

## Our Team of volunteers in 2010/2011

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

**Honorary Trustee:** Alma Shearer

**Board of trustees:** Emily Boyd, Stewart Keith, Mark Halliday, Sue Tait, Neill Walker, Cláudia Gonçalves

**Project Coordinator volunteer:** Denise Jones

**Therapists Project & Thur Clinic volunteers:** Ann Fowler, Angela Stevenson, Linda Hummel, Sheila McGovern, Rachel Murphy, Jane Hill, Denise Jones, Elizabeth Mueller, Richard Barribal, Daila Consolaro, Mary MacFarlane, Nicola Blyte, Janine Poh, Alison Lilian.

**Project yoga Teachers volunteers:** Cláudia Gonçalves & Irene Beldon

**Project Meditation facilitator:** Jane Hill

**Receptionists:** Marie McGrath, Tessa McKirdy, Marjory Edmonson, Jude Warner, Jane Hill

**Library:** Jude Warner

**New logo:** Ken Kerr

**Webmaster:** Cláudia Gonçalves

**Cleaner:** Katie Ross

**Marketing volunteer:** Michelle Pollock

**Support and Supervision:** Anika Wycislik & Joe Pamphilon

**Woodland Project Planning volunteer:** Aisling McNulty

We would like to thank all our volunteers for their support, contribution, commitment, effort, work and above all: serving our community with unconditional love at heart!

# COMMUNITY FOUNDATION FOR PLANETARY HEALING



## Making a positive impact

We offer person centred holistic care, support and activities for those who are financially restricted, supporting individuals to retain or improve their health and wellbeing. A key part of our ethos is to be open to all.

## ANNUAL REPORT Oct.2010 - Oct.2011

Office: 0131 449 4467 Email: [holistic@planetary-healing.org](mailto:holistic@planetary-healing.org)  
Reg. Charity SC 034826 Reg. Company: SC 257126

[www.planetary-healing.org](http://www.planetary-healing.org)

Letter from co-founder & chairperson Mark Halliday



Dear friends

As we approach the end of another year I often reflect on the things that made it meaningful: birthdays, holidays and other special occasions. When I look back on this year with the Community Foundation for Planetary Healing, it seems the whole year was special.

The huge increase in therapies and users has gone far beyond our expectations and vision. This has truly been a successful year for us. The range of therapies and services available is truly heartening. Knowing that we as a community are all coming together to support and help each other in these challenging times shows us the real spirit of humanity.

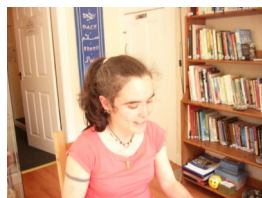
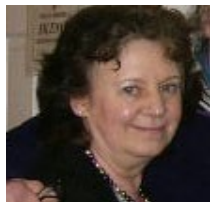
I would like to thank Sue Tait: Sue was with us on the board for over 2 years and her expertise and experience with planning made an immense contribution to our organisation moving forward. We trust she will remain active member and consider returning to the Board in the future.

It is with great pleasure that we welcome Margot Daru-Elliot on our board of trustees. Margot has, like all our trustees a depth and wealth of experience in her life, walking diverse paths and carrying a profound love in her heart for people and community.

Finally I would like to say thank you to everyone involved in our charity for their hard work, dedication and commitment. I look forward to meeting every opportunity that 2012 brings.

Many thanks,

*Mark Halliday*



Unrestricted Funds	Restricted Funds	Total 2011	Total 2010
£	£	£	£
1,115	10,824	11,939	1,737
2,019	-	2,019	2,002
1	-	1	-
7,101	-	7,101	15,911
545	-	545	423
<b>10,781</b>	<b>10,824</b>	<b>21,605</b>	<b>20,073</b>
791	-	791	188
12,439	2,585	15,024	20,491
-	-	-	433
300	-	300	300
<b>13,630</b>	<b>2,585</b>	<b>16,215</b>	<b>21,412</b>
(2,749)	8,239	5,490	(1,339)
5,629	(5,629)	-	-
<b>2,880</b>	<b>2,610</b>	<b>5,490</b>	<b>(1,339)</b>

