

# Community Foundation for Planetary Healing Annual Report 2017-2018



288 Portobello High St • Edinburgh • EH15 2AS • [www.planetary-healing.org](http://www.planetary-healing.org)  
Registered Scottish Charity No. SC 034826

## CO-FOUNDER / CHAIRPERSON'S LETTER

On behalf of the entire Planetary Healing Centre's team, we are proud to present our Annual Report for 2017/2018.

Over the last fifteen years in our charity we have witnessed some truly remarkable events, projects and community initiatives. We often reflect after another wonderful year that we reach a pinnacle or that nothing can overtake what we previously achieved. This year has proven to be an exceptionally successful year to this recurring and quite naturally arising thought.

We have seen a record number of people access our projects, groups and classes, a significant increase in users of the centre in Portobello, expanded investment of our social enterprise holistic shop and this year we see our highest yearly income to date.

The money raised for the Indigenous People's Projects has been an overwhelming success. We raised the target amount and did so within the one year planned. This was possible because of one crucial factor: You.

To the people who organized, contributed their time and phenomenal talents to all our fundraising you have our eternal gratitude. To our supporters who donated money and resources, to our volunteers who donated their expertise and time, you have shown that, in these 'austere' times, these difficult days of hardship and personal trials, the human spirit burns brighter than ever with compassion, generosity and love. For that we can all feel deep thanks.

Together we are making the change that we want to see in the world.

Mark Halliday  
(volunteer)

## CO-FOUNDER / MANAGER'S LETTER

Change happens when we empower people with knowledge and information on how to take charge of and improve their health and wellbeing. Change happens when we join hands promoting equal opportunities and access to holistic ways, when we care for people and planet together.

In 2017/2018 we received quite a few grants to support our work in Scotland, while we ourselves raised some funds to support our work here and with the indigenous people of the Amazon and other parts of Brazil. Abundance always flow when our hearts are open: we receive and we give. We give and we receive. We were generously supported by the people of Scotland in support of the indigenous people's project. We have worked hand in hand with the indigenous people in Brazil. With the funds we raised we are helping them create a space for elders to meet and teach the future generation, a space that will also be used for collaboration and voluntary work between Brazil and Scotland. With this project we stood in solidarity with the indigenous people and also fulfilled one more of our constitutional aims and objectives: *Promote cultural exchange and voluntary community work between the UK, the Americas and other Continents.*

In Scotland we continued our holistic work supporting the local community here and our local supporters enabled us to directly help hundreds and hundreds of people to have access to treatments that they would not be able to access otherwise and to help people to connect with nature helping eradicate *nature deficit disorder* which affects our modern society so badly today.

As an organization working towards self-sustainability, we worked very hard and maintained our self fundraising activities in order to generate additional income for our vital projects for our community in Scotland.

The board of trustees, Ana Duarte, all coordinators, all volunteers and myself work together in an integrated team approach. We accomplish a lot and learn from each other every day. The Planetary Healing Centre is growing and flowing and we are developing new projects every year.

Our supporters and the donations we receive in the projects enable us to directly help hundreds of people to live free from ill-health, connect with nature and gain health and wellbeing. Together we help people to transform their lives. We invite you to make a donation too: Visit us in person or visit us at [www.planetary-healing.org](http://www.planetary-healing.org)

Thank you to all our friends, volunteers, funders and supporters. Our vital work depends on you and we are deeply grateful to you for your donations. By working together we are making the world a better place for everyone, with inclusion at heart, helping to achieve a more equal world for all.

Cláudia Gonçalves  
(volunteer)

# A year of Planetary Healing Centre

## HOLISTIC THERAPIES PROJECTS

In October 2018 The Planetary Healing Centre celebrated 15 years of existence, distinguishing itself for delivering excellent services to currently targeted and stigmatised, people in our society – the poor, destitute, disabled, unemployed or anyone in a critical financial situation. Our projects seek to help people from local communities who are struggling with their health and in an economically disadvantaged position, give them tools to help them cope with their situation, in addition empowering them to move on with their lives.

