

Lindengate Charity 2020 Annual Report



Lindengate
The Old Allotment Site,
Next to Dobbies Garden Centre,
Aylesbury Road, Wendover, HP22 6BD

Registered Charity No. 1153868

1. Chairman's Introduction

2020 has been a year of challenge, growth and resetting for Lindengate. Covid-19 has had a significant impact and we are extremely grateful to our many stakeholders for their understanding and support, our funders for their swift response and emergency funding, and our many volunteers for their continued commitment. All have made a huge difference to our ability to survive and grow through such challenging times.

The pandemic has seen Lindengate respond to significant local need and alarming increases in poor mental health by expanding its programme of support by an incredible 40%. While many services were closing their doors due to social distancing restrictions, Lindengate, building on all its experience, put in place rigorous risk assessments and adapted its services to stay open in some capacity throughout all but the initial lockdown (April-June).

Lindengate's staff have worked tirelessly throughout the year to ensure that Lindengate has been in the best place to survive and thrive and staff numbers have increased commensurate with growth. Whilst many of our volunteers found it difficult to visit the site, we put in place a number of measures to ensure that they remained connected and those that were able to continue supporting our work were joined by a huge influx of additional new volunteers recruited via the Community Impact Bucks matching service. The overall team effort has been enormous and is indicative of the Lindengate ethos.

2020 has also been a challenging time for Lindengate's Trustees. The constant need to adjust operational and financial strategy to comply with government guidelines has required a great deal more input. All have given happily in order to positively move the charity forward whilst protecting its long term sustainability.

All in all, it's been an astounding year and everyone involved deserves to be proud of what has been achieved



Paul Miles

Chair of Trustees

1.1. Internal matters

Due to the national lockdown, Lindengate was forced to close its doors to Gardeners in March 2020. Up until lockdown, we were exceeding our targets, proud of our Gardeners' gains and delighted by the benefits Volunteers gleaned from being part of our community. Our weekly Gardener numbers had grown to 105; and we had 120 active regular volunteers. As a result of lockdown we lost significant fee income. We also had to cancel numerous events and lost income from community groups, training, site hire and sales of plants and produce, estimated at £125,000. The majority of Lindengate's staff were furloughed in March, which allowed the charity to survive, with a small skeleton staff. Staff were 'unfurloughed' as lockdown rules allowed. A successful emergency fundraising campaign and a fantastic response from existing donors including the NLCF, Heart of Bucks Community Foundation and the Rothschild Foundation have helped Lindengate to balance its books throughout 2020. However, we are aware of the ongoing challenges ahead as we rebuild our programmes in the face of uncertainty relating to the Covid-19 pandemic.

Our staff numbers have grown to 23 (FTE 13.25) and we now have 150 active regular volunteers. We helped more than 10x our anticipated number of beneficiaries During 2020, with over 1500 people benefiting from the calm nurturing environment of Lindengate's therapeutic gardens and / or our specialist wellbeing sessions. We have helped new audiences through targeted short programmes, including young people struggling with disrupted education and non-existent job prospects, and those on the frontline of caring for the sickest patients with Covid-19 in local intensive care units.



Homemade chutney and other produce from the Lindengate gardens

By opening our site to the general public on a regular basis, for the first time, to provide a safe, supported environment for rest and reflection, Lindengate is truly becoming a community gem that is loved and appreciated, and in turn is able to nurture those who are in need of support to improve their wellbeing.

1.1. External networks

We have networked relentlessly during the year to position Lindengate at the very heart of our community and, as a result, have become recognised as the lead for Tier 2 Mental Health service provider in the area, gaining the respect and support of local health services, funders and others within the voluntary and community sector (VCS).



The pond at Lindengate

The following quotes indicate the high esteem in which Lindengate is held:

‘Thank you very much for your time and the opportunity to visit the beautiful Lindengate gardens last week. You have created something very special there, and an incredibly restful and creative space.’ **Neil Macdonald, Chief Executive, Buckinghamshire Healthcare NHS Trust**

‘The Rothschild Foundation has a long-standing relationship with Lindengate, most recently we were a recipient of their Charity of the Year award and core investment through a Covid Support Fund grant. We hope to further expand our association in 2021 through a proposed Nature Alliance, led by Lindengate in partnership with a consortium of local charities. Throughout the pandemic, and with the emergence of the Nature Alliance, Lindengate has taken a strategic and thoughtful approach to supporting the well-being of Buckinghamshire communities through nature-based activities. “The Foundation has been impressed by the team’s integration with statutory mental health provision and coordination with the local Clinical Commissioning Group and NHS Trust.” **Leona Forsyth, Grants Manager, Rothschild Foundation**

Lindengate is taking the lead in pulling together local partners who deliver 'greencare' and nature based activities to form a Nature Alliance, for which we are now actively seeking funding (a copy of the video we submitted to Comic Relief in support of a Nature Alliance web interface can be found at this link: <https://youtu.be/hbofWk9yUD4>).

Lindengate recognises the strength to be had in working collaboratively to achieve its own goals and to support the community effectively. We are therefore leading partners from Chiltern Rangers, The Chiltern Society, Road Farm Countryways and BBOWT (Berkshire, Buckinghamshire and Oxfordshire Wildlife Trust) to establish a county-wide Nature Alliance to support Buckinghamshire's ICS. Our motivation comes in response to the needs of our community, as articulated in the literature and through some of Lindengate's stalwart supporters, for example:

'At Buckinghamshire Mind, we encourage young people to look after their wellbeing by doing things that help them relax. We therefore fully endorse the Nature Alliance project, which is giving young people great opportunities to gain skills whilst being in nature.' **Andrea McCubbin, Chief Executive, Buckinghamshire Mind**

'Bucks MHST and Lindengate share similar values and have a similar ethos in offering early intervention support to young people. We would be interested in a future collaboration between the Bucks MHST and Lindengate.' **Dr Laura Tozer, Clinical Psychologist, Bucks Mental Health Services Team**

Charlie Powell, Co-Founder and General Manager of Lindengate explains why this is needed in the context of the changing face of the NHS:

'Lindengate is only 21% full at the moment but so many people with common mental disorders (CMDs) like depression and anxiety are already in the system, waiting weeks, if not months, for a 'talking therapy' referral like CBT or counselling. Frequently their mental health is deteriorating while they wait. The NHS can't cope. The Nature Alliance can bridge the gap and offer some help now. We just need to join up the services.'

The NHS ambition to create Integrated Care Systems (ICSs) finds Buckinghamshire Clinical Commissioning Group (CCG) in the process of expanding its Social Prescribing Link Workers (SPLW) from 15 to 48 to address the unmet needs of the one in five patients presenting to Primary Care

Networks (PCNs) with wider social needs rather than acute medical issues (Citizens Advice, 2015). Social prescribing is part of the NHS Long Term plan to bring additional capacity into the multi-disciplinary team, with national targets of over '1,000 trained SPLWs in place by the end of 2020/21 rising further by 2023/2 to create potential for 900,000 people to be referred to social prescribing schemes ...' SPLWs are tasked with developing tailored plans and connecting people to local groups and support services (NHS, 2019, p. 25). There is a critical requirement to reduce strain on the NHS (Brandling & House, 2007, p. 3; Eley, et al., 2016) and find a care model to meet need that is cost-effective and sustainable (Bickerdike, Booth, Wilson, Farley, & Wright, 2019, p. 3).

Buckinghamshire CCG is already engaged in discussions with Lindengate about the Nature Alliance and is very supportive:

'Social Prescribing has been identified as a key element to the NHS Long Term Plan to help integrate the gaps between the NHS and community based services. In Buckinghamshire, the goal is to increase SP referrals from under 2000 in 2020 to over 8,000 by 2024. For example, patients referred to IAPT (Improving Access to Psychological Services) are often experiencing a wait of 6 weeks or more to access appropriate mental health services such as counselling or CBT as demand is so much higher than supply. The support offered by nature-based services can help patients whilst they wait for NHS services and can be a lifeline, or indeed prevent the need for such services and medication altogether. The benefits of addressing patients' wider determinants of health such as an introduction to local community services is sometimes the magic that can help turn someone's life around and increase their confidence to take the next step. As our population lives longer than ever before, isolation and loneliness are an increasing challenge. Greencare and nature-based activities are a fundamental part of the support we need to tackle these societal challenges. I am very excited ... to include green social prescribing within NHS service transformation.'

Angela Jessop, Transformation Manager and Social Prescribing Lead for Buckinghamshire CCG



Willow weaving on a healing pathways session

In leading the Nature Alliance initiative, Lindengate is also responding to issues highlighted in current academic research. In their report *A review of nature-based interventions for mental health care*, Bragg and Atkins identify the following challenges to upscaling and standardising green care delivery models:

‘Part of the challenge to increasing the availability of green care interventions on a wider scale, is that there are numerous organisations delivering nature-based programmes and services in this field, using different language to describe their activity and benefits, operating different delivery models and using different measurements of impact. Many green care organisations have expressed the need for service providers to work better together to improve the coherence of these services and streamline access to these services for health commissioners.’ (Bragg & Atkins, 2016, p. vi)

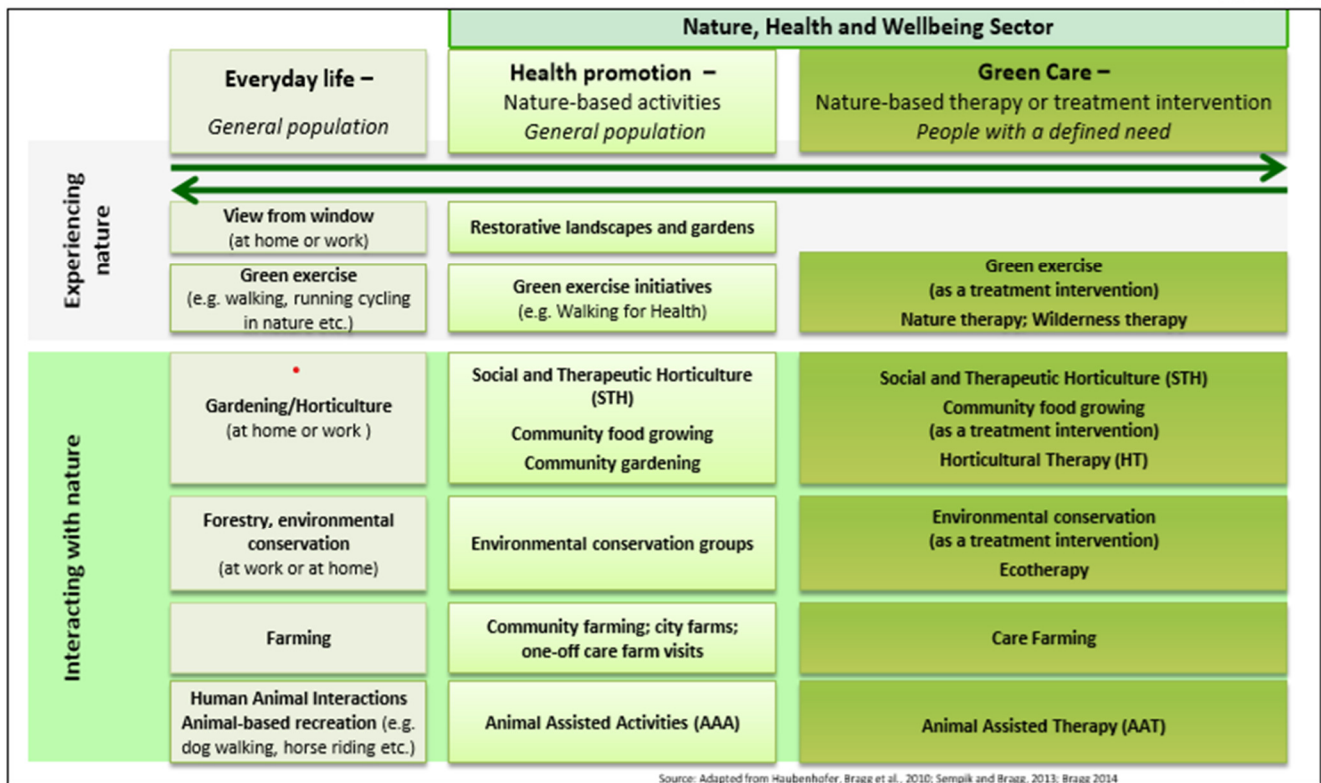
In the later Natural England report: *Good practice in social prescribing for mental health: the role of nature-based interventions* (Bragg & Leck, 2017), the authors note widespread confusion in the use of terminology relating to nature-based initiatives for mental health, at the same time as recognising increasing evidence for their success. They suggest adoption of the following terminology to describe the nature, health and wellbeing sector:

- Nature activities as part of health promotion, healthy lifestyles or ill-health prevention; and
- Nature as therapeutic intervention – green care.