## Community Foundation for Planetary Healing

### Summarized Accounts . Full accounts available on request.

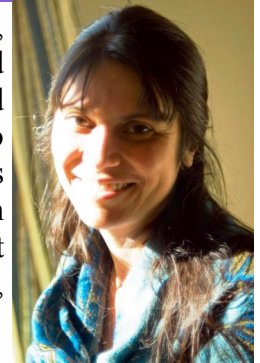
(Incorporating Income & Expenditure Account)

For the year 6 October 2010 to 5 October 2011

	Note
<b><u>Incoming Resources</u></b>	
From generated funds	
Voluntary income	5
Activities for generating funds	6
Investment income	
From charitable activities	7
Other incoming resources	
<b>Total Incoming Resources</b>	
<b><u>Resources Expended</u></b>	
Cost of generating funds	8
Cost of charitable activities	9
Grants made (Brazilian project)	
Preparation & Examination of Accounts	
<b>Total Resources Expended</b>	
Net Incoming (outgoing) Resources before transfers	
Transfers	4
Net Incoming (outgoing) Resources after transfers	
<b>Independent Examiner: Chris Smith MCIE</b>	
<b>Glascairn Cottage, Aytounhill, Cupar, KY14 6JH, has issued unqualified reports on full annual accounts.</b>	
Signed on behalf of the trustees by Claudia Goncalves - <i>Treasurer 09/Dec/2011</i>	

## Introduction from co-founder Cláudia Gonçalves

We are pioneers and very creative with our resources, always coming up with new ways of doing things and making them happen. Our Community Woodland Project is our most recent sparkle of creativity ready to start in 2012. With this project users of our services will have access to the outdoors, work on earth awareness exercises, do forest gardening, learn about sustainability, art of mentoring, community, nature, physical exercises outdoors, amongst other activities.



We invest our energy and resources, and inspire all around us to achieve their goals when it comes to health, well-being and community.

We lead the way in setting up new models of service. Our Holistic Community Health Project is possibly unique in the UK, we have been running it since Oct 2007, offering high quality professional holistic service supported by volunteers.

We are passionate about achieving change for the better. Depression, mental health, emotional issues, stress and physical health conditions cause a lot of strain on the family unit and absenteeism from work. So, as well as our established **Holistic Community Health Project**, we have this year also opened up our **Thursday evening clinic** envisioned by active member and volunteer Denise Jones. It provides therapies for those on low income who cannot attend sessions within our day project. The aims of our Thursday Clinic are to help people keep their health, retain employment by reducing stress and absences from work. It also alleviates strain on the family unit.

Our work is based on sound knowledge and experience: we have a track record of delivering real outcomes with our projects and this is the base for future development in our charity.

A big thank you to all the supporters of the CFPH and a special thank you to our team of volunteers. Their work truly is from the heart!

*Cláudia Gonçalves*

## Board of Trustees report

### Achievements & Performance

**Making a positive impact:** Our aim remains “Health, well-being and inclusion for all.”. We offer a safe and holistic 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. In 2010/2011:



- Our **Holistic Community Health Project** open to all areas, offered 23 therapies a week, 10 meditation/relaxation places a week all by contribution or at times at no cost.
- 2010/2011 our Projects delivered 504 therapies and in 2009/2010 we delivered 229 therapies. This year alone 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 for people going beyond the reception area and it does not count visitors to the shop which we estimate another 500 people.
- We have 199 users registered using our project
- We have 352 library members
- 800 people are part of our Community Initiative.
- 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
- April 2010 we also launched our **Thursday evening Clinic Project** for people on low income.

*The Board*



### 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 Shamanic Centre becoming independent of the CFPH. A fall in expenditure to £16,115 (2010: £21,412) led to a surplus of £5,490 which was added to reserves.

In 2010, due to growth and expansion, The Edinburgh Shamanic Centre physically moved to Balerno, South West of Edinburgh. The Edinburgh Shamanic Centre ([www.shamaniccentre.com](http://www.shamaniccentre.com)) 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 ([www.youthvisionscotland.co.uk](http://www.youthvisionscotland.co.uk)) experienced in 2009.

The premises from which the Foundation operated was provided rent free by the co-founders Cláudia & Mark.

