

Newsletter: Autumn/Winter 2025



Thank you for taking the time to read our bi-annual charity newsletter

We are delighted to share the latest updates on our ongoing mission to support mental health in our community.

We would like to say a heartfelt thank you to our incredible donors and volunteers - your support is the driving force behind Oakleaf, enabling us to offer essential services such as wellbeing activities, work-related training, employment support, and counselling to hundreds of clients every month.

We continue to run a variety of activities and workshops, including: Nature Wellness Trips, Kickstart Fitness, Naturally Creative, Karate, Wellbeing Brunch Café, Positivity Hour, and more.

This year, we have introduced a gambling support service and peer mentor network to support adults - especially women and minority groups - impacted by gambling-related harm.

We also launched **'Open Door'** - a drop-in service delivered in partnership with Guildford Action, Hope Hub and Rentstart. This Guildford initiative is designed to support young people aged 18-30 facing mental health challenges, with a particular emphasis on suicide prevention.

The **Guildford Safe Haven**, based at our Oakleaf premises, remains a crucial resource for those experiencing mental health crises or emotional distress. This drop-in service, run in partnership with Catalyst and the NHS, is open from 6pm-11pm, 365 days a year.

If you have any questions or feedback, we'd love to hear from you:
info@oakleaf-enterprise.org.

Oakleaf team x



In this
newsletter
you can
expect:

Oakleaf News

New projects

Fundraising
Events

Stories

Our Impact



Our gardening team enjoying homemade elderflower cordial from a customer's garden

Mental Health Leaders Network

Mental ill-health remains a major cause of workplace absence in the UK with many workers reporting work-related stress, depression or anxiety.

In 2021, Oakleaf set up the Mental Health Leaders Network bringing together a wide variety of Surrey businesses committed to addressing workplace mental wellbeing. Oakleaf supports member employers and employees through regular events, training, resources, and access to professional speakers.

If you champion mental health and would like to join this pioneering Network, please email Chris: chriscrooker@oakleaf-enterprise.org.

Membership fees help fund Oakleaf's charitable activities.

Oakleaf Contact Details

General queries:

info@oakleaf-enterprise.org

Client-related queries:

client-services@oakleaf-enterprise.org

Counselling-specific queries:

counselling@oakleaf-enterprise.org

Open Door Drop-In

This July, Oakleaf launched **'Open Door'** – a new weekly drop-in service in Guildford for young people aged 18–30 navigating mental health challenges, with suicide prevention at its core.

This initiative is funded through the Community Foundation for Surrey's Mental Health Scale Up Fund and delivered in partnership with Guildford Action, Hope Hub and Rentstart.

Open Door is a welcoming, youth-focused out-of-hours space co-created with attendees. Facilitated by Youth Support Workers, Georgia Pearson and Nick Moorby, the sessions offer early intervention during mental health crises, reducing isolation and connects young people to meaningful support in a safe, non-judgemental setting.

In addition, Oakleaf is introducing a weekly **Parents & Carers Support Group** for people experiencing suicidal thoughts and other mental health challenges. This group, run by Juliette Rampton will offer vital peer support and skill-sharing to help families feel less alone and more equipped to support their loved ones. To enable greater accessibility the group is predominately delivered online.

For more information about either service, please visit: www.oakleaf-enterprise.org/open-door



Oakleaf's Comedy Night

We had a fantastic evening full of laughter at Oakleaf's Comedy Night, held at The Star Inn this October.

A heartfelt thank you to Kelly's Storage and Trafalgar Marquees for their generous sponsorship, the Shanly Foundation and to our volunteers and everyone who joined us in support of better mental health across Surrey.

Special thanks to our wonderful host, Dave Chawner, and to our brilliant comedians - Stefano Paolini, Will Hannigan, and Robyn Perkins - for keeping the crowd entertained all night.

We're thrilled to share that the event raised an incredible £5,700!



Mental Health Training & Awareness

We offer both accredited Mental Health First Aid (MHFA) and bespoke mental health training and awareness sessions. MHFA is an internationally recognised training course designed to teach you the practical and emotional skills to reassure and support a person in distress.

