

**THE COMMUNITY FOUNDATION FOR PLANETARY HEALING
PHC April 2023 Community Consultation**



PROJECTS

Question 1: Are there any projects you would like to see the PHC deliver that we haven't delivered yet?

'Learning how to play the Didgeridoo'

'Medical uses of foraged plants - and maybe making some healthy cleaning eco-products. Foraged cookery course - eating what you find master composting - building a wormery from old pallets (or other scrap wood) building bird, bat and owl boxes'

'Bush Craft'

'More mushrooms.'

'Nature Nutritions (herbs, fruits'

'Nature Walks'

'Drumming'

'City Centre Location'

'More indoor workshops'

'Open day is excellent'

'Nature connection for children and adults, herbalism, child-friendly foraging'

'Bush crafts and healing'

'How to grow vegetables and filter water'

'Advanced nature connection training'

'Natural medicine- herbal medicine and foraging'

'More dancing and art, sweat lodge, learning about trees & birds (birdsong)'

'Overnight primal skills- fire, food-making, shelter-building, fishing)'

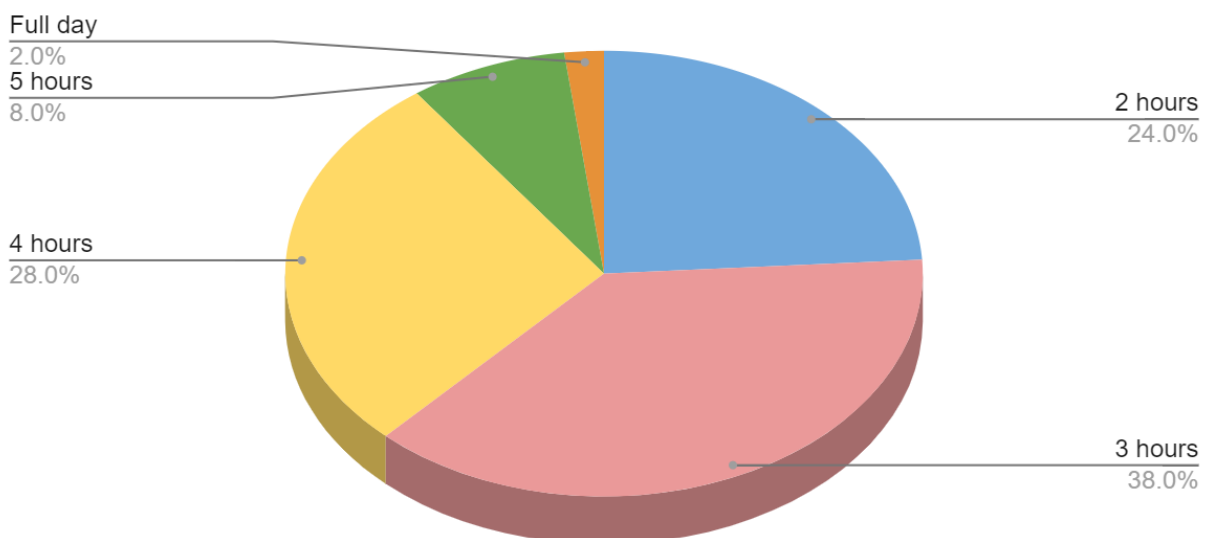
'Tree planting, beach cleaning, plastic repurposing, gardening (helping people maintain a climate resilient garden)'

'Hillwalking'

