

SECONDARY PREVENTION:

“Action which focuses on early detection of a problem to support early intervention and treatment or reduce the level of harm.”

Carr Gom provides a range of preventative services and projects at all 3 levels of prevention. Branching Out is a 12 week activity course for people with low to medium level mental health issues.

BRANCHING OUT – CARR GOM, EDINBURGH

Branching out take referrals from GPs via the Community Link Workers.

Part-funded by Scottish Forestry, our project worker is supported by one of our Rivers Centre Link Workers and a volunteer.

Up to 12 participants spend time learning bushcraft skills, Tai Chi, arts and crafts, go on trips, but more importantly gain in confidence, build relationships and usually move on to other community activities which all support their mental wellbeing and recovery. When asked how the course made them feel, last year's participants came up with this collaborative poem.

[Find out more here.](#)



These case studies were developed as part of a joint statement on prevention from Edinburgh Community Health Forum, Health and Social Care Alliance Scotland (the ALLIANCE), Scottish Community Development, and Voluntary Health Scotland.

They show what preventative approaches by the third and community sector look like in action.