Courses available:

- 2-day Adult MHFA
- 1-day MHFA Champions
- 1/2 day MHFA
- 1/2 day MHFA Refresher
- 1 hour up to 1 day Bespoke Training & Awareness Sessions

Suicide First Aid Training

We are now also offering 'Suicide First Aid: Understanding Suicide Intervention' - a nationally accredited training course designed to equip participants with the skills and confidence to support someone at risk of suicide.

Optional accreditation:

- Level 4 qualification from the Royal Society for Public Health

For more info or book your place, visit:
www.oakleaf-enterprise.org/mhfa-training.



Wednesday 3rd Dec

Christmas Carol Concert

Join us for Oakleaf's Christmas Carol Concert at the **Holy Trinity Church in Guildford**.

Enjoy an enchanting evening filled with festive fun and beautiful musical performances from Rock Choir and Royal Surrey Choir.

Thanks to our sponsors DMH Stallard, 100% of ticket sales will support Oakleaf and local mental health.

Tickets: £10. For group bookings, please email Jane:

jane.felton@oakleaf-enterprise.org.



To find out more, scan the QR code or visit the 'Events' page on our website.



Gambling Support

Oakleaf has expanded its **Bridge the Gap** Outreach Service, commissioned by Surrey County Council, to offer tailored, trauma-informed support for women across Surrey affected - directly or indirectly - by gambling-related harm. This includes family members, carers, and those from minority communities.

The service covers 1:1 outreach, recovery focused peer groups, and practical help - shaped by lived experience.

‘Path to Success’ Employment Project

We’re proud to be delivering **Path to Success**, a five-year employment project launched in 2024 and funded by The National Lottery Community Fund.

In partnership with Guildford Action, this initiative supports individuals facing mental health challenges through 1:1 guidance, career workshops, Job Club, accredited training, inspiring talks, and more - all designed to help clients take meaningful steps toward their personal and professional goals.

Bridge the Gap



We’re also continuing our core **Bridge the Gap** service, which provides trauma-informed, person-centred key worker support for individuals across Surrey facing multiple disadvantages, including mental health challenges, homelessness, substance use, domestic abuse, and contact with the criminal justice system. Flexible 1:1 outreach helps people rebuild their lives with support in housing, healthcare, finances, and more.

To find out more about our services, visit ‘What Services Can I Access’ under the ‘I need Help’ tab on our website.

Your Legacy, Oakleaf’s Future

When you leave a gift in your Will to Oakleaf, you help ensure that we can continue to be here for Surrey individuals experiencing mental ill-health.

Your generosity will help us provide wellbeing activities and courses, counselling, work related training and employment support, all designed to support our clients navigate life’s challenges whilst building confidence, physical health and wellbeing and reducing isolation and loneliness.

Legacy gifts are crucial for the sustainability of Oakleaf’s services. They allow our team to plan into the future with confidence, in the knowledge that we have the resources to continue making a difference to the lives of all the adults we support.

Gifts left in wills are typically exempt from Inheritance Tax, which may reduce the tax burden on your estate while ensuring that Oakleaf can carry on its mission.

We would be so thankful if, after you’ve looked after your family and friends, you would consider leaving a gift in your will to Oakleaf.

For more information, please contact Jamie: jamiekelly@oakleaf-enterprise.org to answer any questions you may have.

Oakleaf believes creativity and mental health are deeply connected. Through our vast array of creative **wellbeing activities**, many of our clients have found new ways to process emotions, build confidence, and feel part of a supportive community.

Creativity & Mental Health: Calypso's Story



For the past eight years, transpersonal arts therapist and educator Calypso Rossoni has been a guiding light on this creative path — designing and leading therapeutic art workshops for Oakleaf; that support emotional wellbeing, build self-awareness, and create space for connection.



Calypso has led more than 15 different workshops across Surrey and online — from 'Somatic Art Therapy' and 'River of Life' to 'Coping with Christmas', 'Poetry and Illustration', and 'Embracing Play and Freedom in Art'. Regardless of format, her goal has always been the same: to offer a space where people feel safe to explore their creativity, reconnect with themselves, and support one another.

