

ANNUAL REPORT

**COMMUNITY FOUNDATION
FOR PLANETARY HEALING**

06 OCT 2023 TO 05 OCT 2024

**Reporting back to funders
and our community**

ABOUT OUR CHARITY

We are also known as:

The Planetary Healing Centre

Charity Number: SC034826

Company Number: SC257126

Registered Office 5 Cockdurno Farm,
Balerno, Edinburgh EH14 7HZ

Trustees

Irene Beldon

Ruth Quigley

Maria Garrido

Robert Alcock

Francesco Benvenuto

Mandy Peat - Treasurer

Mark Halliday - Chairperson

Claudia Goncalves - Secretary



CHAIRPERSON'S LETTER

Dear friends

While the world continues to face ecological, social, and personal challenges that can at times feel overwhelming, I write this letter with a deep sense of hope—hope in the strength of the human spirit, which shines brightly through the work of our community projects. Together, we have navigated these challenges with resilience and purpose.

Our nature and wellbeing projects welcomed record numbers this year, a true testament to the incredible dedication and talent of our volunteers and facilitators. The quality of their contributions was exceptional, and the feedback from participants speaks volumes. Every event brought joy—from the delicious shared meals to the deep learning about nature, all held in the warmth of community connection. It was, truly, an unforgettable year—and remarkably, I don't recall a single drop of rain in the woodland on the days we were working outdoors!

For the third year running, the Women's and Men's gatherings continued to be a source of deep joy and connection. With every space filled, we came away from each gathering feeling uplifted, healed, and whole. These events have become a powerful foundation for our projects, strengthening our sense of community with each passing month.

The Indigenous project experienced significant financial growth this year, allowing us to expand our support for the health and wellbeing of our friends in the Acre. This increased assistance has not only helped save lives but also improved long-term life opportunities for the Indigenous villages we serve.

Finally, I want to express my deepest gratitude to everyone who has volunteered, donated, participated, and supported our charity through this turbulent year. A special thank you goes to our Trustees, the backbone of our organisation, and to Claudia, whose unwavering devotion to improving the quality of life, health, and wellbeing of our community is truly inspiring. Her hard work and dedication continue to leave us in awe.

We look forward to another year of meaningful progress and shared success.

Yours sincerely,
Mark Halliday



Our vision:

A world where people are empowered and able to make choices related to their health and wellbeing, inspired and informed by the holistic ways of living a sustainable life in harmony with the Earth and people.

Our Mission statement:

Our mission is to support people with their wellbeing, specially those who find themselves in an economic disadvantaged position, to have equal access to holistic ways and nature connected activities. We seek to help people to re-gain or maintain their wellbeing.

Our services:

Our projects are developed through community consultation with a particular focus on mental, physical and emotional wellbeing, alleviating the impact of trauma and socio economic disadvantages. We prioritise accessibility and offer all of our projects on a suggested donation basis or free of charge to ensure there is no economic barriers to access it.

OUR PROJECTS

Who we work with

Our service users come from diverse backgrounds and lived experiences. We primarily support individuals facing wellbeing challenges, mental distress and life stresses, often linked to trauma or socio-economic disadvantages. We are committed to meeting their health and wellbeing needs with care and inclusivity.

Nature and Wellbeing

Our nature wellbeing activities fostered community-building and resilience, while also offering outdoor and nature conservation skills. The following was part of this work: nature connection, conservation, nature-based arts, gardening in woodland, connecting with trees, ancestors, movement, leadership, wellbeing of self and collective, and mindfulness for wellbeing.

Outdoors arts and Wellbeing

This project offered opportunities to connect with the community and improve wellbeing by engaging in arts-based activities in our community woodland. This work included a series of outdoor workshops and community gatherings for groups of women, men, parents and children, and the general community. Some of the activities included: storytelling, painting, writing, movement, intuitive art, nature-based art, visualisation, crafts, drumming, and much more.



OUR PROJECTS



Women's Project

The Women's project provided a safe and supportive space for women to heal, grow, and connect through nature-based wellbeing activities, creative workshops, and supportive circles.

Designed to enhance mental wellbeing, resilience, and community support, this project empowered women facing challenges such as trauma, isolation, and stress.

