

6 October 2020

To

5 October 2021

# Annual Report

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**The Community Foundation for Planetary Healing**  
**Reg Charity SC 034 826**



## Letter from our Chairperson

As I write, it is now two years on from the first news news of the devastating COVID-19 virus. Like last year, we have responded and worked hard to hold our vision and serve the needs of our community with creative intent and hearty willingness.

The first quarter of this financial year was spend planning and organising the building of the woodland hut. Our projects in Portobello had to be scaled down due to lockdown and safety measures. Our trustees came to the decision to relocate and direct our work to the Community Woodland. This involved several months of serious decisions and meetings before we reached the executive stage.

With grants received from the Scottish Government, plans for building the Community Hut began at the beginning of our financial year. The design of the hut was entrusted to a local craftsman who had thirty years of working with charities due to his knowledge of sustainable building and holistic approaches. By July the walls, roof and door were ready. After a few Months building it, all that was needed was to transport it to Balerno and enlist an army of volunteers to assemble it. Our community of volunteers arrived on

### The Community HUT



With 8 sides, like the 8 shields, 4 windows, one facing each direction, it was carefully planned, designed and build by elder Malcom Lennon and an army of volunteers.



We trained 48 people who now can deliver Nature Connection activities for their families, friends and community.

day one, ready, willing and eager to help build our five ton wooden hut. After two weeks it was ready and now stands proud and strong; a new centre or hub to continue our work in the middle of nature.

This year saw us beginning our volunteers training program for Nature Connection facilitators held by amazing teacher Adele Clarke. The training was a huge success, with 48 people from our community completing the full training throughout spring, summer and autumn months and the hut being used for the first time.

Following the construction of the hut, we held a community gathering in the woodland in August. This was the first time our community gathered en masse since the first lockdown. It was an unforgettable wellbeing day in the forest, with excellent workshops, wonderful people in attendance and truly delicious food and drinks.

With grants from Thrive, Isa Waszak and Elisa Guietti began their inspiring wellbeing workshops at the woodland as well this year, a great font of support and inspiration for members of our community.

Finally, I would like to pay tribute to our beloved friend and volunteer Bally Dhariwal who passed away after being did cancer this year. Bally was a much loved and invaluable member of our community, whose compassion for others was awesome. She always gave her best for the community, whether it was financial donations, giving her time to support others in need, supporting and contributing to all of our fundraising events or simply being herself to help - she was one of the great supporters of the indigenous people's project and a beautiful and loving soul whose only thought was how can I help my fellow human beings.

As the year comes to a close I am again reminded of the power we have to make a positive change in our society, made possible by you, our community whose kindness and willingness to help make the world a beautiful place to be in.

Mark Halliday

## Our Achievements this year:

1

### NATURE CONNECTION VOLUNTEERS TRAINING

48 volunteers trained and can offer Nature Connection for family, friends and community.

2

### COMMUNITY EVENTS

A total of 135 people benefited from 5 Community Events: 63 in Balerno and 72 in Falkland.

3

### HOLISTIC SUPPORT

96 people received holistic support this year online & in person with 133 sessions being delivered.

4

### INDIGENOUS PROJECT

We built a home for 2 indigenous elders in Brazil and helped the Apoitcha children's charity.

### Community Events



We held 5 community events this year with 135 people benefiting from our wellbeing days.

### Wellbeing Workshops



12 people benefited from our wellbeing workshops supporting people in our community



Bally Dhariwal  
Deep gratitude to you!

# The Community Hut

The building of the Hut will stay as part of our history and legacy to the community



*“Our HUT already holds many stories to tell”*

With the help of the Scottish government, we built this beautiful HUT, so member of The Planetary Healing family can benefit from this beautiful sanctuary HUT in the middle of our woods in Balerno. It has 8 sides like the 8 shields and 4 windows to honour each direction.



Generations sharing learning and wisdom, stories and community. Keeping the Vision Alive: There is a call for each one of us to step into the role of elder in our community. Elders are here to hold the wisdom and beautiful space of balance. Being an elder is about holding the love, stillness and light. Staying in the place of the Centre, finding peace and irradiating the light.

## HOLISTIC SUPPORT FOR WELLBEING

Because of COVID-19 and the pandemic, the many restrictions affected the delivery of all our Therapy Projects. We had to decrease the physical working space at the Centre, part of the project took place online and only a few therapies took place in person. Still, 96 people accessed holistic therapies this year and a total of 133 therapies were delivered with most of them free of charge and some by donation. 7 therapists gave online sessions and 2 therapists gave in person sessions.

