



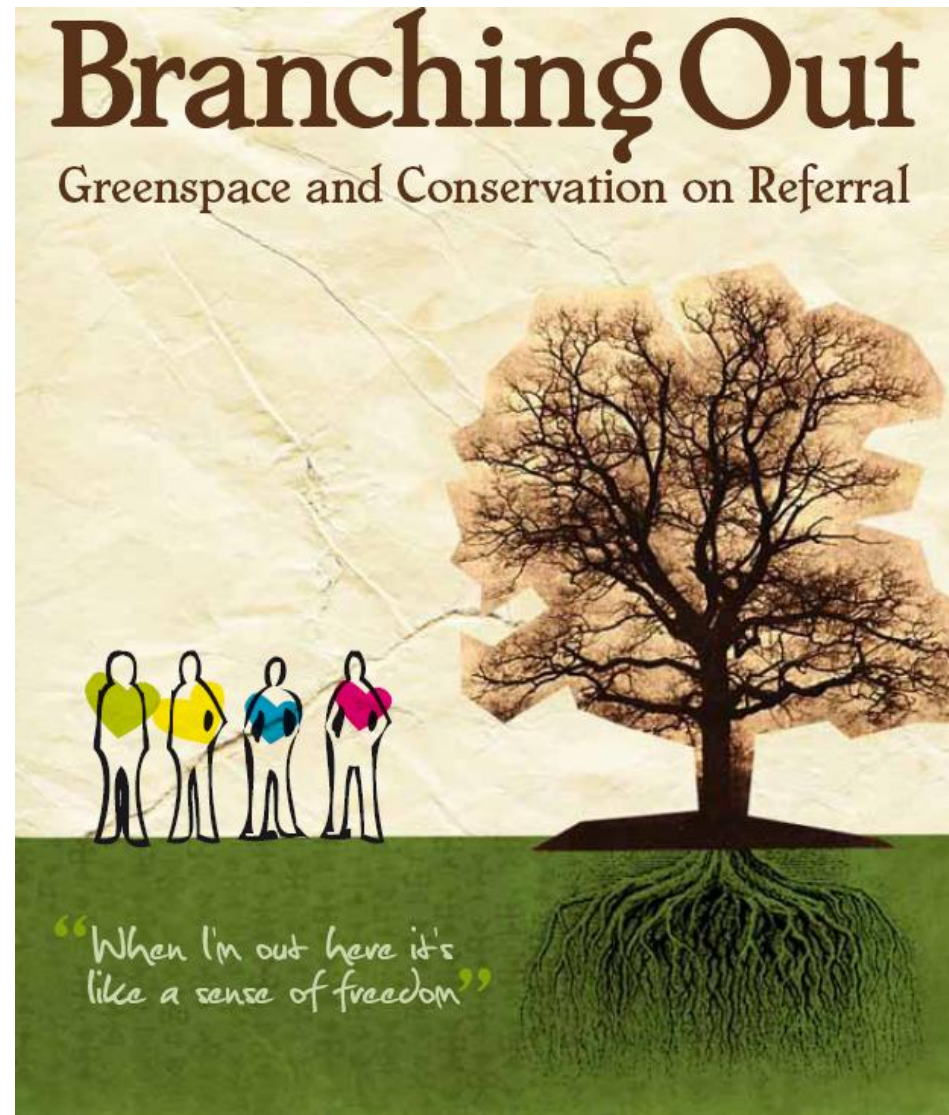
Forestry Commission Scotland
Coimisean na Coilltearachd Alba

