



OUR IMPACT

We support hundreds of people each year.
From our recent client surveys:

95% felt Oakleaf helped them
improve their mental wellbeing

96% felt Oakleaf helped them to
feel more confident

96% felt Oakleaf helped them to
feel less isolated

— “ —

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.

??

Being able to speak to people when I
attend Oakleaf has helped me so much. I
come in feeling stressed and leave feeling
like a weight has been lifted off of my
shoulders.

— ” —



CONTACT US

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Reg Charity no: 1064524 | Reg Company no: 3388671

oakleaf >

MAKING LIFE WORK WITH MENTAL ILLNESS



Oakleaf Enterprise is a mental health
charity based in Guildford, working to
improve the lives of hundreds of
individuals across Surrey.

Our mission is to transform lives through
the provision of support, training and
wellbeing activities, building new
futures with adults managing their
mental health.

HOW WE HELP



WELLBEING ACTIVITIES & COURSES

Designed to improve confidence alongside physical and mental wellbeing. Including Upholstery, Yoga, Art, Fitness, Choir and more.

WORK-RELATED TRAINING & EMPLOYMENT SUPPORT

Courses in IT and gardening help our clients gain new skills, qualifications and work experience. Our 'Pathways to Work' employment project delivers tailored training and mentoring to help clients move forward into the workplace.

COUNSELLING

We offer a low-cost (from £5 per session) and accessible (face-to-face and online) counselling service of up to 18 sessions.

— “ —

I feel a part of the group sessions I attend. I always look forward to them, which gives me a reason to get up in the morning.

— ” —

HOW DO I BECOME A CLIENT?

You can self-refer to Oakleaf or be referred by a friend, family member, GP, social worker or other professional via our website:
www.oakleaf-enterprise.org/referral/

HOW WE HELP

GUILDFORD & YOUNG ADULT SAFE HAVENS

Oakleaf is the base of the Guildford Safe Haven, run by Oakleaf, Catalyst and SABP. A drop-in service that provides out of hours support to individuals who are experiencing a mental health crisis or emotional distress. **Open 6-11pm, 7 days a week, 365 days a year.**

We also host a Young Adult Safe Haven, run by Oakleaf and Catalyst, open 5-9pm daily for 18-25 year olds in need of emotional support.



SOCIAL ENTERPRISE: GARDENING

We act as a social enterprise, selling the services of our work-related training to the public; the funds of which are fed back into the charity.

Our gardening team provides a first-class service for households, businesses and organisations, whilst giving clients on-site training to complete their 12-week course in gardening.

SERVICES INCLUDE:

- Regular Maintenance
- Pruning/clipping
- Grass cutting
- Plant advice
- Containers & baskets
- Garden clearance
- One-off jobs



HOW YOU CAN HELP

DONATE

Online or via BACS, debit/credit card

£20 could fund two weeks of supplies for our art classes.

£60 could fund two weeks of fitness classes for Oakleaf clients led by an experienced, certified trainer.

FUNDRAISE & VOLUNTEER

Take part in a sporting challenge, host an event of your own or volunteer your time and skills to benefit our clients and our fundraising events.

MENTAL HEALTH TRAINING & SUPPORT

We offer mental health training and workshops, including **Mental Health First Aid**, for businesses and organisations to increase knowledge and confidence in supporting the mental health of themselves and others.

Oakleaf's **Mental Health Leaders Network** helps member businesses better support their staff with events, training and bespoke support. All proceeds are reinvested back into the charity.

CORPORATE & COMMUNITY PARTNERS

We warmly welcome companies to share in our mission to support better mental health in the community through:

- Event sponsorship
- Fundraising challenges
- Volunteering
- Partnership donations
- Matched giving
- Hosting an event

