LINDENGATE

England & Wales · Charity number 1153868

Details

Status	Registered
Legal form	CIO
Registered	2013-09-19
Register	View on the Charity Commission register

Contact

Address	Lindengate The Old Allotment Site Aylesbury Road Wendover Aylesbury Buckingh
Phone	01296623899
Email	info@lindengate.org.uk
Website	www.lindengate.org.uk

Activities

Objects: TO ASSIST IN THE TREATMENT AND CARE OF PERSONS SUFFERING FROM MENTAL OR PHYSICAL ILLNESS OF ANY DESCRIPTION OR IN NEED OF REHABILITATION AS A RESULT OF SUCH ILLNESS, BY THE PROVISION OF HORTICULTURE AND GARDENING ACTIVITIES TO HELP THEM CHANGE THEIR LIVES.

Activities: To improve people's mental health, physical health and wellbeing through the provision of nature based activities in horticulture, gardening, environmental conservation, heritage skills, arts and craft, woodworking and education.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Arts/culture/heritage/science, Environment/conservation/heritage
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, Other Defined Groups, The General Public/mankind

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Geography

- **Area of benefit:** BUCKINGHAMSHIREHERFORDSHIREOXFORDSHIRE
- Buckinghamshire
- Hertfordshire
- Oxfordshire

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£406,092	£446,936	-	-
2023-12-31	£536,413	£455,406	£175,798	17
2022-12-31	£537,074	£658,755	£94,791	27
2021-12-31	£581,416	£579,220	£216,472	24
2020-12-31	£467,705	£409,580	-	-

Trustees

Name	Role	Appointed
Francis John Durden	Chair	2023-12-19
Giles Flaxton		2023-12-14
Jane Susan Penton		2024-08-12
John Hartley Slaughter		2025-09-08
Roger Francis John Smith		2023-10-11
Sheila Elizabeth Bulpett		2025-02-10

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LINDENGATE

England & Wales - Charity number 1153868

Accounts

REGISTERED CHARITY NUMBER: 1153868

Report of the Trustees and

Unaudited Financial Statements for the Year Ended 31 December 2024

for

Lindengate

DUX Advisory Limited
Chartered Accountants
Kennel Club House
Gatehouse Way
Aylesbury
Buckinghamshire
HP19 8DB

Contents of the Financial Statements
for the Year Ended 31 December 2024

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Report of the Trustees
for the Year Ended 31 December 2024

The trustees present their report with the financial statements of the charity for the year ended 31 December 2024. 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).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objectives of the charity as per its governing document are:

- To improve people's mental health, physical health and wellbeing through the provision of nature based activities in horticulture, gardening, environmental conservation, heritage skills, arts and craft, woodworking and education.

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including the guidance 'Public benefit: running a charity (PB2)'.

Activities undertaken to achieve objectives

Lindengate provides a range of wellbeing programmes covering all ages for those with low to moderate mental health needs. The charity's focus is on early intervention, prevention and mental health maintenance by providing different levels of support through social and therapeutic horticulture (STH).

Main activities undertaken to further the charity's purposes for public benefit

Lindengate services are used by a large number of people from the Buckinghamshire area whose ages range from 6 to 96. The demographics of those who attend are also wide-ranging. Alongside our programmes, we are great advocates of conservation and biodiversity. These attributes run through all we do. Lindengate brings people of all ages together, offering a truly unique, multigenerational environment, that is open to all.

ACHIEVEMENTS AND PERFORMANCE

Charitable activities

Lindengate saw just under 3,000 people benefit from its activities in 2024: a small increase on 2023.

Lindengate's various Social and Therapeutic Horticulture programmes all take place in our 6-acre garden where we tailor our support to foster confidence, resilience and life skills. Our individual-centred approach helps people grow, connect and thrive. We help people of all ages living with low to medium mental health conditions. Early intervention and prevention are key, with building social interaction, confidence and self-esteem our goal.

Lindengate had over 200 active volunteers throughout 2024 whose support continues to be crucial. The benefit the charity gains from their hard work runs across activities such as maintaining the gardens, supporting programmes, running events, generating trading income and assisting with fundraising activities. We conduct an annual survey of our volunteers with over 85% saying their mental and / or physical wellbeing has improved as a direct result of their volunteering at Lindengate.

Fundraising review

In common with much of the charitable sector, Lindengate faced a challenging fundraising environment in 2024. Whilst the total size of funding applications increased by over 50% in value, income from trusts and foundations in 2024 was 23% lower than in 2023 at £261,123, while income from charitable and other activities in 2024 was £142,452, a 21% reduction on the previous year.

In Q4 of 2024, Lindengate conducted a full external review of its fundraising activities and implemented a series of recommendations including enhanced communications, targeted long term relationship building, a revamped application strategy and a new system of database management. In addition, the management team took on full responsibility for all fundraising activities, in a change from it previously being primarily conducted by fundraising personnel only.

Report of the Trustees
for the Year Ended 31 December 2024

FINANCIAL REVIEW

Financial review

At the end of 2024 the charity's reserves were £43,139. Net income / expenditure generated a deficit for the year of £40,844, compared to a surplus of £81,007 in 2023. In Q4 of 2024, the trustees put in place a series of restructuring and cost control measures to reduce expenditure so as to bring it more in line with income. It should be noted that for the final 3 months of the 2024 calendar year, income exceeded expenditure as a result of this lower cost base.

Reserves policy

The Trustee's reserves policy is to work towards the equivalent of six months' day to day expenditure. This is to solidify financial resilience and cement stability in preparation for any difficulties in future years.

Outlook and Key Risks

Despite the financial challenges faced by Lindengate throughout 2024, the numbers of beneficiaries and volunteers grew slightly in comparison to previous years, with the charity able to maintain all of its existing charitable activities despite a lower cost base in the last quarter.

A new 3-year strategy was published in Q3 2024, with the controlled growth of impactful wellbeing services to meet an increasing demand at its core. To achieve that, Lindengate will need to increase its total revenues in steady fashion, diversifying its income sources and achieving more multi-year revenues. This was at the heart of the fundraising review first implemented in Q4 2024 and continuing thereafter.

The restructure in Q4 2024 saw Lindengate promote from within with the key roles of General Manager, Head of Programmes and Business Development, and Financial Controller, all being fulfilled by existing Lindengate personnel with a wealth of experience to call upon. After a period of upheaval in 2023, the board of trustees also grew in strength and experience, with the addition of two new members, one of whom had been a Lindengate trustee previously.

Having taken the necessary actions to put Lindengate on a more sustainable financial footing, the challenge now for the leadership team, working alongside our amazingly driven staff and resourceful team of volunteers, is to grow our overall impact in an environment where the need for mental wellbeing services is greater than ever.

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 appointed Ms A Grant as General Manager in November 2024 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.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1153868

Report of the Trustees
for the Year Ended 31 December 2024

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

Trustees
Mr Anton Wellenreiter (resigned 28.2.24)
Mr Stuart Siddall (resigned 2.1.24)
Dr Judith Maybrey White (resigned 8.7.24)
Dr Elaine Janice King (resigned 31.3.24)
Mr Roger Francis John Smith
Mr Giles Flaxton
Mr Francis John Durden
Ms Nicola Jane Dolan (appointed 13.5.24)
Miss Sheila Elizabeth Bulpett (appointed 10.2.25)
Miss Jane Susan Penton (appointed 12.9.24)
Mr John Slaughter (appointed 8.9.25)

Independent Examiner
Shaun Brownsmith FCA
DUX Advisory Limited
Chartered Accountants
Kennel Club House
Gatehouse Way
Aylesbury
Buckinghamshire
HP19 8DB

Approved by order of the board of trustees on 30/10/2025 and signed on its behalf by:

Francis John Durden

Mr Francis John Durden - Trustee

Independent Examiner's Report to the Trustees of Lindengate

Independent examiner's report to the trustees of Lindengate

I report to the trustees on my examination of the accounts of Lindengate ("the CIO") for the year ended 31 December 2024.

Responsibilities and basis of report

As the charity's trustees, 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 CIO's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the 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 member of the Institute of Chartered Accountants in England and Wales, 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. the accounting records were not kept in accordance with section 130 of the Charities Act; or
2. the accounts did not accord with the accounting records; or
3. the accounts did 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.

S Brownsmith

3BD60000-5CC4-9E6C-D182-08DE17A3145A

Shaun Brownsmith FCA

DUX Advisory Limited
Chartered Accountants
Kennel Club House
Gatehouse Way
Aylesbury
Buckinghamshire
HP19 8DB

Date: 30/10/2025

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Lindengate

Statement of Financial Activities
for the Year Ended 31 December 2024

	Notes	Unrestricted fund £	Restricted funds £	31.12.24 Total funds £	31.12.23 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	266,667	-	266,667	343,443
Charitable activities	4				
Wellbeing through social and theraputic horticulture		29,371	107,537	136,908	182,262
Investment income	3	2,517	-	2,517	-
Other income		-	-	-	10,708
Total		298,555	107,537	406,092	536,413
EXPENDITURE ON					
Raising funds	5	90,523	-	90,523	107,844
Charitable activities	6				
Wellbeing through social and theraputic horticulture		224,111	132,302	356,413	347,562
Total		314,634	132,302	446,936	455,406
NET INCOME/(EXPENDITURE)		(16,079)	(24,765)	(40,844)	81,007
Transfers between funds	17	(4,000)	4,000	-	-
Net movement in funds		(20,079)	(20,765)	(40,844)	81,007
RECONCILIATION OF FUNDS					
Total funds brought forward		47,736	128,062	175,798	94,791
TOTAL FUNDS CARRIED FORWARD		27,657	107,297	134,954	175,798

The notes form part of these financial statements

Lindengate

Balance Sheet
31 December 2024

	Notes	31.12.24 £	31.12.23 £
FIXED ASSETS			
Tangible assets	12	26,557	21,518
CURRENT ASSETS			
Stocks	13	3,582	3,582
Debtors	14	25,970	43,324
Cash in hand		150,441	221,695
		179,993	268,601
CREDITORS			
Amounts falling due within one year	15	(71,596)	(114,321)
NET CURRENT ASSETS		108,397	154,280
TOTAL ASSETS LESS CURRENT LIABILITIES		134,954	175,798
NET ASSETS		134,954	175,798
FUNDS	17		
Unrestricted funds		27,655	47,736
Restricted funds		107,299	128,062
TOTAL FUNDS		134,954	175,798

The financial statements were approved by the Board of Trustees and authorised for issue on 30/10/2025 and were signed on its behalf by:

Francis John Durden

Mr Francis John Durden - Trustee

The notes form part of these financial statements

Notes to the Financial Statements for the Year Ended 31 December 2024

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.

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 exemption 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.

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

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1. ACCOUNTING POLICIES - continued

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

Plant and machinery	5 years

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

	31.12.24	31.12.23
	£	£
Donations	144,598	173,476
Legacies	15,000	-
Grants	107,069	169,967
	266,667	343,443

continued...

Notes to the Financial Statements - continued
for the Year Ended 31 December 2024

3. INVESTMENT INCOME

	31.12.24	31.12.23
	£	£
Interest receivable - trading	2,517	-

4. INCOME FROM CHARITABLE ACTIVITIES

	Activity	31.12.24	31.12.23
		£	£
Fees from gardeners	Wellbeing through social and theraputic horticulture	119,519	119,271
Trading income	Wellbeing through social and theraputic horticulture	17,389	62,991
		136,908	182,262

5. RAISING FUNDS

Raising donations and legacies

	31.12.24	31.12.23
	£	£
Staff costs	75,229	59,199
Fundraising event costs	2,629	2,356
Promotional costs	12,665	46,289
	90,523	107,844

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs (see note 7)	Support costs (see note 8)	Totals
	£	£	£
Wellbeing through social and theraputic horticulture	288,597	67,816	356,413

continued...

7. DIRECT COSTS OF CHARITABLE ACTIVITIES

	31.12.24	31.12.23
	£	£
Staff costs	245,794	133,895
Hire of plant and machinery	3,690	5,520
Other operating leases	2,000	2,000
Rates and water	(374)	2,600
Gardener costs	7,931	97,360
Volunteer costs	17	262
Site development	2,979	16,730
Site maintenance and consumables	26,560	21,663
	288,597	280,030

8. SUPPORT COSTS

	Management	Governance costs	Totals
	£	£	£
Wellbeing through social and theraputic horticulture	39,184	28,632	67,816

9. INDEPENDENT EXAMINERS' REMUNERATION

	31.12.24	31.12.23
	£	£
Fees payable to the charity's independent examiner's for the independent examination and preparation of the charity's financial statements	4,711	4,684

10. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2024 nor for the year ended 31 December 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2024 nor for the year ended 31 December 2023.

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11. STAFF COSTS

	31.12.24	31.12.23
	£	£
Wages and salaries	291,559	132,976
Social security costs	21,645	31,579
Other pension costs	7,819	28,539
	321,023	193,094

The total employee remuneration and benefits of the key management personnel of the Charity were £103,887 (2023: £71,221).

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

	31.12.24	31.12.23
Employees	16	17

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

12. TANGIBLE FIXED ASSETS

	Plant and machinery	Fixtures and fittings	Totals
	£	£	£
COST			
At 1 January 2024	119,012	1,657	120,669
Additions	15,363	383	15,746
At 31 December 2024	134,375	2,040	136,415
DEPRECIATION			
At 1 January 2024	98,902	249	99,151
Charge for year	10,197	510	10,707
At 31 December 2024	109,099	759	109,858
NET BOOK VALUE			
At 31 December 2024	25,276	1,281	26,557
At 31 December 2023	20,110	1,408	21,518

continued...

13. STOCKS

	31.12.24	31.12.23
	£	£
Trees and uniform	3,582	3,582

14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.24	31.12.23
	£	£
Trade debtors	18,366	37,721
Other debtors	114	114
Prepayments and accrued income	7,490	5,489
	25,970	43,324

15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.24	31.12.23
	£	£
Trade creditors	-	171
Taxation and social security	2,190	3,563
Other creditors	69,406	110,587
	71,596	114,321

16. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted fund	Restricted funds	31.12.24 Total funds	31.12.23 Total funds
	£	£	£	£
Fixed assets	26,557	-	26,557	21,518
Current assets	72,694	107,299	179,993	268,601
Current liabilities	(71,596)	-	(71,596)	(114,321)
	27,655	107,299	134,954	175,798

continued...