Branching Out : Greenspace on Referral

Hugh McNish, Health Advisor, Forestry Commission Scotland

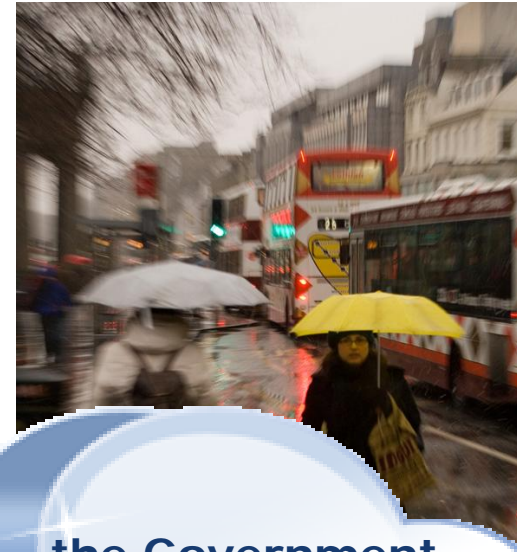
Kirsty Cathrine, Branching Out Programme Manager, Forestry Commission Scotland

Neil Wilson, Assistant Psychologist, NHS Greater Glasgow & Clyde





“Physical environments have an impact on people’s mental and physical health and wellbeing”



the Government, NHS Boards should take specific steps to encourage the use and enjoyment of green space by all, with a view to improving health





Cathkin Braes



Carmunnock



Garscadden Woodland









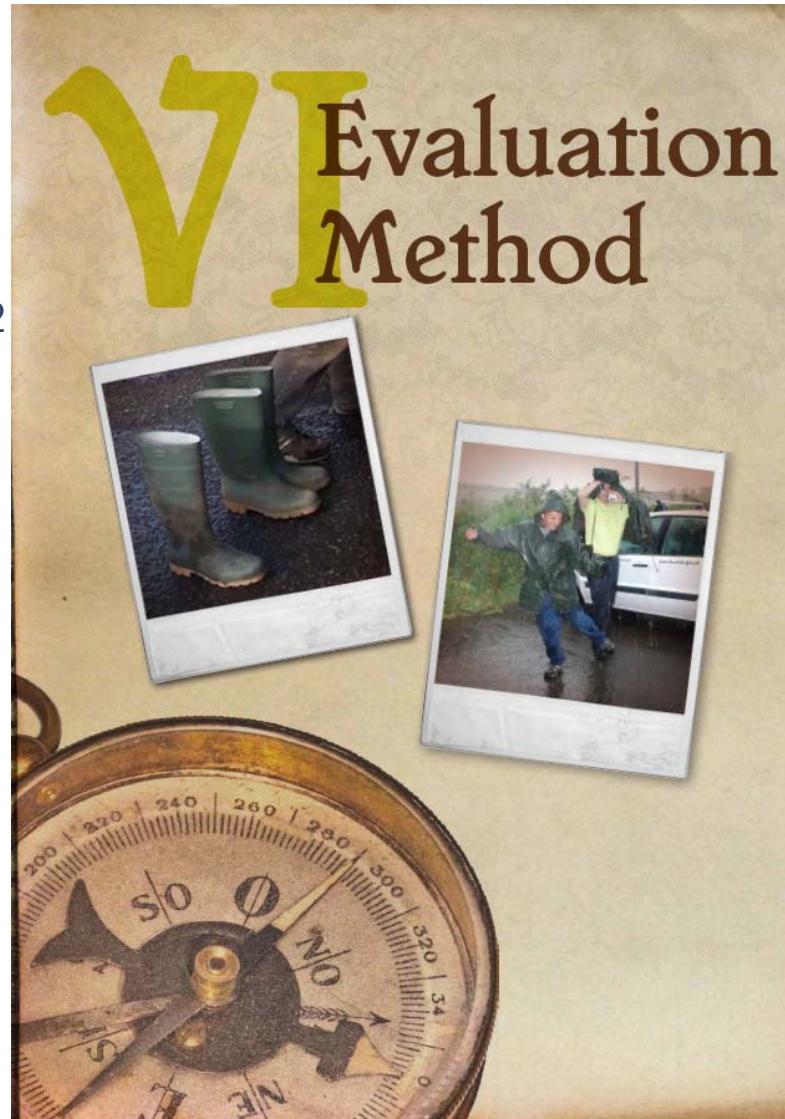
- Physical activity
- Bushcraft
- Use of natural materials
- Learning
- Conservation
- Environmental art
- Photography





