

Lindengate
Annual report 2021



Registered Charity Number: 1153868

The year in summary from the Chairman



2021 has been another year of challenge, growth and resetting for Lindengate. This has prompted a revision of our Vision, Mission and Values which have been embraced across the charity and are aligned to Lindengate's ethos and repositioning in the Nature based health and wellbeing sector. Covid-19 continued to have a significant impact and we are again extremely grateful to our many stakeholders for their understanding and support, our funders for their willingness to maintain funding while adapting to new needs, and our many volunteers for their continued commitment. All have made a huge difference to our ability to survive and grow through the challenges that the impact of covid presented.

Lindengate has responded to significant local need and alarming increases in poor mental health with a consequential increase in the numbers of people we have been supporting to nearly 2000. The consolidation of new programmes developed through covid has led to many new partnerships including local secondary schools, businesses, Clinical Commissioning Groups and statutory provision. Most notable has been the development of our award winning 'Nature Connection' green social prescribing model with Bucks NHS Trust Wellbeing and Workforce team. Of the 380+ NHS staff attending the programme during the year, 95% agreed that they had experienced improved wellbeing from the session. At the 2 week post session check in 65% said they had made shifts in their lifestyle which were having a long-term positive effect.

Lindengate's staff and volunteers have worked tirelessly throughout the year and we now have growing numbers of volunteers in the under 18 and 18 – 24 age groups, which is a noticeable change from before covid and we see this as a major asset for our future.

I am pleased to report that Lindengate has been the recipient of three prestigious awards during 2022. Lindengate was awarded the coveted Green Flag Award recognising the hard work and dedication of the team that make Lindengate's green space a great place. A place giving our community a safe place to relax, to heal, to discover, learn and reflect.

Lindengate has been awarded Gold status by the CSR-Accreditation. This is visible testimony of Lindengate's excellence in Social Responsibility integrating environment, workplace, community and

philanthropy.

In June of this year, in Her Majesty's Platinum Jubilee year, Lindengate was awarded The Queen's Award for Voluntary Service (QAVS) 2022. Equivalent to an MBE, QAVS are the highest awards given to local voluntary groups and they are awarded for life. Truly a remarkable achievement recognising the massive commitment of the team at Lindengate and its supporters and we were honoured that our patron The Countess Howe was able to make the award to our team in person.

The overall team effort has been enormous and is indicative of the Lindengate ethos. All in all, it's been an astounding year and everyone involved deserves to be proud of what has been achieved

A handwritten signature in black ink, appearing to read 'Paul Miles', with a stylized, cursive script.

Paul Miles
Chair of Trustees

A new Patron for Lindengate



We are excited to announce that The Countess Howe, Her Majesty's Lord-Lieutenant of Buckinghamshire has become a Patron for Lindengate. Lady Howe was brought up in Buckinghamshire and, after a move away for university and early teaching career, returned with her husband, by then Earl Howe, to run the family estate in Penn and bring up a family

of four children. The Lord-Lieutenant was appointed by Her Majesty The Queen to be her personal representative in the County.

The Lieutenancy is the focal point for encouraging a sense of community in the county, promoting voluntary activity for the benefit of all and will have a significant impact on the community by recognising, commending, connecting, communicating and thanking all who contribute to the wellbeing of the community. Taking up the post as a Patron for Lindengate from June 2021, Lady Howe will support Lindengate's vision to provide better health and wellbeing for all through nature. Lady Howe said,

“The issue of Mental Health has been one of the serious consequences of the pandemic. Cases are rising and are likely to continue to do so as the full impact of Coronavirus is felt over the coming years. Charities such as Lindengate will play an even more important role in the recovery of those affected. I feel honoured to have been invited to join Lindengate as a Patron and will hope to assist them in their work supporting those who need their help most.”

Paul Miles, Chair of Trustees for Lindengate said:

“We are thrilled to welcome Lady Howe as one of our Patrons and look forward to working together to ensure Lindengate's future within Buckinghamshire”.



The year in focus

2021 has been a year of rebuilding services and reassessing participants, as well as forging ahead with new programmes emerging as a result of the pandemic, such as Nature Connection for NHS workers. Our Rest and Reflect programme has continued to prove popular, with local people enjoying the opportunity to visit Lindengate.

In addition to our weekly services provided for those experiencing poor wellbeing, many participants have attended one off therapeutic sessions and/or bespoke courses. Our volunteers have been drawn to Lindengate by the rich opportunities to engage with nature and the social connections that our community provides, while members of the public have welcomed the regular opportunities to visit at weekly Rest and Reflect sessions.

Shorter, more targeted programmes have become integral to Lindengate's offering, with a range of options from bite-sized half-day sessions for stressed out people of working age to a 12-week kitchen garden course for young carers.

For the first time in Lindengate's history, regular volunteers have consistently numbered over 200 during the year. Volunteers regularly attend Lindengate's stunning 5-acre gardens, helping to improve the environment through gardening and conservation work or supporting people who need extra help to engage with our programmes. Equally important for our volunteers is the sense of community and strong network they enjoy, telling us that Lindengate helps to reduce their own isolation and loneliness and support their wellbeing. Their role has also grown over the reporting year, with the pathway from participant to volunteer and / or peer supporter and, in some cases, on to staff member being promoted and embraced more widely.

We have run specific sessions for teenagers and 18-24-year-olds, with a strong focus on learning new skills, developing resilience and giving them the opportunity to impact positively on their natural environment at Lindengate and beyond. Women only sessions targeting those from BAME communities and victims of domestic abuse, a programme to support young carers and their parents, and weekly sessions to support people



The Women's Wellbeing Group

coping with dementia and their carer's, are also part of our programme mix. We are proud of our fully integrated, all age greencare provision.



Programmes for young people

and also our more recently reopened Memory Pathways service for people with memory loss and mild to moderate dementia, and their carer.

[A snapshot of our participants pre-pandemic and October 2021](#)

A significant indicator of Lindengate's popularity is the number of beneficiaries we are able to support. Numbers, which were under 200 p/a in 2019, increased to c.1250 in 2020, and nearly 2,000 in 2021, with marked changes in the demographic to include far more under 30s.

Our programmes for young people reach out to include those furthest from the job market through our connections with Mental Health Services Teams (MHSTs), Children, Adolescence Mental Health Service, Bucks Mind, local schools and youth groups. These accessible opportunities enable young people to get involved midweek and at weekends, with pathways for 18-24 year olds to train as peer supporters.

Grant funding has supported Lindengate's work with participants of all ages with low to moderate mental health needs, volunteers

See also <https://www.lindengate.org.uk/lindengate-videos> for further examples of how Lindengate has supported people and developed over the year.

Programmes where participants' wellbeing is directly supported by volunteers		2020 (nos attending)	2021 (nos attending)
Wellbeing pathways	Weekly small group sessions for people with low to moderate mental health needs	34	40
Thyme	Lindengate's programme for people with complex needs was only open for the first two months of 2020 and then re-opened in July 2021. This programme has been closed down and participants were directed to other support services.	10	10
Memory pathways	Monthly sessions for people living with memory loss, confusion and mild to moderate dementia and their carer (Reopened Aug 21)	14	22

Programmes where participants' wellbeing is directly supported by volunteers (cont)		2020 (nos attending)	2021 (nos attending)
Rest and Reflect	(launched May 2020): Lindengate opens for free "drop ins" giving time and space to "be" in a calm, safe environment, in beautiful natural surroundings	1140	1322
Nature Connection	(launched Sept 2020): Supporting groups to work with their teams to build resilience and improve mental health and wellbeing	34	279
Planted	Supporting young people aged 13-15 in personal growth and resilience	14	15
Woman's Wellbeing Group	Supporting women from the BAME community, offering a safe environment to build resilience and improve wellbeing	0	24
Team Building Sessions	(Launched Sept 2020): Offering work teams the opportunity to use the site to hold their own team wellbeing meetings	0	175
You've	For young people aged 16-18 using bushcraft, conservation and mindfulness to learn job skills and develop soft skills, to increase employment opportunities	0	5

Kitchen Gardening	A short course for young carers and their parent(s), designed to encourage skill development, healthier eating and a chance for the young person and parent(s) to bond in a calm, therapeutic setting	0	8
Green Volunteens	Weekend sessions for U18's supported by experienced volunteers, offering nature-based activities, focusing on conservation, bush crafts and heritage skills. Young people are given the chance to learn new skills, meet new friends, support the environment and benefit from their time connected with nature.	0	24
Totals	All programmes	1,246	1,924

Supporting Young People

Young people did not fare well during 2021, with large numbers reporting challenges with isolation, loneliness, depression and anxiety. It has been challenging to reach them through usual channels due to school closures, but we have persevered and managed to get some of our #YOUVE and Planted programmes back up and running.



