

Community Foundation for Planetary Healing

(A company limited by guarantee)

Scottish Charity No: SC034826

Company No: SC257126

Annual Report & Financial Statements

For the Period

6 October 2010 to 5 October 2011

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Annual Report & Statement of Account

For the year 6 October 2010 to 5 October 2011

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Trustees' Annual Report

For the year 6 October 2010 to 5 October 2011

The trustees (who are also the directors of the company for the purposes of company law) present their report together with the financial statements and the independent examiner's report for the year 6 October 2010 to 5 October 2011.

Reference & Administrative Information

Charity and Company Name: Community Foundation for Planetary Healing

Charity Number: SC034826

Company Number: SC257126

Registered Office & Principal Address: 288 High Street, Portobello, EH15 2AS

Trustees
Mark Halliday - Chairperson
Emily Boyd - Vice Chairperson
Claudia Goncalves – Treasurer (from December 2010)
Stewart Keith
Alma Shearer
Sue Tait (resigned June 2011)
Neill Walker
Margot Daru-Elliot (from Sept 2011)

Company Secretary: Sue Tait

Independent Examiner: Chris Smith LCIE

Bankers
Royal Bank of Scotland
540a Lanark Road
Edinburgh EH14 5EL

Trustees' Annual Report

For the year 6 October 2010 to 5 October 2011

Structure, Governance & Management

Governing Document

Community Foundation for Planetary Healing (formally know as the Global Community Foundation for Planetary Healing) is a charitable, company limited by guarantee incorporated on 6 October 2003 and is governed by its Memorandum and Articles of Association.

Membership of the Foundation is open to all persons irrespective of age, sex, ethnicity, nationality, disability orientation, religion or beliefs who apply for membership and are approved by the Directors.

Appointment of Trustees

The Trustees, who are also the Directors of the Company, are elected by the membership at the AGM and serve for a maximum of five years when they retire from office. However, after their term of office has expired Trustees are eligible for re-election. The Trustees may at any time co-opt any person to be appointed as a Trustee to fill a vacancy in their number or as an additional Trustee, but a co-opted Trustee holds office only until the next AGM

Organisational Structure

The Trustees, who meet quarterly, are responsible for overseeing the running of the Company. A voluntary project coordinator is responsible for the day to day running of the charity.

Risk Review

The Trustees keep the risks the Trust is exposed to under review and have adopted a number of polices and procedures to, as far as possible, minimise those risks.

Objectives & Activities

The Charity was established to promote the study and practice of the art of holistic therapy for public benefit, and in particular to foster the psychological, emotional and physical welfare of the community. The Foundation achieves its overall aim through the following three main activities this year:

The Holistic Community Health Project – offering a wide range of holistic therapies for people dealing with well-being issues who also find themselves in an economically disadvantaged position. The therapies complement orthodox medicine helping people regain control of their health and wellbeing when they find themselves going through challenging times.

The Community Initiative – providing a programme of classes, groups and workshops with a focus on well-being that work to prevent mental ill health due to lack of support, belonging and expression.

Thursday Clinic – The Thursday evening Clinic, launched April 2011, supports those in low-paid employment who are suffering from stress or related health problems. The aims of the Thursday Clinic are to help people retain employment by reducing stress, absences and alleviate strain on the family unit.

Trustees' Annual Report

For the year 6 October 2010 to 5 October 2011

Achievements & Performance

Our mission is to ensure that people struggling with ill-health who find themselves in an economically disadvantaged position have equal access to Holistic Therapies. People affected by mental health, cancer, survivors of sexual abuse, depression, homelessness and people with other equally difficult challenges in their lives are supported by the Foundation' projects.

Making a positive impact: Our aim remains to offer a safe and holistic complementary therapy service for all. A service that is easily accessible to anyone concerned about any aspect of their health, be it physical, emotional or any other aspects of well-being.

People can self-refer or be referred by doctors or agencies. Many doctors are now seeing the contribution holistic therapies have in supporting the health and well-being of their patients.

The Foundation is a sanctuary of peace, calm and unconditional love. Services are open to all and we offer a safe and caring environment, easing suffering, supporting healing in all levels and enhancing people's quality of life.

- Our Holistic Health Project offered 23 therapies a week, 10 meditation places a week (all by contribution or at no cost open to all areas)
- 2010/2011 our Projects delivered 504 therapies by contribution or at no cost for people in a disadvantaged position (229 delivered in 2009/2010 and 123 in 2008/09). This year saw an increase of 121% more therapies delivered than the year before.
- This year we had 2,352 signatures in our fire safety/visitor's book (this is for people going beyond the reception area and does not count visitors to the front shop estimated at 500).
- 800 people are part of our Community Initiative services
- We have 199 users registered in our projects
- We have 352 library members
- The number of volunteers supporting the CFPH increased from 30 last year to 35 this year.
- The Community Initiative run 5 evening classes/groups every week, 3 different Monthly evening groups and 23 full day unique events.
- 2010/2011 we also launched our Thursday evening Clinic project for people on low income.