Lindengate is leading the way locally in adopting these terms and encouraging Nature Alliance partners to do the same. Bragg and Leck’s report (Bragg & Leck, 2017) has influenced the way Lindengate has modified its services over the past year. At the heart of our thinking is the acknowledgement of the benefits of a sustained and active interest in gardening and being in nature as shown below:

All programmes at Lindengate use the therapeutic benefits of both experiencing and interacting with the natural environment to improve people’s mental wellbeing.

Each individual Lindengate Programme provides nature based interventions for all ages within one or more of three categories of the collective **Nature, Health and Wellbeing Model**.



(Bragg & Leck, 2017)

Each sub category within the Nature Health and Wellbeing Model offers a different level of support; people can move in both directions according to their current level of need.

- **Everyday Life** – opportunities for all people to experience nature during every day activity and recreation as part of health promotion, healthy lifestyles or ill health prevention
- **Health Promotion** – nature based opportunities for groups of people to engage with their community (e.g. Lindengate) as part of health promotion, healthy lifestyles or ill health prevention
- **Green Care** – structured nature based non-clinical therapeutic activities designed and facilitated for individuals with a defined need – based on the interaction between the natural surroundings, meaningful activity and the social context.

Here is the list of programmes Lindengate offers under each category:

Everyday Life

Rest and Reflect

Through the Gate peer supported volunteering

Green volunteers

Volunteering

Kitchen Gardening

Health Promotion

Rest and Reflect

Nature Connection

Minority Women's Wellbeing and Resilience Group

Through the Gate peer supported volunteering

Green volunteers

Volunteering

Kitchen Gardening

Green Care

Wellbeing Pathways

Nurture Pathways

Healing Pathways

Planted

#YOU'VE

Memory Pathways

Thyme

Minority Women's Wellbeing and Resilience Group



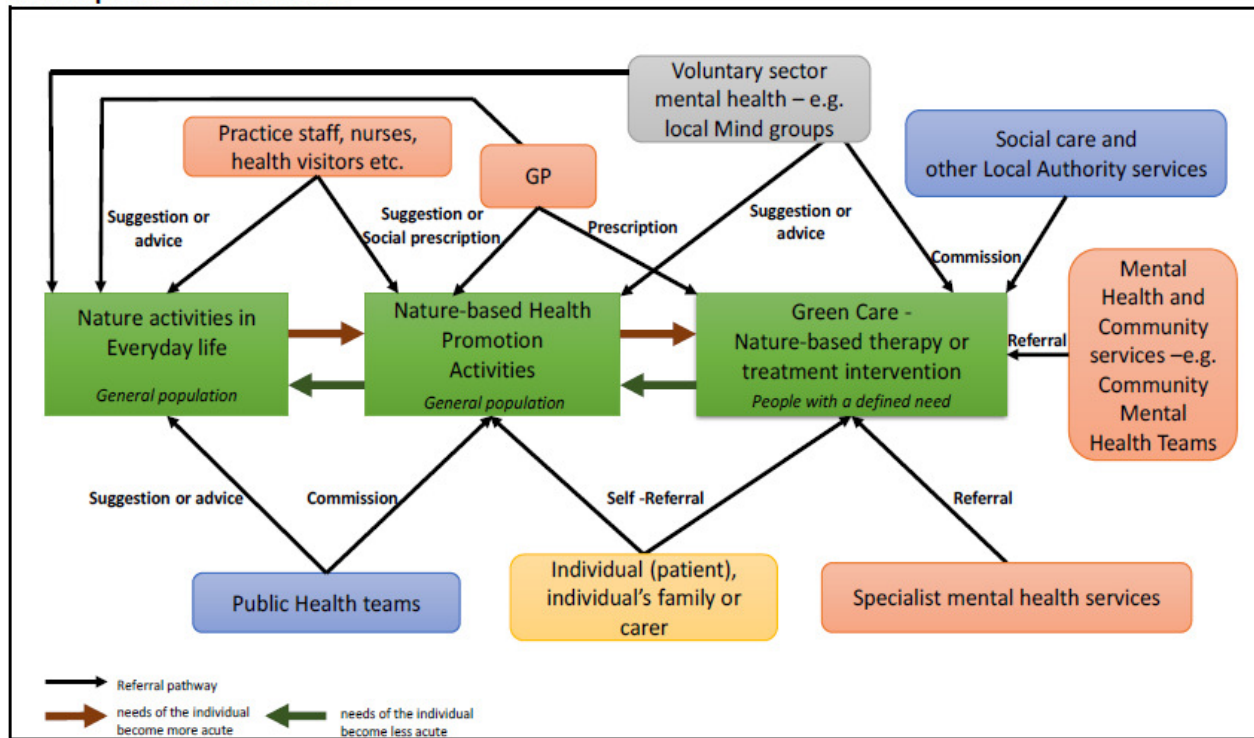
Charlie Powell, Co-founder and General Manager, being filmed for the BBOWT review

Lindengate recognises that partnership working will strengthen its own position and, in turn, that of our partners. We hope by working together we might tackle one of the key challenges raised by Bragg and Leck (Bragg & Leck, 2017):

‘The lack of direct funding for the health care interventions offered through social prescription together with no underpinning referral system are fundamental barriers to the NHS’s ambitions to increase the scale of social prescribing in the future.’ (Bragg & Leck, 2017, p. 10)

The following diagram shows the complexity of navigating through the ‘no man’s land’ that lies between statutory and voluntary and community services:

Figure 3.3 Mental health and social care referral pathways to green care and to nature-based health promotion activities



(Bragg & Leck, 2017)

By channelling the power of partnership, Lindengate is aiming to address some of these underlying challenges to support the growth of green prescribing throughout Buckinghamshire, and critical issues relating to funding. Lindengate has recognised and acted upon the importance of working in partnership to facilitate a comprehensive and accessible service to showcase ‘greencare’ and nature based activities that can be offered consistently to our partners in the statutory sector and to others in community mental health service provision.



Lindengate horticulture staff working with volunteers from Chiltern Rangers

1.2. Outline of report

In line with our funded outcomes, our report covers the main areas of the charity's work from March 2020 – February 2021:

- **Beneficiaries**
 - Regular weekly Gardeners (service users)
 - Bespoke short programmes
 - The general public
- **Volunteers**
 - Regular volunteers
 - Volunteers
 - Peer supporters
- **Finance**

2. Beneficiaries

Modifications at a time of Covid-19

Due to the global pandemic, we have adapted our service delivery to ensure that all elements of our programmes take place outside and social distancing and sanitisation rules are strictly adhered to. Full risk assessments have been carried out at all stages and are continuously updated to ensure that we are Covid Safe. With due consideration to social distancing restrictions and the latest rules, Lindengate has achieved the following over the year:

- reopened to accommodate as many of our regular Gardeners as lockdown rules have allowed
- provided bespoke short programmes
- offered Rest and Reflect sessions to benefit all those struggling with their wellbeing
- introduced a new focus on young people, including our peer support programme for 18-24 year olds to support younger volunteers.

Lindengate has also started to integrate important learning into its existing sessions to ensure staff are trained to understand bereavement and be able to support people who have experienced bereavement, grief and loss of any kind. We have also started to run weekend sessions to extend our offer to those who are working.

Our extended post-Covid-19 fully-integrated and inclusive offer includes:

Rest and reflect: Free drop-ins, giving you time and space to 'be' in a calm, safe environment whilst relaxing in beautiful, natural surroundings



A member of a local art group enjoying time to rest and reflect at Lindengate

Wellbeing Pathways: Weekly sessions for people with low to moderate mental health needs, providing small group support to help people with their mental wellbeing recovery, through nature based activities.

Healing Pathways: Using nature to help us understand loss. Providing hope, support and understanding in a gentle way. Sessions for adults take place in small groups on Saturday mornings, where people can come and take time to think about their loss, in our therapeutic gardens. The garden lends itself to nurturing people, the natural beauty and richness help to restore and heal, with support from a community of volunteers and staff, in a natural environment.

Minority Women's Wellbeing and Resilience Group: For adults, taking place every month, supporting women from the BAME community, offering a safe and relaxing environment, to build resilience and improve wellbeing.

Nature connection: Working in the natural environment to improve physical and mental wellbeing.

Sessions can be tailored for groups to support specific team needs.

Green Volunteers (Volunteering for U18s): Weekend sessions for Under 18s, supported by experienced volunteers, working together in our Nature Reserve. All activities are nature-based, focussing on conservation, bushcrafts and heritage skills. Young people are given the chance to learn new skills, meet new friends, support the environment and at the same time, let the environment support them and benefit from their time connected to nature.

Through the Gate (Become a Peer Supported Volunteer): programmes for 18-24 and 25+. Working in Lindengate's gardens and Nature Reserve, experienced volunteers are trained (in partnership with Community Impact Bucks) in the role of a peer supporter and matched up with an apprentice volunteer with the aim of supporting them in building their confidence and skills to become a fully fledged volunteer. This, in turn, will provide many of the younger ones amongst them very valuable work experience.



A lunch break on the peer support training programme

Lindengate@home – we are using social media to take Lindengate activities to support people in their homes based on the Five Ways to Wellbeing.

2.1. Weekly Gardeners

Due to the initial lockdown, Lindengate had to close its doors to weekly Gardeners from March-September. As restrictions eased over the summer, we launched some new services alongside reopening our main weekly programmes to allow lower risk Gardeners back onto the site.

Unfortunately, Gardeners from higher risk groups, eg elderly Gardeners with dementia, have still been unable to return. Due to the serious impact of coronavirus, it is necessary to reassess all Gardeners returning to Lindengate, to ensure we are still equipped to deal with their needs if, for example, their mental health has worsened, or to ensure they are provided with the right level of support if their needs have changed.

Because Lindengate is working co-operatively with statutory and voluntary service providers across Buckinghamshire, we are ensuring those we cannot help are signposted on to appropriate services.

The second and third lockdowns have again scuppered our plans to return to capacity, adding additional pressures to our finances.

Wellbeing Pathways

Wellbeing Pathways is Lindengate's programme for Gardeners who attend regularly over the longer term. This programme operated as normal with 54 different Gardeners (most once weekly, some twice weekly) from 2 Jan 2020 to 19 March 2020, when Lindengate was forced to close from w/c 23 March 2020 for the first lockdown period.

Gardeners were all informed by individual written letter (and email/phone call where appropriate) of Lindengate's enforced closure and directed to appropriate mental health support resources.

Our closure date coincided with the end of a 6-month review period for those Gardeners. All their current Goals were given a GAS score and other outcomes recorded. See data and graphs below.

Measuring impact of our Gardeners' programmes

Wellbeing Pathways (weekly Gardeners)

Goal Attainment Scaling (GAS) is the system used to measure whether our Gardeners are meeting their wellbeing goals. If a Goal is achieved, this is scored at 0. If they achieve a better than expected outcome this is scored at: +1 (somewhat better) or +2 (much better). If they achieve a worse than expected outcome this is scored at: -1 (somewhat worse) or -2 (much worse).

Gardeners goals are set in line with the Five Ways to Wellbeing:



The following information refers to the period October 2019 to end of April 2020 (although, due to lockdown, Gardeners finished at Lindengate during March 2020).

