

NEWS

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It has been a busy past few months at Oakleaf. We have welcomed a new Trustee as well as four new members of staff; celebrated World Mental Health Day; hosted some fantastic events including our Wine and Jazz Fundraiser; introduced brand new wellbeing activities and workshops; received heartwarming stories and feedback from clients, and of course started looking to Christmas!

We feel it is incredibly important to relay the message that no matter what, support is out there. Help is always available. We are continuing to offer vital mental health and wellbeing support through work-related training, employment guidance, wellbeing activities, support groups and counselling services. These are online and in person, so that every one of our clients has access to the support they need.

Some of the fantastic wellbeing activities and workshops we have recently provided include Art, Wildlife group, Seasonal Yoga, 'The Mighty Oaks' Football team, Mental Health Support group, Wellbeing Café and more. You can view our full client calendar on our website.

Our 'Pathways to Work' Employment Project has hosted some great events to help clients achieve the skills, confidence and training needed to return to the workplace, including group visits to a beautiful art gallery and healing sanctuary as well as talks from The Citizens Advice Bureau, National Careers Service and more.

We are proud to share that the Guildford Safe Haven has a 70% revisit rate, which means that clients who have attended before, felt comfortable returning. The Safe Haven is open 6-11pm, 365 days a year to anyone experiencing a mental health crisis. The Young Adult Safe Haven is also open 5-9pm for 18-25 years old's facing mental health challenges or in need of emotional support.

To find out more, visit: www.oakleaf-enterprise.org or if you have any queries or comments about our services, please do get in touch: info@oakleaf-enterprise.org.



ROB LLOYD

NEW OAKLEAF TRUSTEE

Rob was a civil servant for 34 years, the majority of it in senior and Board roles with an emphasis on leadership, operational delivery, strategy development and risk management.

"Following a significant mental ill-health episode, necessitating over a year off work, I returned to full-time employment but quickly realised I wanted something different from life. I now balance a bit of freelance consultancy with chairing a national charity, and youth and adult mentoring for two charities. Alongside that, I've been teaching myself woodwork, making natural replacements for household items, performing on stage, and most of all I love being out in nature with my dog, all of which is part of my plan for sustaining good mental health."

After speaking about my mental health journey at one of Oakleaf's regular lunches for local businesses, I was asked if I'd be interested in joining the Oakleaf Board. For obvious reasons, I wasted no time in saying 'yes' to the idea of supporting this fantastic charity."

ADDITIONS TO OAKLEAF STAFF

We were extremely pleased to welcome four new staff members to the Oakleaf team.



Amanda Henderson

**TRUST FUNDRAISING
MANAGER**



Kate Brooker

**BRIDGE THE
GAP WORKER**



Carolina Tripoli

**WELLBEING
COORDINATOR**



Ruth Osholiki

**EXECUTIVE
ASSISTANT**

MENTAL HEALTH TRAINING & AWARENESS

Mental Health First Aid (MHFA) are internationally recognised training courses which support you to manage wellbeing and minimise the impact of mental ill-health on work and life; to spot the symptoms of mental health issues, offer initial help and guide a person towards support.

We offer four training options: **a two day course, one day course, half day course and a half day refresher course** for anyone who has completed their training 3+ years ago.

We also offer bespoke workplace mental health support to give employees increased knowledge, awareness and confidence to support the mental health and wellbeing of their colleagues and themselves.

These include: **Mental Health Awareness For All, Mental Health Training for Managers, Bespoke Mental Health Workshops and Mental Health Coffee Mornings.** To find out more or book your place, email: jenclay@oakleaf-enterprise.org

WORLD MENTAL HEALTH DAY 2023: JAKI'S STORY

This year's theme for World Mental Health Day is 'Mental Health is a Universal Human Right' set by the World Federation of Mental Health (WFMH). The day provides an opportunity to increase conversations surrounding mental health; how to look after ourselves and others, and reduce stigma within our community.

Therefore, we would like to share a story from one of our wonderful clients, Jaki with the aim of continuing and normalising the conversation surrounding mental health while offering encouragement and support to those who might be struggling.



"Three years ago I had a nervous breakdown, and I was admitted to a psychiatric hospital for two weeks. This led me to being diagnosed with depression along with anxiety disorder, CPTSD and BPD; and so the next three years were pivotal to my therapy journey.

When I was in hospital, it was heavily understaffed, and I couldn't have any visitors. I remember a time when I reached out for help but sadly no one could come to my call, and that lack of support, at a time when I needed it most, caused me to reach breaking point and subsequently try to take my own life. Fortunately, just over a year and a half ago Oakleaf was recommended to me.

