

Lindengate

Annual Report - 2022



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The year in summary from the Chairman



Despite our optimism at the beginning of the year, compared to previous years, 2022 proved to be a most challenging one for Lindengate. It started well but we quickly realised that, due to a variety of different reasons, our income was falling well short of our targets but having increased our cost base to cater for increased demand we were facing a significant loss in 2022. These financial pressures led to a decision by the Trustees for the Management Team to undertake a review of the finances and staff structure. In November 2022, a new reduced staff structure was approved which sadly led to some of our excellent staff having to be made redundant. This is never an easy path to take but it was an essential one for our charity. As we entered 2023, we were looking forward to rebuilding our finances and moving ahead confidently in the new year.

I am pleased to report that through the hard work of the management team and with the amazing support of several donors including The Clare Foundation, Roger Jefcoate CBE DL and Peter Cullimore MBE we have rebuilt our finances. We see 2023 as a year of consolidation and have revised our charitable objectives (subject to the approval of the Charities Commission) as follows;

To promote and protect the physical and mental wellbeing of the general public by the provision of nature based activities in horticulture, conservation, heritage skills, arts and craft, woodworking and education.

Charlie Powell, one of our Founders & General Manager, felt the time was right to leave Lindengate, and the trustees and staff wish to thank her for everything she did for the charity. In late 2022 Michael Cole stepped in as Interim General Manager a role which, I am pleased to say, became permanent in early 2023.

We hope that you will enjoy reading about what we have achieved in 2022 and have confidence in us as we move ahead. To help us move forward I am delighted to announce I am delighted to announce that we have been able to appoint three new Trustees to the Charity - Dr Judith White, Mr Brian Brady and Mr Roger Smith. However, Brian Brady has recently applied for the CEO role at the Charity so he has resigned from the Trustee Board to ensure that the recruitment process is not compromised. Judith White has been volunteering at Lindengate for 3 years and Roger Smith has been associated with Lindengate for many years and they both bring a wealth of experience and enthusiasm to help shape our future.

A handwritten signature in black ink, appearing to read 'Paul Miles'.

Paul Miles
Chair of Trustees

The year in summary from the General Manager



I started the year as the Volunteer Coordinator at Lindengate. In October 2022, I became the Interim General Manager as the then GM (Charlie Powell), was off sick. In December 2022, Charlie stood down as the GM and in January 2023, I was selected by the Trustees to replace her.

Despite the changes on management at Lindengate, 2022 was a year like no other since Lindengate's establishment in 2013. Unprecedented successes such as Lindengate's achievement of the Green Flag Community Award, the Queen's Award for Voluntary Service, and the opportunity to host the plants from the Best in Show from Chelsea, and structures and landscaping materials from a silver medal winning garden at Hampton Court Flower Show. These were sadly counterbalanced by economic challenges, which has meant some of our services have had to be streamlined. That said, I am pleased to report that we partnered with Bucks Mind and the NHS Bucks and Oxford NHS Trusts in delivering our Nature Connections and Willow Tree Programmes.

Though competition for funding is intense, we at Lindengate continue to explore all avenues to increase our revenues.

We have been able to increase our income with sales of native trees and wildflowers, handmade woodwork products, site hire and major donor events all with the assistance of our amazing volunteers and under the guidance of the management team. Some of Lindengate's varied programmes have attracted local government and community funding.

By becoming nimbler and more responsive to external needs, we welcomed an incredible 1949 people to Lindengate in 2022 and are starting 2023 with a more robust and sustainable financial model.

This report will correctly reflect on and highlight the positive achievements at Lindengate in 2022. However, it will also offer a glimmer of the future. 2023 will see Lindengate introduce some new innovative ideas that include further partnerships and major donor events. These involve a major donor Golf Day and a sponsored major donor dinner at Chequers. For adults we will run our successful wreath making workshops plus table decoration workshops. These activities are led by two volunteers one of which (Dr Judy White) has just become a trustee. A community refreshment hub will also be a new addition in 2023. The much smaller management team are always coming up with exciting and innovative ideas that should come to fruition in 2023.

I hope that you enjoy reading this report.

Michael Cole
General Manager

Green Flag Community Award

The Green Flag Award scheme recognises and rewards well managed parks and green spaces, setting the benchmark standard for the management of recreational outdoor spaces across the United Kingdom and around the world.



Andy Grant and Charlie Hughes at the Green Flag Awards

Queen's Award for Voluntary Service

Lindengate was awarded the Queen's Award for Voluntary Service in 2022. The presentation was made by The Countess Howe, Her Majesty's Lord-Lieutenant of Buckinghamshire and a Patron of Lindengate.

Established in 1952, to commemorate Her Majesty Queen Elizabeth II's accession to the throne, the Queen's Golden Jubilee Award, as it was first known, was to be made annually to recognize and reward excellence in voluntary activities carried out by groups of people in the community. Subsequently the award was renamed the Queen's Award for Voluntary Service. It is understood to have the same standing as for groups as the MBE has for individuals.

The award is given for outstanding achievement by groups of two or more people in the United Kingdom who volunteer their own time to enhance and improve the quality of life and opportunity for individuals or other groups in the community.



Michael Cole receiving the Queen's Award for Volunteering from Countess Howe, Lord Lieutenant of Buckinghamshire

Since the start in 2002 just 50 organisations in Buckinghamshire have received the Queen's Award for voluntary service. We are very proud to receive this prestigious award, and glad to have overcome adversity to help the most vulnerable in our society.

“Lindengate is a dynamic environmental and mental health organisation that champions the benefits of learning and recovery through nature. Providing support to and encouraging resilience in people of all ages suffering from mental health and anxiety issues, isolation, and loneliness, it is a lifeline for many. An unprecedented rise in requests for help were seen during the pandemic, to which Lindengate responded immediately and proactively.

New participants are nurtured through a rich diversity of horticultural and stimulating creative activities by an array of 226 volunteers. Volunteers cover every aspect of work from administrative to practical.

Of particular note is the way that different age groups are catered for. For the under 25s, bushcraft, environmental conservation and biodiversity sessions that resonate with younger people have been developed to help build resilience and develop self-esteem.

The statistics are quite staggering with 226 active and committed volunteers, aged 14 – 94 providing 12,000 plus volunteer hours over the last 12 months. In their annual survey a staggering 95% of volunteers stated that they benefited from being part of the Lindengate family.

This award is made in recognition of the quality of the volunteering experience. Volunteers receive respect, help and learning opportunities at all stages, with myriad intergenerational opportunities. Particularly striking are the numbers of younger volunteers, and those who started out as volunteers and have subsequently taken training and gone on to become staff members.

Crucially, peer mentors provide a ladder of opportunity to participants by supporting them to become volunteers through taking part in activities that build skills and confidence. The role of volunteers is embedded in the organisation.” Assessors' comments

Corporate Social Responsibility Accreditation (CSRA)

In 2022, Lindengate also achieved the CSRA Mark of Excellence. Here are some of the actions we took to achieve this coveted 3-year award.

We have numerous rainwater butts across the site, with a large water tank located by our nature reserve. During the drier months of the year, we use as much rainwater as is available to keep the site and habitat nurtured.



