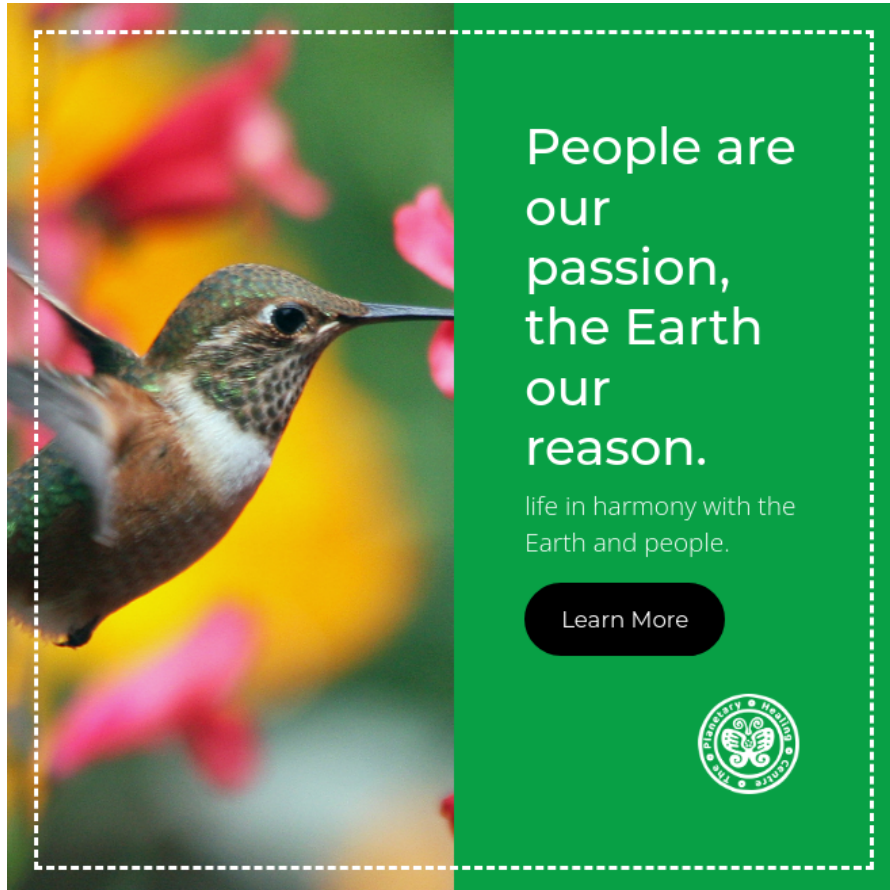


Trustees' Annual Report

For the year 6 October 2022 to 5 October 2023

Reg Scottish Charity SC034 826 Reg Company: SC 257 126

www.planetary-healing.org



Our charitable aims

- ★ To promote awareness of the benefits associated with holistic approaches to health and wellbeing.
- ★ To facilitate engagement with nature among various demographic groups, including young people, children, families, groups, and individuals, with activities promoting health and wellbeing.
- ★ To enhance accessibility particularly for disadvantaged groups to all holistic services.

Objectives & Activities

The Planetary Healing Centre promotes holistic and healthy lifestyles through nature-based activities and therapy, aiming to bring about lasting improvements in individuals' health and wellbeing. Our initiatives are aimed at providing support to individuals dealing with challenges such as poverty, destitution, and compromised mental, physical or emotional health.



Chair person's letter:

Dear Planetary Healing Supporters and Friends,

As we reflect on the past year's achievements and look ahead to the future, I am filled with immense gratitude for the unwavering support and dedication of each and every one of you to our shared mission at the Planetary Healing Centre.

Throughout the year, we have diligently pursued our objectives through a multitude of projects and activities, each designed to address specific challenges and meet the evolving needs of our communities. From our Nature and Wellbeing Project, our Online Holistic Project to our Arts and Wellbeing Project, and our dedicated efforts to support indigenous communities, each endeavour has been guided by a shared vision of holistic healing and transformative growth.

The impact of our work has been profound, touching the lives of hundreds of individuals and families across Scotland. Through a diverse array of programs and events, we have provided vital support, nurtured connections, and empowered individuals to embark on their own journeys towards wellness and resilience.

