



# Camphill Wellbeing Trust Health Matters

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## Interested in fundraising?

Email us to find out more: [admin@cwt.scot](mailto:admin@cwt.scot)

## Support us online:

[localgiving.org/charity/CWT](https://localgiving.org/charity/CWT)

## Christmas Shopping supports CWT MIE'S FESTIVE FUNDRAISER



TROPIC

We are delighted to share the next exciting fundraiser for CWT.... a fantastic online shopping event from Tropic.

Tropic is a **carbon negative Skincare and Cosmetics company** with award winning products that are **clean, vegan, ethical** and freshly **made in the UK**.

The lovely Mie Roche of Tropic is looking to fundraise for CWT for a third time this Christmas:

"Hello! My name is Mie.

I first came to know CWT through a number of friends who were receiving support for cancer and more personally when my husband was diagnosed with leukaemia in 2018.

Our family is so grateful to the gracious support from Dr Geider, Nurse Barbara and the CWT team and for the fact that mistletoe therapy is available in Scotland. They have been a great oasis to us."

With Christmas fast approaching, Tropic offers a range of festive skincare gifts lovingly presented with ribbon and name tag. Treat yourself, or your loved ones, and discover products to help you enjoy a moment of self-care.



LIMITED EDITION

Introducing Tropic's Gifting Collections

Powered by plants. Inspired by aromatherapy.

TROPIC

Mie shares her favourite products this season:

**Gift of Love:** with a magnesium milk bath / shower oil and powdered rose quartz body milk lotion, this self-care package is perfect for anyone who deserves a reminder of how special they are; think tired parents, busy friends, hardworking partners and everyone in-between.

**Enriching Hand Beauty Cracker:** Hands do so much for us so why not treat them to the nourishing nut butters, resurfacing skin scrubs and hand velvet moisturiser and restoring cuticle oil? This package is Mie's winter must!

Use Tropic's online [gift guide](#) for inspiration in advance of the shopping event.

**How to take part:** [Shop online](#) with Mie between 8th - 15th November 2023 and **CWT will receive 25% of all sales** in support of its mistletoe therapy services and the current Access Appeal for the Compass project. Make sure to **shop using the direct shopping link here**. You can contact Mie if you require any guidance: [mie.tropic@gmail.com](mailto:mie.tropic@gmail.com)

With your order delivered direct to your door, what better way to treat yourself or a loved one this festive season while supporting a charity.



## DIRECTIONS FOR COMPASS

The Compass project is CWT's latest venture, transforming the former Waldorf School site on Craigton Road, Aberdeen into a centre demonstrating practical solutions for healthy, sustainable lifestyles.

The project has received over **7530 hours** from **770 volunteers** since it started in September 2020 along with a fantastic **£1,116,135** raised through grants, donations, produce sales and a generous anonymous donor towards the project's development. Read on for the latest news and updates on what has happened at Compass lately!



### Orchard Expansions

Thanks to the generous donation of **£689** to **purchase fruit trees** and the group of enthusiastic corporate volunteers from **Baker Hughes Aberdeen**, we expanded our orchard this Autumn. The team planted **2 cherry, 4 apple and 2 pear trees** with the help of Compass staff. The trees will provide produce for years to come and we look forward to processing the harvests in our future Zero-Waste kitchen.

The group also helped us **harvest fruit** and **prepare ground** below the polytunnel for herbs. Elsewhere in the garden, volunteers have been busy **planting organic garlic and onions** for growing **over winter** to make the most of all growing seasons. Find out more about **how to utilise the garden all year round** by speaking to our team onsite, or join us for the next volunteer day for hands-on experience!

**FOR SALE: Seasoned Firewood and Wood Chippings**



### Drivers Wanted!

We are looking for **volunteer drivers** to help us transport volunteers to and from the Compass site each week to support their access to healthy, sustainable living.