Our Black Poplar Nursery

Our specialist onsite horticultural team have propagated many rare Black Poplar trees on site. This rare and indigenous tree to Bucks now undergoes a rigorous planting program so we have a sustainable collection for future generations. Lindengate is becoming known for our rare stock and recently one of our female black poplars was planted by the Royal Parks team in Regents Park to celebrate the Queens Platinum Jubilee. We carefully log the provenance of each Black Poplar and its final destination, as conservationists like to know the final mix of trees they plant.

We have many conservation projects and initiatives ongoing, including growing Devil's Bit Scabious for RSPB Otmoor and Hampshire & Isle of White Wildlife Trusts, to encourage the reintroduction of the very rare Marsh Fritillary Butterfly.

Working with the Butterfly Conservation, we have been growing cowslips from seeds, collected from existing Butterfly Conservation sites, which are then planted back into the

designated sites to increase habitats for the Duke of Burgundy Butterfly.

We are part of a local Nature Alliance partnership, working to support young people in our communities. We also work collaboratively on conservation initiatives with Butterfly Conservation, RSBP Otmoor, Chiltern Conservation Board and Aylesbury Community Board Environment Action Group, to name a few.

Our reputation has been building and we are regularly contacted for our expertise and advice on mental health & conservation issues.

We built strong partnerships with Buckinghamshire Healthcare NHS Trust during the pandemic and are now part of their Workforce and Wellbeing scheme for their staff. Through our Nature Connection programme, we have supported over 100 NHS staff and our partnership continues into its second year. As a result of the success of this programme, we are now talking to other Healthcare trusts to support their staff.



The beautiful Marsh Fritillary Butterfly

With a growing volunteer community, we support our volunteers in the same way that we do our employed members of the team. With an annual volunteer survey, a quarterly volunteer action group, annual BBQ, and volunteer Facebook page.

We are deeply rooted within our community and with local boards such as Wendover Community Board, Bucks Mental Health Voluntary Sector Response Group, Community and Mental Health Framework, Aylesbury Community Board, Great Missenden Community Board, Chesham Community Board and other charitable organisations such as The Clare Foundation, Community Impact Bucks, Heart of Bucks and Bucks NHS Healthcare Trust.

We are involved in many national initiatives, such as No Mow May, to encourage additional wildlife to Lindengate, Volunteer Week, Carers Week, Mental Health Awareness Week, Trustee Week and many more.

With our plans to become more sustainable at Lindengate, we are regularly looking at how we can evolve Lindengate and have recently created a Heritage Orchard, Forest Walk and Yurt with Garden.



Lindengate's conservation pond

Who we helped – and how – in 2022

Programmes details		Numbers attending	
		2021	2022
Wellbeing pathways	A transition programme, using nature-based activities, for people who are recovering from a diagnosed low to moderate mental health illness, who are actively seeking to build their resilience and integrate back into the community	40	33
Thyme	Lindengate's programme for people with complex needs	10	6 (closed 28/6/2022)
Memory Pathways	18+ years. For people living with memory loss, confusion & mild to moderate dementia and their carer's. Nature based sessions supporting memory maintenance and peer support for carers	22	41
Open Gardens (rebranded from Rest and Reflect)	All ages. Self-guided (with adult) nature walks for adults/families. A chance to have free time in nature. Seasonal nature-based activities available	1310	1231
Nature Connection (NHS)	A service provided to staff of Buckinghamshire Healthcare NHS Trust. We aim to help promote self-awareness, enabling participants to reflect on the state of their own wellbeing and how they currently feel in the context of self and in the workplace. The sessions also provide tools for self-care in everyday life, to improve mental wellbeing.	279	132
Planted	Supporting young people aged 13-15 in personal growth and resilience	15	12 (programme closed April 2022)
YOUVE	For young people aged 16-18 using bush craft, conservation and mindfulness to learn job skills and develop soft skills, to increase employment opportunities	5	Not running in 2022 – see Green Volunteens
BUDZ	A progression & replacement for Planted: using nature to support natural growth, increase resilience and improve wellbeing, in our gardens & Nature Reserve. A 6-week programme for young people (aged 13-15) experiencing difficulties with daily living due to poor mental health (loneliness, bullying, withdrawal, anxiety, depression). Through early intervention, we aim to help prevent the development of Serious Mental Illness (SMI). BUDZ works with the seasons and uses nature to teach young people how to find balance/resilience through life's changes, it uses a wide range of activities from the Personal, Health, Social and Environmental curriculum, as well as conservation, gardening and heritage skills	Not running in 2021	8

Women's Wellbeing group	Monthly Saturday morning group including multi-ethnic women, exploring relaxation techniques, hobbies, being in a natural environment, learning new skills, self-expression techniques, self-awareness and connecting with others	24	9 people attending monthly meeting attended for the EID meeting in 2022)
Team building sessions	Offering work teams, the opportunity to use the site to hold their own team wellbeing meetings	175	RAF 14
Kitchen gardening	A one-day basic introduction to food identification, foraging and growing vegetables in limited spaces and recyclables. Therapeutic and education programmes	8	28 Cubs attended in June 2022
Green Volunteers	Weekend sessions for U18's supported by experienced volunteers, offering nature-based activities, focussing 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 – this regular volunteering programme has replaced YOUVE	24	25
Thru the Gate/Apprentice Volunteers	Lindengate trained existing volunteers to become Peer Support volunteers and in turn supported 'apprentice' volunteers to either seek employment or volunteer	12	12
Willow Tree programme	Lindengate worked in conjunction with Bucks Mind to deliver a pilot programme funded by Oxford Health to support the wellbeing of their NHS staff, addressing compassion fatigue and burn out of staff as they emerged from the pandemic		53
Climate Change workshop	Climate change workshops that encourage pro environmental behaviours to reduce climate anxiety. Therapeutic and education programme		18
Corporate volunteer days	Company sending employees to volunteer for a day in line with a company's corporate social responsibility policy (CSR policy)		16
Conservation groups	Local established conservation groups (e.g. The Chiltern Society) volunteering at Lindengate to help us support the environment		27
Talks and tours	Tour of the site and talk about our work. Tea, coffee and biscuits at a Q&A session		38
Yurt bookings	A new initiative for 2022, renting our Yurt to local people and businesses		6
Ad hoc volunteer sessions	For example, Action for Youth, National Citizenship Service volunteering days		90
Regular volunteers	Volunteering at Lindengate - join the Lindengate community, help us to help others and support the environment. Areas include volunteer conservation, horticulture, site maintenance, beneficiary programmes, fundraising, website, green volunteers, peer support, trustee and administration		150
Totals	All programmes	1924	1949

Our programmes



As we moved forward from the throes of the pandemic, we saw changing needs amongst our beneficiaries. For example, many NHS staff were still in need of our services but, as has been well documented throughout the media, their struggles with compassionate leave and burnout meant that, due to staff shortages, managers were often unable to release staff from essential duties to attend sessions. Local schools also struggled to support students to catch up with their studies due to working hours lost due to the pandemic, which alongside staff sickness, meant they were often unable to manage the extra challenge of releasing children and young people to attend programmes off site.

