

COMMUNITY FOUNDATION FOR PLANETARY HEALING



Annual Report Oct.2011 — Oct.2012

Welcome

In my letter last year I believe there was a slight reference to facing challenges?



How little we knew just how strong those challenges would be! The year would be a great time of significant renewal none of us expected.

The beginning of 2012 saw us make the decision to move from Portobello to Edinburgh City Centre. After Months of searching for new premises and clearing the building in Portobello, we finally settled in Palmerston Place.

However, little did we know that an incredible turn of events would return us full circle and move back to Portobello with a renewed building and sense of purpose. Last summer we completely renovated downstairs, repainted the walls and as our Holistic Health Project is the main focus of our **work, we now have “Holistic Centre” on the building facade.**

We now have two wonderful new therapy rooms and a beautiful

space upstairs for groups and classes and are working with our community stronger than ever.

Last year we saw Denise Jones open her own space in Leith and I would personally like to thank Denise for all the hard work and dedication over the last three years she supported our charity. We are delighted that now there is a project serving the Leith community.

2013 is a year of Celebration: we are commemorating 10 years of our Charitable work and 6 years of running the Holistic Health Project for our community.

A big thanks to everyone who helped us transform Portobello and to everyone who volunteers and gives their precious time. As always, you are shining lights of selfless service and the real power of positive thinking and feeling.

With best wishes and blessings for 2013

Mark Halliday
(Co-founder & Chairperson)

What we do



HOLISTIC CARE WITH HEART

Our charity is experienced in providing holistic therapies and experiential outdoor opportunities for individuals and families.

Our work helps hundreds and hundreds of people every year to keep or get their health back, build their confidence and motivation.

We are recognized as experts in the Holistic field and working with disadvantaged groups.

We have a keen interest in participating and contributing to raising the profile of holistic therapies and experiential outdoors learning which people of all ages can access.

Since 2003, when our charity first opened, we have been supporting people in a holistic way: treating and seeing the interconnectedness of mind, body and spirit.



Our team at the Foundation shares the same holistic vision and strives to offer the highest quality of service to our community. We offer a safe place for help, support and holistic care with heart.

A wonderful team of 30 volunteers give their time freely and from the **heart to support the Foundation’s** work.

I would like to take the opportunity to say thank you to our volunteers for their commitment, unconditional love and beautiful hearts! 10 years sharing and manifesting this vision together is such an achievement ! It is a real honour to work with such beautiful people!

Claudia Goncalves (Co-founder & Volunteer)

“2013 is a year of Celebration: we are commemorating 10 years of our Charitable work and 6 years of running the Holistic Health Project for our community”

Volunteers Training and Development

"I feel very motivated volunteering at the CFPH because of the values of the Charity. They work from the heart and this is the work I am drawn to. I feel valued and supported and I have a deep love for the Centre and the community."

"Bringing therapies within 'everyone's' reach is a great idea, and as a volunteer I am very happy serving and supporting the venture. "



"I am motivated to volunteer at the Centre by love. Love for the people, love for co-founders Claudia and Mark for their/our shared vision and dream, love for the work and love for our service users. I love the fact that we help so many people reconnect with healing and hope. Every week it is love that draws me back. I love being part of such a good and beautiful organisation."



The CFPH is committed to its volunteers well being and in providing a high standard of service for the wellbeing of the community.

The CFPH holds the Investing in Volunteers award and is always making sure it is updated on the support offered for its volunteers.

Benefits volunteers say they gain from volunteering with the charity include a sense of worthwhile achievement, useful skills, experience and contacts, sociability, fun, and inclusion in the life of the organization.

This year we delivered 2 mornings CFPH tailor made trainings in partnership with the Edinburgh Volunteer Centre for our volunteers.

Volunteers are the key to the success of our organization. Co-founders and the board of trustees are immensely grateful to all volunteers for their hard work, dedication and commitment.

My motivation for volunteering in the project is because I really respect and admire co-founders Mark and Claudia for their work and making the project possible. It is such a valuable and amazing resource.

Monthly volunteers wellbeing support and supervision group with Claudia Goncalves.

Our sessions are great and very productive. As well as supporting our volunteers with their work at the CFPH, this group also offers a space for them as therapists to have peer support and supervision where we exchange notes and learn **from each other's experiences as therapists** working with the public in general.