Gardeners

Figure one shows the breakdown of Gardeners' Five Ways to Wellbeing Goals

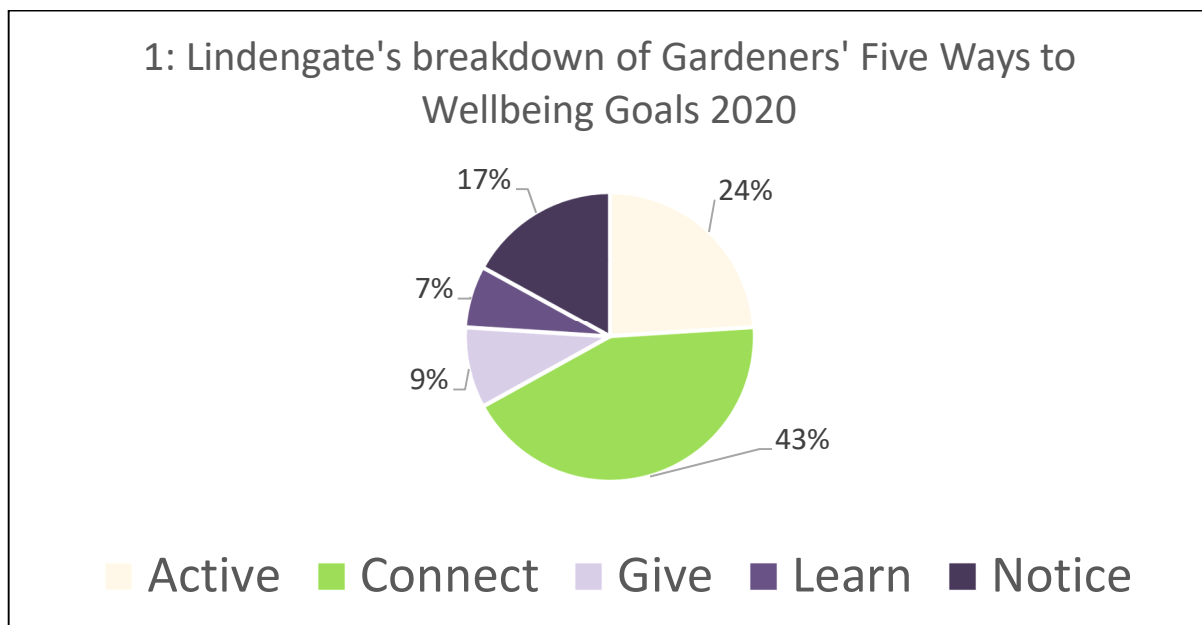


Figure two shows results of Gardeners' GAS scores

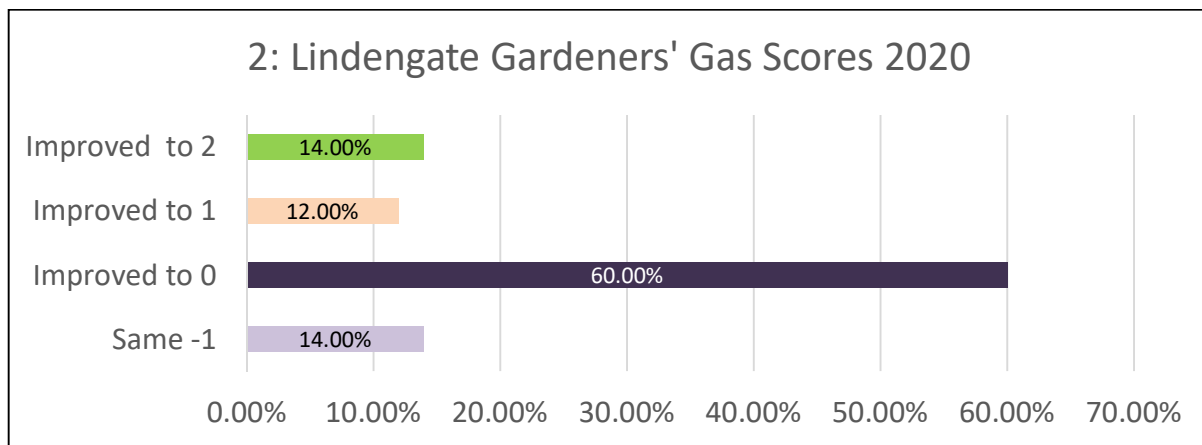
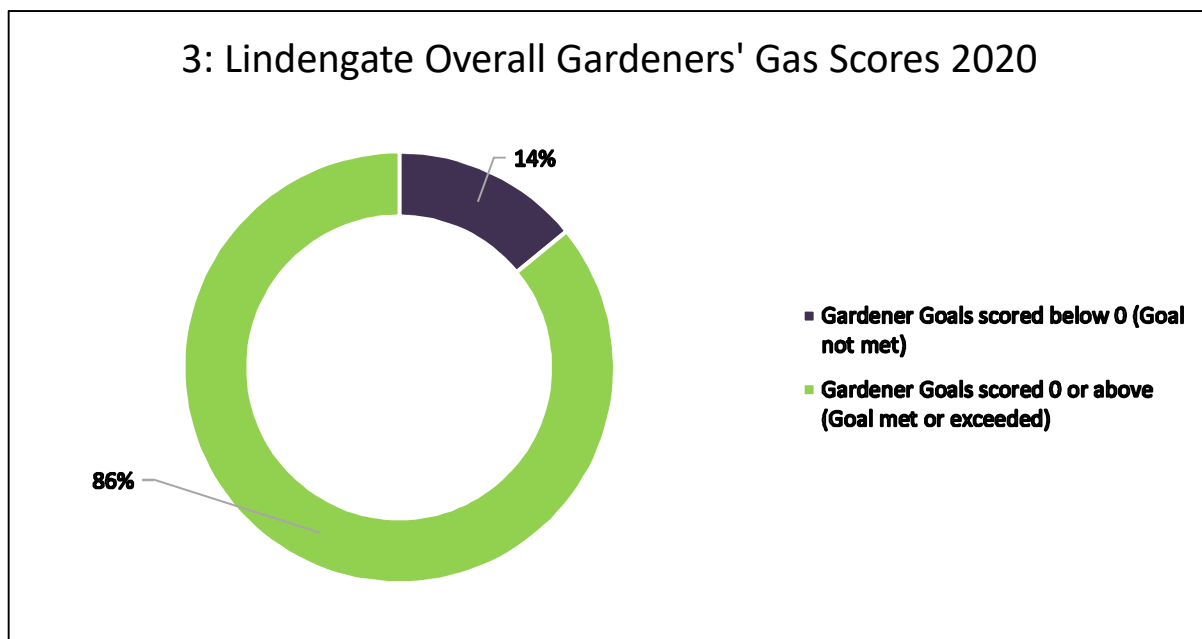


Figure three shows the breakdown of Gardeners' GAS scores (Gardeners scoring 0 or above met or exceeded their goals)



Goals per category:

All Gardeners with *Active* Goals scored 0 or above.

20 out of the 25 Gardeners (80%) with *Connect* Goals scored 0 or above

3 out of the 5 Gardeners (60%) with *Give* Goals scored 0 or above

3 out of the 4 Gardeners (75%) with *Learn* Goals scored 0 or above

All Gardeners with *Notice* Goals scored 0 or above

During Closure Period

Lindengate was unable to provide any individual support to Gardeners during closure as our working model and confidentiality rules only permit us to provide wellbeing support while the person is on site. Any Gardener contacting us for support with their wellbeing was signposted to Lindengate@Home and to their existing mental health care professionals and Bucks Healthy Minds.

For those who were able to access the Internet, either privately at home or via supported accommodation staff, Lindengate provided a "Lindengate@Home" resource - a series of approx 25 nature based activities linked to the Five ways to wellbeing - see <https://lindengate.org.uk/lindengate-at-home/>



Staff at Peverel Court Care Home, Aylesbury, preparing a Lindengate@Home gardening session for residents

Lindengate@Home can be adapted to support anyone's needs. It is designed to help you gently regain some structure and purpose in your day and learn how to reconnect (albeit in different ways) with those things that can help you to maintain and regain your wellbeing. The simple and easy to follow activities are based on what we very successfully use to support people at Lindengate.

The same activities were also published on social media.

Some feedback received from people doing Lindengate@Home activities:

I rate my experience: Very Happy

Activities that helped my wellbeing: Give to others

Message about my experience: All the activities apply to me. I knew about them all but a good reminder. Thank you for all the brilliant work you do

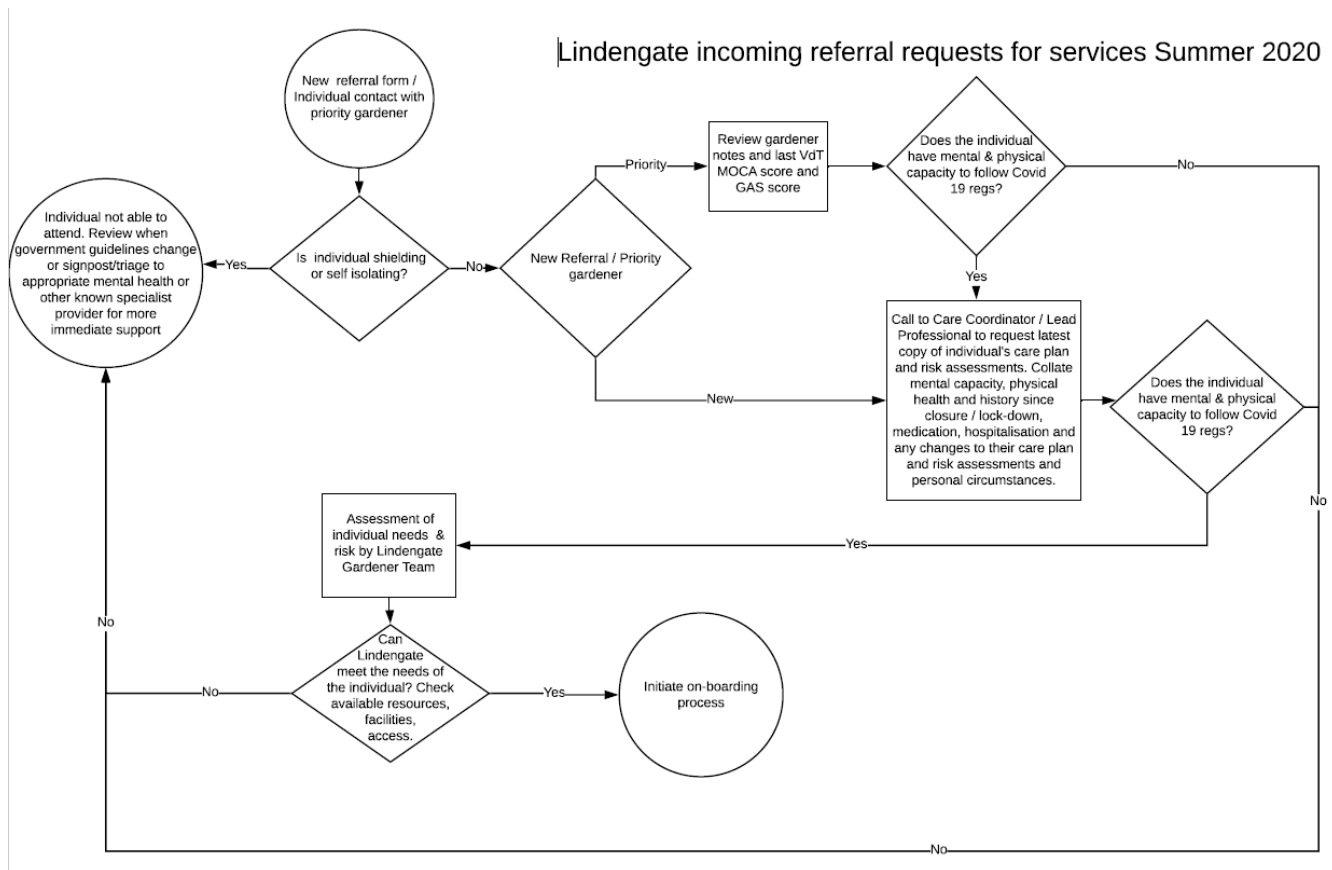
Many Gardeners reported that they were able to show resilience during the first lockdown and coped with isolation by using what they had learned during their time at Lindengate. They knew that doing simple gardening activities at home or for wider family members would reduce their anxiety and help their wellbeing e.g. helping them to take notice of nature around them, to give to others and help them to keep them active.



Proud of their results!

Re-onboarding previous Gardeners in September 2020

The process for re-onboarding previous Gardeners began in September 2020 as restrictions eased. See flowchart below.



Previous Gardeners were initially grouped by staff using a Red Amber Green system to note whether they would need significant, little or no support to access their sessions in accordance with Covid 19 safety guidelines. For anyone assessed as Green or Amber, correspondence was undertaken with the individual's listed care professionals for any risk assessment/care plan updates. If agreed that Lindengate was still likely to be a suitable place for that person's support, due to amount of time away, every previous Gardener was required to attend an individual site re-acclimatisation visit and reassessed using the Vona de Toit Model of Creative Ability (VdTMoCA) to ascertain their current support needs. A number of Gardeners were identified as having increased support needs, so were allocated to smaller groups.

Everyone commented on how relieved and grateful they were that the volunteers and staff had been able to return to the site previously and keep the gardens in a good state so there was a resource for them to return to.

On reassessment in Sept 2020 people cited the most important reason they need Lindengate is to be able to connect socially with others and end their isolation.

Quotes

"The hardest thing about lockdown in the summer was not being able to come to Lindengate"

"it feels like I've come home"

"It's relaxed me just the thought of being here again".

A fully risk-assessed new Wellbeing Pathways structure was planned and put in place in order for sessions to meet Covid 19 safely guidelines.

