



# Camphill Wellbeing Trust Health Matters

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CWT welcomes the New Year

## THINKING BACK, LOOKING FORWARD

**The Camphill Wellbeing Trust (CWT) team are looking forward to an exciting year ahead...**

During 2018, CWT welcomed two new administrators, launched its Camphill Fish fundraising project, upgraded our consultation rooms and installed new lighting for our *Art in the Waiting Room* project. We received much needed donations from individuals and from fundraisers using ideas ranging from pigeon auctions to roller skating!

Loss of one of our long-term funding streams this year has highlighted the importance of our Blue Door Charity Shop, its volunteers and supporters regularly raising around £60,000 per year for CWT, as well as regular contributions from the Camphill organisations in the North East.

All of the above have helped us to successfully deliver over 2300 clinical appointments and supported 185 guests in our four accommodation units for patients receiving therapeutic input.

CWT continued to provide learning opportunities for health & care students and professionals about the AnthroHealth approach. Our new 6-module Applied AnthroMedicine Training was

a great success with the nurses from Simeon Care, our own CMP NHS GPs and GPs from throughout the UK.

Looking forward, Dr Stefan Geider, CWT Clinical Lead, comments:



*"Working with patients to help **resolve illness, build resilience and maintain wellbeing** remains our primary aim for 2019. With a busy start to the new year, our accommodation has had 100% occupancy and we are receiving new patient referrals daily. To meet the increasing demands on our services, we plan to recruit a new doctor to join our team in the near future."*

*To help patients help themselves, we are planning a **series of evening talks** on our approach to health. These will cover lifestyle advice areas of **nutrition, exercise, sleep and relaxation** tailored for the individual."*

Look out for information on these events or contact us on [admin@cwt.scot](mailto:admin@cwt.scot) to register your interest.

## Doctor's Note:

The most common complaints at this time of year are colds and coughs. If you are feeling under the weather but not ill enough for a GP appointment, there are a number of **AnthroHealth remedies** available over the counter which can help provide symptomatic relief. In particular those made by Weleda, a world-wide manufacturer of natural healthcare products, are available from local pharmacies including Peterculter Pharmacy and Camphill Newton Dee Store.

**Weleda Cold Relief Oral Spray** contains herbal ingredients such as *Allium cepa* (onion), *Drosera rotundifolia* (common sundew) and *Gelsemium sempervirens* (Caroline Jasmine).

These key ingredients can help with the inflammation of a sore throat (sundew) and relieve the flu-like symptoms of a cold (*Gelsemium*).



**By using Cold Relief Oral Spray at the first sign of a cold you can help build resilience and may prevent worsening of the condition.**

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, thyme, elderflower 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.**



## Interested in fundraising?

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

## Support us online:

<http://uk.virginmoneygiving.com/charities/CamphillWellbeingTrust>



## How to support CWT and its projects

### Maximise your donation

**Camphill Wellbeing Trust (CWT) is a medical charity which provides an integrated approach to health and wellbeing including Mistletoe Therapy for cancer care.**

CWT medical and therapeutic services are financed by donations and contributions from individuals and organisations as well as our own fundraising activities. Due to increasing demands on our services, plus the recent withdrawal of Grampian Homeopathic Service funding (see Issue 20), our charity relies more than ever on donations and fundraising.

We value each donation received as it helps us to support patients and their families, many of whom have disabilities or long term chronic conditions.

#### Ways to donate

**1. Donate directly by bank transfer or cheque:** This is the best way to ensure CWT receives your full donation and we recommend it for larger donations. Just make sure to let us know when you have donated. Drop us an email or use a clear reference against your donation if making a bank transfer, and enclose your details with any cheque so we can thank-you.

**2. Online via Virgin Money Giving (VMG):** this is a great way if you are running a fundraising event for us and have lots of friends who want to donate. Just be aware transaction fees are deducted by VMG from all donations. For example, from a £50.00 donation, we will receive £48.20. However, supporters can choose to off-set part of this charge by donating slightly more if they wish. Details of this can be found when you donate.

#### Gift Aid It!

If you are a UK tax-payer you can increase the value of any donation you make by 25% at no extra cost by filling in a gift aid form. Please email or call us to ask for this.