One to one volunteers wellbeing support and supervision
Inez Patino offers one to one sessions every 1st Friday of the Month. Those who cannot travel get a phone call that day.



About our Services...

Our charity has helped well over 4,500 people directly since 2003 with the Holistic Health Project, the Community Initiative and the Nature Programme. What people say they gained from the charity's services show that the work leads to better health and wellbeing, more opportunities, a greater sense of community, respect for each other and for nature.

People affected by mental health, cancer, survivors of sexual abuse, isolation, depression, unemployment, homelessness and people with other equally difficult challenges in their lives are supported by our services.

Services are easily accessible to anyone concerned about any aspect of their health, be it physical, emotional, mental 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.

We offer a safe and caring environment, easing suffering and enhancing people's quality of life. At the beginning, the Holistic Health project started offering 8 therapy places a week, then 18, 26 and today we offer 36 therapy places a week by contribution/donation or at no costs for those in a disadvantaged position.



Our Holistic Health Project

offers a wide range of holistic therapies for 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.



Our Community Initiative

provides a programme of educational classes, groups, workshops and a general holistic clinic with a focus on well-being, working to prevent mental ill health due to lack of support, belonging and expression.

Our Nature Programme supports individuals and families who are affected by stress, isolation or health problems, are disadvantaged and hard to reach. The Programme helps people to improve and retain their health and well-being by reducing stress, alleviating strain on the family unit and providing network support opportunities.

Our team work achievements



- 1) We delivered 530 therapies in the project this year even though our Portobello building went through major renovation. During the 6 Months of renovation we operated temporarily from Palmerston Place in the City Centre and from Buchanan Street in Leith. The year before, having a fixed base in Portobello, 504 therapies were delivered in the project. This shows the steady commitment of our volunteers and that users still seek our services wherever we go.
- 2) We delivered 11 full days sessions in the Nature Programme spread through out this year with an average of 18 people taking part in each day session including children.
- 3) Every week we delivered 5 evening classes/groups. We delivered 3 different evening groups a Month and a general Private Holistic clinic in the Community Initiative this year. The Community Initiative program of classes and groups brings communities together and helps raise more funds for our charity.
- 4) We delivered 2 mornings tailor made trainings in partnership with the Edinburgh Volunteer Centre for our volunteers.
- 5) We organized 3 fundraising events to help raise more funds for our charity this year: Winter event: Celebration of unity Spring event: Community gathering Summer event : Grandmother drum.
- 6) 176 people are users of the Holistic Health Project and 104 are users of the Nature Programme
- 7) 380 people are library users and over 800 people are users of our Community Initiative services.
- 8) 30 volunteers supported the CFPH's services on a regular basis this year together with another 20 volunteers who offered one off day volunteering support for events.

Volunteers are the main supporters of the CFPH. By giving their time and skills for free, they make it possible!

People using our Health Project...

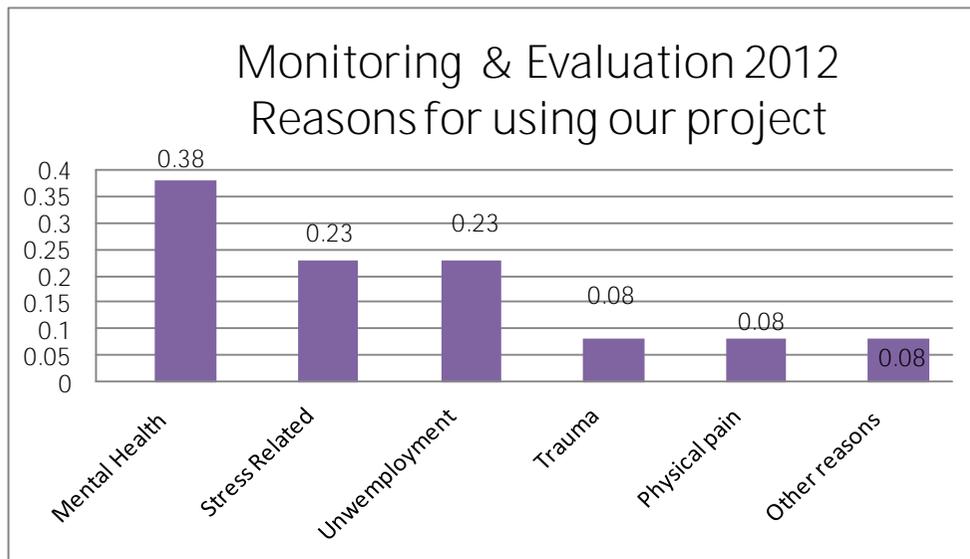
We delivered 530 therapies in the Holistic Health Project from 06.Oct 2011 to 06.Oct 2012

