



# The Community Foundation for Planetary Healing

Registered Charity in Scotland SC034826

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

## Evaluation Report 2025

---

### Contents

- [Introduction](#)
- [Events delivered](#)
  - [Attendance](#)
- [Our community](#)
  - [Postcodes of participants](#)
  - [Age & Gender](#)
  - [Ethnicity](#)
  - [Socio-economic status](#)
  - [Well-being in the previous 2 weeks](#)
  - [Health problems](#)
  - [Caring and parenting](#)
  - [Other services](#)
- [Our Funders](#)
- [What we learnt from this year](#)
- [How the projects were made more accessible to the groups targeted](#)
- [Other notes](#)

### Introduction

We are happy to share with you information on community events held by the Planetary Healing Centre between 6 October 2024 and 5 October 2025. In this report you will find details on what we did, insights into the people who came to our events and what they said about their experience. The figures here were gathered first via an online booking system, and then analysed from that base data. All figures are our best estimates with small margins of error.

Some quotes from participants' is shown throughout this report in blue boxes.

*"I really enjoyed the session today, it brought me so much peace and joy. It is nice to spend time with like minded people. This has really helped my mental health"*

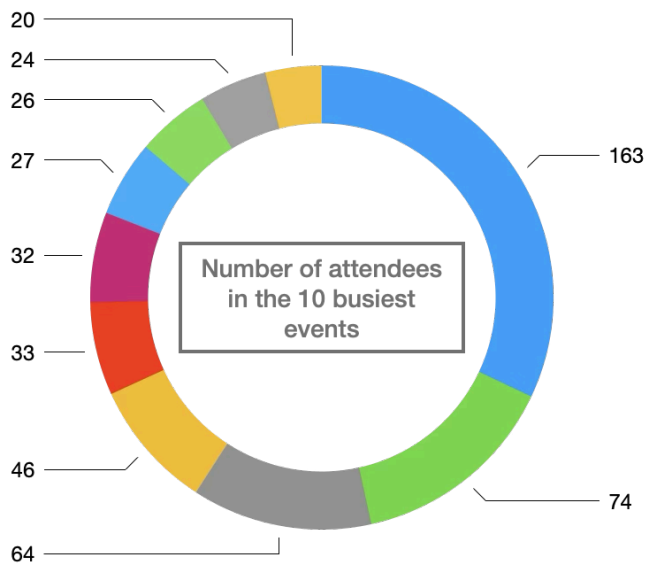
## Events delivered

We delivered 77 individual events across 24 different event types, with the majority offered as a series of 4 to 8 sessions each. The full list of these event types are as below:

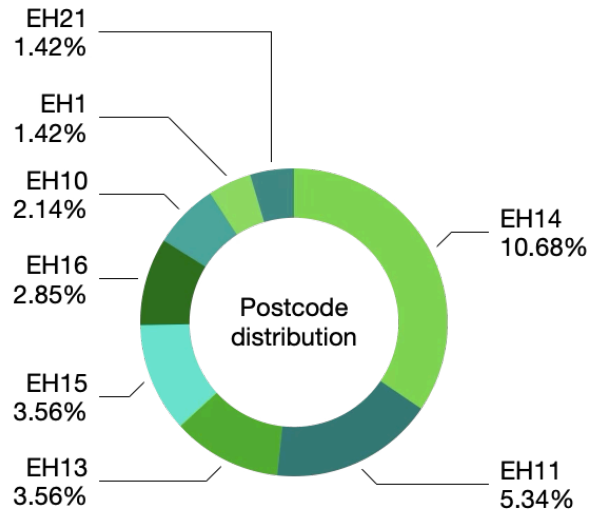
1. Circles for men (on New & Full moon)
2. Circles for women (on New & Full moon)
3. Autumn Equinox Community Fire
4. Beltane Community Fire
5. Cacao Ceremony
6. Creative Power - Retrieving the Self into Creation
7. Dreamrealis - Dream Weaving
8. Drum Journeying: Exploring the Four Seasons
9. Embodying The Divine Feminine
10. Feather Stone: Practice for Wellbeing
11. Goddess Brighde workshop - for all genders
12. Home Education: Community Heritage (parents and children)
13. Introduction to Drum Journeying
14. The Medicine Wheel
15. Mother's circles - with baby included
16. Movement & Sound Alchemy
17. Nature Connection Adventure - Home Education (parents and children)
18. Nature Connection: Community Gathering (intergenerational)
19. PHC staff: Facilitation for Facilitators
20. Indigenous Sacred Rapeh Ceremony
21. Samhain - Community Heritage
22. Spring Equinox and Open day
23. Summer Solstice Community Fire
24. Woodland Explorers - Family Days