Wellbeing Pathways operated as normal with 21 different Gardeners (most once weekly, some twice weekly) from 5 October 2020 to 17 December 2020 when the service closed for the Christmas break.

In order to guarantee groups would go ahead and in recognition of potential challenges and unknowns posed by the Covid 19 situation, all groups were led by permanent Gardener team staff, with trained and experienced volunteers co-supporting. Due to the continually changing Covid situation and challenges this presented to people's lives, we did not want to rely on volunteers to be sole lead for any group.

In November 2020 (after a 4 week period of resettlement) staff carried out Individual Goal setting with returning Gardeners - overwhelmingly people chose Connect (to improve their wellbeing through social connection with others) and Take Notice (to improve their wellbeing through connection to the natural environment around them). The results of this evaluation will be reported in our next report.

Although we are working to bring weekly Gardeners back on site as lockdown rules permit, we have not yet had an uninterrupted six month period during which to measure attainment for re-onboarded weekly Gardeners. A selection of quotes from Gardeners who have returned to Lindengate since the initial lockdown is below.

Quotes from Gardeners who have come back to Lindengate since September 2020

"Happy to return after so many weeks."

"Coming to Lindengate does me good".

"I am just enjoying the peace and quiet".

"I feel peace at Lindengate".

Many other references have been recorded of Gardeners feeling happier and more creative to be back at Lindengate. One of our weekly Gardeners wrote a poem that really sums up the essence of what Lindengate is trying to achieve. The Gardener is happy for their poem to be shared anonymously:

Lindengate

***Once, when I was in a state
I made some friends at Lindengate
They didn't curse, or spit or shout
Just gave me space to feel less doubt***

***When I needed peace to breathe
They taught me how to willow weave
When I turned up consumed by ache
I healed gently through mosaic***

***A picture forms from broken pieces
I grout me too, and something eases
I don't know who I'm going to be
But with your help, I'd like to see***

***Spring is coming. I will cope
Bulbs will swell and burst with hope
Snowdrops, Tulips, Prims and Daffs
Tea and wellbeing, friends and laughs***

2.2. Bespoke short programmes

Nature Connection

Throughout the year we have flexed and adapted our services to respond to need. Since the initial lockdown was lifted, we have run some nature-based wellbeing sessions for mid-lifers who have been on the frontline of stressful situations (eg NHS staff working on ICU units), and these have been very well received.

For example, we adapted our Nature Connections programme to meet the mental health needs of keyworkers. Participants benefited from a 3-hour wellbeing session, with activities involving bushcraft, heritage skills and conservation, enabling them to benefit from a stronger connection with nature, whilst learning resilience and coping mechanisms through nature based activities.



NHS staff on the Nature Connections programme, September 2020

We found that the shorter programme (3 hours rather than a weekend) was both more manageable for those experiencing extremely stressful situations to attend, and enabled Lindengate to accommodate more people when demand was far greater than anticipated. We ‘piloted’ delivery of 3-hourly sessions with 62 key workers who were experiencing mid-life stress due the extreme and unprecedented

circumstances created by the Covid-19 pandemic. Our goal is to support many more mid-lifers who are experiencing difficult circumstances and stress due to the Covid-19 pandemic throughout 2021.

98% of the 62 people attending Nature Connection so far have filled in an evaluation; 100% of these expressed positive benefits from their time spent at Lindengate

Comments received from participants show the types of positive outcomes that participants have experienced:

'This is an excellent time to meet each other and discuss and ventilate our feelings, get suggestions etc'

'It was very well done so [would change] nothing.'

When asked what they enjoyed, these are some of the comments:

'Everything. Had good time to ventilate our feelings and stress. Then excellent outside activities.'

'Mindfulness. Relief from stress.'

'The group said they had really enjoyed the outdoor activities, which helped them de-stress after such a heavy time.'

'Opportunity for sharing. Loved the outdoor / fire making part.'

'The opportunity to speak about how we are all feeling.'

'All in general. The best.'

'The open air activities gave me satisfaction.'

'Talking and listening session. Walking around the garden.'

'Fire pit. Bread [on a stick]. Some social time with colleagues.'

Neil Macdonald, Chief Executive of Buckinghamshire Healthcare NHS Trust has been extremely impressed with Lindengate's support programme for key workers:

'... the Trust and indeed me personally have been a big supporter and user of green prescribing as an effective intervention in people's health and well-being.'

Not only is this supported in how we offer intervention to residents in our community, it is also important for the health of my colleagues in the health and social care workforce. If one's job is to care, then one's first priority must be to look after the people looking after the people!

I speak on behalf of my workforce of over 6 thousand colleagues in supporting this ... for the wider community.'

Neil Macdonald, Chief Executive, Buckinghamshire Healthcare NHS Trust

Women's wellbeing minority group

The women's wellbeing session is open monthly for minority women 18yrs+. Lindengate's Minority Women's Wellbeing and Resilience programme offers the opportunity to improve mental and physical wellness through structured peer support sessions combining resilience and nature based activities. Participants are encouraged to utilise skills gained in everyday life.

Women accessing the service have experienced emotional isolation and cultural influences, where attitudes are traditionally a barrier to accessing support (e.g. a woman is strong holding the family together - cannot be perceived as being weak etc.)

The example below outlines a typical session plan that focuses on engaging the community, increasing physical activity and promoting healthier lifestyles.

<ul style="list-style-type: none"> • Welcome!
<ul style="list-style-type: none"> • Session 5 introduce Positive Parenting
<ul style="list-style-type: none"> • Break
<ul style="list-style-type: none"> • Role plays on how to improve communication with children. Simple everyday parenting skills.
<ul style="list-style-type: none"> • Explore Lindengate 5 acre gardens/Mindful photography return and feedback to the group - Translate learning at home: take a walk in the garden and identify a plant, listen to and identify a bird, smell and identify a herb (This can be done with children to help bonding, learning and growth)
<ul style="list-style-type: none"> • Wellbeing Reflection: Give – Your time, words, presence • Write 3 things in which you give or ways you could do so in the future

Other sessions offered over a six-month period include learning how to plant /grow vegetables.

#YOUVE

#YOUVE is a 6 session nature-based programme for 16-18 year olds to support young people currently struggling or disengaged from education, employment or training. The course covers

conservation, bush craft, mindfulness techniques and team building. Activities enable increased confidence, job skills and the development of seven soft skills to increase employment opportunities. #YOUVE offers the opportunity for young people to participate in purposeful nature based activities, that encourage a natural growth in assertiveness, improve self-confidence, reduce anxiety and emotional distress, and promote well-being.



Bread on a stick over the firepit #YOUVE

The programme amalgamates Maslow's hierarchy of needs with the Five Ways to Wellbeing: **Connect, Be Active, Keep Learning, Give to Others, Take Notice**. The course modules are structured to help young people gain an understanding of their basic needs and to develop positive approaches to wellbeing.

All candidates attending our pilot #YOUVE course in 2019 showed improvement in their mental health. The best evidence base is from the participants themselves quoting 'not wanting to leave', 'wanting to volunteer' at Lindengate. (Such feedback has been a big driver in Lindengate setting up youth

volunteering programmes.) One participant has developed their own card business, another has a paid job delivering leaflets for an estate agent and the third is looking to relocate to Sweden.



Feeling happy – a participant on the #YOUVE programme

Planted

'Planted' is another of Lindengate's short programmes, which we offer to young people aged between 13-15 years, who are facing mental health challenges and feel like they have nowhere to go. This is a

course that will help them connect with nature and creativity. To gain a sense of achievement, purpose and the resilience and personal / practical tool kit to help them overcome their daily struggles. In a world where their ground has shifted and they feel unsteady, this is a place to come and be. To stand firm and be planted in activities that will help them to not only survive but grow.

Over six sessions, Planted covers the important topics of:

- Self-care
- Exploring personal challenges and coping strategies
- The importance of connecting with other people
- Having a purpose in life
- Resilience
- Taking time for rest and reflection.

We are seeking funding to run four 'Planted' programmes, each benefiting 6 young people to attend 6 x 2 hour sessions which are managed by an externally trained facilitator. Following a successful recent pilot project, and with increasing numbers of young people suffering the impacts of the Covid-19 pandemic, we know there is a huge demand for this project and we want to continue to help more young people with mental health needs.

Feedback from the pilot was overwhelmingly positive, with the young people learning better coping strategies, enjoying taking notice of the natural world around them, and reporting that they felt more 'grounded'. A demand for further engagement with Lindengate and volunteering opportunities has also led to Lindengate introducing weekly under 18 volunteering sessions.

Outcomes

Using the Five Ways to Wellbeing, Lindengate evaluates progress of the candidates over the six-sessions of the course.

All evaluations for both Planted and #YOUVE showed evidence of:

- Decreased Anxiety
- Increased Self Esteem
- Increased Social Awareness
- Having Fun.

2.3. The general public

We worked with local mental health providers to establish new services to support those affected by Covid-19, rising to the challenge of supporting our community, introducing new Covid-proof

programmes, such as Rest and Reflect that have led to awards such as Thames Valley Hero and Proud of Bucks. BBC South picked up on this new initiative and featured Lindengate on its local news programme: <https://lindengate.org.uk/lindengate-videos/> (see third video on left for the benefits of Rest and Reflect for NHS workers and several other videos that our work has attracted).



BBC South interviewing Charlie about the benefits of Rest and Reflect for NHS workers, July 2020

Since we started our Rest and Reflect programme in June, initially for NHS staff and key workers and kindly supported by National Lottery Community Foundation's emergency funding alongside contributions from other funders, we have welcomed over 1500 people into Lindengate's gardens to enjoy our calm, safe space, and replenish their mental wellbeing to cope with the challenges of coronavirus. Staff and Volunteers have been vital to ensure that there are people on hand to support, as needed; often, visitors are facing loneliness and isolation and seeing a friendly face (at a distance) can be a lifeline.

Support from NLCF's emergency fund contributed to the costs needed to run this successful programme. Feedback from beneficiaries includes:

- 'Really stressful day and really calmed me down';
- 'Magical garden and people at this special place';
- 'Enjoy not having to book to come and relax;'
- 'This is my first time out for 20 weeks. I've been shielding;'
- 'It's a proper secret garden! In all the years I have gone past, I didn't know this existed;'
- 'Open till 7 o'clock, fantastic. I can encourage my husband to finish work early - this would do him the world of good;'
- 'Love it, really peaceful and relaxing.'

What is clear to staff at Lindengate is that local people need a safe space where they can just come and be nurtured by nature. We initially estimated that 400 people would benefit but, in fact we have helped nearly four times that number since June 2020!

3. Volunteers

3.1. Regular volunteers

The results of our annual volunteer survey show how Lindengate is valued as a community hub for our volunteers. The high percentage of Volunteers (>70%) who felt that their role at Lindengate helped them to manage their wellbeing during the Covid-19 pandemic is particularly gratifying.



Volunteers from Vale Countryside Volunteers cleaning up the Lindengate pond September 2020

The following graphs show the responses of 62 Volunteers who responded to our survey in December 2020.

Figure four: As a volunteer at Lindengate I have benefited from the experience?

