



ANNUAL REPORT

Oct 2016 - Oct 2017

COMMUNITY BASED

HEALING CARE
FOR CAREERS
PLANETARY



COMMUNITY FOUNDATION FOR PLANETARY HEALING
288 Portobello High Street, Edinburgh, EH15 2AS
Registered Scottish Charity SC 034826
Registered Company SC 257 126

Chairperson co-founder's Report

This year has seen us grow from strength to strength as individuals and a community. From a financial and funding perspective we are witnessing a stability in annual income. The commitment of our volunteers continues to raise the standards and quality of service we provide.

We have seen more new wonderful initiatives, projects and ideas come to fruition. The art exhibitions have been wildly successful, giving local artists the opportunity to display their work and are a source of aesthetic pleasure and inspiration for the many users of the centre.

The classes and groups in the centre remain very popular with several new facilitators offering their skills and wisdom.

Our two fundraising festivals were an absolute joy. From all the fantastic volunteers offering their time and energy to the wonderful people who came and participated and contributed I am deeply grateful to you.

At the very end of this financial year we have also started a fundraising campaign to help the indigenous people of the Brazilian Amazon to build a place to meet and support each other particularly the women and elders.

Over the years I have seen hundreds of people who, beset by hardship and health problems, become healed human beings. This is only possible due to the compassion and selfless commitment of our volunteers and Trustees. You have made a profound and positive change to the wellbeing and lives of people who had no one or nowhere else to go. This miracle was through the Holistic Health and Nature Connection Projects and everyone involved in the groups classes and workshops. This was made possible by you: You who use our services, who donate money, resources, time and skills - you who are our fabulous community.

Thank you to all our trustees, staff and volunteers and funders. You are the epitome of loving service and exemplify the spirit of community and what it means to be an authentic human.

Finally, my deepest thanks to Claudia Goncalves and Ana Duarte for their fantastic work. Your love, passion and deepest commitment makes so much of the magic happen.

Mark Halliday

Our Vision

A world in which
people and planet are
living a happy healthy
life, sustainably and in
harmony



Our Mission

Is to provide holistic ways and nature based experiences to support the healthy and wellbeing of people and planet.



Manager co-founder's report

We have had a very successful year, with financial support from Henderson Trust, ELTC, Awards for all, Foundation Scotland, Groundwork as well as our own various fundraising events. Funding coming in this year allowed us to employ a part time receptionist, which enabled us to further develop our year-long therapy support programme for 118 users who were struggling with their health and wellbeing and turned to us to receive help over the year. We also employed a part time administrator to support the running of our services.

For both therapy projects, during this year, as well as self-referrals, we had referrals from Cyrenians, the doctors and people also found us at edspace, a website that signpost people to appropriate mental health services in Edinburgh. For the Nature Connection a long term partnership for referrals have been developing and been nurtured with Dr. Bells and YMCA from Leith. This year we had not only one bus but some days we had two buses coming from Leith. This is a testimony of the success of our nature connection programme supporting isolated families

We have also had great fun running 2 Holistic Wellbeing Festivals bringing around 230 people together and raising money for our charity this year. Our newest project Stress Relief for unpaid carers has gone from strength to strength and we supported 31 carers with regular holistic care this year.

We have watched people in our community get well and stay well by attending both our therapy projects and taking part in our nature-based projects.

Our art exhibition has totally excelled our expectations. It has been such a success that we are almost a whole year in advance booked with artists from the community wishing to exhibit their work in our Centre. We have been creating nature connected communities and trained 11 volunteers in nature connection activities through 4 weekends of Deepening our Nature Connection in Falkland. A total of 135 people fully immersed in nature in both our nature programmes this year. And the ice in the cake: We delivered 375 sessions in both our therapies projects this year.

It is a privilege to work with our volunteers who form our beautiful community of loving and caring people. I would like to say a big thank you to everyone, the staff, freelance outdoors facilitators and most importantly our amazing team of volunteers. Thank you also to our funders for helping us to change the lives of people back to health and wellbeing. I am so delighted to be a volunteer part of the Planetary Healing Community.

Cláudia Gonçalves

A year of Planetary Healing Centre

HOLISTIC HEALTH PROJECT



We are proud to be celebrating 14 years of our charity and 11 years of delivering our Holistic Health Project: A testimony of the need for this project by our community and a testimony of what is possible when we work together. We will never forget the first donation we received in 2003 from Marion pictured above. She was the first person to believe in our work and to support it. Then over the years more and more people came to support it by volunteering and make it possible. Thank you to all wonderful people! You know who you are!