## Attendance

Bookings for events took place via a ticketing service embedded into our website. We processed a total of **672 bookings** for all events. Approximately 5% of these were cancelled due to various reasons. The ten events with the highest number of attendance are in the chart below.



- Circles for women
- Nature Connection Adventure - Home Education
- Circles for men
- Indigenous Sacred Rapeh Ceremony
- Woodland Explorers - Family Day
- Movement & Sound Alchemy
- Summer Solstice Community Fire
- Beltane Community Fire
- Embodying The Divine Feminine
- PHC: Facilitation for Facilitators



Percentage of attendees in the top 8 postcodes. 281 records are available, identifying 101 unique postcodes.

## Age & Gender

Out of the 262 people we have age data for, most were in the age groups 35-44, and 45-54.

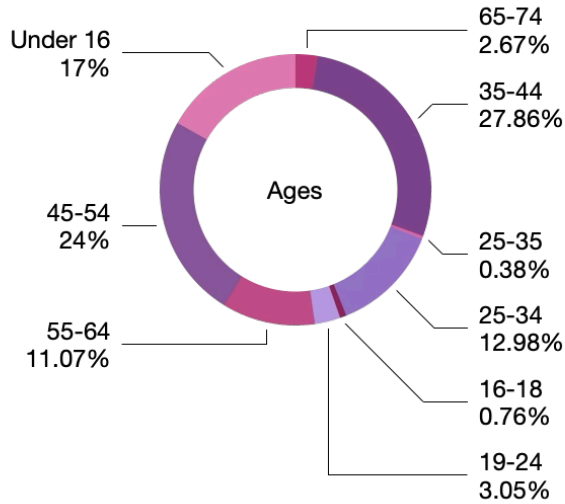
## Our community

We were able to identify **381 unique people** who came to our events this cycle. Many people booked multiple events.

## Postcodes of participants

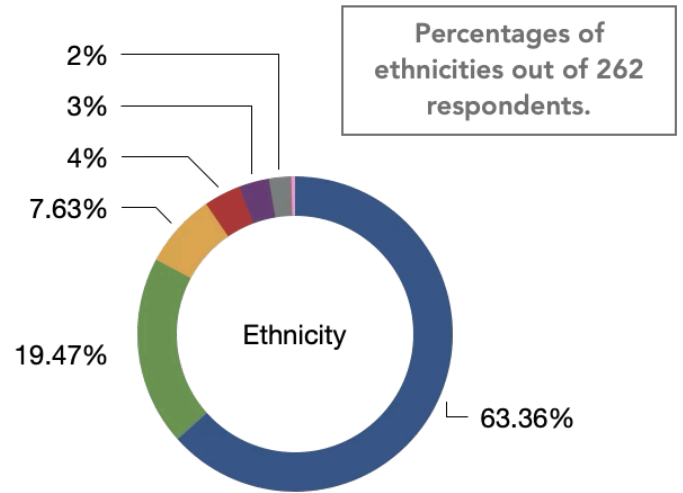
We collected post codes from 281 people, and identified 101 unique post codes. Areas with 4 or more participants are as below:

Percentages of attendees in different age groups, out of 262 respondents.