By fostering self-care, confidence, and emotional healing, participants reported feeling more hopeful, inspired, and connected.

This initiative was vital in promoting inclusive, community-driven wellbeing and empowering women from all backgrounds.

Men's Project

The Men's project offered nature-based wellbeing activities and peer support, providing a safe, non-judgmental space for men to connect, reflect, and strengthen their resilience.

Through woodland gatherings, practical conservation work, and mindfulness practices, men engaged in activities that supported mental health, emotional wellbeing, and community bonding.

The project fostered a sense of purpose, self-awareness, and connection to nature, helping participants develop healthy coping mechanisms and a stronger sense of belonging.

This initiative was vital in addressing social isolation, stress, and emotional wellbeing for men in our community, creating a supportive environment where they could thrive.

OUR PROJECTS

Parents and Children

This project provided nature-based activities designed to nurture family wellbeing, resilience, and connection with nature. Through play-based learning, sensory exploration, and hands-on environmental activities, families experienced the restorative benefits of nature, strengthening their mental, emotional, and social wellbeing. Special attention was given to ensuring that activities were inclusive and accessible, particularly for families with special needs children. The project fostered bonding, creativity, and ecological awareness, helping children and parents alike develop a deeper appreciation for the natural world while building community connections.



OUR PROJECTS

Indigenous People Project

Our Indigenous Project fostered deep cultural exchange and supported Indigenous communities through reciprocal learning, solidarity initiatives, and direct action. Through this project, we:

- ✓ Facilitated cultural exchanges between Indigenous leaders and local communities, fostering wisdom-sharing, storytelling, and traditional ecological knowledge.
- ✓ Supported Indigenous-led wellbeing projects, including access to clean water, sustainable food systems, and community resilience initiatives.



- ✓ Hosted educational events and cultural exchanges, allowing participants to learn directly from Indigenous elders and deepen their connection with ancestral practices.
- ✓ Fundraised for critical infrastructure, including well-drilling projects, to ensure Indigenous communities had access to safe drinking water.

OUR ACHIEVEMENTS

Impact Report

This Year's Highlights:

- We delivered **89 activities**, engaging **384 unique participants**.
- A total of **794 instances of attendance** were recorded.
- 98% of participants reported improved wellbeing.
- 16.8% of attendees were under 16 participating in intergenerational or family activities.

The Planetary Healing Charity has made significant strides in delivering high-impact, community-driven initiatives that promote mental wellbeing, social inclusion, and environmental sustainability.

Financial Review

Our charitable activities in Scotland received support this year from the following funders: Scottish Government via EVOC - ECMHWF, Creative Scotland, The National Lottery Heritage and Community Funds, Purpose Earth, Four Winds Trust, Mushroom Trust and SEAD.

In the 12 months covered by this report, the Foundation received **income** totalling **£59,212** from grants, charitable activities and donations. The total **expenditure** was **£52,448** resulting in a surplus for the year of £6,764. The surplus was added to reserves brought forward from the previous year so that **at the 5 October 2024** the Foundation held **total funds** of **£32,336**. These funds consisted of **£11,845** in **unrestricted** funds and **£20,491** in **restricted** funds.

At the 5 October 2024, the Foundation held **free reserves** of **£7,698** and had met the trustee's target.

CULTURAL EXCHANGE

Supporting Indigenous Communities

As part of our ongoing commitment to indigenous rights and environmental sustainability, this year we have helped fund and build two wells for indigenous communities in Brazil. These wells provide clean, safe drinking water, reducing health risks and supporting the well-being of the Apurina and Yawasay villages. This initiative not only addresses a critical need but also strengthens self-sufficiency and resilience within these communities.

In addition, we supported the construction of a house for an indigenous family and assisted a few indigenous community members with dental, healthcare and educational needs. This initiative strengthens self-sufficiency and resilience within these communities, ensuring lasting positive impacts.



OUR VOLUNTEERS

Volunteer Time and Expertise

- **Support:** Volunteers played a crucial role in organising and facilitating events. This included setting up spaces, guiding participants, and sharing knowledge practices. Some volunteers assisted with administrative tasks and participant management.
- **Value:** The collective volunteer hours contributed has significant value, reflecting a substantial non-cash contribution to our projects.