Young carers enjoying the kitchen gardening programme

One of Lindengate's biggest growth areas in 2021 has been our programmes for young people. Here we focus on one of our most successful new initiatives to arise from the pandemic, Green Volunteers.

Spotlight on our Green Volunteers!

Additionally, the new Green Volunteers group has now been running at Lindengate since October 2021, with sessions every Saturday from 10.00am – 1.00pm for young people under 18 years, supported by experienced adult peer mentors/volunteers, focusing on conservation, bushcrafts and heritage skills. Every session ends with a firepit and time to sit and chat, fostering a strong sense of community belonging and support. Demand is growing and we hope to be able to fund additional groups over the next three years.

Liz Biggs, Public Health Principal, Buckinghamshire Council:

"Public Health are in full support and welcome the focus on preventative activities which target children and young people."

Just some of the activities the group have undertaken include:

Dead hedging (Feb 2021) along the back of the nature reserve

The idea behind dead hedging is to provide a natural barrier of otherwise discarded twigs, branches and foliage that when piled up together eventually rots down to provide a support structure for the ecosystems living in it. This in turn gives shelter to a wide range of wildlife, especially small mammals and birds as it offers them somewhere to shelter and protects them from predators. This particular activity is a good way of introducing the young people to think about support and what sort of support they may have around them. It gets them thinking about systems and structure and the benefits they offer to the environment around it. It's very much a physical activity that involves a lot of teamwork and communication with one another.



Lining the pond to the side of the heritage orchard (March 2021)



This was a very muddy and provided a lot of laughs. The young people's job was to seal in, using clay, an area previously dug out to form a pond. To do this they had to work out the best way to firstly transport the clay from one end of the site to the other, and then how to go about filling in the pond. Working together as two small teams, one

group fetched the clay whilst the others discovered the art of throwing the clay at the bank and noticing how it stuck to the sides, adding more and more until a seal was formed all round. This task was a particularly good one to do as for some, school and home had become a little frustrating due to lockdown and this provided a release of tension that was evidently welcome.

Building a 'fedge' along the side of the new heritage orchard (March 2021)

The group were given the amazing opportunity to help build a 'fedge' alongside the heritage orchard. Under the guidance of our two willow experts Anita and Jools, the group were shown how to build the structure out of willow lengths ensuring that they were placed in such a way that the willow would begin to grow and shoot, thus providing a 'living hedge'.



Giving the young people opportunities such as this has enabled them to focus on something other than schoolwork or homelife. Experiencing life during lockdown has for most been a difficult time and coming to Lindengate, learning new crafts and skills has been of great benefit to them. The change during this task was palpable, a definite sense of achievement and pride at what they had created.

Designing and creating a vegetable patch in the yin/yang garden (April 2021)

With the weather improving as we moved into Spring, the group wanted to create their own vegetable patch within the yin/yang garden. So, they set about deciding how they wanted it to look and dug out the space towards the back of the firepit area. Perseverance and determination were needed as the ground was



extremely hard, but again teamwork paid off and the group were able to successfully dig out a suitable patch, learning about the importance of the type of soil needed for the plants they wanted to grow, and removing all stones and raking the soil to provide a fine layer in which to sow their seeds.



Planting seeds and pricking out for their vegetable patch (April 2021)

Constructing a vegetable cage to protect the plants (April '21)



Whilst on site, Volunteers are joined by the maintenance team and wider horticultural volunteer team, and as such were able to request help to make a cage to go over their vegetable patch. Debbie, a Volunteer from the maintenance team took a small group and showed them how to use the tools and guided them as to how to put the structure together. This was undoubtedly a good experience for the group, who were all young women, to learn from another female in what is normally regarded as male dominated work.

After each morning's activities, the group came together around the firepit and took it in turns to cook up burgers and sausages for everyone. Again, an important aspect of the session gave the young people a chance to bond and care for one another, having time to sit and chat and reflect on their day. A much-needed time to relax.



Firepit cooking

Future Benefits

Despite being quiet and withdrawn when they first started to attend, with some having written on their application form that they experienced social anxiety, over time and interacting with different members of the group Volunteers have slowly begun to grow in confidence. Although still quite quiet, one Volunteer has since been able to apply for and secure a Saturday job in a local hardware superstore. This person's commitment to Lindengate continues as they now choose to come to Green Volunteers before going onto their job.

In light of the Covid restrictions, Lindengate is delighted to have been able to provide young people the opportunity to volunteer. Together with learning new skills, they have also learned the importance of teamwork and communication, working alongside people of different ages, making the skills immediately transferable to any future employment or volunteering opportunities.

Feedback from the group has been very positive as these quotes suggest:

'I have bad mental health so being outside doing something meaningful helps a lot'
'Break from schoolwork, just forgetting about it whilst here. Getting my hands dirty'
'Meeting amazing really nice people'
'Get to socialise more'
'It's helped my mental health in lockdown as I enjoy spending time outside'
'Get to socialise and be outdoors, feeling part of a community'

Green Ambassadors – spotlight on Arianna!

TACKLE CLIMATE CHANGE LOCALLY

As part of
THE GREAT BIG GREEN WEEK

Come along to Lindengate and channel your passion with like-minded individuals. Now more than ever, voices and action are needed for climate change.

THE NATURE ALLIANCE

THE GREAT BIG GREEN WEEK

Contact: info@thenaturealliance.org.uk
www.naturealliance.org.uk
www.greatbiggreenweek.com

Date: 18th September
Time: 2-4pm
Entry: Free (Bring a picnic!)
Address: Lindengate Charity, Aylesbury Rd, Wendover HP22 6BD

CLIMATE CRISIS EVENT

What's on:

- Nature based activities
- Free, good quality clothing exchange
- Placard making
- Photobooth
- Guided walks around our 5 acre garden & wildlife haven

Arianna came to Lindengate, originally as a volunteer, before being employed as a Community Engagement Assistant, looking at how Lindengate could engage with Young People across our Community. Arianna led activities at Lindengate's 2021 Climate Crisis Event, as part of the Great Big Green Week, liaising with Climate Action Wendover. The event was held at Lindengate with a free clothing exchange, placard making and learning about the environment with nature-based activities such as willow weaving. Arianna designed an eye-catching poster and helped promote the event on social media.

Arianna was also involved in Lindengate's Multi-Cultural Festivities, celebrating our diverse community,

bringing them together over food, music and sharing cultures.

Arianna has a passion for climate change and rose to the challenge of meeting people from a variety of backgrounds to apply experience that she learnt to her role. Over a period of

nine months, Arianna's confidence grew and she became a valued member of the Lindengate team.

Arianna took on any challenge that she was presented, including becoming a Youth Ambassador to the Nature Alliance, a partnership made up of 5 local organisations, created to promote nature-based opportunities for Young People.

Starting off as a volunteer, she found that as well as helping others, being at Lindengate on a regular basis greatly benefitted her wellbeing. In addition, Arianna was involved with supporting Lindengate at events, including a Mikron theatre production, drinks receptions and Lindengate's Volunteer Summer BBQ.

Arianna took part in a pilot programme for Lindengate's Peer Support programme, which pairs apprentice volunteers with experienced volunteers



Arianna and Eddie

and encourages inter-generational exchanges. Arianna was paired with our oldest volunteer, Eddie, who at the age of 94, has a wealth of knowledge and experience that Arianna enjoyed learning about, which included gardening, horticulture and basic woodwork, and assisting with building bird boxes and bat boxes.

Lindengate was visited by our local MP, Rob Butler during the Summer and Arianna was delighted to have the opportunity to meet with him to discuss opportunities for Young People in the Community and to talk about her own experiences at Lindengate.

Arianna also supported some of Lindengate's regular programmes, including, our programmes for people with low to moderate mental health needs and our free, drop-in Rest & Reflect sessions, open to all, providing support and answering queries from the general public.

Arianna represented Lindengate on BBC Three Counties radio, to talk about the importance of the mental wellbeing of Young People.

Giving young people a voice and a say in the programmes run by Lindengate remains an important priority for us in future years.

#YOUVE

In 2021, Lindengate created a new partnership with Buckinghamshire Mental Health Support Team (MHST) and piloted #YOUVE, a 6-week nature-based programme starting 11th June 2021 in collaboration with The Grange School, Aylesbury. Five young people formed part of the pilot cohort.

Dr Laura Tozer, Clinical Psychologist, Bucks Mental Health Services Team (MHST), endorsed Lindengate's work:

"In the MHST we are delivering non-standard mental health support to young people and have linked in with ... Lindengate to expand on provision for young people."



The aim of our #YOUVE courses is to support individuals with behaviours that challenge, and who present with a higher risk of disengaging from education. We aim to increase their attention and help them to learn positive communication and interactions through nature-based activities. Lindengate uses the 5 ways to wellbeing to engage people with the natural environment and help them evaluate personal wellbeing goals.

