



Planetary Healing Centre

288 Portobello High Street

Edinburgh

EH15 2AS

Tel: 0131 657 5680 Website: planetary-healing.org

Community Consultation - Making a Difference

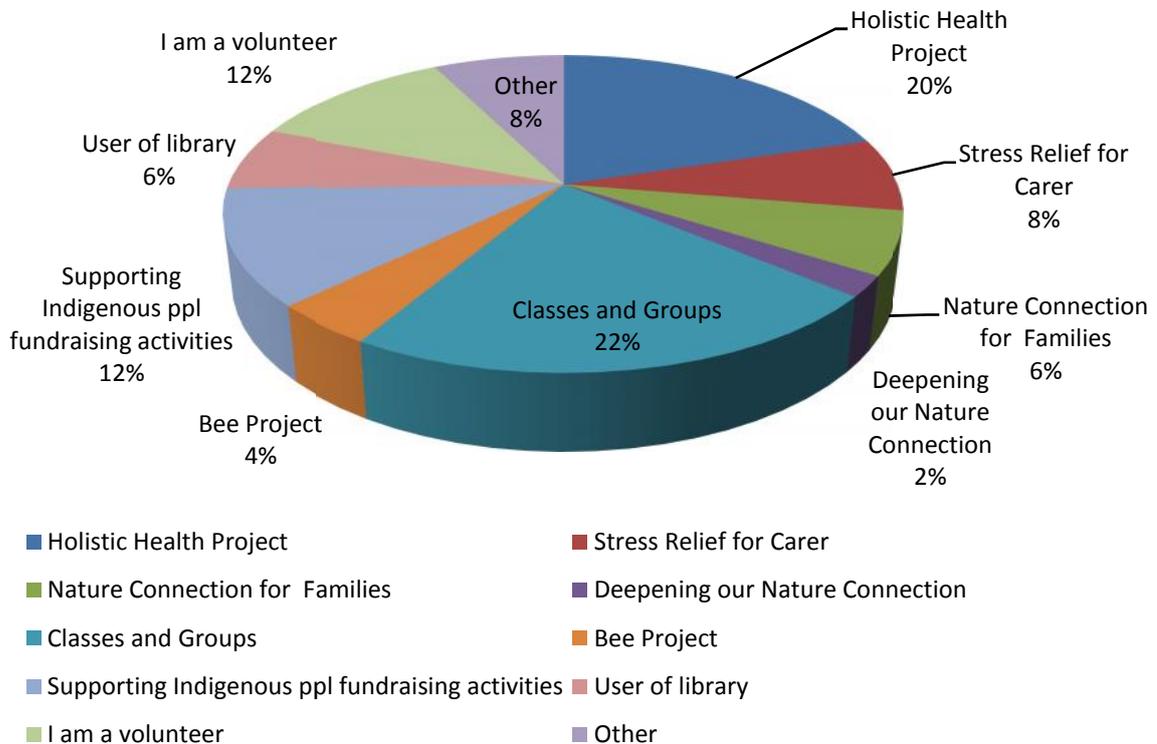
In order to better serve the community, the PHC did a consultation in April 2018 with the objective of finding out in what way our services respond to our community's personal and/or family needs and what we can do to adapt/adjust our projects to their needs. This is the result of our survey.

Q1. What services provided by the Planetary Healing Centre do you attend?

Holistic Health Project - Portobello	19
Stress Relief for Unpaid Carers - Portobello	7
Nature Connection for Families - Woodland in Balerno	6
Deep Nature Connection - Woodland in Falkland	2
Classes and groups - Portobello	21
Bee Project - Balerno	4
Supporting the Indigenous People's fundraising events	11
User of the library	6
I am a volunteer	11
Other	7

Total Respondents: 41

What services provided by the PHC do you attend?



Q2. If you are already familiar with our work please tell us what is the main reason why you attend our services?

FOR THERAPEUTIC REASONS – 55%

1. De-stress and relax.
2. For therapies which are affordable and holistic.
3. I like to have time to myself. It also helps me to look after myself.
4. Brings peace and relaxation in a crazy world! I want to develop spirituality.
5. I am able to access holistic therapies that I couldn't access otherwise.
6. I am able to access holistic therapies that I couldn't otherwise access.
7. For the people, the place, the ethos.
8. Personal development, health issues related to trauma.
9. To heal mentally, physically + spiritually.
10. To help de-stress and deal with anxiety and depression.
11. To get rid of physical pain.
12. For physical/mental wellbeing.
13. For continued physical and mental wellbeing.
14. Because I'm a carer.
15. Desire to learn what a therapy looks like, relax and get a helping feeling
16. I am a carer - incredibly stressful, find a source for relaxation albeit temporary, through use of services. I can truly switch off & leave feeling soooo relaxed.
17. Access to affordable complementary therapy treatments.
18. Health - mental emotional.
19. For health, wellbeing and self-development.
20. Cost effective, professional, diverse.
21. Stress relief and support indigenous cultures.

