

Community Foundation for Planetary Healing

Also known as

The Planetary Healing Centre

(A company limited by guarantee)

Scottish Charity No: SC034826

Company No: SC257126

Annual Report & Financial Statements

For the Period

6 October 2016 to 5 October 2017

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Community Foundation for Planetary Healing

Annual Report & Statement of Account

For the year 6 October 2016 to 5 October 2017

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Community Foundation for Planetary Healing

Trustees' Annual Report

For the year 6 October 2016 to 5 October 2017

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 2016 to 5 October 2017.

Reference & Administrative Information

Charity and Company Name:	Community Foundation for Planetary Healing
Also known as:	The Planetary Healing Centre
Charity Number:	SC034826
Company Number:	SC257126
Registered Office	Pirnie Ha', Cockburnhill Road, Balerno, Edinburgh EH14 7JB
Principal Address:	288 Portobello High Street, Edinburgh, EH15 2AS
Trustees	Mark Halliday - Chairperson Margot Daru-Elliot - acting Secretary Mandy Peat - Treasurer Julie Huggins David Bates Anne Henderson Newton Harper (from June 2017)
Advisers	Alma Shearer, Emily Boyd, Stuart Keith and Joao Lima
Company Secretary:	Margot Daru-Elliot (acting secretary)
Independent Examiner:	Chris Smith BSc (Hons) FCIE
Bankers	Royal Bank of Scotland 540a Lanark Road Edinburgh EH14 5EL

Community Foundation for Planetary Healing

Trustees' Annual Report

For the year 6 October 2016 to 5 October 2017

Structure, Governance & Management

Governing Document

Community Foundation for Planetary Healing is a registered charity and a 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. Four voluntary coordinators are responsible for the day to day running of the projects under the supervision of a volunteer manager.

Risk Review

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

Objectives & Activities

The charity is a small organization run mostly by volunteers and 2-part time paid staff. A team of 42 volunteers support the work and are committed to living, inspiring and teaching holistic, conscious and sustainable ways. During this current financial year, the charity celebrated 14 years of existence and is recognized as a leading provider of Holistic Health care in Edinburgh.

The charity offers holistic therapies in the holistic health project, the careers project, various classes and groups as part of the community initiative, Planetary Healing bee project, nature connection for families' project, deep nature connection programme, a holistic library, an art exhibition and also 2 holistic festivals a year.

With clients from different groups and backgrounds, every volunteer at the charity works hard to transform client's challenges and struggles into practical ways that brings health and wellbeing to each person.

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The charity's mission is to provide holistic ways and nature based programmes to support the health and wellbeing of people and planet bringing real, lasting, positive change to individuals and communities. They do that by providing therapeutic relief, relaxation and nature programmes to those suffering poverty, destitution, and/or struggling with poor mental and physical health. The nature connection facilitates families to relate positively to one another, support isolated families to connect with nature, encourage team building and communication skills, and provide the opportunity for people to develop healthy self-expression emotionally, mentally and socially.

Founded in October 2003, the sole intention of the charity was and still is to help people from local communities who are struggling with their health and/or in an economically disadvantaged position.

People usually self-refer for the projects, and a number of organisations also refer people regularly: Dr Bell's Leith, YMCA, Health in Mind, Cyrenians and GPs

The Charity achieved its overall aim through the following main charitable activities this year:

Holistic Health Project: providing a range of therapies including be-friending for people in the community who are struggling with their health and wellbeing and are in a financial disadvantaged position. All volunteer therapists supporting this project are highly qualified, insured and disclosed. One volunteer therapist a day offers 3 sessions for people struggling with the health. This project is run Monday to Thursdays 10am to 2pm.

Stress Relief For Carers: This project started in October 2016. After only a year, 31 un-paid carers have registered and are receiving regular holistic support in this project. Two of the trustees are or have been carers themselves and support this programme as trustees and also as therapists themselves. One volunteer therapist a day offers 3 sessions for carers. This project is run Monday to Thursdays 10am to 2pm.

Nature Connection For Families: 6 Fridays of Nature Connection for families were run this year offering soup on arrival and mini bus to transport the participants. The project received self-referrals from the Planetary Healing Centre, and referrals from Dr Bells Family Centre and YMCA in Leith. During these sessions families spent time 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 the woodland. The families planted potatoes and onions and harvested a large supply of potatoes and onions that have provided the ingredients for nutritious and delicious soup that they took home to cook. The families also had fun planting flowers for the bees, the butterflies and other wildlife. They visited the bee hives and learned about the importance of bees for our survival and how to plant flowers for them. Some children had additional support needs, e.g. were autistic, had speech impairment, some were afflicted by ADHD. 2 volunteers supported each session.