### Show your support for mistletoe

Designed for CWT's Mistletoe Therapy UK project, our charity wrist bands support mistletoe therapy and raise awareness. Featuring the project's slogan 'Making a difference together,' the bands have a suggested donation of **£1.00 each**. All proceeds go directly to the project, to help equality of access to mistletoe therapy services for people with cancer. The bands are available to CWT fundraisers or you can pick up yours from Camphill Medical Practice, our Blue Door charity shop or Newton Dee shop.



### Fundraise for CWT

Our e-fundraising packs are free and are full of ideas and tips to help you get started.

The packs include:

- ✓ **A fundraising guide**
- ✓ **2 poster templates**
- ✓ **Sponsorship forms**



To request a pack today, contact:  
01224 862008 or email us at [admin@cwt.scot](mailto:admin@cwt.scot)

### Donate today!

**Camphill Wellbeing Trust**  
Sort Code: 83 49 40 Account: 00135147 Ref: YourName

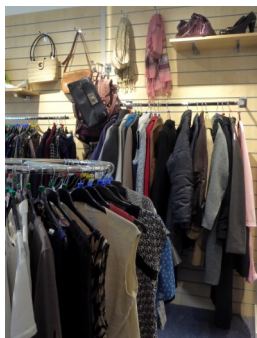
## Support our charity shop!

**You can also support CWT by donating to our thriving Blue Door Charity Shop.**

Enjoy a good clear out following the festive period and donate your previously loved items...or unwanted gifts, to the Blue Door. Situated on North Deeside Road, the charity shop is always looking for good quality donations to increase its range of stock.

The shop accepts:

- ✓ **textiles (clothes, bags, belts, shoes)**
- ✓ **bric-a-brac**
- ✓ **toys**
- ✓ **linen**
- ✓ **books**
- ✓ **jewellery**
- ✓ **DVDs, CDs and computer games**



Unfortunately, we are **unable to accept** electrical items, video tapes, child car seats or bike helmets.



### Looking for a new activity for 2019?

The shop relies on its wonderful group of volunteers who help create a welcoming atmosphere for its customers. With volunteers from secondary school age upwards giving their time and learning new skills, volunteering at our shop is proving to be a popular and rewarding activity!

Contact Pamela McBain, Charity Shop Manager, to find out more.

### Support us by donating or volunteering today.

**Open Tues - Sat: 10am to 4pm**

The Blue Door Charity Shop, 57-59 N Deeside Road, Bieldside, Aberdeen, AB15 9DB Tel: 01224 861830



## Online ways to support CWT

## Help CWT from the comfort of your home!

There are a number of easy ways to support CWT during your day to day shopping, that won't cost you a penny!

## Shop via The Giving Machine

When you shop online, you can help support CWT by going through 'The Giving Machine.'

**The Giving Machine** is a charity set up to divert as much free money into charities as possible. From clothing to groceries, furniture to flights, takeaway food to printing companies, the participating companies cover a wide range of online shopping areas. The Giving Machine has donated over £1.6 million so far and CWT are keen to be part of this.

*"You will be amazed at just how many companies are linked to The Giving Machine,"* exclaims Coleen Murphy, CWT Finance Officer. *"Many will be websites you use on a regular basis!"*

**The Giving Machine** converts commissions generated by your online purchases into donations for your chosen charity.

## Before you shop online:

1. Go to The Giving Machine website
2. Register as a user
3. Nominate Camphill Wellbeing Trust as your chosen charity
4. Click on the company you want to shop with
5. Shop as normal!

Get into the habit of visiting **The Giving Machine** website by placing it as a shortcut in your internet browser.

Visit [www.thegivingmachine.co.uk](http://www.thegivingmachine.co.uk) to find out more.



## So many shops!

With over 1500 participating retailers in all areas of online shopping, there is bound to be a company you use.

Find the full list on

[www.thegivingmachine.co.uk](http://www.thegivingmachine.co.uk)



## Help raise money for CWT at no extra cost to you!

## Bring a smile to CWT when you shop on Amazon

**AmazonSmile** is another simple way to support CWT when you shop online.



## How does it work?

Simply shop on Amazon's sister site - [smile.amazon.co.uk](http://smile.amazon.co.uk). Here you'll find the same prices, products and shopping experience as Amazon.co.uk, but with the added bonus that Amazon will donate **0.5% of the purchase price** (on eligible items) to your chosen charity.