CLASSES + GROUPS + PRIVATE SESSIONS + EVENTS+SHAMANIC REASONS – 27.5%

- 22. Shamanic course
- 23. Your teachings resonate
- 24. Genuine spiritual help and guidance
- 25. I used to attend the shamanic drumming group run by B.
- 26. Such a beautiful space with great people. It's great to attend events that contribute to other projects in other places of the world and all be part of making a difference.
- 27. It works! I have healing (and whatever comes up e.g. soul retrieval, messages from spirit/animal guides) from M. Although it seems to open up some sort of gateway - some pretty strange things happen after a session - I feel balanced, calm, focused and well both physically and emotionally.
- 28. It's my tribe and my vibe. I go to meditation to get rejuvenated and energised and so I can spread the magic to others.
- 29. Wednesday evening Shamanic healing and Friday meditation.
- 30. I attend Shamanic meditation on a Friday, and shamanic healing techniques on a Wednesday. Also, some fundraising activities.
- 31. I attend the women's group and I find it very supportive and interesting self development work
- 32. I'm not actually familiar with your work. I would love to be more involved but I don't seem to get updates on events. I did just get an update on the holistic festival in Balerno in May, which I am looking forward to, but that is all.

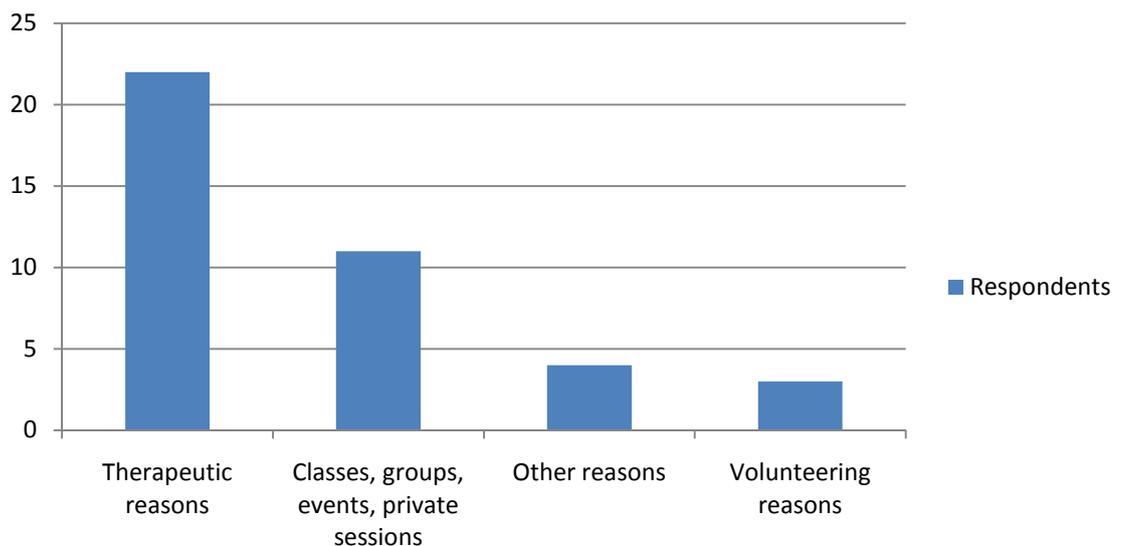
OTHER REASONS – 10%

- 33. I find that the services offered meet the real and fundamental needs of the human race for personal development and community building and service to others.
- 34. I sense a strong foundation of integrity and good intentions in the project and also really appreciate its focus to reach all aspects of the community including those usually disenfranchised.
- 35. It's a community charity and also a shamanic healing wone me up years ago. It has also been a journey of self healing
- 36. Connect with self

VOLUNTEERING REASONS – 7.5%

- 37. To volunteer and be of service to others.
- 38. I am a therapy volunteer offering Hypnotherapy + EFT.
- 39. Self-empowerment, to help me move forward in my life as I was stuck due to depression and inability to set up my own practice, to help me connect with like-minded people and serve the community.