Five young people from The Grange School in Aylesbury attended this course in June 2021. All found the #YOUVE programme beneficial.

Student quotes:

'I would like to stay here longer'

'It was good teamwork'

'Yes, I would be a good leader'

'Yeah, it's good'

Planted

Planted is a 6-week Course for young people (13-15yrs) who are facing wellbeing challenges. Planted is a collaboration between Lindengate, BM Associates and The John Colet School. Planted aims to improve young people's wellbeing through nature connection and creativity. Wider benefits include gaining a sense of achievement, purpose and resilience, thus providing a personal and practical tool kit to apply everyday situations. In a world where their ground has shifted and they feel unsteady, this is a place to feel supported and 'be'. To stand firm and be 'planted' in activities that will help them to survive and grow.

The group, consisting of three girls and one boy from year 9, who had experienced a very unsettled year due to Covid 19, having to navigate lockdown and home-schooling. The students had been referred for a variety of reasons and these were indicated on their forms as anxiety, bullying, low self-esteem, loneliness, grief and loss. The planted course worked with the group to build confidence, self-worth and to gain a sense of purpose. We worked on resilience and the importance of building in a time for rest and reflection. All activities are undertaken in a natural outdoor environment, allowing the group to connect and be with nature and to build on the areas above.

Some quotes were as follows:

They would remember:

“the peacefulness and the animals”

“that I can be me and I need to be careful of my surroundings

Others had learned to:

“think things through and take time to reflect”

“look at the bigger picture”

“take time for myself”

People with Dementia and Memory Loss



At the other end of the age spectrum, Lindengate’s Memory Pathways service reopened in August 2021, benefiting our most frail participants suffering with memory loss and dementia, and their carer’s. Between August when we reopened and November 22 people attended on multiple occasions.

Seven of our participants and eight carers returned questionnaires telling us how they benefited from coming to

Lindengate. Their feedback has been very positive and we are delighted to be helping local people to improve their wellbeing and engage in stimulating activities including gardening, walking around the gardens, singing, making collages and painting and sharing memories. 100% of those responding told us it helped them to connect with other people and feel less isolated.



Memory Pathways activity

Weekly Programmes

Wellbeing Pathways and Thyme

While developing new programmes and widening Lindengate’s reach has been a vital part of our reopening and responding to changing local needs, our weekly programmes supporting

those with a range of longer-term mental health needs have continued to prove popular. Twelve participants responded to a recent questionnaire about the benefits they gained from our weekly programmes. Ninety-one percent agreed that Lindengate helped them to improve their wellbeing, through channels such as connecting with others (83%), feeling less isolated (91%), noticing the natural world (75%), learning new things (75%) and being more active (58%).

These are some of the things our participants have said they enjoy about coming to Lindengate:

'Think after the nationwide Lockdown I have needed to return to Lindengate to improve my mental health and wellbeing. Also, to ensure I have routine and structure to my life, and to improve my employability skills as well.'

'I do enjoy coming to Lindengate and it is good to feel part of a group. I like spending time out in the fresh air and feeling connected to the earth! I also enjoy meeting up with people! I would appreciate having more independence in spite of my mental health difficulties'

'Enjoy being here and feel good afterwards. Like learning new things – skills and plant knowledge. Cared about nature and the environment before in any case'

'Lindengate has been amazing for me as I don't get out much. It has been a lifeline for me and connection to the outside world. Thanks!'

"Doing the gardening at Lindengate keeps me fit and more closely connected to nature. The social interaction is fun as well."

"I really enjoy my time both in the garden and doing craft. And everybody is very friendly and very supportive."

"I wish to say how pleased I was today, I felt like life had suddenly opened up for me with a renewed strength and purpose...it was very uplifting for my wellbeing and happiness seeing the beautiful gardens and smelling the roses...certainly this time with you has been good for me and I look forward to next month"

"I forgot about my troubles all morning. I really enjoyed myself"

"We come here glum, and we go home happy"

"I am happy to be here and always find it relaxes me"

"This place is a sanctuary, and will really help me get better"

Partnerships

2021 has been a year of building partnerships, with accolades for Lindengate's work coming from many different quarters.

The Nature Alliance

As the lead charity, we successfully secured funding from The Rothschild Foundation to establish and launch a new Nature Alliance to better serve the interests of young people in connecting to and engaging with our natural environment across the whole of Buckinghamshire. The steering group meets monthly and is chaired by Charlie Powell, General Manager of Lindengate, and partners include:

- Chiltern Rangers
- The Chiltern Society
- Berkshire, Buckinghamshire, Oxfordshire Wildlife Trust
- Road Farm Countryways
- The Rothschild Foundation
- Buckinghamshire Clinical Commissioning Group.



Achievements over the year include:

Wellbeing, it's in our nature

- Setting up a steering group, establishing a website, and creating a new brand
- Recruiting a young person's ambassador onto the steering group to represent the interests of young people
- Launching a website to give a single point of access for available activities from each partner
- With the support of Angela Jessop, Transformation Manager and Lead for Social Prescribing, starting the process of marketing the aims and objectives of the Alliance to the Social Prescribing network
- Recruiting a Nature Alliance Project Manager
- Recruiting a Volunteer Strategic Development expert to streamline business processes around an accessible and easy single point of access to the nature, health and wellbeing provision for young people across Bucks.

All partners have also fulfilled a mixture of programmes and activities for young people in line with funder's expectations.

Partnering with The Clare Foundation to support Young People

Lindengate was delighted to team up with The Clare Foundation to offer free places for four of our young volunteers the opportunity to attend a Tall Ships experience, alongside our

Programme Session and Administration Assistant, Dan. The Tall Ships experience is designed to give participants the opportunity 'to embark on a sail training adventure to broaden horizons and make new friends'.



Dan explained how the experience helped the young people to build self-esteem and new skills, while also helping them to develop the ability to manage personal and social relationships, improve their time management and become more empathetic.

The week we spent with tall ships surpassed all of my expectations. It was truly amazing to see the development of all the young people involved, from not knowing each other on the first day, to being the best of friends by the last. They have all gained invaluable transferable life skills, with teamwork, communication, problem solving and leadership being at the forefront. They also went through great personal development, each clearly gaining confidence within their ability as well as within themselves. There is so much more to sailing a boat for a week than the sailing – cooking, cleaning and living all together in such a small space are all massive parts of the experience. This has greatly helped them develop their ability to manage personal and social relationships, something that is instrumental in life.

Dan, Programme Session and Administration Assistant

A special mention is also due to The Clare Foundation for their generous support of the new Lindengate Nature Reserve, where we are planning to open an educational building, putting young people at the forefront of what we do.

Employees

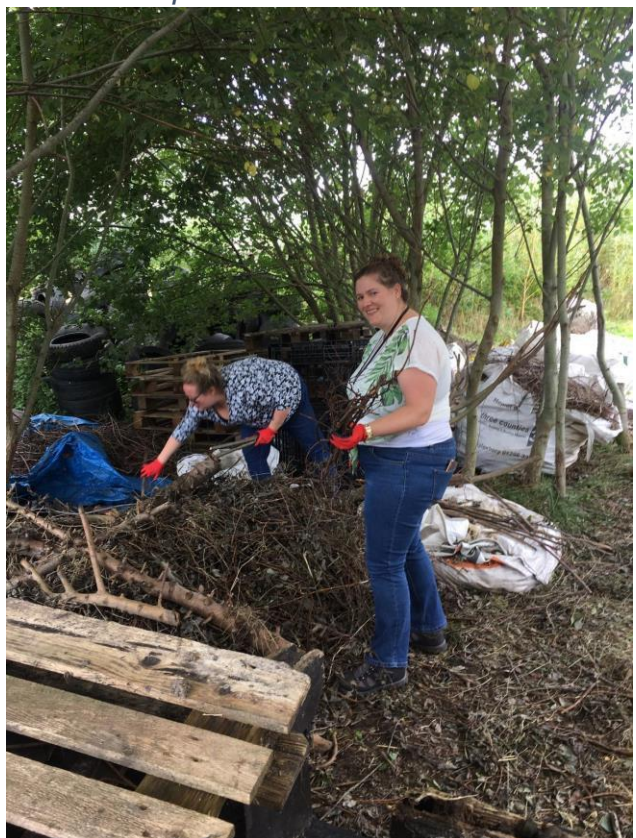
Employees have been universally hard hit by the pandemic, and while many have experienced 'furlough' and uncertainty, others have faced unprecedented stress and a hugely pressurised workload. Lindengate has tried to respond to these changing needs by developing a programme for employees and increasing its volunteering opportunities to support those who have been temporarily out of work.

