



Lindengate Springs into Action



Lindengate is a Buckinghamshire charity that offers gardening facilities and activities to those with mental health needs to encourage and motivate them in their continuing recovery.

Social & therapeutic horticulture (STH) is now recognised as a successful method to promote health and well-being, facilitate social inclusion and offer participants access to pathways that can help them gain in self-confidence and self-esteem. By helping them to acquire new practical and social skills, Lindengate's service users, or **Gardeners** as we know them, can improve their chances of finding future employment and moving towards a life of independence with less reliance upon state support.

Lindengate operates from a 5-acre site in Wendover which is being developed by a large group of volunteers to ultimately provide a range of gardens and nurseries. Whilst there are a small number of excellent STH gardens elsewhere in the UK, Lindengate is the only such site serving Buckinghamshire and we have great plans to develop our facility to create a truly stimulating environment for our Gardeners.



Lindengate Volunteer Open Morning

Lindengate is looking for additional Volunteers - If you would like to find out more about volunteering, please join us on **Saturday 28th March** between **10am and 12 noon** at the **Lindengate site**. We have a range of opportunities on offer and not all of them require green fingers. Fundraising, helping with events, publicity, administration, developing our IT & social media presence, supporting craft activities and helping us to run our market stalls to name but a few.



Group Visits ...

The Lindengate site in Wendover is also available for Society and Community Group Visits, including a short presentation on Social & Therapeutic Horticulture, a site tour & time in the gardens and refreshments.

- £6 per head, with a minimum group size of 10;
- Availability on Mon, Tues or Thurs evenings, starting either 6.30pm or 7pm in May, June and July;
- Refreshments include Glass of Wine or Soft Drink & nibbles.



Why not come and visit
and find out more about
LINDENGATE

You can call us on ...

020 8144 4291

or email us at ...

volunteer@lindengate.org.uk

The Old Allotment Site, World's End Garden Centre
Aylesbury Road, Wendover, HP22 6BD