



## 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.



# Gardening & Horticulture Services

## Buying our services

Community Options is a trading name of Heritage Care Limited.



Registered Office:

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Registered and licensed by the Care Quality Commission (Provider ID: 1-102643235).  
Heritage Care is a Company Limited by Guarantee Registered Number 07211819 and  
a Registered Charity Number 1135353. COCEIS07-1118



## Who are Branching Out?

Branching Out is a Community Options project currently based in and around the London Borough of Bromley.

It trains people that have lived experience of mental health in gardening and horticulture techniques, allowing people to engage with nature, learn new skills and complete work-based gardening projects, in the surrounding areas.

Working outdoors in a team supports participants mental health recovery, builds confidence and self-esteem and enables them to lead valued and fulfilling lives in the community.



## What does Branching Out do?

- Fulfills gardening maintenance services and small gardening projects.
- Trains people that have mental health problems in horticulture and gardening techniques.
- Supports people with mental health problems to return to training, education, volunteering and work.
- Encourages people to improve their physical and mental health using gardening activities.
- Income received from delivering contracted gardening services is reinvested back into the project, so we may support even more people to take part.
- Educates people about the discrimination and stigma that can be associated with mental health problems



## The benefits of buying our services...

Branching Out can deliver:

- **Quality assured work.**
- **Competitive contract rates vs. other professional gardening services**
- **A gardening team to complete work on all contracts, overseen by a trained gardener.**
- **All Branching Out gardening teams are equipped to meet all Health & Safety standards and requirements.**
- **Contracting us may meet your organisations corporate, social responsibility policies and guidelines.**



**Branching Out is now actively seeking new gardening and horticulture contracts in Bromley and the surrounding areas.**

**To find out more about us or to get a competitive quote for your gardening contract,  
CALL US TODAY ON: 0208 313 9725  
or email us at:  
[branchingout@community-options.org.uk](mailto:branchingout@community-options.org.uk)**