



THE PLANETARY HEALING CENTRE

Annual Report 2013-2014

Community Foundation for Planetary Healing
288 Portobello High Street
EDINBURGH EH15 2AS

www.planetary-healing.org

Reg Charity SC034826

Reg Company SC257126

Trustees' Annual Report

From 6 October 2013 to
5 October 2014

Letter from the Chairperson

It is with a sense of pride and admiration that I write another annual statement. Admiration for the selfless dedication, generosity of spirit and goodwill of all our volunteers offering their priceless services and pride for the excellent service we are delivering to our community.

Reading the feedback from our users from our Evaluation report this year is a pleasure. The comments indicate we are moving in a consistently positive direction. Our services are friendly, safe, welcoming and delivers an impact that brings about individual and community wellbeing.

The grants received half way through this financial year from Awards for All and EVOT should go a long way to improving our services while helping us to build on and continue developing the foundations of the charity. In these times of austerity, I consider it a minor miracle we are managing to not only receive funding but also sustain a highly successful service for our community for so many years.

The most encouraging aspect of this year has been the continuing increase in users. A sure sign that people are seeking beneficial ways to improve their health, which in itself is one of the most empowering gifts one can give to oneself.

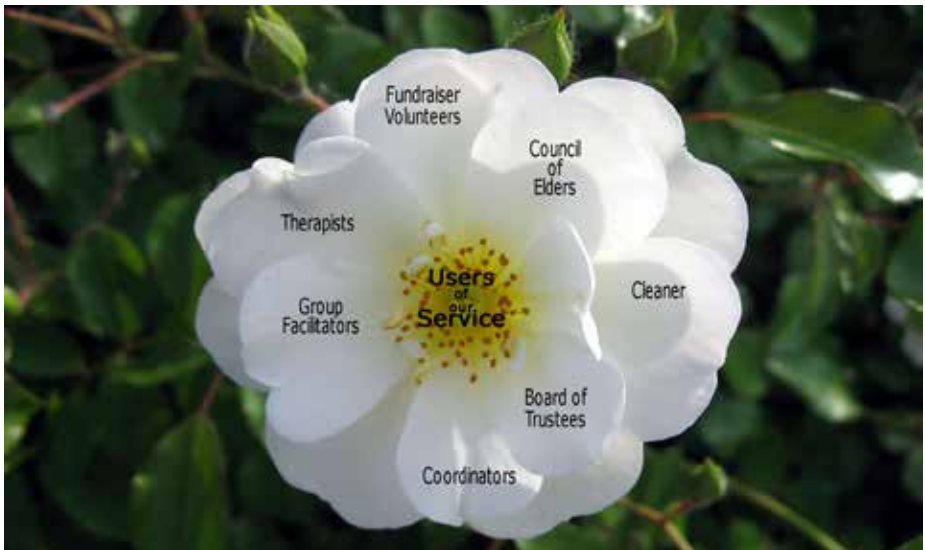
I offer my deepest thanks and respect to our highly committed volunteers - you make our charity the success we are.

Mark Halliday

THE COMMUNITY FOUNDATION FOR PLANETARY HEALING

Also known as THE PLANETARY HEALING CENTRE

With thanks to our elder Emily Boyd, instead of a pyramid structure, we have chosen the flower to represent how we work and show that each one of us has an important place and fundamental role in our organisation.



“A lot of work took place this year in creating a new logo and updating our website. The butterfly, representing transformation, has now settled in the centre of our logo. The Centre is the heart: what we do, what we give, truly comes from the heart.”
Cláudia Gonçalves



Objectives & Activities

We are an Edinburgh based Voluntary Organization charity solely run by volunteers.

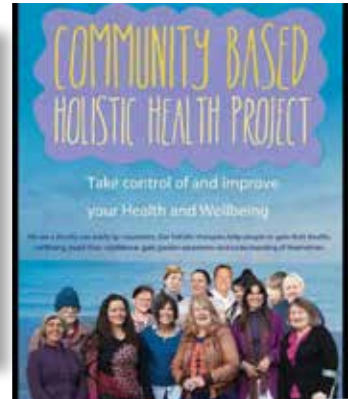
Nearly 30 volunteers from different walks of life share a common vision for our organisation's aim, values and services supporting the charity on a regular basis. Volunteers, come from Edinburgh, Glasgow, East Coast, Borders, Fife and Perth to support our work.

