

COMMUNITY FOUNDATION FOR PLANETARY HEALING



Annual Report: Oct.2012 to Oct.2013

Registered Charity in Scotland SC 034826



Welcome

This year we reached a significant milestone in our history. We celebrated our tenth birthday in style! In October we marked the occasion with a special fundraising party and enjoyed a brilliant time with delicious food and wonderful company. Many thanks to everyone who came to support our fundraising and to those who could not come yet still donated. Claudia, myself and the community are very grateful for your contributions. Despite of not having official fundraiser, with no outside funding coming in, we had to be very creative on how we managed our resources and so we rose to this challenge.



Over ten years I have had the honour and privilege of meeting so many special people who have been involved with our charitable work. Literally hundreds of beautiful souls who make the Foundation what it is: a heart centred place which places the values of compassion, peaceful living, personal growth and service to others at its core. Three such people have now retired as trustees: Emily Boyd (9 years), Stewart Keith (9 years) and Neill Walker (2 years). We wish to thank them for their wisdom and invaluable contribution to the Board, the Foundation in general and helping enrich the lives of everyone around us. Emily and Stewart now take their place in our honorary council of Elders with Alma Shearer. A position they truly hold with integrity and honour.

However as is the way of life, as one chapter ends another begins. We are pleased to announce that three new board members will be joining us for the coming year: Tessa McKirdy, Jen Gold and Mags Higgins. Also Alison Whitaker will be joining us as a fundraiser beginning of next financial year. Welcome aboard!

In December 2012 we moved from City centre back to Portobello and slowly replanted our roots. The Portobello space feels fresh and renewed yet still retains the community spirit it always had.

Finally, a huge thank you to all our volunteers for their limitless service and hard work. You are all a real inspiration!

Mark Halliday (Co-founder & Chairperson)

I hardly believe 10 years passed since the opening of our beautiful Centre in Portobello. Many of you will remember when I worked at the Centre during the early days as a receptionist and which proved to be a humbling and delightful experience. From the beginning people were keen to learn of our services. Some folk would pop in to take away our leaflets or to browse the library. While others would choose a crystal from our collection. Many would accept the offer of a cup of tea and they would then seat for a chat. **These “tea sessions” became very popular. People would often tell me how relaxed they felt just seating in our space. Sometimes Mark or Claudia would join us where we would listen and talk together, sharing stories and most important of all having a good laugh for laughter is the greatest healer.**



Over the years the Centre has grown in its outreach in order to embrace the wider community. As well as offering various classes, groups and workshops, suited for all needs, we also have our thriving Holistic Health project which enables those who are financially restricted to have access to holistic therapies. Everyone can benefit from the many health enhancing therapies.

In this troubled world, it is easy to forget that the one healing energy is not only found in holy places but it is available to each one of us at any time in very ordinary places too. This energy, vibrant and all embracing, holds the Universe in place. It is the core of all existence, it is at the heart of everything: it is unconditional love and unconditional love is what we give in our beautiful Centre. A lot of our work is also done in nature. Nature is our greatest teacher.

So as the new year approaches, let us, like the great oak tree or the simple black bird open ourselves up in simple trust, knowing we will be warmed and comforted.

With much love and all blessings,

Alma Shearer (Council of elders - was a trustee for 9 years)

Objectives and activities

The CFPH is an Edinburgh based Voluntary Organization solely run by volunteers. Thirty people from different walks of life share a common vision for the CFPH's aim, values and services supporting the charity on a daily basis.

Our charity was set up in 2003 to promote the study and practice of the art of holistic therapy for public benefit, and in particular to foster the psychological, emotional and physical welfare of the community.

Service users of our charity's main project are vulnerable adults and largely drawn from those living on state benefits, pensions, or very low income. The immediate challenges users face include mental health issues, life-limiting illnesses such as cancer, bereavement, stress relating to unemployment or acting as a carer, isolation, addiction problems, physical pain or simply a need of solace.

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

Holistic Health Project: Accessible Therapies

This project runs during the day, it is aimed at people dealing with wellbeing 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. Beneficiaries contact the CFPH themselves to register in the project and book therapies and some are referred by other health professional agencies.

Holistic Library: Self development

Promoting holistic living: To raise awareness and promote holistic self development, the CFPH offers a library where the community can choose from a collection of over 400 holistic books. A small donation given when borrowing a book supports this service. Library members can borrow up to 3 books at a time for a period of 3 weeks and can renew their books via telephone.

Nature Programme: For Families

The Nature programme runs at the CFPH's Woodland in Balerno from April to October. It is aimed at having families spending quality time together outdoors, promoting and developing positive health and wellbeing through the provision of a wide range of educational and social activities and opportunities in the woodland. This programme is also by donation.

Community Initiative: private therapies, classes, groups and workshops

Flexibility: A private therapy clinic, classes, groups and workshops run late afternoons, evenings and weekends, it is aimed at the wider community in general who are looking to reach or keep the balance within and getting to a place of vibrant wellbeing. This initiative is run by the team of volunteers who support the CFPH's project on a regular basis. As the therapists run their own private practice themselves, they are flexible with time and location, and some can travel to clients. Clients contacts the therapists and facilitators directly to book.

Volunteering with the CFPH

Our volunteers bring a wonderful community feel to the Foundation and they really get involved in all aspects of our organisation. Their engagement, participation and passion is what brings lasting positive outcomes for the users of our services.



“I can hardly believe I am almost into my 10th year volunteering at the Centre! What a decade it has been - from sleepwalking into the Centre to now revealing in She-Who-is-Becoming. My life & evolution are enhanced by the friends, happenings and comings and goings of the beautiful community we are. Here is to another 10 years!”

Jude Warner (receptionist/library coordinator 9 years)

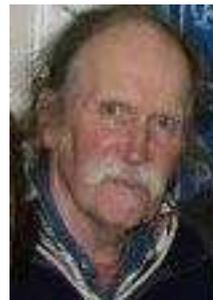
“I really enjoy working at the CFPH Holistic Heath Project. Over the last year I have gained valuable experience working with voluntary therapists, receptionist and with the management committee. I really enjoy meeting the clients and general public. I receive great support from the co-founders and the volunteers alike. Thank you for having me!”

Tessa McKirdy
(Project Coordinator
4 days a week for the
past year)



“From a time, so long ago that I cannot remember how far back, service to others has been the greatest joy in my life. Being a volunteer at the CFPH gives me that constant joy and helps me on my spiritual growth. My greatest teacher was my grandmother: she taught me unconditional love not by talking about it, but living it. She would never make a fuss out of it: she would just love and give limitlessly, never grumpy and never complaining. At the CFPH the work is hard sometimes: long nights awake writing reports, policies, procedures, doing finances, website, managing and supporting the volunteers, meetings ... All worth it because of that split second when a user of our services look into your eyes and smile: their suffering is less, their health is better, their spirit is uplifted and you feel the gratitude in their heart. No words can express what those split seconds feel like! That is what makes it all worth while”

Claudia Goncalves - Co-founder/director/volunteer for 10 years)



Our two trustees who retired this year after serving on the Board for 9 years: **Stewart Keith and Emily Boyd**. They are now part of our Council of elders together with Alma Shearer. As always: shining their light and sharing their wisdom.



“Since I have been volunteering at planetary healing my therapies that I deliver have been developing and progressing. I also have found the more I give to clients the more I receive. I am very grateful to be a therapist at the project, it delivers so many fantastic therapies and support to the client group it serves. Long may it continue and develop.”

Gaia Aire (volunteer therapist 5 Months)

This financial year, the CFPH supported the professional development of 17 volunteer therapists and practitioners of holistic health interventions, 4 receptionists, 1 volunteer coordinator and 1 manager. We value our volunteers highly and we were awarded “Investing in Volunteers” accreditation in 2009.

We offer support and supervision regularly and volunteers social events like this one here where we share food, good company and laughter.



HOLISTIC HEALTH PROJECT

The steady growth of the Holistic Health Project is an eloquent testimony to the popularity of its service with those in greatest need.

We deliver holistic therapies by contribution or free of charge for people with ill-health and a nature programme for families by donation or free of charge for people in our community who face financial hardship.

We are recognized as expert in the Holistic field working with disadvantaged groups. The number of users registered over the years in the Health project has steadily risen from 50 in 2007/2008 to 304 in 2012/2013. Out of the total of 304, 154 are recent regular users, indicating a high level of need for our service.

After 9 Months being located in the City Centre and returning to our base in Portobello and with the building work that had to take place in our Portobello premises, the CFPH re-started the project gradually again, offering it twice a week for 4 Months and then increasing it to 4 days a week the rest of the year. In this period of growth we have kept waiting lists and times to a minimum by increasing the weekly sessions available and finding additional volunteer therapists to match this.

A total of 333 therapies were delivered during this year. Another 44 therapies were cancelled by users due to their acute health condition on the day and only 16 therapies were cancelled by volunteer therapists who were unable to attend their volunteering.

THE THERAPIES WE OFFER IN THE PROJECT

Reiki, Reflexology, Indian Head Massage, E.F.T., Massage, Shiatsu, Hopi Ear Candle Therapy, Befriending, Trigger point massage, Shamanic Healing, Crystal Healing, Hypnotherapy, Shamanic Counselling, Daoyyn Tao (Face massage), Energy Healing (Feather Stone), Maternity Reflexology, Soul Retrieval, Extraction Work, N.L.P., Theta Healing, Usui Reiki, Thai hands and feet massage, Quantum Release, CranioSacral Therapy, On site massage, Breath Work, Trauma recovery, Reconnective Healing, Stress Management and confidence building sessions.

Monitoring and Evaluation

Health conditions of users when coming to access our projects:

Trauma related to violence, Mental Health, Cancer, Asthma, Anxiety, Recovering from substance misuse (alcohol), Sciatica problems, Stroke, High blood pressure, Back pain, Post Polio, ME, Lack of energy, Trauma, Pregnancy, Cerebral Palsy, Arthritis, Depression, Bi-polar, lower back problems, Stomach problems, Low mood, Stress, Chronic Fatigue, I.B.S., Incontinence, Vascular Disease, Autism, Eczema, Learning Difficulties, Exhaustion, Menstrual problems, Heart problems, Allergies, High Cholesterol, Pain, Injury on Spinal cord, Sleeping problems, Psychosis, Aspergers' syndrome, Migraine, Bereavement, P.T.S.D (Post Traumatic Stress Disorder), Functional Movement disorder, Schizophrenia, Trying to stop smoking, chronic pain, A.D.H.D., Recovering from addiction to drugs, Breast cancer, Diabetics, Agoraphobia, Dislocated Neck disk, HIV, Maniac Depressive.



NATURE PROGRAMME FOR FAMILIES

During this year we offered 9 sessions from April to October

Our Nature programme is for families, promoting and developing positive health and wellbeing through the provision of a wide range of educational and social activities and opportunities in nature. This project brings families to spend quality time together in nature. The programme is by donation and it is great fun: **"Nature is the giver, a true friend and sustainer"**

Some of the activities we did this year:

- 1) Shared what's abundant in our own lives and marvelling at the richness of life that the earth shares with us, in all its varied forms.
- 2) We practised some random acts of kindness and beauty...towards each other and the woodland that was holding us.. We looked at how could really look after the place and its resources and encourage more wildlife and diversity.
- 3) We looked at what was actually present and going on in the little patch of woodland; we mapped, tracked and explored the area to see what amazing resources there wasnature`s first aid kits, food, beauty and wonder etc.
- 4) We played with the balance and cycles theme, we did some trust walks and gently introduced our family to the wonders we saw around us.
- 5) We played hide and seek and other games to help us hone the skills of seeing what was actually in front of us.
- 6) We shared some food, enriched by what was also on offer in nature around us.
- 7) We also basked in some warmth and ease whilst being held by nature. An amazing thing to share!



OUR STRENGTHS

- o Continuity of community involvement over 10 years has allowed our original vision to be realised.
- o We have a solid reputation with clients and referrers as a place to find healing.
- o 304 people are registered in our holistic health project of whom 154 are regular users.
- o Case studies and Evaluation point to outstanding results for people at greatest need. Commitment of clients to their own healing ensures high participation rates and positive results.
- o Commitment of volunteers is outstanding with many staying for several years.
- o Quality of volunteers is high: Volunteers are carefully selected, disclosed, references are taken up, they receive support and supervision regularly and benefit from having access to therapy space at a lower rate for their private work
- o The Centre allows volunteers a chance to gain experience and deepen their practice.
- o Availability of volunteers: we have a waiting list of those wishing to offer their services in the project.
- o Investment in volunteers: We have “investing in volunteers” accreditation since 2009.
- o Progression routes between client and volunteer role develops where it is appropriate.
- o We have not saddled ourselves with expensive overheads and we run the Centre on a shoestring, therefore able to be available more so for our service users.

Future Plans



The CFPH's Holistic Health Project will continue to work with 154 to 200 beneficiaries, opening 47 weeks per year in Portobello. For the coming financial year we will double the number of sessions offered per week in order to attend the demand, making it 27 sessions available per week.