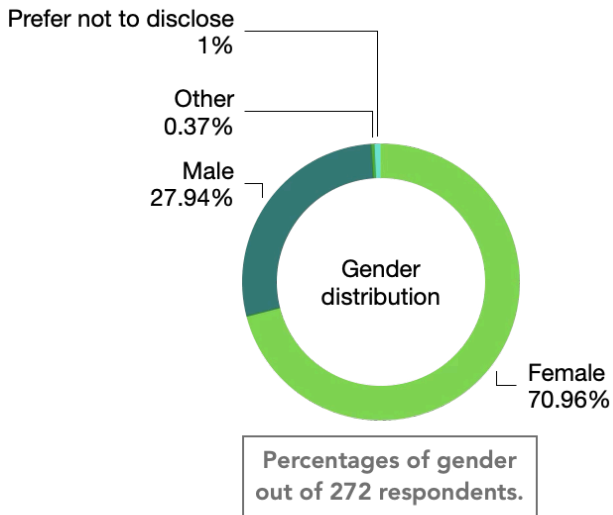


## Ethnicity

Out of 262 people we have ethnicity data for, most said they were White.



Out of the 272 people we have gender data for, 71% were Female.

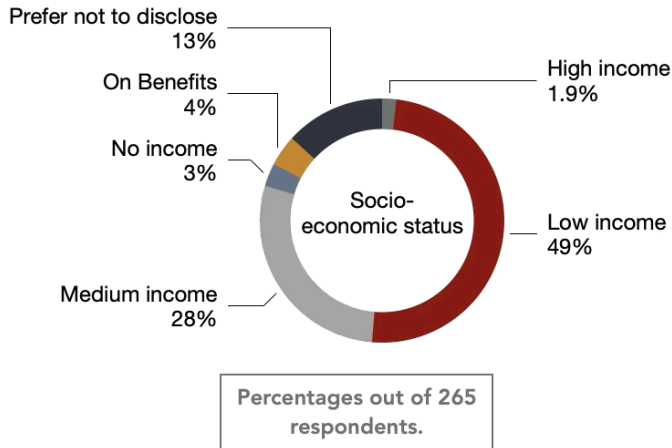


- White - English / Welsh / Scottish / Northern Irish / British
- Any other White background
- Mixed / multiple ethnic groups
- White - Irish
- Asian/Asian British
- Any other ethnic background
- Black / African / Caribbean / Black British

*“I really enjoyed and benefited from the drumming circle. From the moment I stepped into the wooded area surrounded by trees and nature and listened to the trickle of the river, I felt safe and calm... I enjoyed being in community with others, which helped me feel less alone.”*

## Socio-economic status

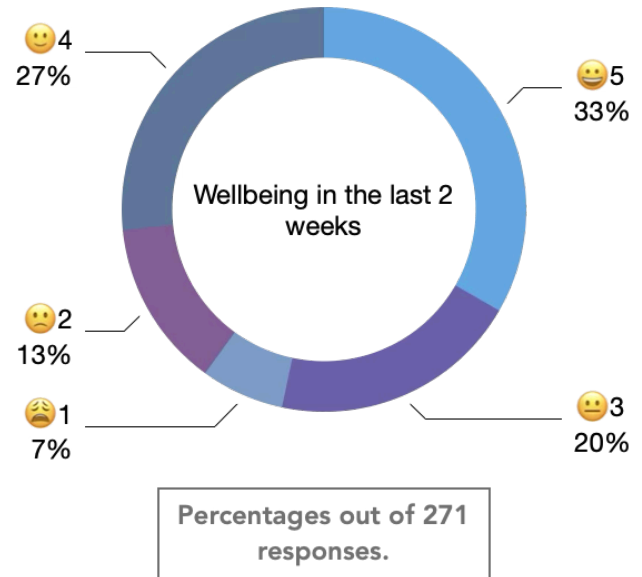
People were invited to rate their socioeconomic status and 265 people responded.



## Well-being in the previous 2 weeks

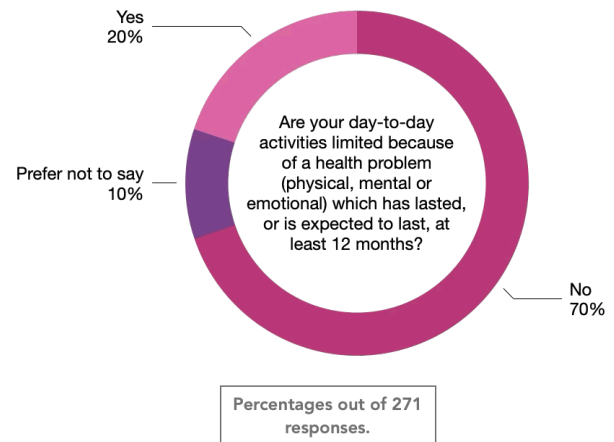
People were asked to rate their wellbeing on a scale of five, shown by emojis. We have labelled them as 1 being the lowest and 5 the best. 271 responses were identified.