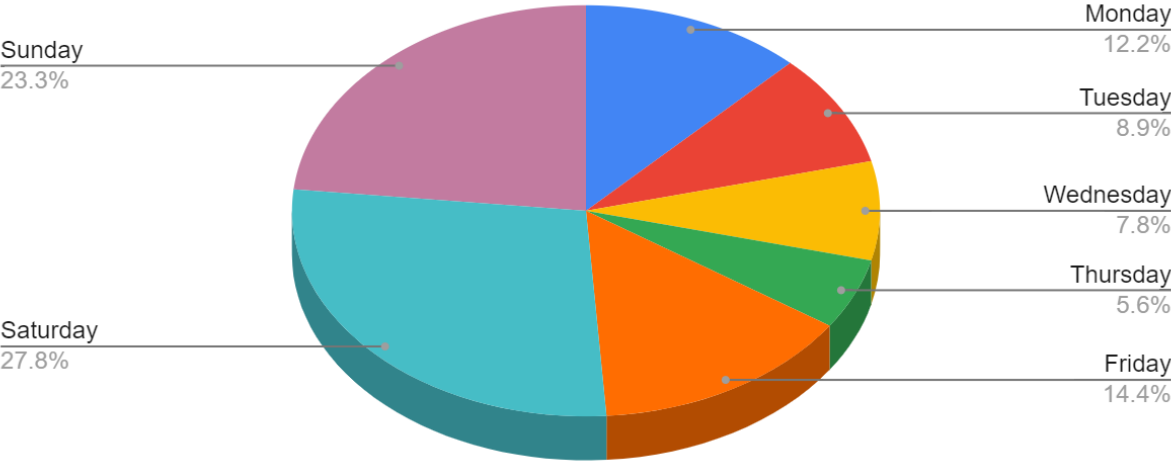
'Walking & discussing social & personal issues'

'Dance therapy'

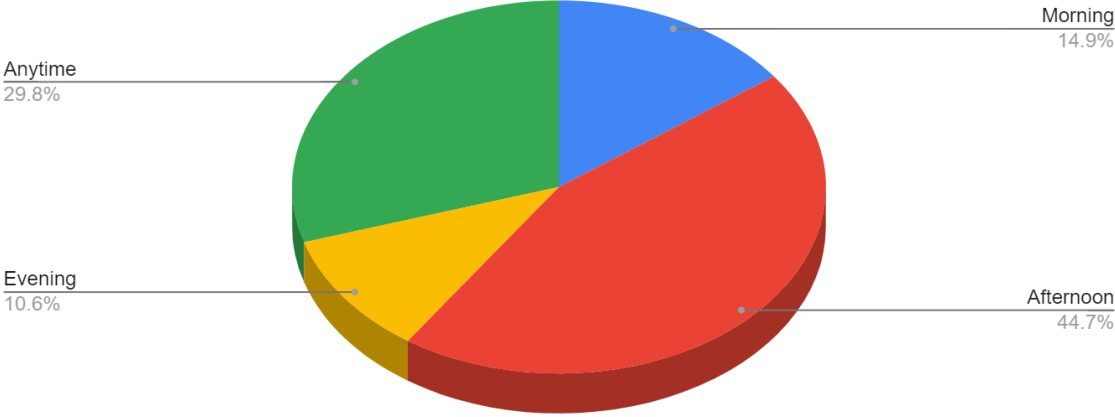
Question 2: What length of workshop do you prefer?



Question 3: What day of the week do you prefer to attend an activity in the woodland? Select as many as you would like.



Question 4: What time of the day do you prefer to attend an activity in the woodland? Morning, afternoon, anytime, evening? Select as many as you would like.



ACCESSIBILITY

Question 1: Is there anything we can do to improve the accessibility of our projects?

'I think it may be difficult for those who have disabilities (mobility, health, etc.) to get to the woodland. The walk is long and if they don't have a car, it may be difficult.'

'A walk along the road is fine but it is a long way. A lift from others with cars would be helpful (could be requested at the booking stage online? e.g need a lift and can offer a lift.'

'Sign posting on the road to the woods'

'When attending the mushroom growing course, the times were moved with little notice and made it very very difficult for my disabled partner to attend. He has chronic fatigue syndrome, and mornings just aren't possible for him to be up and about. Given the woodland is a walk from Balerno, this makes it even harder when reliant on public transport'

'Perhaps set up a group email so people can make friends with those they met in the woods outside of group activities. Also to offer car share to the woods.'

'Parking'

'It seems to me that you are very effective in providing accessibility, although transport to project sites is likely to become ever more difficult, given financial and ecological constraints.'