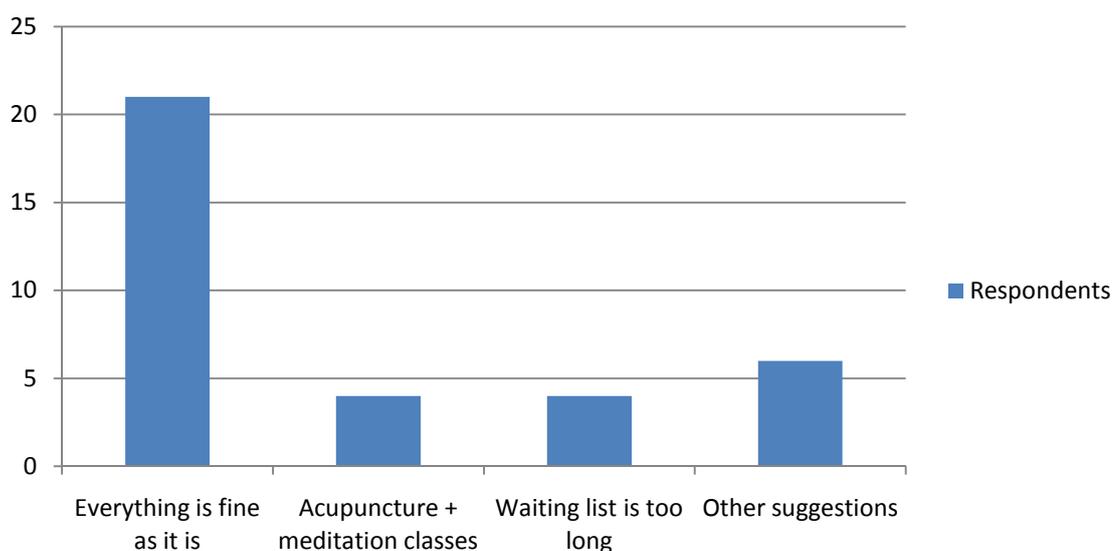
Reasons why clients attend our services



Q3. Considering all the holistic services we provide in general, is there anything you feel is lacking?

1. Acupuncture
2. Acupuncture
3. The waiting list is quite long, maybe adding one or two more hours and having two therapists working a day might resolve this issue.
4. Can take a long period of time to get an appt for a specific therapy with a therapist of choice. However, I'm aware all are volunteers - perhaps having more volunteers. More frequent classes, I attend sound journey & only on once per month.
5. More available appointments as the waiting lists are quite long.
6. More hours.
7. Not lacking but perhaps: Full moon meditations to send out peace and healing to the earth. Nest boxes in woods. Fire ceremony at new moons. Sending healing energy to people's homes where they are not sleeping well or the energy is not nice. Teaching about the shadow side that everyone has. Regular Reiki share. Online magazine or blog with articles on spiritual subjects, healing: Reiki, Shamanism, meditations, environment, indigenous peoples, archangels, shadow self, St Germain and cosmic diamond golden silver violet flame for transmutation of negativity and helping the earth transmute pollution. Sending thoughts of love and light to the 26 major tectonic plates which make up the Earth's outer crust, so that they move smoothly against each other and not jar causing an eruption in some way.
8. More meditation classes.
9. Perhaps helping children a bit more. Training people on the holistic ways.
10. Art classes
11. I feel Planetary Healing offers a lot of therapies and workshops.
12. Toilet does not feel very private which project will be aware of anyway.
13. Thai massage
14. A shamanic drumming group.
15. No.
16. Not sure.
17. No.
18. No
19. No
20. No
21. No
22. Nope.
23. No
24. I am not sure yet
25. No
26. Not at all. Wide range of therapies available.
27. No.
28. Can't think of any.
29. No.
30. Don't know.
31. Not that I can think of.
32. No everything is perfect. Thank you. You have a great system in place already. Thank you
33. I think that for the size of your organisation and space available, it provides an excellent range and quality of services.
34. It's pretty good. Good range of therapies available and good range of courses and events.
35. Just more space!

Holistic Services - What is lacking



60% wouldn't change a thing

16% suggest other things, such as shamanic drum circle, more private toilet, thai massage, etc.

