

Newsletter: Autumn/Winter 2026



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.

Next year, Oakleaf celebrates 30 years of supporting mental health across Surrey. For three decades, we've helped hundreds of individuals rebuild confidence, reduce isolation, learn new skills, and take positive steps forward.

Our **Next 30 Years** campaign looks back at the difference Oakleaf has made while looking ahead to protecting vital mental health support for generations to come. You can find out more and discover how you can be part of Oakleaf's next chapter on page 6.

We'd like to say a heartfelt thank you to our incredible donors and volunteers. Your support helps make Oakleaf's work possible, enabling us to provide essential services including counselling, wellbeing activities, work-related training and employment support.

We continue to run a variety of activities and workshops, including: Open Door, Crafty Collective, Yoga, Job Club, our Walking group, and more.

Oakleaf is also developing services focused on trauma-informed support, suicide prevention and early intervention. From **The Holding Space**, offering vital peer support for parents and carers, to our **Check Point programme**, supporting people involved in the criminal justice system. From September, our **Assertive Outreach Programme** will extend support Surrey-wide, helping adults experiencing multiple disadvantage access support and build towards a more positive future.

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 staff enjoying time at a farm on our latest team away day

Oakleaf Contact Details

General queries:

info@oakleaf-enterprise.org

Client-related queries:

client-services@oakleaf-enterprise.org

Counselling-specific queries:

counselling@oakleaf-enterprise.org

Partnerships In Action

Strong partnerships help Oakleaf thrive, bringing together people, resources and expertise to expand our reach and create lasting impact. We're delighted to welcome a new 2026 partnership with ESP Utilities! We're also grateful to our corporate supporters, including: Kelly's Storage, DMH Stallard, Chartered Institute of Insurers, Zurich, Temple Legal, Gaming Guildford, Redbox, Goldtech, Lovetts, Stag Print, Gilmex, Co-op, Waitrose, The Milky Cup, Amazon, Stihl, The Clavadel and more for their generous donations, memberships, fundraising and gifts in kind.

Mental Health Leaders Network

Oakleaf's Mental Health Leaders Network brings 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 professional speaker access.

"We have found it to be invaluable. Our team always comes away with practical ideas and insights that can be implemented directly within the workplace." -

Victoria Creswick, REDBOX Group

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

Membership fees help fund Oakleaf's charitable activities.

This support helps us plan ahead, grow our services and reach more people across Surrey. Interested in partnering with Oakleaf? Contact Chris: chriscrooker@oakleaf-enterprise.org. We have exciting activities planned for 2027 as we celebrate our 30th anniversary!

Open Door

Open Door is our weekly drop-in service for young people aged 18–30 navigating mental health challenges, with suicide prevention at its core. Funded through the Mental Health Scale Up (MHSU) Fund and delivered alongside Guildford Action, Hope Hub and Rent Start. The sessions take place on Fridays, 6-10pm and are facilitated by Youth Support Workers; connecting young people to meaningful support in a safe, non-judgemental setting.

Holding Space

In addition, Oakleaf offers a weekly in-person support group for parents and carers of young people experiencing suicidal thoughts and other mental health challenges. Run on Wednesdays, 6:30-8pm. For more information about these services, please visit: www.oakleaf-enterprise.org/evening-support



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 Shanly Foundation for their generous sponsorship, and to everyone who joined us in support of better mental health across Surrey. Special thanks to our wonderful MC, Alexander Bennett, and to our brilliant comedians, Jonny Awsum, Ben Norris, and Jenny Collier, for keeping the crowd entertained all night. We're thrilled to share that the event raised a fantastic amount - over £4,200!



Upcoming Fundraising Events



Wednesday 2nd Dec

Christmas Carol Concert

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

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

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



Tickets: £10.

To find out more, scan the QR code.

For more info or to book any of these events, visit: www.oakleaf-enterprise.org/events or contact Jane: janelfelton@oakleaf-enterprise.org



Sunday 7th Feb 2027

Farnborough Half

Make every step count by taking on 13.1 miles in support of Oakleaf. Starting and finishing beneath the iconic Airship Hangar arch at Farnborough Business Park. One of the South's most exciting races!



Skydive for Mental Health

Are you an adrenaline junkie or simply want to challenge yourself? Take part in a 10,000 feet skydive organised by Skyline, where you'll freefall at 125mph. A once in a lifetime experience you'll never forget!



www.oakleaf-enterprise.org/outreach-support

Outreach Support

Branching Out

Oakleaf, in partnership with Hope Hub and Catalyst, is delivering a Surrey-wide outreach service funded by Community Foundation for Surrey. We offer up to 24 weeks of 1:1 trauma-informed support for adults aged 18+ experiencing multiple disadvantage.

Bridge the Gap

We're also continuing our core **Bridge the Gap** service through the government's Changing Futures initiative, which provides trauma-informed, person-centred key worker support for individuals across Surrey facing multiple disadvantages. Flexible 1:1 outreach helps people rebuild their lives with support in housing, healthcare, finances, and more.