CWT has registered with *AmazonSmile Foundation* so that you can choose us as your receiving charity. When you select us, *AmazonSmile* will donate **0.5%** from your shopping to CWT. With millions of products eligible for donations, **simply click, shop and donate**. Find out more about *AmazonSmile* by visiting: <https://smile.amazon.co.uk/about>

## Camphill Fish

- ✓ Enjoy eating fish?
- ✓ Interested in supporting sustainable fishing?
- ✓ Want to help raise money for CWT?



If you enjoy eating fish as part of your healthy lifestyle, wish to help sustainable fishing **AND** support Camphill Wellbeing Trust, buy

**Camphill Fish!** Prepared from sustainable fish sources, **Camphill Fish** donates 10% of all sales to CWT. Raising a regular £120 per month, you can help boost this by choosing **Camphill Fish!** Available in the chill section of the Newton Dee store in Bieldside, Aberdeen.

## Newton Dee Store Open Hours:

Mon - 1200 - 1700 | Tue - Sat - 1000 - 1700  
t: 01224 868 609 e: [store@newtondee.org.uk](mailto:store@newtondee.org.uk)  
w: [www.newtondee.co.uk/store](http://www.newtondee.co.uk/store)



Please note: CWT does not endorse, or have any association with, any of the companies mentioned on this page. This information is provided only to raise awareness of the range of companies involved in the schemes described.

## CWT's 2019 Art programme reveal

CWT's *Art in the Waiting Room* project is run by Senior Administrator, Catherine Redgate, and Finance Officer, Coleen Murphy. 2019's programme starts with an open night on 31st January with 5 exhibitions following throughout the year.

*"We are delighted to reveal our programme for 2019," shares Catherine. "With a range of art including work from Gray's graduate, Katarina Chomova, atmospheric landscapes from Jane McMillan and a collaborative exhibition featuring work from pupils attending Camphill Schools Aberdeen (CSA) craft workshops right here on Murtle Estate. There will be something for everyone!"*

Since the project began, we have held over 38 open nights and sold over £15,900 of paintings raising **£4489** for CWT from commissions on sales.

Featuring work from local artists, we aim to bring an ever-changing exhibition space to the walls of the Camphill Medical Practice, benefitting both NHS and CWT patients alike. Find out more about the project by visiting the CWT website or following the Art in the Waiting Room page on Facebook.

## Upcoming Art Exhibitions

**31 Jan – 26 Mar**

**Juliet Macleod**

Painter & potter, see below

**28 Mar – 21 May**

**Katarina Chomova**

2012 Gray's School of Art graduate

**23 May – 16 July**

**CSA Murtle Estate Craft Workshops**

Range of work from CSA Craft Workshop pupils

**18 July – 10 Sep**

**Jane McMillan**

Mixed media artist

**12 Sep – 12 Nov**

**Ursula Mathers**

Current student, MA Art and Design

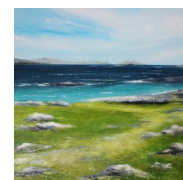
**14 Nov – 23 Jan 2020**

**Christmas Group Exhibition**

Featuring work from each artist over the last two years of *Art in the Waiting Room* exhibitions



Katarina Chomova



Jane McMillan

### Promoting local artists

## Art in the Waiting Room Exhibition

The spacious waiting room of Camphill Medical Practice forms a light and airy art gallery space where we are able to promote the work of local artists.

Our next exhibition features work by local artist, **Juliet Macleod**. Using watercolour, ink, graphite and collage to convey the colours seen on the coast, Juliet paints seascapes and abstract seascapes capturing the impact of light and changing weather.

*"I am inspired by all coastlines, but in particular those of the Hebrides and the North East."*

**Meet the artist** at our open night and enjoy **complimentary refreshments** as you browse the new exhibition.

25% commission from all sales go directly to CWT to support its various projects.



**Open Night**  
**31st Jan 2019**  
**6.30 – 8pm**

Exhibition runs from **1st Feb – 26th Mar '19**  
Camphill Medical Practice  
Mon – Fri 9am – 6pm

www.facebook.com/artinthewaitingroom



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

**Camphill Wellbeing Trust**  
St Devenick's  
Murtle Estate  
Bieldside  
Aberdeen  
AB15 9EP

Telephone: 01224 862008  
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www.camphillwellbeing.org.uk

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



# Health Matters

### 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**

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.