

Annual Report

Oct 2018 to Oct 2019

**Community Foundation for Planetary
Healing
aka
The Planetary Healing Centre**



**Registered Charity in Scotland SC 034826
Registered Company SC 257 126
288 Portobello High Street, EH15 2AS
www.planetary-healing.org**



Community Woodland Balerno



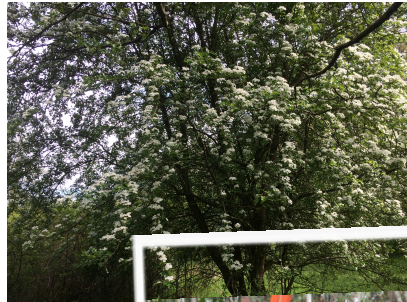
* Archerfield Fairy Walk



Pawel Kosinski



Youth, Community Connection Project



Indigenous People Project



Permaculture * Nature Connection Project



Anne Henderson



Nature Connection

Youth, Community Connection

Chairman's Introduction

In the year where we celebrated our 16th anniversary, with the world facing challenging times, it has been stated many times this year from the vast majority of our community that the purpose and need for our charity is greater than ever. Our volunteers provide consistent levels of high standards for the well being of the community and for this I express my most sincere and humble thanks.

Even living under an age of austerity and financial restrictions we have managed to deliver excellent services while maintaining the costs to a minimum. Again, thanks to the dedication and professionalism of our team and support from funders.

As an organization working towards self-sustainability, we maintained our self fundraising activities in order to generate additional income for our vital projects for our community. Our Holistic shop, created as a trading arm social enterprise to support our charity, is continually expanding and this year has seen a diversity of products on sale and significant increase in local craftspeople selling holistic goods and gifts.

We are already seeing lots of new people arriving to participate in our groups and projects and are readily offering their help for the coming year. One of the greatest lessons in being involved with our charity is the holding of a positive outlook, as help always comes when needed.

This year we launched our Pilot Project Holistic Support for people with cancer as we saw a significant increase on the number of people affected by cancer in our holistic community. We saw the loss our dearest trustee Ann Henderson and web developer Pawel Kosinski to cancer. They were great supporters of the holistic ways and supported our projects on many levels.

Finally a deep thank you to our volunteers, without whom we simply wouldn't manage. We are a team of 52 wonderful volunteers. It is them who are the lifeblood of the charity. Deepest gratitude also to our volunteer manager Claudia Goncalves for her selfless service to the Community and incredible dedication to our amazing projects.

I hope you will enjoy reading about our charity's activities over the past year and if you would like to get involved then please get in touch.

Mark Halliday

A year of achievements

Our board of trustees:

Mark Halliday - Chairperson. ***** Claudia Goncalves - Secretary *****
Mandy Peat - Treasurer ***** Julie Huggins (Dhyana) - Director. *****
James Stout (Seamas) - Director ***** Newton Harper - Director *****

Our Charity promotes healthy holistic lifestyles including therapies and activities in nature that bring real, lasting, positive change to individuals health and wellbeing. We work with people experiencing poverty, destitution, and/or poor mental or physical health.

Holistic therapies are provided to people in and around Edinburgh who are suffering physical or mental ill-health and who are suffering financial hardship. The therapies also supports unpaid carers, people affected or recovering from cancer and young people, children and families.

Our Planetary Healing Centre is located in Portobello, Edinburgh, where voluntary therapists and clients in need come together. The Centre is open six days a week, have 20 qualified volunteer therapists offering massage, reflexology, CBT, acupuncture, reiki and shamanic healing amongst other therapies. Our charity counts also with another team of 30 general volunteers and two part-time employees, who cover reception and volunteer co-ordination.

As well as the holistic therapy projects in Portobello, our charity offered this year a nature connection program in our community woodland near Balerno, Edinburgh and also a youth nature connection program at the Centre for Stewardship's woodland in Falkland, Fife.

In October 2019 our Planetary Healing Centre celebrated 16 years of existence. Our charitable work in Scotland focus on delivering holistic approaches and services to restore health and wellbeing for targeted groups. In recent years our charity began to support projects outside Scotland, supporting indigenous people who are struggling in Brazil and also supporting a project in sustainability and up-cycling in Behar, one of the poorest areas of India.