We achieve our goals by creating the Holistic Health Project and Stress Relief for (unpaid) Carers. These projects run from Monday to Thursday and offer a wide variety of holistic therapies to the community. Sessions are offered in exchange for a small donation according to financial means and in some cases clients have access to our projects free if they cannot afford a small donation.

## HOLISTIC HEALTH PROJECT



The Holistic Health Project was created with the intention of supporting those who are struggling with their health – mental, physical, emotional, social - and are simultaneously in a critical financial position. For this purpose we have at our community's disposal a selection of therapies, namely: befriending, Transformational Breath®, massage, etc, which are delivered by our efficient team of volunteer therapists, who are qualified, insured and disclosed. A total of 97 people had access to this project this year, 33 of them were new people coming to this project for the first time.

## STRESS RELIEF FOR CARERS

Stress Relief for Carers works in tandem with our Holistic Health Project. 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. A total of 34 careers had access to this project this year and 8 of them were new carers coming to access this project for the first time.



## CARING FOR PEOPLE AND PLANET

In addition to our Holistic Therapies Project, we also ran nature related projects – Nature Connection for Families and Deepening our Nature Connection programmes. These programmes fight back Nature Deficit Disorder in our modern society. Never before have we seen children, youngsters and adults spending so much time in front of electronic devices. This affects social interactions, personal health and creates social and behavioural problems, such as: lack of human contact; aggressive behaviour, lack of physical exercise; obesity, which leads to physical ailments; signs of addiction caused by social media interaction. This addiction is closely related to the production of dopamine in our brains. This chemical is released when pleasant circumstances take place, such as successful social interactions; in other words, it is a reward for positive behaviours which motivate us to repeat them. Any kind of notification on social media – a “like”, a text message, a notification – creates the conditions to produce more dopamine, thus perpetuating a vicious cycle of addiction.

For these reasons, the Planetary Healing Centre created the nature programmes that promote and strengthen human relations by interacting with nature and creating an escape from electronic devices.

To that end, this year, with the help of the Henderson Charitable trust, in order to safely take baby prams to the woodland and include more people in our nature programmes, we built 6 bridges for better access to the community woodland in Balerno.

## NATURE CONNECTION FOR FAMILIES

With Tesco bags of help grant, our Nature Connection for Families was delivered in Edinburgh, Balerno (6 days) and Ayrshire (3 days), May to September.

The goal of this project is to allow families to strengthen their bonds, relax, be away from electronic devices and address nature deficit disorder; all of this was achieved by spending time in nature and learning about plants, flowers, bees, trees, animals, people, etc.

Some of the activities performed this year were: crafts, learn and look after the woodland, play games in the woods, safely light a fire without a match or lighter, foraging, plant and harvest potatoes and onions, plant bee-friendly flowers, learn about bees.

Some of the families attending our Nature Connection have special needs children: Autistic children, ADHD children, hard of hearing and learning disability.



A total of 47 people (19 adults and 28 children) attended this programme this year.

## DEEPENING OUR NATURE CONNECTION

This year we continued our partnership with Falkland Centre for Stewardship where we delivered our Deepening our Nature Connection programme. Even though we had no grants coming in for this project this year, we still managed to deliver part of it on a voluntary basis thanks to Adele Clarke who donated her time and expertise to make sure the project would continue.

Deepening our Nature Connection took our programme delivered in Balerno and deepened the relationship that one had with nature, with family and new friends and also with the self.



Participants took part on several nature related activities, such as: bush craft; games; conservation; learn bird language, native trees, plants and its medicinal use; butterfly survey; clear pathways and maintenance of the woods; foraging, relaxation and distress in nature. A total of 70 people (39 adults and 31 children) attended this programme this year.

## ART EXHIBITION

The Planetary Art Exhibition was created to support local artists from our community. Ten artists exhibited with our charity this year. We will continue exhibiting paintings and crafts until February 2019. After that we plan to free the exhibiting space to expand the Holistic Shop.

## COMMUNITY INITIATIVE

The Planetary Healing Centre has been delivering a wide variety of groups, workshops, training, private therapies. Most of these activities are coordinated and facilitated by members of our community. Some of these activities include: Guided Shamanic Meditation; Sound Journey; Mindfulness Classes; Sound Journey; Women Awakening, a circle created, delivered by women to support other women.

