

Oakleaf Enterprise – funding report (Hoarding) - November 2024

Dear Miranda,

May I first say thank you again for the generous grant we received in July 2024 in support of our work with adults managing mental illness. Throughout the year, over 1,000 clients were registered with over half actively and regularly engaging in support services 18,724 times.

Your loyalty is important to us, and I would like to take this opportunity to share some of our recent achievements, as well as provide feedback on how your funding enabled the delivery of our 'Clutter Energy Workshops', directly helping clients facing hoarding disorders.

Living with mental illness as an adult is exceedingly tough. The effects are unpredictable, and symptoms can have a negative impact on every single aspect of someone's life. As a longstanding, accessible mental health charity, we provide a safe environment offering much needed structure, support and stability with daily wellbeing activities, work-related training, employment guidance and counselling services. All our programmes are designed to help adults make life work with mental illness.

As a small charity, we can be agile in responding to changing circumstances. At an organisational level, we have seen some significant developments over the last financial year:

1. The **Counselling for All** service supported 200 clients over the year, totaling 2,028 sessions and an average of 42 sessions per week.
2. Our **Pathways to Work** Lottery funded employment project helped over 200 individuals of which 47 secured sustained employment or volunteering. A new 5-year lottery funded project, called "**Paths to Success,**" began in June, to continue this work.
3. **IT and work-related training** saw 1,236 attendances with clients achieving 42 certificates or qualifications.
4. Our evening drop in service **Guildford Safe Haven**, which is open 365 evenings a year for people and their carers experiencing mental health crisis, had 2,305 attendances reflecting an increase in visits of 23%.
5. Within our **wellbeing activity programme**, we delivered 812 wellbeing sessions attended 4,887 times.



We continue to monitor results, and the most significant measure remains the positive impact we have on our clients' lives, insight gained in part through our six-monthly Client Survey. Results from March 2024 indicated that **82.8% of clients say that attending Oakleaf has helped them to feel less isolated. 86.4% say that Oakleaf has helped them to improve their mental wellbeing and 83.5% reported that attending Oakleaf has helped them to feel more confident.**

This monitoring process includes consulting with clients around the design of our services, ensuring we are delivering activities that are relevant and offer the most benefit. Hoarding is directly linked to poor mental health and many of our clients highlighted this as an area of concern. With your funding, we were able to partner with a course specialist, offering clients a comprehensive six week course on how to address the challenges of hoarding, helping to increase safety in the home, reduce isolation and improve overall quality of life.



'CLUTTER ENERGY' WORKSHOP OAKLEAF

This unique six week workshop will look at empowering you with information and techniques that give you a better understanding of hoarding behaviours and how to overcome obstacles that may be making life difficult for you in your home and managing activities of daily living.

The workshop will start on Friday 2 August in the training room. Sessions will be from 10.00 am to 1.00 pm with plenty of time for breaks, refreshments and chats.

Week 1 – Analyse your relationship with “clutter”
What is “clutter”, and where does it come from?

Week 2 – Where and when might “clutter” accumulate, and how can it affect our energy, and the energy of others?

How can the location of “clutter” and how we acquire it affect our energy, and other people?

Week 3 – “Clutter Energy Accounting”
How can our energy be affected by our “clutter”, and how to use “Clutter Energy Accounting” to avoid burning out.

Week 4 – Safety and hoarding behaviours
How might “clutter” and disorganisation affect our safety? And how to work out whether you’re Chronically Disorganised, have Hoarding behaviours or both.

Week 5 – 5 simple steps to achieve your “clutter energy project” objectives.
What does success look, smell and feel like to you, and what might it take to achieve your goals?

Week 6 – Putting what you’ve learned so far into practice.
Tuck your brain to bring order to life and energise yourself. This: reward yourself for getting into a regular habit (less of a chore), and where to get rid of things.

The sessions will be informal, interactive and thought-provoking. No judgement, no stigma, and definitely no shame! Sharing of experiences is encouraged - participants are asked to please respect privacy and uniqueness – everyone’s lived experiences are unique.

SPACES ARE LIMITED AND MUST BE BOOKED IN ADVANCE.

Please book your place by contacting Sophie on 01483 303649 or email sophieclark@oakleaf-enterprise.org



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The course ran weekly in August and September, with 16 clients attending regularly. Feedback indicates that clients engaged well, sharing their experiences with others facing similar challenges and providing invaluable peer support. However, some noted that this meant certain areas of the course were not covered, due to the flexible approach taken by the course leader. Nevertheless, 50% of attendees surveyed stated that attending made them feel more confident and less isolated.

One client shared those discussions around finding the right support and how to communicate their needs discreetly was helpful. Another told us - 'I found the training valuable – I received good information from various sources. I particularly liked the opportunities to share stories with others'. Many clients disclosed that ADHD was a contributing factor.

Clients also highlighted the need for a continuation of this work, suggesting the set-up of a regular support group. This group could provide further opportunities

to discuss the obstacles faced regarding overwhelming clutter and its effects on mental health. We are working hard to identify a suitable lead for this.

Thank you so much for your continued support – it really helps us deliver valuable work in adult mental health, an area that is seeing continued growing demand. I hope this update has been helpful, and I look forward to being in touch again soon, regarding future grant possibilities.

All the best,
Amanda

Amandahenderson@oakleaf-enterprise.org