



The Community Foundation for Planetary Healing (or Planetary Healing Centre)

Registered Charity in Scotland SC034826

www.planetary-healing.org

Evaluation Report 2024

Introduction

We are pleased to share information about the Planetary Healing Centre (PHC) activities in 2024. This report contains information on community support events held between 6 October 2023 and 5 October 2024.

The information here was mostly collected at the time of booking by the participants, and their feedback was collected at the events they attended. Quotes from their feedback is shown throughout this report in green boxes.

“Lovely to meet so many strong men in the group that are brave enough to lay their hearts bare.”



Funders

Scottish Government via EVOC – ECMHWF, Creative Scotland, Lottery Community Fund, Lottery Heritage Scotland, Stafford Women, The Four Winds and Robertson Trust.

Locations

Our activities were delivered in 3 different areas: Southwest: Balerno, South: Newington and North: Leith. It served people throughout the Edinburgh area and beyond, participants' locations are described in the Post Code section below.

Promotion

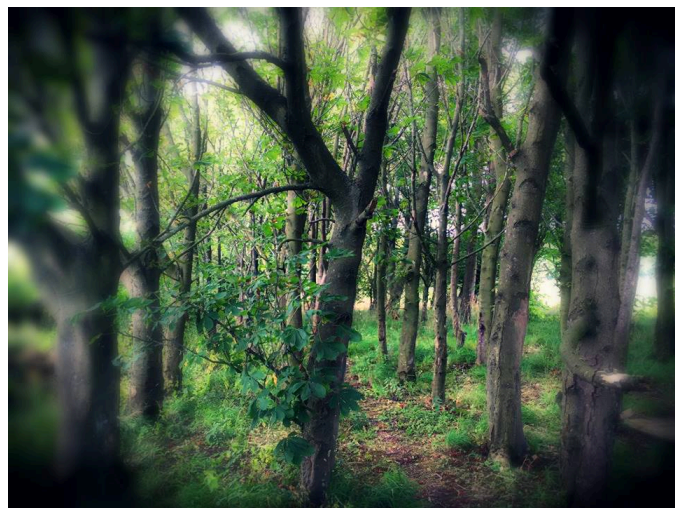
Events were listed on the PHC website, advertised through the PHC newsletters and paid adverts on 2 social media channels.

Projects

We delivered 89 events for our community between 6 October 2023 and 5 October 2024. 3 events were cancelled by the facilitators due to illnesses. The events were offered under a few different categories. The categories, and the events within them, are listed below. Some events were offered over several dates, the number of dates each event was offered is noted in brackets.

Families Project (Total 17)

- Home Education – Nature Connection and Wellbeing (1)
- Forest Garden (2)
- Nature Connection, Storytelling and Arts (1)
- Storytelling and Celidih: Children & Parents (5)
- Woodland Wonders: Family Gardening (8)



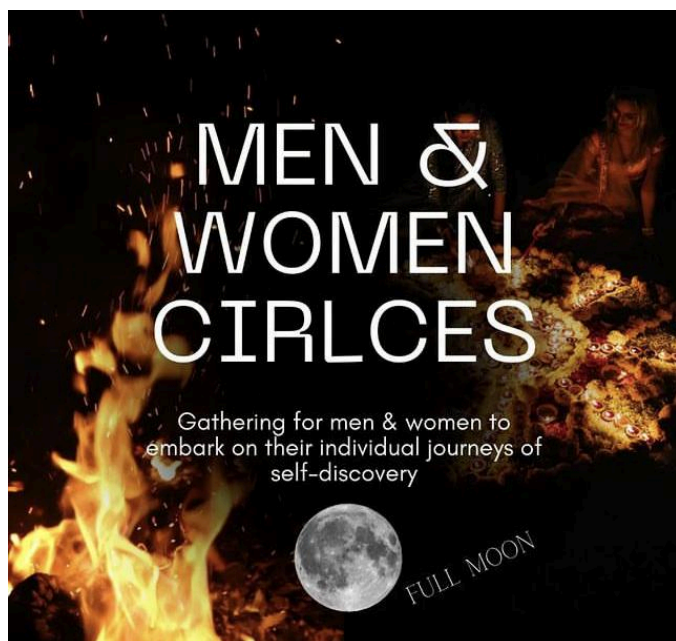
Men's Project (Total 14)

- Men's Circles (14)

Women's Project (Total 21)

- Women's Circles (14)

- Mother Circles (including Movement Medicine and Singing Mamas) (7)