People who attended multiple events offered this information only before their first event.



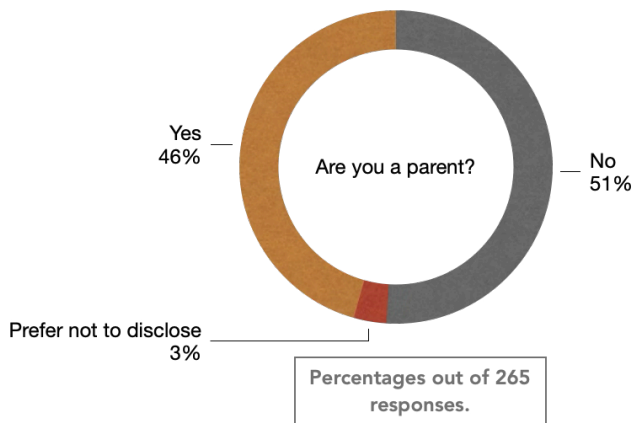
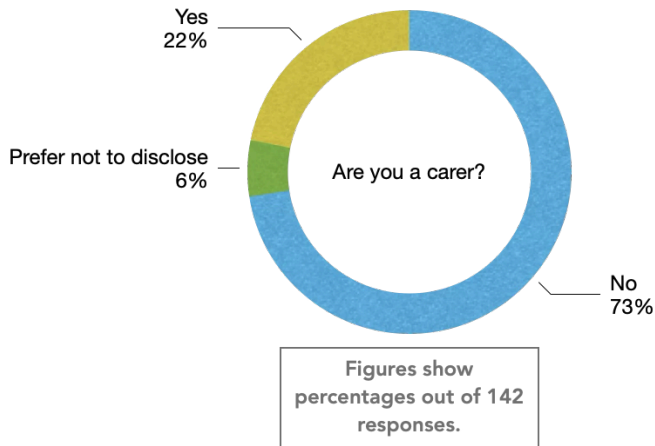
## Health problems

People were asked if their day-to-activities were limited because of a physical, mental or emotional health problem lasting 12 months or more. 271 people responded.



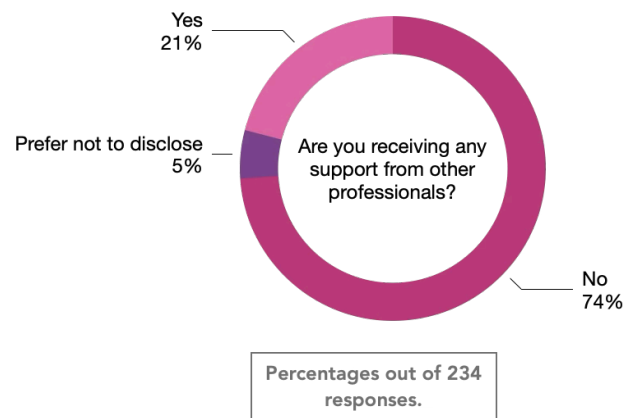
## Caring and parenting

People were asked if they were carers and also if they were parents.



## Other services

We asked people if they were receiving support from other professionals, such as support workers, social workers, mental health services, Job Centre staff, etc.



## Our Funders

Many thanks to our funders this year:

The Scottish Government / EVOC- ECMHWE, Four Winds, Mushroom Trust, Awards for All, Pentland Community Chest, Purpose Earth and HDH Wills.

## What we learnt from this year

This year provided valuable insights into the needs, strengths, and patterns within our community. The data gathered across all events highlights both the impact of our work and the areas where our support is most meaningful.