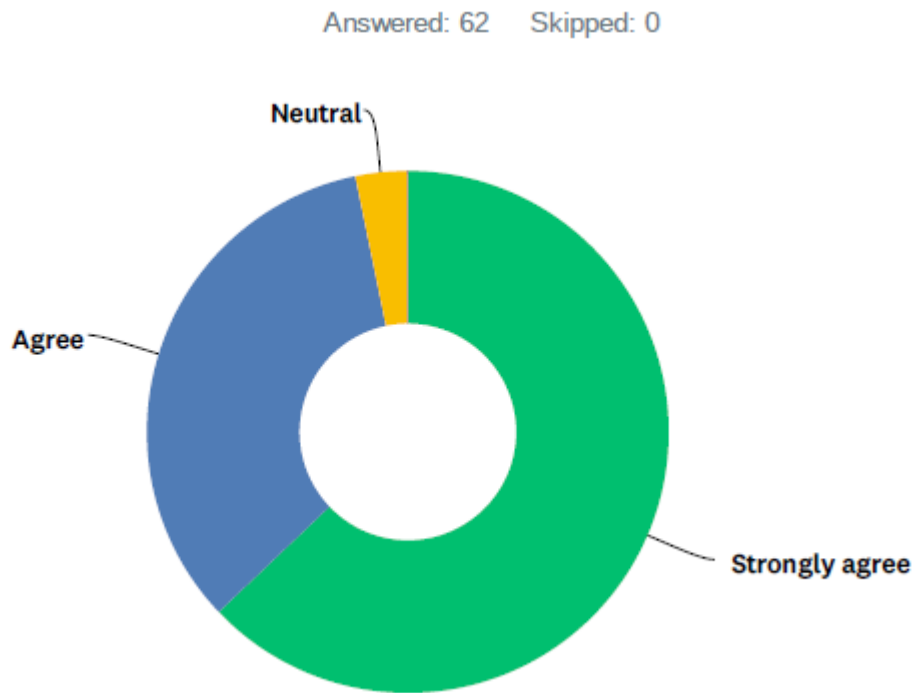


Figure five: By volunteering at Lindengate during Covid it has helped me better manage its impact on my wellbeing

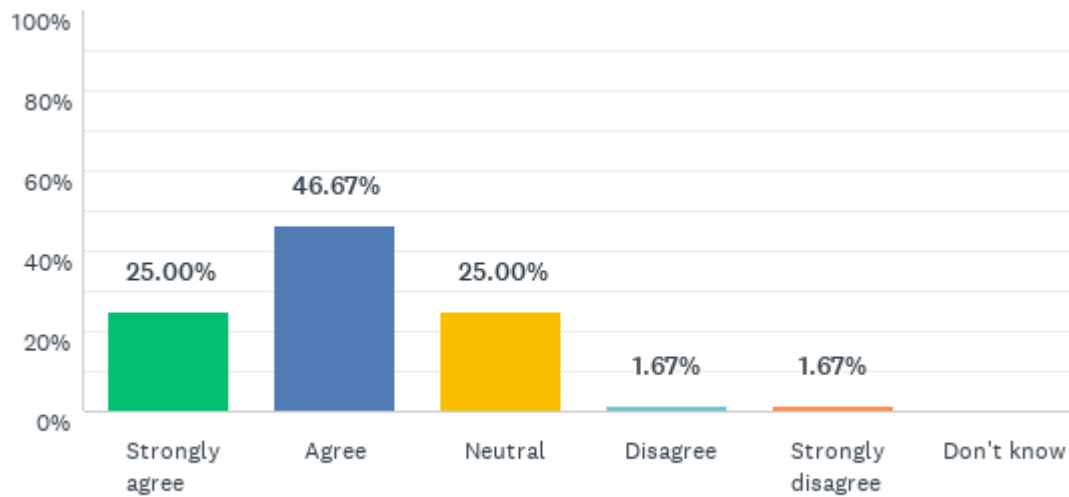


Figure six: By volunteering at Lindengate, I feel my mental and/or physical wellbeing is improved.

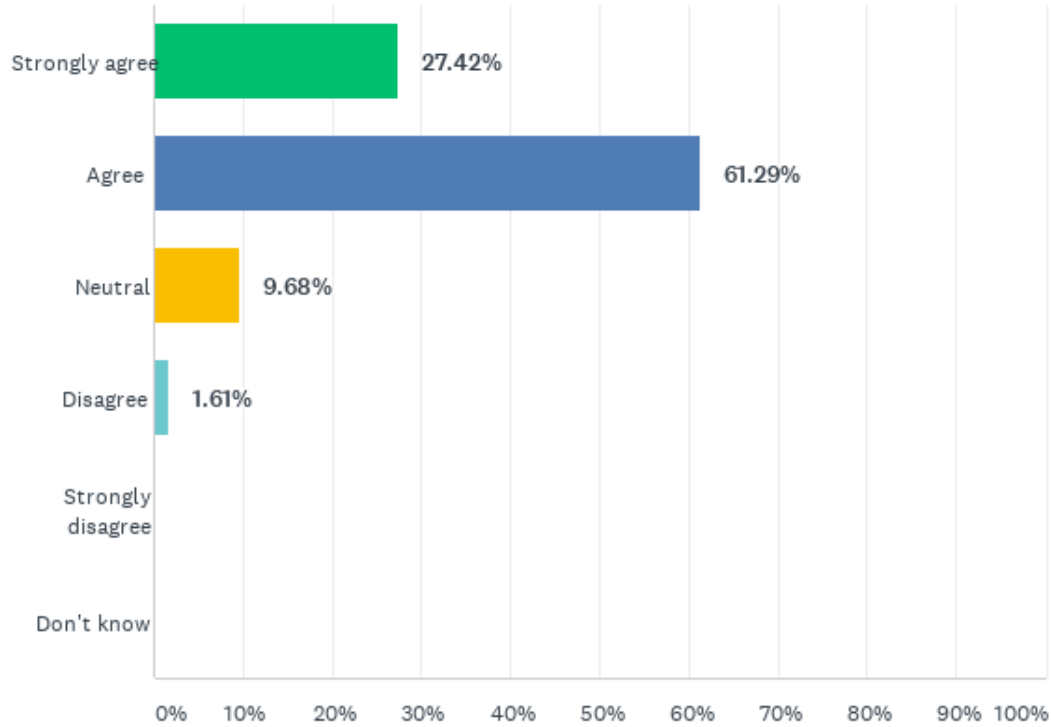


Figure seven: By volunteering at Lindengate, I make a difference to one or more of the following (please select all that apply)

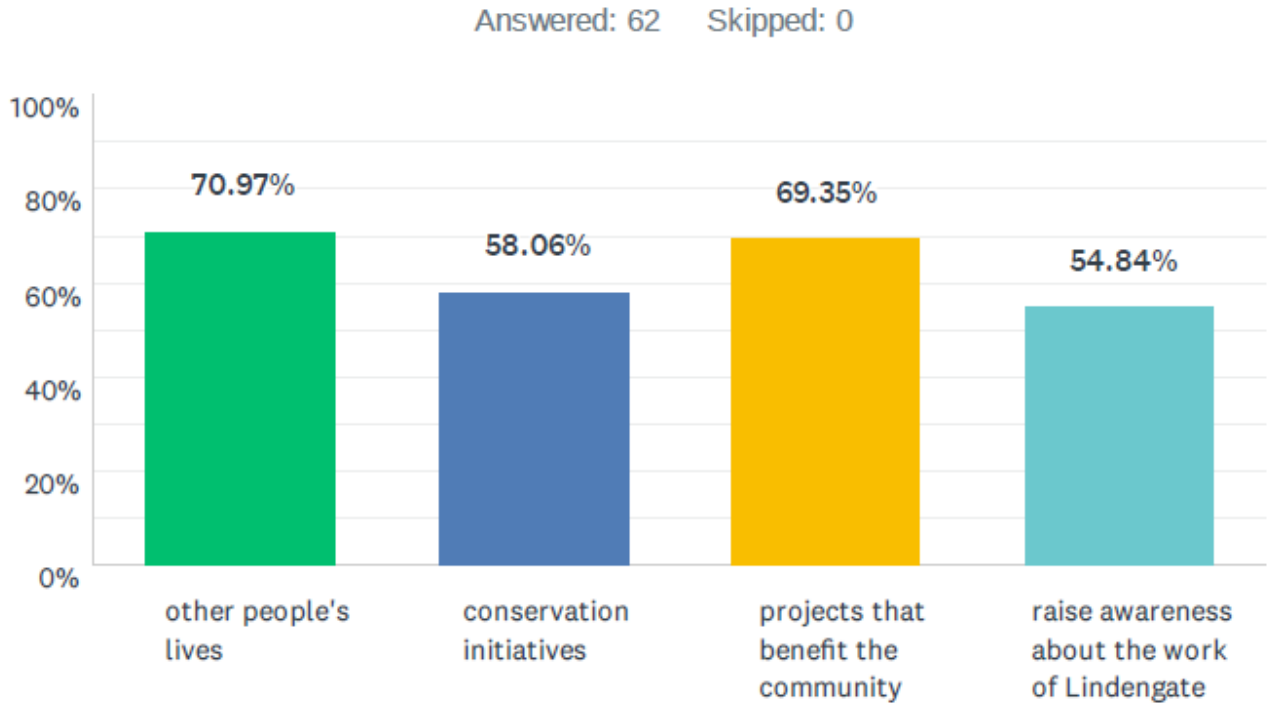


Figure eight: I gain a sense of purpose from my involvement with Lindengate

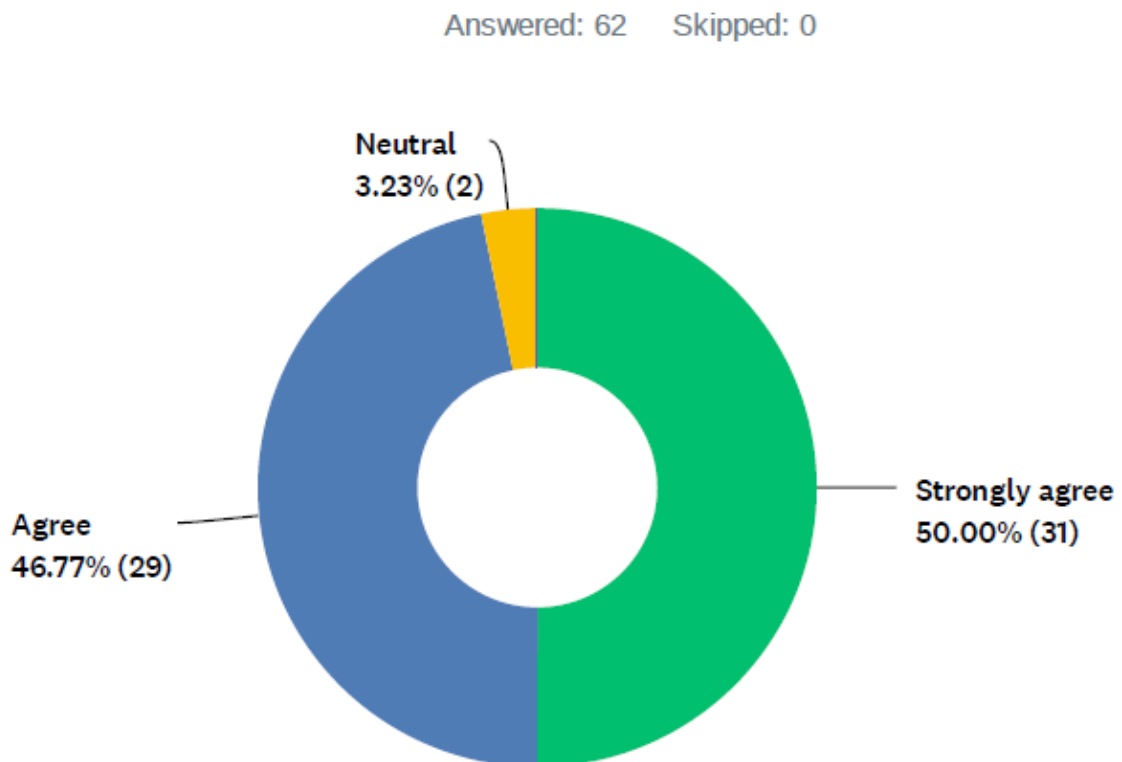


Figure nine: Lindengate is of value to the local community because it provides / supports / complements:

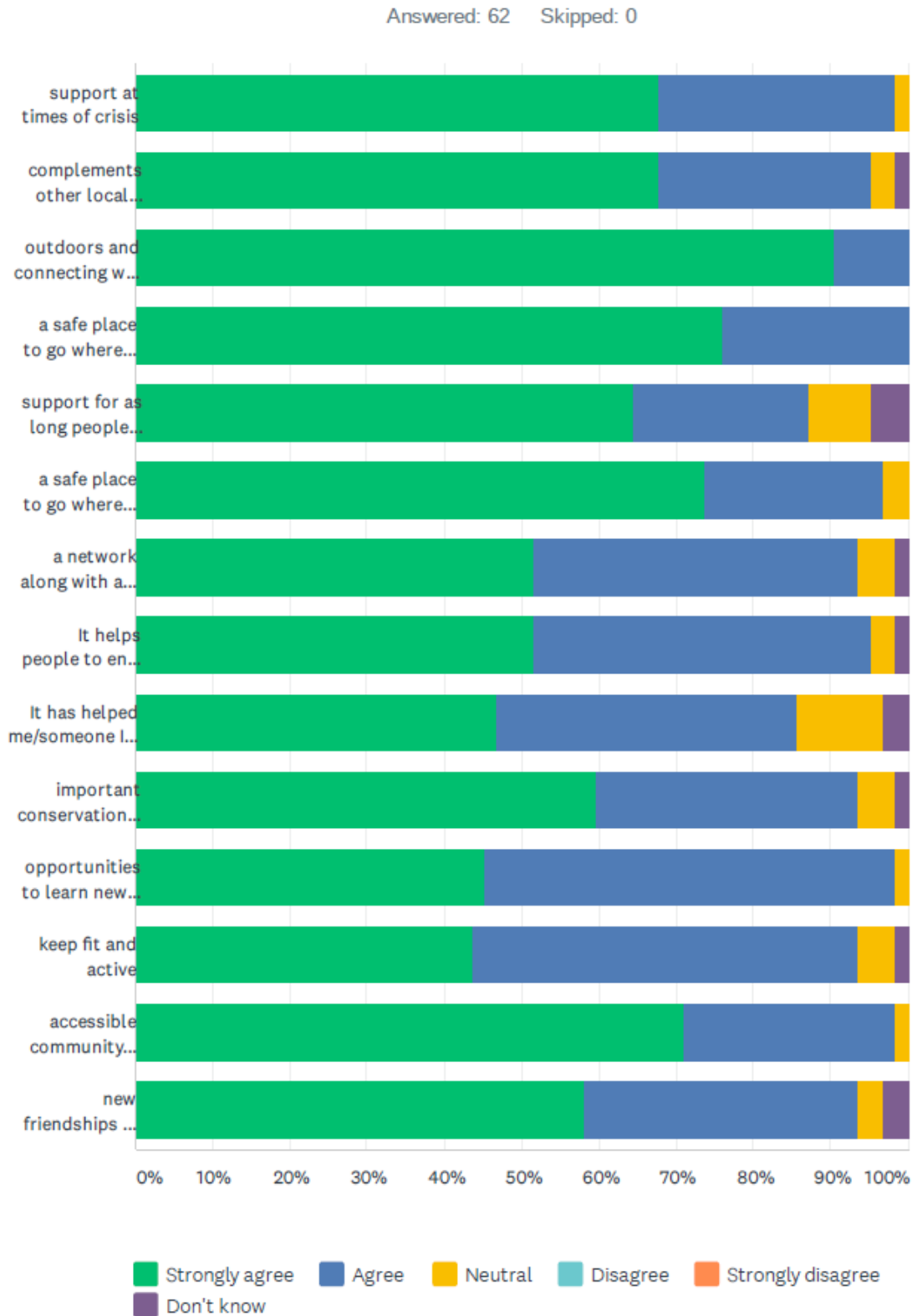


Figure ten: How volunteers perceive Lindengate to be of value to the community

time given opportunity something make difference community experience
 give New friends years use skills people learning new skills
 feel support helped friends Lindengate
 sense purpose Volunteering made enjoy others working
 feel valued mental health feeling made sense

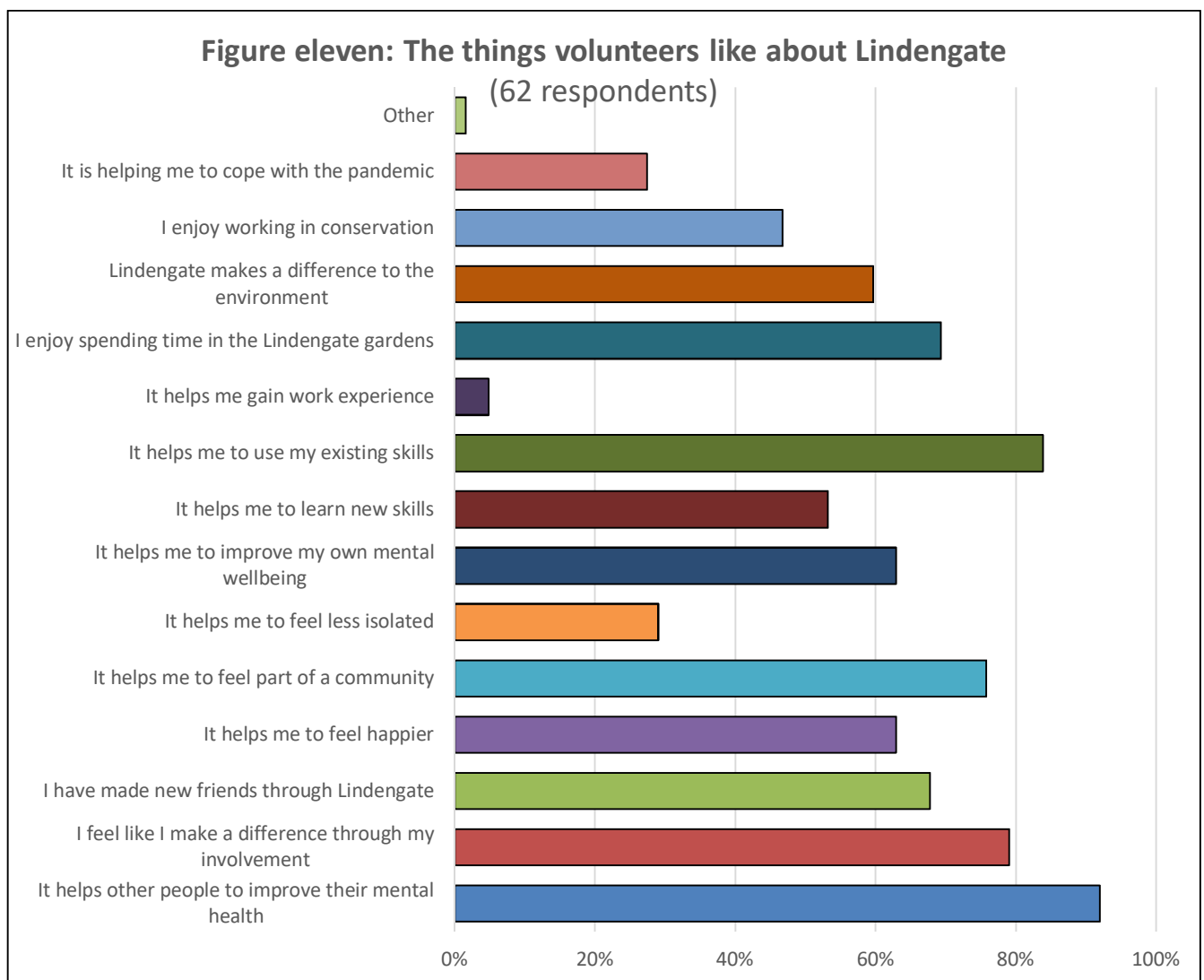
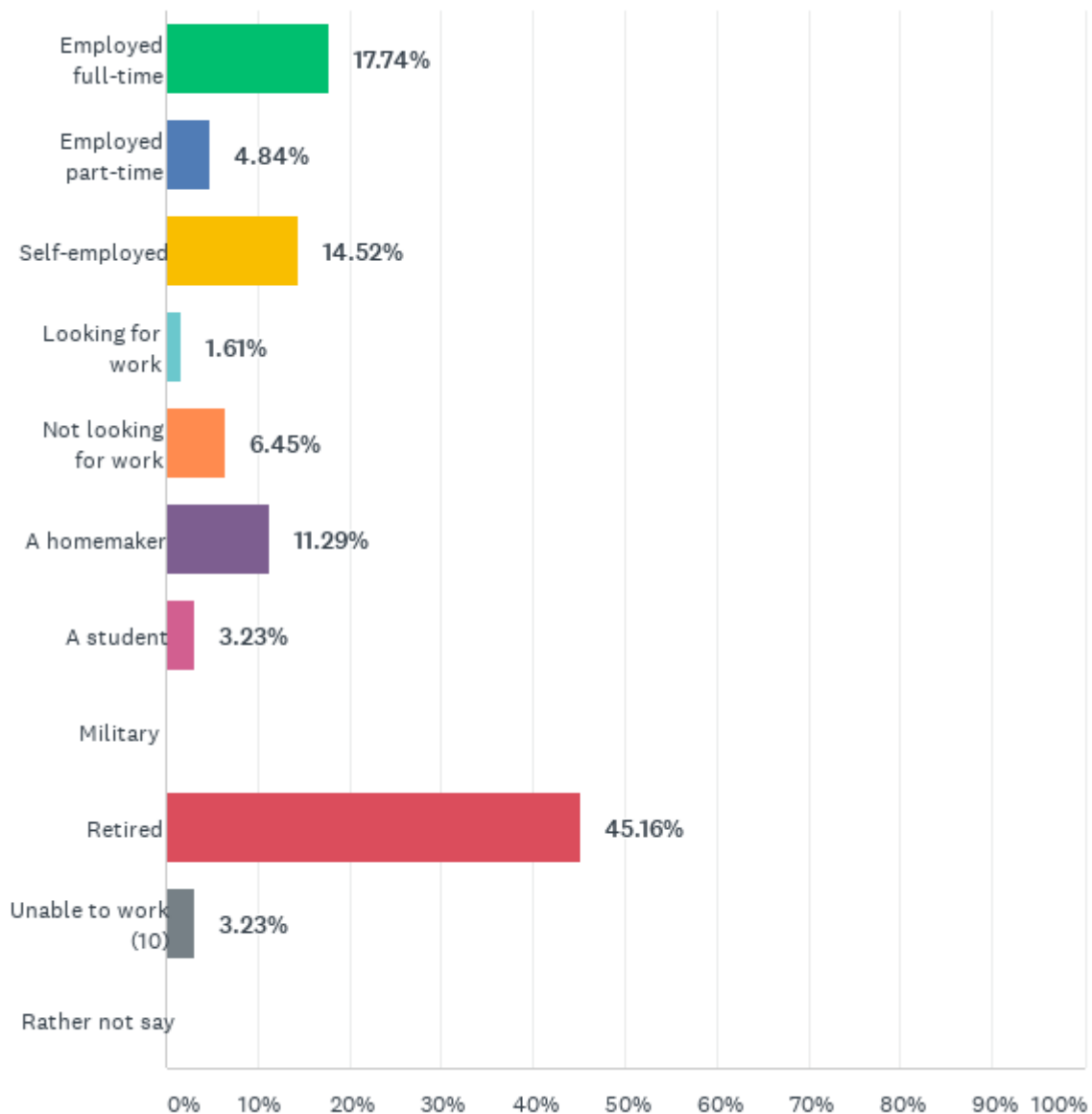


Figure twelve: Profile of Lindengate volunteers by employment status



3.2. Peer supporters

We have currently trained 12 people who have signed up to a new Peer Support programme, and it is evolving even better than expected. Over the summer we developed the peer support programme in partnership with Community Impact Bucks (CIB). Following this we have recruited suitable volunteers from our existing volunteer workforce to be trained as peer support volunteers. These might be, for example, people who would normally be working or who have retired and have skills they wish to pass on. All of these volunteers have gone through a full induction programme, delivered in partnership with CIB, and we are now looking to match them with apprentice volunteers who will benefit from their experience.

3.3. Volunteers

Green Volunteers

The group has been running for approximately four months now and started with seven young people attending (recently increased to 13), with five adult peer mentors/volunteers supporting the group. It runs every Saturday morning 10am - 1pm and the group take part in a variety of horticultural tasks as determined by the Horticulture team. The session always ends with a firepit and time to sit and chat.

The group consists of 9 females and 4 males, and the age range is from 14 –18.

A couple of the young people had already been on the Lindengate #YOUVE programme so were familiar with Lindengate, others came via recommendation through Connections.

The group has grown in confidence and it has been a delight seeing them turn up in all weathers, always with a smile on their faces. The following case studies reflect our observations of the young people and incorporate Lindengate's Five ways to wellbeing philosophy.

Young Person (YP)1 - Connect

On their initial application form, YP1 had indicated that they experienced social anxiety. They initially found it difficult to talk to the others including the adult peers; eye contact was limited and they appeared very shy and a little withdrawn. However, they were keen to take part in the tasks and very able to follow instruction. They have also turned up week in week out without fail. The biggest change in this YP and their ability to connect to the group, came about involving mud! One particular session saw the group facing the most awful weather conditions, heavy rain and wind, which meant the ground was incredibly muddy. The group had chosen to be in the muddiest part of the site moving tyres to form a barrier. YP1 got totally stuck in and absolutely covered in mud along with the others. To see this person laughing and chatting with their peers was a delight, the connection was made and they haven't turned back. They have grown in confidence and now have formed connections specifically with a couple of the other YP. On hearing that Green Volunteers could go ahead during lockdown, this YP said they had really missed it and was really pleased to be back.

Young Person 2 - Be Active

YP2 is one of the younger members of the group. They are extremely enthusiastic about being a part of the Green Volunteers. Once here, there isn't a task that they don't enjoy doing; if they could, they would be here all day! This youngster needs to be active and, according to their parent, this hasn't been the case during lockdown and they were getting really quite bored and fed up. First session back

and they were so pleased to be here and just didn't stop wanting to help with all the tasks that were set. We imagine that this YP would be a brilliant candidate for peer mentoring in the future.