17. MOVEMENT IN FUNDS

	At 1.1.24 £	Net movement in funds £	Transfers between funds £	At 31.12.24 £
Unrestricted funds				
General fund	47,736	(16,081)	(4,000)	27,655
Restricted funds				
Volunteer Hub	-	11,667	-	11,667
Memory Pathways	-	6,417	-	6,417
Kitchen Garden	-	-	4,000	4,000
Woodworking Facility	1,304	-	-	1,304
Groundworks	-	4,146	-	4,146
Apothecary Garden LGF375	4,186	-	-	4,186
Bernwood Sign	1,000	-	-	1,000
Conservation Area	13,850	1,150	-	15,000
Green Volunteens	8,000	(8,000)	-	-
Training	-	1,240	-	1,240
Womens Wellbeing Group	7,492	(1,884)	-	5,608
Older Gardeners LGF439	3,750	-	-	3,750
Heritage Orchard Swale LGF428	2,707	(2,362)	-	345
Open Gardens LGF434	500	(500)	-	-
Wellbeing Pathways LGF435	21,000	6,000	-	27,000
Education and Community Hub LGF436	20,000	(9,885)	-	10,115
Yurt Furnishings LGF443	500	-	-	500
White Goods LGF446	370	(370)	-	-
Woodworkshop LGF450	200	(54)	-	146
Young People,Through the Gate,Open Gardens	9,243	(9,243)	-	-
Paths,Signage,Training LGF455	11,150	(11,150)	-	-
Flood Awareness LGF461	9,914	(2,404)	-	7,510
Furniture LGF464	1,500	(1,169)	-	331
Tree Nursary	11,396	(11,396)	-	-
Masonic Foundation	-	34	-	34
Freshwater Habitat UK	-	3,000	-	3,000
	128,062	(24,763)	4,000	107,299
TOTAL FUNDS	175,798	(40,844)	-	134,954

continued...

17. 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	298,554	(314,635)	(16,081)
Restricted funds			
Volunteer Hub	15,000	(3,333)	11,667
Memory Pathways	12,000	(5,583)	6,417
Groundworks	18,388	(14,242)	4,146
Conservation Area	1,150	-	1,150
Green Volunteens	-	(8,000)	(8,000)
Training	2,000	(760)	1,240
Womens Wellbeing Group	-	(1,884)	(1,884)
Older Gardeners LGF439	15,000	(15,000)	-
Heritage Orchard Swale LGF428	-	(2,362)	(2,362)
Open Gardens LGF434	-	(500)	(500)
Wellbeing Pathways LGF435	37,500	(31,500)	6,000
Education and Community Hub LGF436	-	(9,885)	(9,885)
White Goods LGF446	-	(370)	(370)
Woodworkshop LGF450	-	(54)	(54)
Young People,Through the Gate,Open Gardens	-	(9,243)	(9,243)
Paths,Signage,Training LGF455	-	(11,150)	(11,150)
Flood Awareness LGF461	-	(2,404)	(2,404)
Furniture LGF464	-	(1,169)	(1,169)
Tree Nursary	-	(11,396)	(11,396)
Masonic Foundation	3,500	(3,466)	34
Freshwater Habitat UK	3,000	-	3,000
	107,538	(132,301)	(24,763)
TOTAL FUNDS	406,092	(446,936)	(40,844)

continued...

17. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.1.23 £	Net movement in funds £	Transfers between funds £	At 31.12.23 £
Unrestricted funds				
General fund	4,800	43,743	(807)	47,736
Restricted funds				
Office Cabin	1,640	(1,640)	-	-
Volunteer Hub	2,260	(2,260)	-	-
Reserves LGF285	6,000	(6,000)	-	-
Memory Pathways	6,025	(6,025)	-	-
Secure Storage Units	1,888	(1,888)	-	-
Shady Shelter	1,396	(1,396)	-	-
Potting Shed & Office Extension	2,689	(2,689)	-	-
Kitchen Garden	4,000	(4,000)	-	-
Giants Armchair Terrace	(6)	-	6	-
Woodworking Facility	1,304	-	-	1,304
Groundworks	427	(427)	-	-
You've LGF	153	(153)	-	-
Gift Aid	390	(390)	-	-
Outdoor Furniture	17	(17)	-	-
Older Gardeners	-	3,750	-	3,750
Rest & Reflect	100	(100)	-	-
Through The Gate	4,210	(4,210)	-	-
Volunteens LGF360	156	(157)	1	-
Planted LGF363	(800)	-	800	-
Apothecary Garden LGF375	10,000	(5,814)	-	4,186
Bernwood Sign	1,000	-	-	1,000
Conservation Area	14,142	(292)	-	13,850
Green Volunteens	10,500	(2,500)	-	8,000
Training	2,599	(2,599)	-	-
Womens Wellbeing Group	7,492	-	-	7,492
Heritage Orchard Swale LGF428	2,909	(202)	-	2,707
Open Gardens LGF434	9,000	(8,500)	-	500
Wellbeing Pathways LGF435	-	21,000	-	21,000
Education and Community Hub LGF436	-	20,000	-	20,000
Yurt Furnishings LGF443	500	-	-	500
White Goods LGF446	-	370	-	370
Woodworkshop LGF450	-	200	-	200
Young People,Through the Gate,Open Gardens	-	9,243	-	9,243
Paths,Signage,Training LGF455	-	11,150	-	11,150
Flood Awareness LGF461	-	9,914	-	9,914
Furniture LGF464	-	1,500	-	1,500
Tree Nursary	-	11,396	-	11,396
	89,991	37,264	807	128,062

continued...

17. MOVEMENT IN FUNDS - continued

TOTAL FUNDS	94,791	81,007	-	175,798

continued...

17. 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	383,637	(339,894)	43,743
Restricted funds			
Office Cabin	-	(1,640)	(1,640)
Volunteer Hub	-	(2,260)	(2,260)
Reserves LGF285	-	(6,000)	(6,000)
Memory Pathways	5,000	(11,025)	(6,025)
Secure Storage Units	-	(1,888)	(1,888)
Shady Shelter	-	(1,396)	(1,396)
Potting Shed & Office Extension	-	(2,689)	(2,689)
Kitchen Garden	-	(4,000)	(4,000)
Groundworks	-	(427)	(427)
You've LGF	-	(153)	(153)
Gift Aid	-	(390)	(390)
Outdoor Furniture	-	(17)	(17)
Older Gardeners	7,500	(3,750)	3,750
Rest & Reflect	-	(100)	(100)
Through The Gate	-	(4,210)	(4,210)
Volunteens LGF360	-	(157)	(157)
Apothecary Garden LGF375	-	(5,814)	(5,814)
Conservation Area	-	(292)	(292)
Green Volunteens	10,000	(12,500)	(2,500)
Training	-	(2,599)	(2,599)
Womens Wellbeing Group	7,492	(7,492)	-
Older Gardeners LGF439	7,500	(7,500)	-
Heritage Orchard Swale LGF428	4,565	(4,767)	(202)
Open Gardens LGF434	5,000	(13,500)	(8,500)
Wellbeing Pathways LGF435	35,000	(14,000)	21,000
Education and Community Hub LGF436	20,000	-	20,000
Yurt Furnishings LGF443	1,090	(1,090)	-
White Goods LGF446	1,922	(1,552)	370
10th Anniversay, Staff Xmas LGF450	1,000	(1,000)	-
Woodworkshop LGF450	200	-	200
Young People,Through the Gate,Open Gardens	9,243	-	9,243
Paths,Signage,Training LGF455	11,850	(700)	11,150
Flood Awareness LGF461	9,914	-	9,914
Furniture LGF464	1,500	-	1,500
Tree Nursary	14,000	(2,604)	11,396
	152,776	(115,512)	37,264
TOTAL FUNDS	536,413	(455,406)	81,007

continued...

17. MOVEMENT IN FUNDS - continued

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:

Volunteer Hub - grant for volunteer support.
Reserves - grant for reserves.
Memory Pathways - grant for Older Weekly Participants.
Young People (16-24) - grant for short programmes for young people.
Kitchen Garden - grant for site enhancement.
Woodworking Facility - grant for building woodworking cabin.
Groundworks - grant for site enhancement.
Through the Gate - grant for short programme for apprentice volunteers.
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 Volunteens - grant for green volunteens 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.
Wellbeing Pathways -
Education and Community Hub - grant for mini bus.
White Goods - grant for fridges and dishwasher.
Woodworkshop - grant for woodworkshop equipment.
Paths, Signage, Training - grant for paths, signage and training.
Flood Awareness - grant for flood and maintenance project.
Furniture - furniture for hub.
Tree Nursary -
Masonic Foundation -
Freshwater Habitat UK -

18. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2024 nor for the prior year ended 31 December 2023.

Detailed Statement of Financial Activities for the Year Ended 31 December 2024

	31.12.24 £	31.12.23 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	144,598	173,476
Legacies	15,000	-
Grants	107,069	169,967
	266,667	343,443
Investment income		
Interest receivable - trading	2,517	-
Charitable activities		
Fees from gardeners	119,519	119,271
Trading income	17,389	62,991
	136,908	182,262
Other income		
Commercial fundraising income	-	10,708
Total incoming resources	406,092	536,413
EXPENDITURE		
Raising donations and legacies		
Wages	75,229	59,199
Fundraising event costs	2,629	2,356
Promotional costs	12,665	46,289
	90,523	107,844
Charitable activities		
Wages	216,330	73,777
Social security	21,645	31,579
Pensions	7,819	28,539
Hire of plant and machinery	3,690	5,520
Other operating leases	2,000	2,000
Rates and water	(374)	2,600
Gardener costs	7,931	97,360
Volunteer costs	17	262
Site development	2,979	16,730
Carried forward	262,037	258,367

Detailed Statement of Financial Activities for the Year Ended 31 December 2024

	31.12.24 £	31.12.23 £
Charitable activities		
Brought forward	262,037	258,367
Site maintenance and consumables	26,560	21,663
	288,597	280,030
Support costs		
Management		
Insurance	5,339	5,813
Other costs	1,834	1,413
Training	7,299	4,419
Office costs	14,005	15,474
Plant and machinery	10,707	10,068
	39,184	37,187
Governance costs		
Auditors' remuneration	4,711	4,684
Accountancy and legal fees	23,921	25,661
	28,632	30,345
Total resources expended	446,936	455,406
Net (expenditure)/income	(40,844)	81,007

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More Information

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LINDENGATE

England & Wales - Charity number 1153868

Accounts

REGISTERED CHARITY NUMBER: 1153868

Report of the Trustees and

Unaudited Financial Statements for the Year Ended 31 December 2023

for

Lindengate

DUX Advisory Limited
Chartered Accountants
Kennel Club House
Gatehouse Way
Aylesbury
Buckinghamshire
HP19 8DB

Contents of the Financial Statements
for the Year Ended 31 December 2023

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Report of the Trustees
for the Year Ended 31 December 2023

The trustees present their report with the financial statements of the charity for the year ended 31 December 2023. 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

Lindengate provides a range of wellbeing programmes covering all ages for those with low to moderate mental health needs. The charity's focus is on early intervention, prevention and mental health maintenance by providing different levels of support through social and therapeutic horticulture (STH). Lindengate saw 2,804 people benefit from its activities in 2023; a 30% increase on 2022.

Lindengate had 208 active volunteers throughout 2023 whose support has been crucial. The benefit the charity gains from their hard work runs across activities such as maintaining the gardens, supporting programmes, generating trading income and assisting with fundraising activities. Many of our volunteers say their mental and physical wellbeing has benefitted as well.

Fundraising review

An additional fundraiser was recruited in the first half of 2023, adding specialist expertise in winning support from trusts and foundations. The expanded team delivered a 23% increase in donations to £343,444 in 2023, up from £279,142 in 2022. In addition, to celebrate Lindengate's 10th Anniversary two lunches and one dinner were held at Chequers, raising £38,276. Total 2023 income remained on a par with 2022, a commendable effort by management and staff during a year of significant change.

FINANCIAL REVIEW

Financial review

At the end of 2023 the charity's reserves were £175,799, an 85% increase on the 2022 figure of £94,791.

Action taken in early 2023 to reduce the cost base to a sustainable level, allied to greater day to day cost control, made a significant contribution to the improvement in financial performance compared with 2022.

Net income /expenditure generated a surplus of £81,008 in 2023 as opposed to a loss of £121,681 in 2022. This has stabilised the charity's finances and made it possible to aim for the long term goal of increasing reserves to the equivalent of six months expenditure.

Outlook and Key Risks

Lindengate has emerged out of 2023 financially stronger compared with 2022, enabling the charity to plan for the controlled growth of the impactful wellbeing services to meet an increasing demand.

To further enhance its management capabilities, Lindengate appointed an experienced Chief Executive Officer at the start of 2024, to take over from the General Manager who retired at the end of 2023. A new Chair of Trustees was also appointed, while several existing trustees reached the end of their terms throughout 2023.

A 3 year strategy will be produced in 2024 reengaging with the Charity's core purpose and focussed on how the wellbeing services offered can be grown to support more people. Raising the necessary funds to sustainably run the Charity remains challenging in an increasingly competitive environment. The Charity's ability to adapt and diversify its fundraising activities will be key, driven by the new leadership and management team, supported by an amazingly driven and resourceful staff and team of volunteers.

Report of the Trustees
for the Year Ended 31 December 2023

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 appointed a General Manager (Mr M Cole) in 2023 and approved the management structure reporting to the General Manager. Mr M Cole retired at the end of 2023, and the trustees appointed a Chief Executive Officer (Mr B Brady) to succeed him at the start of 2024.

The Chief Executive Officer 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 Chief Executive Officer 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 improve people's mental health, physical health and wellbeing through the provision of nature based activities in horticulture, gardening, environmental 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
HP22 6BD

Trustees

Mr Paul Miles (Chairman) (resigned 15.11.23)
Mr Anton Wellenreiter (resigned 28.2.24)
Mr Stuart Siddall (resigned 2.1.24)
Mr Brian Patrick Brady (appointed 28.6.23) (resigned 16.10.23)
Dr Judith Maybrey White (appointed 6.7.23) (resigned 8.7.24)
Dr Elaine Janice King (resigned 31.3.24)
Mr Roger Francis John Smith (appointed 11.10.23)
Mr Giles Flaxton (appointed 14.12.23)
Mr Francis John Durden (appointed 19.12.23)
Ms Nicola Jane Dolan (appointed 13.5.24)

Report of the Trustees
for the Year Ended 31 December 2023

REFERENCE AND ADMINISTRATIVE DETAILS

Independent Examiner
DUX Advisory Limited
Chartered Accountants
Kennel Club House
Gatehouse Way
Aylesbury
Buckinghamshire
HP19 8DB

Approved by order of the board of trustees on 02/09/2024 and signed on its behalf by:

Frank Durden
.....
Mr Francis John Durden - Trustee

Independent Examiner's Report to the Trustees of Lindengate

Independent examiner's report to the trustees of Lindengate

I report to the charity trustees on my examination of the accounts of Lindengate (the Trust) for the year ended 31 December 2023.

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 member of the Institute of Chartered Accountants in England and Wales, 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.

Dux Advisory Ltd

Shaun Brownsmith FCA

DUX Advisory Limited
Chartered Accountants
Kennel Club House
Gatehouse Way
Aylesbury
Buckinghamshire
HP19 8DB

Date: 05/09/2024 .....

