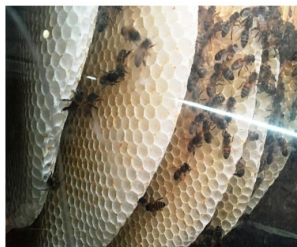


# ANNUAL REPORT 2016 PLANETARY HEALING CENTRE



## Letter from chairperson

This year of 2016 we can definitely say was our year of creation. We held not one but two Fundraising Holistic Festivals. With over 200 people participating in our Festivals we raised over 2k for our charity and we certainly aim to repeat these amazing events again next year.

In May, after a huge amount of work, we saw the opening of our holistic shop in Portobello. I think we were all astonished at the run-away success of the shop and popularity of the products we chose after a consultation with the community of what they would like to see in the Holistic Shop. Advised by a charity advisor and a Social enterprise consultant, the Holistic Shop was set up as an independent organisation who can donate profits back to our charity.

Another two newly born initiatives this year were the Pilot project Stress Relief for Carers and the Deep Nature connection in Falkland which have taken off to great heights. The Pilot Relief Project has already begun to show how vital such a service is to our community of carers while the Deep Nature Connection in Falkland is already such a success and it will definitely keep growing next year.

It was a pleasure to welcome four new trustees into the fold during the year of 2016 in the shape of David Bate, Dhyanna Huggins, Mandy Peat and Ann Henderson. Claudia Goncalves retired as a trustee and became an Advisor with Joao Lima. In August 2016 we lost our beloved friend and trustee Rodica Pamphilon through a car accident. Everyone in our charity misses Rodica deeply.

A heartfelt thanks to all our volunteers and staff without who we wouldn't be the accomplishment we are. I wish every person who offers their precious time, service and energy and to all the people who benefits from our services a prosperous and healthy 2017.

Mark Halliday (co-founder / Chairperson)

## Objectives & Activities

What an exciting and productive year it has been at the Planetary Healing Centre. Our organization is growing and we've had major achievements this past year.

We are a small organization run by volunteers. A team of over 30 volunteers support our work and are committed to living and inspiring holistic, conscious and sustainable ways.

During this current financial year of 2016 we celebrated 13 years of excellence and we are recognized as a leading provider of Holistic Health care in Edinburgh.

Our charitable work includes holistic therapies in the holistic health project, therapies in the careers project, various classes, groups and workshops as part of the community initiative, Planetary Healing bee project, nature connection for families project, deep nature connection programme, a holistic shop, a holistic library and also 2 holistic festivals a year.

With clients from different groups and backgrounds, every volunteer at our charity works hard to transform clients' challenges and struggles into practical ways that brings health and wellbeing to each person.

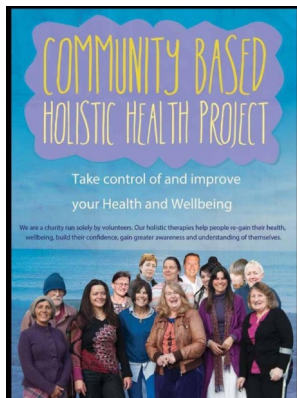
**Our mission** is to bring real, lasting, positive change to individuals and communities. Providing therapeutic relief and relaxation to those suffering poverty, destitution, and/or struggling with poor mental and physical health. The nature connection facilitate families to relate positively to one another, support disadvantaged families to connect with nature, encourage team building and communication skills, and provide the opportunity for people to develop healthy self-expression emotionally, mentally and socially.

Founded in October 2003, our sole intention was and still is to help people from our local communities who are struggling with their health and/or in an economically disadvantaged position.

People usually self-refer for our projects; however, there are a number of organisations who also refer people regularly: Dr Bell's Leith, Health in Mind, Cyrenians and GPs .

## **We achieved our overall aim through the following main charitable activities this year:**

- **HOLISTIC HEALTH PROJECT**



Since 2006 we have been offering by donation treatments to vulnerable adults placed on surviving unable to cope on the low or no waged spectrum. Ten years on, our project continues to flourish thanks to the dedication of the team of volunteers and the identifiable benefits received by the participants. Each year this project provides around

100 individuals with regular one-on-one therapies (8 to 16 therapies a year depending on circumstances).