In order to keep the charitable projects running, our charity also runs fund-raising events, rent out therapy rooms for private sessions, have local donors and run a small holistic shop as a social enterprise to raise funds. Outside support from grant providers together with fund-raising events, space rental and profit shares from the shop sales is what supports our charity in the long run.

Our charity achieved its overall aim through the following main charitable activities this year:

1) **Holistic Health Project** The Holistic Health Project is now into its 13th year. It was created with the intention of supporting those who are struggling with their health – mental, physical, emotional, social - and are simultaneously in a disadvantaged financial position. This project offers a wide range of therapies.

2) **Stress Relief for unpaid carers** The stress Relief for unpaid Carers is now into its 3rd year. The purpose of this project is to support unpaid carers, who have been looking after someone and are feeling the weight that accompanies such responsibilities, namely: stress, fatigue, no time for themselves, lack of sleep, etc. This project offers a wide range of therapies

3) **Children's Wellbeing** The children's Wellbeing project is into its 2nd year. It was created with the intention of supporting children who are struggling with their health – mental, physical, emotional, social. This project offers a range of therapies adapted and suitable for children's wellbeing.

4) **Holistic Support for people affected by cancer (Pilot project)**. This pilot project offered complementary therapies to local people affected or recovering from cancer and who were also in a financial hardship. 4 volunteer therapists received training this year in the specific changes needed to make their therapies safe for cancer patients. In post-session feedback, some said it was healing for them to be touched in a way that was nurturing rather than being poked and prodded by doctors. Others said it was the first time they had relaxed fully since their diagnosis. Some said they felt lighter and tension free. People suffering financial hardship in and around Edinburgh find it hard to get any support for living with a cancer diagnosis. This project offers some of the support they need. The outcomes for the cancer patients is reduced stress, a greater ability to cope with the disease, and a greater sense of personal control.

5) Connection with Nature With grants from Co-op, the permaculture - Art - Nature project was delivered at the Planetary Healing community woodland in Balerno this year. During the sessions families spent quality time together connecting with nature and learning about local plants, flowers, trees, animals, birds and insects. They also made nature related crafts and learned about looking after nature. The families planted salad and harvested them with wild mushrooms from the woodland.

6) Young People's Connection aka Youth - Community - Connection YCC With grants received from Heritage Lottery as part of the Year of the Young, our charity delivered this project supporting young people in their path to leadership. In this programme the young people co-created community events around the Celtic Festivals and Seasons and re-connected their family and community to their ancestral heritage. The young people were mentored to become young leaders delivering the programme using the 8 Shields model which is used for planning events and projects and for designing peaceful regenerative communities and culture repair.

7) Holistic Bee Project This year our charity lost another beehive during the winter. This year we had a bee stalls at the Wellbeing Festival with books, information, tools and sold some honey. The network of people interested in learning more about looking after the bees in a holistic way is growing. Our charity intends to revitalise the bee project in the coming year with 2 new hives and continue educating people in the importance to look after the bees in a holistic way. The network of like minded beekeepers who have the approach of "giving to the bees" as opposed to "taking from the bees" is growing. They share notes, help each other with the bee hives and exchange knowledge.

8) Indigenous People Project During this year, members of our community came together to raise funds to help the Kariri Xoco tribe of Alagoas Brazil to build a flour mill to fight hunger and malnutrition in their village. This project has attracted quite a few people from the Planetary Healing Community who are interested in going to Brazil to learn and volunteer with the indigenous projects. This project started Summer 2017.

9) Behar Project in India During summer 2019, the board of Trustees met with two young people, Ben and Prachant, who travelled from India to Scotland on motorbikes. During their 2 years journey they created many sustainability and up cycling projects, helped refugee camps and disadvantaged communities along the way. A partnership began to form to support a project in sustainability and up cycling in Behar which is one of

India's poorest areas. This project has also attracted quite a few people from the Planetary Healing Community interest in going to India to learn and volunteer with the Behar project.