'Car Share Group'

'Collect people from end of road/ bus stop'

'Would be nice to have workshops in the city centre'

'Liftshare'

'Social Media'

'Support with transport'

'Facebook group for car sharing/ lifts'

'Clearer signposting'

'Offering a shuttle from the bus stop'

'More consistent pick-up/ drop-off from bus stops'

'Car-sharing group to facilitate reaching the PHC'

'Car Share'

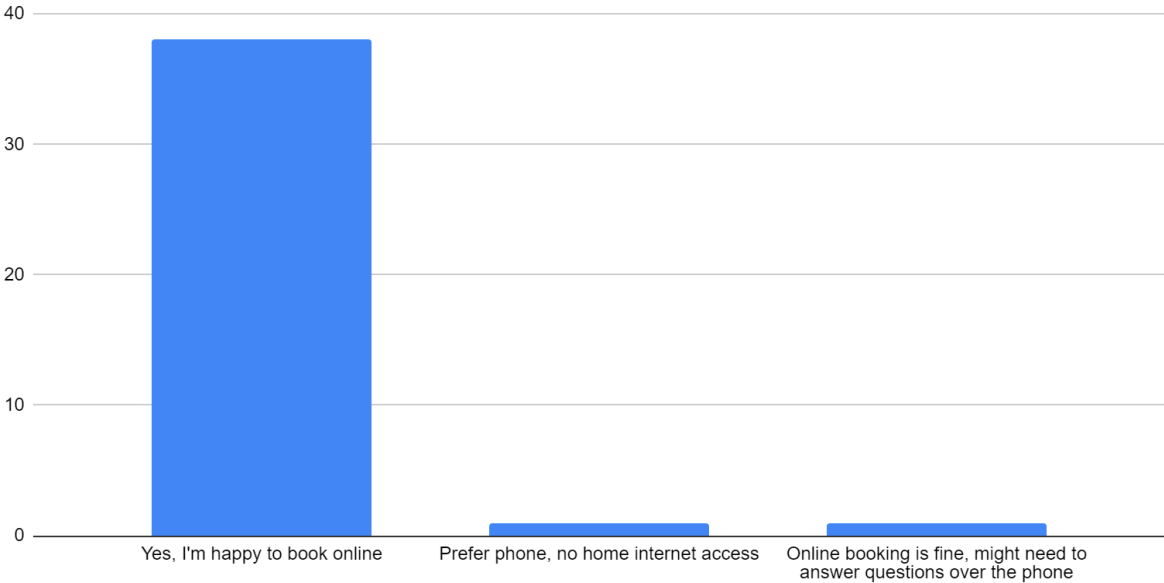
'Organise transport/ shuttle service - better for the environment as well'

'Some kind of wind-break & semi-enclosed space'

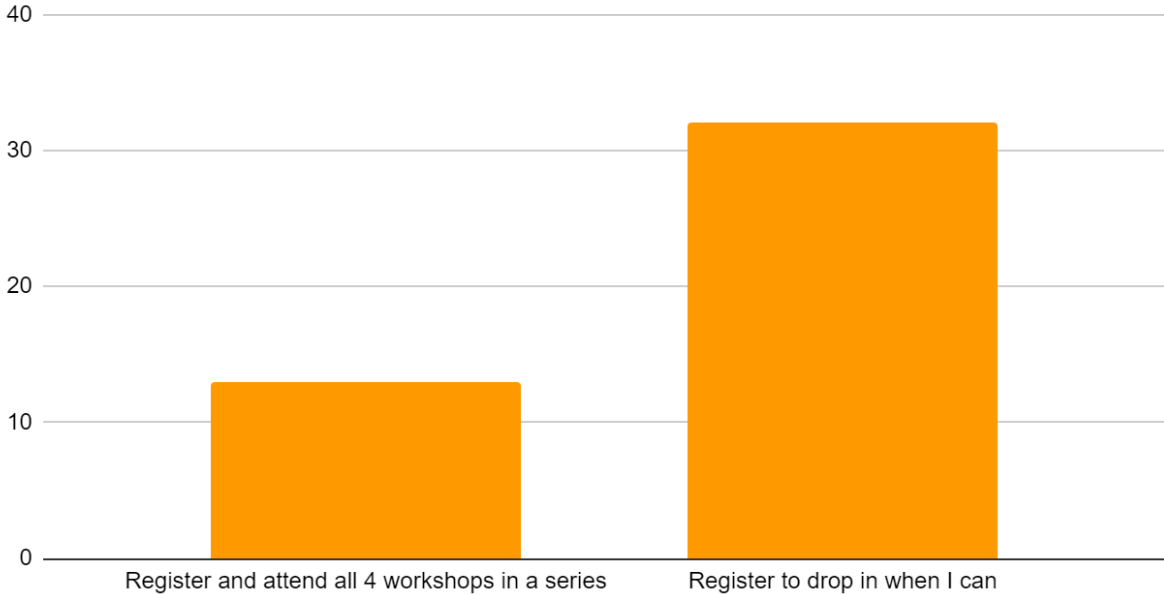
'Pick people up from the bus stop, ride-sharing'