Qualitative

- Client Interviews = 20
- Staff focus group = 6
- Observational journal = 2



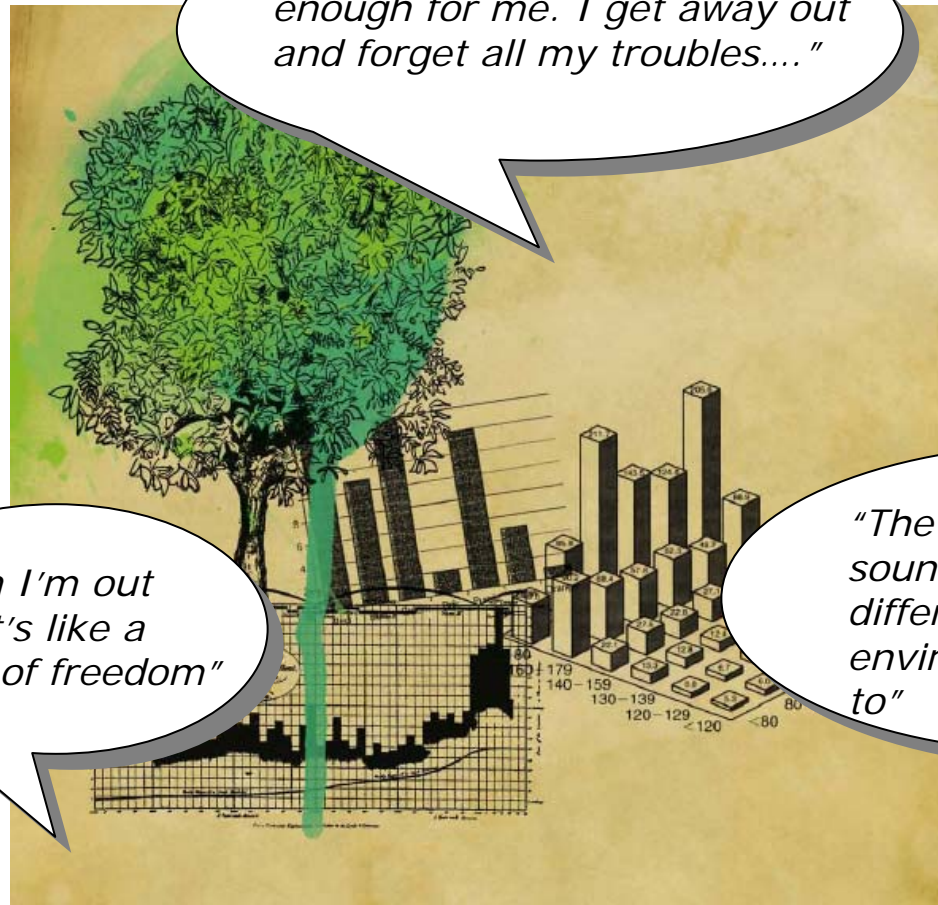
Quantitative

- SF12
- WEMWBS
- SPAQ



Qualitative

- 5 key themes
- Powerful quotes & Experiences



"Tuesdays can't come soon enough for me. I get away out and forget all my troubles...."

"When I'm out here it's like a sense of freedom"

"The different sights and sounds and smells is very different from the hospital environment that I'm used to"

Quantitative

- Low attrition rates
- Significant increase in physical activity
- Positive trends



WINNER of UKPHA AWARD



- Conservation and greenspace on referral should be offered as an adjunct treatment option for clients who use secondary and tertiary care mental health services
 - www.forestry.gov.uk/branchingout
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