With the Indigenous and the Behar projects, our charity is also fulfilling one more of its constitutional aims and objectives: *Promote cultural exchange and voluntary community work between the UK, the Americas and other Continent. So far 4 people from Scotland have visited the Amazon and connected with the indigenous people there.*

Holistic Library The Holistic Library continues to grow and inspire members of our community who borrow books. Our charity has now over 600 books which were donated by the community allowing others to grow and support themselves. This year our charity received so many books that it was able to sell some of the surplus by donation and generate some income for our charity.

Volunteering Programme: This year thanks to a grant received from Santander, our charity trained 16 volunteers in new holistic therapies, focused on longest service volunteers as at the time of receiving grant. This year saw also an increase of 30% on the numbers of volunteers supporting our work. Our charity relies heavily on volunteers to deliver the projects and in return we help the volunteers to gain experience, develop their private practice and whenever possible train the volunteers in other holistic therapies that they are not yet trained in order to support the projects . The volunteers after being checked and accepted in our organisation receive induction training in order to be able to support the charitable projects.

Community Initiative: To support health and wellbeing, our charity delivered a wide variety of groups, workshops, training and private therapies. Most of these activities were coordinated and facilitated by members of the community themselves. This year these activities included: Intuitive painting, Guided Shamanic Meditation; Sound Journey; Mindfulness Classes, Women's groups and over 30 types of therapies.

Holistic Wellbeing Fundraising Festival In order to raise funds for our charity and bring the holistic community together, we delivered a Holistic Wellbeing Festival in October 2018. The Wellbeing festival brought together nearly 150 people who had an opportunity to learn more about holistic therapies, participate in workshops and enjoy nature connection. 25 volunteers contributed with time, skills and also helped raise funds for our charity with this event.

Achievements & Performance

Outcomes and impact of our work

Il-health, mental-health, cancer, stress, poverty and nature deficit disorder are only some of the problems the people who come to our charity are facing when they come to access the Planetary Healing projects.

The figures presented below are an overview of outcomes in terms of numbers and highlights the achievement for the financial year 2018–19 in our charitable projects.

- A total of 327 therapy sessions were delivered this year in all 4 Holistic Therapy Projects
- 142 people (adults and children) received Holistic support in form of therapies
- 30 carers accessed regular therapies in the Stress Relief for un-paid carers project
- 10 people affected or recovering from cancer attended regularly the Cancer Pilot Holistic Project
- 71 people (32 adults, 22 children under 8yrs old and 17 young people age 8 to 26 yrs old) attended the Young People's Connection aka Youth Community Connection Project
- 34 people (19 adults and 15 children) attended the Permaculture Nature Connection Project in Balerno
- Approximately 150 people attended the Holistic Wellbeing Festival
- 52 people volunteered this year
- 1 new part time staff was recruited this year.

How success was measured

In the Young People's Connection project aka Youth Community Connection YCC project, success was measured through a Registration form with questions on needs and also:

- Young person's baseline survey
- Young person's end of project survey
- Young person's end of project one-off participant's only

A full Monitoring & Evaluation report of this project is available on our website.

In the Holistic Therapies Projects, the success is measured through the analysis of the Needs Assessment Form and Evaluation Forms. The former is completed upon registration with our charity and the latter is completed at the

end of 4, 8 and 12 sessions. At the end of 12 sessions which is usually equivalent to a year of receiving holistic support, clients need to leave the project or can move on to private therapies, so that others in need can access the project too. If their health condition and financial hardship is such, they can request to continue assessing another course of treatments in the project by writing a letter to the board of trustees stating their health condition.

Users' background is usually one of hardship, trauma, illness (mental, physical, emotional), financial adversity, which negatively affects their health and wellbeing. The holistic services offered by our charity provide support, a sense of belonging and community while preventing people from developing future health and mental health issues.

Financial Review

Our charity managed to keep the costs of the services delivered to a minimum thanks to the generosity of the team of volunteers which, this year, contributed in kind a total of £120,850. This was estimated from £69,750 (therapists), Management (£26,500), Day to day coordination (£7,400), Board of Trustees (£10,300), Nature connection volunteers (£5,700).