"Many clients arrive believing they're not creative or 'not good at art.' One of the most fulfilling parts of my work is witnessing these clients rediscover their love for art and begin to shift their self-perception and views on self-worth."

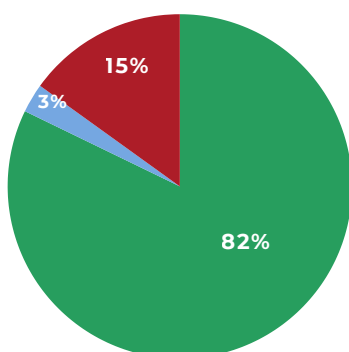
"It's been liberating not to be so attached to the quality of my efforts... a useful and alternative way to process difficult feelings." – **Andrea, Oakleaf Client**

Through her work at Oakleaf, Calypso has shown that art is about expression, connection, and creating space - both physically and emotionally - to simply be. In doing so, she has helped hundreds of people take meaningful steps toward better mental health.

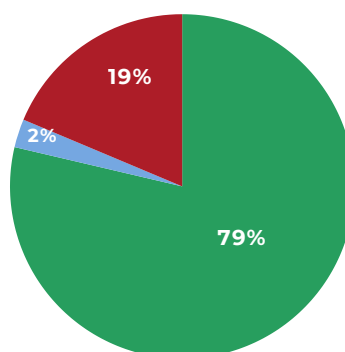
Client Satisfaction Survey

We recently conducted our Summer 2025 Client Satisfaction Survey. It was great to see the positive impact Oakleaf has:

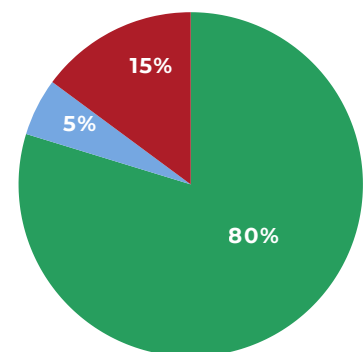
Agree Disagree
Neither agree nor disagree



Oakleaf has helped me feel more confident



Oakleaf has helped me improve my mental wellbeing



Oakleaf had helped me feel less isolated

"It made me confident in many ways, and I met people with different abilities and similar issues as me. That helped me to accept myself, it gave me the opportunity to learn art and find my hidden talent" – **Oakleaf Client**

Counselling For All

Counselling positively impacts hundreds of lives by providing essential mental health support while offering placements which enable skilled, compassionate counsellors to become fully qualified. As a counselling sponsor, you can help make this possible.



Last year, Oakleaf delivered 2,045 low-cost counselling sessions to 192 individuals in need, serving as a crucial lifeline - one that requires £55,000+ p/a to be sustained.

"Without Oakleaf, I'd be in a much worse place. Having a safe space each week gave me a routine and an escape. Without this service, I would never have coped."
- Oakleaf client

To become a counselling sponsor, please visit:
www.oakleaf-enterprise.org/counselling-for-all

For updates on Oakleaf and all things mental health, be sure to follow us on social media:



Oakleaf Enterprise



Oakleaf



@Oakleaf_Enterprise



Oakleaf Enterprise

If you are interested in volunteering or hosting a personal fundraiser in aid of Oakleaf, please visit: www.oakleaf-enterprise.org/support-us

Thank you for reading!

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.

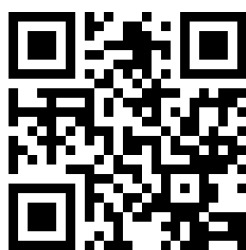
If you would like to make a donation to Oakleaf and help fund our vital mental health support, please scan the QR code below. If you or someone you know needs support and is interested in becoming a client at Oakleaf, please visit www.oakleaf-enterprise.org/referral.

www.oakleaf-enterprise.org

info@oakleaf-enterprise.org

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SCAN QR CODE



Registered charity no: 1064524

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