



Camphill Wellbeing Trust Health Matters

HOW DO YOU MOVE? 2

Learn how different exercises can benefit different people

POST EXERCISE PAMPERING

The best way to recover for your type 3

MUSCLE ACHES & PAINS

Relief with Arnica 3

CREATIVE MEDIA 4

Meet our new artist for Art in the Waiting Room

Laundry workshop helps CWT patients A SUCCESSFUL PARTNERSHIP



Camphill Wellbeing Trust (CWT) has four self-catering accommodation units for patients who come for mistletoe therapy or AnthroHealth treatment. The regular laundry these generate has been used as an opportunity for CWT to work in partnership with Camphill Schools Aberdeen (CSA) to develop a laundry workshop.

This workshop enables students with additional support needs to gain knowledge and experience in a range of life skills. Collecting weekly from CWT's accommodation, the laundry workshop is essential in helping CWT ensure that patients have fresh, clean linen on their arrival.

For CSA student Sarah McLean, pictured above with CSA co-workers Camilla (left) and Helena (right), the workshop has lots of benefits:

"When Sarah finished school she needed a job - as we all do - so she started working in the laundry workshop," explained Helena.

"The routine, rhythm and social aspect of the workshop is great for Sarah. We have a good time, often putting the radio on for some background music as we all work together to get the laundry done."

CWT presented Sarah with a certificate in recognition of the hard work carried out by the team and to express its thanks for their service.

"It is nice to complete the laundry for CWT - especially because they are located on the same estate as us."

CWT continues to create opportunities to benefit the wider community and nurture the Camphill ethos of valuing every individual's contributions to community life. Our current Art in the Waiting Room exhibition, 'Creative Camphill', showcases work from students attending CSA Learning for Life Day Services and is available to view until 9th July 2019.

Interested in fundraising?

Email us to find out more:
admin@cwt.scot

Support us online:

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



An insight into the 3-type AnthroHealth approach MOVEMENT FOR YOUR TYPE

Camphill Wellbeing Trust offer an extended and integrative approach to health and wellbeing known as [AnthroHealth](#).

In our last *Health Matters*: Issue 22 [available on the CWT website], we introduced the AnthroHealth 3-type system. We now focus on **movement** as the **first of four key areas** through which you can make changes to encourage balance, promote health and build resilience.

Living in our modern, technology-based world, we are moving less. Current research suggests that many adults spend more than 7 hours a day sitting down: at work, on transport or during their leisure time [NHS, 2019]. This lack of movement is having negative impacts on our health and wellbeing. To counter this, we need to bring movement back into our daily lives. Physical activity has been shown to boost mood, improve quality of sleep and increase energy levels as well as helping reduce the risk of obesity, diabetes and cardiovascular problems.

Exercise and the 3-types

The 3-types - nerve, rhythmic and metabolic (see table opposite) - all have different movement tendencies and requirements. Different exercises will appeal to, and are more suited to, certain types.

To find out your type, try our short questionnaire:

1. Do you:

- a) tend to have a strict exercise routine?
- b) enjoy a wide range of exercise / sport?
- c) generally dislike and avoid exercise?

2. Do you:

- a) set goals / personal targets and monitor your progress?
- b) feel confident in tackling sporting challenges with no training?
- c) find it hard to motivate yourself to do any exercise?

3. Do you:

- a) often push yourself to reach your goal and are exhausted afterwards?
- b) enjoy a good workout and generally feel better afterwards?
- c) when exercising, always keep within your limits and never over-exert yourself?



Count the letters of your answers. If you selected mostly:

- a)'s - read about exercises for **nerve types**,
- b)'s - read about movement for **rhythmic types** or
- c)'s - read about exercises best suited for **metabolic types**.

Nerve type exercise

Nerve types tend to be over-concerned with tracking their performance often taking away from the enjoyment of exercise. You should aim to take a more relaxed approach to exercise and be more flexible in any goals set. We recommend:

- ✓ **recreational exercises** to help balance your alert, excitable and restless nature. Exercise should not focus on burning calories or reaching a target. Nerve types should be careful not to over-exert especially if physical reserves are low. Find an exercise which is pleasantly tiring but not exhausting. Try **enjoying a walk in nature**, a **friendly team sport** or **explore dancing**.
- ✓ **exercising outdoors**. Nerve types often work indoors on focused tasks. Try turning your focus to an outdoor pursuit such as **golf**, **horse riding**, **sailing**, **archery** or **cycling** (non-competitive).
- ✓ **calming exercises** to help reduce over-thinking, re-centre the self and encourage flexibility. Try **tai chi**, **qigong** or **yoga** to focus attention, deepen breathing and find your inner calm.

Rhythmic type exercise

Rhythmic types do best when they enhance their natural rhythms rather than approaching exercise chaotically i.e. running a marathon with no training, getting up at 6am to squeeze exercise in before a full working day. We recommend:

- ✓ **scheduling exercise regularly** rather than opportunistically.
- ✓ **focusing on a range of exercises** to build muscle strength, cardio fitness and flexibility, preventing one-sidedness.
- ✓ **alternating between exercise types** e.g. high intensity interval training along with stretching exercises such as **yoga** and **tai chi** for flexibility, physical / mental relaxation and to support rhythm e.g. breathing.
- ✓ **rhythmic exercises** e.g. **rowing**, **swimming**, **dancing** or **cycling**.

