



argyll & the isles
coast & countryside trust



Branching Out
Positive Mental Health
Through Nature



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

Participant questionnaire

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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been feeling useful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been feeling relaxed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been feeling interested in other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've had energy to spare	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been dealing with problems well	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been thinking clearly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been feeling good about myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been feeling close to other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been feeling confident	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been able to make up my own mind about things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been feeling loved	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been interested in new things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I've been feeling cheerful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Warwick-Edinburgh Mental Well-Being Scale (WEMWBS)
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BRANCHING OUT participant feedback form.

The information you provide will be anonymised and treated in the strictest confidence in accordance with the data protection act. Please read the following statement and sign to provide your consent.

I provide my consent for the following information to be used for statistical reporting and analysis of the Branching Out Argyll project.

Signeddate

Please answer question 1 & 2 only at the start of the programme.

1. It is important to us that you benefit from your experience, and we are always looking for ways to improve and create more meaningful and fulfilling experiences.

Please tick the boxes that best describe your reasons for attending Branching Out.

To get out of the house.	<input type="checkbox"/>	To challenge myself	<input type="checkbox"/>
To meet new people or make new friends	<input type="checkbox"/>	To feel useful	<input type="checkbox"/>
To learn something new	<input type="checkbox"/>	To have fun	<input type="checkbox"/>
To build confidence	<input type="checkbox"/>	To be outdoors	<input type="checkbox"/>
As a break from other stresses	<input type="checkbox"/>	To get fitter	<input type="checkbox"/>
To help other people	<input type="checkbox"/>	To feel better	<input type="checkbox"/>
To make a difference	<input type="checkbox"/>	Other – please state	<input type="checkbox"/>

2. Now please answer the following questions.

Do you eat healthy foods made with fresh ingredients?	YES / NO	How often per week?	<input type="checkbox"/>
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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 programme 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



2018 / 2019 PLANS

- 2 more Branching Out programmes

MOVING ON

- Supported volunteering - weekly
 - Conservation work
 - Wildlife monitoring
 - Repairs and maintenance
 - Projects
 - Site development
- Peer mentoring
 - Training
 - Skills collective
 - Support and advocacy





Strength

To move through the forest

To climb mountains

To see the rivers of the world as one:

all joined as one great ocean

Nature gives me

my strength to live through

the hardships of the world

T.G.



- 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



Branching Out
Positive Mental Health
Through Nature





act now. enjoy forever.

www.act-now.org.uk