We hold the Investing in Volunteers award and are always making sure we are updated on the support we offer our volunteers. Benefits our volunteers say they gain from volunteering with us include a sense of worthwhile achievement, useful skills, experience and contacts, sociability and fun, and inclusion in the life of our organization.

Volunteers are the key to the success of the Foundation. The Trustees are immensely grateful to all volunteers for their hard work, dedication and commitment.

Trustees' Annual Report

For the year 6 October 2010 to 5 October 2011

What people got out of our Project:

1. Relaxation & Reduced stress
2. Improved mood
3. Awareness
4. Emotional Support
5. Knowledge/ understanding
6. Community (meeting people)
7. Confidence
8. Motivation
9. Acceptance
10. Reduced Pain & Symptoms
11. Improved Mobility
12. Reduced medication
13. Maintained/stabilised condition

Reasons for seeking our Project (sample of 26)		
Presenting problem	Total (out of 26)	Proportion (approx)
a. Physical condition	(14 also b & c) 15	62%
b. mental health & emotional issues	8	33%
c. stress	14	58%
d. To make positive life changes	2	8%
e. Musculoskeletal problems	10	41%
f. Pain	7	29%

In 2010, due to growth and expansion, The Edinburgh Shamanic Centre physically moved to Balerno, South West of Edinburgh. The Edinburgh Shamanic Centre and the Community Foundation for Planetary Healing then became two independent organisations with the Foundation retaining the charitable status. This was the same process of growth that our Youth Vision project experienced in 2009.

The premises from which the Foundation operated at 288 High Street Portobello was provided the rent free for the year by the owners, Claudia Goncalves and Mark Halliday.

Trustees' Annual Report

For the year 6 October 2010 to 5 October 2011

Financial Review

Successful grant applications to Awards for All, Voluntary Action Fund, the Co-operative and Portobello & Craigmillar Partnership saw income maintained at £21,605 (2010: £20,073) despite reduced fee income as a result of the separation from the Shamanic Centre. A fall in expenditure to £16,115 (2010: £21,412) led to a surplus of £5,490 which was added to reserves.

At the 6 October 2011 the Foundation held funds totaling £6,118 of which £4,869 was the value of tangible assets and £2,795 were restricted funds. The Foundation therefore had no free reserves. It is the intention of the Trustees to build up and maintain £3,000 in free reserves to allow the Foundation to meet timing differences between receipts & payments and to allow for any exceptional or unforeseen expenditure.

Future Plans

In the year ahead the Trustees intend to:

- Find new premises for the CFPH with wheel-chair access: We have outgrown our premises.
- Employ a full time coordinator
- Create a funding strategy plan and continue to expand and diversify the sources of funding to support the CFPH's charitable services
- Add outreach work to our services
- Implement and deliver the Community Woodland Project
- Expand 25% of our existing level of therapies
- Create a "Well-being Fund" to help those in financial hardship access the Community Initiative
- Identify and offer more training for the volunteers

Trustees' Annual Report

For the year 6 October 2010 to 5 October 2011

Statement of Trustees' Responsibilities

Company law requires the trustees to prepare financial statements for each financial year that give a true and fair view of the state of affairs of the charity at the end of the year and of the incoming and outgoing resources for the year then ended. In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and apply them consistently,
- make judgments and estimates that are reasonable and prudent, and
- prepare the accounts on a going concern basis unless it is inappropriate to presume that the charity will continue its activities.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial accounts comply with the Companies Act 2006 and the Charities and Trustee Investment (Scotland) Act 2005. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the provisions for small companies under part 15 of the Companies Act 2006, was approved by the Trustees on 9 December 2011 signed on their behalf by:

.....

Print name:.....

Position:.....

Independent Examiner's Report

I report on the financial statements of the charity for the financial period 6 October 2010 to 5 October 2011 that are set out on pages 10 to 15.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 and the Charities Accounts (Scotland) Regulations 2006. The charity trustees consider that the audit requirement of Regulation (10)(1)(a) to (c) of the 2006 Accounts Regulations does not apply.

It is my responsibility to examine the accounts under section (44)(1)(c) of the Act and to state whether particular matters have come to my attention.