Lindengate

Statement of Financial Activities
for the Year Ended 31 December 2023

	Notes	Unrestricted fund £	Restricted funds £	31.12.23 Total funds £	31.12.22 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	343,443	-	343,443	279,142
Charitable activities	3				
Charitable activities		29,486	152,776	182,262	243,244
Other income		10,708	-	10,708	14,688
Total		383,637	152,776	536,413	537,074
EXPENDITURE ON					
Raising funds	4	107,844	-	107,844	102,982
Charitable activities	5				
Charitable activities		232,050	115,512	347,562	555,773
Total		339,894	115,512	455,406	658,755
NET INCOME/(EXPENDITURE)		43,743	37,264	81,007	(121,681)
Transfers between funds	14	(807)	807	-	-
Net movement in funds		42,936	38,071	81,007	(121,681)
RECONCILIATION OF FUNDS					
Total funds brought forward		4,800	89,991	94,791	216,472
TOTAL FUNDS CARRIED FORWARD		47,736	128,062	175,798	94,791

The notes form part of these financial statements

Lindengate

Balance Sheet
31 December 2023

	Notes	Unrestricted fund £	Restricted funds £	31.12.23 Total funds £	31.12.22 Total funds £
FIXED ASSETS					
Tangible assets	10	21,518	-	21,518	30,208
CURRENT ASSETS					
Stocks	11	3,582	-	3,582	3,597
Debtors	12	43,324	-	43,324	76,441
Cash in hand		93,633	128,062	221,695	104,463
		140,539	128,062	268,601	184,501
CREDITORS					
Amounts falling due within one year	13	(114,321)	-	(114,321)	(119,918)
NET CURRENT ASSETS		26,218	128,062	154,280	64,583
TOTAL ASSETS LESS CURRENT LIABILITIES		47,736	128,062	175,798	94,791
NET ASSETS		47,736	128,062	175,798	94,791
FUNDS	14				
Unrestricted funds				47,736	4,800
Restricted funds				128,062	89,991
TOTAL FUNDS				175,798	94,791

The financial statements were approved by the Board of Trustees and authorised for issue on 02/09/2024 and were signed on its behalf by:

Frank Durden

.....
Mr Francis John Durden - Trustee

The notes form part of these financial statements

Notes to the Financial Statements for the Year Ended 31 December 2023

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 exemption 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.

continued...

1. ACCOUNTING POLICIES - continued

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

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

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

	31.12.23	31.12.22
	£	£
Donations	173,476	81,023
Grants	169,967	198,119
	343,443	279,142

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

	31.12.23	31.12.22
	£	£
Grants	169,967	198,119

continued...

Notes to the Financial Statements - continued for the Year Ended 31 December 2023

3. INCOME FROM CHARITABLE ACTIVITIES

	Activity	31.12.23 £	31.12.22 £
Fees from gardeners	Charitable activities	119,271	183,862
Trading income	Charitable activities	62,991	59,382
		182,262	243,244

4. RAISING FUNDS

Raising donations and legacies

	31.12.23 £	31.12.22 £
Staff costs	59,199	81,072
Fundraising event costs	2,356	736
Promotional costs	46,289	21,174
	107,844	102,982

5. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 6) £	Totals £
Charitable activities	280,030	67,532	347,562

6. SUPPORT COSTS

	Management £	Governance costs £	Totals £
Charitable activities	37,187	30,345	67,532

7. AUDITORS' REMUNERATION

	31.12.23 £	31.12.22 £
Fees payable to the charity's auditors for the audit of the charity's financial statements	4,684	3,945

continued...

8. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2023 nor for the year ended 31 December 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2023 nor for the year ended 31 December 2022.

9. STAFF COSTS

	31.12.23	31.12.22
	£	£
Wages and salaries	132,976	404,583
Social security costs	31,579	52,656
Other pension costs	28,539	28,499
	193,094	485,738

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

	31.12.23	31.12.22
Employees	17	27

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

10. TANGIBLE FIXED ASSETS

	Plant and machinery	Fixtures and fittings	Totals
	£	£	£
COST			
At 1 January 2023	119,012	279	119,291
Additions	-	1,378	1,378
At 31 December 2023	119,012	1,657	120,669
DEPRECIATION			
At 1 January 2023	89,019	64	89,083
Charge for year	9,883	185	10,068
At 31 December 2023	98,902	249	99,151
NET BOOK VALUE			
At 31 December 2023	20,110	1,408	21,518
At 31 December 2022	29,993	215	30,208

continued...

Notes to the Financial Statements - continued
for the Year Ended 31 December 2023

11. STOCKS

	31.12.23	31.12.22
	£	£
Stocks	3,582	3,597

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.23	31.12.22
	£	£
Trade debtors	37,721	64,620
Other debtors	114	1,710
Prepayments and accrued income	5,489	10,111
	43,324	76,441

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.23	31.12.22
	£	£
Trade creditors	171	-
Taxation and social security	3,563	7,422
Other creditors	110,587	112,496
	114,321	119,918

continued...

14. MOVEMENT IN FUNDS

	At 1.1.23	Net movement in funds	Transfers between funds	At 31.12.23
	£	£	£	£
Unrestricted funds				
General fund	4,800	43,743	(807)	47,736
Restricted funds				
Office Cabin	1,640	(1,640)	-	-
Volunteer Hub	2,260	(2,260)	-	-
Reserves	6,000	(6,000)	-	-
Memory Pathways	6,025	(6,025)	-	-
Secure Storage Units	1,888	(1,888)	-	-
Shady Shelter	1,396	(1,396)	-	-
Potting Shed & Office Extension	2,689	(2,689)	-	-
Kitchen Garden	4,000	(4,000)	-	-
Giants Armchair Terrace	(6)	-	6	-
Woodworking Facility	1,304	-	-	1,304
Groundworks	427	(427)	-	-
You've LGF	153	(153)	-	-
Gift Aid	390	(390)	-	-
Outdoor Furniture	17	(17)	-	-
Older Gardeners	-	3,750	-	3,750
Rest & Reflect	100	(100)	-	-
Through The Gate	4,210	(4,210)	-	-
Volunteens LGF360	156	(157)	1	-
Planted LGF363	(800)	-	800	-
Apothecary Garden LGF375	10,000	(5,814)	-	4,186
Bernwood Sign	1,000	-	-	1,000
Conservation Area	14,142	(292)	-	13,850
Green Volunteens	10,500	(2,500)	-	8,000
Training	2,599	(2,599)	-	-
Womens Wellbeing Group	7,492	-	-	7,492
Heritage Orchard Swale LGF428	2,909	(202)	-	2,707
Open Gardens LGF434	9,000	(8,500)	-	500

continued...

14. MOVEMENT IN FUNDS - continued

Wellbeing Pathways LGF435				
	-	21,000	-	21,000
Education and Community Hub LGF436				
	-	20,000	-	20,000
Yurt Furnishings LGF443				
	500	-	-	500
White Goods LGF446				
	-	370	-	370
Woodworkshop LGF450				
	-	200	-	200
Young People,Through the Gate,Open Gardens				
	-	9,243	-	9,243
Paths,Signage,Training LGF455				
	-	11,150	-	11,150
Flood Awareness LGF461				
	-	9,914	-	9,914
Furniture LGF464				
	-	1,500	-	1,500
Tree Nursary				
	-	11,396	-	11,396
	89,991	37,264	807	128,062
TOTAL FUNDS	94,791	81,007	-	175,798

continued...

14. 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	383,637	(339,894)	43,743
Restricted funds			
Office Cabin	-	(1,640)	(1,640)
Volunteer Hub	-	(2,260)	(2,260)
Reserves	-	(6,000)	(6,000)
Memory Pathways	5,000	(11,025)	(6,025)
Secure Storage Units	-	(1,888)	(1,888)
Shady Shelter	-	(1,396)	(1,396)
Potting Shed & Office Extension	-	(2,689)	(2,689)
Kitchen Garden	-	(4,000)	(4,000)
Groundworks	-	(427)	(427)
You've LGF	-	(153)	(153)
Gift Aid	-	(390)	(390)
Outdoor Furniture	-	(17)	(17)
Older Gardeners	7,500	(3,750)	3,750
Rest & Reflect	-	(100)	(100)
Through The Gate	-	(4,210)	(4,210)
Volunteens LGF360	-	(157)	(157)
Apothecary Garden LGF375	-	(5,814)	(5,814)
Conservation Area	-	(292)	(292)
Green Volunteens	10,000	(12,500)	(2,500)
Training	-	(2,599)	(2,599)
Womens Wellbeing Group	7,492	(7,492)	-
Older Gardeners LGF439	7,500	(7,500)	-
Heritage Orchard Swale LGF428	4,565	(4,767)	(202)
Open Gardens LGF434	5,000	(13,500)	(8,500)
Wellbeing Pathways LGF435	35,000	(14,000)	21,000

continued...

14. MOVEMENT IN FUNDS - continued

Education and Community Hub LGF436			
	20,000	-	20,000
Yurt Furnishings LGF443			
	1,090	(1,090)	-
White Goods LGF446			
	1,922	(1,552)	370
10th Anniversay, Staff Xmas LGF450			
	1,000	(1,000)	-
Woodworkshop LGF450			
	200	-	200
Young People,Through the Gate,Open Gardens			
	9,243	-	9,243
Paths,Signage,Training LGF455			
	11,850	(700)	11,150
Flood Awareness LGF461			
	9,914	-	9,914
Furniture LGF464			
	1,500	-	1,500
Tree Nursary			
	14,000	(2,604)	11,396
	152,776	(115,512)	37,264
TOTAL FUNDS	536,413	(455,406)	81,007

continued...

14. MOVEMENT IN FUNDS - continued

Comparatives for 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 & Equiment	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)

continued...

14. MOVEMENT IN FUNDS - continued

Heritage Orchard LGF370	3,674	(765)	2,909
Apothecary Garden LGF375	5,000	5,000	10,000
Bernwood Sign	-	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
	114,229	(24,238)	89,991
TOTAL FUNDS	216,472	(121,681)	94,791

continued...

14. 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	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 & Equiment	-	(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	5,000	-	5,000
Bernwood Sign	1,000	-	1,000
Conservation Area	15,000	(858)	14,142
Green Volunteens	20,000	(9,500)	10,500
Open Gardens	12,000	(3,000)	9,000

continued...

14. MOVEMENT IN FUNDS - continued

Training	5,000	(2,401)	2,599
Womens Wellbeing Group			
	7,492	-	7,492
Yurt Furniture	500	-	500
Yurt Garden			
	1,100	(1,100)	-
	114,851	(139,089)	(24,238)
TOTAL FUNDS	537,074	(658,755)	(121,681)

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

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

continued...

14. MOVEMENT IN FUNDS - continued

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.
Volunteens - 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 Volunteens - grant for green volunteens 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.

15. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2023 (2022: £NIL).

Detailed Statement of Financial Activities for the Year Ended 31 December 2023

	31.12.23 £	31.12.22 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	173,476	81,023
Grants	169,967	198,119
	343,443	279,142
Charitable activities		
Fees from gardeners	119,271	183,862
Trading income	62,991	59,382
	182,262	243,244
Other income		
Commercial fundraising income	10,708	14,688
Total incoming resources	536,413	537,074
EXPENDITURE		
Raising donations and legacies		
Wages	59,199	81,072
Fundraising event costs	2,356	736
Promotional costs	46,289	21,174
	107,844	102,982
Charitable activities		
Wages	73,777	323,511
Social security	31,579	52,656
Pensions	28,539	28,499
Hire of plant and machinery	5,520	5,762
Other operating leases	2,000	2,000
Rates and water	2,600	1,038
Advertising	-	2,574
Gardener costs	97,360	10,609
Volunteer costs	262	600
Site development	16,730	7,257
Site maintenance and consumables	21,663	19,030
Staff Welfare	-	3,226
	280,030	456,762

Detailed Statement of Financial Activities for the Year Ended 31 December 2023

	31.12.23 £	31.12.22 £
Support costs		
Management		
Insurance	5,813	6,197
Other costs	1,413	2,035
Training	4,419	10,996
Office costs	15,474	19,118
Plant and machinery	10,068	13,221
	37,187	51,567
Governance costs		
Auditors' remuneration	4,684	3,945
Accountancy and legal fees	25,661	43,499
	30,345	47,444
Total resources expended	455,406	658,755
Net income/(expenditure)	81,007	(121,681)

LINDENGATE

England & Wales - Charity number 1153868

Accounts

Lindengate

Annual Report - 2022



Registered Charity Number: 1153868

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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 While 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.



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 by two volunteers on 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 Volunteens	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 volunteens, 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.

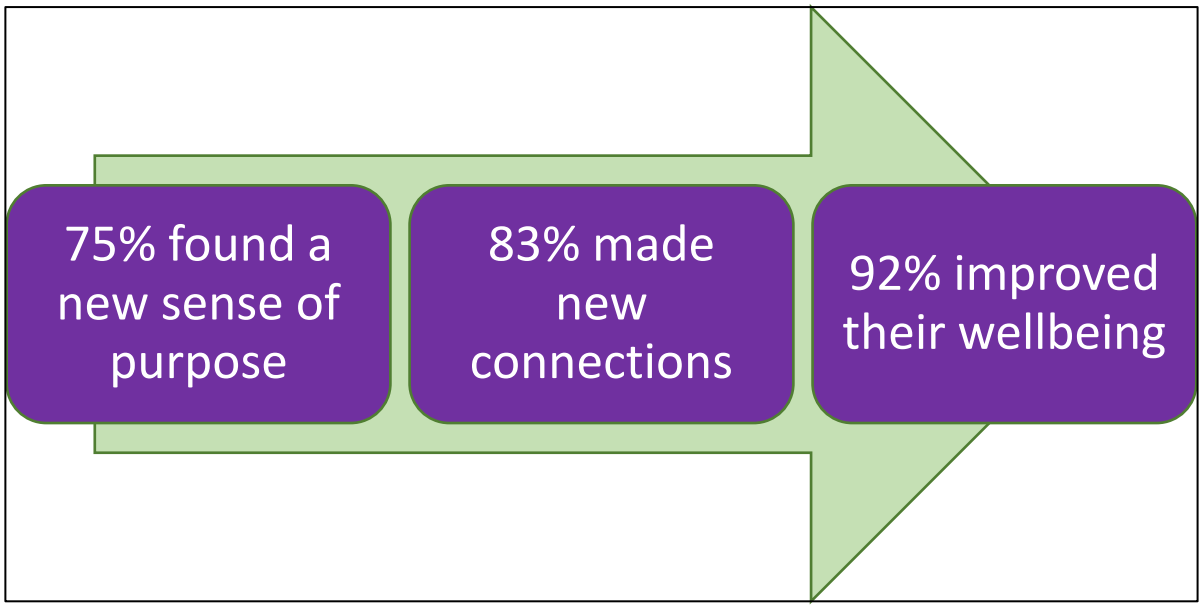
He has joined new activities, such as leaf bowl making and willow lantern making… and gone on to show others how to do the new crafts. He has surprised himself in enjoying new craft activities.