'Lifts'

Question 2: Are you okay with booking online to attend our projects or do you need support with booking? We are using Ticket Tailor instead of Eventbrite this year and this helps us with our Monitoring and Evaluation.



Question 3: What works best for you? Register and attend all 4 workshops in a series OR register to drop in when you can?



Question 4: Is there anything we could do in the woodland that would improve your experience? For example, seating, supplies, shelter etc.

'All is great'

'It's a lovely space and the fires are always welcoming and well tended'

'Shelter when needed'

'I haven't had experience of woodland, only the yurt. I found it too hot and the seating uncomfortable.'

'I have not been in the woodland for some time, but my experience of woodland elsewhere is that careful use and nurture is essential.'

'Waterproofs'

'Enough seating, pee tent, appropriate shelter'

'More toilets and a yurt'

'Shelter, gluten free snacks'

'Woodland signage'

'The woodland is amazing'

'It's such an amazing experience already'

'I think it's wonderful'

'Enough seating and shelter for all'

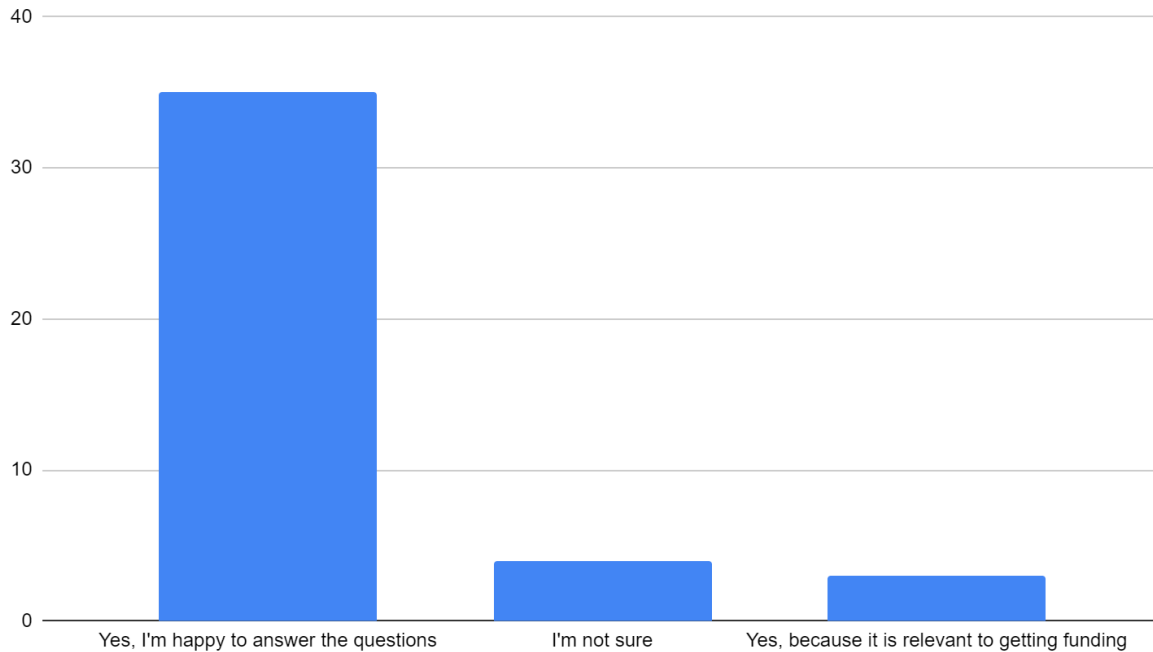
'Improve woodland site, lots of potential'

'Shelter, bins'

'It is ok as it is'

MONITORING & EVALUATION

Question 1: We conduct surveys to fulfil grant reporting obligations with funders and to help us measure the success of our projects. These surveys will be used anonymously for our Monitoring and Evaluation rep...



