



## OUR IMPACT

We support hundreds of people each year.  
From our recent client survey:

**87%** felt Oakleaf helped them  
improve their mental wellbeing

**86%** felt Oakleaf helped them to  
feel more confident

**80%** 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.

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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.

— ” —



## 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.

## WELLBEING ACTIVITIES



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

Our courses cater to individuals' different interests and abilities. Examples include: Art, Fitness, Choir, Tai Chi, Yoga, Upholstery, IT, Mental Health Support groups and more.



## EVENING & OUTREACH

Our evening services - **Open Door** and **The Holding Space** - offer safe spaces for young adults, families and carers facing mental health challenges.

Our outreach services - **Branching Out**, **Bridge the Gap** and **Check Point** - provide trauma-informed support for adults facing multiple disadvantage; helping people access support, build stability and reduce crisis or reoffending.

## 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.

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. Led by you, each step of the way.

## COUNSELLING



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 you a safe and confidential space to talk with a counsellor on a weekly basis.

Our service 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/](http://www.oakleaf-enterprise.org/referral/)



SCAN ME