Our charity was set up in 2003 and it grew from a small number of people who had the desire to help others in the community who were struggling with ill health, needing support and therapies but could not afford the full cost of complementary therapies. Today the Planetary Healing Centre has a team of nearly 30 volunteers supporting our Charity's work and all volunteers have a variety of backgrounds and experiences as holistic therapists.

Our mission is to help people to re-gain their health, wellbeing, build their confidence, gain greater awareness and understanding of themselves.

Users of our projects are vulnerable adults and largely drawn from those living on state benefits, pensions, or low income. The immediate challenges service users face include mental health condition, trauma, sleep issues, bereavement, stress, anxiety, unemployment, carer responsibilities, isolation, addiction issues, physical illness, disability, life-limiting illnesses such as cancer and others.

“A deep expression of compassion for others and our living planet: To serve is what we do. It is who we are. ”



Our Charity's aims are to

- 1) Help people regain control of their own health and wellbeing thus moving towards better health.
- 2) Complement the support which orthodox medicine is giving to people with ill-health
- 3) Endeavour to prevent people from developing mental health issues related to lack of support, lack of belonging and isolation.
- 4) Provide volunteering opportunities that will offer our clients holistic support, contributing to a stronger, more resilient and supportive community.

“Poor health is not simply due to diet, smoking or other life style choices. We need to understand factors underlying poor health and health inequalities such as people’s aspirations, sense of control and cultural factors. This is best understood as a ‘sense of coherence’, in which the external environment is perceived as comprehensible, manageable and worthwhile. Without this sense of coherence, people are likely to be subject to chronic stress and poor health as a result.”

Equally Well Review (2010a) Scottish Government

Our Awards



Our charity holds the “Investing in Volunteers Award” since 2009 and we are proud to have a community of nearly 30 volunteers supporting our work.

We achieved our overall aim through the following activities

1) Holistic Health Project - Accessible Therapies

We run this project during the day, it is aimed at people dealing with well-being issues who are hard to reach and 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 with their physical, mental or emotional health. This project is by suggested donation.

2) Holistic Library - Self development

Promoting holistic living:
To raise awareness and promote holistic self development, we offer a library where the community can borrow from a collection of over 400 holistic books. A small donation given when borrowing a book supports this service.

3) Nature Connection: For Families and individuals

This Project runs from a 20ft yurt in rented woodland near Balerno. It is aimed at having hard to reach families and individuals spending quality time together outdoors connecting with nature. It promotes and develops positive health and wellbeing through nature therapy, the provision of a wide range of educational and social outdoors activities as well as storytelling. The Yurt, which is fitted with a wood burning stove inside, can accommodate up to 22 people. This project is also by suggested donation.



4) Community Initiative - Supporting volunteers & Community



To give something back to volunteers who support our Charity with their time and skills, we offer our volunteers the opportunity to use our premises at a 50% of the normal costs of renting premises in Edinburgh. Our volunteers then run their own private therapy work, classes, groups, trainings or workshops.

This takes place outside the Holistic Health Project times and

days. Their private services are aimed at the wider community in general who are looking to reach or keep the balance within and getting to a place of vibrant well-being. Clients contact the therapists, facilitators or trainers directly to book and they then book space with us for their private work, travel to their homes or see them at other venues they also work from.



Achievements & Performance

Our charity is celebrating 11 years of existence this financial year. The steady growth of our Health Project is a testimony to the popularity of its service with those in greatest need. For people in the community who face financial hardship, we have been delivering holistic therapies by donation and sometimes free of charge since Oct 2006.

With grants received from Awards for All, a consultant was commissioned to do an evaluation and assess the effectiveness of our Holistic Health Project in achieving its aims & to take suggestions and feedback from users and volunteers. Quantitative & Qualitative info was collated including the data from clients's registration form.

Volunteer Trainings and professional development

We value our volunteers highly, we hold the "Investing in Volunteers" award and we offer support and supervision once a Month. This financial year, we supported the professional development of 14 therapists and practitioners of holistic health interventions, 1 coordinator and 1 manager. Also of 3 new coordinators who joined our charity after summer.