**Can you spare a few hours a week?** We need someone who is happy to interact with a range of people, confident in driving an 8-seater e-vehicle (training will be given), be punctual and reliable. You must hold a clean UK driving licence and undergo a Protecting Vulnerable Groups (PVG) check. Get in touch to find out more!

### Staff Changes:

We are sad to be saying goodbye to **Compass Project Manager, Neil Lindsay** from end of November 2023. Neil made a significant impact on driving the refurbishment of both the Multi-Purpose Hall and Volunteer Hub forward over the last year. We wish him all the best in his new position from December 2023.



Meantime, we are delighted to welcome the newest member of Compass, **Leigh McMillan**. Leigh is joining us as **Volunteer & Social Prescribing Coordinator**. She will lead our Skills for Health Social Prescribing service as well as activities available onsite for the wide range of volunteers who contribute to our project. She will also be the point of contact for all Multi-Purpose Hall hire enquiries. **Welcome Leigh!**



### How to help Compass!

- ✓ **Donate today** through our new online campaign page with LocalGiving; just click the butterfly logo!
- ✓ **Sign up to the Compass newsletter** [here](#) or [email us!](#)
- ✓ **Sign up as a volunteer** [here](#)
- ✓ **Follow us on Facebook** and share the page with your friends **@CWTCcompass**
- ✓ **Find out more about the project** [www.camphillwellbeing.org.uk/compass](http://www.camphillwellbeing.org.uk/compass)
- ✓ **Contact us:** [compass@cwt.scot](mailto:compass@cwt.scot) or call 01224 862008



### Volunteer with us!

Every **Wednesday afternoon** (1.30pm - 4pm), **Thursday morning** (9.30am - 12noon) or on the **first Saturday of the month!**

## Shop Christmas at the Blue Door Sustainable Gifting

Let Christmas be a joyous occasion for both your bank and the environment!

Shop with us this Christmas and you could find some unique treasures to gift your loved ones. The Blue Door Charity Shop holds a wide selection of great quality goods from the unusual, vintage finds to 'good as new' books / toys - you might just find the perfect gift to give this season.

When you choose to shop through our charity shop, not only are you supporting local medical charity Camphill Wellbeing Trust, you are also shopping sustainably. By buying pre-loved goods, you can do your bit for the community and climate change, reducing the waste sent to landfill...and what better time to browse than for Christmas shopping!

Find your unique Christmas gift today!



57-59 N Deeside Rd, Bieldside, AB15 9DB

Open Wed - Fri, 10am - 4pm  
Customers & donations welcome!

We spoke to one of our Blue Door volunteers about their thoughts on Christmas shopping at the shop:

*The Blue Door is very fortunate to receive quality donations from our lovely donors. Amongst these are often vintage items that you wouldn't find anywhere else. It is such a pleasure to give these items a new home and a second life. - Eve, Volunteer*

Keep an eye out for the festive windows appearing soon - you can even pick up some Christmas decorations on a budget! As always, we welcome good quality donations to help raise money for CWT.

Did you know? We're on Facebook! Search *The Blue Door*

## Community Benefits Shop

We would like to extend a big thanks to the expertise of **CHES Ltd** who supplied tradesmen to support the Blue Door Charity Shop. The electrician and plumber removed the old water heater and installed a new one contributing 2 hours of time as part of their **community benefit element** of another large project within the city. The completed work is very much appreciated by Camphill Wellbeing Trust and demonstrates a great way to practice the **circular economy of skill sharing** too.

Thank you CHES!



Weleda remedies can help you tackle those pesky cold symptoms that often rear their head over the winter months.

### For general colds:

Reduce the symptoms of your cold by using *Weleda Cold Relief Oral Spray*. With herbal ingredients such as *Allium cepa* (onion), *Drosera rotundifolia* (common sundew) and *Gelsemium sempervirens* (Caroline Jasmine), it can help relieve the inflammation of a sore throat (sundew) and combat the flu-like symptoms of a cold (*Gelsemium*).