These factors have reduced the numbers we were able to help through our Nature Connection programme, and in turn, adversely affected an important income stream for Lindengate.

Open to All

Lindengate has continued with its successful Open Gardens programme, offering self-guided nature walks for adults and families. Although numbers are down on 2021 (perhaps because of more people returning to the office) this has again proved popular, with 1231 visitors attending during these weekly sessions, all enjoying the chance to enjoy free time in nature, with seasonal nature-based activities proving particularly popular with the community.

Our volunteers have continued to provide a wonderful service to those who might just need a change of scene and a safe place to connect with nature. Open gardens remain an important strand in our offering to help local people maintain and improve their health and wellbeing.

Memory Pathways

Demand for Lindengate's Memory Pathways service has almost doubled over the past year, with 41 people benefiting. Places are always in demand, perhaps a reflection of the "cabin fever" older people experienced because of the pandemic. Those suffering with memory loss and dementia, have welcomed the joyful sessions, which offer the chance to reminisce and enjoy Lindengate's beautiful gardens. For carers, there is also the opportunity to connect with, and find support in, networking with other people who are dealing with similar challenges.

The framework behind our Memory Pathways offer, as with all of Lindengate's programmes, is the Five Ways to Wellbeing (5WTW) model, which suggests that there are five simple things that we can all do to improve our wellbeing.

J's case study demonstrates how the 5WTW model works in practice.



Memory Pathways case study

J is 84 years old and husband and carer to his 82-year-old wife, M, who has Alzheimer's. M is in the early stages of the illness. Her symptoms include short term memory loss, mild cognitive impairment, and some loss of balance. J has found it challenging coming to terms with his wife's diagnosis.

The couple enjoy an active retirement, have many interests, a full social life and are keen gardeners.

The couple joined Memory Pathways in January 2022 and attended regularly throughout the year. They choose to spend a considerable part of the session enjoying taking in the grounds and nature while also enjoying gardening, arts and crafts. They are always keen to attend extra sessions when spaces are available.

Impact on attending

Initially J had intended to leave his wife at the sessions to give himself free time. After the first session he found himself enjoying the company and grounds, saying 'this place is really working for us. I thought I would leave my wife here and go off but it's working for me too beyond my dreams. I've been speaking to a carer who is in a mirror image of my situation, she was great to talk to. This is a fantastic place.'

'There are so many volunteers that I don't feel in charge of her. I'm allowed to be selfish. It's not completely "me time" but it's close.'

'I can't praise Memory Pathways enough. What a difference it makes – a real stress breaker. I come away from here and I feel good. The people here are good. I have changed the way I think about dementia from being in the group. I have become more understanding of it.'

Five Ways to Wellbeing (5WTWB) outcomes

J positively experiences all five 5WTW outcomes. 'All outcomes are important for me. I haven't had much time for mindfulness (taking notice) because I have managed quite well with my problems without going crackers. But I need time for myself now like sitting here in nature.'

Summary

One of the main outcomes for J from attending Memory Pathways is feeling less isolated in his caring role for someone with dementia. He appreciates the support of other carers of people with dementia, and by drawing on how other carers interact with their loved ones he is finding more patience towards his wife and a better understanding of the condition. This has positive consequences for his wife who benefits from his more confident and positive approach towards her.

Another important outcome for J is the reduction in stress and wellbeing gained from enjoying time with his wife in nature and from being with other people in a similar situation.



Lindengate was delighted to welcome visitors from Dementia Action Marlow

Wellbeing Pathways

Numbers for our wellbeing pathways programme have dwindled a little, but good partnerships are being rebuilt with community mental health and social care services to encourage people who are starting to venture back out to activities after long periods of isolation due to the pandemic. We were particularly pleased to offer 12 free places in 2022 and we expect to see an uplift in numbers accessing Wellbeing Pathways in 2023. It is also encouraging to look at the experiences of our beneficiaries. P is someone who embodies Lindengate's aspirations to help its beneficiaries improve their wellbeing to gain sufficient independence to enable them to make the next step in their lives.

Wellbeing Pathways case study

P is a 47-year-old, who lives at home with his elderly parents. He first attended Lindengate back in October 2015, but more recently returned to Lindengate in October 2020.

He has a diagnosis of social anxiety and depression and leads a quiet, home-based life.

Despite living with social anxiety, he recently managed to secure himself a bank account, which in turn enabled him to claim some benefits, but it has been the part-funded bursary place that has enabled him to attend on a weekly basis, contributing £10 towards each £28 per half-day session.

After the Lockdown, P returned to a refocused Lindengate, with a much stronger emphasis on transitioning on towards volunteering/work/education.

Despite his anxieties, he coped well with the shift in emphasis, along with the added stress of the sessions having to adhere to the Covid guidelines of testing, sanitizing, and distancing.

Initially he appeared most comfortable doing physically demanding tasks; tasks that kept him occupied and purposeful.

He set himself the goals of 'Be Active', 'Keep Learning' and 'Connecting with others'.

Feedback tells us that he sometimes appeared 'flat' at the beginning of a session and that he expressed feeling great anxiety before attending but feeling really good on getting to Lindengate.

He has used the site for wellbeing – enjoying walking around and getting the fresh air.

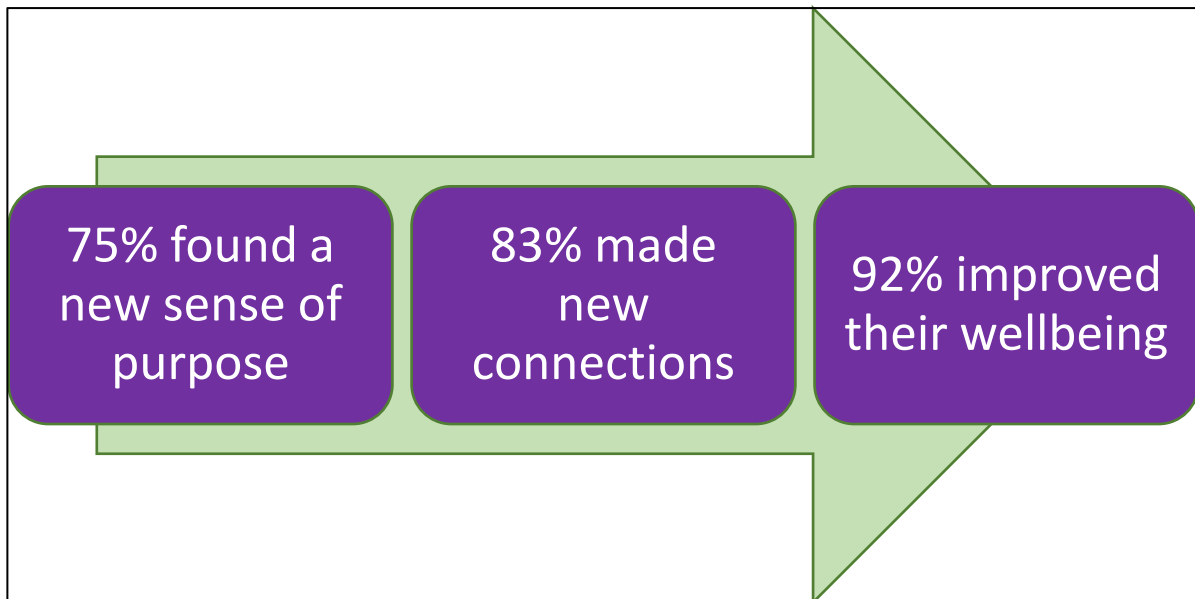
He has joined new activities, such as leaf bowl making and willow lantern making... and gone on to show others how to do the new crafts. He has surprised himself in enjoying new craft activities.