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 volunteen 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 **P**ersonal, **H**ealth, **S**ocial and **E**nvironmental 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 Eyes[1] 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, Hungry 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"

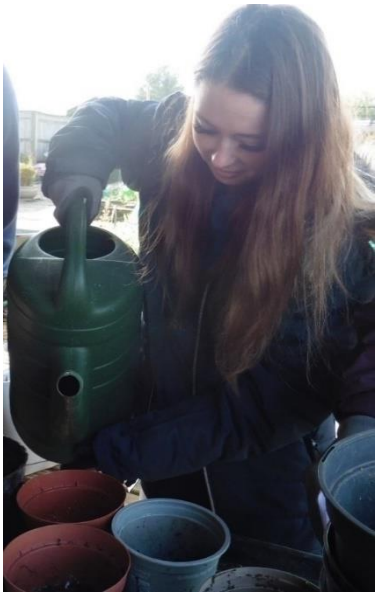
"Nature is very important".

"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".







Climate change workshop scenes



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.


BOSCH
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LINDENGATE

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
Heart of Bucks
Grey Court Trust
Ryklow Charitable Trust
National Lottery
Ashridge Ladies Golf
Orbis Investments
Stockwell Cliffe Trust
B P Collins Solicitors LLP
David Barnett Charitable Trust
Helen White
Two Spoons Tea
Buckinghamshire Council
Kingspan Klargester
Roger Jefcoate CBE
Marks and Spencer
S Rivett-Carnac Green
Clive Sherling
Florence Cohen Trust
Arnold Clark Community Fund
Countess of Verulam
The Clare Foundation
Turpins Charity
Thomas Hickman Charity
Edward Gostling Foundation
Community Prevention Board
The Grant Fund
William Harding Trust
ASDA
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
Roger & Jean Jefcoate Trust
Charities Trust
John Laing Charitable Trust
St Dunstans Monks Risborough
Berkhamsted Strathspey & Reel Club
Double Diamond SC
John Lewis & Partners
Hyde Heath WI
Ellesborough Parish Council
Debohun Masonic Lodge
Owen & Charlie Hughes
Chalk, Cherries and Chairs
Sir Henry Floyd School
Winslow Rock Group
Rotary Club
Arla
Urquart & Hunt
Hampton Court Flower Show
A S Butler Charitable Trust
Lords Builders
Nu Yard
Elizabeth Young
Carrington Charitable Trust
Alexander Shepherd
Simon Rivett-Carnac Trust
Fairhive
Health Equity Fund
Anson Trust
Childwick 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 on ……26/10/2023…….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	3				
Charitable activities		128,393	114,851	243,244	226,779
Other income		14,688	-	14,688	24,676
Total		422,223	114,851	537,074	581,416
EXPENDITURE ON					
Raising funds	4	102,982	-	102,982	114,167
Charitable activities	5				
Charitable activities		416,683	139,090	555,773	465,053
Total		519,665	139,090	658,755	579,220
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		4,801	89,990	94,791	216,472

The notes form part of these financial statements

Lindengate

Balance Sheet
31 December 2022

	Notes	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		14,472	89,991	104,463	154,239
		94,510	89,991	184,501	243,815
CREDITORS					
Amounts falling due within one year	14	(119,918)	-	(119,918)	(67,738)
NET CURRENT ASSETS/(LIABILITIES)		(25,408)	89,991	64,583	176,077
TOTAL ASSETS LESS CURRENT LIABILITIES		4,800	89,991	94,791	216,472
NET ASSETS		(30,200)	124,991	94,791	216,472
FUNDS	15				
Unrestricted funds				4,800	102,243
Restricted funds				89,991	114,229
TOTAL FUNDS				94,791	216,472

The financial statements were approved by the Board of Trustees and authorised for issue on .....26/10/2023..... and were signed on its behalf by:

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

The notes form part of these financial statements

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.

continued...

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	198,119	228,906
	279,142	329,961

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

	31.12.22	31.12.21
	£	£
Grants	198,119	228,906

continued...

3. INCOME FROM CHARITABLE ACTIVITIES

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

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

	31.12.22 £	31.12.21 £
Grants	-	43,462

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
	102,982	114,167

5. CHARITABLE ACTIVITIES COSTS

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

6. GRANTS PAYABLE

	31.12.22 £	31.12.21 £
Charitable activities	-	43,462

continued...

7. SUPPORT COSTS

	Management	Governance costs	Totals
	£	£	£
Charitable activities	51,567	47,444	99,011

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	3,945	1,496

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	28,499	25,863
	485,738	395,422

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

	31.12.22	31.12.21
Employees	27	24

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

continued...

11. TANGIBLE FIXED ASSETS

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

12. STOCKS

	31.12.22 £	31.12.21 £
Stocks	3,597	1,655

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	10,111	14,399
	76,441	87,921

continued...

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	112,496	56,000
	119,918	67,738

continued...

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 & Equiment	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			

continued...

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
	114,229	(24,238)	89,991
TOTAL FUNDS	216,472	(121,681)	94,791

continued...

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 & Equiment	-	(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	5,000	-	5,000
Bernwood Sign	1,000	-	1,000
Conservation Area	15,000	(858)	14,142
Green Volunteens	20,000	(9,500)	10,500
Open Gardens	12,000	(3,000)	9,000
Training	5,000	(2,401)	2,599
Womens Wellbeing Group			

continued...

15. MOVEMENT IN FUNDS - continued

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

continued...

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 & Equiment	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	-

continued...

15. MOVEMENT IN FUNDS - continued

Heritage Orchard LGF370				
	-	3,674	-	3,674
Apothecary Garden LGF375				
	-	5,000	-	5,000
	128,166	(15,207)	1,270	114,229
TOTAL FUNDS	214,276	2,196	-	216,472

continued...

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 & Equiment	-	(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	43,462	(43,462)	-
	105,194	(120,401)	(15,207)
TOTAL FUNDS	581,416	(579,220)	2,196

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.

continued...

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.
Volunteens - 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 Volunteens - grant for green volunteens 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.

continued...

16. RELATED PARTY DISCLOSURES

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

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	198,119	228,906
	279,142	329,961
Charitable activities		
Fees from gardeners	183,862	139,214
Trading income	59,382	44,103
Grants	-	43,462
	243,244	226,779
Other income		
Coronavirus Job Retention Scheme	-	12,629
Commercial fundraising income	14,688	12,047
	14,688	24,676
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	21,174	11,271
	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	-	43,462
	456,762	392,142

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	13,221	12,345
	51,567	50,986
Governance costs		
Auditors' remuneration	3,945	1,496
Accountancy and legal fees	43,499	20,429
	47,444	21,925
Total resources expended	658,755	579,220
Net (expenditure)/income	(121,681)	2,196

LINDENGATE

England & Wales - Charity number 1153868

Accounts

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 respond 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



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

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 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.

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 2021This 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 Volunteens.

Spotlight on our Green Volunteens!

Additionally, the new Green Volunteens 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, Volunteens 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.



Firepit cooking

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.

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 Volunteens have slowly begun to grow in confidence. Although still quite quiet, one Volunteen 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 Volunteens 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!



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 and Eddie

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



Memory Pathways activity

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.

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.

THE NATURE ALLIANCE

Wellbeing, it's in our nature

Achievements over the year include:

- 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.

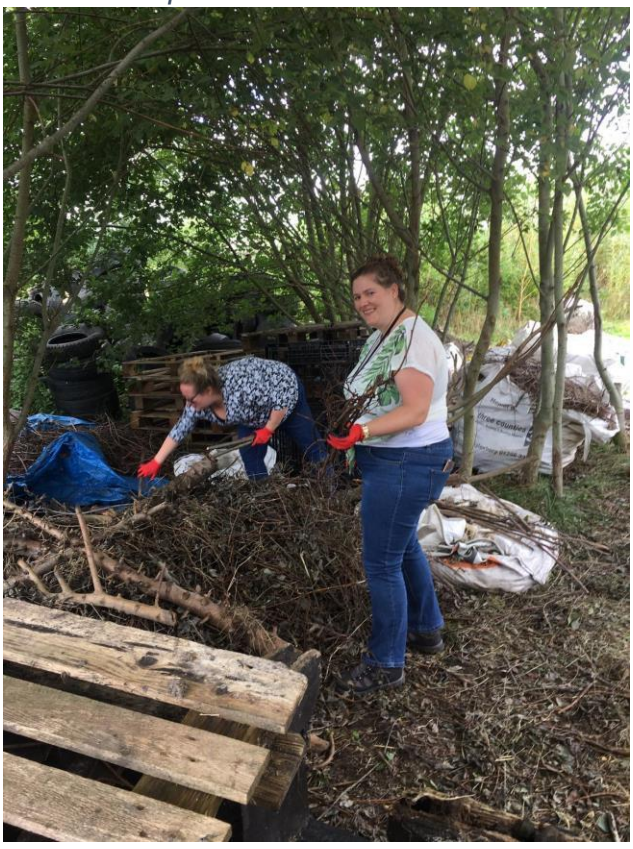
A focus on our NHS

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."

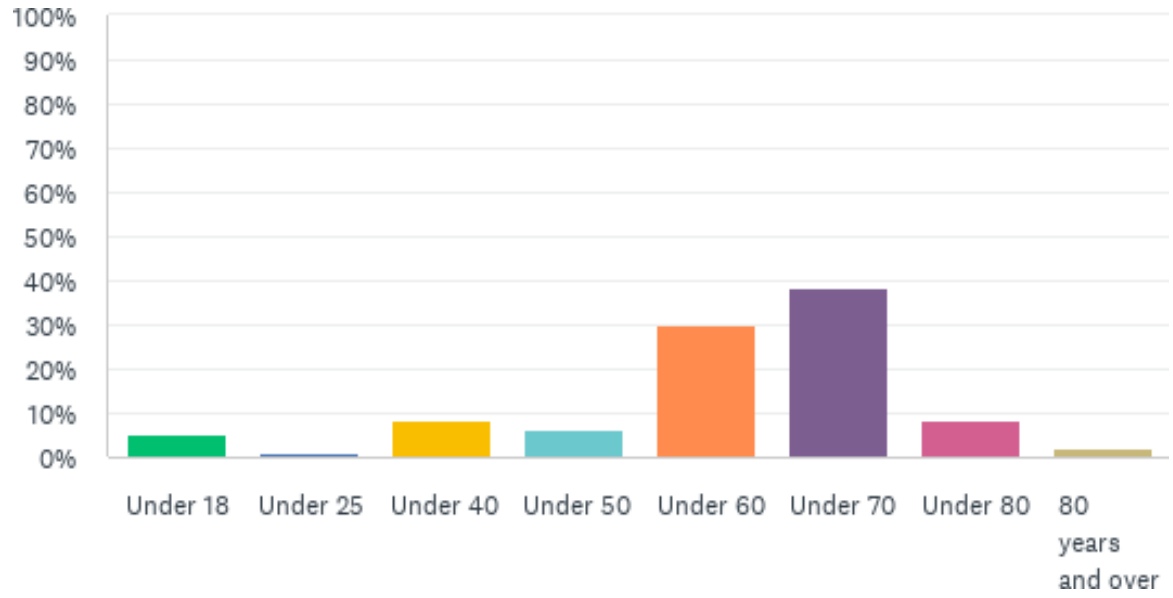
"I feel like I'm connecting with people who are very supportive and encouraging. My self-confidence is improving."

"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."

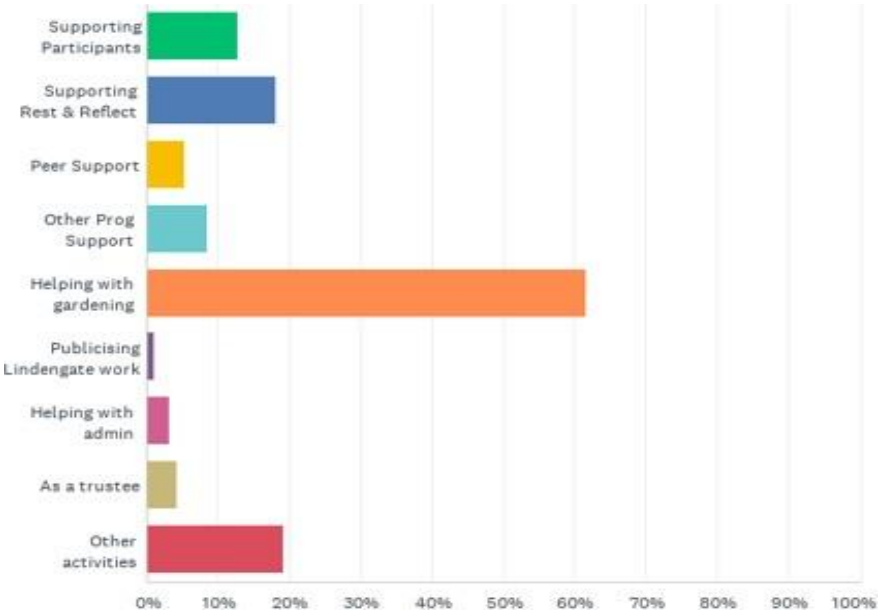
"Coming to Lindengate and spending time outdoors has been beneficial to my own mental health, particularly during the strict lockdown...."

