In response two financially independent but integrated organisations were established in 1999: CMP NHS and the charity CWT (www.camphillwellbeing.org.uk). This facilitated fundraising to support the anthropohealth services while enabling the NHS services to meet governance requirements. Parallel development of CWT’s local charity shop and fundraising capacity enabled equality of access for patients to the anthropohealth services.

To secure sustainability restructuring and specialisation was initiated in 2012. This, coupled with increased engagement with patients and other stakeholders, secured continuation of our donation-based financial model. Two years on the financial viability of this model still proves sound.

Regulated in the UK by CAHSC [www.cahsc.org] and with an international quality mark AnthroMed [www.anthromed.de/en], anthroposophic medicine - the basis of our AnthroHealth model - is integrated with conventional medicine in hospitals, clinics and medical practices throughout Europe. Its efficiency and effectiveness has been published in a health technology assessment based on our AnthroHealth model.

Anthrohealth is also integrated in delivery through the joint working of an NHS practice and a third sector organisation. CMP’s core primary care services are extended with CWT’s anthropohealth services, through collaborative planning and sharing of resources, including premises and personnel. This development has been needs-led. In 1996 CMP was a single handed practice with 3 employees and patient list of around 500. Low income and increasing patient demand for anthropohealth services prompted the question: Is it possible to sustainably deliver effective anthropohealth services within an NHS primary care setting?

In two years on the financial viability of this model still proves sound.

Today the two organisations together employ 4 GPs, 20 staff and serve in excess of 1800 patients. CMP NHS and CWT together specialise in service provision for three groups of patients, all with complex needs:

- children and adults with complex learning disability, autism and ADHD
- chronic conditions: e.g. ME, chronic pain, hypertension, Parkinson's
- patients with cancer [www.mistletoetherapy.org.uk]

They work alongside the five Camphill Communities in Aberdeen City and Shire, which provide a range of services to children and adults with learning disabilities and other additional support needs. Their underpinning ethos and knowledge base is consistent with the anthropohealth approach, emphasising an integration of health, education / work and care supported by a therapeutic environment and meaningful relationships 4, 5, 6. Working with our Camphill partners integrates social pedagogy into the therapeutic spectrum.

Our project indicates the potential for transferability of the anthropohealth approach to primary care in the UK.