I was very nervous at first. However, over time I managed to open up my wings a little. I would describe Oakleaf as a safe space; when you go there, staff don't judge you, the other clients don't judge you and you are encouraged to be nothing but yourself. Coming to Oakleaf instilled in me a 'one step at a time' mentality - that it was okay to start small, take my time, and eventually build myself back up and find the courage to try new things. For this reason, I really started to blossom in my mental health journey.

I participated in Choir, Tai Chi, online courses in IT. I also offered to volunteer at Oakleaf's Wellbeing Cafe every Friday afternoon, where I would engage with clients and help them to share their thoughts and feelings, and in turn feel seen, heard and understood. This is why I have chosen to give back to Oakleaf. They have given so much to me and to others. I am incredibly grateful for all they have done and continue to do for people managing their mental health and I look forward to seeing where this journey takes me."



We want to thank Jaki for sharing her story and hope that it will encourage others to share their own stories; and remind people that they are not alone in the challenges they're facing.

CLIENT BBQ CELEBRATION

We were delighted to host our annual Client BBQ at Oakleaf on Thursday 21st September!

After soaking up a little bit of sun, we all had to move indoors due to a sudden downpour, but everyone still had a great time and got to enjoy a delicious barbecue, games, and entertainment from George Alfie and Oakleaf's Everyone Choir.

We would like to say a massive thank you to all 58 clients who came out for it and to our wonderful staff and volunteers who helped make the event a success.



WINE & JAZZ FUNDRAISER

Our Wine & Jazz event on Thursday 14th September was a brilliant evening filled with delicious wine, food and fantastic music. Thank you so much to all of the individuals, organisations and businesses who both supported the event and donated generously on the night.

We would also like to thank all of our volunteers as well as our headline sponsor Kelly's Storage for enabling us to carry out such a lovely event. Overall, we raised an amazing £6,452 after costs. This will make a truly meaningful impact on the lives of people attending Oakleaf. We are beyond grateful for the support we have received.

COUNSELLING

At Oakleaf we offer a low-cost (from £5 per session) and accessible (face-to-face and online) counselling service of up to 18 sessions, which gives clients the time to explore what they need to work through. In our latest video, one of our brilliant counsellors Simone shines a light on our offering:

"Our service gives people hope that things can change, and enables them to grow in confidence and resilience, which can really make a difference to people's lives."

To watch the full version of our counselling video, visit: www.youtube.com/@OakleafEnterprise1





JULIE'S STORY

Julie became a client with Oakleaf following a mental health relapse and was referred by the hospital after being diagnosed with mild depression. "When I first joined Oakleaf, I really enjoyed working through all the books and courses IT had to offer. I was new to it all and didn't always understand it but I found faith in the process and achieved several certificates at the end of it all.

"The art classes at Oakleaf also really helped me to focus, which brought out the best in me. They gave me back my confidence."

Julie has also published several books since her time at Oakleaf. "Writing can be great for your mental health; it stretches the mind and distracts you from the worries of everyday life. It's so

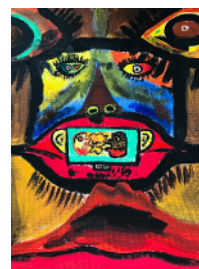
brilliant to be able to create something that is your own, which people can love and be proud of."

When asked what message Julie would like to share with others who might be struggling with their mental health, she said: "Try not to hurt yourself with your thoughts. Be gentle with your mind and your feelings. Find something that you used to be passionate about and reignite that passion again. But above all else, be kind to yourself."



ART AT OAKLEAF

Here are some photos of our ever popular art classes, and the beautiful end results:



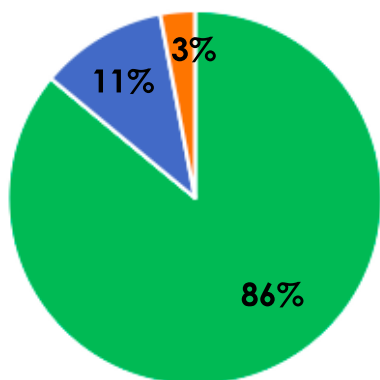
CLIENT SATISFACTION SURVEY

We conducted our bi-annual Client Satisfaction Survey in July 2023, seeking feedback from our clients. It was great to see the positive impact Oakleaf has had.