The project therapies in Portobello also benefited from the donation of rent free premises equivalent to £9,500 per annum from the co-founders.

In the 12 months covered by this report, our charity received income totalling £53,379, primarily from our charitable activities, grants, fundraising and donations. The total expenditure was £57,101 resulting in a deficit for the year of £3,722 which was funded by reserves brought forward from the previous year. At the 5 October 2019 our charity held total funds of £12,529 which consisted of £3,397 in unrestricted funds and £9,132 in restricted funds

An Extraction from the YCC Youth Community Connection report - funded by Heritage Lottery this year:

The aim was to encourage young people to: connect with nature, community, build their confidence, relate more positively to one another, develop team building and communication skills, become more active, improve health and wellbeing. Our project also provided opportunities for young people to develop leadership skills, explore healthy self-expression and minimize loneliness and mental health issues.

Our programme was based on renowned world movement "Art of Mentoring" and "Deep Nature Connection" and was free for all young people up to 26 years old including their families and friends. Other participants gave a small donation to our charity.

One of our objectives was to support young people in learning about or improving mental health, become more resilient and leading healthier, more active lives.

Our aims were met via a wide variety of outdoors activities, such as: bush craft, forest skills, planting, outdoor activities, gathering wood, building and managing fires, leaving nature as we found her. The activities involved provided a base to help young people develop and deepen their connection with nature, reconnect with each other, members of their family, the wider community, learn about leadership and self-expression in a safe and supported environment.

Young people were involved in the planning, organising and delivery of the project. They were mentored to deliver short activities co-creating community events around the Celtic Festivals and Seasons, re-connecting their community to their ancestral heritage. They were supported by a team of mentoring adults called the Acorn Team. The activities were delivered to the community who were mostly their families and friends who came with them.

Some Quotes from participants from the Youth Community Connection:

"Engaging with a multigenerational group is excellent- compared to so many other activities which are age-specific. Both my youngsters liked the skills-based days. And they enjoyed leading games and skills development eg paracord key-rings. It was empowering to pass on what they had learned. They really like the combination of unstructured time with friends and structured fun times"

"My first experience with nature connection was a session when we climbed up to the high wooded campsite. We stopped along the way and did some nature connection, you talked about bird song meaning and then we experienced it. My working memory is generally very poor but the day is seared into my memory as one of the special days in my life. I experienced it as a wandering tribe, working together collecting wood and then returning to the fold. It felt like all the elements of creating a village where present"

“... My daughter had such an incredible time and transformed herself throughout the programme. It means so much to me for her to experience her whole self within a whole world. There was a point that I took myself away. A short walk into the trees. I basked in the presence of all that came before me. I felt proud communicating about today with those that are yet to arrive. It was in this moment that I felt myself saying ‘I have arrived’ ‘This is what I have been searching for’. It was a wonderful and emotional moment. Thank you for creating and holding such a sacred space.”

Thanks to our funders and everyone who donated this year:

Thanks to Heritage Lottery, Co-op and Henderson Trust for supporting the projects in Scotland. Thanks to Jill Walker, Diane Redmond, Lights On Enterprise, Caroline Fulton, Stewart Keith and everyone else in the UK who donated to the Indigenous projects.

Future Plans

1. Consolidate and strengthen the Children’s Wellness project by recruiting 2 more volunteers.
2. Develop partnerships to implement a permaculture project which can take place at the community woodland in Balerno and or Leith Area.
3. Take the first steps to transform the Community woodland in Balerno into a permaculture demonstration Centre.
4. Develop our charity’s capacity to become a Holistic Training Centre
5. Continue expanding the capacity to generate funds through the social enterprise Holistic Shop and charitable activities creating more sustainability for our charity.
6. Nurture the potential of the Planetary Healing volunteers with more training, specially training more volunteers to deliver oncology therapies for people affected by cancer.
7. Bring the Cancer project to a permanent basis and scale it up within the coming financial year.
8. Liaise with more local GPs, Macmillan Nurses and other cancer centres.
9. Revitalise our Planetary Bee Project with 2 new beehives.