He has engaged in activities ranging from repairing bird houses and clearing stag beetle habitats to planting fruit trees and designing/upgrading small areas of the site.

Recent feedback tells us that he has engaged a lot in group conversations, smiled and made jokes, been welcoming to a newcomer, and chatted to participants, staff, volunteers and a visitor.

P has expressed an interest in the Through the Gate programme, a peer-supported initiative aimed at helping young people and adults through their journey into becoming an independent volunteer at Lindengate. Whilst P is nervous about this pathway towards volunteering, he is keen to explore it. This could be just the extra boost for his social confidence that would help him go further, both within and outside of Lindengate. It would also be a great example to others benefiting from Lindengate's services

In a survey of Wellbeing Pathway's participants, 92% said that attending the programme helped them to improve their wellbeing and feel less isolated, with 83% making new connections with other people which they found fulfilling. 75% found a new sense of purpose through making a difference to the gardens at Lindengate, learning new things and helping to care for the environment. This also led them to greater happiness and a better appreciation for the natural world.



How Wellbeing Pathways helps people to feel happier

Quotes from those using Lindengate’s Wellbeing Pathways programme remind us how much our services are valued:

Wellbeing Pathways quotes

“H has settled into the group now, being comfortable on site and enjoying her time here. She is no longer teary when coming in at the start and smiles a lot more now throughout the session than before.”

“L enjoyed the session and has been a lot more positive recently, engaging in more conversation and initiating it herself.”

“Enjoyed the session and gets a lot out of being outside with good social interaction with those in the group”

“Enjoys being here saying how relaxing it was, especially in the yurt area, having some time to sit and relax for a few minutes in there.”

“Has created a great friendship with a fellow beneficiary and is now initiating more conversation within the group.”

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

Thyme

Our Thyme programme for those with more complex needs has sadly been a further casualty of our need to streamline services. The costs of running the programme outweighed the demand for places meaning the programme became unsustainable. The small number of attendees still attending the programme in 2022 were all signposted to and found satisfactory places on alternative schemes.

Supporting our NHS

While numbers of NHS staff attending our Nature Connection wellbeing sessions were lower than 2021 due to the well-documented pressures of working in healthcare, throughout 2022 we still supported 134 local participants from the Bucks NHS Healthcare Trust on half day programmes. This gave NHS staff valuable time and space to invest in their own wellbeing, particularly important when they spend so much time supporting others! The participants scored their wellbeing as an average of 9.3 out of 10 at the end of their session and used some of the following words to describe their experiences:

**Relax calm nature connected enjoy
lovely reflect peaceful outside grounded
amazing support confident
walking potting planting foraging**

98.5% of participants from the NHS rated the facilitator as good or excellent and some of their quotes are very rewarding to hear:

"I feel more confident getting help for my mental health if I need it".

"Want to spend more time in my own garden and clear mind through plants".

"Relaxing, calming, able to turn off from busy workload".

"Felt stressed and anxious this morning, coming here this afternoon has reduced the butterflies (anxiety) I had felt in my tummy".

"It gave me a chance to switch off and connect".

"Offered a place to find peace for a few hours to get outside my head".

"Feel, calmer, provides a space to support wellbeing, to think and reflect".

"Enjoyed planting out and walking around garden and seeing the ducklings".

At a time when many of us have needed to turn to the NHS for help, it is pleasing that Lindengate has been able to give something back to help those at the frontline of caring!



NHS Nature Connections participants potting up foxgloves

Programmes for Young People

Our programmes for young people have changed in response to feedback from beneficiaries, leading to a strengthening of our weekly Saturday morning Green Volunteens offer, which continues to be in demand.

Green Volunteens

Green Volunteens is a Saturday morning programme for under-18 volunteers. This programme has replaced #YOUVE and is proving more popular as a drop-in session rather than a formal 6-week programme. Teens learn about conservation and undertake activities such as plant and pond surveys and low scrub cutting. Feedback tells us that becoming a green volunteer looks great on the CV and works well for young people wanting to get Green Vocational experience.

BUDZ

In a year where we have faced unprecedented financial challenges, we have needed to modify and streamline some of our service delivery. For 13–15-year-olds, our new 6-week BUDZ offer replaces Planted, with in-house staff delivering the programme in a more affordable model that has been modified to prevent the need for specialist consultants.

BUDZ is a programme for young people experiencing difficulties with daily living due to poor mental health (loneliness, bullying, withdrawal, anxiety, depression). By helping young people at an early stage, we aim to prevent the development of Serious Mental Illness (SMI). BUDZ works with the seasons and uses nature to teach us how to find balance and resilience through life's changes. BUDZ draws on a wide range of activities from the **Personal, Health, Social and Environmental** elements of the National Curriculum, as well as conservation, gardening, and heritage skills such as willow weaving, and species and plant identification, making it an attractive proposition for local schools.

Programme Outcomes include:

- Building confidence,
- Promoting creativity & imagination,
- Providing a new and rich setting for learning,
- Reducing stress and fatigue,
- Getting active,
- Having space to stop and think.

Budz Case Studies

July 2022 – 6 attendees

H aged 14 joined the Budz Pilot Programme in June 2022 to increase his happiness, become more confident and improve his relationship with his parents.

Being able to develop coping strategies to manage his ongoing anxiety and low self-esteem was a primary objective for attending the Budz Programme.

With the focus on each of the 5 Ways-to-Well-being each week, H was able to connect, be active, keep learning, give to others and take notice. The joy and pleasure from being part of this initial cohort was clear to see in his level of participation and attainment. Answering all the water quiz questions correctly and completing two God's Eyes¹ in the allotted time were key achievements in weeks 4 and 5.

The 6-week programme gave H an insight into conservation, wildlife, gardening, nature and building new relationships.

¹ A **God's eye** is a spiritual and votive object made by weaving a design out of yarn upon a wooden cross. Often several colors are used.

Budz enabled H to connect with others, share and build his knowledge. The practical activities such as dead hedging, tree planting, creating God's Eyes, seed planting and engaging in nature walks to identify insects, butterflies, fruit, vegetables, and herbs played a major part in H's journey.

Quotes from the July cohort:

"We have connected with each other and our environment, learning about the natural world and resources at our disposal"

"I enjoyed everything?"

"I connected with myself"

Budz is - "teamworking together" "planting trees is giving back to nature"

[Sept 2022 – 2 attendees](#)

E, aged 12, joined Budz Cohort 2 to reduce her levels of anxiety and challenges in making friends at school. E was fortunate in that, this Cohort had only two participants and the other person W was in the year above. W's encouragement and confidence put E at ease from week 1. Reports from school suggest that Budz has continued to be beneficial to E, particularly in enabling her to build a friendship with W, during and outside of school.