A focus on our NHS

Lindengate has, over the past year, developed a new partnership with the Buckinghamshire Healthcare NHS Trust. We have been delighted to be able to give something back to the people who have been at the coalface of care during the pandemic.



Re-connecting with Nature after the pressures of the pandemic in the NHS



A recent parliamentary report into **Workforce burnout and resilience in the NHS and social care** (UK Parliament, 2021) found that the pandemic had worsened the mental wellbeing of NHS staff, with 92% of trusts expressing concerns relating to 'staff wellbeing, stress and burnout following the pandemic' (NHS Providers, 2020). In response to such needs, Buckinghamshire Healthcare NHS Trust has commissioned Lindengate, to run nature-based wellbeing sessions aiming to give staff a practical 'toolkit' to support their mental health in the workplace and beyond.

Nature Connection is a 3-hour session, designed to give participants strategies to help them improve their wellbeing. Nature Connection uses the Five Ways to Wellbeing (Connect; Be Active; Take Notice; Keep Learning; Give) to help workers manage the stresses of their daily working life. The sessions use seasonal gardening, natural craft making and foraging for food to raise awareness of the natural world, equipping participants with greater resilience and a practical toolkit to help them thrive when they return to their daily lives. For some, a single session is just the injection of nature connection needed to provide them with a much-needed boost to regain meaning in life and prevent the onset of poor mental health. For others, a longer-term solution is required.

Karon Hart, Deputy Director of Work and Wellbeing, Buckinghamshire Healthcare NHS Trust states:

"After a difficult year and continued pressures on the Trust, Lindengate is playing a vital role in supporting the wellbeing of our colleagues. The Nature Connection sessions are really helping our colleagues to rest and recover. Through understanding the simple but powerful "5 Ways to Wellbeing" model that is easy to remember and relate to, the sessions not only support recovery but also help to protect wellbeing in the longer term".

A post-intervention questionnaire was completed by 35 of the 313 NHS staff who have so far attended our programme. Of these, 92% confirmed that it had made a positive impact on them, with 85% giving Lindengate a high rating. Additional feedback from NHS staff attending Nature Connection sessions includes:

"Has made me think that taking time out and having time to myself is valuable and also that just being outside in nature is good for my wellbeing."

"Concentrate more on my own wellbeing and not get so frustrated at things I can't change or have control over."

"Forced me to take time to consider the important things and place value upon them".

"Time to reflect and learn how the Five ways to wellbeing can be really helpful and mind-settling"

"Connected with Team, I appreciated details of nature more. Time to relax and time out doing something different".

"A big difference! A reminder to get into nature more and take mindful moments".

"Stop busy head for an afternoon of happiness".

"Great to connect with my team - feeling very relaxed and calm".

"It gave me 'time' and gentle prompts to notice things in the here and now".

When asked what participants intended to do differently after attending Nature Connection, respondents made the following comments:

"To make use of the 5 ways to wellbeing module to better care for my own wellbeing"

"Use the resource [Lindengate] in own time. Take time to de-stress"

"Be more mindful. Take time to use the five ways of wellbeing. Take time out to relax and do enjoyable activities outside of work and home"

"Take more time to enjoy and take in my surroundings when I am outside, either walking my dog or gardening at my allotment. Has made me think that taking time out and having time to myself is valuable and also that just being outside in nature is good for my wellbeing. I have some ideas such as making a wildlife pond at my allotment and spending more time there as I always feel so much better when I do."

"Concentrate more on my own wellbeing and not get so frustrated at things I can't change or have control over."

"Get outside more in nature. Catch up with certain colleagues more often."

"I think it reinforced that I need to be more active on the days I work as I don't really take breaks or get up from my desk all day."

It is exciting to see some of the positive changes that participants are planning to make in their everyday life as a result of attending Nature Connection. As a result of this flagship new programme, Lindengate has been invited to work with the healthcare and public health partners across the Buckinghamshire, Oxfordshire and Berkshire West and Bedford, Luton and Milton Keynes Sustainable Transformation Partnerships to produce independent empirical research of national significance into its work supporting frontline NHS workers through our Nature Connection programme. This three-year research programme has potential to influence national policy on the roll out of nature-based wellbeing programmes to support employees working within the NHS and beyond.

Volunteers



Volunteers wreath making

We are delighted to have introduced a new Volunteers Advisory Group for 2022, inviting volunteers' voices to support the management of Lindengate. The first of three proposed annual meetings took place in January 2022, inviting suggestions and feedback that are put to Lindengate's management committee. Meetings will alternate with regular newsletters, ensuring that volunteers are kept well informed and involved in Lindengate's plans.

Many of our regular volunteers have told us how coming to Lindengate supports their wellbeing:

"I have enjoyed...seeing the landscape develop, giving me an insight into the many faceted aspects of running, growing and maintaining the charity to support many vulnerable people."

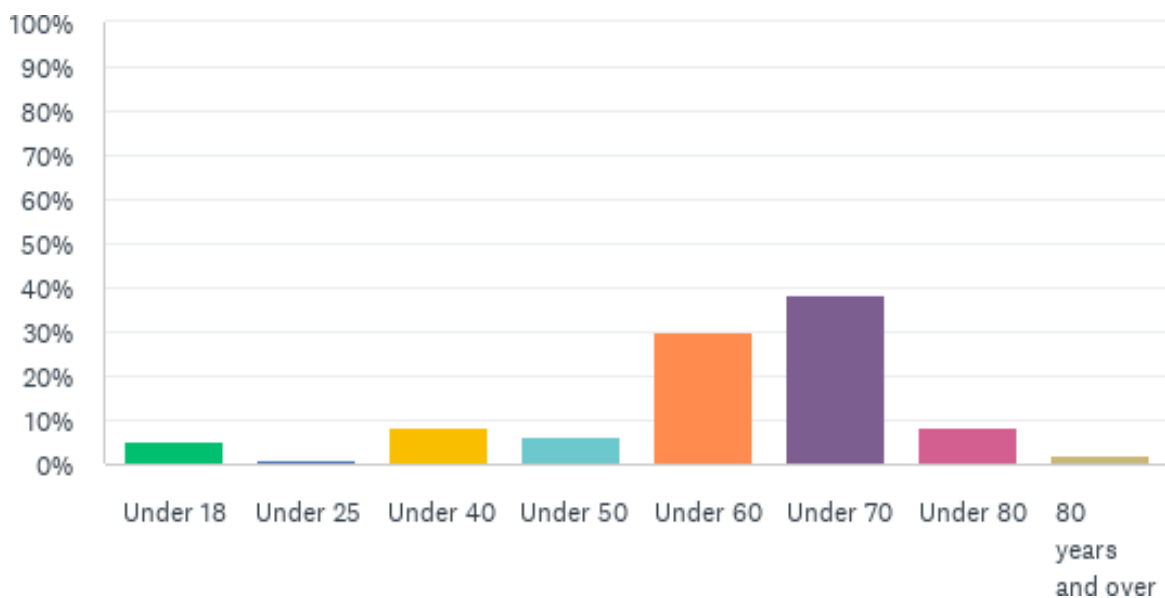
"I feel like I'm connecting with people who are very supportive and encouraging. My self-confidence is improving."

"It is a wonderful facility for all. Caring and nurturing. The staff are friendly, informed and respectful of the many different visitors who come through the gates."

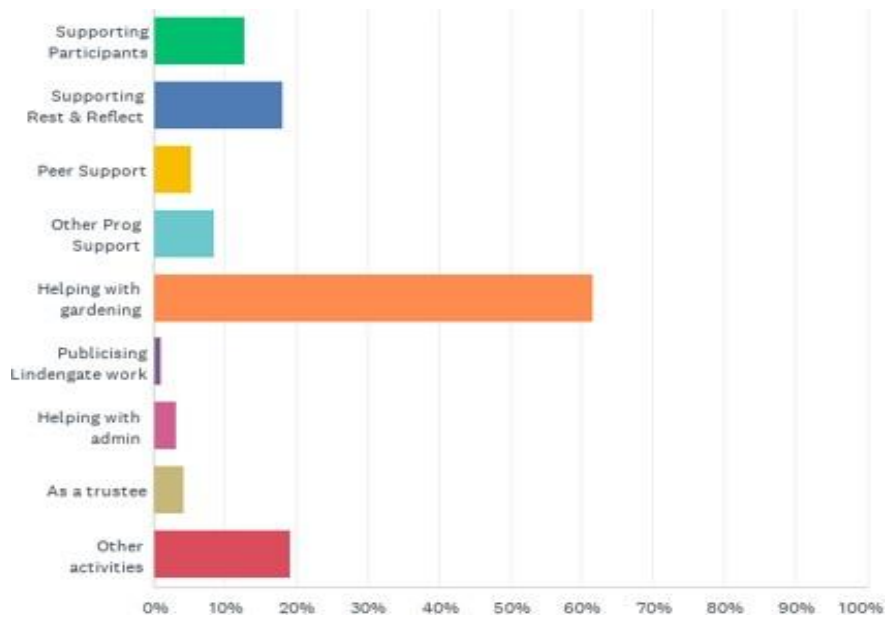
"Coming to Lindengate and spending time outdoors has been beneficial to my own mental health, particularly during the strict lockdown...."