General Support Groups (Total 28)

- An Evening with Essences: Embracing new beginnings and wholeness (1)
- Art in Sacred Space – Above, Below and Centre (1)
- Body, Nature, Art and the elements: Workshop for women (1)
- Creative Power – Retrieving the Self into Creation (1)
- Deepening our Nature Connection for Wellbeing (2)
- Druid Storytelling & Arts (1)

- Elemental Wisdom: Creative Journeys through Mother Earth (7)
- Embodying the Sacred Feminine (5)
- Introduction to Feather Stone Healing (3)
- Journey with our Native Trees (4)
- Mini Quest: North and East Shields (1)
- Mini Quest: South and West Shields (1)

Heritage Project (Tot 6)

- Autumn Equinox – Community Heritage (1)
- Beltane – Community Heritage (1)
- Home Education: Community Heritage (3)
- Summer Solstice – Community Heritage (1)

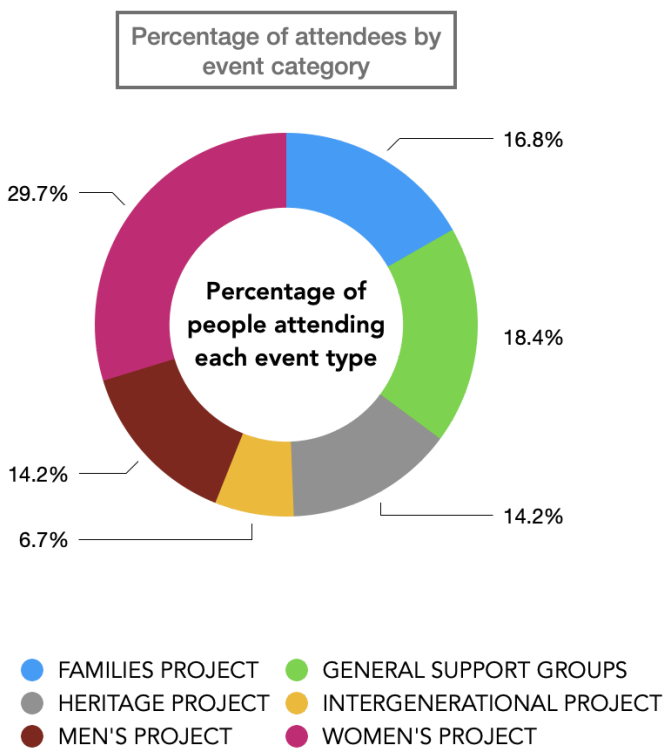
Intergenerational Project (Tot 3)

- Gathering in Falkland: An Intergenerational Event (1)
- Samhain: An Intergenerational Event (1)
- Spring Equinox, AGM and Open Day (1)

Attendance

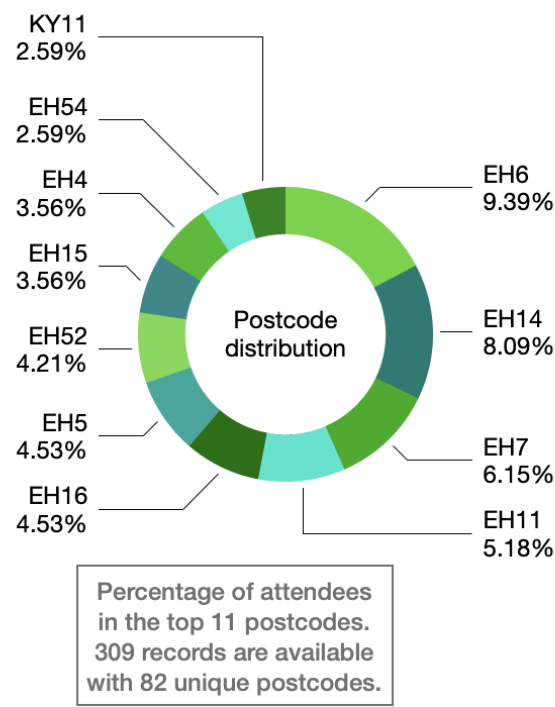
A total of **794 instances of attendance** were recorded. Out of these, we were able to identify **384 unique people**. Bookings for events took place via an online booking system created by an external provider. Links for these were listed on our website, and all data on attendance on demographics were collected through this system.

The Women’s Project was the most popular, with nearly 30% of attendees.