12% complain that waiting list is too long

6% want acupuncture

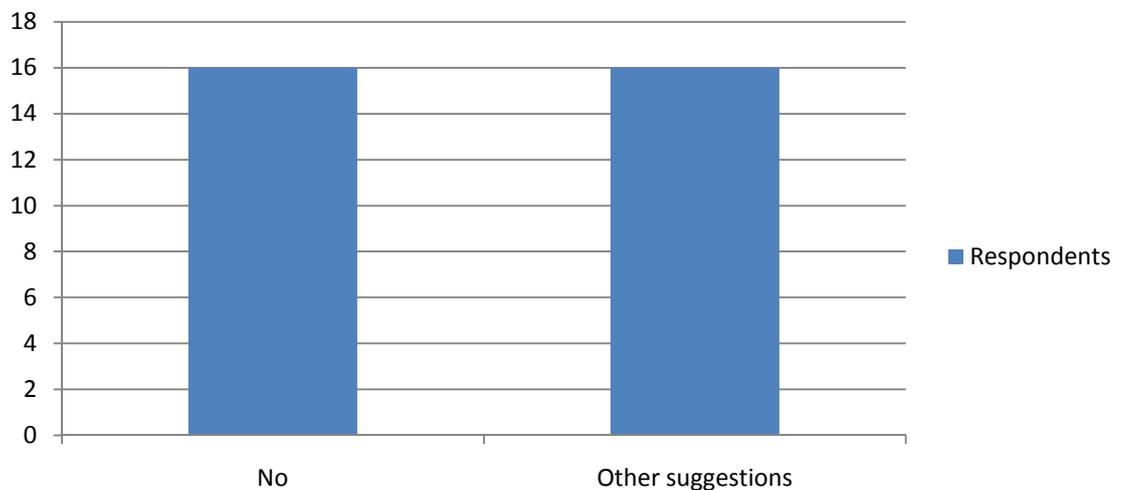
6% want more meditation classes

Q4. In addition to everything we already offer in Portobello is there anything else you would like to see happening at the Centre?

1. No.
2. Can't think of anything.
3. Not really, but I don't live locally
4. No
5. No
6. No nothing that I can think of at the moment. Thank you
7. Can't think of anything
8. No
9. No
10. I am not sure yet
11. No
12. No
13. If I think of something I will contact directly.
14. No.
15. No.
16. No.
17. Maybe a discussion group?? It would be good to hear of others shamanic/spiritual experiences. An example would be how I remember feeling reassured that I'm not the only one who sees faces, particularly eyes as I lie down to sleep.
18. I don't use it often enough it's too far away as I live in East Kilbride. I love the work you all do.
19. There is a lot of lonely people out there, who are too shy and don't know how to reach out and connect with others. Maybe think about creating a new project to effectively tackle this issue.
20. Therapies for children. Training for people in general.
21. More about shamanic work as I am not familiar with
22. As before, more available appointments.

23. I'd like singing
24. More holistic training being offered at the Centre. Perhaps go back to 40% for the Centre and 60% for the Facilitator. Centre brings the people. Holistic training being offered by volunteers? It would help them to gain experience, build confidence and generate income for the charity.
25. See Q3. (More meditation classes.)
26. More information about PHC Nature Projects and specially Bee Project. We need to save the bees.
27. More meditation classes to help unwind, relax and deal with everyday life and stress.
28. More dancing.
29. Talks from visiting speakers.
30. Maybe some sort of groups.
31. Classes on the types of therapy on offer. Taster sessions.
32. Perhaps dietary advice – especially since Earthy (nearby) has closed down.

Anything else would you like to see happening at the centre in Portobello?



50% is happy with what we offer

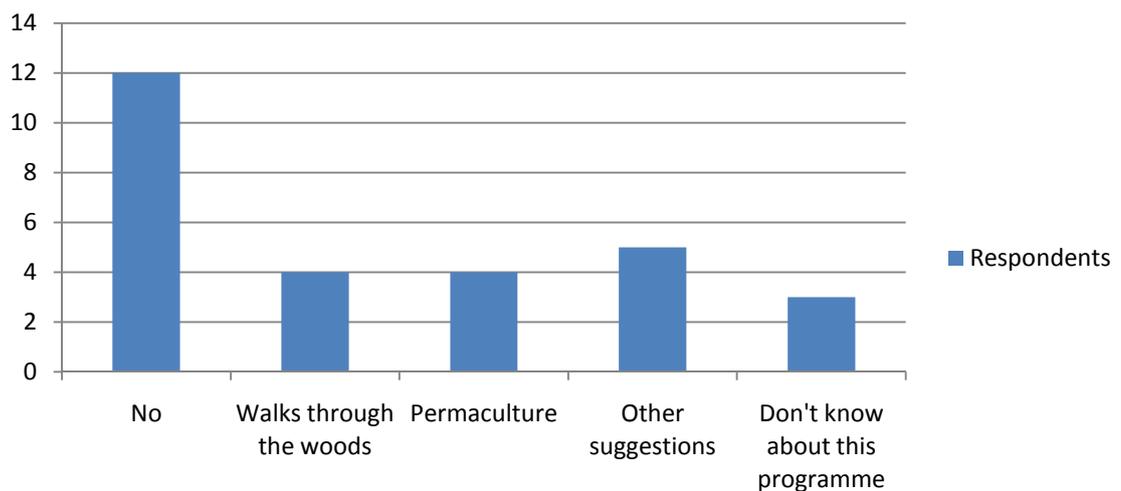
50% give a wide variety of suggestions the majority about classes and groups