Basis of Independent Examiner's Statement

My examination is carried out in accordance with Regulation 11 of the 2006 Accounts Regulations. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

1. Which gives me reasonable cause to believe that, in any material respect, the requirements:
 - to keep accounting records in accordance with section 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Regulations; and
 - to prepare accounts which accord with the accounting records and comply with the Regulation 8 of the 2006 Regulations

have not been met, or

2. To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Chris Smith MCIE
Glascairn Cottage
Aytounhill
Cupar
KY14 6JH

Signed:

Date:

Statement of Financial Activities

(Incorporating Income & Expenditure Account)

For the year 6 October 2010 to 5 October 2011

	Note	Unrestricted Funds	Restricted Funds	Total 2011	Total 2010
		£	£	£	£
<u>Incoming Resources</u>					
From generated funds					
Voluntary income	5	1,115	10,824	11,939	1,737
Activities for generating funds	6	2,019	-	2,019	2,002
Investment income		1	-	1	-
From charitable activities	7	7,101	-	7,101	15,911
Other incoming resources		545		545	423
Total Incoming Resources		10,781	10,824	21,605	20,073
<u>Resources Expended</u>					
Cost of generating funds	8	791	-	791	188
Cost of charitable activities	9	12,439	2,585	15,024	20,491
Grants made (Brazilian project)		-	-	-	433
Preparation & Examination of Accounts		300	-	300	300
Total Resources Expended		13,630	2,585	16,215	21,412
Net Incoming (outgoing) Resources before transfers		(2,749)	8,239	5,490	(1,339)
Transfers	4	5,629	(5,629)	-	-
Net Incoming (outgoing) Resources after transfers		2,880	2,610	5,490	(1,339)
<u>Reconciliation of Funds</u>					
Funds at 6 Oct 2010		443	185	628	1,967
Net income for the year		2,880	2,610	5,490	(1,339)
Total funds at 5 Oct 2011		3,323	2,795	6,118	628

The statement of financial activities includes all gains and losses recognised in the period. All incoming resources and resources expended derive from continuing activities. The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006. The notes on pages 12 to 15 form an integral part of these accounts.

Balance Sheet

As at 5 October 2010

	Note	Unrestricted Funds	Restricted Funds	Total 2011	Total 2010
		£	£	£	£
Fixed Assets					
Tangible assets	10	4,869	-	4,869	320
Current Assets					
Cash at bank and in hand		(610)	2,795	2,185	699
Current Liabilities					
Creditors		636	-	636	91
Accruals		300	-	300	300
Net Current Assets		<u>(1,546)</u>	<u>2,795</u>	<u>1,249</u>	<u>308</u>
Net Assets		<u>3,323</u>	<u>2,795</u>	<u>6,118</u>	<u>628</u>
Funds of the Charity					
Unrestricted funds		3,323	-	3,323	443
Restricted funds		-	2,795	2,795	185
Total Funds		<u>3,323</u>	<u>2,795</u>	<u>6,118</u>	<u>628</u>

The directors confirm that for the financial period ended 5 October 2011:-

- the company was entitled to exemption under section 477 of the Companies Act 2006, and
- no members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the 2006 Companies Act with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime of the 2006 Companies Act.

The notes on pages 12 to 15 form an integral part of these accounts.

Approved by the trustees on 9 December 2011 and signed on their behalf by:

.....

Print name:.....

Position:.....

Notes to the Financial Statements

For the year 6 October 2010 to 5 October 2011

1 Basis of Preparation

1.1 Basis of accounting

These accounts have been prepared on the basis of historic cost in accordance with:-

- (a) Accounting & Reporting by Charities - Statement of Recommended Practice (SORP 2005),
- (b) Financial Reporting Standard for Smaller Entities (FRSSE) (Effective January 2007),
- (c) The Companies Act 2006
- (d) The Charities & Trustee Investment Act (Scotland) Act 2005, and
- (e) The Charities Accounts (Scotland) Regulations 2006

The Charity has no fixed assets or investments that require to be reported at market value.

2 Accounting Policies

2.1 Form of Financial Statements

- (a) Unrestricted funds are those that may be used at the discretion of the trustees in furtherance of the objects of the charity. The trustees maintain one general unrestricted fund for the day-to-day running of the charity.
- (b) Restricted funds may only be used by specific purposes. Restrictions arise when specified by the donor or when funds are raised for specific purposes. See note 4 for details of the restricted funds held by the charity.

