



Branching Out

Positive Mental Health Through Nature

Woodland Activities



Branching Out - Woodland Activities

Start dates Week commencing 18 September (for 12 weeks)
Session times Morning 10am - 1pm or Afternoon 1.30pm - 4.30pm

Locations:

Tuesdays **Dumfries Wild Playground** - Nearest postcode DG2 8NA (next to Mabie Forest Kennels & Cattery) meet in Wild Playground car park

Wednesdays **Kirroughtree Forest** - Near Newton Stewart - Nearest postcode DG8 7BE. Meeting in the small plantation, first gate on the left on the drive up to the visitor centre.

Thursdays **Taliesin** - Nearest postcode DG7 1SP (near Gelston village just outside Castle Douglas) Meet at entrance to woodland

Transport will be arranged - further details will be confirmed in advance.

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.

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:

- 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

For more Information

please email dgowlbranchingout@gmail.com

Before you start - Meet the Leaders

Participants will be invited to attend an optional online Zoom session to find out more about Branching Out before it starts. You are welcome to bring someone with you to the meeting.

A member of the Branching Out Team will contact with 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

Other Information

- All personal information is treated in the strictest of confidence
- Participants should arrive in old clothing
- Please have lunch before attending an afternoon session