Metabolic type exercise

Metabolic types should aim to become more aware of their body and environment through exercise. Exercise should provide an element of challenge whilst remaining enjoyable. We recommend:

- ✓ **exercise to heighten awareness**. **Brisk walks in nature** observing what is going on around you or **wild water swimming** will provide appropriate stimulation, enhance alertness and challenge your body.
- ✓ **exercise that encourages sweating** - you should feel tired after exercise! It's important to stretch yourself a little when exercising and not be too relaxed to gain benefits. Try **taking the stairs at work**, **set yourself targets** and **keep an exercise diary** with your achievements.
- ✓ **muscle and cardio building exercises**. Consider **jogging** or **cycling** to gradually build up activity, muscle strength and overall fitness.

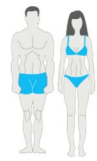
As with all lifestyle decisions, the trick is finding **exercise that suits your type** and is **sustainable**. By understanding your tendencies, you can **build the most effective programme for you**. Then, when you've achieved your daily exercise regime, discover the perfect relaxation for your type on page 3!

POST EXERCISE PAMPERING

As you gain an understanding of your type, you can start to make changes in your life which will be beneficial and sustainable. When trying out your new approach to exercise, make sure to take care of yourself before and after your regime too!

Following the different exercise approaches on page 2, here are some suggestions to help you find the best relaxation and recovery options for your type:

Nerve type: After exercise, try a relaxing bath with *Weleda Lavender Relaxing Bath Milk*. This will soothe and relax muscle aches and help relaxation especially before bed.



Rhythmic type: After exercise, take some time to nurture yourself and treat any muscle aches. *Weleda Rose Cream Bath* or any of the Arnica range below will help you rebalance.

Metabolic type: To get you started exercising, why not try a shower with *Weleda's Citrus Creamy Body Wash* to wake up your muscles and senses. For post-exercise aching muscles, enjoy *Weleda's Rosemary Invigorating Bath Milk*.



NB: If it's been some time since you last exercised and you have health concerns, always speak to your doctor before starting a new exercise routine.



Nerve type	Rhythmic type	Metabolic type
✓ Tend to thinness, loses weight easily	✓ 'Average' build, stable weight	✓ Well-padded, gains weight easily
✓ Sensitive/alert to environment	✓ Adapts readily to the environment	✓ Not easily disturbed by environment
✓ Responds to own thoughts and/or sensory impressions	✓ Organises self and others easily, takes control	✓ Tends to stick to own set steady pace
✓ Tends to overthink	✓ Thinking and acting balanced	✓ Can daydream easily
✓ Eats distinct food categories, may be picky eater.	✓ Views food as 'fuel', eats most foods	✓ Really enjoys food, may over indulge
✓ Hand/feet tend to be cold	✓ Hand/feet normal temperature	✓ Hand/feet tend to be over warm
✓ Light sleeper, may dream a lot	✓ Good sleeper	✓ Very sound sleeper

ARNICA - NATURE'S HEALER OF MUSCLES AND BRUISES

Whether you are playing a demanding game of football, powering up a hill on your bike or enjoying working in your garden, **Arnica delivers deep muscle warmth and relief from aches** and is suitable for use both **before** and **after exercise**. Available in a range of forms, *Weleda's* Arnica products contain pharmaceutically active ingredients extracted from Arnica flowers, which can help:

- **regenerate tissue after typical sport injuries** such as bruises, bumps or contusions
- **promote blood circulation, relieve pain and speed up the healing process**



Arnica Sports Shower Gel

Weleda's Arnica Shower Gel is a light, transparent gel that **hydrates and preserves** the skin's natural moisture. **Natural and organic**, the gel has an invigorating rosemary and lavender scent making a post-sports shower even more bracing! **Nourishing, relaxing and energising** - the perfect combination for an active individual.



Arnica Muscle Soak

A warm bath with this aromatic soak helps **soothe the body and mind** while muscles and tired limbs relax, lifting the feelings of tiredness and fatigue. Combining extracts of arnica flowers and birch leaves, with rosemary and lavender oils, *Weleda Arnica Muscle Soak* helps aid recovery during times of over-exertion and weariness.



Arnica Massage Oil

Ideal for **massage before and after sports**, this oil helps keep muscles warm and flexible. Sunflower seed / olive oils intensively soften the skin, while the organic arnica flower has a **warming effect, relieving the tight, sore feeling of hard working muscles**. The oil also contains birch giving this massage oil a toning, detoxing effect - the ideal partner to use after the arnica gel or soak.



You can find Weleda products in local pharmacies, at the Newton Dee Store or online: www.weleda.co.uk

Visit the Blue Door Charity Shop

Find a different way to support CWT by donating your pre-loved items to our Blue Door Charity Shop.

Situated on North Deeside Road, the charity shop is always looking for **good quality** donations to increase its range of stock.

Donations are welcome between 10am and 4pm, Tuesday to Saturday. The shop accepts:

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



Unfortunately, the shop is **unable to accept** electrical items, video tapes, child car seats or bike helmets. Please **do not** donate items unfit for purpose i.e. missing parts, broken.



We need you!

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



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 shares the work of local artist, **Jane McMillan**, a mixed media artist inspired by the colours, textures and patterns of rural Aberdeenshire:

"I enjoy working in a variety of media and am continually experimenting. This throws up new challenges and discoveries which have helped create the eclectic mix of work that is being shown at my exhibition at CWT."

Open Night
11th July 2019
6.30 - 8pm

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

Exhibition runs from 12 July - 9 Sep '19
Camphill Medical Practice - viewing from Mon - Fri, 9am - 6pm



www.facebook.com/artinthewaitingroom



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

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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Health Matters

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admin@cwt.scot

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