

AN INTRODUCTION TO GARDENING - HALF DAY TASTER SESSIONS

Guided and supported by our expert team leaders, you will:

- Learn the basics of gardening health and safety
- Learn and actively work as part of the team carrying out garden maintenance
- Boost your confidence
- Feel the positive effects of exercise that gardening has on your wellbeing



IS THIS COURSE RIGHT FOR ME?

- Do you enjoy being outdoors?
- Do you get the satisfaction working in a small team?
- Do you want to exercise but going to the gym is just not for you?
- Would you like to meet other like-minded people?
- Do you suffer from anxiety or depression?
- Would you like to try something new but aren't quite ready to take on a big commitment?

If you answered YES! to any of these questions, then this course could be right for you.

WHAT HAPPENS IF I WANT TO CONTINUE GARDENING?

We are always looking for new team members. If you decide gardening is right for you, you can either continue doing the half days every Thursday or you can sign up to join our 12-week vocational training course.

This course takes you through the 'Basics of Gardening' in more detail, focusing on both private and commercial gardening.

It will give you hands-on experience to add to your CV.

We are also able to offer guidance and support, to help you access and engage with other related courses run by Merrist Wood College.



Oakleaf's gardening service is a social enterprise located in the heart of Guildford that has been trading since 1997.





WHAT DO I NEED TO JOIN?

Nothing - we can supply all of the equipment needed, including steel toe cap boots for you to borrow.



DO I NEED TO DO ANYTHING BEFORE THE TASTER DAY?

Your safety on site is hugely important to us. We ask that anyone interested in trying a taster day attends a mini health and safety induction session. This can either be in person or online.



WHY GARDENING?

Gardening has been proven to reduce loneliness, fatigue (yes fatigue!), depression, stress and anxiety in adults. It provides a sense of achievement as well as quiet time for your own thoughts and reflection.

WHERE?

Our gardening site is based about 5-10 minutes walk or drive from the Oakleaf office in Guildford.

WHEN?

We offer taster sessions every Thursday



To find out more, please email Bea: beatricecurtis@oakleaf-enterprise.org or telephone: 01 483 303649



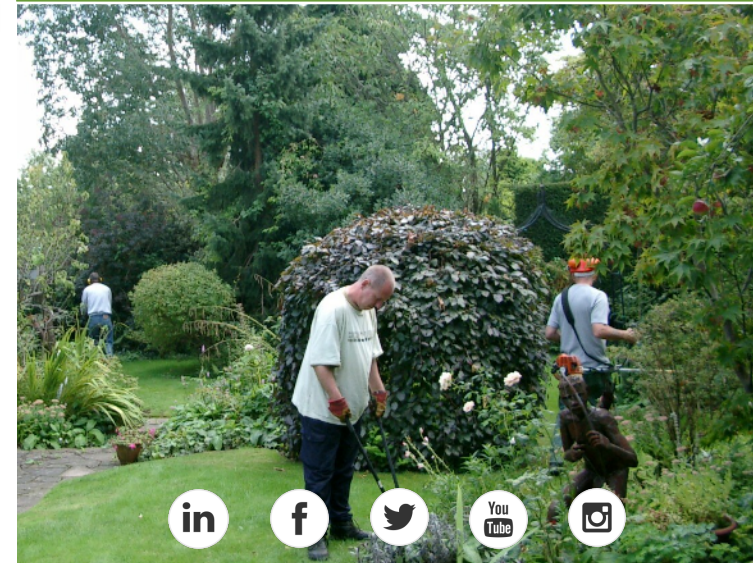
MAKING LIFE WORK WITH MENTAL ILLNESS



MAKING LIFE WORK WITH MENTAL ILLNESS



GARDENING



www.oakleaf-enterprise.org

Registered Charity No: 1064524 | Registered Company No: 3388671

Oakleaf's upholstery service is a social enterprise that has been trading since 1997 and located in the heart of Guildford.

