Rest & Reflect

For anyone struggling with their wellbeing

Rest & Reflect

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

- Stunning gardens and wildlife haven, set over five acres, near Wendover.

- Timings are seasonal, check website for details.

- Plenty of sheltered areas dotted about to meet with a friend for a chat, bring a flask of tea or coffee.

- Bring a book, sketch pad or take some photographs of the beautiful and tranquil surroundings.

- Children are welcome on Saturdays - please ensure that they are supervised at all times and respect their surroundings and other visitors.

- 1st Saturday of each month, Rest & Reflect will be open to women only.

Health and Wellbeing through Nature and Horticulture

LINDENGATE
Mental Health Charity

Welcome to Lindengate

Rest & Reflect
Free drop-ins for anyone struggling with their wellbeing.

Lindengate @Home
Stay connected from home through the Five Ways to Wellbeing.

Green Volunteens
For under 18s who want to volunteer in our Nature Reserve. A chance to make a difference to the environment around you.

Through The Gate
Opportunity to volunteer at Lindengate's gardens with peer support from other volunteers.

Nature Connection
Supporting groups to work with their teams, to build resilience and improve mental health and wellbeing, through nature based activities.

Wellbeing Pathways
Weekly sessions for anyone with low to moderate wellbeing needs, focussing on nature based activities in small groups of up to 6.

Healing Pathways
Using nature to provide hope, support and understanding, for those experiencing loss.

Women's Wellbeing Group
Supporting women from the Black, Asian, Minority and Ethnic community, offering a safe and relaxing environment, to build resilience and improve wellbeing.

Peer Support
Work as a "buddy" to an apprentice volunteer, to guide them through their journey to become an independent volunteer.
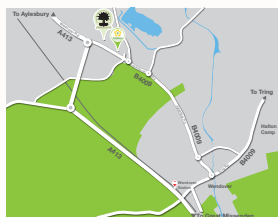
#YOUVE
For young people aged 16-18, using bush craft, conservation and mindfulness to learn job skills and develop soft skills to increase employment opportunities.

Planted
Nature-based programme supporting young people aged 13-15 in personal growth and resilience.

To find out how you can get involved, go to our website: www.lindengate.org.uk or email info@lindengate.org.uk

Lindengate Mental Health Charity
The Old Allotment Site
(Next to Dobbies Garden Centre)
Aylesbury Road, Wendover,
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Tel: 01296 622443

Registered Charity: 1153868

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