

## 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 offers you a safe space to meet like-minded people. We are a friendly group with no judgement and support your wellbeing along the way.

If you would like to contribute and/or use your lived experience with like-minded people to influence positive change within services around Oxfordshire and nationally, then join LEAF's Experts by Experience team.

For more details about LEAF and how to join in as a member of the Experts by Experience (EBE) team, email [leaf@oxfordgatehouse.org](mailto:leaf@oxfordgatehouse.org).

**We look forward to welcoming you!**

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



# LEAF Programme of Workshops

*Learn something new and feel better for it!*

## Free courses and workshops can be set up at New Road Baptist Church for LEAF members

LEAF aim to provide a sanctuary for individuals facing challenges that make it difficult to thrive. Through collaborative learning and peer support, we strive to empower each member to:

- overcome feelings of isolation;
- develop essential skills;
- access comprehensive training resources, and
- promote robust mental health and wellbeing.

**Participating in courses and workshops can make a difference**  
**- develop your confidence and work toward positive change.**

These free workshops will run between September and December.

**We want to provide access to courses and workshops you find helpful. Please let us know if you have suggestions about what we could include in the next programme.**

## Free workshops

at New Road Baptist Church, 14 Bonn Square, Oxford OX1 1LQ

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### Managing Stress and Anxiety

Wednesday, 24 September 2025 11am to 1pm

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Exploring ways to manage day to day stress to reduce anxiety and develop effective ways to cope with these demands.

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### Developing Resilience

Wednesday, 8 October 2025 11am to 1pm

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Developing resilience can help you manage periods of pressure and emerge from difficulty stronger, wiser and more able.

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### Adopting a Growth Mindset

Wednesday, 22 October 2025 11am to 1pm

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Adopting a positive mindset means you can learn from mistakes without feeling a failure and it can help manage troubles more effectively.

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### Emotional Wellbeing

Wednesday, 5 November 2025 11am to 1pm

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Being emotionally healthy involves being aware of our own emotions and being able to manage and express these feelings appropriately.

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### Tips on Journaling

Wednesday, 19 November 2025 11am to 1pm

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Journaling can help you take a step back and consider the bigger picture. To become self-aware and work toward living an intentional, meaningful life.

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### Positive affirmations

Wednesday, 3 December 2025 11am to 1pm

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Positive affirmations can help challenge unhelpful or negative thoughts. They can encourage positive change and boost self-esteem.

**If you are interested in signing up for any of the above workshops, let Monica know and she will reserve a place for you.**