"Oakleaf's wellbeing activities give me something to look forward to. They give me routine. Oakleaf has provided tools to help me realise what is best for me and to understand that my feelings are valid. Doing workshops over Zoom has given me the opportunity to make friends with similar interests and I've been able to massively broaden my knowledge too." - **Oakleaf client**

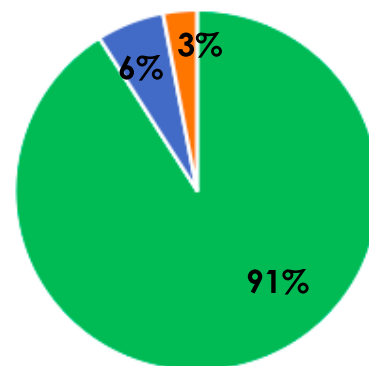
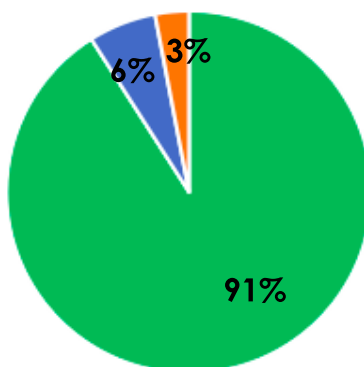


"I don't know where I would be without Oakleaf. It has been a key support for my mental health and helped me build a life that I love for the first time I can remember. I couldn't be more grateful." - **Oakleaf client**



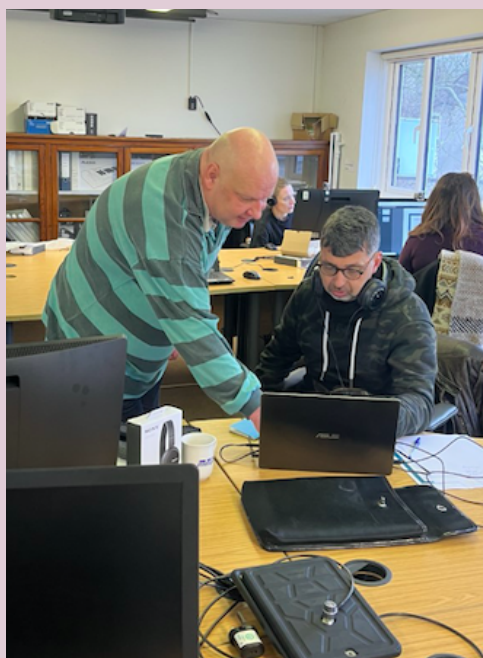
'Oakleaf has helped me improve my mental wellbeing'

'Oakleaf has helped me feel less isolated'



'Oakleaf has helped me to feel more confident'

'PATHWAYS TO WORK' EMPLOYMENT PROJECT: YEAR THREE



Between May - September 2023 our 'Pathways to Work' employment project, funded by the National Lottery Community Fund, has exceeded our expectations by providing support to 110 clients, with 46 individuals gaining a certificate and 21 individuals progressing into work and volunteering roles.

The project continues to operate as a warm and friendly service, offering clients a safe space to acquire the skills, confidence and training needed to return to the workplace.

"In just seven months, Mike (Employment Advisor) has helped me increase my salary by 150% in a field I love working in. He is an exceptional mentor and a great listener." - **Oakleaf client**

For more details, please visit our website or contact: mikeover@oakleaf-enterprise.org

SAFEGUARDING OAKLEAF'S FUTURE

Our vision is a world where people are empowered to manage their mental wellbeing and supported to achieve their goals. As the demand for mental health services continues to grow, we are committed to our mission of transforming lives through the provision of support, training and wellbeing activities, building new futures with adults managing their mental health.

1.8 million people were on NHS mental health waiting lists earlier this year (National Audit Office, 2023), and we know mental ill-health is common. We also know even greater numbers of individuals in Surrey will need experienced mental health and wellbeing support in the future. Our supporters are critical in ensuring Oakleaf can continue to provide this.

One way of helping ensure Oakleaf's future is through leaving us a gift in your will. If you are thinking of making or amending your will this winter, do consider Oakleaf (after making provisions for family and friends). Gifts in a will are generally free from Inheritance Tax and could therefore reduce the liability for your loved ones as well as helping Oakleaf.

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

jenclay@oakleaf-enterprise.org.

THE MIGHTY OAKS



Tom, the coach of our amazing football team 'The Mighty Oaks' shares how positive and impactful this role has been for him:

"The role provided me with purpose and a renewed passion and direction following significant physical and mental health challenges. Although we didn't play in all the league matches, we were the only team that was unbeaten in the matches we did play. In the final fixture of the mental health football league of the season, we proudly finished in 4th place!"

To find out more about our football team or any other wellbeing activities, visit: www.oakleaf-enterprise.org/client-calendar



Our Mental Health Leaders Network aims to bring together a wide variety of Surrey businesses committed to addressing workplace mental health. It provides events, training and support around wellbeing at work for local businesses and their staff - all whilst helping make a difference for local people managing their mental 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.

CHRISTMAS AT OAKLEAF

Scan to sign up:



FESTIVE JUMPER FUNDRAISER

Support Oakleaf and mental health this Christmas by wearing your favourite festive jumper or red item of clothing and donating £2 to be in with a chance of winning a fantastic prize!



To find out more, visit: www.oakleaf-enterprise.org/festive-jumper-fundraiser

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

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