



# Root & Branch

## 2025-2028



### **Introduction**

Root & Branch is an independent charity located in the Vale of the White Horse, providing activities that promote recovery for people who experience significant mental health difficulties.

### **What we do**

We help people who experience mental health difficulties, such as depression, anxiety, schizophrenia and bi-polar disorder. Located on an organic farm on the Oxfordshire / Wiltshire border, we offer a wide range of interesting and stimulating activities that help people to regain their self-esteem and lead a fuller life including taking part in education, community activities or returning to work.

### **Our strategy**

This document sets out the building blocks of our three-year strategy from 2025 to 2028, including our Mission, Values, Vision, Strategy and how we measure the delivery of our strategy.



## Root & Branch 2025-2028 Strategy



### Summary

#### Our Mission

To empower adults on a path towards improving their mental and emotional well-being

#### Our Values

We believe that by participating in the therapeutic power of gardening, rural crafting and cookery and developing skills in an inclusive and safe environment, people can improve their wellbeing and lead a fuller life

#### Our Vision

Adults, regardless of their challenges, are enabled to manage their own mental health and wellbeing to lead a fulfilling and contented life

#### Our Strategy

We use the therapeutic benefits of gardening, creative activities and learning, in an inclusive society, for adults with significant and enduring mental health challenges, to stabilise and manage their symptoms, so that they regain control of their lives and actively engage with society

#### Measurement

We evaluate our Participants progress to wellness using a range of objective and subjective outcome measures



## Our Mission



### **To empower adults on a path towards improving their mental and emotional well-being**

We support adults with severe and enduring mental health difficulties to gain new confidence and learn new skills using the therapeutic power of gardening and nature.

We work with our participants to empower them to follow a path towards improving their mental and emotional wellbeing. We encourage creativity and physical activity and promote good nutrition through healthy eating.

We want adults with mental health issues to:

- Be empowered to live fulfilled lives with meaning and purpose
- Have self-esteem and confidence
- Know it's ok to ask for help

We want society to be non-judgemental, inclusive and accepting of people with mental health issues.



## Our Values

**We believe that by participating in the therapeutic power of gardening, rural crafting and cookery and developing skills in an inclusive and safe environment, people can improve their wellbeing and lead a fuller life.**

### The power of nature

We believe in the power of therapeutic gardening and nature in the process of healing

### Developing Skills

We believe that developing skills within a supportive community enhances wellbeing

### Create a safe space

We are committed to creating a safe and secure place where people are respected, trusted and supported