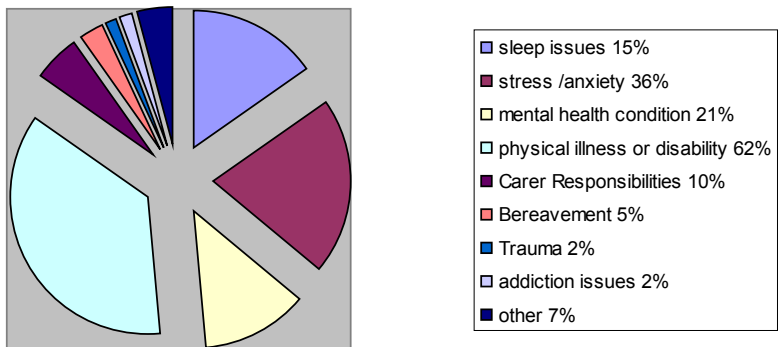
Volunteer induction training days were held a few times this year for new volunteers. This financial year 3 receptionists and 1 coordinator were trained on "Dealing with challenging clients and situations." Another training attended by 14 volunteers was entitled: "Volunteer therapists & clients at the Holistic Health Project." Two volunteer therapists who have been with us for a few years received £300 each for continuous professional development this year and another 7 volunteers will also receive between £150 and £300 next year.

Holistic Health Project

354 people are currently registered with the project of whom 81 made appointments for therapies with 75 actually attending regularly in the course of the year. The average number of attendances per person was 5 over the year and the maximum was 23 sessions. Additionally an average 30 people each week attended regular evening classes, workshops, open days, fundraising events and trainings as part of the Community Initiative.

During this year, the Holistic Health Project was open to the public on 42 weeks, Monday to Thursday 10am - 3pm, delivered 358 low cost sessions to 75 people on benefits, pension or on low income. A further 51 sessions were booked for which people failed to attend (14%). This non attendance figure is comparatively low for community health projects and expected when vulnerability of the clients and the challenges facing them attending sessions are taken into account.

Reason for attending project



Financial Review

We received income totaling £25,738 (2013: £14,502) primarily from our charitable activities, grants, fundraising and donations. Expenditure for the year was £18,950 (2013: £15,019) which resulted in a surplus of £6,788 (2013: a deficit of £517). At the 5 October 2014 we held funds totaling £10,046, £9,948 of which are restricted funds. The therapists services were donated free of charge and are estimated as having an equivalent value of around £25,200 with a significant additional amount donated in terms of free management and coordinator services £25,540 and £9,300 from trustees/ fund-raisers input makes up to a total of £60,040 equivalent. Finally the Holistic Health Project also benefited from premises, donated free of charge by the co-founders, worth £7,200 which makes the total in kind benefits to £67,240.

Our Holistic Health Project offered around 12 sessions a week this financial year. Service users donated between £8 and £20 with the average contribution received been around £10. Approximately 10% of the sessions were free given to those who were in acute need when they indicated that they could not afford the smallest suggested donation of £8. There are about 37 Holistic Centres in Edinburgh, costs of Therapies in Commercial private therapy Centres vary from £40 to £100. Only our Charity offers this type of Holistic Health Project offering therapies which are financially accessible to those on benefits or low income. Our project is unique in Scotland.

Grants and other income

We received £ 9,948 from Awards for all and £ 2,000 from EVOT to support our projects. Whenever there is space available and demand, our Charity rents the therapy rooms for outside private therapists, however, regular volunteers benefit from having access to the space for 50% less for their private work.