### **Highlights of the year**

**We received an Awards for All grant to buy a 19’ yurt & wood-burn stove to start our Community Woodland project in 2012.**

**Fundraising event: NOV 2010** Winter Sparkle Open day; **MAR 2011** Show of the film “The Edge of Dreaming”; **JUN 2011** - Meadows Festival; **AUG 2011** Coffee Morning and Holistic Fair; **SEP 2011** Musselburgh Holistic Fair.

### **A BIG THANK YOU to funders & supporters in 2011**

Co-founders Cláudia Gonçalves and Mark Halliday for free use of the building. Trustee Stewart Keith for our brand new front door. Awards for All, Portobello Craigmillar Neighbourhood Partnership, Voluntary Action Fund & Co-operative for supporting our projects.



## What our users say

*"They've got it right. As a community thing it's absolutely excellent. You have a blether, a look thru library and you feel 100%!"*

*"Nothing I see is lacking."*

*"I was never disappointed. They do wonderful work for the community".*

*"They were great, they couldn't have done more."*

*"They aren't paid? That takes a big heart!"*

## CFPH's future plans

In the year ahead of 2012 the Trustees intend to:

- Find bigger premises for the CFPH
- Employ a full time development worker
- 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, deliver, expand the Community Woodland Project
- Expand 30% of our existing level of therapies
- Create a "Well-being Fund" to help those in financial hardship access training in Holistic therapies & classes in general.
- Identify and offer more trainings for our volunteers



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, fun and inclusion in the life of our organization. Our volunteers are the key to the success of the Foundation.

## OUR HOLISTIC COMMUNITY HEALTH PROJECT

### What people got out of our Projects in 2010/2011

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

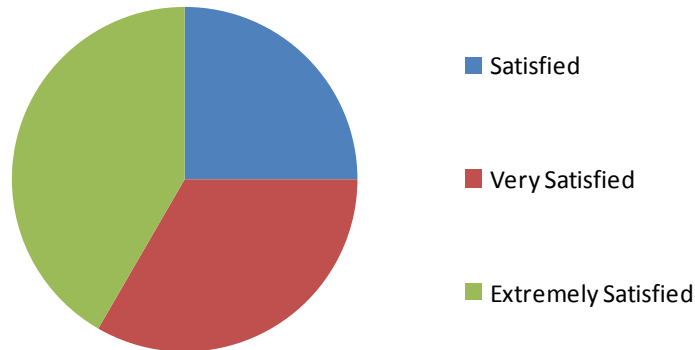


### Personal Support

- We offer person-centred holistic care, support & activities, enabling individuals to improve their health & well-being.
- We offer a model of care and support that can be accessed directly by service users according with their own personal needs.
- We broaden our customer base to include support for formal and informal carers and also people with long-term health conditions.
- Users are empowered: they have choice, information & can self-refer.

**Participants were asked to rate satisfaction on a scale**

**Satisfaction of Users**



*"I'm very happy that you exist and there's something like this. Its 100% OK! The centre has such a positive atmosphere."*

*(From a user)*



**Reasons for seeking our Project**

Presenting problem	Total (sample 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%

Ten therapists offer their skills and time for free volunteering in our day Health project. Users contribute what they can afford.

**CFPH today**

**The CFPH is run by a team of 30 volunteers with no paid employee.** Approximately 75% of our users and of our volunteers are women. We take an **inclusion approach** and within our projects and community initiatives we work with approximately **2,500 people** every year. We deliver services **7 days a week in Edinburgh.**

**Reasons why we are sought after and respected**

We are sought after and respected for our work with holistic health and well-being because:

- users value our services and have the opportunity to get involved with our integrated holistic and community-based projects
- we are known for our stability, safety, pace-setting projects and standards
- working with service users, volunteers and trustees, we have an agreed set of core values that define our culture and ethos. Inclusion and unconditional love are at the core of our work.



**Our Projects and services**

- We deliver our services which reflect the needs of the community and we inspire others.
- We monitor and evaluate our projects every year to retain our specialist expertise, improve our services and have the credibility to join in partnership with funders.
- This coming year we want to expand and have new premises so more people can access our services.
- We ensure all of our volunteers are supported, valued and well-informed. They report to feel a sense of belonging and feel real achievement in contributing to a really worthwhile cause.

**Our work is based on sound knowledge and experience: We have a track record of delivering real outcomes with our projects.**