“It was a loving caring supportive space where you feel safe and healing. I loved the circle, and learned so much. The journey and meditation was great. Safe masculine space”

Postcodes of participants



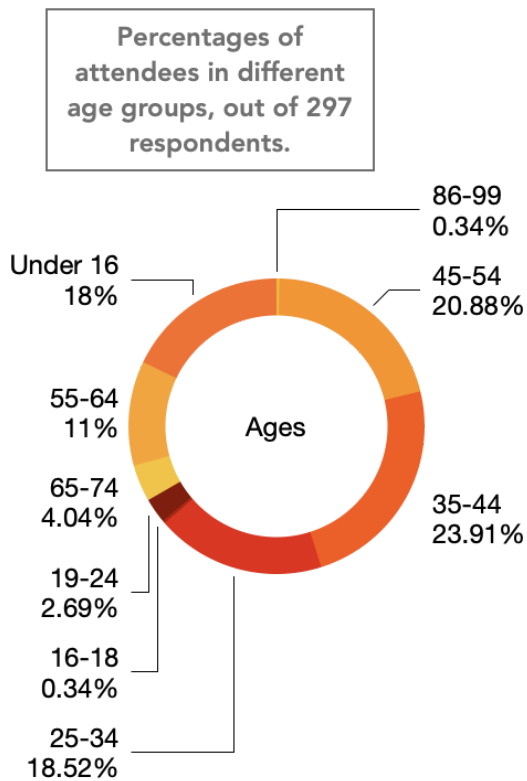
Of the total 384 people, we have the postcode information for 309. 82 distinct postcode areas were identified, with EH14 and EH6 being the most recorded.

"A very relaxing, well-organised, insightful experience. I will be spreading the word. Thank you"

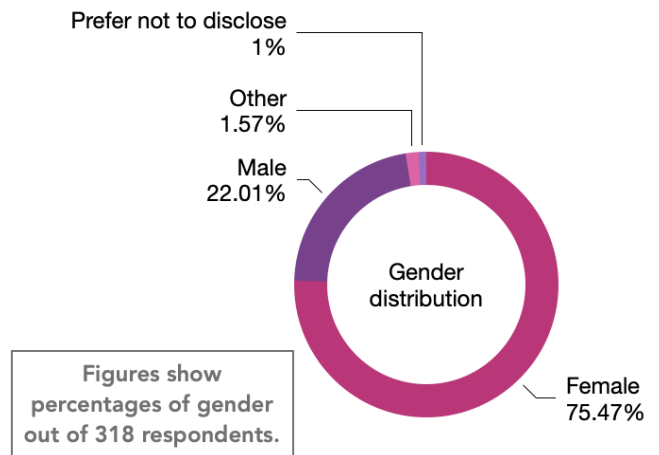
Age & Gender

Out of the 297 people we have age data for, most were in the age group 35-44.

18% of attendees were under 16 participating in intergenerational or family activities.

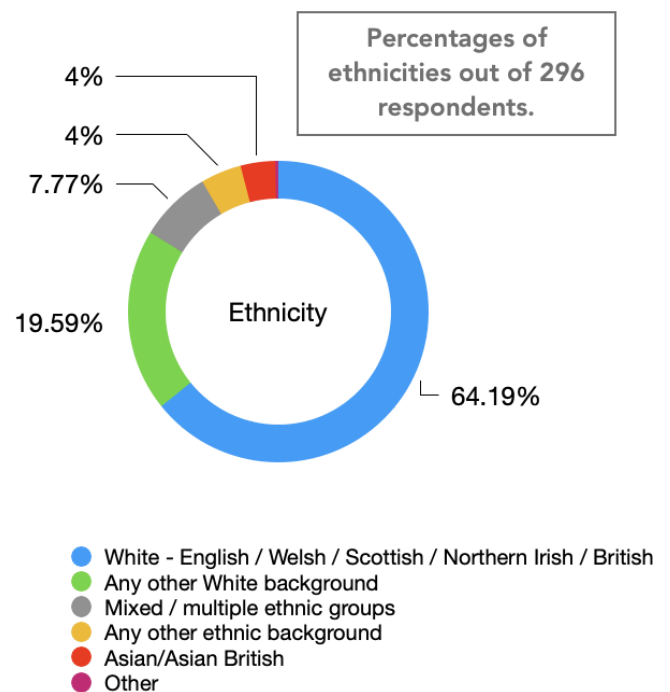


Out of the 315 people who attended, 75% stated their gender as Female.