Q5. In addition to everything we already offer, Nature wise, is there anything else you would like to see happening?

1. All nature education and exposure and fun is good, and I feel that opportunities are moved forward with already at a good pace
2. No
3. No.
4. No
5. No
6. No
7. No.
8. No.
9. No.
10. No, you have got a good balance of everything. Thank you
11. PHC covers it all.
12. Better weather. 😊

13. Maybe an activity with walking through the wild and camping combined?
14. Several levels of trek days. E.g. journeys adapted to young children, teenagers and senior citizens.
15. Guided walks through woods.
16. Occasional organised walks through the woods.
17. Shamanic work brought together with nature connection.
18. Help for animals or way of advertising vegetarianism or vegan eating there are grants to do a food event once a year.
19. Follow-on treatments.
20. Maybe overnight or weekend retreats.
21. The wisdom of plants??
22. I am not sure yet
23. To be honest I have never taken part or visited the balerno centre as it is too far out of town to travel...
24. Don't know about that
25. Permaculture in the woodland with a lot of people from the community involved. Herbalism. A workshop on identifying trees and natural herbs in the woodland.
26. Some kind of environmental project, like for example a permaculture type project.
27. A project that is sustainable and self-sufficient, like permaculture.
28. More outdoors activities for shy and timid people, one-on-one work. A permaculture project.

Anything else would you like to see happening in our nature projects?



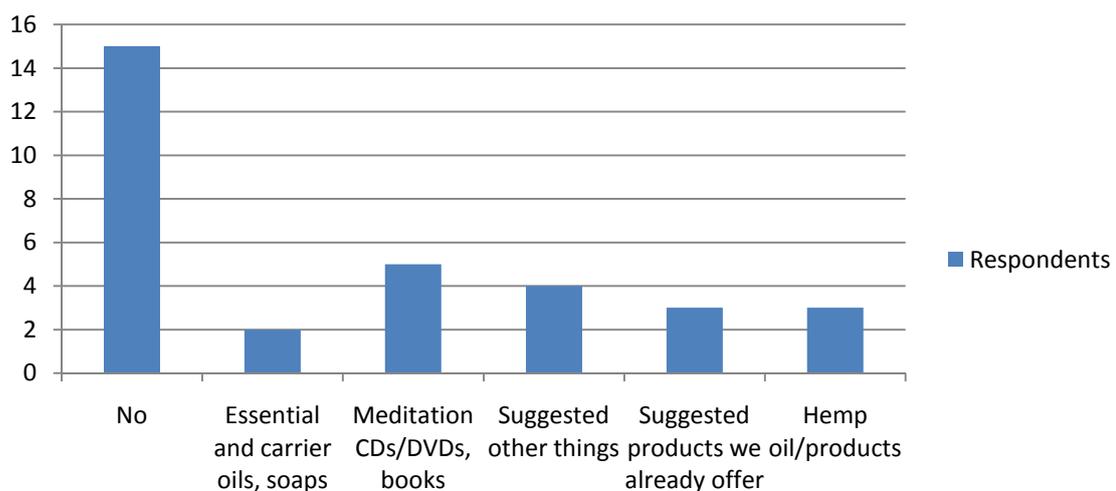
42.9% are happy with what we offer
14.3% would like walks through the woods
14.3% permaculture project
17.9% a variety of other suggestions
10.7% don't know about this programme

Q6. In relation to our Holistic Shop, is there anything else you would like to see us selling in the shop?

