

Evening visit to Lindengate

Our trip to Lindengate proved to be a truly enlightening and inspiring evening, despite the inclement June weather. The charity provides a calm and nurturing environment for those with mental health needs and what they have achieved in the five years since they started is truly incredible. There are wetlands, wild flowers, cut flowers, vegetables and fruit, with themed garden areas and raised beds for wheelchair users to access.

Their ethos stems from the belief that if you nurture nature, nature will nurture you and what really comes across is the peace and beauty of the place. It is no surprise that the

charity is successful in their aim to improve the wellbeing of those who come seeking help and they hope to be part of an NHS referral scheme before too long.

They have various projects ongoing, such as providing a habitat for rare butterflies and developing a stock of indigenous black poplar trees. They are also experimenting with disease-resistant elm trees to see if the plants grown from seed will be as hardy. All very valuable work in partnership with other organisations.

We enjoyed a guided tour round the gardens in small groups, learning about the history of the charity and the work they do, followed by tea, coffee and delicious strawberry tarts from Stratton Bakery (keeping it local!). We left Lindengate feeling privileged to have experienced this magical place. EO'C

As this was a very special evening and so many were captivated by the work of Lindengate we have invited other members to share their thoughts on the visit: •



- Holistic approach to mental health • Simple and effective theatre across the garden - see pictures •
- Inclusive and non-judgemental approach to gardeners and supporters •
- Amazing progress in 5 years
- Brilliant use of terracotta pots to create interesting characters
- Great use of tyres for multi-level planting
- Training provided to supporters
- Future support opportunities include - Christmas Raffle Fund Raising, Plant Sale Purchasing, Collection Box at Meetings, Tool Collection at Meetings, Adopting, Cake Baking, Plant Sale Marketing "in partnership with" JG

Although it was a grey and chilly evening I think we all felt the warmth and light of the surroundings and the enthusiastic staff. I was amazed at the diversity of the activities, not just gardening but construction, art work, tiling, cooking, jam making, wild flowers and

more. Lindengate has created an environment to value and nurture people whose needs are so neglected by our society. The financial costs are high - let's do what we can to support this enterprise. – JB

As you all through the arch of ivy peace and tranquillity descends making it easy to ignore the drone of the traffic outside. Lindengate certainly lives up to the saying weeds are just plants

growing in the wrong place. The 'weeds' certainly attract the wildlife and biodiversity. It would be lovely to go at a warm sunny time to experience the birds and insects. – MD

As soon as I entered Lindengate I was aware of the wonderful energy of peace and as I walked around the gardens this energy became stronger along with a wonderful sense of community with people working together in so many ways to create such an amazing variety of projects I was not aware of the existence of Lindengate but now that I am I shall be supporting Lindengate in any way I can. – MH

A beautiful place where fairies and pixies would love to visit! - Anon