Question 2: What are your main wellbeing needs?

'Slowing down and maintaining balance'

'Psychological and social.'

'Needing to decompress in nature at the weekends'

**'Increase self esteem and confidence. Feel more connected spiritually to self and the universe
mental health, spirituality'**

'Healing, grounding and spiritual development'

'Mental health'

'Not sure'

'To maintain good mental health and self belief after a traumatic and dysfunctional upbringing'

'Being out in nature with like minded people.'

'Feeling safe and knowing when there will be set breaks'

'I need a comfortable chair to sit on as I have back problems. Access to water.'

'More exercise, quiet time in nature, convivial community experience as a counter to prolonged isolation.'

'Bodywork'

'Inclusive events with child involvement'

'Tea & blankets'

'Community'

'I just love a good cuppa'

'Gluten-free & Vegan'

'Emotional support'

'Not being too overwhelmed by group or individual work; Quiet space; Option to take a break/ walk when needed'

'Community connection, mental health balance, being in nature, moving my body, art'

'Healing, spiritual practitioner training, warm welcome, quiet time'

'Rest, meditation, connection to nature'

'Connecting to nature and like-minded people'

'Mental health, connection, nature, reflection'

'Quiet time, social time, gentle and flexible schedule'

'Having a fire'

'Community, family, children events. Learning survival skills. Hotline for supervision.'

'Gathering & talking, also walking in nature with people'

'Healing & connecting with people my own age'

'Relaxation, being in nature'

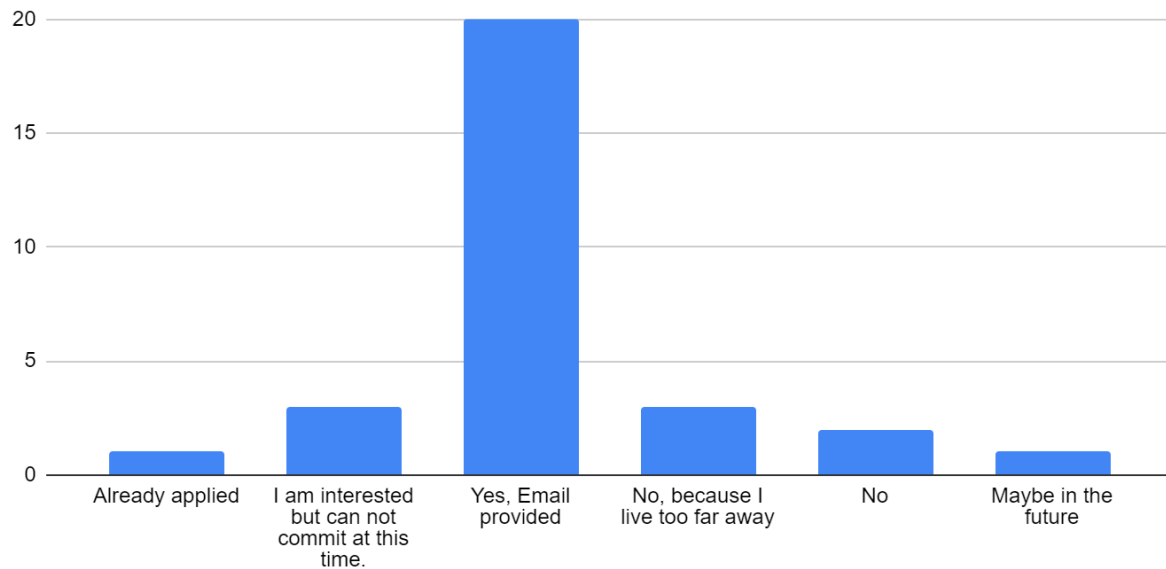
'Balance 2nd chakra, being in the company of like-minded people'

'Clean water, healthy/nutritious food, bathroom facilities, chances for education, peer support'

'Sharing circles, connecting with other people'

ENGAGEMENT

Question 1: We are currently looking for volunteers to support our projects. If you would be interested in volunteering with us, please write your name and email in the space provided.