The substantial non-cash contributions—from volunteer time and expertise to donated spaces and materials—played an essential role in the successful delivery of our projects. These in-kind supports not only reduced costs but also strengthened community involvement and ownership, aligning with our Charity's vision of fostering resilience, cultural connection, and wellbeing.



THE FUTURE

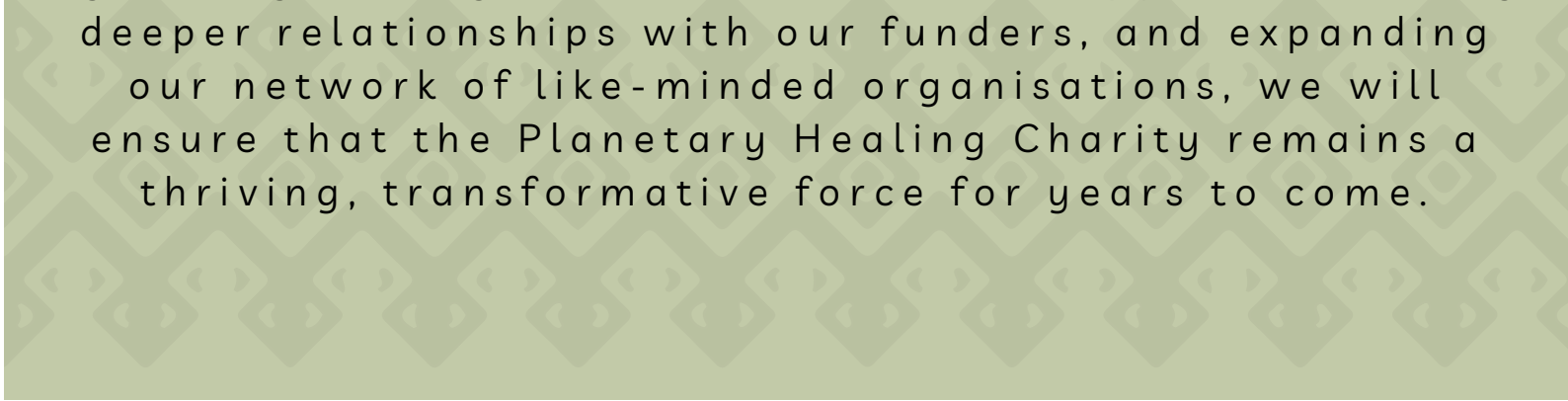


As the Planetary Healing Charity continues to grow, we are committed to building a sustainable, impactful future that supports both people and the environment. Our planning for the future centres on expanding our community-focused initiatives, improving access to nature-based wellbeing, and strengthening our partnerships with indigenous communities around the world.

We aim to increase the accessibility of our programs, particularly to marginalised and underserved groups, including families with special needs children and minority ethnic communities. By continuing to incorporate feedback from our community consultations, we will adapt our offerings to better meet the needs of those we serve, ensuring that no one is left behind in their journey toward greater resilience and wellbeing.

In addition, we are focused on increasing our impact through sustainable environmental practices. This includes expanding our educational efforts on conservation, biodiversity, and climate resilience, empowering individuals to become stewards of the land. Our future projects will continue to prioritise the wellbeing of both people and the planet, ensuring that our efforts are both holistic and far-reaching.

By strengthening volunteer and staff support, fostering deeper relationships with our funders, and expanding our network of like-minded organisations, we will ensure that the Planetary Healing Charity remains a thriving, transformative force for years to come.



COMMUNITY FOUNDATION FOR PLANETARY HEALING

A wooden table serves as the workspace for an art project. In the upper left, a piece of paper features a central circular design with concentric rings of orange, green, and yellow, surrounded by green and orange brushstrokes and black ink marks. To the right, a small green bowl holds yellow paint. Further right, another piece of paper displays a grid of red and orange dots. In the lower left, a white plate is filled with various colored markers and pencils. A dark, curved object, possibly a pipe or a piece of wood, lies across the table. The background shows a striped cloth and a black object.

People are our passion, the
Earth our reason.

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More info:

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