

Oakdale Newsletter

March 2026



Welcome to your Oakdale Newsletter.



Health and Wellbeing @ Work Exhibition

Oakdale recently had the opportunity to exhibit at the **Health and Wellbeing @ Work** exhibition at the Birmingham NEC on 9–10 March. We shared a stand with the ADHD Coaching Agency, an organisation we have been working closely with over recent months to informally signpost referrals between our services.

The event brought together a wide range of organisations and professionals from across the health and wellbeing sector, creating a vibrant and engaging space to connect, share ideas, and learn more about the support available within the community.

Over the two days, we spoke with many attendees who stopped by the stand to learn more about Oakdale and the work we do. It was a valuable opportunity to raise awareness of our services, answer questions, and have meaningful conversations with professionals and members of the public interested in understanding the support available.

Events like this are always incredibly valuable for Oakdale. As well as providing a platform to share information about our services, they allow us to connect with others working across the sector, build new relationships, and explore opportunities for future collaboration with organisations who share our commitment to improving health and wellbeing.



Diversity Champions Calendar

Dates for your diaries.

[Read more](#)



Mental Health Champions - always here

Check out our video.

[Watch here](#)



Oakdale's Governance Newsletter

All your latest updates

[Read more](#)



Psychological Therapies Division

Who's who?!

[Read more](#)

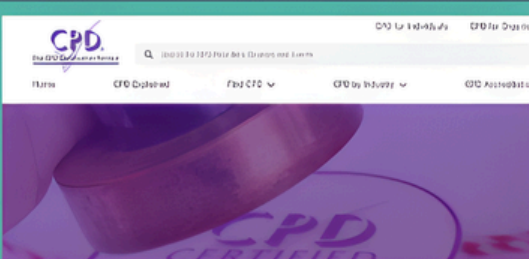


Neurodiversity Celebration Week 2026

Neurodiversity Celebration Week took place from Monday 16th March to Friday 20th March. Although the schedule was only released shortly beforehand, there were still plenty of engaging and insightful free webinars available throughout the week, celebrating neurodiversity and sharing valuable knowledge.

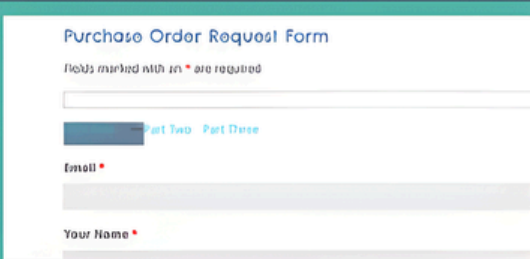
At Oakdale, events like this provide an important opportunity to recognise and celebrate neurodiversity, while continuing to develop our understanding and inclusive practice. Supporting colleagues to access learning and professional development is something we value as an organisation.

It was great to see colleagues joining some of the relevant sessions, and we hope everyone who attended found them interesting and inspiring. We look forward to hearing about any key insights or reflections from the events in the coming weeks.



CPD Champions

We now have CPD Champions across two of Oakdale's three divisions: **Claire Rowland** for the ND division and **Amelia Jepson** for the Psychological Therapies division, and we are currently seeking a CPD Champion for the Support Services division. Quarterly meetings are now diarised, and CPD champions will be able to feedback relevant updates in your monthly divisional team meetings. We are looking forward to the reintroduction of the CPD & Networking days as we move into the next financial year.



Need something ordering?

Oakdale's new purchase order request form is now live on the intranet. The new form should be completed when requesting anything that you require payment for. There is no need to complete this form for CPD training requests, as this will be picked up by the People Ops Team once the CPD request has been approved.

Dates for your diaries

14 MAY	09 JUNE	10 JUNE	15 JUNE	24 SEPT	11 DEC
Wear it Green Day	ND Away Day	Psychological Therapies Away Day	Support Services Away Day	All Staff Conference	End of Year Party

We are a Mindful Employer

Oakdale are proud to announce that we are a Mindful Employer...but what does that mean?

[Read more](#)



Wreath Making Success

Following the wonderfully festive Wreath Making Workshops hosted by Themis on Saturday 6th December 2025, we're delighted to share the incredible total raised for Oakdale's charitable fund.

Thanks to the generosity of everyone who attended, and the hard work and dedication Themis put into organising the day, the workshops raised an amazing £1,035.

The sessions brought people together to create beautiful wreaths while supporting an important cause. Every pound raised will go towards Oakdale's charitable funding, helping to cover the cost of therapy for individuals who may otherwise struggle to access the support they need.

A huge thank you to Themis for hosting such a successful event and for her time, creativity, and commitment to supporting others. It's a wonderful example of community spirit making a real difference.

A warm welcome to our new starters

ND Service
Elliot Morrish - Service Development Lead (Maternity Leave Cover)
Joanne Dimaline - ND Practitioner (Nurse)
Grace Lawler - ND Practitioner (Occupational Therapist)
Phoebe Beevers - Senior ND Practitioner
Samantha Hughes - CYP Clinical Lead
Hayley Wells - ND Practitioner (Occupational Therapist)
Evie Brown - ND Administrator

Psychological Therapies
Bernie Whelan - Admin Team Lead (Maternity Cover)

Support Services
Anneth Davies - People Operations Manager (HR)
Michael Dodd - IT Helpdesk Apprentice
Rehana Khatun - Receptionist

Don't forget to follow our socials!