The enterprise is funded by the commercial work that our master upholsterer and his team produce for the public, with all income being re-invested into offering vocational training and support to adults of all ages suffering from mental ill health.

Upholstery services is working towards Making Life Work with Mental Illness.

Skilled workmanship is overseen by our master upholsterer. The upholstery team have over 50 years of experience and together produce beautiful and bespoke work bringing any piece of furniture or project you have to life.

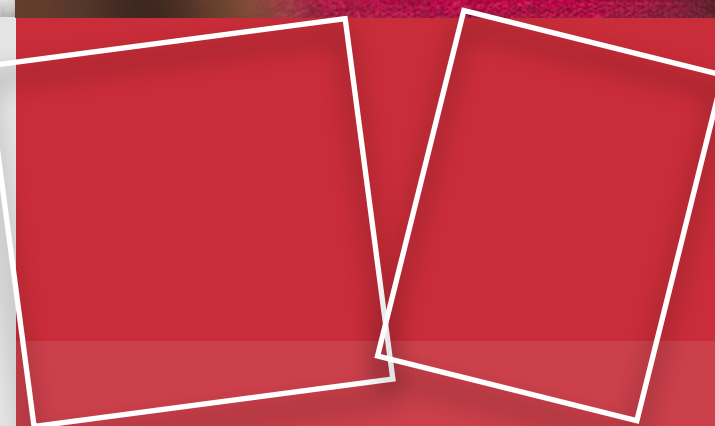


"Oakleaf has given me purpose in life again."

UPCYCLING MAKES SENSE

Why spend hours looking for a new sofa or armchair when the one you have now fits perfectly in your home and just needs some TLC or modernisation.

The UK throws away 22 million pieces of furniture every year which generates 9.8 million tonnes of waste.



OUR SERVICES

- Traditional and modern craftsmanship
- Re-upholstering sofas, armchairs, stools, dining chairs, headboards, etc.
- Refilling tired cushions - foam, fibre or leather
- Repairs; restoration; upcycling
- Leather work
- Bespoke commercial projects
- The supply of a wide range of modern and traditional fabrics - exceptional quality brands including ; Romo Fabrics, Linwood Fabric Company, Covertex, and Hardy & Seamore

THE STORY SO FAR

How each stitch helps to fund important training and create employment opportunities for our clients

Sarah and Netty are employed by Oakleaf to train and support clients taking our 24-week course - Introduction to Upholstery. Having been clients of Oakleaf themselves, they both embarked on the course at difficult times in their lives. The course unleashed a new found passion for upholstery and gave them comfort and hope to know that they were not alone. The course also brought out a talent for training others and today they deliver the course to new clients, supporting their journeys through mental ill health.

If the frame of your furniture is sound, we can bring it back to life with our extensive range of fabrics from leading brands. Enjoy exploring the full range of fabrics to give your furniture the perfect new look. We can also repair springs, renew cushions and add support so your furniture is as good as new.



WHY OAKLEAF?

- ▶ Bring to life treasured pieces
- ▶ Create a bespoke look in your home or office
- ▶ Save furniture from landfill
- ▶ Revamp your favourite and comfortable piece of furniture
- ▶ Restore cushions to their former glory
- ▶ Support someone living with mental ill health
- ▶ Invest in training to provide hope, confidence and new skills to someone living with mental ill health
- ▶ A perfect gift

LET US SEND YOU AN ESTIMATE

Using our **handy measurement guide** will help us to provide you with as accurate an estimate as possible for sofas and armchairs so you know how much you will pay.

Our skilled team can advise you on the best fabrics for the job that will help keep your furniture looking brighter and last for longer.

COLLECTION & DELIVERY

We offer a collection and delivery service for large and small items alike or you can drop into our workshop to see our social enterprise at work 5 days a week. See first-hand the benefits of our reinvestment into vocational training.

To find out more about our Upholstery service please email: info@oakleaf-enterprise.org or telephone: 01483 303649



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UPHOLSTERY GUIDE



www.oakleaf-enterprise.org

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