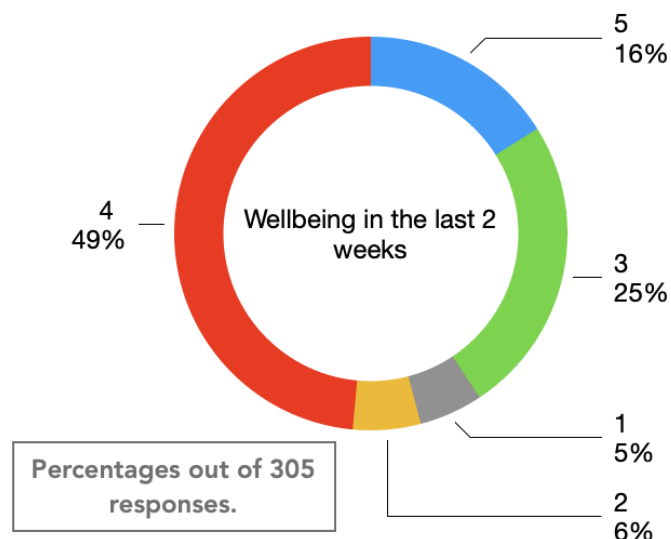
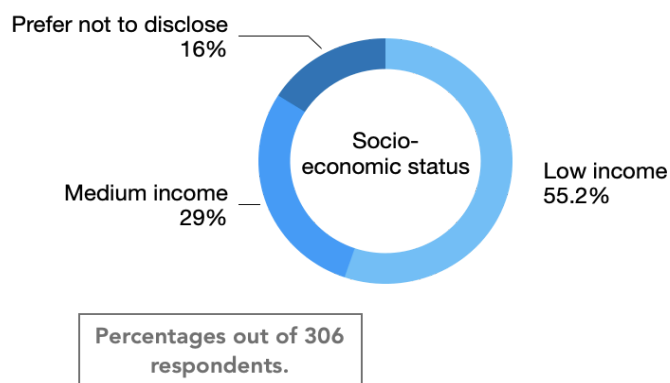
Ethnicity

Out of the 296 people we have ethnicity data for, most said they were White, while 48 people said they were in other groups (mixed, Asian, or another).



Socio-economic status

People were invited to rate their socioeconomic status between low, medium and high. 306 people responded. Over half said their income was low.



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. 305 responses were identified.

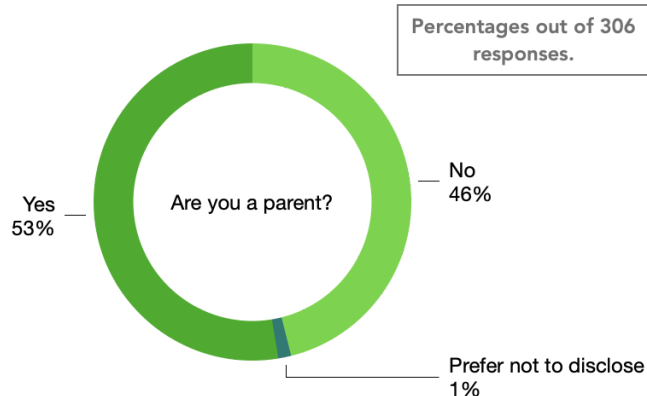
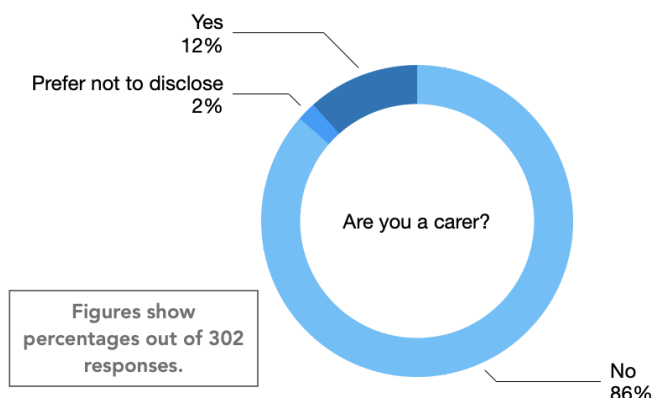
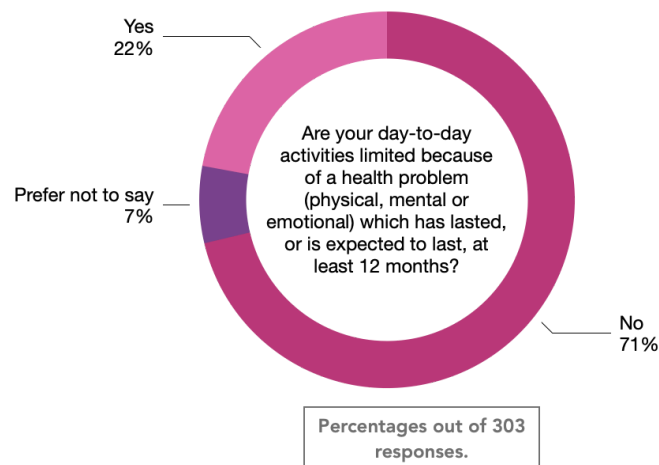