The people accessing the Holistic Health Project are often in acute distress when they come to our charity and in acute need with ill-health.

- **NATURE CONNECTION FOR FAMILIES**

Since 2012 our Nature Connection project supports families struggling with issues relating to stress, anger management and communication difficulties. Participants are supported and encouraged to manage their stress, isolation and the effects of poverty. The social and educational input we deliver through all manner of outdoor activities supports a sense of community, personal growth and ability to contribute and work together with others.



Our Nature Connection experience offers coping strategies, improved parenting skills and family bonding. A minibus was offered coming from Leith to the Planetary Healing Woodland in

Balerno where we have a 19ft yurt equipped with a wood burning stove for the project. Soup, refreshments and a vast range of activities which are educational in terms of social, environment and personal well-being are offered to the families.

- **THE PLANETARY BEE PROJECT**



This beloved project, it is also based in Balerno and is almost one year-old and counts with a collective of like-minded bee-keepers who take a holistic approach to looking after bees who are at risk of extinction if we don't find a sustainable solution for the problems

they are facing. This project is experimenting with a holistic approach and traditional methods to try to find a natural outcome to help the bees. This project is also highly educational for the children and the families with storytelling about bees, clowning and bee games. We also plant wild flowers for the bees. Our charity is now supporting two bee hives.





- **STRESS RELIEF PROJECT FOR UNPAID CARERS**

Over the years it has been clear to our charity that there was a need for the creation of a project to offer support to unpaid carers that was not currently available in Edinburgh at least. This project was launched as a pilot project in September 2016. With the

same spirit of our Holistic Health Project the aim is to offer holistic services in particular to disadvantaged carers who are restricted financially and dealing with high levels of stress that can lead to mental health issues and relationship/family break-up. Anyone who is an unpaid carer and in need of a holistic therapy they would otherwise not receive or be able to afford are welcomed in our project.

- **VOLUNTEERING PROGRAMME**

Our highly respected volunteering programme helps qualified therapists, including former service users, increase their confidence in their professional practice and gain even more experience. In return they offer our beneficiaries holistic treatments by donation, with all donations going directly towards our running costs. Upon joining the project all therapists are required to have accredited qualifications and be fully insured. PVG checks are routinely carried out. 35 people are regular volunteers throughout the year in our Charity.

We run a few of our activities as social enterprise programme to help generate income to support our charitable activities. They were: Employees Wellness Programme, Private therapies, Classes, groups and workshops.

## Achievements and Performance: More details



- **NATURE CONNECTION** We run the Nature Connection for Families in Balerno between April and October and delivered 6 Friday sessions. 56 participants composed of 21 adults and 35 children were helped. These families were financially restricted or on benefits. Most

referrals came from Dr. Bells Family Centre in Leith.

- **HOLISTIC HEALTH** The Holistic Health Project was open for 44 weeks and supported 98 people who had health issues and were financially restricted. We had 409 holistic therapy sessions booked in the project from which 57 were cancelled by the client and 17 were a no show. The latest evaluation showed that 79% of people interviewed reported lasting improvements to aspects of their health and wellbeing subsequent to attending therapies with the project. Many reported multiple benefits across a wide range of issues.

- **HOLISTIC SHOP** We took further steps towards self-sustainability and took all the legal steps necessary to set up our Holistic Shop. The shop opened its doors with an inauguration party on the 6<sup>th</sup> of May 2016. The main objective is to generate money to support our charity with its core costs.



- **DEEPENING OUR NATURE CONNECTION**

We delivered 4 full weekends of **Deepening our Nature Connection** with outdoors activities including camping for families and individuals. The project took place at the Falkland Centre for Stewardship's woodland in Fife with camping at Pillars of



Hercules, an organic café right beside the Centre which offers all the right infrastructure for camping. The programme had 3 main facilitators and each weekend counted with a team of 8 volunteers called the acorn team. Deepening our Nature Connection is based on the Art of Mentoring, a renowned worldwide movement which has the objective of mentoring people into developing a deeper relationship with nature for health and wellbeing. It was a great success and each weekend counted with over 31 participants. A total of 91 people benefited from our Deepening our Nature Connection in 2016.