Young Person 3 - Give

YP 3 is one of the older and quieter members of the group. They haven't been able to come every week because of exams, but when here they recognise the benefits it not only gives to others but to themselves, as well. They recognised quite early on the importance of being outside in nature and that the benefits volunteering had on their own mental health were significant. On talking to them about their experience, they said 'It makes me feel good, knowing I'm giving my time to benefit others and that it's benefiting me too'.

Young Person 4 - Keep Learning

YP 4 is one of our liveliest and most enthusiastic members. Again like the others, on hearing Green Volunteers could run during lockdown, they voiced their relief and pleasure that they could return. This YP is always in the thick of it, wanting to learn and understand. An example of this was a task set to repot a particular plant. A member of the horticulture team explained how to do and the importance of doing it in a certain way. YP4 took this all on board and was later seen showing a couple of the others how to do it and explaining why it was important to do it in the correct way.

Take Notice

This came from one of the adult volunteers who observed that *'the teens are able to come here and open up, without being judged. They can be themselves, relax and unwind'*.

Another adult volunteer commented that they had noticed the impact of being at Lindengate and supporting these sessions, how it had benefited their mental health in more ways than one. Being able to notice their surroundings and the changes through the seasons, over the past number of months, and noticing how the young people are changing and growing and seeing their personalities come out and how they have bonded as a group now.

Despite the considerable challenges that Covid-19 has presented over the past year, we are delighted to have been able to help so many more people to improve their wellbeing. We feel our new operational model will also help to increase our sustainability in the future.

4. Finance and Fundraising

Lindengate has made good progress towards its stated aim of increasing its sustainability over the past year. The Pandemic has allowed Lindengate to reassess and improve in a number of areas.

These include:

- Resetting our programme delivery, enabling us to increase the numbers of people we are able to support. When running at capacity, we estimate an increase of 40%.
- Collaborative opportunities have been maximized with the result that we are working alongside the wellbeing and workforce team within Buckinghamshire Healthcare NHS Trust to embed Lindengate's services within their annual planning.
- As part of the newly formed Nature Alliance, aims and objectives for year one include a commitment from statutory services to work with Alliance members to embed green social prescribing into the Integrated Care System. The model this will create for Buckinghamshire will hopefully be seen as suitable to roll out across the country.
- Lindengate has repositioned itself to provide an all age fully integrated service, which has significantly opened referral and collaborative opportunities within the mental health sector, for example, we are now working directly with the mental health support team for Oxford Health NHS Foundation Trust and Carers Bucks to facilitate programmes for young people. This demographic is known to have been very badly affected by the pandemic and we are therefore meeting a need where services are currently under resourced.
- With the marked shift in attitudes to volunteering, Lindengate has responded by establishing new initiatives to support the now understood need to prevent and maintain levels of wellbeing through community support and volunteering. Programmes include: Through the Gate, a peer support programme designed as a first point of intervention supporting people to stay in work or return to work; and Green Volunteens, an U18 volunteer group supported by 18-24 volunteers.
- Our growth in helping young people through volunteering initiatives, in turn, has opened new funding opportunities (for example, Wendover Community Board has agreed to fund eight new programmes for U24s to a tune of £26,500 to benefit 72 young people, and the Buckinghamshire Council's has made a significant contribution through their Community Prevention Grant Fund for our Peer Support programme).
- We have also used the time during the pandemic to reset and focus our volunteer workforce on creating and planning a range of products, resulting in a considerable increase in the growth of produce, negotiation of external trading opportunities, and the start of an e-commerce sales tool to maximize the future income potential from the site.

- At the same time, we are developing our operational infrastructure to ensure we can move forward in a robust and cost-efficient manner in years to come, with the aim of maximizing returns on investment.

This change in focus has enabled us to lay down reserves of £58,000 in 2020, giving a current total reserve value of £214,000 equating to 4.5 months of operating costs.

A big thank you to the many people who have supported us financially during 2020; we cannot mention everyone but please be assured that every contribution makes a huge difference. The following deserve a special mention.

Kop Hill Climb

Buckinghamshire Council

BUPA

NHS

Local Area Fund Buckinghamshire Council

M & S Aylesbury

Arla

Red Key IT

Waitrose

Biffa

Dobbies

Percy Bilton

Chiltern Handringers

Tesco Bags for help

The Sherling Charitable Trust

The Henry Smith Charity

Rothschild Foundation

Wendover Parish Council

Buckinghamshire Councilors

Vale of Aylesbury Housing Trust

Heart of Bucks

National Lottery Community Fund

The Clare Foundation

Aylesbury Garden Town

Oxford Diocesan

D'Oyly Carte Charitable Trust

The Roger and Jean Jefcoate Trust

Moore Family Trust

Childwick Trust

St Martins Bursar

Aylesbury Rotary Club

Buckingham Garden Centre

Patchesave Solutions Ltd

Stoke Pogis Singers

EON Net Coronavirus Appeal

Ashridge Group

Police Property Act Fund

Ellesborough Golf Club Ladies Section

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Lindengate

**Report of the Trustees
for the Year Ended 31 December 2020**

The trustees present their report with the financial statements of the charity for the year ended 31 December 2020. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1153868

Principal address

The Old Allotment Site
Next To Dobbies Garden Centre
Aylesbury Road
Aylesbury
Wendover
HP22 6BD

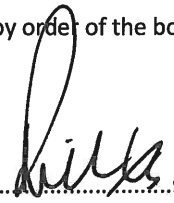
Trustees

Mr Paul Miles (Chairman)
Mr Anton Wellenreiter
Mrs Jane Penton
Mr William Oldridge
Mr Derek Morgan (resigned 31.1.21)
Mr Philip Chattle (resigned 31.1.21)
Mr Canon Peter Louis (resigned 31.1.21)
Mr David Medcalf (resigned 31.1.21)
Mr Stuart Siddall (appointed 7.6.21)
Mr Michael Millward (resigned 5.8.21)

Independent Examiner

Haines Watts
Chartered Accountants
4 Claridge Court
Lower Kings Road
Berkhamsted
Hertfordshire
HP4 2AF

Approved by order of the board of trustees on and signed on its behalf by:


.....

Trustee

**Independent Examiner's Report to the Trustees of
Lindengate**

Independent examiner's report to the trustees of Lindengate

I report to the charity trustees on my examination of the accounts of Lindengate (the Trust) for the year ended 31 December 2020.

Responsibilities and basis of report

As the charity trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Trust's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of FCA which is one of the listed bodies.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Haines Watts

Shaun Brownsmith
FCA
Haines Watts
Chartered Accountants
4 Claridge Court
Lower Kings Road
Berkhamsted
Hertfordshire
HP4 2AF

Date: *22/9/21*

Lindengate

**Statement of Financial Activities
for the Year Ended 31 December 2020**

	Notes	Unrestricted fund £	Restricted funds £	31.12.20 Total funds £	31.12.19 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		308,166	1	308,167	336,476
Charitable activities					
Charitable activities		2,139	117,493	119,632	111,859
Other income		<u>39,906</u>	<u>-</u>	<u>39,906</u>	<u>17,349</u>
Total		350,211	117,494	467,705	465,684
EXPENDITURE ON					
Raising funds	2	9,242	14,683	23,925	17,274
Charitable activities					
Charitable activities		304,351	81,304	385,655	382,298
Total		<u>313,593</u>	<u>95,987</u>	<u>409,580</u>	<u>399,572</u>
NET INCOME					
		36,618	21,507	58,125	66,112
Transfers between funds	9	<u>(1,020)</u>	<u>1,020</u>	<u>-</u>	<u>-</u>
Net movement in funds		35,598	22,527	58,125	66,112
RECONCILIATION OF FUNDS					
Total funds brought forward		50,513	105,638	156,151	90,039
TOTAL FUNDS CARRIED FORWARD		<u><u>86,111</u></u>	<u><u>128,165</u></u>	<u><u>214,276</u></u>	<u><u>156,151</u></u>

The notes form part of these financial statements

Lindengate

Balance Sheet
31 December 2020

	Notes	Unrestricted fund £	Restricted funds £	31.12.20 Total funds £	31.12.19 Total funds £
FIXED ASSETS					
Tangible assets	6	27,948	-	27,948	26,662
CURRENT ASSETS					
Debtors	7	17,348	-	17,348	11,243
Cash in hand		<u>115,516</u>	<u>128,166</u>	<u>243,682</u>	<u>146,409</u>
		132,864	128,166	261,030	157,652
CREDITORS					
Amounts falling due within one year	8	(74,702)	-	(74,702)	(28,163)
NET CURRENT ASSETS					
		<u>58,162</u>	<u>128,166</u>	<u>186,328</u>	<u>129,489</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>86,110</u>	<u>128,166</u>	<u>214,276</u>	<u>156,151</u>
NET ASSETS					
		<u>86,110</u>	<u>128,166</u>	<u>214,276</u>	<u>156,151</u>
FUNDS					
Unrestricted funds	9			86,110	50,513
Restricted funds				<u>128,166</u>	<u>105,638</u>
TOTAL FUNDS					
				<u>214,276</u>	<u>156,151</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 28/09/2021 and were signed on its behalf by:

Trustee

The notes form part of these financial statements

**Notes to the Financial Statements
for the Year Ended 31 December 2020**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention. The presentation currency of these financial statements is in sterling.

The financial statements have been prepared on a going concern basis. The trustees have reviewed and considered relevant information, including the annual budget and future cash flows in making their assessment. In particular, in response to the COVID-19 pandemic, the trustees have tested their cash flow analysis to take into account the impact on their business of possible scenarios brought on by the impact of COVID-19, alongside the measures that they can take to mitigate the impact. Based on these assessments, given the measures that could be undertaken to mitigate the current adverse conditions, and the current resources available, the trustees have concluded that they can continue to adopt the going concern basis in preparing the annual report and accounts.

Critical estimates and judgements

In preparing financial statements it is necessary to make certain judgements, estimates and assumptions that affect the amounts recognised in the financial statements. In the view of the Trustees in applying the accounting policies adopted, no judgements were required that have a significant effect on the amounts recognised in the financial statements nor do any estimates or assumptions made carry a significant risk of material adjustment in the next financial year.

Income

Income is recognised when the Charity has entitlement to the funds, any performance indicators attached to the item(s) of income have been met, it is probable that the income will be received, and the amount can be measured reliably.

Donations are recognised in full in the Statement of Financial Activities when entitled, receipt is probable and when the amount can be quantified with reasonable accuracy. Gift aid receivable is included when claimable.

Grant income is credited to the Statement of Financial Activities when received or receivable whichever is earlier, unless the grant relates to a future year, in which case it is deferred. Income from charitable activities is credited to the Statement of Financial Activities when received or receivable whichever is earlier, unless it relates to a specific future year or event, in which case it is deferred.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably.

All expenditure is accounted for on an accruals basis and has been included under expense categories that aggregate all costs for allocation to activities.

Indirect costs, including governance costs, which cannot be directly attributed to activities, are allocated proportionate to direct costs allocated to each project area.

Irrecoverable VAT is charged against the category of expenditure for which it was incurred.

**Notes to the Financial Statements - continued
for the Year Ended 31 December 2020**

1. ACCOUNTING POLICIES - continued**Tangible fixed assets**

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their residual value, over their useful life, on a straight-line basis. The useful life used is:

Plant and machinery	5 years
---------------------	---------

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Pension costs and other post-retirement benefits

The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. RAISING FUNDS**Raising donations and legacies**

	31.12.20	31.12.19
	£	£
Staff costs	7,433	4,398
Fundraising event costs	3,311	7,086
Promotional costs	<u>13,181</u>	<u>5,790</u>
	<u>23,925</u>	<u>17,274</u>

3. AUDITORS' REMUNERATION

	31.12.20	31.12.19
	£	£
Fees payable to the charity's auditors for the audit of the charity's financial statements	<u>1,496</u>	<u>1,425</u>

Lindengate

**Notes to the Financial Statements - continued
for the Year Ended 31 December 2020**

4. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2020 nor for the year ended 31 December 2019.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2020 nor for the year ended 31 December 2019.

5. STAFF COSTS

	31.12.20	31.12.19
	£	£
Wages and salaries	297,043	287,455
Social security costs	2,214	2,990
Other pension costs	<u>5,219</u>	<u>1,408</u>
	<u><u>304,476</u></u>	<u><u>291,853</u></u>

The average monthly number of employees during the year was as follows:

	31.12.20	31.12.19
Employees	<u>19</u>	<u>18</u>

No employees received emoluments in excess of £60,000.