All volunteers will complete a questionnaire about their training needs. The CFPH plans to raise funds to offer training to enhance their work as therapists to continue supporting the Holistic Health Project in the coming year.

The CFPH will seek funds for a part time project coordinator and a part time administrator for the Holistic Health project.

We will also seek funds for seasonal workers, transportation and equipment costs to continue the CFPH Nature Programme for families. This programme runs from Apr to Oct on a Monthly basis in Balerno and includes the use of the CFPH's yurt which has a wood burning stove and can accommodate around 20 people.

CFPH will launch an appeal to enable it to purchase its own premises outright within the next 2-5 years.

We will also continue to run our successful fundraising events this coming year.



Summarised Accounts

Scottish Charity No: SC034826

Community Foundation for Planetary Healing

Statement of Financial Activities (Incorporating Income & Expenditure Account) For the year 6 Oct 2012 to 5 Oct 2013	Note	Unrestricted Funds	Restricted Funds	Total 2013	Total 2012
		£	£	£	£
<u>Incoming Resources</u>					
From generated funds					
Voluntary income	5	8,397	-	8,397	4,864
Activities for generating funds	6	1,974	-	1,974	676
Investment income		-	-	-	-
From charitable activities	7	5,159	-	3,748	5,159
Other incoming resources		723	-	383	723
Total Incoming Resources		8,722	-	14,502	11,422
<u>Resources Expended</u>					
Cost of generating funds	8	259	-	259	384
Cost of charitable activities	9	14,400	-	14,400	12,980
Preparation & Examination of Accounts		360	-	360	400
Total Resources Expended		15,019	-	15,019	13,764
Net Incoming (outgoing) Resources before transfers		(517)	-	(517)	(2,342)
Transfers		-	-	-	-
Net Incoming (outgoing) Resources after transfers		(517)	-	(517)	(2,342)
<u>Reconciliation of Funds</u>					
Funds Brought Forward		3,675	100	3,775	6,118
Net income for the year		(517)	-	(517)	(2,342)
Total funds Carried Forward		3,158	100	3,258	3,776

Accountant Independent Examiner
Chris Smith LCIE
Glascairn Cottage
Aytounhill, Cupar, KY14 6JH

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:

“Soon after my session, I felt a huge weight had been lifted from me that was weighing me down and clouding my thinking. I no longer react to things in the same way I used to and am much calmer and happier.

Our core values:

Unconditional love, empowerment, wellbeing and inclusion.

Big thank you...

An estimated £49,105 was given this year ‘in kind’ by volunteers therapists, receptionists, coordinator and volunteer manager of the Holistic Health Project.



An estimated £3,499 was given ‘in kind’ by volunteer facilitator, coordinator and volunteers assistants of the Nature Programme this year.

The building in Portobello has been donated free of charge by the co-founders Claudia Goncalves and Mark Halliday, which is the equivalent of a donation of £7,200 for the year.

During this financial year, the foundation derived most of its income from donations received, sales from our small corner shop, rental income from the space used by the Community Initiative and other groups at weekends, plus 6 fundraising events run by the volunteers.

At the beginning of next financial year, we will have Allison Whitaker, an experienced fundraiser joining our team to do fundraising for our Charity.

Thanks to our volunteers...

Co-founders

Mark Halliday
Claudia Goncalves

Council of Elders

Alma Shearer
Emily Boyd
Stewart Keith

Liason with mental health community

Lin Cochrane

Manager & Webmaster

Claudia Goncalves

The Holistic Health team this financial year

Ann Fowler
Daila Consolaro
Rachel Murphy
Bob Young
Trisha Young
Tessa McKirdy
Pamela Jo Proudfoot
Nikkie Haynes
Claudia Goncalves
Lucyna Ellis
Karen Smith
Lara Curran
Janine Pohl
Nicole Swierkoski
Lin Graham
Sue Tait
Gaia Aire
Mags Higgins
Dot Forrest

Board Directors

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

Holistic Health Project

Coordinator
Tessa McKirdy

Receptionists

Avril Allan
Jude Warner
Ultan Devine
Bob Young
Julie Hurney
Jackie Brockie

Nature Programme

Adele Clark
Kate Hedges
Stewart Keith
Mags Higgins
Sally Rankin
Claudia Goncalves

Support/Supervision

Inez Patino
Claudia Goncalves

One off Events

Katriona Snow
Sandra Thomson Kay





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