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

Age profile of volunteers



Volunteer roles at Lindengate



Volunteer activities include:

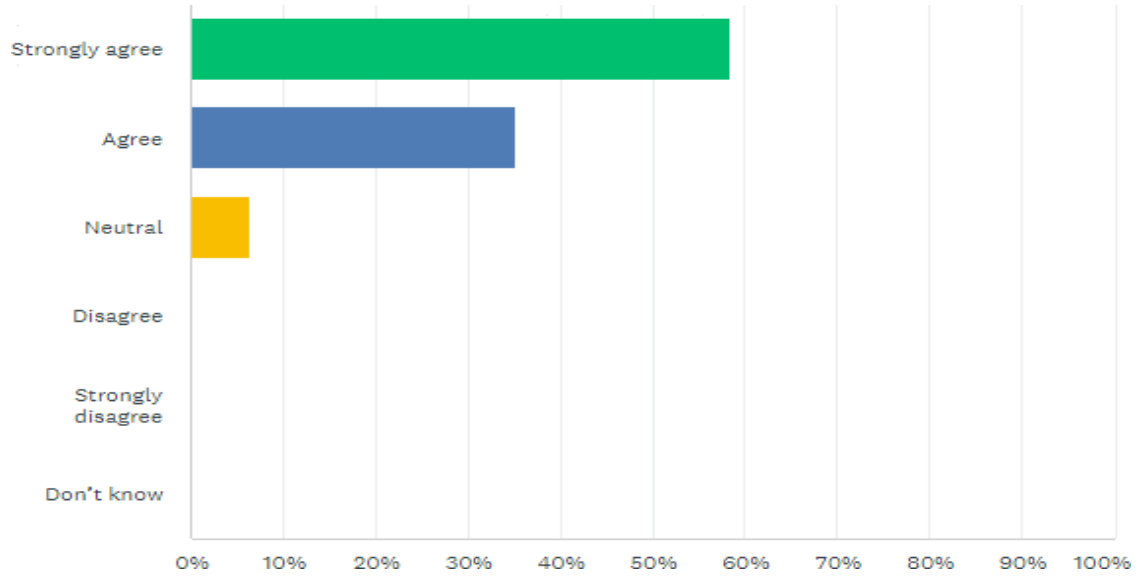
- Wreath making
- Flower arrangements
- Making jams/preserves/pickles
- Supporting Health & Safety initiatives and COSHH
- Helping with a Wildflower nursery
- Helping with events, fairs, and open gardens
- Beekeeping
- Wood Working
- Building maintenance and development
- Heritage crafts



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:

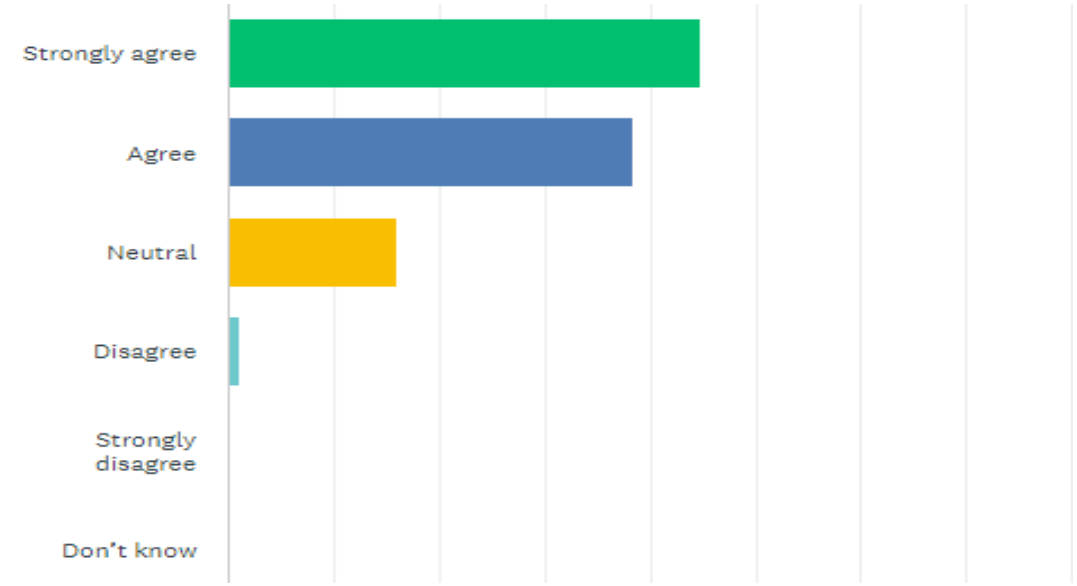
"Giving back to community, meeting new people, trying something new, feeling of belonging"

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

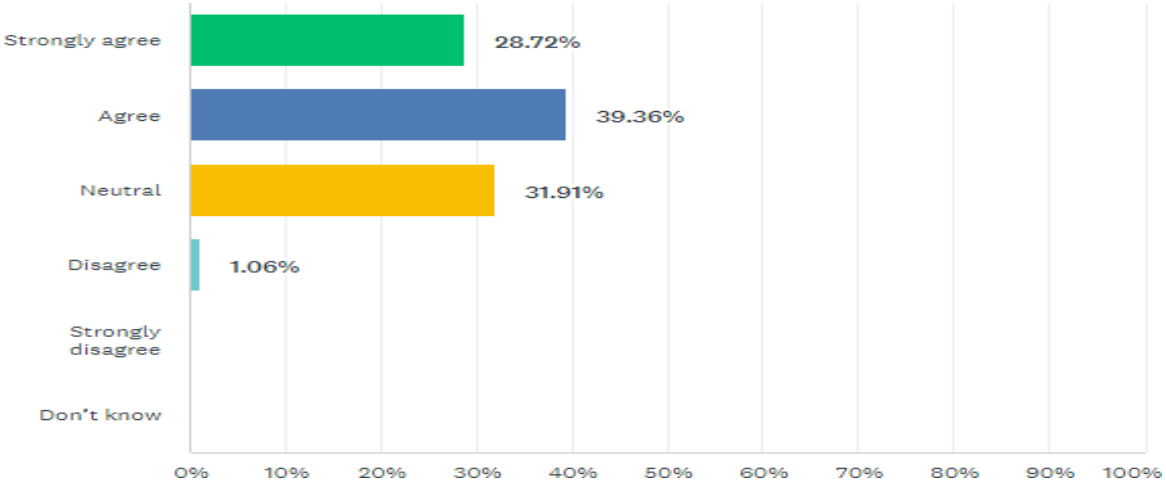
"New friendships, improved wellbeing, sense of community"

"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



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)

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 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

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.

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

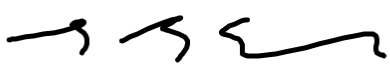
Trustees
Mr Paul Miles
Dr Elaine King (appointed 29/1/2022)
Mr Stuart Siddall (appointed 7/6/2021)
Mr Anton Wellenreiter
Mr William Oldridge (resigned 29/1/2022)
Mrs Jane Penton (resigned 30/4/2022)

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		24,676	-	24,676	39,906
Total		476,222	105,194	581,416	467,705
EXPENDITURE ON					
Raising funds	4	114,167	-	114,167	23,925
Charitable activities	5				
Charitable activities		344,654	120,399	465,053	385,655
Total		458,821	120,399	579,220	409,580
NET INCOME/(EXPENDITURE)		17,401	(15,205)	2,196	58,125
Transfers between funds	16	(1,270)	1,270	-	-
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		102,241	114,231	216,472	214,276

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		17,772	136,467	154,239	243,682
		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		61,848	114,229	176,077	186,328
TOTAL ASSETS LESS CURRENT LIABILITIES		102,243	114,229	216,472	214,276
NET ASSETS		102,243	114,229	216,472	214,276
FUNDS	16				
Unrestricted funds				102,243	86,110
Restricted funds				114,229	128,166
TOTAL FUNDS				216,472	214,276

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

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.

continued...

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	228,906	186,224
	329,961	296,596

continued...

2. DONATIONS AND LEGACIES - continued

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

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

3. INCOME FROM CHARITABLE ACTIVITIES

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

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

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

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	11,271	13,181
	114,167	23,925

continued...

5. CHARITABLE ACTIVITIES COSTS

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

6. GRANTS PAYABLE

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

7. SUPPORT COSTS

	Management	Governance costs	Totals
	£	£	£
Charitable activities	50,986	21,925	72,911

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	1,496	1,496

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.

continued...

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	25,863	5,219
	395,422	304,476

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

	31/12/21	31/12/20 as restated
Employees	24	19

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	24,792
At 31st December 2021	116,257
DEPRECIATION	
At 1st January 2021	63,517
Charge for year	12,345
At 31st December 2021	75,862
NET BOOK VALUE	
At 31st December 2021	40,395
At 31st December 2020	27,948

continued...

13. STOCKS

	31/12/21	31/12/20 as restated
	£	£
Stocks	1,655	-

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	14,399	5,060
	87,921	17,348

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	56,000	65,873
	67,738	74,702

continued...

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	-

continued...

16. MOVEMENT IN FUNDS - continued

Heritage Orchard LGF370	-	3,674	-	3,674
Apothecary Garden LGF375	-	5,000	-	5,000
	128,166	(15,207)	1,270	114,229
TOTAL FUNDS	214,276	2,196	-	216,472

continued...

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	43,462	(43,462)	-
	105,194	(120,401)	(15,207)
TOTAL FUNDS	581,416	(579,220)	2,196

continued...

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	-

continued...

16. MOVEMENT IN FUNDS - continued

	105,638	21,508	1,020	128,166
TOTAL FUNDS	156,151	58,125	-	214,276

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	-	(210)	(210)
	117,494	(95,986)	21,508
TOTAL FUNDS	467,705	(409,580)	58,125

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.

continued...

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.
Volunteens - 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.

continued...

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	228,906	186,224
	329,961	296,596
Charitable activities		
Fees from gardeners	139,214	119,632
Trading income	44,103	11,571
Grants	43,462	-
	226,779	131,203
Other income		
Coronavirus Job Retention Scheme	12,629	39,756
Commercial fundraising income	12,047	150
	24,676	39,906
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	11,271	13,181
	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

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	43,462	-
	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	12,345	10,428
	50,986	37,491
Governance costs		
Auditors' remuneration	1,496	1,496
Accountancy and legal fees	20,429	20,671
	21,925	22,167
Total resources expended	579,220	409,580
Net income	2,196	58,125

LINDENGATE

England & Wales - Charity number 1153868

Accounts

Lindengate Charity

2020 Annual Report



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

Registered Charity No. 1153868

LINDENGATE

1. Chairman's Introduction

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

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

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

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

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

Paul Miles

Chair of Trustees

1.1. Internal matters

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

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



Homemade chutney and other produce from the Lindengate gardens

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

1.1. External networks

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



The pond at Lindengate

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

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

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

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

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

> 'At Buckinghamshire Mind, we encourage young people to look after their wellbeing by doing things that help them relax. We therefore fully endorse the Nature Alliance project, which is giving young people great opportunities to gain skills whilst being in nature.' ***Andrea McCubbin, Chief Executive, Buckinghamshire Mind***
>
> 'Bucks MHST and Lindengate share similar values and have a similar ethos in offering early intervention support to young people. We would be interested in a future collaboration between the Bucks MHST and Lindengate.' ***Dr Laura Tozer, Clinical Psychologist, Bucks Mental Health Services Team***

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

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

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

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

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

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



Willow weaving on a healing pathways session

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

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

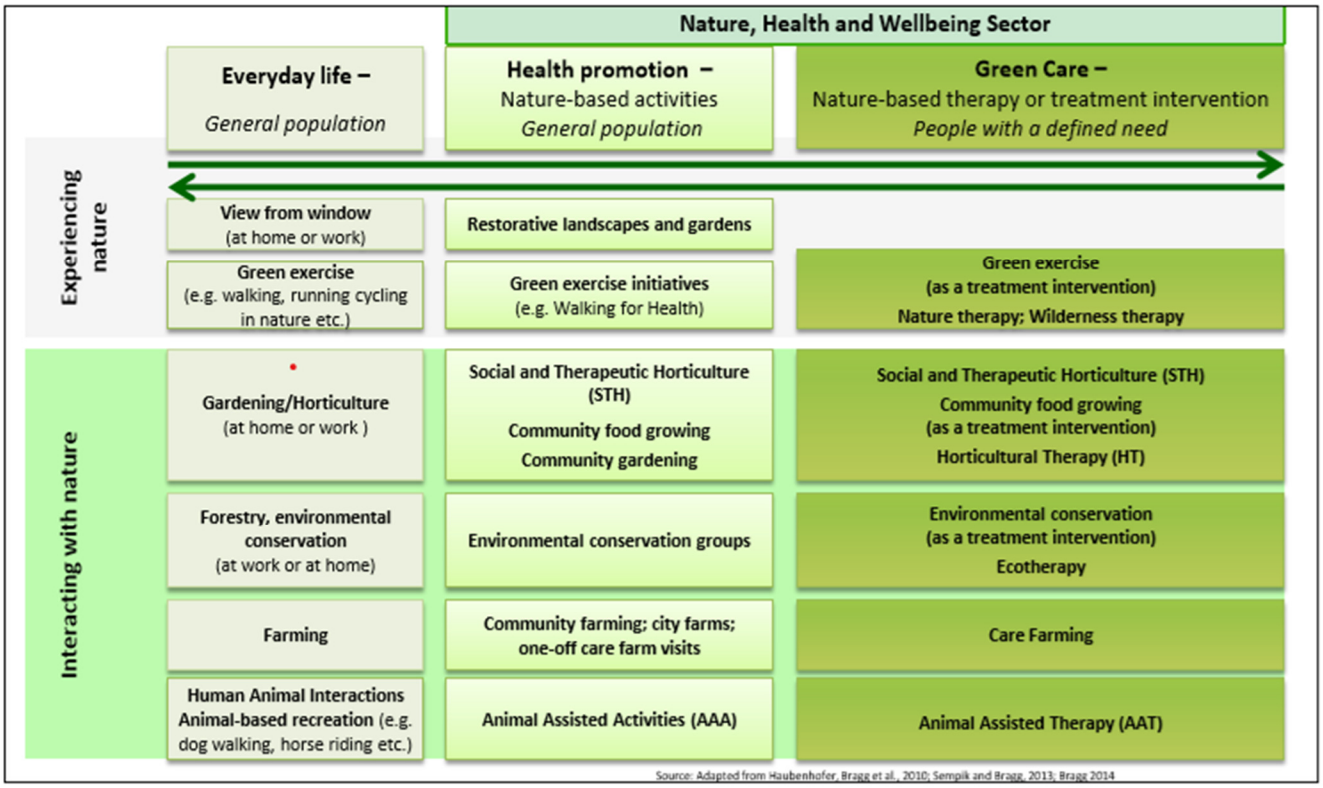
In the later Natural England report: *Good practice in social prescribing for mental health: the role of nature-based interventions* (Bragg & Leck, 2017), the authors note widespread confusion in the use of terminology relating to nature-based initiatives for mental health, at the same time as recognising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

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

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

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

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



(Bragg & Leck, 2017)

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

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

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

Everyday Life

Rest and Reflect

Through the Gate peer supported volunteering

Green volunteens

Volunteering

Kitchen Gardening

Health Promotion

Rest and Reflect

Nature Connection

Minority Women's Wellbeing and Resilience Group

Through the Gate peer supported volunteering

Green volunteens

Volunteering

Kitchen Gardening

Green Care

Wellbeing Pathways

Nurture Pathways

Healing Pathways

Planted

#YOU'VE

Memory Pathways

Thyme

Minority Women's Wellbeing and Resilience Group



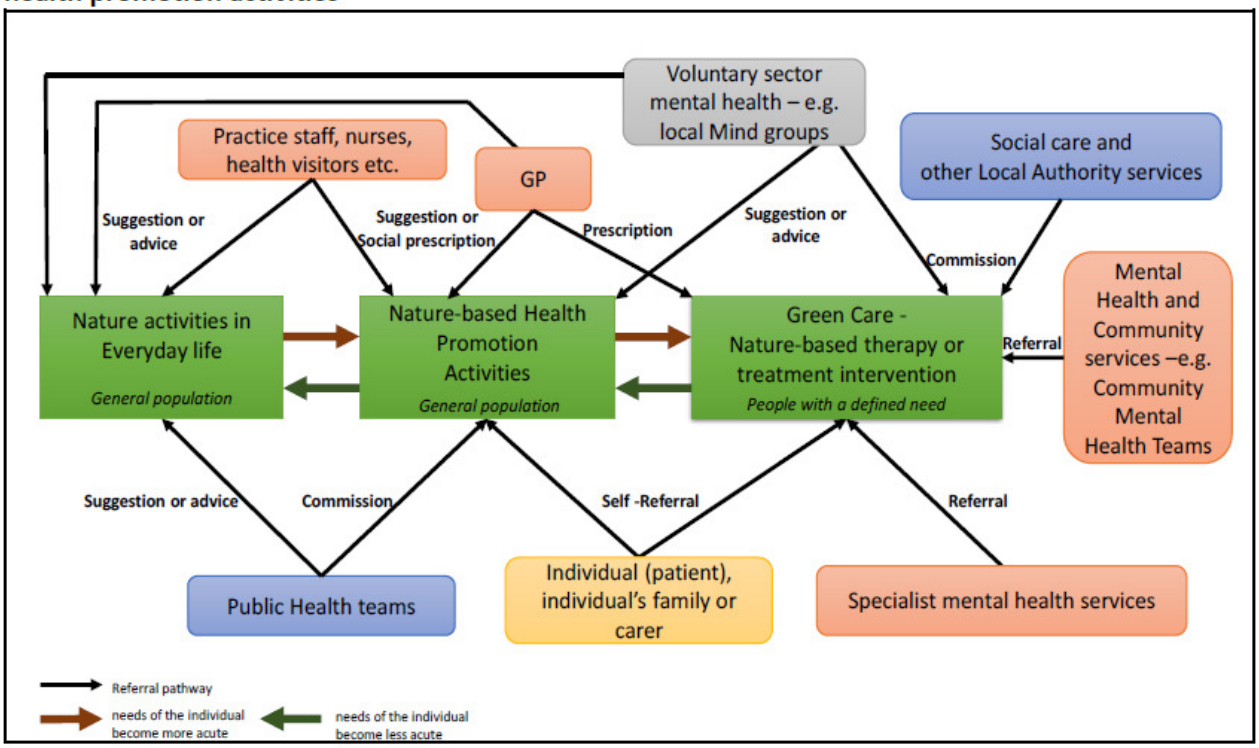
Charlie Powell, Co-founder and General Manager, being filmed for the BBOWT review

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

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

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

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



(Bragg & Leck, 2017)

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



Lindengate horticulture staff working with volunteers from Chiltern Rangers

1.2. Outline of report

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

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

2. Beneficiaries

Modifications at a time of Covid-19

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

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

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

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

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



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

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

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

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

Nature connection: Working in the natural environment to improve physical and mental wellbeing. Sessions can be tailored for groups to support specific team needs.

