

## About Us



Community Options was established in 1990 and is a specialist provider of services for people who have mental health needs

## Our Mission

To provide personalised support that enables individuals to lead valued and meaningful lives in the community.

## What people who have used the service have said:

*'...it has given me a purpose and structure to my weeks and has prevented me from major dips in my mental health through having this purpose. I have also met supportive people.'*

*'It's helped me back into a routine of work, something to look forward because each day is different and also to learn something of use. I've enjoyed coming every week.'*

*'I cannot emphasise enough how Branching Out has helped me. It has given me back my self belief, confidence, self esteem. The greatest compliment I can pay is that for the first time in many, many years, I feel that I am capable of resuming a normal life.'*

## How to access the service

Anyone wishing to participate and volunteer for the Branching Out project should contact the staff team at our Bromley offices.

You may phone us Monday—Friday during office hours or drop us an email at anytime.

## Contact us:

2a Fielding Lane,  
Bromley, Kent. BR2 9FL

Telephone: 0208 313 9725

Email: [branchingout@community-options.org.uk](mailto:branchingout@community-options.org.uk)



# Gardening & Horticulture Project

Improving wellbeing through gardening and horticulture.

Community Options is a trading name of Heritage Care Limited.



Registered Office:

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[www.community-options.org.uk](http://www.community-options.org.uk)

Community Engagement & Inclusion Services

## About Branching Out

Branching Out is a Community Options project that gives people that have experienced mental health problems the opportunity to use gardening and horticulture to have a positive impact on their mental and physical wellbeing.

Individuals volunteering for the project are welcomed into a relaxed, informal and supportive work environment.

They are able to learn new gardening and horticulture techniques whilst meeting new people and building personal confidence and self esteem.

Participants meet on a regular basis and all activities are overseen by a professional horticulturalist from the Branching Out Staff Team.

## Who is the service for?

The service is for anyone that has experienced or is experiencing mental health problems.

Individuals should be able to travel to meet the group at its regular sessions in and around the London Borough of Bromley. Anyone wishing to become a volunteer should:

- Want to get involved.
- Wish to develop new skills and increase their confidence.

## What we can do

We can provide participants training in horticulture and horticulture techniques.

People then use the gardening and horticulture skills learned to complete commissioned gardening projects and gardening maintenance services.

No previous experience of gardening or horticulture knowledge is required to participate in the project.

We do work outside in all kinds of weather so individuals taking part will need to provide their own suitable clothing. Health and Safety approved boots and gloves will be provided by Branching Out.



## Outcomes from the service

People learn about gardening in a work-based environment and have the opportunity to:

- Promote their mental health recovery.
- Encourage physical activity.
- Gain work-related skills that could help them gain future employment.
- Meet new people and make a positive difference to communities.

## About Branching Out Staff

Branching Out has a small team of trained staff that support small groups of participants and volunteers.