Check Point

Working with Surrey Police, Check Point supports those involved in the criminal justice system through a trauma-informed approach.



'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.

Training for Managers

We now offer **'Mental Health Skills for Managers'** - a practical one-day course helping managers confidently support mental wellbeing at work.

For more info or to book your place on any of our MHFA courses, contact Chris: chriscrooker@oakleaf-enterprise.org or visit: www.oakleaf-enterprise.org/mhfa-training

Your Legacy, Oakleaf's Future

Mental health challenges can affect anyone, and the right support at the right time can truly change lives. For almost 30 years, we have walked alongside people in our community, offering a place to build confidence and reduce isolation; to belong.

A gift in your will is one of the most powerful ways to keep that support going. Whatever its size, your legacy gift could help ensure that our community can access the care they deserve and Oakleaf remains a beacon of hope for years to come.

Gifts left in wills are typically exempt from Inheritance Tax, which can reduce the tax burden on your estate.

For a conversation about leaving a legacy, please get in touch with Chris: chriscrooker@oakleaf-enterprise.org.

Mental Health Training

We offer accredited Mental Health First Aid training and bespoke mental health training and awareness sessions.

- Next 2-day MHFA course: early 2027, dates TBC.
- Next Half-Day Refresher MHFA course: 1st Dec.

Oakleaf offers a range of wellbeing activities, counselling, work-related training and employment support to help people build confidence, develop skills and take positive steps forward. Whether it's joining a group, trying something new, accessing one-to-one support or exploring future opportunities, there's no right or wrong place to start.

Marc's Story: Finding Connection & Confidence



Marc's journey shows how the right support at the right time can make a lasting difference. After lockdown left him isolated and struggling with his mental health, Marc began visiting Guildford Safe Haven for someone to talk to. He was later signposted to Oakleaf while pursuing an autism diagnosis.



For the past two and a half years, Oakleaf has provided Marc with consistency, connection and opportunities to grow. He regularly attended wellbeing brunches, accessed counselling and IT sessions, and joined men's and neurodiversity groups — finding comfort in connecting with others who understood his experiences.

"You realise you're not alone."

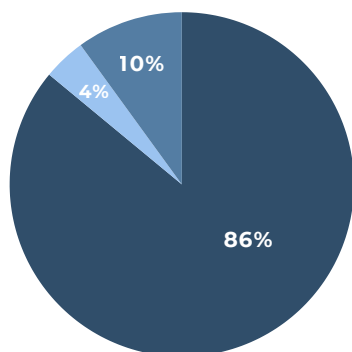
Since then, Marc's confidence has grown. He has joined Oakleaf's peer mentoring programme, completed training and now supports others, including as a peer support person on our weekly Tuesday walk. He hopes to pursue a career in mental health. At 51, Marc also received his long-awaited autism diagnosis, helping him better understand himself and his experiences.

"Oakleaf is the only place I've found that has consistently given me somewhere to go, advice when I needed it, and opportunities to move forward."

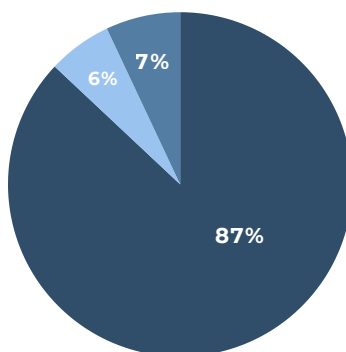
Client Satisfaction Survey

We recently conducted our Summer 2026 Client Satisfaction Survey. It was great to see the positive impact Oakleaf has:

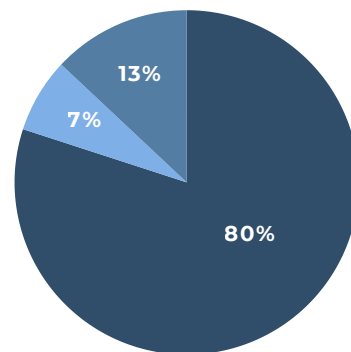
Agree Disagree
Neither agree nor disagree



Oakleaf has helped me feel more confident



Oakleaf has helped me improve my mental wellbeing



Oakleaf has helped me feel less isolated

"Oakleaf has made a real difference to my wellbeing; helping me feel less isolated, build my confidence, learn new skills, stay active, and connect with people." - Oakleaf Client

Help Us Build Oakleaf's Next 30 Years

Next year, Oakleaf celebrates 30 years of supporting people across Surrey with their mental health and wellbeing.



Our Next 30 Years campaign is about looking ahead and ensuring Oakleaf can continue to provide vital local mental health support for years to come. We will continue to share stories and reflections from the people who make Oakleaf what it is, as well as the difference our services make every day.

To find out more, donate, fundraise, volunteer or simply help spread the word, visit:

www.oakleaf-enterprise.org/next-30-years

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

01483 303 649

101 Walnut Tree Close, Guildford GU1 4UQ



SCAN QR CODE