By using *Cold Relief Oral Spray* at the first sign of a cold you may help prevent it worsening.

### For tickly coughs:

Winter illnesses are often accompanied by a tickly cough which can wear you down and prevent sleep.

*Weleda's Herb & Honey Cough Elixir* contains herbal ingredients such as aniseed, elderflower, thyme and marshmallow root in a honey syrup to provide symptomatic relief of dry and irritating coughs.



Taken on its own, or in hot water, the elixir helps to soothe the irritation in a pleasant and natural way.

### For blocked noses:

It can be tiring trying to breathe through a blocked nose. Try clearing it with the help of *Weleda's Rhinodoron Nasal Spray*.

Using this natural spray can help to clear and soothe a stuffy nose.



It contains moisturising Aloe Vera and works by breaking down the crusty covering inside a congested nose that makes breathing difficult.

*"Our products are totally natural, that means 100%.*

*They are free from synthetic preservatives, colourants and mineral oil derivatives, and in over ninety years we have never tested on animals."*



- Weleda UK

### Book a consultation at CWT

If you find you are still feeling under the weather, why not book a consultation with us. CWT AnthroHealth services offer ways to address illness, build resilience and maintain wellbeing by working with you to create a person-centred therapeutic plan.

Contact us for an information pack: [admin@cwt.scot](mailto:admin@cwt.scot) or 01224 862008

## Art in the Waiting Room Online

Our current online exhibition features the work of local artist, Jane Keenan.

Inspired by her love of light, colour and seasonal changes in the landscape around her, Jane likes to experiment across all forms of media. [Visit our online gallery](#) or our [Art in the Waiting Room Facebook page](#) to view the colourful, textured detail of Jane's work.



All artwork is **available for sale** with a range of prints starting from just £32 or from £60 for Jane's original pieces. **25% of all sales** go to support CWT and its projects. Exhibition ends January 2024.

### Call for Artists

We are looking for artists to take part in our **online 2024 exhibition programme** - email to find out more! [admin@cwt.scot](mailto:admin@cwt.scot)

[@artinthewaitingroom](#) 

How to help CWT

## CALL FOR DIRECTORS

**Can you spare your time and expertise to support a local medical charity?** We are looking for new people to join our Board of Directors supporting Camphill Wellbeing Trust for a few hours every 1-2 months. We would be particularly interested in professionals from management, building trade, quantity surveying or architecture however if you have skills that might be helpful, we'd love to hear from you. Interested individuals are encouraged to get in touch with **CWT CEO, Aileen Primrose** for further information and an application pack. Email: [manager@cwt.scot](mailto:manager@cwt.scot)

## Supporting CWT

**Please consider supporting us by fundraising or making a donation today!**

If you can, the best way to make a donation is **directly to CWT**. **Doing so ensures your full donation is received by CWT** whereas donating through the Local Giving page reduces your donation by their processing fees.

You can also volunteer for us through our projects. Get involved with the Blue Door Charity Shop [[bluedoor@cwt.scot](mailto:bluedoor@cwt.scot)] or Compass [[compass@cwt.scot](mailto:compass@cwt.scot)].



**To enable us to continue to offer our main services on a donation basis, please donate as your resources allow.** The best way is to make a direct donation to our bank account:

Camphill Medical Practice Ltd. Sort code: 83-49-40 Account no. 00135147 or donate online at: <https://localgiving.org/charity/CWT/>

**Did you know?** Gift Aid can increase the value of your donation by 25%. Contact us for a form.

**Camphill Wellbeing Trust** is a registered charity.

Our aims are:

- to promote innovative approaches to health, education and social care
- to offer equality of access to our services
- to provide education and training
- to promote related research
- to raise funds in support of these aims

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Camphill Wellbeing Trust is a business name of Camphill Medical Practice Ltd.  
Registered number SC120539  
Scottish Charity number SC016291

### SIGN UP TO RECEIVE OUR NEWSLETTER

If you would like to receive future copies of our newsletter, please send your name and email address to:

[admin@cwt.scot](mailto:admin@cwt.scot)

By doing so, you consent to your details being added to our database and you will receive further news from CWT by email. All information provided will be protected and will not be passed to a third party.