6. TANGIBLE FIXED ASSETS

	Plant and machinery £
COST	
At 1 January 2020	79,751
Additions	<u>11,714</u>
At 31 December 2020	<u>91,465</u>
DEPRECIATION	
At 1 January 2020	53,089
Charge for year	<u>10,428</u>
At 31 December 2020	<u>63,517</u>
NET BOOK VALUE	
At 31 December 2020	<u><u>27,948</u></u>
At 31 December 2019	<u><u>26,662</u></u>

Lindengate

Notes to the Financial Statements - continued
for the Year Ended 31 December 2020

	31.12.20	31.12.19
7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR		
	£	£
Trade debtors	12,288	9,453
Prepayments and accrued income	<u>5,060</u>	<u>1,790</u>
	<u>17,348</u>	<u>11,243</u>
8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR		
	£	£
Trade creditors	3,267	-
Taxation and social security	5,562	4,547
Other creditors	<u>65,873</u>	<u>23,616</u>
	<u>74,702</u>	<u>28,163</u>

Lindengate

Notes to the Financial Statements - continued
for the Year Ended 31 December 2020

9. MOVEMENT IN FUNDS

	At 1.1.20 £	Net movement in funds £	Transfers between funds £	At 31.12.20 £
Unrestricted funds				
General fund	50,513	36,617	(1,020)	86,110
Restricted funds				
Office Cabin	1,640	-	-	1,640
Volunteer Hub	2,260	-	-	2,260
Bee Keeping	498	-	-	498
Reserves	1,000	5,000	-	6,000
Memory Pathways	8,831	(828)	-	8,003
Secure Storage Units	1,888	-	-	1,888
Sensory Garden & Pond	3,108	-	-	3,108
Shady Shelter	3,400	(69)	-	3,331
Potting Shed & Office Extension	2,689	-	-	2,689
Alpine Bed	330	-	-	330
Black Poplar Conservation	2,022	(493)	-	1,529
Welcome Area	79	-	-	79
Sound and Light Area	2,640	(36)	-	2,604
Young People (16-24)	13,849	(3,115)	-	10,734
Rill (Sensory Garden)	3,200	-	-	3,200
Core (Volunteer Admin)	7,680	(7,680)	-	-
ADS & Complex Needs	3,750	-	-	3,750
ACT Foundation	534	-	-	534
Wildflower Development	109	-	-	109
Kitchen Garden	1,529	-	-	1,529
Butterfly Conservation	1,180	(17)	-	1,163
Giants Armchair Terrace	2,254	-	-	2,254
Companion Seating	105	-	-	105
Woodworking Facility	5,000	(2,871)	-	2,129
Complex Needs	18,000	(18,000)	-	-
Vulnerable Women	3,311	(3,311)	-	-
Tools & Equipment	148	-	-	148
Groundworks	5,223	-	-	5,223
You've LGF	4,734	(1,307)	-	3,427
Polytunnel Conservation	1,237	-	-	1,237
IT/CRM	4,000	(3,304)	-	696
New Office Block	(200)	170	30	-
Gift Aid	(390)	(390)	780	-
Nature Connection	-	21,256	-	21,256
Outdoor Furniture	-	17	-	17
Older Gardeners	-	15,000	-	15,000
Ipads	-	138	-	138
Rest & Reflect	-	15,058	-	15,058
Through The Gate	-	4,500	-	4,500
Support The Supporter	-	2,000	-	2,000
Digger	-	(210)	210	-
	<u>105,638</u>	<u>21,508</u>	<u>1,020</u>	<u>128,166</u>
TOTAL FUNDS	<u>156,151</u>	<u>58,125</u>	<u>-</u>	<u>214,276</u>

Lindengate

Notes to the Financial Statements - continued
for the Year Ended 31 December 2020

9. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	350,211	(313,594)	36,617
Restricted funds			
Volunteer Hub	3,000	(3,000)	-
Reserves	5,000	-	5,000
Memory Pathways	-	(828)	(828)
Shady Shelter	-	(69)	(69)
Black Poplar Conservation	-	(493)	(493)
Sound and Light Area	-	(36)	(36)
Young People (16-24)	(1)	(3,114)	(3,115)
Core (Volunteer Admin)	-	(7,680)	(7,680)
Butterfly Conservation	-	(17)	(17)
Woodworking Facility	-	(2,871)	(2,871)
Complex Needs	-	(18,000)	(18,000)
Vulnerable Women	-	(3,311)	(3,311)
You've LGF	2,001	(3,308)	(1,307)
IT/CRM	-	(3,304)	(3,304)
New Office Block	9,400	(9,230)	170
Gift Aid	-	(390)	(390)
Nature Connection	23,000	(1,744)	21,256
Outdoor Furniture	2,000	(1,983)	17
Older Gardeners	15,000	-	15,000
Ipads	2,097	(1,959)	138
Rest & Reflect	49,497	(34,439)	15,058
Through The Gate	4,500	-	4,500
Support The Supporter	2,000	-	2,000
Digger	-	(210)	(210)
	<u>117,494</u>	<u>(95,986)</u>	<u>21,508</u>
TOTAL FUNDS	<u>467,705</u>	<u>(409,580)</u>	<u>58,125</u>

Lindengate

Notes to the Financial Statements - continued
for the Year Ended 31 December 2020

9. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.1.19 £	Net movement in funds £	At 31.12.19 £
Unrestricted funds			
General fund	26,852	23,661	50,513
Restricted funds			
Office Cabin	1,640	-	1,640
Volunteer Hub	2,260	-	2,260
Deer Fencing	3	(3)	-
Bee Keeping	968	(470)	498
Reserves	1,000	-	1,000
Memory Pathways	8,580	251	8,831
Secure Storage Units	1,888	-	1,888
Sensory Garden & Pond	108	3,000	3,108
Shady Shelter	1,396	2,004	3,400
Potting Shed & Office Extension	2,689	-	2,689
Alpine Bed	330	-	330
Black Poplar Conservation	4,148	(2,126)	2,022
Welcome Area	79	-	79
Sound and Light Area	5,000	(2,360)	2,640
Young People (16-24)	3,000	10,849	13,849
Rill (Sensory Garden)	3,200	-	3,200
Core (Volunteer Admin)	7,680	-	7,680
ADS & Complex Needs	3,750	-	3,750
ACT Foundation	534	-	534
Wildflower Development	109	-	109
Kitchen Garden	7,541	(6,012)	1,529
Butterfly Conservation	1,636	(456)	1,180
Giants Armchair Terrace	543	1,711	2,254
Companion Seating	105	-	105
Woodworking Facility	5,000	-	5,000
Complex Needs	-	18,000	18,000
Vulnerable Women	-	3,311	3,311
Tools & Equipment	-	148	148
Groundworks	-	5,223	5,223
You've LGF	-	4,734	4,734
Polytunnel Conservation	-	1,237	1,237
IT/CRM	-	4,000	4,000
New Office Block	-	(200)	(200)
Gift Aid	-	(390)	(390)
	<u>63,187</u>	<u>42,451</u>	<u>105,638</u>
TOTAL FUNDS	<u>90,039</u>	<u>66,112</u>	<u>156,151</u>

Lindengate

Notes to the Financial Statements - continued
for the Year Ended 31 December 2020

9. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	384,059	(360,398)	23,661
Restricted funds			
Deer Fencing	-	(3)	(3)
Bee Keeping	-	(470)	(470)
Memory Pathways	5,600	(5,349)	251
Sensory Garden & Pond	3,000	-	3,000
Shady Shelter	3,500	(1,496)	2,004
Black Poplar Conservation	1,689	(3,815)	(2,126)
Sound and Light Area	-	(2,360)	(2,360)
Young People (16-24)	12,000	(1,151)	10,849
Kitchen Garden	1	(6,013)	(6,012)
Butterfly Conservation	-	(456)	(456)
Giants Armchair Terrace	3,868	(2,157)	1,711
Complex Needs	18,000	-	18,000
Vulnerable Women	6,630	(3,319)	3,311
Tools & Equipment	1,000	(852)	148
Groundworks	10,799	(5,576)	5,223
You've LGF	6,538	(1,804)	4,734
Polytunnel Conservation	5,000	(3,763)	1,237
IT/CRM	4,000	-	4,000
New Office Block	-	(200)	(200)
Gift Aid	-	(390)	(390)
	<u>81,625</u>	<u>(39,174)</u>	<u>42,451</u>
TOTAL FUNDS	<u>465,684</u>	<u>(399,572)</u>	<u>66,112</u>

Each of the restricted funds is made up of a mixture of grant funding for specific projects as outlined below by the name given to each individual fund:

- Office Cabin - grant for site enhancement.
- Volunteer Hub - grant for volunteer support.
- Bee Keeping - grant for site enhancement.
- Reserves - grant for reserves.
- Memory Pathways - grant for Older Weekly Participants.
- Secure Storage Units - grant for site enhancement.
- Sensory Garden & Pond - grant for site enhancement,
- Shady Shelter - grant for site enhancement.
- Potting Shed & Office Extension - grant for site enhancement.
- Alpine Bed - grant for site enhancement.
- Black Poplar Conservation - grant for increasing stock.
- Welcome Area - grant for site enhancement.
- Sound and Light Area - grant for site enhancement.
- Young People (16-24) - grant for short programmes for young people.
- Rill (Sensory Garden) - grant for site enhancement.
- Core (Volunteer Admin) - grant for volunteer support.

Lindengate

Notes to the Financial Statements - continued for the Year Ended 31 December 2020

9. MOVEMENT IN FUNDS - continued

ADS & Complex Needs - grant for weekly programme for complex needs.
Act Foundation - grant for site enhancement.
Wildflower Development - grant for site enhancement.
Kitchen Garden - grant for site enhancement.
Butterfly Conservation - grant for site enhancement.
Giants Armchair Terrace - grant for site enhancement.
Companion Seating - grant for site enhancement.
Woodworking Facility - grant for building woodworking cabin.
Complex Needs - grant for complex needs programmes.
Vulnerable Women - Tampon Tax Heart of Bucks grant.
Tools & Equipment - grant for purchase of tools and equipment.
Groundworks - grant for site enhancement.
You've LGF - grant for short programmes for young people.
Polytunnel Conservation - grant for polytunnel expenditure.
IT/ CRM - grant for IT equipment purchase.
New Office Block - grant for site enhancement.
Nature Connection - grant for short programme Nature Connection for all ages.
Outdoor Furniture - grant for site enhancement.
iPads - T equipment purchase.
Memory Garden - grant for site enhancement.
Rest & Reflect - grant for people requiring rest and reflection.
Through the Gate - grant for short programme for apprentice volunteers.
Support the Supporter - grant for short programme for carers
Digger - grant for purchase of tools and equipment.

10. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2020 (2019: £NIL).

Lindengate

**Detailed Statement of Financial Activities
for the Year Ended 31 December 2020**

	31.12.20	31.12.19
	£	£
INCOME AND ENDOWMENTS		
Donations and legacies		
Gifts	11,571	8,980
Donations	110,372	55,233
Grants	<u>186,224</u>	<u>272,263</u>
	308,167	336,476
Charitable activities		
Fees from gardeners	119,632	111,859
Other income		
Coronavirus Job Retention Scheme	39,756	-
Commercial fundraising income	<u>150</u>	<u>17,349</u>
	<u>39,906</u>	<u>17,349</u>
Total incoming resources	467,705	465,684
EXPENDITURE		
Raising donations and legacies		
Social security	2,214	2,990
Pensions	5,219	1,408
Fundraising event costs	3,311	7,086
Promotional costs	<u>13,181</u>	<u>5,790</u>
	23,925	17,274
Charitable activities		
Wages	297,043	287,455
Hire of plant and machinery	1,423	-
Other operating leases	2,000	2,000
Rates and water	1,570	6,610
Gardener costs	10,310	5,705
Volunteer costs	3,361	6,258
Site development	2,107	2,785
Site maintenance and consumables	<u>8,183</u>	<u>30,775</u>
	325,997	341,588
Support costs		
Management		
Insurance	3,498	2,694
Other costs	1,394	723
Carried forward	4,892	3,417

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Lindengate

Detailed Statement of Financial Activities for the Year Ended 31 December 2020

	31.12.20	31.12.19
	£	£
Management		
Brought forward	4,892	3,417
Training	9,649	3,374
Office costs	12,522	8,054
Plant and machinery	<u>10,428</u>	<u>9,479</u>
	37,491	24,324
Governance costs		
Auditors' remuneration	1,496	1,425
Accountancy and legal fees	20,671	13,591
Professional fees	<u>-</u>	<u>1,370</u>
	<u>22,167</u>	<u>16,386</u>
Total resources expended	<u>409,580</u>	<u>399,572</u>
Net income	<u><u>58,125</u></u>	<u><u>66,112</u></u>

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