

Dr. Naomi Beer
Trustee - Beer-Harris Memorial Trust

4th February 2021

Dear Naomi,

Report on funded activities February 2021

In November the Board of Trustees kindly approved grants for two Oakleaf projects and we received the first instalment for each project. I write now to report on the delivery of these projects, following my more informal telephone conversation with Susann earlier this week.

- 1. Art project** – as you know our longstanding face-to-face art project was replaced in March 2020, with remote art sessions being delivered via Zoom, by a skilled therapeutic art tutor, Calypso. I am pleased to report that this project has been progressing very well and is one of our best-attended wellbeing activities. Clients have been attending on Mondays and Fridays; since early January attendance has been an average of 12-13 individuals at each session. Whilst very different from the face-to-face art sessions, the therapeutic nature of these newer art sessions has been highly appreciated by clients. The classes cannot deliver the high quality of art and no longer offer the use of oils, easels etc. but Calypso enables clients to focus on feelings and emotions during the artistic process. This has been hugely valuable to several clients who have experienced more severe mental health conditions. One client for example has recently been discharged from the local Farnham Road Hospital – a specialist mental health hospital and being able to engage in art through Oakleaf has had a very positive impact upon her health. A second client had been attending an art course at the Farnham-based University of the Creative Arts, and with that having ceased due to the pandemic, the Oakleaf classes have been a lifeline. We intend to continue with this remote art delivery until we are able to resume classes within the Oakleaf premises and are also considering the benefits of continuing remote sessions in addition to 'in person' sessions in the future, although with the ever-changing national situation it is not possible to attach any specific timescale to this.
- 2. Kickstart Fitness Project** – this 12-week project began on 25th January. An intensive course, clients attend weekly nutrition sessions on Mondays, one-to-

one individualized support sessions on Tuesdays or Wednesdays (focusing on individual targets and motivation) and group fitness on Fridays. All of these sessions have to be remote, via Zoom, at present but we are hopeful that during the course of the 12 weeks, some 'in person' delivery will be possible. The experienced course leader, Leanne, is delighted that client attendance is very high – almost 100%. The course is due to end on Friday 16th April and our Client Services team are currently working on plans regarding how to celebrate the completion of the course, possibly with certificates, again hoping that these might be awarded in person.

We are hoping to be able to deliver another 12 week Kickstart programme later in the year, possibly from June, funding-permitting and already have ten clients on a waiting list to join.

I hope that these brief updates provide useful information on the progress of these two, funded project. Please do contact me if I can provide any further information.

We would be grateful to receive the second instalment of funding for each project, whenever it is convenient.

With kind regards and sincere thanks for this kind support of our work.

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