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

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



A lunch break on the peer support training programme

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

2.1. Weekly Gardeners

Due to the initial lockdown, Lindengate had to close its doors to weekly Gardeners from March-September. As restrictions eased over the summer, we launched some new services alongside reopening our main weekly programmes to allow lower risk Gardeners back onto the site. Unfortunately, Gardeners from higher risk groups, eg elderly Gardeners with dementia, have still been unable to return. Due to the serious impact of coronavirus, it is necessary to reassess all Gardeners returning to Lindengate, to ensure we are still equipped to deal with their needs if, for example, their mental health has worsened, or to ensure they are provided with the right level of support if their needs have changed.

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

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

Wellbeing Pathways

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

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

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

Measuring impact of our Gardeners' programmes

Wellbeing Pathways (weekly Gardeners)

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

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



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

Gardeners

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

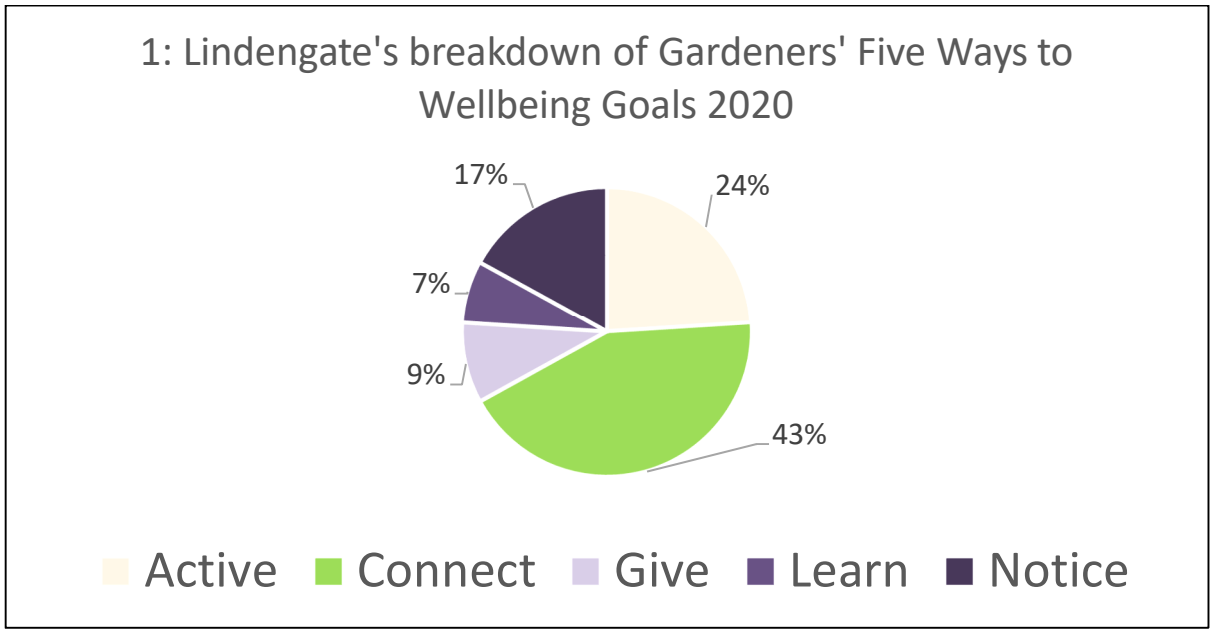


Figure two shows results of Gardeners' GAS scores

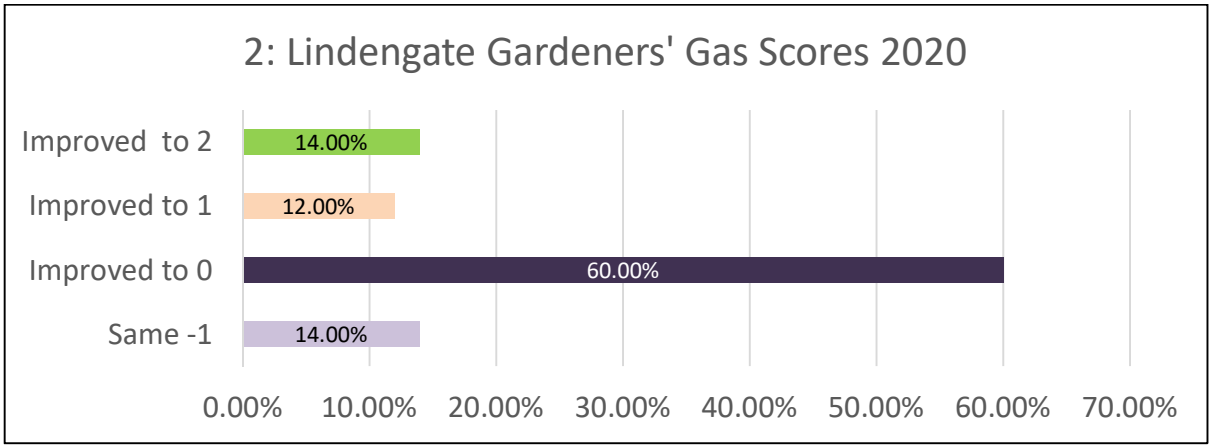
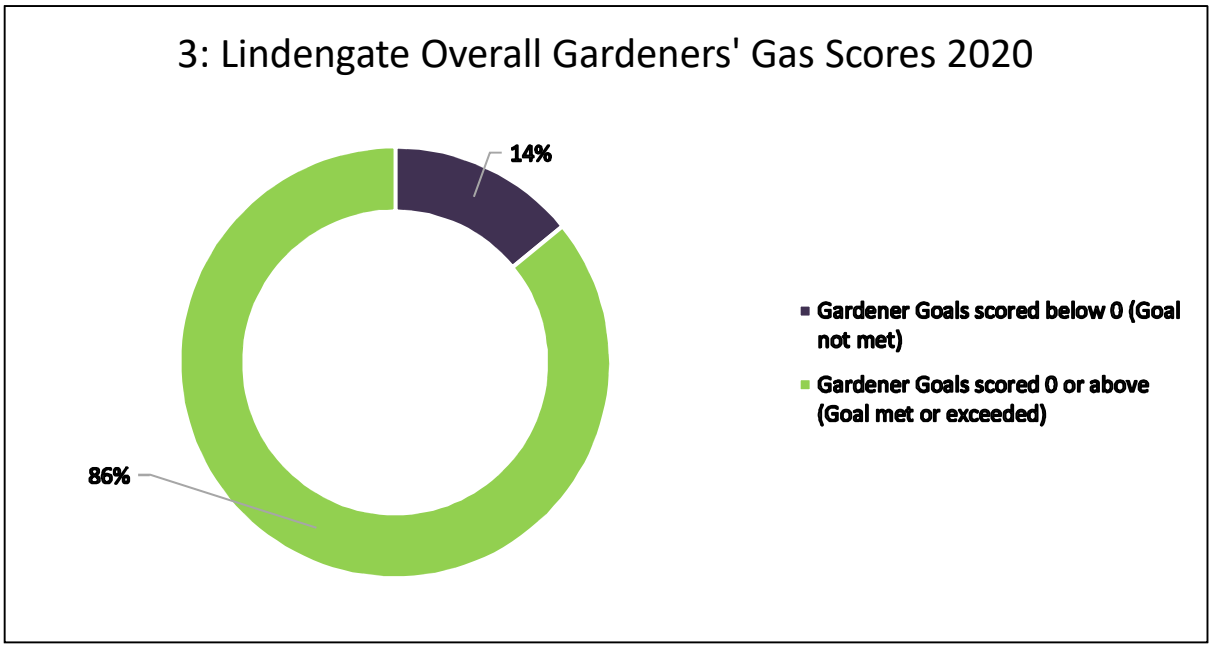


Figure three shows the breakdown of Gardeners' GAS scores (Gardeners scoring 0 or above met or exceeded their goals)



Goals per category:

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

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

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

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

All Gardeners with *Notice* Goals scored 0 or above

During Closure Period

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

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



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

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

The same activities were also published on social media.

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Some feedback received from people doing Lindengate@Home activities:

I rate my experience: Very Happy

Activities that helped my wellbeing: Give to others

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

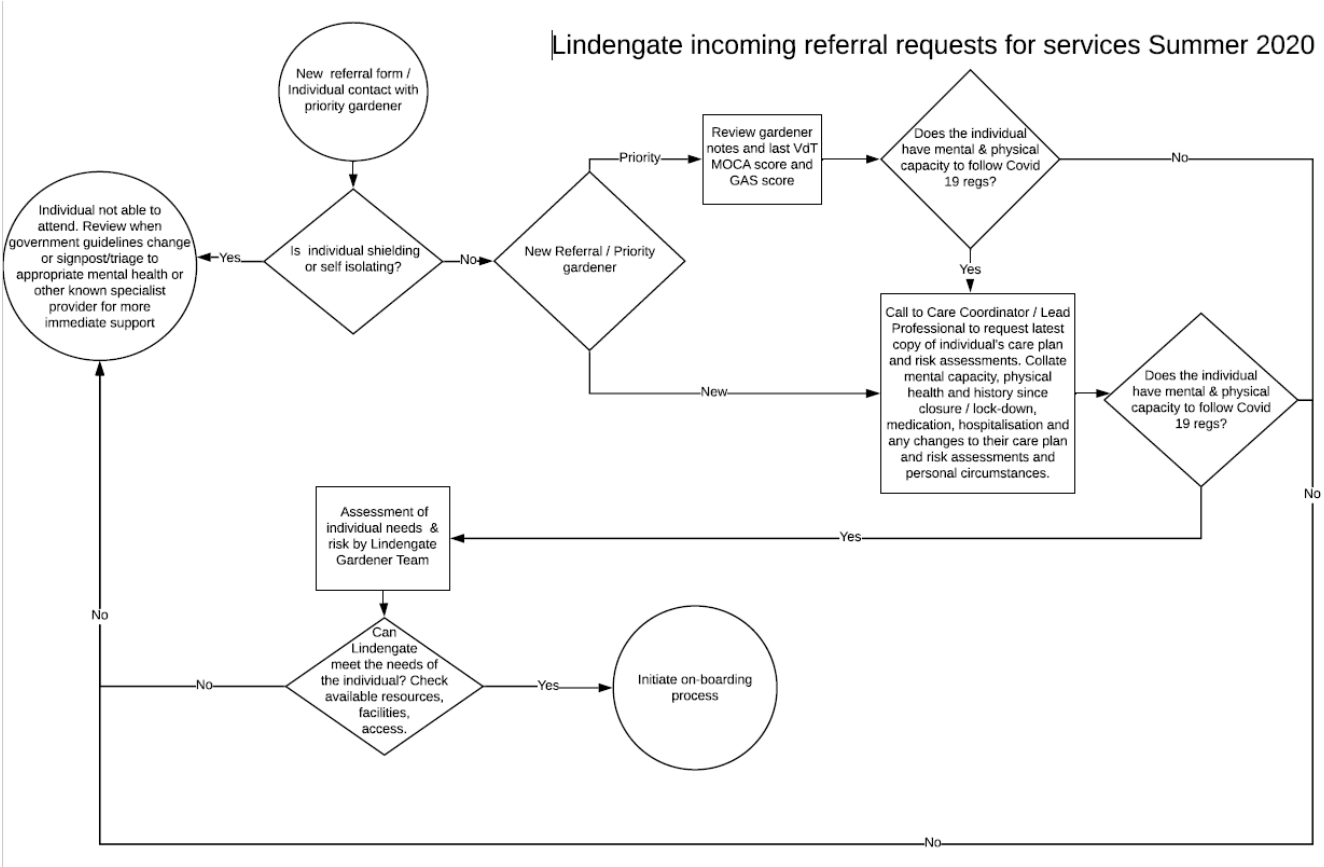
Many Gardeners reported that they were able to show resilience during the first lockdown and coped with isolation by using what they had learned during their time at Lindengate. They knew that doing simple gardening activities at home or for wider family members would reduce their anxiety and help their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



Proud of their results!

Re-onboarding previous Gardeners in September 2020

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



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

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

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

Quotes

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

"it feels like I've come home"

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

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

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

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

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

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

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

"Happy to return after so many weeks."

"Coming to Lindengate does me good".

"I am just enjoying the peace and quiet".

"I feel peace at Lindengate".

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

Lindengate

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

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

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

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

2.2. Bespoke short programmes

Nature Connection

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

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



NHS staff on the Nature Connections programme, September 2020

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

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

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

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

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

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

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

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

'Mindfulness. Relief from stress'.

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

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

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

'All in general. The best.'

'The open air activities gave me satisfaction.'