### **1. Supportive, welcoming spaces are essential.**

Attendance levels and repeat participation show that people seek inclusive environments where they can connect with others, develop skills, and contribute to their own wellbeing. Group-based activities and nature-focused sessions were particularly well received.

### **2. A diverse programme increases reach and engagement.**

Offering 26 different types of activities allowed us to meet a wide range of interests and needs, from creative exploration to community learning and outdoor engagement. This variety attracted participants of different ages, backgrounds, and localities.

### **3. Accessible pricing remains key to participation.**

By providing events on a donation basis or free of charge, we successfully reduced financial barriers. Participants came from over 100 different postcodes, demonstrating that

affordability continues to be a critical factor in ensuring equitable access.

### **4. Mid-life adults are especially engaged.**

The largest proportion of attendees were aged 35–54, suggesting that adults managing work, family, caring duties, or life transitions benefit from community-based opportunities that support connection, wellbeing, positive mental health and personal development.

### **5. Women constitute the majority of our participants.**

With 71% of attendees identifying as female, it is clear that women are strongly drawn to the types of supportive and community-building activities we offer. This highlights the continued importance of providing women-centred spaces while also strengthening provision for other groups.

### **6. Many participants face ongoing wellbeing challenges.**

Wellbeing scores and self-reported health limitations indicate that a significant number of participants are managing stress, physical conditions, mental health pressures, or social isolation. Our programmes play an important preventative and supportive role by offering low-barrier, community-based activities.

## **7. Our work complements statutory and third-sector services.**

Several participants also received support from social workers, mental health services, support workers, or Job Centre staff. This suggests our work provides a valuable bridge—offering informal, community-led opportunities that support overall wellbeing alongside formal services.

## **8. Facilitator support enhances programme quality.**

Feedback from last year highlighted the need for additional facilitator development and peer support. In response, we introduced the “Facilitation for Facilitators” group, which contributed to staff wellbeing and strengthened the quality and consistency of programme delivery.

## **9. A sense of inclusion encourages continued engagement.**

Many attendees returned to multiple events, demonstrating that people value spaces where they feel welcomed and supported. Positive feedback throughout the year reflects strong trust and a sense of belonging within the community.

## **10. We achieved strong outcomes despite reduced funding.**

This year we welcomed **381 unique participants and recorded 672 bookings**, reflecting a sustained and growing demand for community-based wellbeing and nature connection-focused activities. **Despite receiving less funding than last year, we successfully delivered 77 events across 26 programme types**, demonstrating efficient use of resources, dedicated staff and volunteers, and a resilient delivery model. This underlines the significant social impact that can be achieved through accessible, inclusive, and community-based work.

## **How the projects were made more accessible to the groups targeted**

To ensure that our activities remained accessible to individuals and families facing financial pressures, all events were offered on a **suggested-donation basis between £5 and £25, or completely free of charge**. This approach significantly reduced economic barriers and enabled people from a wide range of socioeconomic backgrounds to participate without the worry of cost.

In addition, two **Community Engagement Workers supported our projects**, helping us reach individuals and families who may not otherwise access community services. Their outreach focused particularly on people experiencing financial constraints, social isolation, or limited access to local opportunities. Through direct engagement, personalised support, and trust-building, they helped participants feel confident, welcomed, and able to attend our activities. Together, these measures ensured that our services were not only available but truly **accessible**, especially for those who benefit most from low-barrier community support.

*“This group [Nature connection for families] is very fundamental to mental and emotional wellbeing. We learn so much, every session is so fruitful. The facilitators are so very knowledgeable and skillful and so much wisdom, knowledge and experience that is then passed down to the younger generations. We have attended for 7 years and have gained so much as a family in all areas. We become very present and connected away from the distractions and all technology. It is an invaluable time for us and the skills and knowledge we have gained every time is so enriching... It is so beneficial to my mental health this time to connect with amazing families. That would not happen without this great group”.*

## Other notes

Last year we asked facilitators for suggestions for improvement. A couple of people asked for support for facilitators, perhaps through supervision, mentoring or groups for mutual support. In response to that, this year we offered “Facilitation for Facilitators” , a group run throughout the year specific for PHC facilitators to receive support and connect.