



## 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

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**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.**

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**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.**

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## 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, Football and more.

## WORK-RELATED TRAINING & EMPLOYMENT SUPPORT

Courses in IT and gardening help our clients gain new skills, qualifications and work experience. Our 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/](http://www.oakleaf-enterprise.org/referral/)

# HOW WE HELP

## GUILDFORD 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.**



## 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

