

Rest & Reflect @Lindengate for NHS Key/Essential Workers & those Dealing with Bereavement



Drop In Sessions
From Tuesday 16th June 2020



Imagine having the time and space to 'be' in a calm, safe environment whilst relaxing in beautiful, natural surroundings. Now Lindengate is giving you the chance to do just that.

- Stunning 5 acre therapeutic garden and wildlife haven near Wendover
- Every Tuesday/Wednesday/Thursday 4-7pm & Saturday 1.30-4.30pm
- Space to "Breathe & Be" in a calm, safe & relaxing environment
- Let Nature Nurture & take time for yourself
- Take home a gift from Lindengate's extensive kitchen gardens
- Bring your own refreshments & wear appropriate clothing and footwear for the outdoors

Further information can be found on 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)
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Registered Charity: 1153868