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Deepening our Nature Connection: The charity has developed a partnership with Falkland Centre for Stewardship Trust and over the past 2 years have been using their woodland to deliver this programme. 4 full weekends of deep immersion in nature for individuals and families which also included camping were delivered. As well as learning about themselves and their relationship with nature, participants also learnt a range of nature connection skills, learned about our heritage, the land and the ancestors and learnt bush craft. They also did some conservation work learning to care for nature. Some of the activities: Learning bird language, Learning about native trees and other species on the walkway, Learning about plants and its medicinal use, Playing games, taking time to relax and de-stress in nature; Building a village of people who love nature and are conscious people; Doing survey of butterflies; Working to clean up the pathways and helping to maintain the woods; Harvesting free food in the woods, learning what is edible and what is not; Learning bushcraft; Foraging for wild fruit, brambles and elderberries; and much more.

Art Exhibition: The art exhibition was created in January 2017 and it started with people in the community interested in arts and is supported by staff and volunteers from the charity. Every artist has worked hard, had fun exhibiting their work and also made sales of their work. The art exhibition has given birth to new artists in the community and existing artists feel supported. It already has a list of artists booked for the next 9 months. It has been a very uplifting experience for everyone in the community.

Community Initiative: The centre is always very busy with holistic classes, groups, workshops, holistic training and private therapies. A lot of the groups are facilitated by the volunteers and offer that extra support for those ready to work on a group context and taking their self-empowerment work a step further. Lots of successful groups took place this year: women's groups, sound journey, shamanic group, laughter yoga, shamanic art group, cosmic healing, yoga, qigong, meditation and relaxation etc.

Holistic Wellbeing Festivals: The charity run two Festivals this year and raised £1,555.66 for the projects. This year an average 230 people participated in both festivals and each time 21 volunteers were involved supporting the event. It has been now over 3 years that the charity has been offering the Wellbeing Festivals so they have become a feature of the work they do.

Holistic Bee Project: Unfortunately, this year the charity lost one of its beehives over the summer. They are still investigating the causes of the loss but believe the bees were affected by too much rain. Many people have reported that their bees did not survive this summer. This year they had 2 bee stalls at both Wellbeing Festivals 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. Four members have made a trip to Perthshire to visit a colony of bees looked after holistically using the French Warré hive adapted to Scotland. The charity intends to buy a Warré hive next year.

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Holistic Library: Since 2003 the charity has been building a library which offers the community over 500 books which they can borrow from. The library is very rich and helps the community to learn about holistic ways and about self-empowerment.

Wellness Programme: Two Wellness programmes were run in organisations this year. Four of the best qualified and experienced therapists went to offer holistic therapies and relaxation for an afternoon to support events in organisations outside the Charity and it generated £ 960 for the charity. The wellness programme is tailored to organisation's needs.

Volunteering Programme: volunteer therapists learnt new skills and gained experience working with vulnerable groups. Volunteer therapists were also supported to develop their private practice and whenever possible they were contracted to deliver wellness programmes. 11 outdoors volunteers had the opportunity to learn and develop their outdoors skills in a community context holding big groups of over 30 people. The charity holds the "Investing in Volunteers" accreditation since 2009 which recognizes the standard of management and support offered to volunteers. 42 volunteers supported the charity this year.

Achievements & Performance

Outcomes and impact of the work

Hard Outcomes

The figures below give an overview of outcomes in terms of numbers and highlights the charity's achievement for the financial year 2016 – 17.

- 87 people received regular therapies in our Holistic Health Project
- 31 carers received regular therapies in our Stress Relief for un-paid carers project
- Out of the total of 118 people helped, 63 were completely new to our project
- A total of 375 therapy sessions were delivered this year in both projects
- 82 people (51 adults and 31 children) attended Deepening our Nature Connection
- 53 people (21 adults and 32 children) attended our Nature Connection for families
- 230 people attended our Holistic Wellbeing Festival
- 9 artists exhibited for a whole month each in our centre
- 42 people volunteered with us regularly this year
- 2 users of our services this year became trustees
- 2 trustees also became therapist in our projects
- 11 volunteers received training in outdoors nature connection
- 5 volunteer therapists engaged in a contract as free-lance therapist working for our Wellness programme.
- 2 volunteers became part time paid staff this year