Our recent monitoring and evaluation report shows that the reasons why users seek the Holistic Health Project are:

- Mental Health Issues = 38%
- Stress related = 23%
- Unemployment = 23%
- Trauma = 8%
- Physical pain = 8%
- Other reasons: "e.g. sleeping problems" = 8%



The client group using the Project by donation/ contribution and sometimes free, is largely drawn from those on very low income, state benefits, suffering or recovering from mental health issues, including stress, depression, bereavement, life limiting illnesses such as cancer, arthritis, recuperating from addiction and general ill health.



THE THERAPIES WE OFFER IN THE PROJECT

Reiki, Reflexology, Indian Head Massage, E.F.T., Massage, Shiatsu, Hot Stone Massage, Hope Ear Candle Therapy, Eclectic Counselling, Befriending, Trigger point massage, Shamanic Healing, Crystal Healing, Hypnotherapy/NLP, Shamanic Counselling, Shamanic Reiki, Daoyin Tao (Face massage), One to one yoga, Feather Stone Energy Healing work, Maternity Reflexology, Soul Retrieval, Extraction Work, Spirit led treatment, N.L.P., Life Coaching, Theta Healing, Shamanic Reiki, Shamanic Counselling, Usui Reiki, Thai hands and feet massage, Shiatsu, Quantum Release, Healing sessions for couples.



Plus other therapies as new volunteers join in.

Going from strength to strength

What users said they gained from our Holistic Health Project this year:

- 1) Increase in energy levels
- 2) Improvement and support for health and wellbeing in general
- 3) Reduced and controlled stress levels
- 4) Feeling of empowerment, confident, self-believe, self esteem
- 5) Reduced/controlled pain in the body
- 6) Better mental health
- 7) Feeling healthier and ready to engage back into employment
- 8) Feeling stronger to support my family/children
- 9) Help with emotional issues and sleeping problems.

Nature Programme Project



Individuals and Family Support

The CFPH's outdoor activity programme promotes and develop positive health and wellbeing through the provision of a wide range of educational and social activities and opportunities for families. It is a project for those who would like to be with a community who loves and cares for nature, take time out to relax and de-stress, look after their mental health and wellbeing and learn new things. The programme is great fun and children accompanied by their parent or guardian are included.



During this year we held 11 full days sessions with 94 participants in total.

Permaculture programme

Planting trees

Learning to Identify wild plants

Putting the Community Yurt up

Children playing in nature

Young people making Elderflower drinks = new skills

Family together outdoors = greater harmony

Community together = reducing social exclusion



The Community yurt

With support from Award for all, we bought a yurt for the Community Nature Programme

Parents + children + outdoors = real fun together .

Teenagers & Art of Mentoring = brighter future

Young people making Elderflower drinks = new skills

Sustainability + working together = the way forward

The rain is part of the fun too = as we are in harmony with nature we are more creative!



OUR CONTRIBUTION

How we are contributors to Planetary Healing.

We are delivering services that enhance lives improving health and wellbeing, offering choices and opportunities contributing to the wellbeing of people and our planet.

We help people to potentially live better quality of life by encouraging use of our holistic and complementary therapies. We go further **helping to tackle the 'significant health inequalities in our society', by making sure our services are available to people off all financial means.**

We contribute to a stronger, more resilient, and supportive community, where people have the potential to take more responsibility for their own actions and how they affect others. This is particularly seen where our team of 30 volunteers in our organisation deliver high quality services for our community.



Future plans ...



The trustees feel that in order to guarantee the consistency and availability of the CFPH's services for its users, expanding and diversifying our sources of funding must be the charity's number one priority in the coming year, therefore a funding plan needs to be in place and we need to develop long lasting partnerships with funders.

We also want to continue the Nature Programme, develop and expand it in 2013.