# Health Matters

## Welcome to the River Dee Medical Group: Camphill Medical Practice news

This news update is part of a collaboration with the Camphill Wellbeing Trust (CWT) and its Health Matters newsletter.

For patients not signed up to CWT's newsletter, this update will be made available on the River Dee Medical Group website.

In this issue:

- ✓ Innovation Award
- ✓ Free Legal Advice Clinics
- ✓ 2023 Public Holidays

We hope you find this news update informative and helpful.

**Contact us:**  
**0345 375 2020**  
 gram.camphilladministrator@nhs.scot  
<https://camphill.gp.scot/>

## Innovation Award for RDMG

We are delighted to announce that River Dee Medical Group (RDMG) were awarded with the **RCGP Innovation Award** on the 28th September 2023. Dr Adrian Crofton and Dr Stefan Geider collected the award at an event held at the University of Aberdeen in recognition of **outstanding contribution and leadership of General Practice** within the North East Scotland. It is a huge achievement for RDMG to be awarded this and it could not have been done without the **hard work and dedication of the whole team**. Jenny Perfect, Care Navigator, pictured right with the award.



## Staff Changes

**Lindsay Donald**, secretary at Camphill Medical Practice, will retire after 17 years of dedicated service.

A valued member of both CMP NHS and RDMG, Lindsay has also been an integral part of the integration of CMP and CWT and lately, in RDMG.



Both Lindsay, and her cakes (!) will be sorely missed by both patients and staff alike.

**We wish her all the best in her retirement.**

Meantime, **Carol McDonald**, Care Navigator who has been working at Camphill Medical Practice on a part time basis will join the CMP team on a permanent basis from January 2024.

## Medical Monitoring

Katie Hutcheon, Practice Nurse at Camphill Medical Practice, is working alongside her colleagues at Torry to provide a **range of annual patient reviews** including asthma, COPD, hypertension and diabetes. Applicable patients will receive an invitation letter by post.

## Contraception Clinics

Torry Medical Practice continues to offer **long-acting reversible contraception** to both Torry and Camphill Medical Practice patients.

**To arrange an appointment**, please contact Torry Medical Practice directly on:  
**0345 337 9977.**



## 2023 Public Holidays

RDMG will be open to patients on all Bank Holidays this year with the exception of:

**Monday 25th December 2023**  
**Tuesday 26 December 2023**  
 Christmas & Boxing Day

**Monday 1st January 2024**  
**Tuesday 2nd January 2024**  
 New Year's Day & Bank Holiday

## Seasonal Produce Available

In collaboration with Camphill Wellbeing Trust's Compass project (see page 2), the CWT team are working with Torry Medical Practice to deliver **freshly harvested, local, organically grown produce** to the practice every Tuesday which continues to be well received by both patients and staff. **Make sure to pop in to collect your tasty fruit and vegetables each week!**

Produce is also available outside Camphill Medical Practice with weekly top-ups of seasonal fruit, vegetables and plants.



## Law Clinic @ Torry Medical Practice

In conjunction with **RGU Aberdeen** and **Grampian Community Law Centre**, Torry Medical Practice now hosts space for those seeking free legal advice every second Wednesday, 1 - 4pm. Individuals can attend a range of specific information sessions, drop-in sessions or arrange a one-to-one appointment. As part of these fortnightly sessions, supervised law students of RGU will provide free advice for those unable to access legal advice as part of their course's practical experience learning.

For further details or to book a one-to-one appointment, contact [GCLC@rgu.ac.uk](mailto:GCLC@rgu.ac.uk). You can also request a timetable from Torry Medical Practice.

