@oakleaf-enterprise.org

challenging. It might be out of your depth or comfort zone, but here, it's a safe space. We understand where you're coming from and we aim to make you comfortable and okay with what you're going through."

YOUNG ADULT SAFE HAVEN

We are continuing to run, in partnership with Catalyst, a new pilot Young Adult Safe Haven service in Guildford from November 2021 through November 2022 - a safe space for 18-25 year olds who are facing mental health challenges and are in need of emotional support, particularly those experiencing distress out-of-hours.



The Safe Haven is situated at Oakleaf's Walnut Tree Close premises and is open to all between 5-9pm daily, 7 days a week - no appointment needed. The original Guildford Safe Haven also remains open at Oakleaf 365 nights a year from 6-11pm for anyone in crisis.



Our experienced Young Adult Safe Haven Support Workers shine a light on the support they can offer:

"Some people may be arriving with stresses and worries about exams, feelings of loneliness; they may have had a recent bereavement or maybe a breakup from a relationship or a friendship breakdown, and we're here to support you through that and guide you through that process."

"We are here to support you and we understand that approaching mental health support can be



OAKLEAF AT HOME

Beautiful design for better wellbeing



A lot has happened since we announced the imminent launching of Oakleaf At Home, our latest social enterprise, late last year.

Four months on from launching, Oakleaf At Home is online at www.oakleafathome.com and its 'Awesome Thistle' cushion has featured in multiple magazines including Surrey Homes, The Wealden Times and Surrey Life in the "Must Haves" editor's choice for

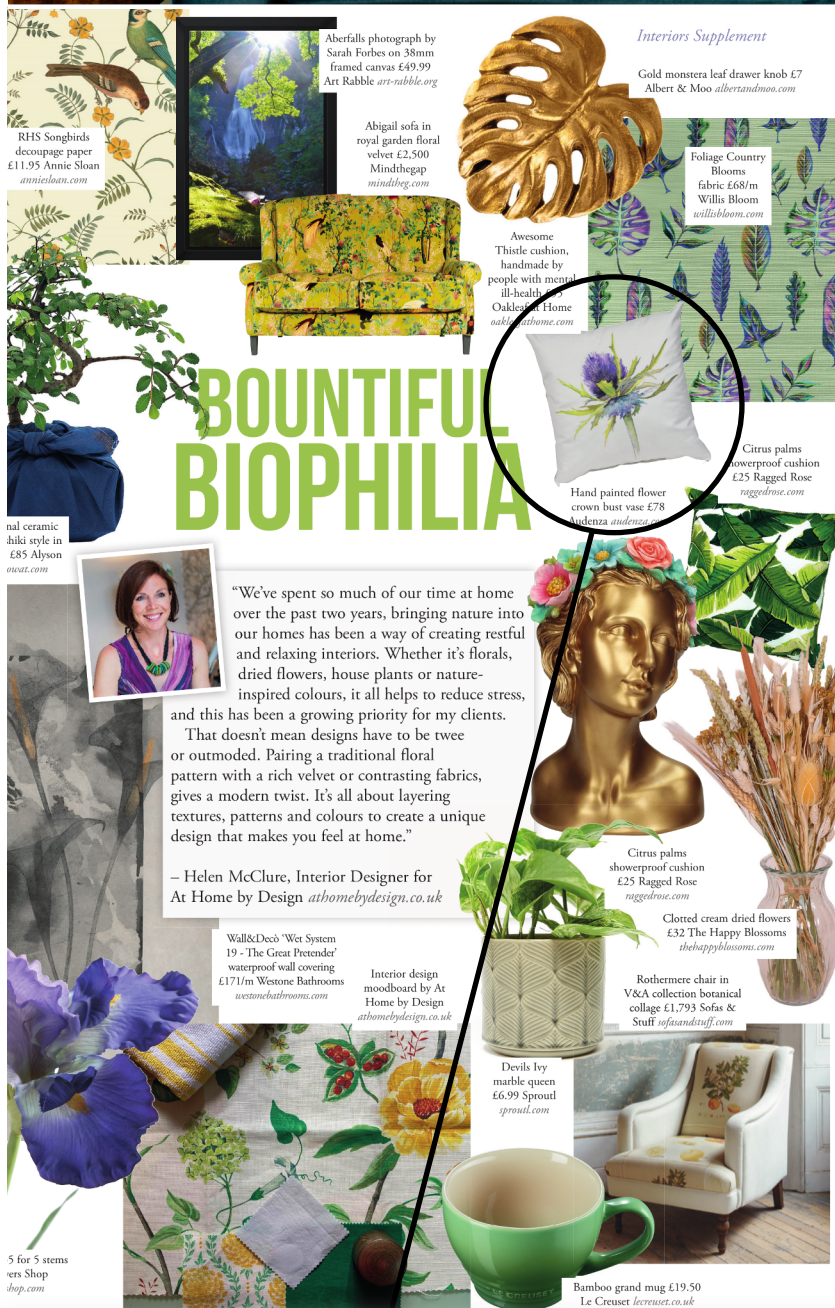
We continue to offer paid employment opportunities and hands-on small business training to some of our very talented clients, kindly funded by the Enterprise Development Programme.

Our beautiful range of products include greeting cards, tea towels, oven gloves, wash bags and handmade cushions - every piece is crafted using original artwork, by Oakleaf clients.

By shopping our exclusive range of home accessories and gifts, you are helping to allow us to provide training and employment opportunities for Oakleaf clients as well as fund vital mental health and wellbeing support.

For example, £100 towards our counselling bursary could fund 10 weeks of counselling for two clients.

Oakleaf At Home is a certified social enterprise and a member of the national trade body Social Enterprise UK.



As featured in The Wealden Times and Surrey Life magazine

To find out more or to shop, visit: www.oakleafathome.com

If you like what you see, please follow us on Instagram @OakleafAtHome to watch our story unfold.

We are thankful for all our supporters and will continue to do all we can to look after the mental health and wellbeing of the Oakleaf community.

If you are able to make a donation to Oakleaf and help fund vital mental health, employment and wellbeing support, we would be most grateful. 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

Website: www.oakleaf-enterprise.org

Email: info@oakleaf-enterprise.org

Oakleaf Enterprise
101 Walnut Tree Close
Guildford
GU1 4UQ
01483 303 649

Registered Charity no:
1064524
Registered Company no:
3388671



NEWS