## HOLISTIC WELLBEING FESTIVALS

Over the recent years we changed our open day to a bi-annual Holistic Wellbeing Fundraising Festival. This year, the festivals were delivered in October 2017 and in May 2018 raising around £ 2,381.35 to support our charitable projects.

With our two festivals, we brought together nearly 300 people, who had an opportunity to learn more about holistic therapies, participate in exciting workshops, enjoy nature and around 25 volunteers contributed with time and skills.

## HOLISTIC BEE PROJECT

The Planetary Healing Centre is considered a leader provided of Holistic Health Services in Scotland since 2003. When it comes to holistic wellbeing, we truly walk our talk: even our bees are treated holistically.



After losing two beehives which simply all died, we believe, due to weather and the mysterious reason that no one up to date, scientists included, have not managed to figure out, we are delighted to report that some bees seem to want to be treated holistically and simply decided to move into our empty clean hive. Our new hive is looking really healthy and strong. We will keep looking after the bees holistically, interfering less possible, leaving them to feed from the honey that they work so hard to gather and treating them with essential oils.

Around Spring 2018 we invited our community to join The Planetary Healing Centre's Pollinators Project. 150 people who visited our Centre just before spring received a free kit to grow a Pollinators haven at home or in a nearby park. The kit contained a pack of wildflower seeds (RHS Perfect for Pollinators seeds) mixed in with granulated compost, recycled paper roll sample to make degradable containers to start seedlings and a set of instructions. This project helped the bees and other pollinators and also raised awareness about the problems the bees are facing.

## HOLISTIC LIBRARY

Our Holistic Library continues to grow and inspire those who borrow books from our library. We have now over 600 books. We thank our community for donating their books, allowing others to grow and support themselves.

## INDIGENOUS PEOPLE PROJECT



During summer 2017 the co-founders of our charity were approached by elders and Leticia Yawanawa representing the Indigenous women's of 18 Amazonian tribes and asked for assistance to help the indigenous people of *Acre* in Brazil, to preserve their culture and wisdom. Leticia dreamed to build a healing centre where elders from 18 Amazonian tribes could gather and pass the healing arts and ancient knowledge to the next generation and to humanity. With the assistance of many generous people in Scotland, the Planetary Healing Centre managed to raise the amount needed for the project. We now have a lot of volunteers here who are interested in going to Brazil to help this project and learn from the indigenous people. With this project our charity stood in solidarity with the indigenous people and also fulfilled one more of our constitutional aims and objectives: *Promote cultural exchange and voluntary community work between the UK, the Americas and other Continents.*

# VOLUNTEERING PROGRAMME

Our charity relies heavily on our volunteers to deliver our projects and in return we help them gain experience, develop their private practice and whenever possible we raise funds to train our volunteers in other holistic therapies.

This financial year our charity counted with the help of 49 volunteers.

In 2009, we were accredited with “Investing in Volunteers”, a programme that recognizes the support and excellence of our management towards our volunteers.

Our volunteers after being checked and accepted in our organisation are trained to deliver our projects. All therapists, in order to be able to volunteer with us, need to be qualified and insured in the therapies they deliver. They start volunteering with us after they are disclosed.

## THE OUTCOMES AND IMPACT OF OUR WORK

Il-health, mental-health, stress, poverty and nature deficit disorder are only some of the problems the people we work with are facing when they come to access our charitable project.

### How we measure our success

In the Nature programmes, success is measured through a Registration Form with questions on needs or special needs and Evaluation forms at the end of the programme.

In our Holistic Therapies Projects, we measure our success through the analysis of the Needs Assessment Form and the Evaluation Forms. The former is completed upon registration with us and the latter is completed at the end of 4, 8 and 12 sessions. At the end of 12 sessions, which usually is equivalent to a year of receiving holistic support, clients are invited to leave the project or move on to private therapies so others in need can access the project. If their health condition is such, they can request to continue assessing another course of treatments in the project by filling out a form stating their health condition. The form is then passed to the management team to be assessed and approved.

The figures presented below are an overview of outcomes in terms of numbers and highlights our achievement for the financial year 2017–18 in our projects.

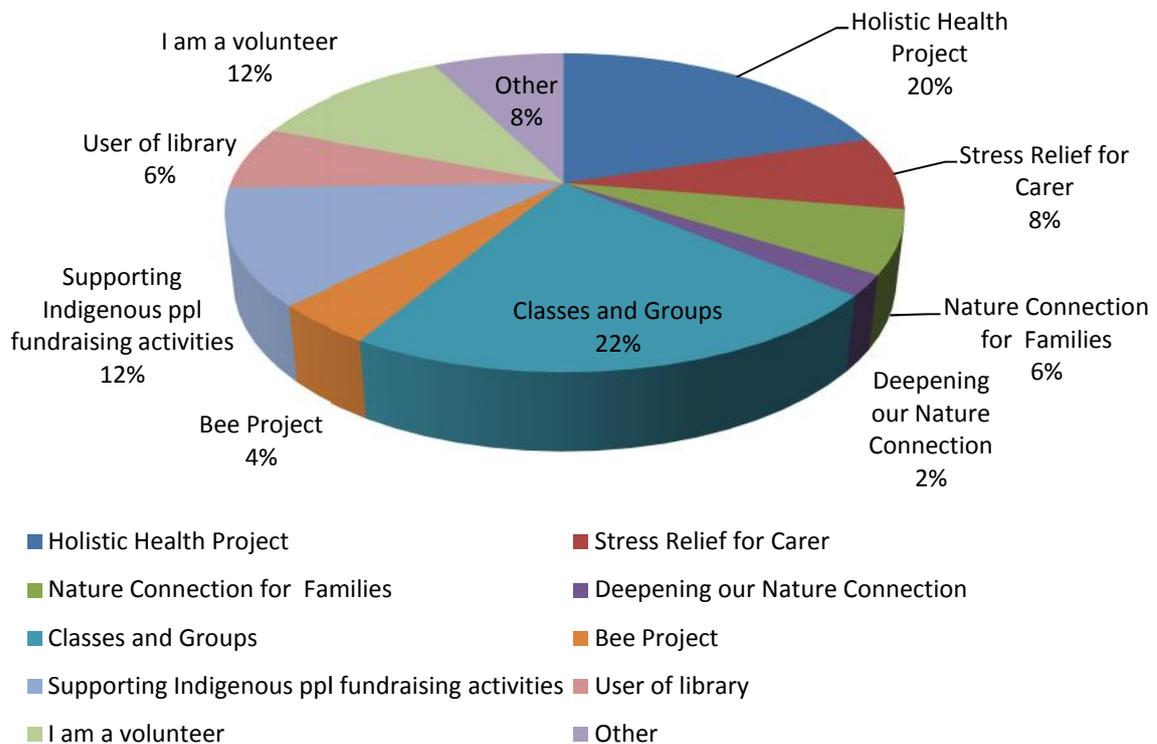
- 63 people received regular therapies in our Holistic Health Project and 33 of them were new to our holistic project.
- 34 carers accessed regular therapies in our Stress Relief for un-paid carers project and 8 of them were new to our carer's project.
- A total of 320 therapy sessions were delivered this year in both our Holistic Health and in our Stress Relief for un-paid Carer's Projects with a total of 97 people being helped in both projects;
- 70 people (39 adults and 31 children) attended Deepening our Nature Connection;
- 47 people (19 adults and 28 children) attended our Nature Connection for families;
- Approximately 300 people attended our Holistic Wellbeing Festivals;
- 10 artists exhibited their art one Month each in our centre;
- 44 people volunteered with us regularly this year and 5 volunteered in one off events;
- 3 staff had their part-time contract renewed this year.
- 150 people received a free kit to plant flowers for the bees and other pollinators.

Our users' background is usually one of hardship, trauma, illness (mental, physical, emotional), financial adversity, which negatively affects their health, thus making their recovery harder.