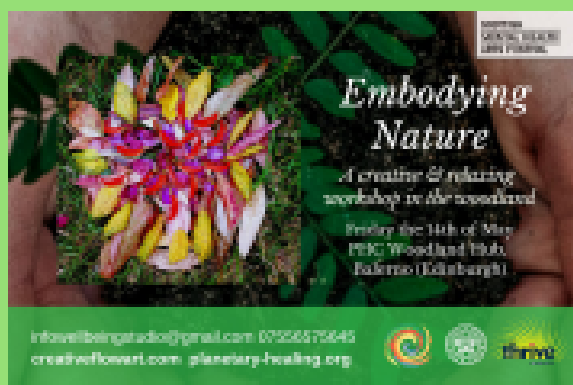
## NATURE CONNECTION VOLUNTEERS TRAINING

48 people trained this year and can now offer nature connection activities for their families, friends and community. Working with the ancient wisdom of the 8 shields .

Group 1	Group 2	Group 3	Group 4
19 April	30 April	6 Aug	9 Aug
24 May	14 May	3 Sept	30 Sept
21 June	11 June	8 Oct	18 Oct
19 July	9 July	19 Nov	15 Nov







In partnership with Adele Clarke and The Centre for Stewardship in Falkland we held 4 in person gatherings with 72 people benefiting from it (Oct, May, Jun, Sep). Our gatherings were memorable for many people in our community who have struggled with all the lockdowns and uncertainties. As always, we took safety seriously and implemented various measures to promote the health and wellbeing of attendees and staff. For many people it was first time attending group gatherings since the COVID-19 pandemic started.

## COMMUNITY EVENTS

A total of 135 people benefited from our Community Events. As part of the Mental Health Arts Festival, Creative Flow Art and Nomadic Heart Art Medicine, in partnership with the Planetary Healing Centre, delivered a wellbeing workshop in the woods in Balerno for the community. 12 people attended and benefited from the workshop which was funded by Thrive. In August we held our "Wellbeing in the forest" community event at the woodland in Balerno with 51 people participating, totalling 63 people in Balerno.



## INDIGENOUS PEOPLE PROJECT

With support received from wonderful Planetary Healing Centre's members, we donated £840 to build a small house for 2 elders in Brazil. They will help the Apurinã people by working at the centre for Elders we helped to build 2 years ago so elders can meet and share teaching and knowledge. The elders were doing a lot of travelling backwards and forwards which was not good during the pandemic. The whole tribe has benefited from the Centre already built there



with our past donations and now the whole village is re-awakening their own indigenous spirituality with the 2 spiritual elders having a base there. We have also raised and donated £818.50 to the Apoitcha' charity in Brazil who work with children who were really struggling in many levels during the Pandemic. Deep gratitude to everyone in our community who have donated to these projects via Just Giving and our website. Together we are stronger and make the change we want to see in the world.

## Financial Review

- This year, the Team of Volunteers contributed in kind a total of £17,540. This was estimated from Therapists (£9,600), Day to day Reception (£1,680), Board of Trustees (£5,300), Nature Connection volunteers (£960).
- The project therapy in Portobello also benefited from the donation of rent-free premises equivalent to £9,500 per annum given by the co-founders Claudia Goncalves and Mark Halliday.
- In the 12 months covered by this report, the Foundation received income totalling £63,211 from its grants, charitable activities, fundraising and donations. The total expenditure was £58,570 resulting in a surplus for the year of £4,641 which was added to reserves brought forward from the previous year. At the 5 October 2021 the Foundation held total funds of £28,160 which consisted of £25,323 in unrestricted funds and £2,837 in restricted funds.
- In a normal year it has been the intention of the Trustees to build up and maintain £3,000 in free reserves (the unrestricted funds less the value of tangible assets not readily available to be spent) to allow the Foundation to meet timing differences between receipts & payments and to allow for any exceptional or unforeseen expenditure. At the 5 October 2021, the Foundation held free reserves of £14,400 and had met their target. However, in the current circumstances, the trustees consider this higher level of reserves is prudent to ensure that the Foundation can cover liabilities as they fall due, ensure funds are available for the planned developments and sustain the Foundation until things becomes more stable in the country.

**Thank you to our funders for the following financial support which helped us to achieve our outcomes and stay opened:**

Community Recovery: £5,074: Nature Connection Volunteer Expenses, cleaning supplies, PPE, Volunteers Coordinator salary.

Adapt and Thrive from Scottish Government: £21,549 for a laptop, outdoors Nature Facilitator and Trainer, Project Development worker and the HUT.

ELTF: £2,000: Volunteers training and expenses for Portobello and Balerno Projects.

Thistledown Trust: £1,000: Core Costs.

Robertson's Trust: £5,500: Core Costs.

Adapt & Thrive, Scottish Government: £11,640: Project Development worker and Volunteers Coordinator's salary.