I am particularly heartened by the success of our initiatives aimed at indigenous communities, which have not only provided crucial assistance but also fostered meaningful cultural exchange and mutual learning. The generosity of the people of Scotland, who supported by donating for this project, has enabled us to make a tangible difference in the lives of indigenous individuals, supporting initiatives ranging from education to infrastructure development.

Looking ahead, we are committed to building upon our successes and expanding our impact even further. Our future plans include strengthening our existing projects, forging new partnerships, and exploring innovative ways to support both our local and global communities. By investing in the development of our volunteers, expanding our educational offerings, and continuing to foster collaboration with indigenous groups, we aim to create a brighter, more sustainable future for all.

As we embark on this journey together, I extend my deepest gratitude to each of you for your continued support, dedication, and belief in our mission. It is through our collective efforts that we will continue to make a meaningful difference in the world.

With heartfelt appreciation,

Mark Halliday
Chairperson, Planetary Healing Centre



In October 2023, our Charity marked its 20th anniversary. Over the past two decades, our charitable efforts in Scotland have been dedicated to providing holistic approaches and services aimed at enhancing the health and wellbeing of disadvantaged groups. Additionally, since October 2017, we have extended our support to indigenous communities in Brazil through a range of projects.

Our Charity achieved its overall aim through the following main charitable projects this year:

■ Nature and Wellbeing Project

Deepening our Nature Connection
Food Growing: Mushroom Cultivation training
Planetary Healing Centre's Open Day
Summer Solstice: an Intergenerational Event
Autumn Equinox: an Intergenerational Event
Samhain: an Intergenerational Event
Gathering in Falkland: an Intergenerational Event



■ Arts and Wellbeing Project

Art in Sacred Space
Druid Storytelling & Arts
Myth as Medicine: Stories for Wellbeing
Beyond Singing: Voice Workshop
Walking Philosophy: Workshops for Men
Men's Circle



■ Women's Project

Women's Circle
Mother's Circle
Body, Nature, Art and the elements



■ Families/children/young people's Project

Nature Connection and Wellbeing
Forest Garden
Wellbeing Garden Project
Summer Wellbeing Forest Gardening
Nature Connection for Girls age 12 to 16 yrs old (delivered at Craigmillar Castle Park)
Families: Nature Connection, Storytelling and Arts (delivered at Craigmillar Castle Park)

■ Indigenous People project

Fundraising for Elderly and Children's housing.
Indigenous Visit to Scotland
Fundraising for Well Construction Projects



Achievements & Performance: Impact and

Outcomes of our work

This year, a total of 91 activities were delivered at the Planetary Healing Community woodland, held either outdoors or in the hut within the woods in Balerno. Additionally, in collaboration with the Edinburgh and Lothian Green Trust (ELGT), programs such as Nature Connection for Girls aged 12 to 16 and Families Nature Connection were delivered at Graigmillar Castle Park. Furthermore, two intergenerational community activities were organised and delivered in partnership with the Falkland Stewardship Trust in Fife.

All our activities were made available to the community on a donation basis, ensuring accessibility without financial barriers.

A Monitoring and Evaluation report of all the projects delivered is accessible on our charity's website.

The figures presented below are an overview of outcomes in terms of numbers and highlights the achievement for the financial year 2022–23 in our charitable projects:

This year, a total of 311 individuals, including 44 children, participated in 91 events held in our community woodland. With many attendees returning for multiple events, there were a total of 742 bookings recorded. Event bookings were facilitated through an online system, which streamlined event coordination, accessibility, and reporting to funders.

Additionally, 31 one-on-one sessions were conducted as part of our Online Holistic Health Project. Bookings for these sessions were managed through an online system, with 4 volunteer therapists offering their services remotely from home.

We have installed a new fence along one side of the woodland, removing the old electric fence. Spanning approximately 360 meters, this new fence enhances safety for the children and parents we engage with and contributes to better woodland protection.

This year, our charitable work was made possible by the dedication and commitment of a total of 21 volunteers who generously contributed their time and skills in various positions. Their selfless efforts have been instrumental in advancing our mission and making a positive impact in the communities we serve.

The funds allocated for the indigenous people's project facilitated the following initiatives:

- ★ £200 was donated to Yka on 05/12 to cover her university fees with the specific intention of enabling her to complete her degree as a teacher, dedicated to serving her indigenous community.
- ★ £800 was allocated to Sheterru for the construction of a community space.
- ★ Another £800 was contributed to Pukan to aid in the construction of his family home.
- ★ £1600 was provided to Muller Kariri on 04/02 for the construction of his home.
- ★ A donation of £900 was made to support the construction of a home for Dielza.
- ★ £250 was allocated to elder Rani on 29/01 to assist in the initiation of her home construction.
- ★ £350 was donated to Francisco for the construction of an elder's tomb on 06/02.