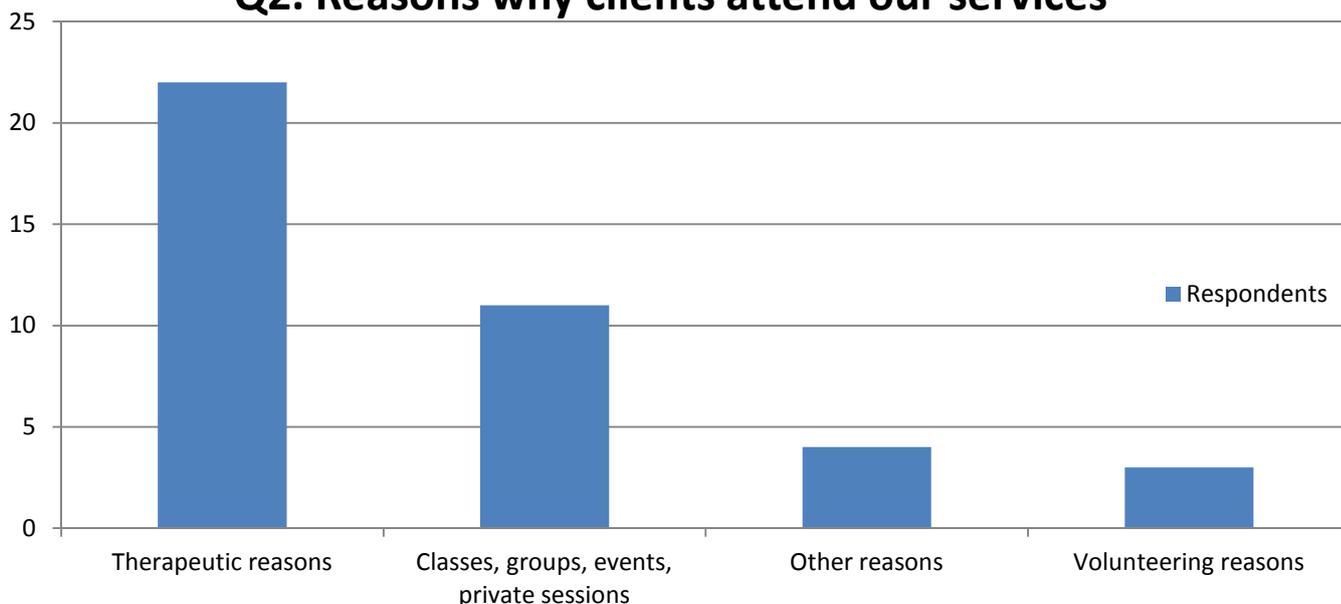
## COMMUNITY CONSULTATION

This year, in order to better serve our community, we did a consultation in April 2018 with the objective of finding out in what way our services respond to our community's personal and/or family needs and what we can do to adapt/adjust our projects to their needs. The results of our survey can be seen on our website at: <http://www.planetary-healing.org/annualreport.html>. Below is a snap shot of some of two of the questions asked.

### What services provided by the PHC do you attend?



## Q2. Reasons why clients attend our services



### FOR THERAPEUTIC REASONS:

1. De-stress and relax.
2. For therapies which are affordable and holistic.
3. I like to have time to myself. It also helps me to look after myself.
4. Brings peace and relaxation in a crazy world!
5. I am able to access holistic therapies that I couldn't access otherwise.
6. I am able to access holistic therapies that I couldn't otherwise access.
7. For the people, the place, the ethos.
8. Personal development, health issues.
9. To heal mentally, physically + spiritually.
10. To help de-stress and deal with anxiety and depression.
11. To get rid of physical pain.
12. For physical/mental wellbeing.
13. For continued physical and mental wellbeing.
14. Because I'm a carer.
15. Desire to learn what a therapy looks like, relax and get a helping feeling.
16. I am a carer - incredibly stressful, find a source for relaxation albeit temporary, through use of services. I can truly switch off & leave feeling soooo relaxed.
17. Access to affordable complementary therapies.
18. Health - mental emotional.
19. For health, wellbeing and self.
20. Cost effective, professional, diverse.
21. Stress relief and support indigenous cultures.

