





# Branching Out Argyll 3-year project 2018 -2019 Partners and Funders



- NHS Highland & GG&C Community Mental Health Services
- Forestry Commission Scotland
- The John Muir Trust
- Venue providers Duchess Woods, Kilfinan Community Forest, Blarbuie Woodland Enterprise, Dunollie Projects, Woodwatch Heritage Bute, Bute Community Forest, Glencruitten walled garden
- Interloch Community Transport
- Transforming Self-management Fund
- Forestry Commission Scotland

### Outcomes



SHORT TERM OUTCOMES	MEDIUM / LONG TERM OUTCOMES
1. Reduced isolation for participants	6. Graduates of Branching Out sustain their improved mental health
2. People with mental ill health are more involved with their local environment (outdoor green space)	7. Increase in third sector capacity (skills, range and type of activities) to deliver activities to communities across Argyll & Bute
3. Improved mental health for participants	8. Improved integration of agencies delivering Branching Out across Argyll & Bute
4. Increased skills of participants	
5. Improved physical health for participants	

# Monitoring methods

#### **Edinburgh Warwick Scale**

#### The Warwick-Edinburgh Mental Well-being Scale (WEMWBS)

Below are some statements about feelings and thoughts.

Please tick the box that best describes your experience of each over the last 2 weeks.

STATEMENTS	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	-				
I've been feeling useful	- 8-		-11	-01	
I've been feeling relaxed				-	
I've been feeling interested in other people				2	
I've had energy to spare	1		11		1
I've been dealing with problems well				0	
I've been thinking clearly			-	- 61	
I've been feeling good about myself	17			-	
I've been feeling close to other people				- 4	
I've been feeling confident	- 0		- 11	-0	-
I've been able to make up my own mind about things	-				-
I've been feeling loved			100	-	
I've been interested in new things					
I've been feeling cheerful	1				

Warwick-Edinburgh Mental Well-Being Scale (WEMWBS) © NHS Health Scotland, University of Workick and University of Edinburgh, 2006, all rights reserved.

#### **Participant questionnaire**

BRANCHIN	NG OUT parti	cipant feedback form.	
the strictest confider	nce in accord	de will be anonymised and treat ance with the data protection ac int and sign to provide your con-	
		ollowing information to be usualysis of the Branching Out	rec
Signed		date	
programme.  1. It is important	to us that yo	only at the start of the u benefit from your experien ways to improve and create	
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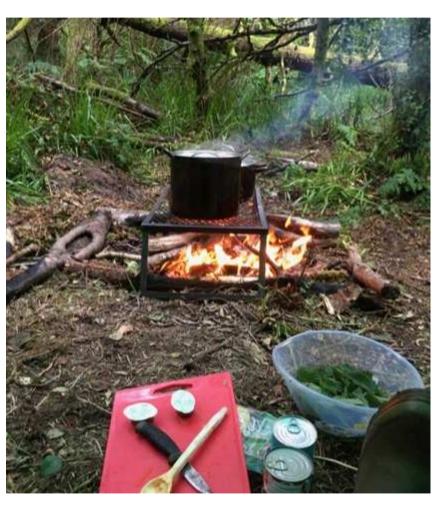
# H&L 1 programme May to July 2017