- **FUNDRAISING HOLISTIC FESTIVALS**



We organised 2 Fundraising Holistic Festivals. It's difficult to put into words what a profound experience it was for us to host two Holistic Festivals this year. Held on October and May 2016 in Balerno, they were unlike any other event we've ever been a part of. It was a collective process of human connection and a rich and transformative journey. There were truly moments of alignment, strength, unity, friendship and empowerment for people. The Festivals raised over £2000 for the charity and over 200 people benefited from it.



## Financial Review

The charity managed to keep the costs of the services to a minimum thanks to the generosity of the volunteer team which, in this year's account contributed in kind a total of £95,900. This was estimated from £45,500 (therapists), Management (£25,500), Day to day coordination (£14,800), Board of Trustees and fundraisers (£10,300).

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. This has been accounted for as a donation with an equivalent notional expenditure on rent.

In the 12 Months covered by this report, the charity received income totalling £35,280 (2015: £24,946), primarily from its charitable activities, grants, fundraising and donations. The total expenditure was £29,862 (2015: £31,611) resulting in a surplus of £5,418 (2015: a deficit of £6,665).

## Thank you to our volunteers

We were able to achieve so much at The Planetary Healing Centre because of the help of our many enthusiastic volunteers: manager, coordinators, therapists, cleaner and general volunteers working in our Planetary Healing Centre, offering their skills without any financial gain to themselves to members of our community who need it.

It is the generosity, friendship and compassionate service given by our volunteers that best illustrates what we are trying to achieve in our Charity: they truly are people who make a difference and they are making the world a better world.

In 2016, the Planetary Healing community has lost one of its cherished trustee and therapist. Rodica Pamhpilon, who was our trustee and also one of our practitioners in the Holistic Health Project, passed away in August 2016 in a car accident. We were very grateful and lucky to have Rodica as part of our team for 3 years.



## Future Plans for 2017

1. Raise funds to consolidate our pilot Stress Relief for Carers project into a well structured and supported project.
2. Deliver 4-full weekends of the Deepening our Nature Connection in 2017.
3. Seek funds for a manager, a part-time project development worker, a part-time administrator and a full-time receptionist.
4. Develop a new website easier to navigate and responsive.
5. Raise funds for support and training for our team of volunteers.

The focus for the year ahead is to continue to work supporting those who find themselves with health and wellbeing issues and are restricted financially.

We will continue to nurture our bee project and hopefully by the end of the year have 4 hives with the swarms from our current 2 hives.

We will also continue to nurture our partnership with Dr. Bells Families in Leith, Health in Mind, Cyrenians, Youth Vision Charity and will seek to establish other partnerships.

## Planetary Healing volunteers in 2016

**Co-founders:** Claudia Goncalves and Mark Halliday

**Advisors Board Members:** Alma Shearer, Stewart Keith, Emily Boyd, Joao Lima, Claudia Goncalves, Sara Beauregard.

**Board of Trustees:** Mark Halliday, Margot Daru-Elliot, Dhyana Huggins, Mandy Peat, David Bate, Anne Henderson and Rodica Pamphilon (in memory)

**Co-managers volunteers:** Ana Duarte and Claudia Goncalves

**Finances Coordinator and bookkeeper:** Tessa McKirdy

**Project Coordinators:** Grigorios Karastamatis, David Bate, Karen Hendry, Agnese Polifroni, Patricia Ehsani, Agnieska Narloch, Stephanie Voytier, Jeany Butterfli, Ana Duarte

**Volunteer Therapists:** Ann Fowler, Anne-Marie Birch, Dorothy Forest, Piotr Drapala, Julie Talbot, Kamila Banaszewska, Annie Crombie, Bea Brzozowska, Ana Duarte, Louise McCloy and Carol Black, Maria Hawkins, Rodica Pamphilon (in memory), Louise McCloy, Francesco Benvenuti

**Nature Connection for Families - Balerno:** Claudia Goncalves, Adele Clark, Dhyana Huggins and Stewart Keith.

**Deep Nature Connection - Falkland:** Claudia Goncalves, Adele Clark, Dhyana Huggins and 8 Acorn volunteers.

**Bee Project volunteer:** Claudia Goncalves and Gabriel Gonzalez

**Library volunteer:** Anton Pedersen

**Support and supervision volunteer:** Claudia Goncalves

**Thank you to our Funders:**

*Supported by*



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