The volunteers have been the main supporters of the CFPH's work over the years, therefore Identify and offer more trainings for the volunteers is also high in our charity's priorities for the coming year.

We will hold two open days: One beginning of May and one in November 2013.

We will hold 4 Community Celebration in our Woodland in Balerno.

We will also hold 3 fundraising events during the coming year.

We will continue to build on our good name, working with authenticity and integrity for that is what makes our Foundation strong!



Summarised Accounts

Scottish Charity No: SC034826

Community Foundation for Planetary Healing

Statement of Financial Activities (Incorporating Income & Expenditure Account) For the year 6 Oct 2011 to 5 Oct 2012	Note	Unrestricted Funds	Restricted Funds	Total 2012	Total 2011
		£	£	£	£
<u>Incoming Resources</u>					
From generated funds					
Voluntary income	5	2,164	2,700	4,864	11,939
Activities for generating funds	6	676	-	676	2,019
Investment income		-	-	-	1
From charitable activities	7	5,159	-	5,159	7,101
Other incoming resources		723	-	723	545
Total Incoming Resources		8,722	2,700	11,422	21,605
<u>Resources Expended</u>					
Cost of generating funds	8	384	-	384	791
Cost of charitable activities	9	7,585	5,395	12,980	15,024
Preparation & Examination of Accounts		400	-	400	300
Total Resources Expended		8,369	5,395	13,764	16,215
Net Incoming (outgoing) Resources before transfers		353	(2,695)	(2,342)	5,490
Transfers		-	-	-	-
Net Incoming (outgoing) Resources after transfers		353	(2,695)	(2,342)	5,490
<u>Reconciliation of Funds</u>					
Funds Brought Forward		3,323	2,795	6,118	628
Net income for the year		353	(2,695)	(2,342)	5,490
Total funds Carried Forward		3,676	100	3,776	6,118

Accountant Independent Examiner
Chris Smith LCIE
Glascairn Cottage
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These summarised financial statements has been extracted from the full Account. For further information on the full accounts, the independent examiner's report and the Trustees' report should be consulted. Copies of these can be downloaded as PDF from our website: www.planetary-healing.org.

Words from a user:

“But something inside me has changed, I feel that I can more easily reach in and feel my 'self' and this 'self' feels more free and open - there is less darkness, less despair on quiet moments I think - it doesn't feel like an overnight thing - I've become aware of it slowly “

Our core values: unconditional love, transformation & community



The hummingbird:
Unconditional love



The butterfly:
Transformation



The bee:
Community

Big thank you . . .

In order for the Foundation to pull through this difficult year during the time we were operating out of our base in Portobello, we had to be very creative in generating funds to cover our costs. We had three fundraising events & members of the Community Initiative created more classes/groups to help the CFPH financially. Thank you to Stewart Keith for a brand new door for our Centre in Portobello. Thank you to Tessa McKirdy, Jane Wild and Rachel Dunsmore for their donation. Thank you to Adele and Malcon Clark, Kate Hedges, Claudia Goncalves, Stewart Keith and Sally Rankin for supporting the Nature Programme, their in kind donation is estimated as £4,700. Thank you to all volunteer therapists and receptionists in Portobello, their in kind donation is estimated as £43,168,50 for the Holistic Health Project. **We would like to thank everyone else involved supporting our charity's ventures this year, too many people to mention! We truly are Community bees!**

We also would like to thank the following funders this year:

Awards for all Community Foundation Edinburgh Voluntary Trust - EVOT

Our thanks to...

Co-founders

Mark Halliday
Claudia Goncalves

Board

Mark Halliday
Claudia Goncalves
Emily Boyd
Stewart Keith
Neill Walker
Margot Daru-Elliot

Honourary Friend/ Elder

Alma Shearer

The team

Claudia Goncalves
Rachel Murphy
Ann Fowler
Denise Jones
Inez Patino
Daila Consolaro
Bob Young
Trisha Young
Tessa McKirdy
Pamela Jo Proudfoot
Nikkie Haynes
Lucyna Ellis
Lara Curran

Moira Ross
Mandy Peat
Karen Gale
Jude Warner
Elizabeth Mueller
Nicole Swierkoski
Lin Gahan
Adele Clark
Kate Hedges
Sally Rankin
Jane Hill
Richard Barriball
Janin Pohl





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