Without vital core funding, Lindengate would not be able to exist.

Age profile of volunteers



Volunteer roles at Lindengate



Volunteer activities include:

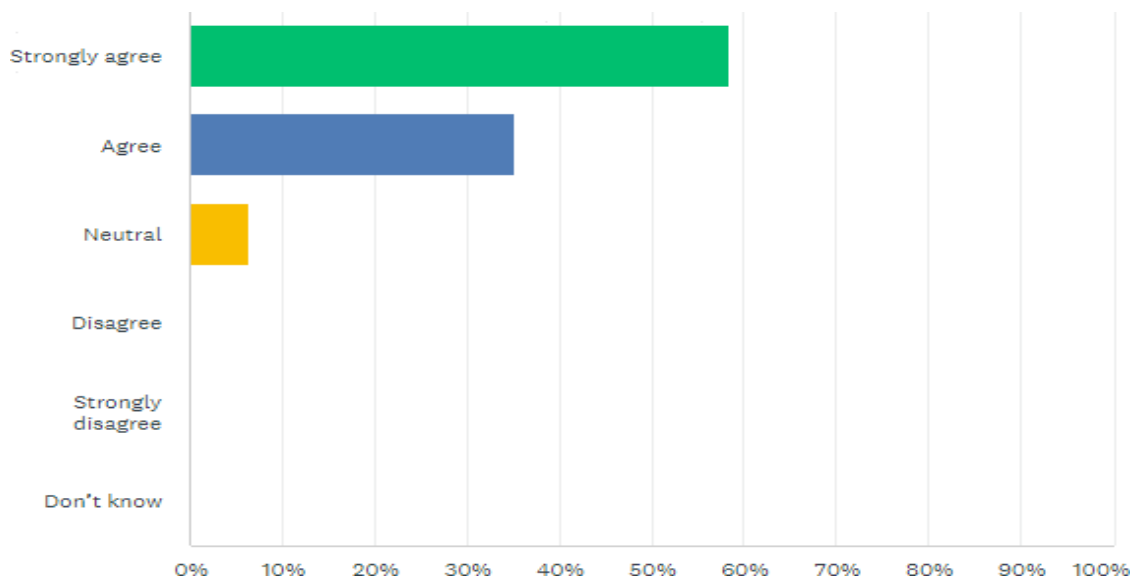
- Wreath making
- Flower arrangements
- Making jams/preserves/pickles
- Supporting Health & Safety initiatives and COSHH
- Helping with a Wildflower nursery
- Helping with events, fairs, and open gardens
- Beekeeping
- Wood Working
- Building maintenance and development
- Heritage crafts



Spotlight on the volunteer pathway

- During the year, five participants have gone on to become volunteers and then ultimately staff members.
- We have also had four people who started as Participants and are now volunteering with us. There are also two people who are on the Peer Support Programme who have indicated that they would like to volunteer with us on completion of their training.
- We have had 11 volunteers leave us due to the fact that they have moved away from the area, for example, they have started a full-time job or they have returned to university.

94 Volunteers responded to our questionnaire; when asked whether they had benefited from their experience at Lindengate, this is their response:



Some specific comments about what volunteers liked were:

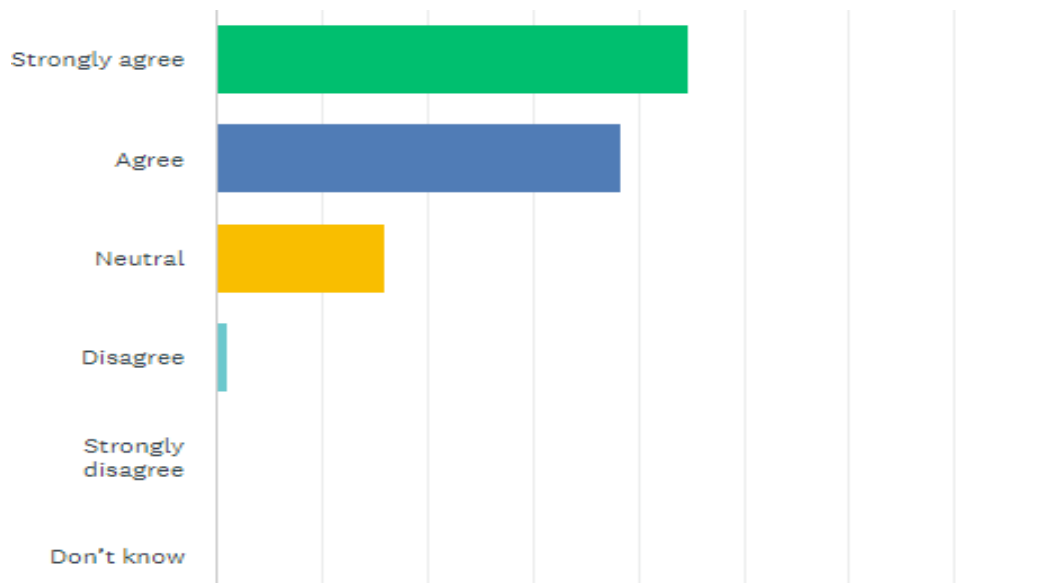
“Giving back to community, meeting new people, trying something new, feeling of belonging”

“Friendly, very inclusive community of people and have learnt a lot about gardening that I did not know before”

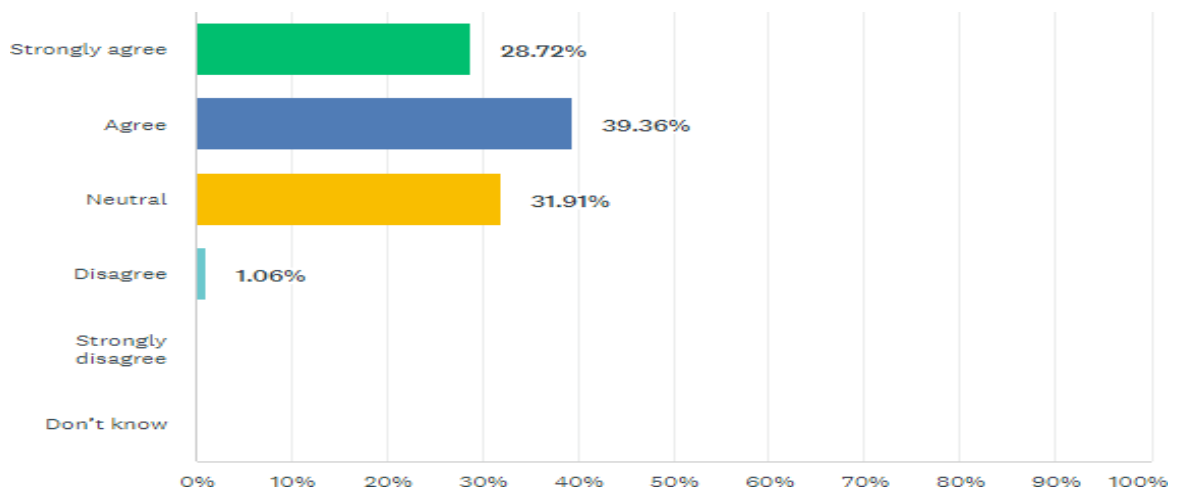
“New friendships, improved wellbeing, sense of community”

“Being outdoors and finding the gardening very therapeutic. Also, everyone is really friendly and caring. I always come back from volunteering more relaxed”

Most agreed that volunteering at Lindengate helped them improve their mental health:



Many thought that volunteering helped them manage the impact of the pandemic on their wellbeing:





Volunteer Thank You Event Lindengate, 2021

Engaging with the General Public

Spotlight on Rest and Reflect

Quotes show the difference Lindengate has made to people's lives:

“This is beautiful, if people come here and see this, they might tell others – knowing there is a listening ear may be beneficial to some”

“Please do not underestimate what you do here, it is clear you have spent a lot of time thinking things through. I feel very safe and supported”

“I feel really relaxed – It has done me a world of good just walking around and taking this in”

“The gardens a real treasure. The biggest heartfelt thanks to all your volunteers who are in the garden and have made the garden so beautiful-amazing!”

