



MAKING LIFE WORK WITH MENTAL ILLNESS



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 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.

WELLBEING ACTIVITIES



Oakleaf delivers a variety of in-person and online wellbeing activities designed to improve confidence, physical and mental wellbeing whilst reducing isolation and loneliness.

We offer a wide range of courses which change monthly and cater to individuals' different interests and abilities such as:

Art, Fitness, Cookery, Football, Yoga, Upholstery, IT, Mental Health Support and more.



SAFE HAVEN

Oakleaf is the base of the Guildford Safe Haven, run by Oakleaf, Catalyst and Surrey and Borders Partnership (SABP).

The Safe Haven is a drop-in service that provides out of hours support to individuals and their carers who are experiencing a mental health crisis or emotional distress.

Open 6-11pm, 7 days a week, 365 days a year.

WORK-RELATED TRAINING

IT

Our IT courses are designed to give you more confidence in your computing skills. We offer a wide range of courses in **Microsoft Office packages, cyber security and more** to help you develop the digital skills needed for the modern workplace and improve in areas of computing you may be unsure about.

We also offer technical courses for clients who are interested in learning skills related to **computer hardware or programming.**



GARDENING

Our gardening department is designed to teach you about **soft landscaping and garden maintenance.**

You will work on real customers' gardens with our trained and qualified staff, learning about:

Lawn care, weeding, planting, hedge-cutting, pruning, leaf-tidying and more.



EMPLOYMENT SUPPORT

Our employment project is here to support you on your journey towards gaining new skills and returning to the workplace.

Our team provides a personalised one-to-one approach, with emotional and practical support through **CV writing, interview prep, a weekly job club and more.** They are led by you each step of the way and always consider your interests and personal values when exploring your options.

COUNSELLING



At Oakleaf we offer a **low-cost (from £5 per session)** and accessible (face-to-face and online) counselling service **for up to 18 sessions**, to give clients a safe and confidential space to talk with a counsellor on a weekly basis.

Our service **gives people hope** that things can change and enables clients to grow in confidence and resilience, which can really make a difference to their lives.

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/



SCAN ME