- ★ An amount of £900 was dedicated to Edina for the purpose of bringing water from the river closer to the house and completing an her elder's home.
- ★ £500 was contributed on 21/02 to assist in the completion of elder Rani's home.
- ★ Lastly, £800 was donated to Debora to support her return to university studies, specifically to continue her studies as a nurse to serve various indigenous community.

During early September, a delegation consisting of three indigenous elders and two youths from the Amazon in Brazil journeyed to Scotland to share their invaluable wisdom, teachings, and traditional medicinal knowledge. Their presence had a profound and positive effect on 100 individuals, and as an exchange, efforts were made to raise funds aimed at enhancing infrastructure in their native villages. A week-long cultural exchange ensued, enriching not only the indigenous delegation but also fostering mutual benefit for the local Scottish community.

Local impact:

By providing a supportive environment and access to resources, our services aim to not only alleviate current challenges but also to prevent the onset of future health and mental health issues. Our holistic approach to wellbeing ensures that individuals receive comprehensive support tailored to their specific needs, empowering them to lead healthier and more fulfilling lives.

The individuals who access our services in Scotland often come from backgrounds characterised by significant challenges such as hardship, trauma, illness (including mental, physical, or emotional), and financial adversity. These adversities can have a profound impact on their overall health and wellbeing.

At our Planetary Healing charity, we provide essential wellbeing services that offer crucial support to these individuals. Our services not only address immediate needs but also foster a sense of belonging and community, which is instrumental in promoting overall wellbeing.

Financial Review

Our charitable activities in Scotland received invaluable support this year from the following funders and people:

- ★ Mushroom Trust: Assistance for Fence
- ★ Heritage Lottery: Nature Connection and Storytelling
- ★ EVOC-ECMHWF-Year 2: Nature Connection, Storytelling, Food Growing, and Arts projects
- ★ Stafford Trust: Support for the women's project
- ★ Creative Scotland: Arts and Wellbeing Project
- ★ Awards for All, Community Fund: Expressive arts
- ★ Thistledown Trust: Assistance for Fence
- ★ Robertson Trust: Families and Young People project
- ★ Local Giving: General costs
- ★ The Local Community gave generously supporting our Indigenous Project, demonstrating their commitment to uplifting and empowering indigenous communities.

The generous contributions from the funders and people have played a crucial role in advancing our efforts to create a meaningful impact and bring about positive change within the communities we serve. We are deeply grateful for their support, which enables us to continue our mission of making a difference in the lives of those we work with.

Our charity managed to keep the costs of the services delivered to a minimum thanks to the generosity also of a team of 21 volunteers.

In the 12 months covered by this report, the Foundation received income totalling £64,008 from grants, charitable activities, fundraising and donations. The total expenditure was £77,734 resulting in a deficit for the year of £13,726. The deficit was funded from reserves brought forward from the previous year so that at the 5 October 2023 the Foundation held total funds of £25,572. These funds consisted of £8,792 in unrestricted funds and £16,780 in restricted funds.

Future Plans

Strengthen and expand the Nature and Arts projects by securing funding and contract new facilitators who align with the ethos of the Planetary Healing Centre, allowing for a wider range of wellbeing activities to be offered.

Enhance our partnership and collaboration with Youth Vision Charity, Edinburgh and Lothian Green Trust (ELGT), and Falkland Stewardship Trust. Additionally, actively seek out and cultivate new partnership opportunities to share resources, access expertise, and broaden our outreach.

Explore the idea of transforming our Community Woodland in Balerno into a dedicated learning centre to provide more educational opportunities for the community.

Invest in the development of Planetary Healing volunteers through comprehensive training programs, with a focus on preparing volunteers to support more nature connection activities.

Continue to build our capacity for fundraising and fostering collaboration with indigenous communities. This includes continue with our online Holistic Shop, which sells crafts created by indigenous groups, thereby creating sustainable support for both our charity and the indigenous artisans.

These initiatives collectively aim to strengthen our impact, expand our reach, and ensure the long-term sustainability of our efforts in promoting wellbeing and environmental stewardship.

Thank you to our funders:

