



MAKING LIFE WORK WITH MENTAL ILLNESS

## Activity Leader

In-person sessions in a base located in Waverley'.

**Oakleaf Enterprise** is looking for compassionate and experienced **Activity Leaders** to deliver engaging wellbeing sessions for adults managing their mental health and wellbeing.

### **About Oakleaf:**

Oakleaf Enterprise is a mental health charity supporting adults in Guildford and Waverley. Since 1997, we have helped people improve their wellbeing, build confidence, develop skills and feel less isolated.

### **About the Role:**

We are looking for self-employed Activity Leaders to facilitate supportive, inclusive and welcoming group sessions for Oakleaf clients in community settings across Waverley.

We are particularly interested in leaders with experience in:

- Art and creative wellbeing activities
- Mental health and emotional wellbeing support
- Exercise and movement sessions (excluding yoga)
- General wellbeing and healthy lifestyle activities
- Confidence building and self-esteem
- Mindfulness and relaxation
- Social connection and community engagement
- Stress management and emotional resilience
- Healthy routines and positive coping strategies

Sessions are designed to help people connect with others, learn new skills, improve wellbeing, and build confidence in a supportive environment. Sessions usually run once a week in course blocks of 4, 6, 8 or 12 weeks, depending on the activity. This is an opportunity to work alongside a respected local mental health charity and make a positive difference in people's lives.

### **Key Details**

- Position: Self-employed Activity Leader
- Location: In person – Waverley area
- Session length: Typically 1 hour per week, per group
- Course format: 4–12 week blocks

### **Our Vision:**

People are empowered to manage their mental health and wellbeing and are supported to achieve their goals.

### **Our Mission:**

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

### **Our Values:**

Respect, Empathy, Support, Inclusivity and Integrity.

We ask that you have relevant qualifications and/or experience for your activity area. You will need your own public liability insurance and Oakleaf will complete a DBS check.

If you are passionate about supporting people with their wellbeing and would like to create safe, engaging, and inclusive sessions, we would love to hear from you. Please contact Mariann, The Activities Wellbeing Co-ordinator via email on [mariannkallai-walker@oakleaf-enterprise.org](mailto:mariannkallai-walker@oakleaf-enterprise.org) with your expression of interest and CV.