### Compassionate and inclusive

We are empathic and we are non-judgemental and inclusive

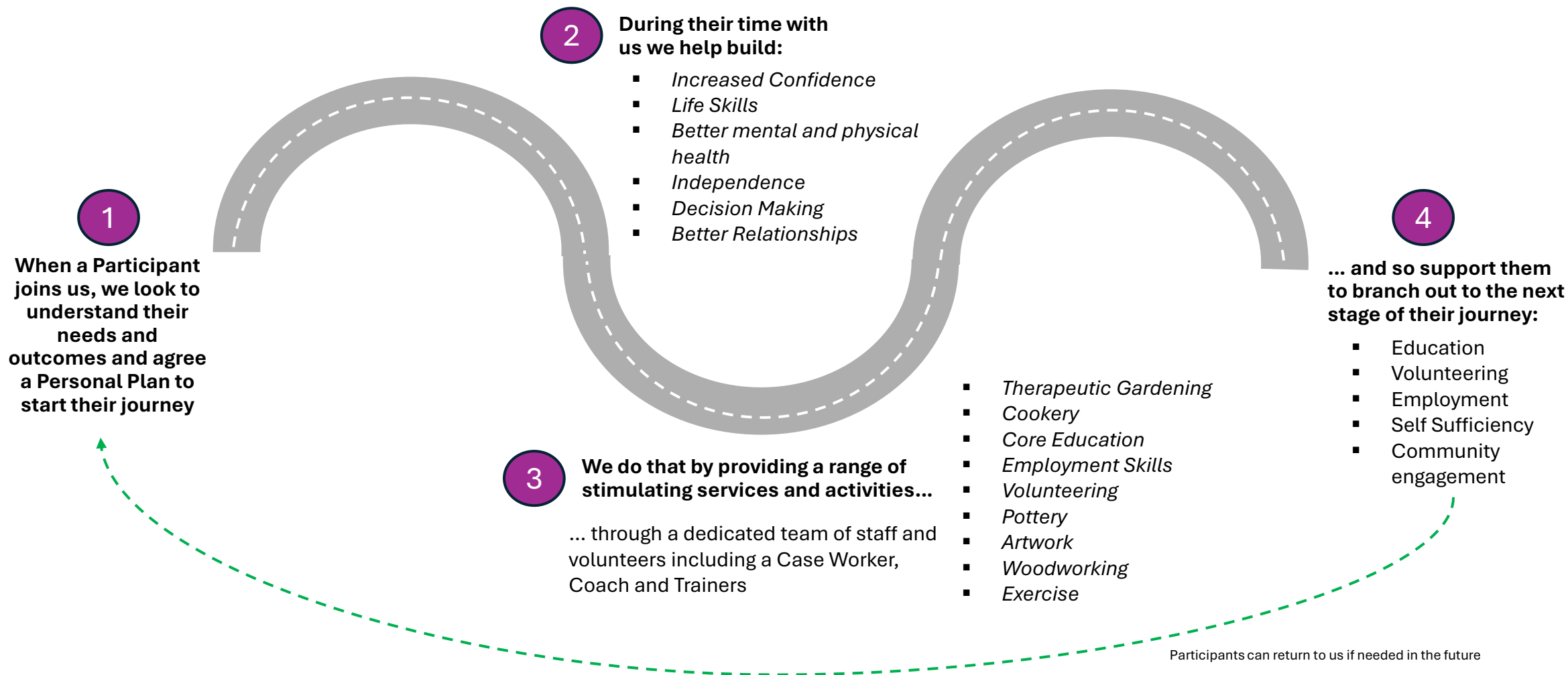
### Participation

We believe that participation and making connection is central to improved wellbeing



## Our Vision

**Adults, regardless of their challenges, are enabled to manage their own mental health and wellbeing to lead a fulfilling and contented life**





## Our Strategy

### A Place to Grow

**We use the therapeutic benefits of gardening, creative activities and learning, in an inclusive society, for adults with significant and enduring mental health challenges, to stabilise and manage their symptoms, so that they regain control of their lives and actively engage with society.**

#### The 'What'

Our service will be centred around physical outdoor activity with Therapeutic Gardening at its core.

Our service will be tailored to meet the needs of different people and can include a key worker and other support such as therapeutic groups and literacy.

All our Participants will have a clear plan and a sense of purpose, helping them towards the next stage of their journey.

Typically, Participants will move on after 2 years of joining us, but we accept others may need support for longer.

We will have effective outreach to the community, so people better understand what we do and how we help.

Our service will be sustainable and make a positive contribution to the environment.

#### The 'How'

Our staff team will have the resources, time and ways of working to support our Participants journey.

We will have a strong team of volunteers who are committed to the charity.

Our staff and volunteers will have the training and continuous development they need so they feel supported, confident and autonomous.

Our facilities will be welcoming, accessible and provide what we need to deliver our Participant's plans.

We will have sustainable finances, from multiple sources.

We will monitor what we deliver and how effective it is on improving the outcomes for our Participants.



## Measurement

**We evaluate our Participant's progress to wellness using a range of objective and subjective outcome measures**

### Objective

#### **Delivery of Service**

We will measure the effectiveness of our service delivery with Participants, understanding their progress over time to achieve their individual goals.

#### **Usage of resources measurement**

We will assess how we are using the resources available to us, to ensure we can maximise benefits to Participants by using those resources most effectively.

#### **Funding Measurement**

We will set core funding targets, which we will measure over time, ensuring we have the resources needed to deliver our support for Participants.

### Subjective

We will seek stories and feedback from Participants, Staff members, Volunteers and the community to help us assess how we are delivering our service, what is working well, and what can be improved.

We will also track how we engage with the local community to encourage referrals, volunteers and donations.