

Lindengate Charity  
Aylesbury Road  
Wendover  
Bucks HP22 6BD

[www.lindengate.org.uk](http://www.lindengate.org.uk)



S Hutchinson  
The Nineveh Charitable Trust  
8 Mill Lane  
Saffron Waldon  
Essex CB10 2AS

5<sup>th</sup> August 2022

Dear Trustees

### Time Together – Kitchen Gardening

Lindengate is incredibly grateful for your generous support. In 2021 you kindly gave us £5,000 towards the cost of our Time Together - Kitchen Gardening programme. I am pleased to be able to provide you with a short update on how your donation has benefitted young people's wellbeing using the healing power of nature.

As you know, the increase in people of all ages experiencing poor wellbeing as a result of covid is enormous and this, together with the stark reality on the economic impact on every household, we face very challenging months ahead although we are better placed than most to alleviate these challenges. The work that we have been doing in the past 18 months with the NHS, with Buckinghamshire schools, with local businesses and our many charity partners leaves us in the clear knowledge that we have a critical place in supporting our community through to a better place. Our immediate challenge is that we are in an ever-changing market with many organisations still adjusting to new ways of working and having to cope with people in a state of overwhelm.

Young people are an area of major concern, and a growth for Lindengate. We have piloted and successfully run programmes to put into local schools to support young people and we know that they produce positive results. We also have a vibrant and very productive under 18's volunteering group on Saturdays, peer supported by 18-24's which they themselves have named Green Volunteers.

Funding from the Nineveh Charitable Trust has enabled us to offer young people and families to participate in an introduction to Kitchen Gardening when they are able to learn a good basic understanding of the principle of growing their own produce; connect and understand the importance of the environment and improve their wellbeing with shared communication and bonding.

Recently 1<sup>st</sup> Aston Clinton Cubs visited Lindengate to obtain their gardening badge via our Kitchen Garden programme and it is our intention to roll this out to wider groups to obtain their gardening award/badge.

Please see below extracts from an article in the recent Aston Clinton Newsletter.

"Recently on a Saturday morning in May, 1<sup>st</sup> Aston Clinton Cub Leaders were presented with a Proud of Bucks Award for Best Community Group Contribution 2021 at Lindengate.

Patrons:

*The Countess Howe, Her Majesty's Lord-Lieutenant of Buckinghamshire  
The Bishop of Buckingham the Rt Revd Dr Alan Wilson*

**Better health and wellbeing for all through nature**





"Lindengate Charity was a beautiful setting for the presentation by Chairman of the Council, Cllr Zahir Mohammed and never ones to waste an opportunity the Cub Leaders straight away arranged for the Cubs to visit Lindengate to work on their Gardening badge! We took 24 Cubs on a Wednesday evening in June to meet the team of Sara and Jacqui who had very kindly prepared an evening of gardening information for us. We toured the gardens and learnt about the seasons and when to plant vegetables and fruits. We looked for mini beasts and saw the amazing bug hotels and learnt how to use tools safely. We planted seeds and made labels for our pots. The team were so welcoming and the Cubs had a great time learning about nature."

Lindengate's tranquil setting and meandering paths bring calmness into busy lives. As a committed and respected member of the community, we know we can have a positive impact on people's wellbeing, help them build resilience and learn ways to maintain their balance, thus preventing them from the awful yoyo effect that occurs without such preventative solutions.

To help improve our sustainability, we have diversified our income streams to underpin the work and we have a growing trade in endangered native tree species like black poplars, also native wild flowers, along with many products using upcycled or recycled wood. We have won many awards and our reputation within the world of conservation and championing the protection and regeneration of the natural environment is as strong as our reputation within the Mental Health sector.

We thank you for your wonderful support which helps to make a big difference to all those who rely on our garden.

If you would like to visit Lindengate, do let me know – I'd be delighted to show you around.

With very best wishes

*Sue Rodwell*

Sue Rodwell  
Major Donor Manager  
[sue.rodwell@lindengate.org.uk](mailto:sue.rodwell@lindengate.org.uk)



*Time Together  
Kitchen Gardening  
on a Shoestring for  
Healthy Eating*