# Healing Pathways

- Using nature to help us understand loss. Providing hope, support and understanding in a gentle way

Healing Pathways

Loss will affect us all in different ways, but the common thing to remember is that however we are feeling, is perfectly normal. There is no right way to feel - you will feel how you feel and that is ok.

- Sessions for adults take place in small groups, where you can come and take time to think about your loss, in our therapeutic gardens. The garden lends itself to nurturing people, the natural beauty and richness help to restore and heal, with support from a community of volunteers and staff, in a natural environment.

- The constancy of the seasons provide some stability when everything else may be crumbling. In the darkest of times, memories of better times - past Winters melting into Spring can sustain us and provide hope - that happy Spring days filled with joy will once again emerge out of the gloom of Winter.

***Like a crocus in the snow, I stand knee-deep in Winter***
***Holding Springtime in my heart.***
Joan Walsh Anglund

Health and Wellbeing through Nature and Horticulture

LINDENGATE
Mental Health Charity

# Welcome to Lindengate

**Rest & Reflect**

*Free drop-ins for everyone.*

**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**

*An opportunity to volunteer at Lindengate's gardens with peer support from another volunteer.*

**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.*

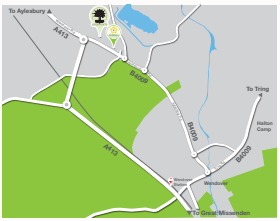
**#YOUVE**

*Sessions take place once a week, over 6 weeks, for young people, using bush craft, conservation and mindfulness, to develop skills to increase employment opportunities.*

**Planted**

*Nature based programme supporting young people under 16 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

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Registered Charity: 1153868