2.2 Incoming Resources

- (a) Incoming resources are recognised and included in the Statement of Financial Activities (SOFA) when the charity becomes entitled to the resources; the trustees are virtually certain they will receive the resources and the monetary value can be measured with sufficient reliability.
- (b) Where incoming resources have related expenditure (as with shop sales), the incoming resources and related expenditure are reported gross in the SOFA.
- (c) Grants received in advance and which specifically relate to a future accounting period are treated as deferred income.

2.3 Expenditure & Liabilities

- (a) Expenditure is accounted for on an accruals basis.
- (b) Liabilities are recognised as soon as there is a legal or constructive obligation to pay out resources.
- (c) Governance costs include the costs of preparation and examination of the statutory accounts, the cost of trustee meetings and the cost of any legal advice to trustees on governance or constitutional matters

Notes to the Financial Statements

For the year 6 October 2010 to 5 October 2011

2.4 Assets

Tangible fixed assets are capitalised if they have a value greater than £250 and can be used for more than one year. They are valued at cost or, if gifted, at their value on receipt.

2.5 Depreciation

Depreciation is calculated on a straight line basis to write off the cost of tangible assets over their useful economic life as follows:

Heaters, laptop, therapy benches and Yurt – 20%

2.6 Taxation

The charity is not liable to income or capital gains tax on its charitable activities. Irrecoverable VAT is included in the asset cost or expense to which it relates.

3 Trustee Remuneration & Expenses

No remuneration was paid to any trustees (£10,408 in previous year)

Out of pocket expenses totaling £241 were reimbursed to charity trustees (£788 in previous year)

4. Movement in Restricted Funds

During the year the charity maintained the following restricted income funds:

Movement in Restricted Funds

	Opening balance	Incoming resources	Outgoing resources	Transfers	Closing balance
Central Heating appeal	185			(185)	0
Laptop		599		(599)	0
Volunteer expenses & training		1,000	1,000		0
P.A.R.T.Y Project		8,825	1,585	(4,545)	2,695
Therapy benches		300		(300)	0
Children's Project in Brazil		100			100
Total	185	10,824	2,585	(5,629)	2,795

The transfers totaling £5,629 represents the value of equipment brought with restricted funds that once purchased satisfied the restriction and was transferred to the unrestricted fund.

Notes to the accounts

For the year 6 October 2010 to 5 October 2011

5. Voluntary Income	Unrestricted Funds	Restricted Funds	Total 2011	Total 2010
	£	£	£	£
Donations	1,115	100	1,215	1,737
Awards for All	-	8,825	8,825	-
Co-operative	-	799	799	-
Voluntary Action Fund	-	800	800	-
Portobello & Craigmillar Partnership	-	300	300	-
Total	<u>1,115</u>	<u>10,824</u>	<u>11,939</u>	<u>1,737</u>

6. Activities for Generating Funds	Unrestricted Funds	Restricted Funds	Total 2011	Total 2010
	£	£	£	£
Community Craft/shop sales	1,345	-	1,345	582
Various events	674	-	674	-
Celtic New Year Event	-	-	-	1,131
Coffee morning	-	-	-	289
Total	<u>2,019</u>	<u>-</u>	<u>2,019</u>	<u>2,002</u>

7. Incoming Resources from Charitable Activities	Unrestricted Funds	Restricted Funds	Total 2011	Total 2010
	£	£	£	£
Community Initiative & Health Project	3,663	-	3,663	5,337
Room rental & library	3,438	-	3,438	926
Shamanic Centre	-	-	-	9,648
Total	<u>7,101</u>	<u>-</u>	<u>7,101</u>	<u>15,911</u>

8. Cost of Activities for Generating Funds	Unrestricted Funds	Restricted Funds	Total 2011	Total 2010
	£	£	£	£
Shop suppliers	791	-	791	188

Notes to the accounts

For the year 6 October 2010 to 5 October 2011

9. Cost of Charitable Activities	Unrestricted Funds	Restricted Funds	Total 2011	Total 2010
	£	£	£	£
Volunteer Expenses	1,764	1,000	2,764	1,562
Administration	3,762	-	3,762	3,398
Establishment	5,149	1,585	6,734	7,277
Publicity	185	-	185	141
Bank charges	42	-	42	75
Depreciation	1,537	-	1,537	320
Shamanic Centre	-	-	-	6,169
Community Initiative & Health Project	-	-	-	1,549
Total	12,439	2,585	15,024	20,491

10. Tangible Assets

Cost	Equipment and Yurt
	£
At 6 October 2010	1,600
Additions	6,086
At 5 October 2011	7,686
 Depreciation	
At 6 October 2010	1,280
Charge for the year	1,537
At 5 October 2011	2,817
 Net book value	320
At 5 October 2011	4,869
At 6 October 2010	1,600