

Dr. Naomi Beer  
Beer-Harris Memorial Trust

20<sup>th</sup> January 2022

Dear Naomi

## Report to the Trustees

In September 2021 the Trustees kindly made a grant to Oakleaf towards the delivery of our art therapy sessions for clients experiencing mental illness. We agreed that I would update the Trustees on the progress of this project, before the release of the second instalment of this grant.

Following repeated lockdowns and social distancing, we restarted our face-to-face art sessions in July 2021. These were held in a large, local church hall about ten minutes' walk from Oakleaf, to ensure sufficient social distance between client participants and were led by Andrew, our longstanding art tutor. (We continued also to deliver our remote art sessions via Zoom at this time, for those clients not wishing to meet others in person).

Following this trial period, we were delighted to resume a full course of 12 sessions for the autumn, enabling clients to meet each other and recommence these wonderful opportunities to reengage, move away from isolation and participate in art. These sessions were delivered from September through to end of November but of course as we moved closer to winter, it became necessary to pause these face-to-face sessions. Andrew led the autumn sessions, with attendance averaging at 7-8 clients per week, using water colour paints and focusing on technique.

Since late November we have reverted to purely virtual art sessions, led by Calypso, an experienced art therapist who has helped us with remote classes since April 2020. Her online sessions cater for 11-12 clients and are of 90 minute duration every Monday.

Looking forwards as we hopefully move away from the pandemic, in 2022 we are planning to continue our online option but also have some new art classes commencing in February. In addition we hope to resume Andrew's 12 week courses, starting in March.



MAKING LIFE WORK WITH MENTAL ILLNESS



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Art continues to be one of the most sought after client activities at Oakleaf, as well as one of the most beneficial for many clients.

On a different note, 2022 is the year in which we mark Oakleaf's silver anniversary as a registered charity. Pandemic-permitting we are planning several events to celebrate this occasion, including a celebration for Oakleaf clients in July and a supporters' gala in October.

We continue to be grateful to the Trustees of The Beer-Harris Memorial Trust for their longstanding and valuable support of our art project since 2015.

Please accept our sincere thanks and very best wishes to the Trustee Board.

Yours sincerely,

Moyra Matravers  
Head of Fundraising