Identifying shared interests of pets, music, holidays, and nature were a great foundation for a successful cohort with examples and comparisons discussed each week.

The activities during this cohort allowed E to put her creative skills into practice from dead-hedging, habitat building, paperwhite bulbs for Christmas flowering, creating unique God's Eyes and tea tasting were all thoroughly enjoyed and embraced, with no activity being too much trouble.

E was relieved to hear about the Green Volunteens when the 6-week Budz Programme came to an end and wasted no time in signing up for the weekly volunteering sessions. After attending a "Taster" on Saturday 17th December 2022, E has been attending Green Volunteens every week, and continues to embrace the variety of activities in all weathers.

Quotes from the September cohort:

"I have found Lindengate relaxing, natural, calming and connecting"

"I feel very happy that I've come here"

"I have connected with nature, Tilly and the ducks by feeding them"

"I have taken notice of the colours around Lindengate"

"We've learned about how and where the sun sets"

"We have given to the Wildlife by building them a habitat"

"We have been active by exploring Lindengate"

"I want to be outside more, we could go in the garden, to the park, Wendover Woods or to The Spinney"

"I've really, really enjoyed these past few weeks and will look into Green Volunteens".

[Addressing global concerns in a local context](#)

Climate change is a concern for many of all ages and Lindengate has embraced this head on. On the 25 October 2022, 18 young people from Estonia, Hungary and England attended Lindengate's Climate Change 4-hour workshop. The workshop was funded by Feedback Global and hosted by our expert horticulture and conservation team.

The group explored the topic through practical activities such as a nature hunt, soil identification and climate change impact, nature connection for wellbeing, wildflower and tree planting and a lively 'court room debate' on whether beavers should be reintroduced (to Buckinghamshire) to reduce the impact of climate change and improve biodiversity. The workshop finished with a campfire lunch in our Yin Yang garden.

Lindengate's climate change workshop formed part of a week's programme whereupon international students can obtain The Global Citizenship Award (GCA). The GCA is an extra-curricular programme providing distinctive international and leadership opportunities to prepare young people as a global citizen.

We touched on the important subject of passing on 'the heritage torch/flame' – 'the promotion of a harmonious coexistence of people and the natural world through rewilding principles'. We feel the messaging within the workshop and direct experience with the gardens should ensure that the heritage flame continues to burn brightly.

Feedback from the workshop...

"Environment and the earth connect people through the soil"

"We all can do something to take care of ourselves and nature"

"I learned things about the planet and animals"

"I learned the soil over the card box" (No dig method)

"I learned a lot about the environment and what we can do to protect it"

"I love the place and I am so inspired, and I do admire the staff that we met – Thanks a lot"

"Nature is very important".

"I should spend more time in nature"

"I enjoyed planting the plants and learning"

"The deer and the farm group (debate) were awesome. (I liked the humour)"

"Nature is Beautiful".



Our volunteers

Our volunteers remain at the heart of all we do. They literally are our lifeblood! 226 volunteers actively supported Lindengate on a regular basis during 2022, giving **13,240** hours of their time. Yet, our research tells us that Lindengate remains as important to our volunteers as they are to Lindengate!

62 of our regular volunteers responded to a survey, which revealed some interesting results. When asked if they had benefited from the experience, 96% agreed or strongly agreed that they did. Their reasons for this varied, as can be seen from a selection of quotes:

From those Volunteers responding to our survey, over half have been with Lindengate for more than two years, with 21% volunteering for more than five years.

15 new Volunteers joined during 2022.

Over 60% of Volunteers were over 60, with this figure rising to nearly 90% for those aged 50+. Over half of our Volunteers are retired.

Volunteers are involved with all aspects of Lindengate: some are involved in several different areas, with the most popular being Gardening / Site Maintenance (73%); Supporting programmes (18%) and Peer support (11%).



Buckinghamshire Student Union Volunteers

"As usual "givers" often gain more than receivers"

"Community spirit, sense of purpose, helping others. Friendships, sense of well-being"

"Learnt a lot about gardening and wildflowers, made some lovely friends and enjoyed the peaceful surroundings and time out for myself"

"It's a friendly environment where I have learned new skills and feel that I can make a difference."

"Working in nature and carrying out valuable roles helps my wellbeing. I enjoy the regular contact with others who enjoy gardening and learn from the experience."

"Enjoyment of good company in a mutually supportive environment. Increased my knowledge of gardening and conservation. Pleasure in being a part of something good and seeing it grow."

"Volunteering has had a positive impact on my (mild) social anxiety and overall well-being, I feel part of the Lindengate community, have picked up some horticultural knowledge and find just being on site very therapeutic."

"Being at Lindengate has benefited my own mental health in as much as if I have arrived stressed, I usually leave feeling much calmer. I have also enjoyed being able to support other people."

"Coming to Lindengate is an important and very positive element in my general health and wellbeing."

"It has been great for my wellbeing and I feel I am contributing to something amazing."

"Meeting new and interesting people also gives me a feeling of giving back to community"

"Strong sense of helping individuals in our community to relax for a few hours and enjoy themselves"

"I have used my skills to contribute to an excellent charity. I live alone and enjoy the social contact"

"It gives me a sense of purpose. I enjoy being in the garden. Everyone is friendly. I learn new skills and plant knowledge"

"Being at Lindengate has benefited my own mental health – If I have arrived stressed, I usually leave feeling much calmer. I have also enjoyed being able to support other people"

"Working in a community, keeping fit, healthy in body and mind, the joy of working with other volunteers, knowing we are helping others"

"Gained knowledge, made friends and feel I am being useful!"

"I have learnt more about wellbeing issues and have widened my technical skills"

"It has been a rewarding experience being able to contribute to such a worthwhile charity. At the same time, I have got to know like-minded people and feel a strong sense of community with staff and volunteers. My mental wellbeing is always boosted on a visit to the site"

"Being able to help those in need and sharing my knowledge of gardening"

"It's a friendly environment where I have learned new skills and feel that I can make a difference"

"Learnt a lot about gardening and wildflowers, made some lovely friends and enjoyed the peaceful surroundings and time out for myself"

"It's a nice place to be and contribute to. Good company, support and advice form staff and fellow volunteers"

I enjoy the feeling of wellbeing when I am on site. I appreciate the support and encouragement of the staff. I enjoy meeting people.



Staff from Charterhouse Accountants on a corporate volunteering day, September 2022



Lindengate's pond, a spectacular wintery scene

Our Volunteers get a great deal from their involvement and their experiences map very well to the principles of the Five Ways to Wellbeing – Connect, Be Active, Take Notice, Keep Learning, and Give Back. The 5WTW are known to have a positive effect on wellbeing and volunteering at Lindengate proves to be beneficial to our Volunteers. The large proportion of older and retired people amongst our Volunteers might otherwise be prone to isolation and loneliness, which are now well known to be detrimental to both physical and mental wellbeing (<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/loneliness-in-older-people/>). Lindengate provides a safe, friendly community for its many Volunteers to stay active, connect, learn, and feel valued through their sense of purpose and learning. Over 90% of survey respondents agreed or strongly agreed that they gained a sense of purpose from their role with Lindengate, and over 89% felt their mental health had improved.