“At the Planetary Healing Centre, community and inclusion has always being at the core of what we do”

## Thank you to our amazing volunteers

A group of wonderful 27 volunteers supported our charity this year.

Monthly Wellbeing Group for all our volunteers happened on the 1st Wed of the month with Emma Stout facilitating.

Peer support meeting for all our volunteers took place on the 3rd Wed of the month with Sue Tait facilitating. We also focused our trustees meeting holding the 8 shields which is grounded in community ways of working with the land and the community here.

## The Planetary Healing Centre's team in 2021:

Advisors (our elders and ex-board members):

Alma Shearer, Stewart Keith, Emily Boyd, Margot Daru-Elliot, Sara Beauregard, Tessa McKirdy, Jim Stout.

Board of Trustees:

Mark Halliday, Claudia Goncalves, Sue Tait, Dhyana Huggins, Newton Harper, Mandy Peat, Elisa Guietti

Project development workers, volunteers coordinators and fundraisers: Claudia Goncalves and Molly Shanahan. Administrators and reception coordinators: Pammie Gladstone and Iza Waszak.

Volunteers reception coordinators:

Karin, Dionne, Monika and Jacqueline

Therapists and Practitioners (online and in person):

Ann Fowler, Grandmother Dot, Mandy Peat, Dhyana Huggings, Susan Cotterril, Elisa Guietti, Stephanie Gooding, Emma Stout, Sara Gonzales.

Nature Connection Volunteers Training - Balerno:

Adele Clarke, Claudia Goncalves, Stewart Keith

Deepening our Nature Connection - Falkland:

Adele Clarke, Claudia Goncalves, Malcolm Clarke, Dhyana Huggins, Caren Gilbert, Louise Durrant, Paula, Kate Hedges, Rehema White, Rosemary Welensky.

Support and supervision and Peer Support:

Mandy Peat, Sue Tait

Website updates:

Claudia Goncalves

Wellbeing of practitioners:

Emma Stout

Woodland maintenance:

Newton Harper and Mark Halliday

## Outcomes: The key differences we make as a result of our work:

### SHORT TERM

People:

Access ways that create better mental health and wellbeing

Have a greater sense of belonging and feeling they fit in.

Connect with others, nature and the Earth

Learn outdoors skills

Build resilience, self esteem and confidence

Feel less isolated

Relax and reduce Stress

Have emotional support

Engage with community

Gain Knowledge, understanding

Reduced pain and symptoms

Self-help

Engage with community and kindness

### MEDIUM TERM

People:

Have better relationship with the self and others

Good health and mental and emotional wellbeing

Increase in confidence, self-esteem, resilience

Motivation for lifestyle change, self-help

Have a sense of purpose and direction

Make healthier choices in life

Can cope better

Engage with Community, sense of belonging, feeling less isolated

Acceptance of illness, pain, situation

Improve mobility and movement

Increase biodiversity

Become a teacher for others (family, friends, community)

Affect local policy related to health and wellbeing

### LONG TERM

People:

Feel stronger to take positive action in the world

Improve mental health, physical and emotional Health

Have self resilient, feel confident, have self believe

Are better resourced

Work together to tackle problems locally and around the world

Are socially included and include others

Have a better lifestyle

Reduce medication

Maintain and stabilise their condition

Have more access to holistic support

Are more connected with Nature

Are confident teachers

Help tackle climate change

Raise Consciousness

## PLANS FOR OUR CHARITY IN 2022:

We believe that positive mental health and wellbeing outcomes are more possible when a person has access to opportunities that support:

1. Connection to Nature and the Planet
2. Connection to Creativity and Self
3. Connection to People and Community
4. Connection to Heritage

1. In line with COP26, helping to tackle climate change, and with the interest from the community in local food growing, our charity intend to create a mushroom growing project. It is possible to grow mushroom within 3 weeks in the woodland and or at home and the project will help the PHC community to begin to walk the path of beginning to be self sustainable food wise. Less transport, less carbon, less toxins, less pollution.

2. Our community has shown interest in a Scottish Storytelling with Nature Connection volunteers training project, combining these two activities for wellbeing. It is the charity's intention to reach a wider range of people in the delivery of this project and build a strong foundation for ongoing Scottish Storytelling and Nature Connection activities at the Community HUT in the woodland. This is an intergenerational community project to support positive mental health and wellbeing through heritage and nature connection.

3. In order to become more self sustainable and keep the Centre in Portobello open in the coming year, we will explore the possibility of forming a cooperative of practitioners to work in partnership with our charity working from our space

4. We will continue to provide opportunities for our community to support our woodland, the environment in general and improve their mental health and wellbeing with nature conservation and nature connection activities.

5. We will provide opportunities for our community to participate in expressive arts to create positive mental health and well-being.

