

## LEAF's Mission Statement

*'To create an empowering, trauma informed space where individuals with diverse lived experience can safely connect, share their stories, and together drive positive change in the homeless community and associated services.'*

## What we offer

- LEAF provides a safe and welcoming space to connect with like-minded people. It is a friendly group where wellbeing is supported and judgement is absent.
- Alongside this support, LEAF runs workshops open to everyone, offering opportunities to share experiences, learn together, and build confidence.
- For those who wish to take their involvement further, there is also the chance to join LEAF's Experts by Experience (EBE) team. This group works collectively to use lived experience to influence positive change in services across Oxfordshire and nationally.

## We look forward to welcoming you!

To find out more about LEAF, or to enquire about becoming a member of the Experts by Experience team, email [leaf@oxfordgatehouse.org](mailto:leaf@oxfordgatehouse.org).

**LEAF is provided in partnership with and funded by the Oxfordshire Homeless Movement.**



LEAF is facilitated by the Gatehouse and generously funded by Oxfordshire Homeless Movement

## Workshop Programme

**January to March 2026**



## Free workshops at New Road Baptist Church for LEAF members

LEAF seeks to provide a sanctuary for individuals facing challenges that make it difficult to thrive. Through collaborative learning and peer support, the aim is to empower members to:

- overcome feelings of isolation
- develop essential skills
- access practical training resources
- strengthen mental health and wellbeing

Taking part in courses and workshops can build confidence and support positive change.

LEAF is committed to offering courses and workshops that are genuinely useful. Suggestions for future programmes are warmly welcomed.

## LEAF Members' Workshop Programme at New Road Baptist Church, 14 Bonn Square, Oxford OX1 1LQ

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### Self-Compassion Workshop

**Wednesday, 21 January 2026 11:30am to 1:30pm**

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Cultivating self-compassion can help us to be less self-critical and helps us accept no one is perfect. When something doesn't work out the way we wanted, we can respond with kindness.

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### Unconditional Positive Regard

**Wednesday, 4 February 2026 11:30am to 1:30pm**

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Behaving toward ourselves with unconditional positive regard can help to develop a healthy sense of self-worth.

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### Challenging Negative Thoughts

**Wednesday, 4 March 2026 11:30am to 1:30pm**

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Often our situation is made worse because of our thoughts. If we become aware of these thoughts we can recognise we are not our thoughts and begin to challenge these unfair, negative assessments.

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### Managing our Emotions

**Wednesday, 18 March 2026 11:30am to 1:30pm**

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All emotions are valid and being able to identify what we feel and being able to express them appropriately will help us develop positive relationships with others and look after our mental health and wellbeing.

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### Easter Break 1 and 8 April 2026

**(Tuesdays 14 April to 19 May 'Return to Education'  
project funded by Oxford Brookes University)**

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