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For the year 6 October 2016 to 5 October 2017

Soft Outcomes

Users of both our therapy projects are people disadvantaged economically affected by mental and health and stress problems, long term conditions and affected by social isolation. So how can the results of treatments be measured? "soft-outcomes" were identified. There are those which unlike "hard outcomes" cannot be measured directly or tangibly. Soft-outcomes are of great importance in enabling the recognition of user's progress. So below are the soft outcomes we achieved:

1. Relaxation and Reduced Stress
2. Improved physical and mental health
3. Awareness
4. Emotional support
5. Knowledge / understanding
6. Community / sense of belonging / feeling less isolated
7. Increase in confidence and self-esteem
8. Motivation for life style change / self-help
9. Acceptance of illness / pain / situation
10. Reduced pain and symptoms
11. Improved mobility and movement
12. Reduced medication
13. Maintained / stabilised condition

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 £93,300. This was estimated from £45,500 (therapists), Management (£25,500), Day to day coordination (£14,800), Board of Trustees and fundraisers (£10,300), Deep nature connection volunteers (£3,200).

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 totaling £33,710 (2016: £35,356), primarily from its charitable activities, grants, fundraising and donations. The total expenditure was £34,805 (2016: £29,862) resulting in a deficit of £1,095 (2016: a surplus of £5,494).

An estimated 25% of the Holistic Health Project sessions, a 25% of the Nature Connection and a 25% of the Deepening our Nature Connection were given FREE to those who were in acute need when they indicated that they could not afford a small donation.

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Trustees' Annual Report

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It is the intention of the Trustees to build up and maintain £3,000 in free reserves (the unrestricted funds less the value of tangible assets not readily available to be spent) to allow the Foundation to meet timing differences between receipts & payments and to allow for any exceptional or unforeseen expenditure. At the 5 October 2017, the Foundation held free reserves of £2,965 (2016: £2,915) and had almost met their target.

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 5/3/18 2018 and signed on their behalf by:



.....
Mandy Peat, Treasurer

Community Foundation for Planetary Healing

Independent Examiner's Report

I report on the financial statements of the charity for the financial period 6 October 2016 to 5 October 2017 that are set out on pages 11 to 17.

Responsibilities and basis of report

The charity's trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts in accordance with the requirements of the Charities and Trustee Investment (Scotland) Act 2005 ("the 2005 Act") and the Charities Accounts (Scotland) Regulations 2006 ("the 2006 Regulations") and the Companies Act 2006.

I have satisfied myself that the charity is not subject to audit under Regulation (10)(1)(a)-(c) of the 2006 Regulations or company law and is eligible for independent examination. I have therefore examined your charity's accounts as required under section (44)(1)(c) of the 2005 Act and Regulation 11 of the 2006 Regulations. In carrying out my examination I have followed the guidance issued to independent examiners by the Office of the Scottish Charity Regulator (OSCR).

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. that accounting records were not kept as required by section 44(1)(a) of the 2005 Act and Regulation 4 of the 2006 Regulations; or
2. that the accounts do not accord with those records; or
3. that the accounts do not comply with the accounting requirements of Regulation 8 of the 2006 Regulations; or
4. that there is further information needed for a proper understanding of the accounts.

Independent examiner's statement

I have completed my examination and I have no concerns in respect of any of the areas listed above and I have found no other matters that require drawing to your attention.



Chris Smith BSc (Hons) FCIE
Glascairn Cottage
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Cupar
KY14 6JH

Date: 5/2/18

Community Foundation for Planetary Healing

Statement of Financial Activities (Incorporating Income & Expenditure Account)

For the year 6 October 2016 to 5 October 2017

	Note	Unrestricted Funds £	Restricted Funds £	2017 Total £	2016 Total £
Income from:					
Donations & Legacies	5	10,039	12,228	22,267	27,914
Charitable activities	6	8,170	-	8,170	6,066
Other trading activities	7	3,196	-	3,196	1,373
Investments		77	-	77	3
Total income		<u>21,482</u>	<u>12,228</u>	<u>33,710</u>	<u>35,356</u>
Expenditure on:					
Raising funds		322	-	322	-
Charitable activities	8	21,318	13,165	34,483	29,862
Total expenditure		<u>21,640</u>	<u>13,165</u>	<u>34,805</u>	<u>29,862</u>
Net income/(expenditure)		<u>(158)</u>	<u>(937)</u>	<u>(1,095)</u>	<u>5,494</u>
Transfers				-	-
Net movement in funds		<u>(158)</u>	<u>(937)</u>	<u>(1,095)</u>	<u>5,494</u>
Reconciliation of Funds					
Funds brought forward		4,329	4,546	8,875	3,381
Net movement in funds		(158)	(937)	(1,095)	5,494
Funds carried forward		<u>4,171</u>	<u>3,609</u>	<u>7,780</u>	<u>8,875</u>

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 13 to 17 form an integral part of these accounts.