1. No.
2. No
3. No
4. No

5. No
6. No
7. I am not sure yet
8. Can't think just now.
9. No.
10. No.
11. No.
12. No. Maybe – can't think of anything!
13. I'm fine with the range in the shop, and enjoy the buying opportunities for myself and presents for others.
14. It's perfect as it is, not too much or little it's just right. Thank you.
15. The shop is well stocked.
16. Essential oils. Carrier oils. Soaps.
17. Essential oils at affordable prices, lovely little shop and so welcoming.
18. Not sure if you sell cards or not?
19. Pendulums.
20. Protective stones - fire agate
21. More meditation and New Age CDs; more rare variety of crystals; a wee book shelf for spiritual books; organics, fairtrade beauty products.
22. Larger selection of books
23. Meditation guidance CDs/DVDs.
24. More books about bees and living in a sustainable manner.
25. More meditation CDs.
26. More goddess things and more indigenous crafts
27. Mugs with nice phrases or positive quotes printed in it. T-shirts. Meditation cushion. Variety of singing bowls and other small sound instruments.
28. Yoni eggs.
29. Indian scarfs
30. Hemp products.
31. Hemp (CBD) products.
32. Hemp products, maybe homemade moisturisers cleansers, etc.

Anything else you would like to see for sale in the shop?



47% is happy with our stock
15.6% meditation CDs/DVDs, books
12.5% suggest other things
9.4% suggest products we already offer

9.4% hemp oil/products
6.25% carrier oils/essential oils

Q7. Any other comments, positive feedback and suggestions? We will be delighted to hear from you.

Thank you for your interest - it's much appreciated.

Such a valuable and worthwhile organisation. I think Portobello would be lost without it.

I feel very lucky to be involved with Planetary Healing activities, as they enhance so many lives. After being a carer, I was badly in need of personal healing and community, and I have found this organisation to be one of the best at restoring my own wellbeing and sense of mattering to a wider community again. I hold it in deep gratitude.

Doing a good job

Amazing healing, amazing people, amazing place. A real sense of welcoming and belonging. Authentic and honest - the real deal.

Pretty sell items

Keep on rocking :) Keep up the good work

I love coming to my realm and doing classes, it's just a magical, wonderful uplifting place. It's helped me immensely and I just love it. Thank you for all the magic, help and wonderful energy you share unconditional with all of us. Really appreciate everything you do and wishing you lots of more love and success for the future. Thank you Love xx

Just to say thank you all so very much for such a beautiful phenomena you create together

You are doing an amazing work and positively impacting the world with every step we take. It's hard work, but well worth it. Never give up shining bright like the stars you are.

Dumfries and Galloway have a Green pages resource guide.

Wednesday and Friday at the centre are very good. I am sure you already look at what Findhorn are doing in terms of nature and their philosophy.

You are all doing a marvellous job! Keep shining your light! The world needs the light you create with the Planetary Healing Centre's work.

Thank you to C and M for all the good they do.

From my experience it does not seem that the calendar on your website truly coincides with true events. I have tried in a few occasions for over a year to attend shamanic healing workshops but they never seem to take place on the dates or at the venues stated ...I am still to attend one yet!

Excellent service

I love the work you do, always made to feel welcome and loved. X

Maybe 2 volunteers a day? Instead of just one to make better use of the space and reduce waiting. Increase the donation asked for the therapies projects. £20 is a better fit than £10. At the moment both project are only generating benefits for the community, it should be generation support for the charity too. £10 would cover volunteer costs and £10 would pay for core costs of the charity. That feels a lot more balanced. As it is the projects are not even breaking even. The charity is paying to run those projects when it does not have any money or grant coming in. You have to find a way to bring in more income from the projects to support itself. The shop should generate enough to pay the day coordinator. Both therapy projects should generate enough to pay the administrator. NC and DoNC should generate enough to pay the day facilitator.

Thank you for your amazing work!

You're doing a great work! Thank you!

What you offer is wonderful and the therapies are great. Thank you!

Everyone I meet is very kind and helpful.

Keep on doing the great work you do here with love in our hearts.

We love you. ♥

All good.

Lovely space – very accepting of people, positive staff and volunteers. Very needed, very helpful project.

No.

I feel Planetary Healing gives a lot of support to the community.

I feel the therapist helps me as I realised I can slowly strengthen my body through stretching etc.

Great place, great people.

Lovely friendly staff. Relaxing environment.

Such a lovely energy here. Very accepting attitude, warm and nurturing. The therapist is fantastic and her treatments have helped me immensely and I am very grateful to her and to the centre.