



# Branching Out

## Positive Mental Health Through Nature

### 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](http://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](http://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](http://www.dgdoingmore.co.uk/how-to-do-more/branching-out)

## Before you start - Meet the Leaders

1. A member of the Branching Out Team will contact you on receipt of your referral form, to confirm your place and provide more details.
2. Services can request a small group taster session. Please email [dgowlbranchingout@gmail.com](mailto:dgowlbranchingout@gmail.com)
3. 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](mailto:dgowlbranchingout@gmail.com)**