Ad hoc visitors and volunteers

We continue to welcome specialist conservation volunteers, young people engaged on programmes such as the National Citizenship Service scheme and Corporate Volunteers looking to give back to their community.

In addition to our regular Volunteers, we are delighted to welcome young people working towards their National Citizenship Service goals, in partnership with Action4Youth and also those who are part of corporate volunteering initiatives, who want to give something back.

We are always delighted to welcome local groups such as the Women’s Institute for tours and talks, who in turn support us with donations whenever they can.



Action4Youth Bucks UTC College Bramble Clearing



Action4Youth Wave 7 Team Photo

Action4Youth young people working on nature trail hide



Additional Activities

As funding becomes more difficult to find and secure, Lindengate has found new ways to increase income streams by creating exciting events to engage the general public. In December 2022 we organised a series of Christmas Wreath Making Workshops, held in our Yurt. Run entirely by volunteers one of which is trained florist, we taught paying guests how to moss wire rings, which form the basis of a wreath. The group created individual wreaths with the greenery and decorations provided to take home. This event raised over £2000, and after many enquiries to join a workshop this year, we are now advertising workshops for December 2023.



Another way of raising income has been by developing our range of wooden items made on site by a talented volunteer team in our bespoke woodshed. The wood shed is incredibly well equipped with tools and machinery, and is solely run by volunteers. They make a range of planters, benches, picnic benches, bird and bat boxes, and take on bespoke projects for local community gardens such as Stoke Mandeville Peace Garden and for Amersham Hospital Volunteer Garden.





Donors in 2022

A big thank you to the many people who have supported us financially during 2022; we cannot mention everyone but please be assured that every contribution makes a huge difference. The following deserve a special mention.

Kop Hill Climb	Roger & Jean Jefcoate Trust
Heart of Bucks	Charities Trust
Grey Court Trust	John Laing Charitable Trust
Ryklow Charitable Trust	St Dunstons Monks Risborough
National Lottery	Berkhamsted Strathspey & Reel Club
Ashridge Ladies Golf	Double Diamond SC
Orbis Investments	John Lewis & Partners
Stockwell Cliffe Trust	Hyde Heath WI
B P Collins Solicitors LLP	Ellesborough Parish Council
David Barnett Charitable Trust	Debohun Masonic Lodge
Helen White	Owen & Charlie Hughes
Two Spoons Tea	Chalk, Cherries and Chairs
Buckinghamshire Council	Sir Henry Floyd School
Kingspan Klargester	Winslow Rock Group
Roger Jefcoate CBE	Rotary Club
Marks and Spencer	Arla
S Rivett-Carnac Green	Urquart & Hunt
Clive Sherling	Hampton Court Flower Show
Florence Cohen Trust	A S Butler Charitable Trust
Arnold Clark Community Fund	Lords Builders
Countess of Verulam	Nu Yard
The Clare Foundation	Elizabeth Young
Turpins Charity	Carrington Charitable Trust
Thomas Hickman Charity	Alexander Shepherd
Edward Gostling Foundation	Simon Rivett-Carnac Trust
Community Prevention Board	Fairhive
The Grant Fund	Health Equity Fund
William Harding Trust	Anson Trust
ASDA	Childwick Trust
Waitrose & Partners	
R Callingham Foundation	
Peter Cullimore MBE	
Crematoria Ltd	
EM McAndrew Trust	
Spurrell Charitable Trust	
Shanley Trust	
Ellesborough Golf Club	
Aylesbury Town Council	
CLA Charitable Trust	

LINDENGATE REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31ST DECEMBER 2022

The trustees present their report with the financial statements of the charity for the year ended 31st December 2022. 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)

ACHIEVEMENT AND PERFORMANCE

Charitable activities

The charity provides a range of programmes for those with low to moderate mental health needs (including stress and anxiety) and those recovering from illness. We have seen 1,949 people benefit from the charity's activities in 2022.

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.

The new programmes developed in 2021 were successfully delivered in 2022.

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

FUNDRAISING REVIEW

We set out in 2022 with a fundraising team of five to increase substantially the level of financing from donations and grants. Unfortunately, this ambition was not realised due to the necessary staffing restructure. Income from donations decreased from £329,961 in 2021 to £279,142 in 2022.

FINANCIAL REVIEW

At the end of 2022 the charity's reserves were £94,791 (2021 £216,472).

The financial year January to December 2022 was one of the most challenging in the nine years since Lindengate was founded. Income fell a long way below the budgeted expectation, with expenditure exceeding revenue by £121,681. Drastic action was taken in the last quarter of 2022 which enabled the charity to make a surplus of £31,000 during this period. This was achieved by an increase in income which arose from Lindengate working with the NHS to enable a garden for the NHS at Stoke Mandeville Hospital and some generous donations.

The trimmed down model that Lindengate has become, has not affected our beneficiaries who we are pleased to report have increased in number during the first half of 2023. The total beneficiary numbers for 2022 were 1949. For the first six months in 2023 Lindengate has already welcomed 1771 beneficiaries to our gardens.

With a considerable upturn in the finances in the first half of 2023 financial year, we have increased, substantially, our reserves during the first half of 2023 and in the longer term we aim to increase reserves to the equivalent of six months expenditure.

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. In Autumn 2022 the staff restructure reduced operational costs and as a result it has restored the charity to a sustainable position. Continued support by Donors is key to Lindengate's financial future.

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 (Mr M Cole) 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.

The new objectives subject to approval by the Charity Commission will be in 2023:

To promote and protect the physical and mental wellbeing of the general public by the provision of nature based activities in horticulture, conservation, heritage skills, arts and craft, woodworking and education.

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 (Chair)
Mr Brian Brady (resigned 20.10.23)
Dr Elaine King
Mr Stuart Siddall
Mr Anton Wellenreiter
Dr Judy White (appointed 28 June 2023)
Mr Roger Smith (appointed 11.10.23)

Independent Examiner

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

Approved by order of the board of trustees on26/10/2023.....and signed on its behalf by:

.....Paul Miles.....

Chair of the Trustees

**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 2022.

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.

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

Date:31/10/2023.....