Statement of Financial Activities
(Incorporating Income & Expenditure Account)
For the year 6 October 2013 to 5 October 2014

	Unrestricted Funds £	Restricted Funds £	2014 Tot £	2013 Tot £
Incoming Resources				
From generated funds				
Voluntary Income	7,486	11,848	19,334	8,397
Activities for generating funds	1,538	-	1,538	1,974
Investment income	1	-	1	-
From charitable activities	4,726	-	4,726	3,748
Other incoming resources	139	-	139	383
Total incoming resources	13,890	11,848	25,738	14,502
Resources Expended				
Cost of generating funds	1,254	-	1,254	259
Cost charitable activities	15,302	2,000	17,302	14,400
Governance costs	394	-	394	360
Total resources expended	16,950	2,000	18,950	15,019
Net incoming/(outgoing) resources	(3,060)	9,848	6,788	(517)
Reconciliation of Funds				
Funds brought forward	3,158	100	3,258	3,775
Net income	(3,060)	9,848	6,788	(517)
Funds carried forward	98	9,948	10,046	3,258

Independent Examiner and Accountant: Chris Smith
Full account can be downloaded from www.planetary-healing.org.

Regulations, policies and procedures

We have recently updated all our policies, procedures and other important documents. They are all available on our website and here is a list of some of them:

Therapist - Job description	Equal Opportunities Policy
Coordinator - Job description	Health and Safety Policy
Agreement between Volunteers and The Planetary Healing Centre	Drugs and Alcohol Policy
Induction Training document	Guidance on Child Protection Policy
Code of Conduct	Confidentiality Policy
Code of Practice and Ethics	Guidelines for Working with Vulnerable People
Policies and Procedures	Risk Assessment
Volunteers Policy	Managing Fire Safety
Volunteers Working Policy	
People at Risk Policy	

Others documents

Self Declaration Form for an Adult at Risk Position Requiring an Enhanced Disclosure

Secure Handling, Use, Storage and Retention of Disclosure Information Policy

Recruitment of Ex-Offender Policy

Useful Forms that have also been updated recently and are on our website:

Volunteer's grievances

Disciplinary procedure

Your training needs

Volunteers' Skills audit

Volunteer's self evaluation

Volunteer's exit feedback

Users' exit feedback

Future Plans

- 01.** Our Holistic Health Project will continue to be open working with vulnerable people who have health issues and are restricted financially. We will continue to accept new users and will be open 42 to 44 weeks in 2015.
- 02.** Another 7 volunteer therapists who have been with us for over 6 Months will receive between £150 to £300 each for training and professional development in the coming year.
- 03.** In the coming year we will seek funds for a paid Manager to work full time to support our projects.
- 04.** The Nature Connection project will run once a Month April to October in 2015.
- 05.** The Community Yurt will be re-furbished with the grants received from Awards for All.
- 06.** We will seek funds to purchase our own premises in Edinburgh which is also wheel chair accessible.
- 07.** We will have two open days and fundraising events in 2015.
- 08.** Planning and fundraising will start for a “Bee wise – Bee keeping” Pilot Project in the coming year aimed at education on the importance of sustainable bee keeping and to teach bee-keeping in the community.



Thank you to all our volunteers

Advisors / Council of Elders: Alma Shearer, Stewart Keith and Emily Boyd (All served on the Board of trustees before for 9 years).

Co-founders: Cláudia Gonçalves and Mark Halliday

Board of Trustees: Tessa McKirdy, Mags Higgins, Margo Daru-Elliot, Mark Halliday and Cláudia Gonçalves .

Manager / Webmaster / Induction training officer: Cláudia Gonçalves

Project Coordinators: Jana Fleischmannova (Monday), Ana Duarte (Tuesday), Nicola Kirkwood (Wednesday) Tessa McKirdy (Thursday)

Receptionists: Abi Cochrane , Josephine Samuel, Ieva Bureikaite, Karma Yonten.

Volunteer Therapists: Mags Higgins, Ann Fowler, Gaia Aire, Rodica Pamphilon, Maria Hawkins, Anne-Marie Birch, Dorothy Forest, Tessa McKirdy, Nicole Swierskoski, Irene Beldon, Sara Cornelious, Pammie Jo Proudfoot, Karma Yonten, Janine Pohl.

Library Coordinator: Jude Warner

Cleaner: Daniel Chammer

Support and Supervision officers:

Cláudia Gonçalves & Inez Patino



Open days and Fundraising team: Bob Young, Nikkie Haynes, Dorothy Forest, Katriona Snow, Cláudia Gonçalves and Mark Halliday

Thanks to our funders:

EVOT

Supported by