The Holistic Health project provides a range of therapies including befriending for people in our community who are struggling with their health and wellbeing and are in a financial disadvantaged position. All volunteer therapists are highly qualified, insured and disclosed.

Here are a few quotes from users of the Holistic Health Project:

- *"I feel a huge relief with the therapy sessions. I am feeling more balanced and feel less pain in my body. I am extremely pleased with the healing work. Thank you!"*

- *"The treatments I have received have benefited me greatly. I feel much better, more relaxed and more empowered. The therapist and the rest of the staff are so Kind and welcoming!"*

STRESS RELIEF FOR CARERS



This is our youngest project and we started it in October 2016. We have now seen a whole year of this project and 31 unpaid carers have registered and are receiving regular holistic support in this project. Two of our trustees are or have been carers themselves and are very keen to support this programme as trustees and also as therapists themselves.

Here are a few quotes from the carers:

- *"I am very grateful for the improvement in my health / mental health. I feel blissed out, great, and so light after each session. I feel amazing. Thank you!"*

- *"I am doing a lot better since my first session with you. I feel more hopeful, more optimistic, more energetic. I feel that I can cope better and I can support myself"*

NATURE CONNECTION FOR FAMILIES



We run 6 Fridays of Nature Connection for families. We provided soup, mini bus and some of the times we had 2 full mini buses arriving, one from Dr. Bells and one from YMCA.

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. They had lots of fun playing games in the woods, learn to light a fire without a match, learning the basic of bush crafting and they also learnt how to gather food for free in nature. 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 our 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 but they were all supported by their parents and our team. We had 2 volunteers supporting each session who have been volunteering with us since 2012 when we first started this programme and therefore are highly experienced working with isolated families. Nature Deficit Disorder is one of the biggest problems of our time. Our Nature Connection for Families programme was a great success in bringing people back to nature to re-connect and create wellbeing.

DEEPENING OUR NATURE CONNECTION



We have built a partnership with Falkland Centre for Stewardship Trust and over the past 2 years we have been using their fantastic woodland to deliver our Deepening our Nature Connection programme. We delivered 4 full weekends of deep immersion in nature for individuals and families which also included camping.

During the year participants worked on their own personal goals of deepening their relationship with nature. As well as learning about themselves and their relationship with nature, they 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 our deep nature connection activities:

- Learning bird language;
- Learning about native trees and other species on our 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 so much more!

ART EXHIBITION



The art exhibition was created in January 2017 by our co-founder Cláudia Gonçalves. The exhibition started with people in our community interested in arts and is supported by staff

and volunteers from our charity. Everyone enjoyed seeing so many different arts and so many people have been inspired. Every artist have worked hard, had fun exhibiting their work and also made sales of their work. The art exhibition has given birth to new artists in our community and existing artists feel supported.

The art exhibition has been such a success this year that we already have artists booked for another 9 Months ahead of time. It has been the most uplifting experience for every single person in our community.

COMMUNITY INITIATIVE



The centre has been very busy with our holistic classes, groups, workshops, holistic training and private therapies. A lot of the groups are facilitated by our 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 such as women's groups, meditation, sound journey, shamanic group, laughter yoga, shamanic art group, cosmic healing, yoga, qigong, meditation and relaxation etc. This is true community in action!

HOLISTIC WELLBEING FESTIVALS



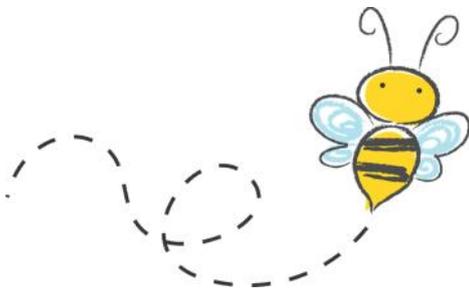
We run two Festivals this year in November and May and raised £1,555.66 for our projects. This is a fantastic way to bring all Planetary Healing volunteers together with the community for a full wellbeing day. The festivals are usually extremely busy and a great opportunity for our holistic community to come together. This year an average 230 people participated in both our festivals and each time 21 volunteers were involved supporting the event. It has been now over 3 years that we have been offering the Festivals so they have become a feature of what we do. It is an absolute delight to bring so many people together who share the same vision and live the holistic ways.

HOLISTIC BEE PROJECT

We are very sad to report that we lost one of our beehives over the summer. We are still investigating the causes of the loss but believe the bees were affected by too much rain during the summer. Many people have reported that their bees did not survive this summer

On a more positive note, our other beehive is thriving and doing very well. They are now tucked in for the winter.

This year we had 2 fantastic bee stalls at both our Holistic Wellbeing Festivals with books, information, tools and sold some honey. People were very interested and our network of people interested in learning more about looking after the bees in a holistic way is growing. Four of us have also made a trip to Perthshire just before summer to visit a colony of bees looked after holistically using the French Warré hive adapted to Scotland. We were so enthusiastic with the method that we are looking forward to purchasing a Warré hive next spring for our bees too.



HOLISTIC LIBRARY For self-empowerment

Since 2003 we have been building a fantastic library which offers the community over 500 books which they can borrow from. The library is very rich and helps our community to learn about holistic ways and self-empowerment. We are very proud of our library and are very grateful to members of our community for donating all the amazing books.



WELLNESS PROGRAMME

We run two Wellness programmes in organisations this year. We sent four of our best qualified and experienced therapists to offer holistic therapies and relaxation for a whole afternoon to support events in organisations outside our Centre and generated £ 960 for our charity. Our wellness programme is tailored to the organisation's needs.

VOLUNTEERING PROGRAMME



Our volunteer therapists learn new skills and gain experience working with vulnerable groups. We also support our volunteer therapists to develop their private practice and whenever possible contract them to deliver wellness programmes. Our outdoors volunteers have the opportunity to learn and develop their outdoors skills in a community context holding big groups of over 30 people.

We are proud to hold “Investing in Volunteers” accreditation since 2009 which recognizes the standard of our management and support for our volunteers.

All our volunteers receive induction training and do a self-evaluation at the end of the year. We have our end of the year volunteers party as our social time with all coming together.

42 volunteers have supported the Planetary Healing Centre during 2016 – 2017

THE OUTCOMES AND IMPACT OF OUR WORK

Hard Outcomes

The figures below give an overview of outcomes in terms of numbers and highlights our achievement for the financial year 2016 – 17. We have all indeed been working very hard!

- 87 people received regular therapies in our Holistic Health Project;
- 31 carers received regular therapies in our Stress Relief for unpaid carers project;
- Out of the total of 118 people we helped, 63 were completely new to our projects;
- 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 freelance therapist working for our Wellness programme;
- 2 volunteers became part-time paid staff this year.

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? We can identify “soft-outcomes”. There are those which unlike “hard outcomes” cannot be measured directly or tangibly.

Soft outcomes are more of a matter of degree and subjective i.e. they depend on the client’s personal situation and perspective. They are also intermediate – they do not show a definite simple result e.g. a “cure”, or getting a new job after sickness. Whilst we know that all users are looking for something to improve their health and wellbeing, we clearly cannot choose the same life change for everyone as a measure of success. But soft-outcomes are of great importance in enabling us to recognise user’s progress. This data helps us understand whether we are achieving our goals as an organisation. 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



We recognise that the numbers of people benefiting from our work is important, e.g. we helped a total of 118 people this year in both our therapy projects, we helped a total of 135 people this year to connect with nature but it does not show the true long and shorter term impact of the work that we do. It does not tell people’s stories, or give voice to their experience. Therefore we have included below some case studies in the hope that these will give you an overview of the work we do:

Case Study 1 - Holistic Health Project / Carers project

Client 1 came to us suffering from depression for many years. She used our project for 6 months and after that became involved by becoming a volunteer. She developed a keen interest in the ground work we do, became a day coordinator and soon after that became a trustee supporting our charity with the finances.

Over the years she achieved certificates in 3 different types of therapies training within our organisation. She also volunteered as a therapist in our project to gain experience. Two and a half years ago she applied for a job with another charity due to the experience she gained in our charity and got the job. This has had a very positive impact on her life.

As well as 3 days a week paid work with another charity, she continues to support our charity now with one day a week paid work and one day a week volunteering work. She has been part of our organisation since 2010.

Case Study 2 Holistic Health Project / Carers project

Client 2 was a user of our therapy services for a year. Prior to come to us she had lost her husband and was suffering from bereavement. She was feeling isolated and her mental and physical health condition began to deteriorate. A friend brought her to our project for support and she accessed it for a year. She was then invited to become a volunteer therapist, however, because she is hard of hearing, her confidence was very low. With time, her confidence began to pick up, her feelings of bereavement began to disappear and she was feeling happy again. She then decided to try to volunteer. She was already qualified in Reiki and began to offer Reiki as a therapist in the project. Soon she was feeling confident and decided to take up further training within our charity and trained in two other therapy modalities. She has been a volunteer for well over 7 1/2 years with us now and says that the best thing that happened in her life was to come to our charity. She is one of the most popular therapists in our therapy project.

Case Study 3 – Nature Connection for families

Client 3 from Nature Connection for families is a 7 yrs old autistic child. Before coming to our programmes, it was very difficult for his parents to take him anywhere as he would cry constantly and not engage with people. With the mini bus we were able to pick him and his family up for the programme. After only a few times participating in the programme, his father was able to leave him quiet and relaxed in the pram watching all of us playing games, rolling in the grass and running about. This was never possible before. After 6 times in the programme, he began to engage and role in the grass himself, hug people, laugh and walk about very happy. This was a child who would often cry unable to cope with people. He now is one of the greatest fan of our nature connection programme and loves the games we play with people, especially the one of hiding behind a blanket to guess the name of whom is behind it.

Nature connection has had an extremely positive impact not only on his life but specially on his family's life. Interaction with him and engagement with others have developed incredibly over the past year. His parents who also used to worry about engaging with people and families have now found the nature connected community to be a supportive, loving and accepting community and everyone have lots of fun together including his sister who is only 3 years older than him.

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 totalling £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.

PLANS FOR 2018

1. Raise funds to continue to offer the high quality and consistent holistic services we have been offering to the community here in Scotland.
2. Create a crowdfunding to support our project with indigenous people of the Brazilian Amazon
3. Expand our services and also offer Nature Connection in Ayrshire.
4. Deliver 4 full weekends of the Deepening our Nature Connection in Falkland.
5. Deliver 2 full weekends of Deepening our Nature Connection in Edinburgh.
6. Deliver 6 sessions of Nature Connection for Families.
7. Seek funds for a part-time project development worker, a part-time administrator and a part time receptionist.
8. Develop a new website easier to navigate.
9. Expand our capacity to generate unrestricted funds through our social enterprise Holistic Shop creating more sustainability.
10. Nurture the potential of our Planetary Healing staff, paid and un-paid.
11. Build 3 bridges in our woodland to create better access for families and children.
12. Purchase a Warré beehive adapted to the Scottish weather.

THANK YOU TO THE FOLLOWING FUNDERS THIS YEAR



THE HENDERSON CHARITABLE TRUST

DEEPEST GRATITUDE TO OUR AMAZING VOLUNTEERS

Your in kind volunteering services were estimated at £93,300 this year! Wow! Thank you! We also would like to thank ex-trustee Jed Pemberton (in memory) for donating £7,000 on his Will to support our charity.

Co-founders: Cláudia Gonçalves and Mark Halliday

Advisors Board members: Alma Shearer, Stewart Keith, Emily Boyd, Joao Lima, Cláudia Gonçalves, Sara Beauregard, Margot Daru-Elliot.

Board of Trustees: Mark Halliday, Ana Duarte, Dhyana Huggins, Mandy Peat, David Bate, Anne Henderson, Newton Harper.

Funding Committee: David Bate, Mark Halliday, Ana Duarte, Cláudia Gonçalves

Manager volunteer: Cláudia Gonçalves

Administrator: Ana Duarte

Website development: Pawel Kosinski

Bookkeeper: Tessa McKirdy

Graphic Designer: Toni Bate

Day Coordinators: Grigorios Karastamatis, Patricia Ehsani, Karen Hendry, Renata Falesnikova, Antony Nash.

Volunteer Therapists: Ann Fowler, Anne-Marie Birch, Dot Forest, Ari Liakeas, Annie Crombie, Irene Beldon, Ana Duarte, Newton Harper, Jill Dowling, Anne Henderson, Mandy Peat, David Bate.

Nature Connection: Cláudia Gonçalves, Adele Clark, Dhyana Huggins, Stewart Keith

Deepening our Nature Connection: Caren Gilbert, Louise Durrant, Gemma Smith, Serge Marti, Tom Hedley, Kate Hedges, Rehema White, Rosemary Welensky, Kate Wilkinson, Malcolm Clarke, Adele Clarke, Cláudia Gonçalves, Dhyana Huggins.

Bee Project volunteers: Cláudia Gonçalves and the bees

Support and supervision: Mandy Peat **Cleaner:** Pascal Malhaire

Library Coordinator: Magda Troszynska **Volunteers Coordinator:** Cláudia Gonçalves

Yurt Maintenance: Roddy Jonstone

Tambola: Bally Dhariwal

THANK YOU TO ALL USERS OF OUR SERVICES

We have tried our best and did our best. Most of the times we got it right, sometimes we got it wrong, but one thing is for sure:

What you received through all our services was filled with pure unconditional love and deep compassion. Lookinh forward to continuing our work in 2018.