Lindengate

**Statement of Financial Activities
for the Year Ended 31 December 2022**

	Notes	Unrestricted fund £	Restricted funds £	31.12.22 Total funds £	31.12.21 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	279,142	-	279,142	329,961
Charitable activities					
Charitable activities	3	128,393	114,851	243,244	226,779
Other income		<u>14,688</u>	-	<u>14,688</u>	<u>24,676</u>
Total		<u>422,223</u>	<u>114,851</u>	<u>537,074</u>	<u>581,416</u>
EXPENDITURE ON					
Raising funds	4	102,982	-	102,982	114,167
Charitable activities					
Charitable activities	5	<u>416,683</u>	<u>139,090</u>	<u>555,773</u>	<u>465,053</u>
Total		<u>519,665</u>	<u>139,090</u>	<u>658,755</u>	<u>579,220</u>
NET INCOME/(EXPENDITURE)		(97,442)	(24,239)	(121,681)	2,196
RECONCILIATION OF FUNDS					
Total funds brought forward		102,243	114,229	216,472	214,276
TOTAL FUNDS CARRIED FORWARD		<u>4,801</u>	<u>89,990</u>	<u>94,791</u>	<u>216,472</u>

The notes form part of these financial statements

Lindengate

**Balance Sheet
31 December 2022**

		Unrestricted fund £	Restricted funds £	31.12.22 Total funds £	31.12.21 Total funds £
FIXED ASSETS					
Tangible assets	11	30,208	-	30,208	40,395
CURRENT ASSETS					
Stocks	12	3,597	-	3,597	1,655
Debtors	13	76,441	-	76,441	87,921
Cash at bank and in hand		<u>14,472</u>	<u>89,991</u>	<u>104,463</u>	<u>154,239</u>
		94,510	89,991	184,501	243,815
CREDITORS					
Amounts falling due within one year	14	(119,918)	-	(119,918)	(67,738)
		<u>(25,408)</u>	<u>89,991</u>	<u>64,583</u>	<u>176,077</u>
NET CURRENT ASSETS/(LIABILITIES)					
		4,800	89,991	94,791	216,472
TOTAL ASSETS LESS CURRENT LIABILITIES					
		<u>(30,200)</u>	<u>124,991</u>	<u>94,791</u>	<u>216,472</u>
NET ASSETS					
FUNDS	15				
Unrestricted funds				4,800	102,243
Restricted funds				<u>89,991</u>	<u>114,229</u>
TOTAL FUNDS				<u>94,791</u>	<u>216,472</u>

The financial statements were approved by the Board of Trustees and authorised for issue on26/10/2023..... and were signed on its behalf by:

....Paul Miles.....
Trustee

**Notes to the Financial Statements
for the Year Ended 31 December 2022**

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.

**Notes to the Financial Statements - continued
for the Year Ended 31 December 2022**

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.

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

	31.12.22	31.12.21
	£	£
Gifts	-	9,659
Donations	81,023	91,396
Grants	<u>198,119</u>	<u>228,906</u>
	<u>279,142</u>	<u>329,961</u>

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

	31.12.22	31.12.21
	£	£
Grants	<u>198,119</u>	<u>228,906</u>

Lindengate

Notes to the Financial Statements - continued
for the Year Ended 31 December 2022

3. INCOME FROM CHARITABLE ACTIVITIES

		31.12.22	31.12.21
	Activity	£	£
Fees from gardeners	Charitable activities	183,862	139,214
Trading income	Charitable activities	59,382	44,103
Grants	Charitable activities	-	43,462
		<u>243,244</u>	<u>226,779</u>

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

	31.12.22	31.12.21
	£	£
Grants	-	43,462
	<u>-</u>	<u>43,462</u>

4. RAISING FUNDS

Raising donations and legacies

	31.12.22	31.12.21
	£	£
Staff costs	81,072	86,803
Fundraising event costs	736	16,093
Promotional costs	21,174	11,271
	<u>102,982</u>	<u>114,167</u>

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 7)	Totals
	£	£	£
Charitable activities	<u>456,762</u>	<u>99,011</u>	<u>555,773</u>

6. GRANTS PAYABLE

	31.12.22	31.12.21
	£	£
Charitable activities	-	43,462
	<u>-</u>	<u>43,462</u>

Lindengate

**Notes to the Financial Statements - continued
for the Year Ended 31 December 2022**

7. SUPPORT COSTS

	Management £	Governance costs £	Totals £
Charitable activities	<u>51,567</u>	<u>47,444</u>	<u>99,011</u>

8. AUDITORS' REMUNERATION

	31.12.22 £	31.12.21 £
Fees payable to the charity's auditors for the audit of the charity's financial statements	<u>3,945</u>	<u>1,496</u>

9. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2022 nor for the year ended 31 December 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2022 nor for the year ended 31 December 2021.

10. STAFF COSTS

	31.12.22 £	31.12.21 £
Wages and salaries	404,583	308,619
Social security costs	52,656	60,940
Other pension costs	<u>28,499</u>	<u>25,863</u>
	<u>485,738</u>	<u>395,422</u>

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

	31.12.22	31.12.21
Employees	<u>27</u>	<u>24</u>

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

Lindengate

Notes to the Financial Statements - continued
for the Year Ended 31 December 2022

11. TANGIBLE FIXED ASSETS

	Plant and machinery £	Fixtures and fittings £	Totals £
COST			
At 1 January 2022	116,257	-	116,257
Additions	<u>2,755</u>	<u>279</u>	<u>3,034</u>
At 31 December 2022	<u>119,012</u>	<u>279</u>	<u>119,291</u>
DEPRECIATION			
At 1 January 2022	75,862	-	75,862
Charge for year	<u>13,157</u>	<u>64</u>	<u>13,221</u>
At 31 December 2022	<u>89,019</u>	<u>64</u>	<u>89,083</u>
NET BOOK VALUE			
At 31 December 2022	<u>29,993</u>	<u>215</u>	<u>30,208</u>
At 31 December 2021	<u>40,395</u>	<u>-</u>	<u>40,395</u>

12. STOCKS

	31.12.22 £	31.12.21 £
Stocks	<u>3,597</u>	<u>1,655</u>

13. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.22 £	31.12.21 £
Trade debtors	64,620	72,525
Other debtors	1,710	997
Prepayments and accrued income	<u>10,111</u>	<u>14,399</u>
	<u>76,441</u>	<u>87,921</u>

Lindengate

Notes to the Financial Statements - continued
for the Year Ended 31 December 2022

14. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.22	31.12.21
	£	£
Trade creditors	-	1
Taxation and social security	7,422	11,737
Other creditors	<u>112,496</u>	<u>56,000</u>
	<u>119,918</u>	<u>67,738</u>

Lindengate

Notes to the Financial Statements - continued
for the Year Ended 31 December 2022

15. MOVEMENT IN FUNDS

	At 1.1.22 £	Net movement in funds £	At 31.12.22 £
Unrestricted funds			
General fund	102,243	(97,443)	4,800
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	5,989	36	6,025
Secure Storage Units	1,888	-	1,888
Sensory Garden & Pond	3,108	(3,108)	-
Shady Shelter	3,286	(1,890)	1,396
Potting Shed & Office Extension	2,689	-	2,689
Alpine Bed	330	(330)	-
Core Resources	10,000	(10,000)	-
Welcome Area	79	(79)	-
Sound and Light Area	2,052	(2,052)	-
Young People (16-24)	5,000	(5,000)	-
Rill (Sensory Garden)	3,200	(3,200)	-
ADS & Complex Needs	3,750	(3,750)	-
ACT Foundation	534	(534)	-
Wildflower Development	52	(52)	-
Kitchen Garden	6,449	(2,449)	4,000
Butterfly Conservation	1,163	(1,163)	-
Giants Armchair Terrace	2,254	(2,260)	(6)
Companion Seating	105	(105)	-
Woodworking Facility	1,304	-	1,304
Tools & Equipment	142	(142)	-
Groundworks	2,765	(2,338)	427
You've LGF	153	-	153
Gift Aid	390	-	390
Nature Connection	9,273	(9,273)	-
Outdoor Furniture	17	-	17
Older Gardeners	7,500	(7,500)	-
Rest & Reflect	6,832	(6,732)	100
Through The Gate	12,697	(8,487)	4,210
Support The Supporter	2,000	(2,000)	-
Volunteens LGF360			
	156	-	156
Planted LGF363			
	-	(800)	(800)
Heritage Orchard LGF370			
	3,674	(765)	2,909
Apothecary Garden LGF375			
	5,000	5,000	10,000
Bernwood Sign			