Community Foundation for Planetary Healing

Balance Sheet

As at 5 October 2017

	Note	Unrestricted Funds £	Restricted Funds £	2017 Total £	2016 Total £
Fixed Assets					
Tangible assets	9	1,206	-	1,206	1,338
Current Assets					
Debtors		-	-	-	1,500
Cash at bank & in hand		3,403	3,609	7,012	6,475
Total current assets		<u>3,403</u>	<u>3,609</u>	<u>7,012</u>	<u>7,975</u>
Current Liabilities					
Accruals (IE Fee)		438	-	438	438
Total current liabilities		<u>438</u>	<u>-</u>	<u>438</u>	<u>438</u>
Net current assets		<u>2,965</u>	<u>3,609</u>	<u>6,574</u>	<u>7,537</u>
Net assets		<u>4,171</u>	<u>3,609</u>	<u>7,780</u>	<u>8,875</u>
Funds of the Charity					
Unrestricted funds		4,171	-	4,171	4,329
Restricted funds		-	3,609	3,609	4,546
Total Funds		<u>4,171</u>	<u>3,609</u>	<u>7,780</u>	<u>8,875</u>

The directors confirm that for the financial period ended 5 October 2017: -

- 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 13 to 17 form an integral part of these accounts.

Approved by the trustees on 5/2/18 2018 and signed on their behalf by:


 Mandy Peat, Treasurer

Community Foundation for Planetary Healing

Notes to the Financial Statements

For the year 6 October 2016 to 5 October 2017

1 Basis of Preparation

1.1 Basis of accounting

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

- (a) The Charities & Trustee Investment Act (Scotland) Act 2005, and
- (b) The Charities Accounts (Scotland) Regulations 2006 as amended
- (c) The Company's Act 2006
- (d) Financial Reporting Standard 102 (FRS102) (Effective January 2015),
- (e) Charities SORP (FRS 102) (Effective January 2015)

1.2 Changes to Basis of Preparation

- (a) The Charities SORP (FRS 102), previously The Charities SORP (FRSSE)
- (b) The FRS 102, previously The FRSSE 2015

1.3 Changes to previous years' accounts

- (a) The presentation of the financial statements has been amended to meet the requirements of the Charities SORP (FRS 102). No material changes to the accounts have been made.

1.4 The charity meets the definition of a public benefit entity as defined by FRS102.

1.5 The charity is dependent on the continuing support of donors. However, the trustees have no reason to consider that this will not continue or that there are any material uncertainties about the charity's ability to continue as a going concern.

2 Accounting Policies

2.1 Form of Financial Statements

The charity maintains two types of funds for accounting purposes: -

- (a) A general unrestricted fund that can be expended at the discretion of the trustees on furthering the objects of the charity, and
- (b) Restricted funds that may only be used for specific purposes. Restrictions arise when specified by the donor or when funds are raised for specific purposes.

2.2 Income

(a) Income is recognised and included in the Statement of Financial Activities (SOFA) when the charity becomes entitled to the resources; their receipt is probable; and the monetary value can be measured with sufficient reliability.

(b) Where income has related expenditure the income and related expenditure are reported gross in the SOFA.

Community Foundation for Planetary Healing

Notes to the Financial Statements

For the year 6 October 2016 to 5 October 2017

(c) Funds 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; it is probable they will be paid and the monetary value can be measured with sufficient reliability.

2.4 Assets

(a) 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.

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

- Yurt & other equipment – 20%

2.5 Debtors

(a) Debtors are recognised at the settlement amount due

(b) Prepayments are valued at the amount prepaid

2.6 Cash

Cash at bank and in hand includes cash and bank deposits repayable on demand

2.7 Creditors

(a) Creditors are recognised where the charity has an obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due can be measured or estimated reliably. Creditors are normally recognised at their settlement amount, usually the invoice amount.

(b) Accrued charges are normally valued at their settlement amount.