"I came empty and lost and I am leaving with a little piece of joy, hope and positivity"

"The circles gather people from different paths, yet we come as one, to listen, support, and heal each other. The world needs more safe spaces where people witness each other and PHC creates these like no other. We are blessed to have such resources available."

Health problems

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



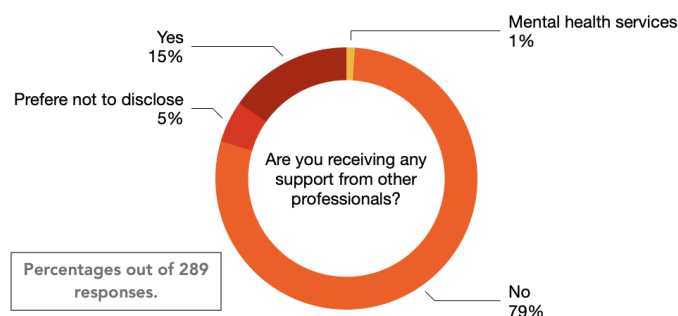
Caring and parenting responsibilities

People were asked if they were carers, supporting someone who is older, disabled or seriously ill, and also if they were parents. We wanted to see how many people were involved in taking care of others. 12% of respondents said they were carers, while 53% said they were parents.

"I am so very grateful to be able to attend this. I felt very disconnected, alone and suffering from detox symptoms before. I could not have felt worse. After this work, teaching and practice, I felt connected, like my body has less tension and pain, meaning I could function better."

Other services

We asked people if they were receiving support from other health professionals. Out of 289 responses 79% said they were not.



"Came with no expectations, if a little nervous. Very much enjoyed the atmosphere and listening to other peoples' stories. Will come back"

How the projects were made more accessible to the groups targeted

To address economic barriers to engagement, all Planetary Healing Services were offered by suggested donation between £5 and £25 or FREE.

Those who were not able to book online contacted the Planetary Healing Centre's office line directly to receive support with their booking. To support parents with children in school, some activities were offered within school times and evenings: e.g. from 10:30am to 2:30pm or 6:30 onwards.

To support the home-educating groups, as well as the usual teas, hot soup was provided in all sessions. The soup is always a great success with the children and the parents.

To address mental health barriers to engagement and other barriers, the structure of the bookings for the activities was open in order to accommodate participants of all backgrounds. That meant they could book one or more activities according to their time and energy.

Facilitator's Feedback

This year we asked our event facilitators to share feedback on their experience of holding the groups. Most facilitators have been with Planetary Healing for 4 years, others 3 or 2 years. Two facilitators were new and started to support our charity with their work this year. We asked them:

1. What were the best aspects for them about the events they facilitated. We

wanted to know about any positive impact on them personally.

2. What beneficial impact they noticed on the participants in their events.
3. What was challenging for them in facilitating these workshops.
4. We also asked if they had ideas for improving any aspect of the projects.

12 facilitators responded. All shared positive experiences of working with PHC, as quoted below:

“The location in woodland is a beautiful space to gather with people seeking peace and healing, being able to hold space there while talking of/guiding others in connection with the natural world is perfect.”

“I’m honoured to be trusted to hold the workshops for PHC”

“It has been a fantastic experience on all levels.”

“I think that the overall experience was incredibly positive. Working with PHC helped me to grow a lot, personally and professionally. It allowed me to expand my gifts and deepen my awareness of the work I feel called to share.

The support behind the scene felt very important too, as it helped to overcome any inner/ outer blockage pre or post events. Thank you!”

“I have taken great personal enjoyment from seeing people learn and share during events and gatherings. I feel in my role I have learned to balance delegation and engagement.”

“I loved being part of the intergenerational village that gets created at each event. I think it’s so special to see the people come together and each person brings a different kind of meaning and purpose to the day; children, adults, families or friends. Everyone mucks in together to create a sense of belonging and community.”