# Healthy eating; camp fire cooking





# New skills





# John Muir 'Discovery' awards.







### Art





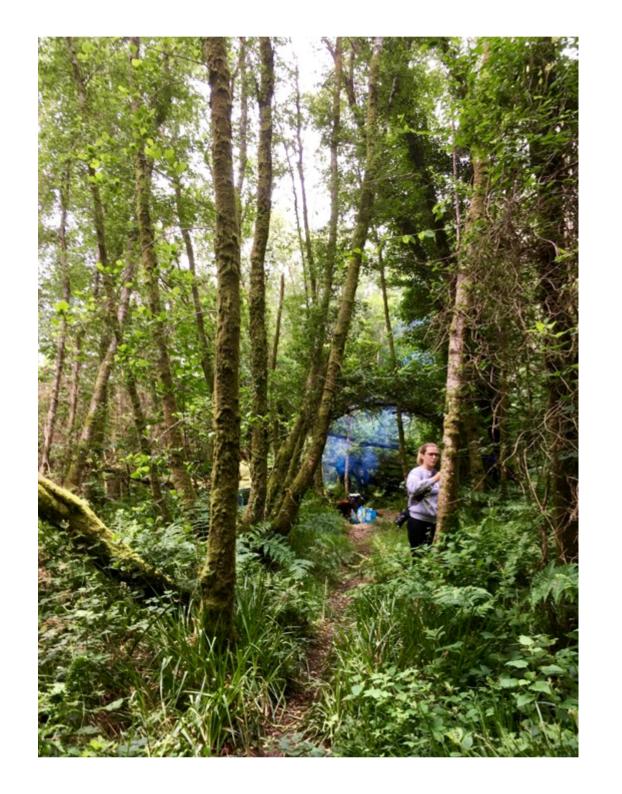


# Service Users Quotes (a small selection from a recent group)



- I felt better knowing that there were other people as anxious as myself. It was good to talk and share.
- Feeling good and being able to crack a few jokes.
- I was very anxious at the beginning but as the weeks went on I was
  actually so looking forward to my "therapy day" as it made me feel good
  and it was good to get away from all the crap at home.
- The food plan got me thinking about healthy eating. I brought in a recipe (courgette soup) and the following week I was supported to make it. It was great. I had never had courgette soup before.
- I felt that I was not alone and it was great others shared the same feelings that I had.
- Being out in the fresh air and sunshine has helped in improving my mood.
- I enjoyed getting to take photos of the hills and sky
- I made it to the last day without falling on my arse and laughing at myself along with everyone else







#### **OUTPUTS to DATE**



- 10 Branching Out programmes complete (1 in Helensburgh)
- 129 individuals have been initially referred (11 + 14 in Helensburgh)
- 73 participants graduated and achieved their John Muir Discovery awards (8 participants from H&L 1)
- 1 Moving On pilot programme complete (Helensburgh)
- 8 Moving On programmes completed
- In total 7 new partnerships have been developed with the third sector across Argyll.
- 5 fully kitted-out Teams set up in all 4 localities of Argyll & Bute
- 28 Leaders trained
- 3 NHS staff attended Branching Out Assistant Leader training
- 2 Short films
- 3 newsletters
- 2 annual Leaders CPD events held

# How did Branching Out work for you?

AIMS ACHIEVED by PARTICIPANTS	Out of 33 people completing monitoring forms			
To get out of the house	26			
To meet new people / make friends	25			
To learn something new	25			
To build confidence	21			
As a break from other stresses	25			
To help others	14			
To make a difference	8			
To challenge myself	23			
To feel useful	19			
To have fun	20			
To be outdoors	27			
To get fitter	10			
To feel better	26			

#### Warwick Edinburgh Wellbeing Mental Health Scale



	no of participants completing WEBWMS	Average Pre programme score	pre programme range	Average post program me score	Post programme range	Average score increase
OLI 1	7	38	31 - 44	50	43 - 58	12
MAKI 2	5	44	30 - 63	54	47-67	10
Cowal 2	9	29	17 - 40	42	31 - 49	13
H&L 1	6	39	26 - 59	44	30 - 59	5
OLI 2	4	39	28 - 50	44	31 - 56	5
MAKI 3	4 of 7	47	30 - 60	48	38 - 62	1
Bute 2	6 Of 9	39	18 - 50	39	18 - 54	8

- 0-32 points indicates a very low well- being score
- 32-40 points a below well-being score
- 40-59 points average well-being
- 59-70 points indicate an above average well-being score.

# Moving On



# Jean's Bothy





# H&L programme 2 April to July 2018









#### Our Results

- One QALY costs £17,300 compared to NICE guidelines of £30,000.
- Completion rate 2007 2015 is 70% (2050 participants)
- Adults with moderate to severe & enduring conditions show the most improvement.

Focus groups (2007) reported 5 areas of improvement:

- 1. Mental wellbeing
- 2. Physical health
- 3. Daily structure and routine
- 4. Transferable skills acquisition
- 5. Social skills and networking



# Cost evaluation of 4 Branching Out programmes with 33 graduates.

Leaders	Food	Materials + PPE	Travel	Venue	TOTAL
£10,559	£1,193	£817	£3,373	£2,400	£18,342

- £1,920 million is spent on mental health care by NHS Scotland annually
- Cost of a visit to the clinical psychologists: £138 per hour
- Cost of a visit to the mental health nurse: £17 per visit (11.5 mins)
- Cost of a session with Occupational Therapist £36 per 2 hour session plus admin time.
- Average cost of 1 Branching Out Argyll session (5 hours) is £46. [Average cost per person from our first 4 programmes where each person has the opportunity of 12 sessions]

# Total Argyll Funding 2017 / 18

ICF 17-18 Integrated Care Fund for Bute & Cowal	TSMF Transforming Self Management Fund (The Alliance)	FCS Forestry Commission Scotland	Total 2017 - 18
£13,000	£68,130	£11,732	£92,862





















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