### OTHER REASONS TO ACCESS OUR SERVICES

1. I find that the services offered meet the real and fundamental needs of the human race for personal development and community building and service to others.
2. I sense a strong foundation of integrity and good intentions in the project and also really appreciate its focus to reach all aspects of the community including those usually disenfranchised.
3. It's a community charity and also shamanic healing woke me up years ago. It has also been a journey of self healing.
4. Connect with self.

## REASONS WHY PEOPLE VOLUNTEER WITH US:

*“ To volunteer and be of service to others.”*

*“ Self-empowerment, to help me move forward in my life as I was stuck due to depression and inability to set up my own practice, to help me connect with like-minded people and serve the community.”*

## FINANCIAL REVIEW

The 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 £100,300. This was estimated from £46,500 (therapists), Management (£26,500), Day to day coordination (£15,800), Board of Trustees (£10,300), Deep nature connection volunteers (£1,200).

The project therapy in Portobello also benefits again 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, the charity received income totalling £53,151 (2017: £33,710) primarily from its charitable activities, grants, fundraising and donations. The total expenditure was £44,680 (2017: £34,805) resulting in a surplus of £8,417 (2017: a deficit of £1.095).

## PLANS FOR 2019

1. Start a new project on Children's Wellness.
2. Start a new project: Youth, Community, Connection in Falkland.
3. Start a new project in permaculture.
4. Start a new project: Cancer Holistic Care.
5. Continue supporting indigenous people of Brazil. *Kariri Xocó* tribe next.
6. Launch our new website.
7. Expand our capacity to generate unrestricted funds through our social enterprise Holistic Shop and charitable activities creating more sustainability.
8. Nurture the potential of our Planetary Healing staff with training.
9. Buy a bell tent and a stove for our festivals and use it to also deliver more workshops, groups and activities in the woodland.
10. Revitalise our Planetary Bee Project.

# THANK YOU TO OUR FUNDERS THIS YEAR



## THE HENDERSON CHARITABLE TRUST

# THANK YOU TO OUR AMAZING VOLUNTEERS

**Your in kind volunteering services were estimated at £100,300 this year!**

**Co-founders:** Cláudia Gonçalves and Mark Halliday

**Advisors Board members:** Alma Shearer, Stewart Keith, Emily Boyd, Joao Lima, Cláudia Gonçalves, Sara Beauregard, Margot Daru-Elliot

**Board of Trustees:** Mark Halliday, Dhyana Huggins, Mandy Peat, David Bate, Anne Henderson, Newton Harper

**Manager volunteer:** Cláudia Gonçalves

**Administrator:** Ana Duarte

**Website development:** Pawel Kosinski

**Bookkeeper:** Tessa McKirdy

**Festival Flyer:** Toni Bate

**Day Coordinators:** Grigorios Karastamatis, Tessa McKirdy, Antony Nash, Gloria Sichel.

**Volunteer Therapists:** Ann Fowler, Anne-Marie Birch, Dot Forest, Annie Crombie, Ana Duarte, Newton Harper, Anne Henderson, Mandy Peat, David Bate, Chloe Shand, Karen Gale, Susan Cotterill, Julie Talbot

**Nature Connection:** Cláudia Gonçalves, Adele Clark, Dhyana Huggins, Stewart Keith, Alison Buckle, Rhea Clarke

**Deepening our Nature Connection:** Caren Gilbert, Louise Durrant, Gemma Smith, Serge Marti, Tom Hedley, Kate Hedges, Rehema White, Rosemary Welensky, Kate Wilkinson, Malcolm Clarke, Adele Clarke, Cláudia Gonçalves, Dhyana Huggins

**Bee Project volunteers:** Cláudia Gonçalves and the bees

**Support and supervision:** Mandy Peat **Library Coordinator:** Renata Falesnikova

**Volunteers Coordinator:** Cláudia Gonçalves **Yurt Maintenance:** Roddy Jonstone

**Festival volunteers:** All the above and Joao Lima, Bally Dhariwal, Ali Taylor, Jill Dowling, Kumali Bate