Question 2: Do you have any suggestions on how we can engage new people in our projects and how to engage people who may experience more barriers to engagement?

'Social Media'

'I don't know who you currently engage with. I do know Mark is a former teacher, perhaps engaging school group to learn hands on. Community groups (ie ELREC) may be interested in your programming. ELREC - Fran or Mitra may be interested.'

'The charging element was confusing last time. It needs to be clear that the event is free and that a donation is welcome (with a suggested donation, for different income levels) and making it clear that this can be paid to the Foundation in advance.'

'The location is difficult for many people that can't drive, and can't afford taxis. I suggest that when booking there might be an option to tick when someone needs help with transport, and there might be a specified meeting point and time (aligning with bus timetable) by the closest bus stop in Balerno. This would make

it really upfront that there is a transport option to support people, that doesn't require more phone calls to be made to discuss. You would also then know how many people are likely to need picking up and arranging resources well ahead of time.'

'Perhaps speak to mental health and addiction charities like MIND, AA etc and ask them to introduce your work to clients (it would be free)'

'You may already do this but contacting other community groups?'

'Hire out the woodland for community group based projects. talk to outreach projects and community centres etc to see if they want to use the woods.. it will just make the woods more busy, more used and more flow of energy.'

'Advertise them! I only knew because someone told me!'

'I take part in a regular drumming group held in Milton of Balgonie Village Hall which is led by Liz Harris White Raven. This group is (as I see it) very successful in drawing in new members from a wide constituency in that area of Fife. It is a positive and powerful experience for participants.'

'I'm sole fully happen with the amount of time in exchange'

'focus on building local community and spirit, rather than directing energy and resources to support foreign individuals.'

'Maybe using accessible venues occasionally to reach new people'

'Referrals'

'Outreach to wider community'

'Liaising with community mental health services'

'Advertise on Edinburgh-related Facebook pages'

'Talk to senior pupils in schools. Talk to other community projects e.g. Grassmarket or Commonground'

'Leaflets & Brochures'

'Connect with other organisations'

'Fenced in area for dogs, more seating, tent'

'Celebrations like equinox or harvest. Improve visibility and online presence'

'Sometimes when something appears really spiritual this can put some people off- especially those who are not already interested in anything holistic'

'Facebook events and hashtags'

'More easy access- location tasters like in parks or hills in Edinburgh'

'Attend other organization's open days'

'Sign up to MeetUp, organize a coffee morning, soup kitchen'

'Networks like MeetUp for involving other people'

'Social media, more open days in the city centre, event posters in libraries, community centres, leisure centres, coffee shops, indie shops, yoga studios, markets etc'

'Bring-a-friend days to introduce the basics'

'Social media & run workshops in the city centre sometimes'

'You need good online marketing'

Question 3: Any other comments or suggestions in general?

'Thank you'

'Think the ethos and commitment of Planetary Healing Centre is first class'

'You've changed booking system, so it might no longer be relevant, but when booking before each and every event needed to be selected, the same questionnaire filled out, and then payment made separately each time. There was

no option to select to book for more than one person at a time, and to tick a few dates to book all at once. It was very time consuming to book 4 dates of a course for 2 people, as I had to go through the system 8 times.'

'You should be proud of your inspiring work!'

'You could make a small picnic area for anyone to use and let people know about it if they are planning a day out.'

'I think you need a much better website.'

'Congratulations on the durability and consistency of your programme!'

'You are all wonderful. Some overnight events'

'Happy to be here'

'Thank you for your work'

'Just very grateful for your organization & service to humanity'

'Keep on doing a wonderful job'