Lindengate is delighted that our 'drop in' sessions have attracted over 1300 visitors throughout the year. Not only has this really strengthened Lindengate's position in the local



community, local people have told us how much they have benefited too. From local artists to friends finding a place to picnic in a local beauty spot, enjoy an after-work walk or stock up on home produced chutney Lindengate has so much to offer the local community.



Working towards financial sustainability

Lindengate continues to work hard to increase its financial sustainability, ever seeking new sources of income. Our largest source of income remains grants and donations, but we are delighted that, over the past year, we have made good progress with attracting new income streams. Our partnership with Bucks NHS Healthcare Trust has brought in revenue that will, we hope, be repeated in future years. The success of this initiative has also led to a recommendation for Lindengate to work with Oxford Health NHS Foundation Trust that also looks set to bring in useful funds for us to deliver stress-reducing nature-based programmes to public sector workers.

However, although demand for our services has increased funding a post COVID increase in activities has been a significant challenge. As a result, Lindengate will in 2022 need to reduce our resources to match reduced income levels



Diversification of income streams – NHS

Following a very successful year working with the Buckinghamshire NHS Trust, Lindengate's programmes have been embedded into their wellbeing provision for staff, leading to a useful new income stream. From £6000 generated in 2020, 2021 saw this income stream increase substantially.

It is also gratifying to be helping people working at the coalface of our NHS – 313 in 2021. As a testament to the success of the work with Bucks NHS Trust, their Directors are supporting us in brokering the model for our services into their corresponding colleagues in Oxford NHS Trust. During 2021, we were also able to secure joint funding from the Community Mental Health Framework to support the police and SCAS (Paramedics) across the region. This involves a significant new partnership for joint delivery of a tailored programme to be held at Lindengate and delivered by Lindengate and Buckinghamshire Mind.

Trading

We have invested in our trading arm considerably, securing additional land from Dobbies to enable us to increase our stockholding of native plant species, upcycled and recycled wooden products for the garden, habitat boxes of all kinds, produce from our kitchen

gardens and our sustainable heritage crafts (e.g. willow weaving items) that we now know are going to be an important element of our supply chain moving forward. All of our products are crafted by our amazing volunteers and staff.

We have also invested in a professional salesperson to support the development of trading relationships with organisations that will provide us with a long-term sustainable pipeline. E.g., Wildlife Trusts, the Woodland Trust, Parish Councils and Schools, Environmental bodies (e.g., DEFRA), significant landowners wishing to re-wild, and developers.

Events

Ashridge golf day

We held our first Lindengate Golf Day on 27th August 2021, with 44 players enjoying the scenic course at Ashridge Golf Club in Hertfordshire. Various fundraising opportunities took place during the day, including a raffle and an auction, raising a splendid £6,913.

We are hugely grateful to all the businesses and individuals who sponsored the event and donated prizes so generously.



Lindengate in Lights

Building on the success of our 2020 show, Lindengate's 2021 winter light show raised a phenomenal £13,773 with over 1400 visitors coming to see our amazing spectacle.



Our wider reach

While Lindengate delivers its wellbeing services locally, our community-fueled conservation programmes have a national reach, supporting the reintroduction of endangered native species into biodiverse landscapes nationwide. Lindengate is home to the largest clone bank of Black Poplar trees in the UK and is renowned as the leading expert. We were



The Lord-Lieutenant of Greater London, Sir Kenneth Olisa, OBE, in uniform, with representatives from Lindengate (left), Deputy Lieutenants behind, and Mr Nick Biddle, Park Manager, Regents Park (right)

recently honoured by a request from the Greater London Lieutenancy to supply a Black Poplar and attend its ceremonial planting in Regent's Park in honour of the Queen's Platinum Jubilee.

Lindengate is working with the Environment Agency to supply 62 Black Poplars for the South Ferriby Flood Alleviation Scheme, North Lancashire. This tidal environment is adjacent to the Humber Estuary SSSI with its Daubenton bat maternity roost, and water voles. Four of Lindengate's Black Poplars are destined for a Coastal and Waterway Management development in Guildford, while Somerset Wildlife Trust is planting 15 of Lindengate's Black Poplars on their nature reserves and Carrington Estates Ltd, Bledlow, Buckinghamshire have planted six of Lindengate's Black Poplars to increase their stock of this endangered tree.

Over the past year, RSPB Otmoor: have also planted sufficient Devil's Bit Scabious grown by Lindengate to sustain the reintroduction of the Marsh Fritillary Butterfly on Otmoor Reserve in Oxfordshire and a private estate in Hungerford is planting 100 of Lindengate's Devil's Bit Scabious plants towards the same aim.

Lindengate has been featured on national and regional BBC programmes in connection with its conservation and therapeutic programmes, examples can be seen here:

<https://www.lindengate.org.uk/lindengate-videos/>

'Recently, Lindengate's Horticultural Manager was invited to become the Project Manager on Alan Titchmarsh's popular ITV gardening show, 'Love Your Garden' on the special called, '*Love Your Garden for Less*', enabling her to promote Lindengate's work in relation to the healing power of nature and conservation to a potential audience of c.3.5m. As part of this programme, when it's aired, Lindengate's contribution in supplying native plants (amongst other things Bird's-foot trefoil plug plants to create a natural looking wildlife pond in a domestic garden in Crondall, North East Hampshire in 2021) will be acknowledged and promoted via social media, helping to increase our sales of wild flowers and trees, and ultimately supporting our sustainability and enabling Lindengate to help more people with their wellbeing.



Lindengate receives an increasing number of requests for help from organisations wishing to follow our Therapeutic Conservation Model. These include Chalfont and Gerrards Cross Hospital; Bucks Healthcare NHS Trust's Wellbeing and Workforce Team's new premises; Waddesdon Manor and Watermead Crematorium, where the healing benefits of natural wild spaces and community ownership and action are well recognised.

Our Funders and supporters

We would not be operating in

such a challenging economic climate, were it not for the many organisations and individuals who support us through donations, raising funds on our behalf, or through awarding grant and trust funding. Gift in Kind also plays a big part in our ability to maximise on our funding achieved from developing income streams such as, events and sales of native trees and wildflowers.

2021 has been a year for taking breath and giving time for people to adjust and refined their balance. We have focused on:

- building on our achievements in 2020 to adjust to the new need because of covid
- consolidating the resetting of our offering to better support a higher number of more diverse beneficiaries
- continuing to improve on our operational processes and procedures to improve performance and efficiency
- Maximising on our opportunities to diversify and improve our income streams
- Future proofing the skills and knowledge of both the staff and volunteers

A big thank you to the many people who have supported us financially during 2021; we cannot mention everyone but please be assured that every contribution makes a huge difference. The following deserve a special mention.

Rothschild Foundation
The Clare Foundation
National Lottery Reaching
Communities
Buckinghamshire Council
Heart of Bucks
Dobbies Garden Centre
Wendover and Villages
Community Board
Community Prevention Board
Edward Gosling Foundation
Bucks Building Society
Aylesbury Town Council
Lionel Able Smith Trust
Turpin's Charity
Kophill Climb
Rectory Homes
R J Barnett Foundation
Roger Jefcoate
Peter Cullimore
Tesco Bags for help
Arnold Clark Community Fund
Nineveh Trust
Chapman Charitable Trust
Childwick Trust
Anson Trust
Bedfordshire and Luton Airport
D'Oyly Carte Charitable Trust
Mobbs Memorial Trust
St Judes Trust
Spurrell Charitable Trust
Masonic Charitable Trust
Neville Trust
Lord Carrington Charitable Trust
A H Lynall Foundation

Waitrose
No2 Pound Street
Turnacloud
Two Spoons
Rumseys
Patchsave
Strathspey & Reel Club
Beavers Wendover
Chiltern Forest GC
Davenies School
Aylesbury Wombles
Bartletts
Aylesbury Catholic Women
Ellesborough GC
Rotary Club Aylesbury

LINDENGATE

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31ST DECEMBER 2021

The trustees present their report with the financial statements of the charity for the year ended 31st December 2021. 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).

ACHIEVEMENT AND PERFORMANCE

Charitable activities

The charity provides a range of programmes for those with moderate mental health needs (including stress and anxiety) and those recovering from illness. The demand for charities programmes has increased following the COVID lockdown and we have seen nearly 2,000 people benefit from the charity's activities in 2021 - a significant increase over pre pandemic activity levels.

The Charity is heavily dependent upon its body of circa 200 volunteers to help maintain the gardens, support our programmes, fund raising activities and production of products sold for the benefit of the charity.

New programmes are only developed with the benefit of market research into needs and trials to assess the effectiveness of the programmes.

A review of the Charity's activities is set out in the main report with this Annual report

Fund raising review

We set out in 2021 to increase the level of financing from donations and legacies and strengthen our fundraising team. As a result, income from donations increased to £330k. In addition, our charitable activities with revenue rising to £581k.