2.8 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

£1,766 was paid to Claudia Goncalves, who is connected to Mark Halliday - a trustee, for coordination and facilitation of the Nature Connection; Deep Nature Connection and Wellness programmes. The payment is permitted under Clause 5.3 of the Memorandum of Association.

No out of pocket expenses were reimbursed to charity trustees.

Community Foundation for Planetary Healing

Notes to the Financial Statements

For the year 6 October 2016 to 5 October 2017

4. Movement in Restricted Funds

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

	Opening balance	Income	Expenditure	Transfers	Closing balance
	£	£	£	£	£
Children's Project in Brazil	100	-	-	-	100
Nature Connection - Awards for All	3,446	443	3,446	-	443
Reception - Henderson Charitable Trust	-	6,550	5,913	-	637
Volunteer Training - Foundation Scotland	-	2,000	2,000	-	-
Groundworks - Tesco	-	2,000	462	-	1,538
Indigenous People Project	-	235	-	-	235
Volunteer Expenses - E<F	1,000	1,000	1,344	-	656
Total	4,546	12,228	13,165	-	3,609

5. Donations & legacies	Note	Unrestricted Funds	Restricted Funds	2017 Total	2016 Total
		£	£	£	£
General donations & legacies		10,039	678	10,717	17,029
Awards for All		-	-	-	9,885
Henderson Trust		-	6,550	6,550	-
Foundation Scotland		-	2,000	2,000	-
Tesco		-	2,000	2,000	-
Edinburgh & Lothians Trust Fund		-	1,000	1,000	1,000
Total		10,039	12,228	22,267	27,914

6. Charitable activities	Note	Unrestricted Funds	Restricted Funds	2017 Total	2016 Total
		£	£	£	£
Community Initiative & Health Project		5,273	-	5,273	2,305
Other plus rental income		1,707	-	1,707	2,433
Deep Nature Connection		1,190	-	1,190	1,328
Total		8,170	-	8,170	6,066

Community Foundation for Planetary Healing

Notes to the Financial Statements

For the year 6 October 2016 to 5 October 2017

7. Other trading activities	Note	Unrestricted Funds	Restricted Funds	2017 Total	2016 Total
		£	£	£	£
Shop sales		1,588	-	1,588	118
Various events		1,608	-	1,608	1,255
Total		3,196	-	3,196	1,373

8. Charitable activities	Note	Unrestricted Funds	Restricted Funds	2017 Total	2016 Total
		£	£	£	£
Community Initiative & Health Project		5,400	684	6,084	3,801
Co-ordinator & facilitator fees		813	2,130	2,943	3,450
Administration		888	6,545	7,433	4,979
Establishment		12,778	-	12,778	10,969
Volunteer expenses		-	1,344	1,344	-
Volunteer training		-	2,000	2,000	-
Equipment & maintenance		539	462	1,001	-
Other costs		-	-	-	5,741
Depreciation		462	-	462	396
Independent examination		438	-	438	438
Provision for bad debts		-	-	-	88
Total		21,318	13,165	34,483	29,862

9. Tangible Assets	Equipment and Yurt
Cost	
At 6 October 2016	9,666
Additions	330
At 5 October 2017	9,996
Depreciation	
At 6 October 2016	8,328
Charge for the year	462
At 5 October 2017	8,790
Net book value	
At 5 October 2016	1,338
At 6 October 2017	1,206

Community Foundation for Planetary Healing

Notes to the Financial Statements

For the year 6 October 2016 to 5 October 2017

10. Previous year information

In order to comply with the SORP (FRS 102) to show corresponding amounts for the previous year for every item in the Statement of Financial Activities (not just the prior year totals), the unrestricted and restricted funds from the previous year, set out in accordance with the requirements of the SORP (FRS 102), is shown below:

Statement of Financial Activities for the year ended 5 October 2016

	Unrestricted Funds	Restricted Funds
	£	£
Income from:		
Donations	16,953	10,885
Charitable activities	6,066	-
Other trading activities	1,373	-
Investments	3	-
Total income	<u>24,395</u>	<u>10,885</u>
Expenditure on:		
Raising funds	-	-
Charitable activities	22,897	6,965
Total expenditure	<u>22,897</u>	<u>6,965</u>
Net movement in funds before transfers	1,498	3,920
Transfers	752	(752)
Net movement in funds after transfers	2,250	3,168
Reconciliation of Funds		
Funds brought forward	2,003	1,378
Net movement in funds	<u>2,250</u>	<u>3,168</u>
Funds carried forward	<u>4,253</u>	<u>4,546</u>