

Branching Out

Positive Mental Health Through Nature



What is Branching Out?

Branching Out is an innovative referral programme of woodland activities for people using mental health services.

What does it involve?

Three hours of woodland-based activities once a week for 12 weeks. You will be part of a small group of no more than 12 people and have the opportunity to try many different activities including:

Photography: Weekly photography assignments designed to get you exploring nature and some personal development themes.

Conservation Sessions: Such as tree planting, habitat maintenance and bird box building.

Physical Activity: Like wellbeing walks and yoga.

Personal Development: Understanding what drives our behaviour and setting goals.

Learning: Exploring the ecology of the areas we are working in and doing the John Muir Award.

Environmental Art: Working creatively with natural materials and sharing with others.

Do I need any special equipment?

No. You will be provided with any equipment you will need, including waterproofs and access to camera equipment.

How much will it cost?

Nothing. Just wear old clothing that you don't mind getting mucky, bring a packed lunch and we will provide the tea and coffee.

How do I get referred?

If you are a wellbeing or mental health service user, speak to your support worker and ask them to make a referral. We also consider self-referrals so if you are in need of a service like this, please complete the online referral form here: <https://fifecoastandcountrysidetrust.co.uk/engage/outdoor-learning/>

Or ask your healthcare professional to contact Aidan Duncan, our Education Manager.



A short history

We know through research that spending time in nature is beneficial to our health. Branching Out is based on this knowledge and our research has shown that people feel they can concentrate better, feel fitter, have improved mood and more confidence.

Branching Out started in 2007, with just 3 groups. The programme now runs in ten of Scotland's 14 NHS board areas and is delivered by 22 partner organisations whose staff are trained and supported by Scottish Forestry.



Fife Coast and Countryside Trust - Branching Out

For more information on the Branching Out programme being delivered by Fife Coast and Countryside Trust, contact;

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