Lindengate

**Notes to the Financial Statements - continued
for the Year Ended 31 December 2022**

15. MOVEMENT IN FUNDS - continued

	-	1,000	1,000
Conservation Area	-	14,142	14,142
Green Volunteens			
	-	10,500	10,500
Open Gardens	-	9,000	9,000
Training	-	2,599	2,599
Womens Wellbeing Group			
	-	7,492	7,492
Yurt Furniture	-	500	500
	<u>114,229</u>	<u>(24,238)</u>	<u>89,991</u>
TOTAL FUNDS	<u><u>216,472</u></u>	<u><u>(121,681)</u></u>	<u><u>94,791</u></u>

Lindengate

Notes to the Financial Statements - continued
for the Year Ended 31 December 2022

15. 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	422,223	(519,666)	(97,443)
Restricted funds			
Bee Keeping	-	(498)	(498)
Memory Pathways	15,000	(14,964)	36
Sensory Garden & Pond	-	(3,108)	(3,108)
Shady Shelter	-	(1,890)	(1,890)
Alpine Bed	-	(330)	(330)
Core Resources	-	(10,000)	(10,000)
Welcome Area	-	(79)	(79)
Sound and Light Area	-	(2,052)	(2,052)
Young People (16-24)	-	(5,000)	(5,000)
Rill (Sensory Garden)	-	(3,200)	(3,200)
ADS & Complex Needs	-	(3,750)	(3,750)
ACT Foundation	-	(534)	(534)
Wildflower Development	-	(52)	(52)
Kitchen Garden	-	(2,449)	(2,449)
Butterfly Conservation	-	(1,163)	(1,163)
Giants Armchair Terrace	-	(2,260)	(2,260)
Companion Seating	-	(105)	(105)
Tools & Equipment	-	(142)	(142)
Groundworks	-	(2,338)	(2,338)
Nature Connection	-	(9,273)	(9,273)
Older Gardeners	7,500	(15,000)	(7,500)
Rest & Reflect	-	(6,732)	(6,732)
Through The Gate	25,259	(33,746)	(8,487)
Support The Supporter	-	(2,000)	(2,000)
Planted LGF363	-	(800)	(800)
Heritage Orchard LGF370	-	(765)	(765)
Apothecary Garden LGF375	-	(765)	(765)
Bernwood Sign	5,000	-	5,000
Conservation Area	1,000	-	1,000
Green Volunteers	15,000	(858)	14,142
Open Gardens	20,000	(9,500)	10,500
Training	12,000	(3,000)	9,000
Womens Wellbeing Group	5,000	(2,401)	2,599

Lindengate

Notes to the Financial Statements - continued
for the Year Ended 31 December 2022

15. MOVEMENT IN FUNDS - continued

	7,492	-	7,492
Yurt Furniture	500	-	500
Yurt Garden			
	<u>1,100</u>	<u>(1,100)</u>	<u>-</u>
	<u>114,851</u>	<u>(139,089)</u>	<u>(24,238)</u>
TOTAL FUNDS	<u><u>537,074</u></u>	<u><u>(658,755)</u></u>	<u><u>(121,681)</u></u>

Lindengate

Notes to the Financial Statements - continued
for the Year Ended 31 December 2022

15. MOVEMENT IN FUNDS - continued

Comparatives for 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
Volunteers LGF360	-	156	-	156
Planted LGF363	-	(400)	400	-

Lindengate

**Notes to the Financial Statements - continued
for the Year Ended 31 December 2022**

15. MOVEMENT IN FUNDS - continued

Heritage Orchard LGF370

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

Lindengate

Notes to the Financial Statements - continued
for the Year Ended 31 December 2022

15. 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	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>

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.

**Notes to the Financial Statements - continued
for the Year Ended 31 December 2022**

15. MOVEMENT IN FUNDS - continued

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.
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.
Bernwood Sign - grant for joint woodwork project.
Conservation Area - grant for site enhancement.
Green Volunteers - grant for green volunteers weekly group.
Open Gardens - grant for open gardens expenditure.
Training - grant for staff training.
Womens Wellbeing Group - grant for womens wellbeing monthly group.
Yurt Furniture - grant for yurt furniture.
Yurt Garden - grant for yurt garden plants.

**Notes to the Financial Statements - continued
for the Year Ended 31 December 2022**

16. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2022 (2021: £NIL).

Lindengate

**Detailed Statement of Financial Activities
for the Year Ended 31 December 2022**

	31.12.22 £	31.12.21 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Gifts	-	9,659
Donations	81,023	91,396
Grants	<u>198,119</u>	<u>228,906</u>
	279,142	329,961
Charitable activities		
Fees from gardeners	183,862	139,214
Trading income	59,382	44,103
Grants	<u>-</u>	<u>43,462</u>
	243,244	226,779
Other income		
Coronavirus Job Retention Scheme	-	12,629
Commercial fundraising income	<u>14,688</u>	<u>12,047</u>
	<u>14,688</u>	<u>24,676</u>
Total incoming resources	537,074	581,416
EXPENDITURE		
Raising donations and legacies		
Wages	81,072	-
Social security	-	60,940
Pensions	-	25,863
Fundraising event costs	736	16,093
Promotional costs	<u>21,174</u>	<u>11,271</u>
	102,982	114,167
Charitable activities		
Wages	323,511	308,619
Social security	52,656	-
Pensions	28,499	-
Hire of plant and machinery	5,762	-
Other operating leases	2,000	-
Rates and water	1,038	(220)
Advertising	2,574	-
Gardener costs	10,609	24,217
Volunteer costs	600	1,334
Site development	7,257	4,429
Site maintenance and consumables	19,030	10,301
Staff Welfare	3,226	-
Grants to institutions	<u>-</u>	<u>43,462</u>
	456,762	392,142

This page does not form part of the statutory financial statements

Lindengate

**Detailed Statement of Financial Activities
for the Year Ended 31 December 2022**

	31.12.22	31.12.21
	£	£
Support costs		
Management		
Insurance	6,197	4,782
Other costs	2,035	1,786
Training	10,996	6,669
Office costs	19,118	25,404
Plant and machinery	<u>13,221</u>	<u>12,345</u>
	51,567	50,986
Governance costs		
Auditors' remuneration	3,945	1,496
Accountancy and legal fees	<u>43,499</u>	<u>20,429</u>
	<u>47,444</u>	<u>21,925</u>
Total resources expended	<u>658,755</u>	<u>579,220</u>
Net (expenditure)/income	<u>(121,681)</u>	<u>2,196</u>