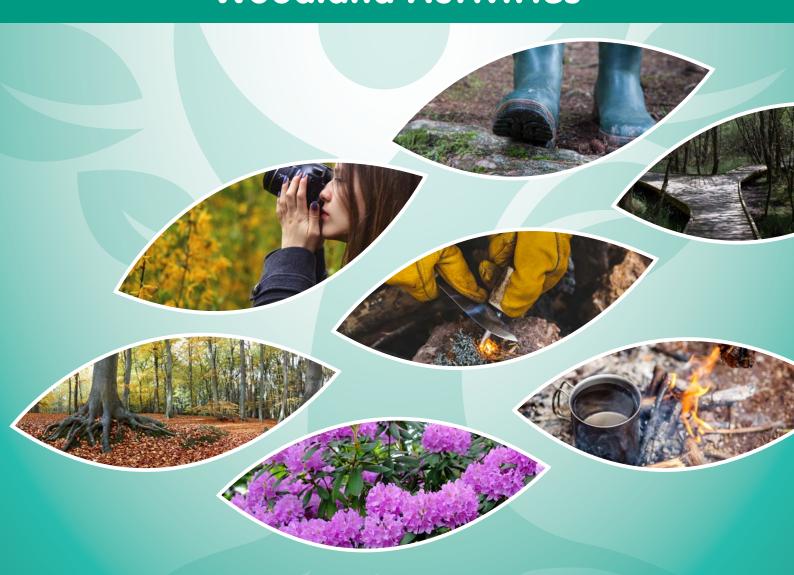


Woodland Activities



Branching Out - Woodland Activities

Start dates Week commencing 11 March (for 12 weeks)

Session times Morning 10am - 1pm or Afternoon 1.30pm - 4.30pm

Locations:

Tuesday Taliesin - Nearest postcode DG7 1SP (near Gelston village just outside

Castle Douglas) Meet at entrance to woodland

Thursday Mabie Forest - Nearest postcode DG2 8HB (between Dumfries and

New Abbey) Meet at the car park display boards

(https://forestryandland.gov.scot/visit/mabie)

Free transport will be provided from the nearest town.

What is Branching Out

Branching Out is a free outdoor nature based programme of activities, including physical activity, bushcraft, conservation activities and opportunities to work towards a John Muir Award.

https://www.johnmuirtrust.org/

The programme consists of 3 hours of woodland activities per week for a group of 12 participants delivered over 12 weeks.

Leaders create a relaxed and informal environment, delivering a range of informative and enjoyable activities designed to the needs and interests of the group.

Branching Out provides a safe and supportive environment.

For more information on Branching Out please visit -

Branching Out – DG DOING MORE www.dgdoingmore.co.uk/how-to-do-more/branching-out

Who is Branching Out For?

Branching Out is for adults 18+ living in Dumfries and Galloway who meet one or more of the following criteria:

- Are receiving support from mental health services and organisations
- Are recovery ready from problem substance use
- Have one or more health conditions
- · Feel socially isolated
- Are resettling from another country
- Have experienced domestic abuse

Venue

For more information on Branching Out venues, including location and accessibility please visit -

Branching Out – DG DOING MORE www.dgdoingmore.co.uk/how-to-do-more/branching-out

(all venues have toilet facilities)

How much does it cost?

It's FREE - nothing.

Tea, coffee and refreshments are provided free

Participants will be offered/provided with waterproofs, boots and socks that will be theirs to keep

How do I participate in Branching Out?

Referrals are accepted from Health and Social Care professionals. Or you can self refer by visiting

Branching Out – DG DOING MORE www.dgdoingmore.co.uk/how-to-do-more/branching-out

Before you start – Meet the Leaders

- A member of the Branching Out Team will contact you on receipt of your referral form, to confirm your place and provide more details.
- Services can request a small group taster session. Please email dgowlbranchingout@gmail.com
- We can arrange a video or phone call with a Leader so that you can find out more about Branching Out before it starts and have someone that you know already at the sessions.
- 4. When you start a Branching Out Leader will be on the bus to greet you for the first sessions and you are welcome to bring someone with you too.

Other Information

- All personal information is treated in the strictest of confidence
- · Waterproof clothing will be provided
- Please have lunch before attending an afternoon session

For more Information

please email dgowlbranchingout@gmail.com