Our other income declined as expected as the COVID furlough support scheme ended.

FINANCIAL REVIEW

Financial review

At the end of 2021 the charity's reserves were £173,010 (2020 £214,276).

When financing allows it was the policy of the Trustees to build up reserves and hold funds equivalent to three months of operating costs. However, increased uncertainty and volatility in income levels has resulted in the Trustees seeking to increase reserves from three to six months operating costs. It is clear that it will take several years, at least, to meet this objective. The level of reserves remained below the three month's level during 2022.

The Charity emerged from the COVID crisis with an increased level of services to meet the expected increase in demand for mental health support. Growth in demand is falling below our expectations for 2022 and as a result we are reducing resources.

Outlook and key risks

Whilst there is a growing need to provide support for those with mental or physical health issues it is now clear that funding for these needs is inadequate. The charity has increased resources to meet the expected demand but we have not been able to secure necessary funding. We are reducing and simplifying our activities to reduce costs to match lower levels of funding expected.

LINDENGATE

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31ST DECEMBER 2021

STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is controlled by its governing document, a deed of trust and constitutes a Charitable Incorporated Organisation (CIO).

Trustees are appointed, for a term of three years, according to the needs of the charity by the Trustees. A Trustee's appointment is subject to a formal resolution by the Trustees at a properly convened meeting. Trustees may be recruited from the existing body of volunteers or as a result of an external search.

The CIO is required to have a minimum of three charity trustees. There is no maximum number of trustees that may be appointed to Lindengate.

The Trustees have appointed a General Manager (Ms. C Powell) and approved the management structure reporting to the General Manager.

The General Manager is required to operate within the terms of delegated authorities as agreed with the Trustees from time to time.

Newly appointed Trustees are provided with key documents relating to the charity and attend briefings with the General manager and the senior management team.

The Trustees are not entitled to any remuneration for their services. Staff salary levels are regularly reviewed taking account of independent external advice.

The object of the charity is to assist in the treatment and care of persons suffering from mental or physical illnesses of any description or in the need of rehabilitation as a result of such illness, by the provision of horticulture and gardening activities to help them change their lives.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1153868

Principal address

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

Trustees

Mr Paul Miles
Dr Elaine King (appointed 29/1/2022)
Mr Stuart Siddall (appointed 7/6/2021)
Mr Anton Wellenreiter
Mr William Oldridge (resigned 29/1/2022)
Mrs Jane Penton (resigned 30/4/2022)

Independent Examiner

Haines Watts (Berkhamsted) Limited
4 Claridge Court
Lower Kings Road
Berkhamsted
Hertfordshire
HP4 2AF

LINDENGATE

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST DECEMBER 2021**

Approved by order of the board of trustees on.....^{27/10/2022}.....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 31st December 2021.

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 (Berkhamsted) Limited
4 Claridge Court
Lower Kings Road
Berkhamsted
Hertfordshire
HP4 2AF

Date: 27/10/2022

LINDENGATE

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST DECEMBER 2021**


	Notes	Unrestricted fund £	Restricted funds £	31/12/21 Total funds £	31/12/20 Total funds as restated £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	329,959	2	329,961	296,596
Charitable activities					
Charitable activities		121,587	105,192	226,779	131,203
Other income		<u>24,676</u>	-	<u>24,676</u>	<u>39,906</u>
Total		<u>476,222</u>	<u>105,194</u>	<u>581,416</u>	<u>467,705</u>
EXPENDITURE ON					
Raising funds	4	114,167	-	114,167	23,925
Charitable activities					
Charitable activities	5	<u>344,654</u>	<u>120,399</u>	<u>465,053</u>	<u>385,655</u>
Total		<u>458,821</u>	<u>120,399</u>	<u>579,220</u>	<u>409,580</u>
NET INCOME/(EXPENDITURE)		17,401	(15,205)	2,196	58,125
Transfers between funds	16	<u>(1,270)</u>	<u>1,270</u>	-	-
Net movement in funds		16,131	(13,935)	2,196	58,125
RECONCILIATION OF FUNDS					
Total funds brought forward		86,110	128,166	214,276	156,151
TOTAL FUNDS CARRIED FORWARD		<u>102,241</u>	<u>114,231</u>	<u>216,472</u>	<u>214,276</u>

The notes form part of these financial statements

LINDENGATE
BALANCE SHEET
31ST DECEMBER 2021

	Notes	Unrestricted fund £	Restricted funds £	31/12/21 Total funds £	31/12/20 Total funds as restated £
FIXED ASSETS					
Tangible assets	12	40,395	-	40,395	27,948
CURRENT ASSETS					
Stocks	13	1,655	-	1,655	-
Debtors	14	87,921	-	87,921	17,348
Cash at bank and in hand		<u>17,772</u>	<u>136,467</u>	<u>154,239</u>	<u>243,682</u>
		107,348	136,467	243,815	261,030
CREDITORS					
Amounts falling due within one year	15	(45,500)	(22,238)	(67,738)	(74,702)
NET CURRENT ASSETS					
		<u>61,848</u>	<u>114,229</u>	<u>176,077</u>	<u>186,328</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		102,243	114,229	216,472	214,276
NET ASSETS					
		<u>102,243</u>	<u>114,229</u>	<u>216,472</u>	<u>214,276</u>
FUNDS					
Unrestricted funds	16			102,243	86,110
Restricted funds				<u>114,229</u>	<u>128,166</u>
TOTAL FUNDS					
				<u>216,472</u>	<u>214,276</u>

The financial statements were approved by the Board of Trustees and authorised for issue on 27/10/2022
and were signed on its behalf by:



.....
Trustee

The notes form part of these financial statements

LINDENGATE

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST DECEMBER 2021

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.

The charity has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

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.

LINDENGATE

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31ST DECEMBER 2021

1. ACCOUNTING POLICIES - continued

Expenditure

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

Grants offered subject to conditions which have not been met at the year-end date are noted as a commitment but not accrued as expenditure.

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

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow-moving items.

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. DONATIONS AND LEGACIES

	31/12/21	31/12/20 as restated
	£	£
Gifts	9,659	-
Donations	91,396	110,372
Grants	<u>228,906</u>	<u>186,224</u>
	<u>329,961</u>	<u>296,596</u>

LINDENGATE

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST DECEMBER 2021**

2. DONATIONS AND LEGACIES - continued

Grants received, included in the above, are as follows:

	31/12/21	31/12/20 as restated
	£	£
Grants	<u>228,906</u>	<u>186,224</u>

3. INCOME FROM CHARITABLE ACTIVITIES

	31/12/21	31/12/20 as restated
	£	£
Fees from gardeners	139,214	119,632
Trading income	44,103	11,571
Grants	<u>43,462</u>	<u>-</u>
	<u>226,779</u>	<u>131,203</u>

Grants received, included in the above, are as follows:

	31/12/21	31/12/20 as restated
	£	£
Grants	<u>43,462</u>	<u>-</u>

4. RAISING FUNDS

Raising donations and legacies

	31/12/21	31/12/20 as restated
	£	£
Staff costs	86,803	7,433
Fundraising event costs	16,093	3,311
Promotional costs	<u>11,271</u>	<u>13,181</u>
	<u>114,167</u>	<u>23,925</u>

LINDENGATE

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST DECEMBER 2021**

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Grant funding of activities (see note 6) £	Support costs (see note 7) £	Totals £
Charitable activities	<u>348,680</u>	<u>43,462</u>	<u>72,911</u>	<u>465,053</u>

6. GRANTS PAYABLE

		31/12/21 £	31/12/20 as restated £
Charitable activities		<u>43,462</u>	<u>-</u>

7. SUPPORT COSTS

	Management £	Governance costs £	Totals £
Charitable activities	<u>50,986</u>	<u>21,925</u>	<u>72,911</u>

8. AUDITORS' REMUNERATION

		31/12/21 £	31/12/20 as restated £
Fees payable to the charity's auditors for the audit of the charity's financial statements		<u>1,496</u>	<u>1,496</u>

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31st December 2021 nor for the year ended 31st December 2020.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31st December 2021 nor for the year ended 31st December 2020.

LINDENGATE

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST DECEMBER 2021**

10. STAFF COSTS

	31/12/21	31/12/20 as restated
	£	£
Wages and salaries	308,619	297,043
Social security costs	60,940	2,214
Other pension costs	<u>25,863</u>	<u>5,219</u>
	<u>395,422</u>	<u>304,476</u>

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

	31/12/21	31/12/20 as restated
Employees	<u>24</u>	<u>19</u>

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

11. PRIOR YEAR ADJUSTMENT

During the year it came to light that £11,570 of prior year income was incorrectly classified as Donations and Legacies. This has now been reanalysed to trading income.