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

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

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

> '… the Trust and indeed me personally have been a big supporter and user of green prescribing as an effective intervention in people's health and well-being.
>
> Not only is this supported in how we offer intervention to residents in our community, it is also important for the health of my colleagues in the health and social care workforce. If one's job is to care, then one's first priority must be to look after the people looking after the people!
>
> **I speak on behalf of my workforce of over 6 thousand colleagues in supporting this … for the wider community.'**
> ***Neil Macdonald, Chief Executive, Buckinghamshire Healthcare NHS Trust***

Women's wellbeing minority group

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

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

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

• Welcome!
• Session 5 introduce Positive Parenting
• Break
• Role plays on how to improve communication with children. Simple everyday parenting skills.
• Explore Lindengate 5 acre gardens/Mindful photography return and feedback to the group - Translate learning at home: take a walk in the garden and identify a plant, listen to and identify a bird, smell and identify a herb (This can be done with children to help bonding, learning and growth)
• Wellbeing Reflection: Give – Your time, words, presence • Write 3 things in which you give or ways you could do so in the future

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

#YOUVE

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

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



Bread on a stick over the firepit #YOUVE

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

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

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



Feeling happy – a participant on the #YOUVE programme

Planted

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

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

Over six sessions, Planted covers the important topics of:

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

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

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

Outcomes

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

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

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

2.3. The general public

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

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



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

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

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

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

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

3. Volunteers

3.1. Regular volunteers

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



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

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

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

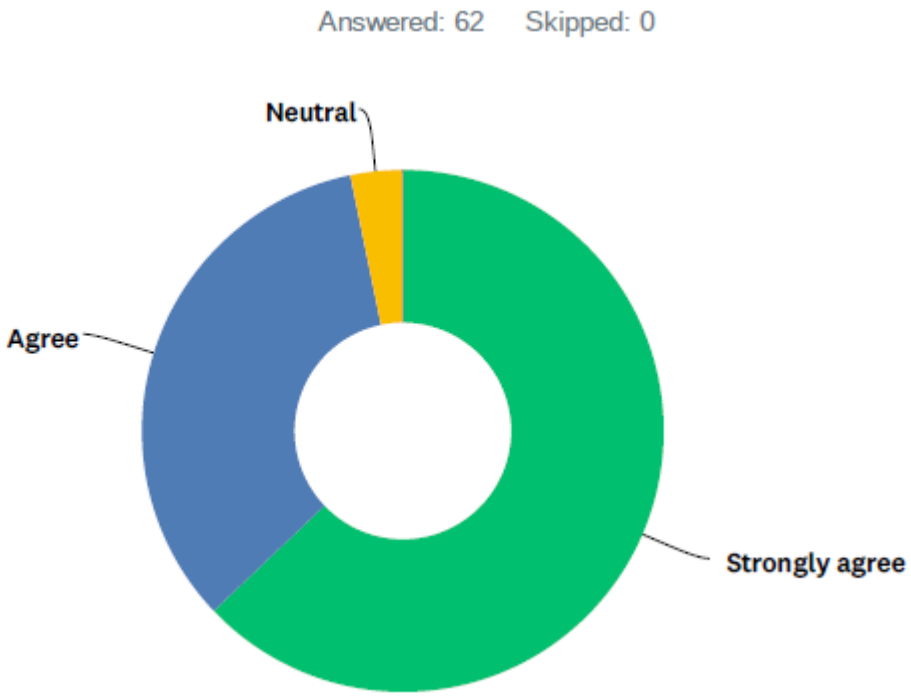


Figure five: By volunteering at Lindengate during Covid it has helped me better manage its impact on my wellbeing

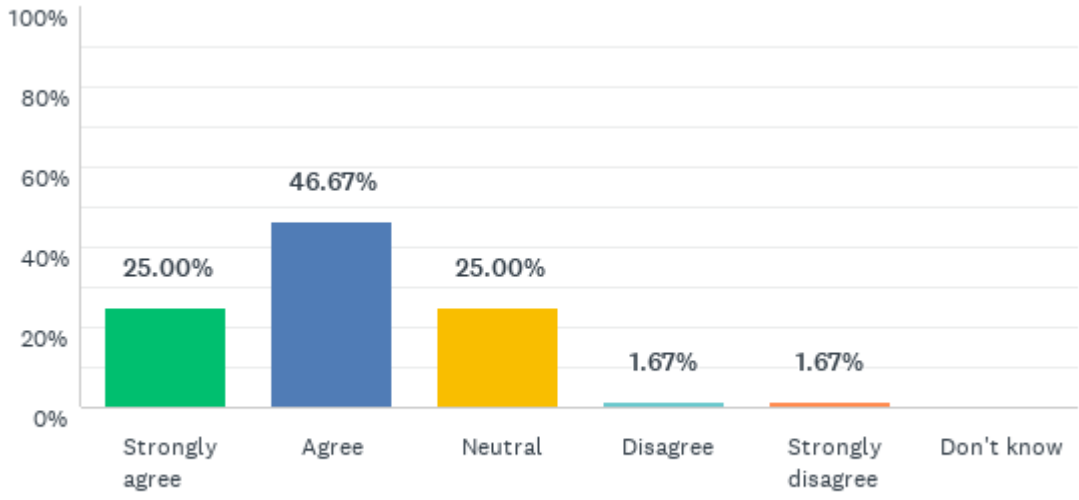


Figure six: By volunteering at Lindengate, I feel my mental and/or physical wellbeing is improved.

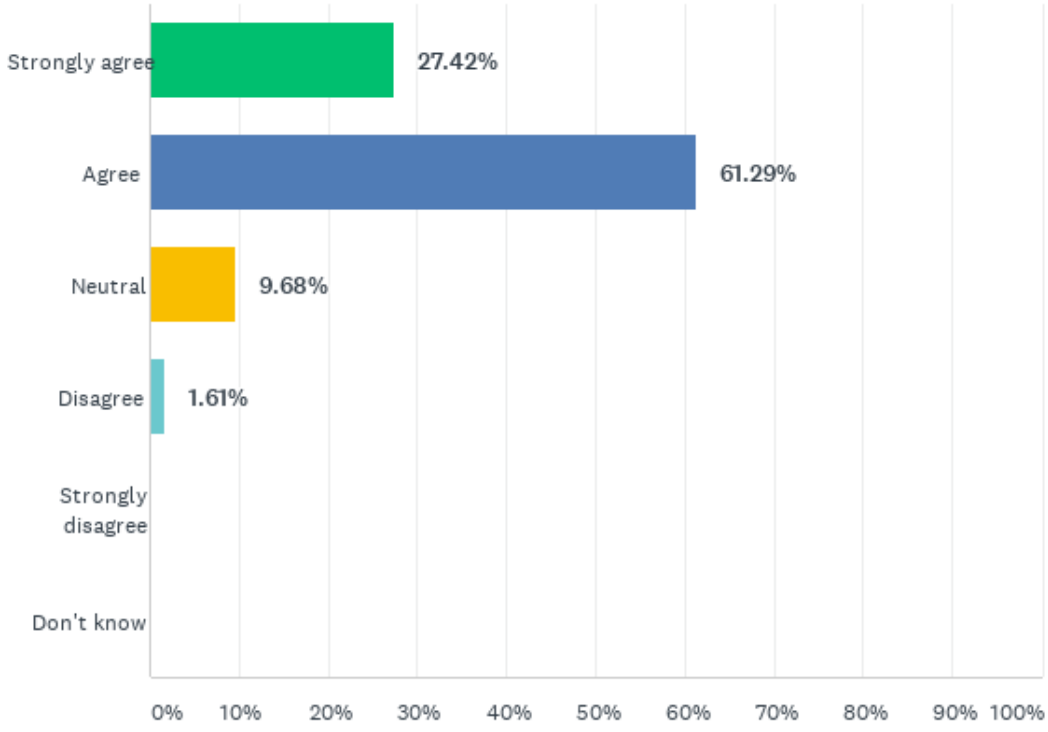


Figure seven: By volunteering at Lindengate, I make a difference to one or more of the following (please select all that apply)

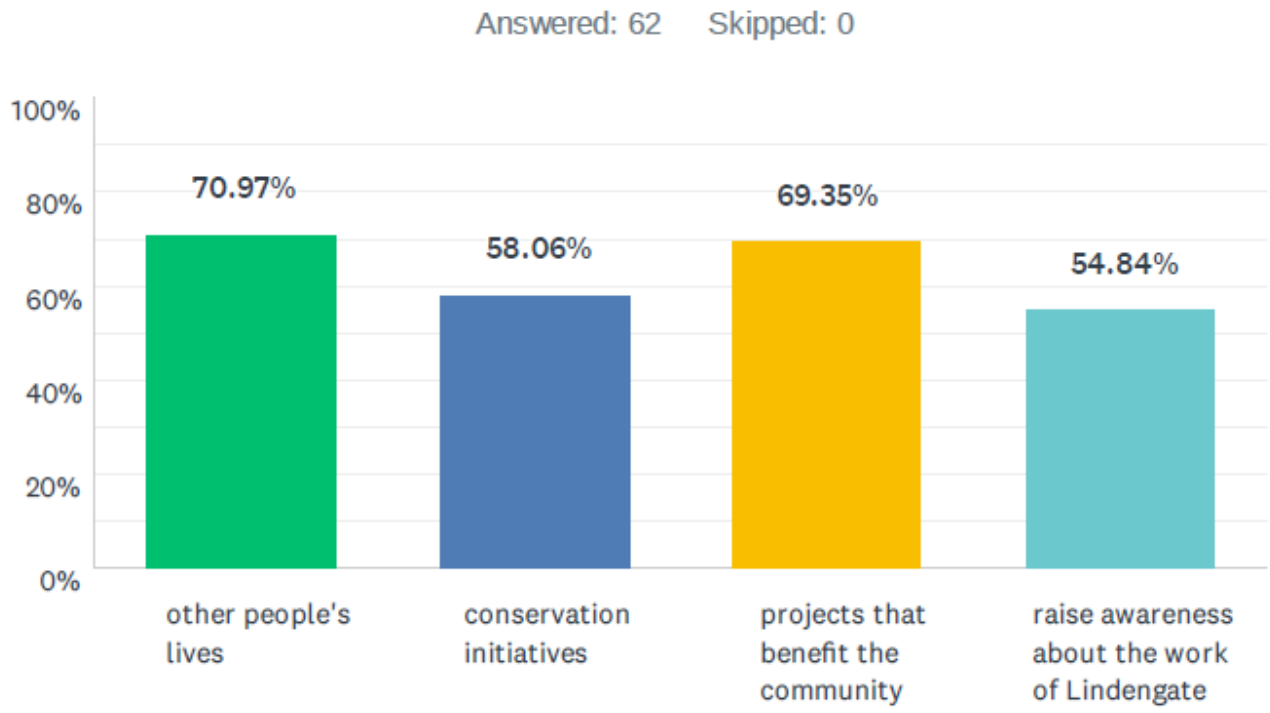


Figure eight: I gain a sense of purpose from my involvement with Lindengate

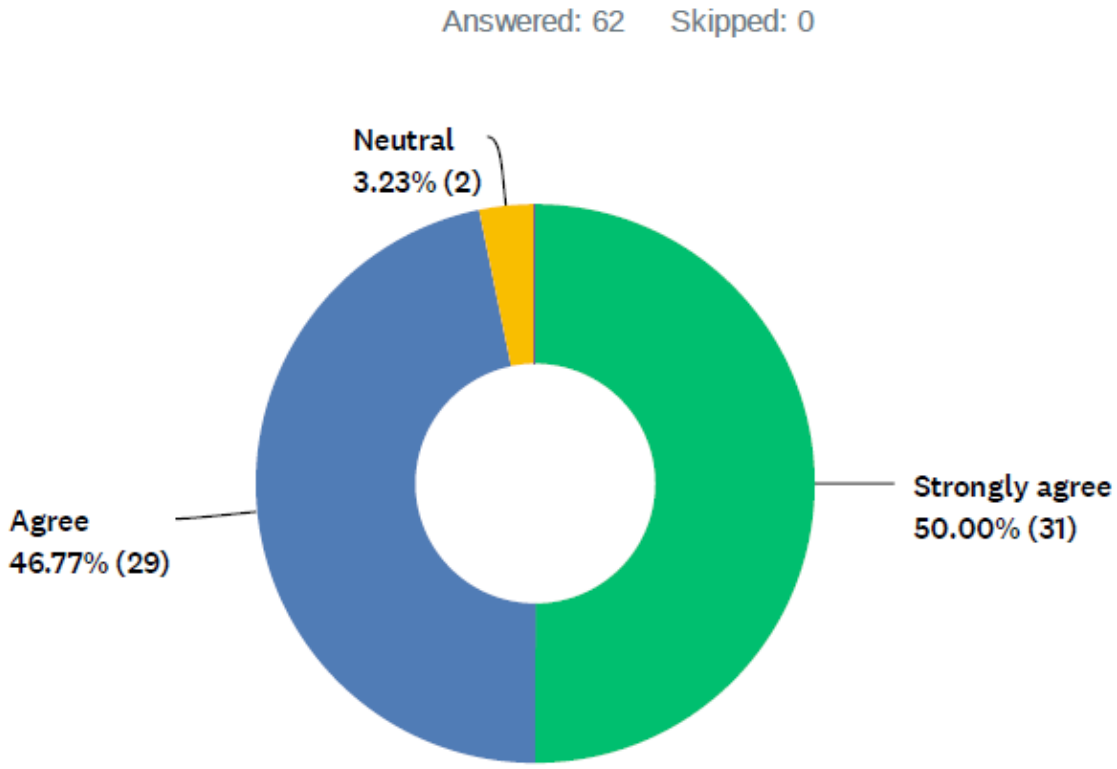


Figure nine: Lindengate is of value to the local community because it provides / supports / complements:

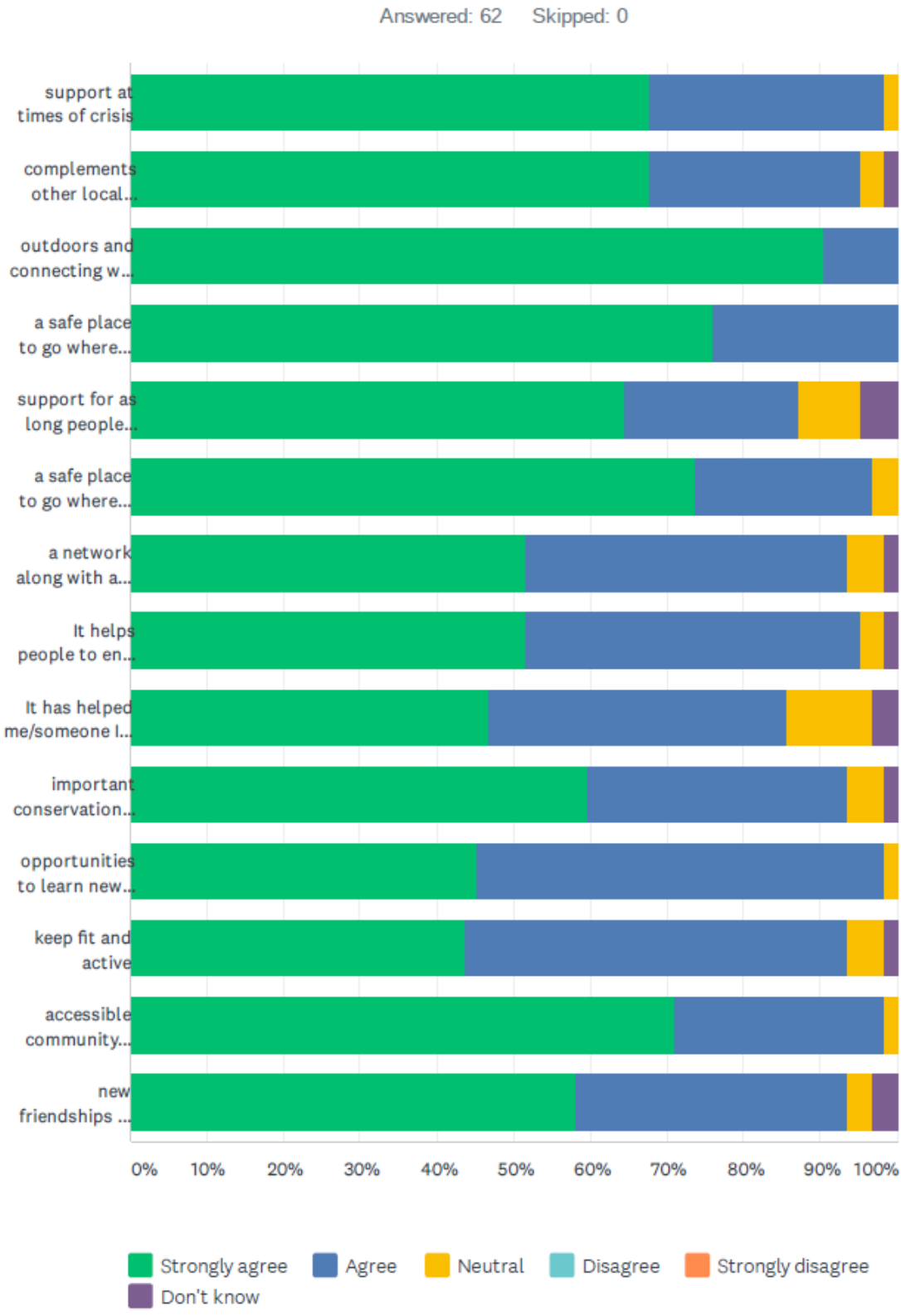


Figure ten: How volunteers perceive Lindengate to be of value to the community



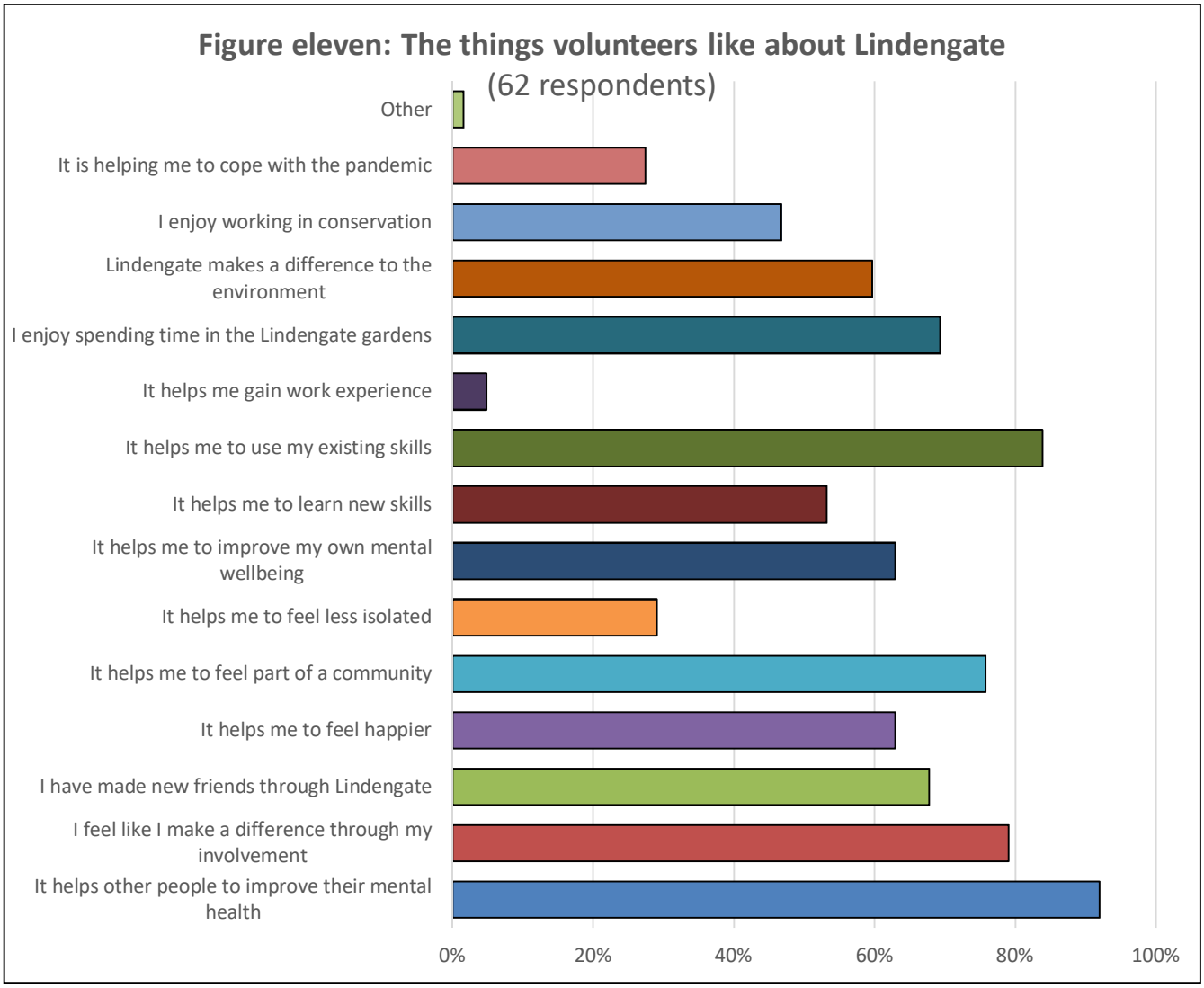
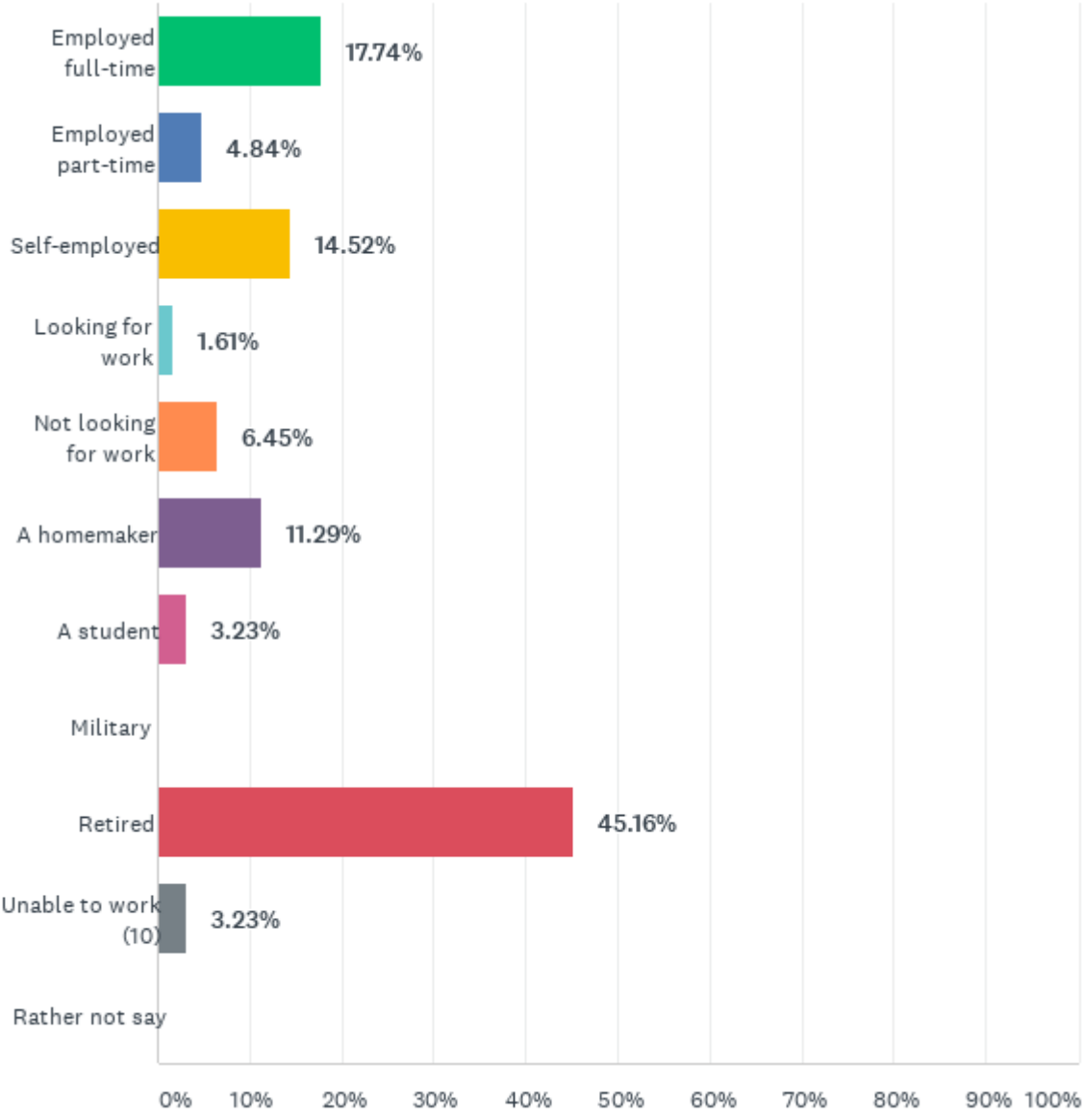


Figure twelve: Profile of Lindengate volunteers by employment status



3.2. Peer supporters

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

3.3. Volunteens

Green Volunteens

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

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

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

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

Young Person (YP)1 - Connect

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

Young Person 2 - Be Active

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

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

Young Person 3 - Give

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

Young Person 4 - Keep Learning

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

Take Notice

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

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

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

4. Finance and Fundraising

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

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

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

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

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

Kop Hill Climb

Buckinghamshire Council

BUPA

NHS

Local Area Fund Buckinghamshire Council

M & S Aylesbury

Arla

Red Key IT

Waitrose

Biffa

Dobbies

Percy Bilton

Chiltern Handringers

Tesco Bags for help

The Sherling Charitable Trust

The Henry Smith Charity

Rothschild Foundation

Wendover Parish Council

Buckinghamshire Councilors

Vale of Aylesbury Housing Trust

Heart of Bucks

National Lottery Community Fund

The Clare Foundation

Aylesbury Garden Town

Oxford Diocesan

D'Oyly Carte Charitable Trust

The Roger and Jean Jefcoate Trust

Moore Family Trust

Childwick Trust

St Martins Bursar

Aylesbury Rotary Club

Buckingham Garden Centre

Patchsave Solutions Ltd

Stoke Pogis Singers

EON Net Coronavirus Appeal

Ashridge Group

Police Property Act Fund

Ellesborough Golf Club Ladies Section

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Report of the Trustees
for the Year Ended 31 December 2020

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

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

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

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1153868

Principal address

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

Trustees

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

Independent Examiner

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

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

.....
Trustee

Independent Examiner's Report to the Trustees of Lindengate

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

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

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

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

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

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

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

Haines Watts

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

Date: 22/9/21

Lindengate

Statement of Financial Activities
for the Year Ended 31 December 2020

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

The notes form part of these financial statements

Lindengate

Balance Sheet
31 December 2020

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

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

.....
Trustee

The notes form part of these financial statements

1. ACCOUNTING POLICIES

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

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

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

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

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

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

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

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

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

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

continued...

1. ACCOUNTING POLICIES - continued

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

Plant and machinery	5 years

Taxation
The charity is exempt from tax on its charitable activities.

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

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

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

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

Pension costs and other post-retirement benefits
The charity operates a defined contribution pension scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. RAISING FUNDS

Raising donations and legacies

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

3. AUDITORS' REMUNERATION

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

continued...

4. TRUSTEES' REMUNERATION AND BENEFITS

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

Trustees' expenses

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

5. STAFF COSTS

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

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

	31.12.20	31.12.19
Employees	19	18

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

6. TANGIBLE FIXED ASSETS

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

continued...

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.20	31.12.19
	£	£
Trade debtors	12,288	9,453
Prepayments and accrued income	5,060	1,790
	17,348	11,243

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.20	31.12.19
	£	£
Trade creditors	3,267	-
Taxation and social security	5,562	4,547
Other creditors	65,873	23,616
	74,702	28,163

continued...

9. MOVEMENT IN FUNDS

	At 1.1.20 £	Net movement in funds £	Transfers between funds £	At 31.12.20 £
Unrestricted funds				
General fund	50,513	36,617	(1,020)	86,110
Restricted funds				
Office Cabin	1,640	-	-	1,640
Volunteer Hub	2,260	-	-	2,260
Bee Keeping	498	-	-	498
Reserves	1,000	5,000	-	6,000
Memory Pathways	8,831	(828)	-	8,003
Secure Storage Units	1,888	-	-	1,888
Sensory Garden & Pond	3,108	-	-	3,108
Shady Shelter	3,400	(69)	-	3,331
Potting Shed & Office Extension	2,689	-	-	2,689
Alpine Bed	330	-	-	330
Black Poplar Conservation	2,022	(493)	-	1,529
Welcome Area	79	-	-	79
Sound and Light Area	2,640	(36)	-	2,604
Young People (16-24)	13,849	(3,115)	-	10,734
Rill (Sensory Garden)	3,200	-	-	3,200
Core (Volunteer Admin)	7,680	(7,680)	-	-
ADS & Complex Needs	3,750	-	-	3,750
ACT Foundation	534	-	-	534
Wildflower Development	109	-	-	109
Kitchen Garden	1,529	-	-	1,529
Butterfly Conservation	1,180	(17)	-	1,163
Giants Armchair Terrace	2,254	-	-	2,254
Companion Seating	105	-	-	105
Woodworking Facility	5,000	(2,871)	-	2,129
Complex Needs	18,000	(18,000)	-	-
Vulnerable Women	3,311	(3,311)	-	-
Tools & Equiment	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	-
	105,638	21,508	1,020	128,166
TOTAL FUNDS	156,151	58,125	-	214,276

continued...

9. MOVEMENT IN FUNDS - continued

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

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

continued...

9. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

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

continued...

9. MOVEMENT IN FUNDS - continued

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

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

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

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

continued...

9. MOVEMENT IN FUNDS - continued

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

10. RELATED PARTY DISCLOSURES

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

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

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

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

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