

Branching Out

Positive Mental Health Through Nature



What is Branching Out?

Branching Out is a nature-based wellbeing programme delivered by Fife Coast and Countryside Trust. It takes place in local woodlands and green spaces, offering a mix of outdoor activities designed to support mental health, build confidence, and reconnect people with nature.

Who is it for?

It's for adults in Fife who are experiencing mental health challenges, social isolation, or simply need a boost. Whether you're referred through a support service or just looking for a new way to feel better, Branching Out is open, inclusive, and welcoming.

What can I expect?

Expect fresh air, friendly faces, and hands-on activities like bushcraft, conservation, mindfulness, and creative workshops. Many sessions are built around photography assignments, giving you a chance to explore nature through a new lens—literally. It's all about feeling more connected—to yourself, to others, and to the outdoors.

How do I get involved?

Getting started is easy. You can be referred by a support worker, mental health professional, or community organisation—or just get in touch with us directly. There's no cost to take part and no equipment needed—just a willingness to give it a go and enjoy some time outdoors. We'll help you get onboard and answer any questions you have.



A short history

Branching Out was developed by Fife Coast and Countryside Trust (FCCT) in response to the growing need for mental health and wellbeing support across Fife. Recognising the barriers many people face in accessing nature and meaningful social connection, FCCT worked with local health and community partners to shape a programme that could make a real difference.

Designed around woodland-based activities like bushcraft, conservation, and mindfulness, Branching Out offers a safe and supportive space for people to reconnect with themselves, others, and the natural world. Over time, it has grown into a trusted and flexible resource—tailored to meet the presenting needs of Fife’s communities and helping individuals build confidence, resilience, and a sense of belonging.

Contact Us

To find out more or get involved, reach out to:

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