12. TANGIBLE FIXED ASSETS

	Plant and machinery £
COST	
At 1st January 2021	91,465
Additions	<u>24,792</u>
At 31st December 2021	<u>116,257</u>
DEPRECIATION	
At 1st January 2021	63,517
Charge for year	<u>12,345</u>
At 31st December 2021	<u>75,862</u>
NET BOOK VALUE	
At 31st December 2021	<u>40,395</u>
At 31st December 2020	<u>27,948</u>

LINDENGATE

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST DECEMBER 2021**

13. STOCKS	31/12/21	31/12/20 as restated
	£	£
Stocks	<u>1,655</u>	<u>-</u>
14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR	31/12/21	31/12/20 as restated
	£	£
Trade debtors	72,525	12,288
Other debtors	997	-
Prepayments and accrued income	<u>14,399</u>	<u>5,060</u>
	<u>87,921</u>	<u>17,348</u>
15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR	31/12/21	31/12/20 as restated
	£	£
Trade creditors	1	3,267
Taxation and social security	11,737	5,562
Other creditors	<u>56,000</u>	<u>65,873</u>
	<u>67,738</u>	<u>74,702</u>

LINDENGATE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST DECEMBER 2021

16. MOVEMENT IN FUNDS

	At 1/1/21 £	Net movement in funds £	Transfers between funds £	At 31/12/21 £
Unrestricted funds				
General fund	86,110	17,403	(1,270)	102,243
Restricted funds				
Office Cabin	1,640	-	-	1,640
Volunteer Hub	2,260	-	-	2,260
Bee Keeping	498	-	-	498
Reserves	6,000	-	-	6,000
Memory Pathways	8,003	(2,014)	-	5,989
Secure Storage Units	1,888	-	-	1,888
Sensory Garden & Pond	3,108	-	-	3,108
Shady Shelter	3,331	(45)	-	3,286
Potting Shed & Office Extension	2,689	-	-	2,689
Alpine Bed	330	-	-	330
Black Poplar Conservation	1,529	(1,809)	280	-
Core Resources	-	10,000	-	10,000
Welcome Area	79	-	-	79
Sound and Light Area	2,604	(552)	-	2,052
Young People (16-24)	10,734	(5,734)	-	5,000
Rill (Sensory Garden)	3,200	-	-	3,200
ADS & Complex Needs	3,750	-	-	3,750
ACT Foundation	534	-	-	534
Wildflower Development	109	(57)	-	52
Kitchen Garden	1,529	4,920	-	6,449
Butterfly Conservation	1,163	-	-	1,163
Giants Armchair Terrace	2,254	-	-	2,254
Companion Seating	105	-	-	105
Woodworking Facility	2,129	(825)	-	1,304
Tools & Equipment	148	(6)	-	142
Groundworks	5,223	(2,458)	-	2,765
You've LGF	3,427	(3,274)	-	153
Polytunnel Conservation	1,237	(1,237)	-	-
IT/CRM	696	(696)	-	-
New Office Block	-	(590)	590	-
Gift Aid	-	390	-	390
Nature Connection	21,256	(11,983)	-	9,273
Outdoor Furniture	17	-	-	17
Older Gardeners	15,000	(7,500)	-	7,500
Ipads	138	(138)	-	-
Rest & Reflect	15,058	(8,226)	-	6,832
Through The Gate	4,500	8,197	-	12,697
Support The Supporter	2,000	-	-	2,000
Volunteens LGF360	-	156	-	156
Planted LGF363	-	(400)	400	-

LINDENGATE

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST DECEMBER 2021**

16. MOVEMENT IN FUNDS - continued

Heritage Orchard LGF370

	-	3,674	-	3,674
Apothecary Garden LGF375				
	<u>-</u>	<u>5,000</u>	<u>-</u>	<u>5,000</u>
	<u>128,166</u>	<u>(15,207)</u>	<u>1,270</u>	<u>114,229</u>
TOTAL FUNDS	<u><u>214,276</u></u>	<u><u>2,196</u></u>	<u><u>-</u></u>	<u><u>216,472</u></u>

LINDENGATE

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST DECEMBER 2021**

16. 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	476,222	(458,819)	17,403
Restricted funds			
Memory Pathways	1	(2,015)	(2,014)
Shady Shelter	-	(45)	(45)
Black Poplar Conservation	-	(1,809)	(1,809)
Core Resources	10,000	-	10,000
Sound and Light Area	-	(552)	(552)
Young People (16-24)	1	(5,735)	(5,734)
Wildflower Development	-	(57)	(57)
Kitchen Garden	5,000	(80)	4,920
Woodworking Facility	-	(825)	(825)
Tools & Equipment	-	(6)	(6)
Groundworks	-	(2,458)	(2,458)
You've LGF	-	(3,274)	(3,274)
Polytunnel Conservation	-	(1,237)	(1,237)
IT/CRM	-	(696)	(696)
New Office Block	-	(590)	(590)
Gift Aid	390	-	390
Nature Connection	-	(11,983)	(11,983)
Older Gardeners	7,500	(15,000)	(7,500)
Ipads	-	(138)	(138)
Rest & Reflect	10,000	(18,226)	(8,226)
Through The Gate	16,840	(8,643)	8,197
Volunteens LGF360			
	2,500	(2,344)	156
Planted LGF363			
	500	(900)	(400)
Heritage Orchard LGF370			
	4,000	(326)	3,674
Apothecary Garden LGF375			
	5,000	-	5,000
The Nature Alliance	<u>43,462</u>	<u>(43,462)</u>	<u>-</u>
	<u>105,194</u>	<u>(120,401)</u>	<u>(15,207)</u>
TOTAL FUNDS	<u><u>581,416</u></u>	<u><u>(579,220)</u></u>	<u><u>2,196</u></u>

LINDENGATE

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST DECEMBER 2021

16. MOVEMENT IN FUNDS - continued

Comparatives for 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	-

LINDENGATE

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST DECEMBER 2021**

16. MOVEMENT IN FUNDS - continued

	<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>

Comparative 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	<u>-</u>	<u>(210)</u>	<u>(210)</u>
	<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>

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.

LINDENGATE

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31ST DECEMBER 2021

16. MOVEMENT IN FUNDS - continued

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.
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 - IT 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.
Volunteers - grant for health promotion and work skills for ages 13-18.
Planted - grant for mental health early intervention.
Heritage Orchard - grant for mental health early intervention.
Apothecary Garden - grant for a new apothecary garden.
Older Gardeners - grant for weekly volunteers, rest and reflect for older people.

LINDENGATE

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST DECEMBER 2021**

17. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2021 (2020: £NIL).

LINDENGATE

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST DECEMBER 2021**

	31/12/21	31/12/20
	£	as restated £
INCOME AND ENDOWMENTS		
Donations and legacies		
Gifts	9,659	-
Donations	91,396	110,372
Grants	<u>228,906</u>	<u>186,224</u>
	329,961	296,596
Charitable activities		
Fees from gardeners	139,214	119,632
Trading income	44,103	11,571
Grants	<u>43,462</u>	<u>-</u>
	226,779	131,203
Other income		
Coronavirus Job Retention Scheme	12,629	39,756
Commercial fundraising income	<u>12,047</u>	<u>150</u>
	<u>24,676</u>	<u>39,906</u>
Total incoming resources	581,416	467,705
EXPENDITURE		
Raising donations and legacies		
Social security	60,940	2,214
Pensions	25,863	5,219
Fundraising event costs	16,093	3,311
Promotional costs	<u>11,271</u>	<u>13,181</u>
	114,167	23,925
Charitable activities		
Wages	308,619	297,043
Hire of plant and machinery	-	1,423
Other operating leases	-	2,000
Rates and water	(220)	1,570
Gardener costs	24,217	10,310
Volunteer costs	1,334	3,361
Site development	4,429	2,107
Site maintenance and consumables	10,301	8,183
Carried forward	348,680	325,997

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LINDENGATE

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST DECEMBER 2021**

	31/12/21	31/12/20 as restated
	£	£
Charitable activities		
Brought forward	348,680	325,997
Grants to institutions	<u>43,462</u>	<u>-</u>
	392,142	325,997
Support costs		
Management		
Insurance	4,782	3,498
Other costs	1,786	1,394
Training	6,669	9,649
Office costs	25,404	12,522
Plant and machinery	<u>12,345</u>	<u>10,428</u>
	50,986	37,491
Governance costs		
Auditors' remuneration	1,496	1,496
Accountancy and legal fees	<u>20,429</u>	<u>20,671</u>
	<u>21,925</u>	<u>22,167</u>
Total resources expended	<u>579,220</u>	<u>409,580</u>
Net income	<u>2,196</u>	<u>58,125</u>

This page does not form part of the statutory financial statements