



Camphill Wellbeing Trust Health Matters

HOW DO YOU SLEEP? 2

Improve your night's sleep with some simple changes

SLEEP AWAY 3

Find your restful remedy from Weleda

MISTLETOE TRIAL UPDATE 3

Bristol trial now recruiting

MINI-XMAS MARKET 4

Kickstart your Christmas shopping at our Group Exhibition and Market

Interested in fundraising?

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

Support us online:

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



CWT exhibition space is shared with pupils of Camphill Schools Aberdeen CREATIVE CAMPHILL SUMMER SHOW

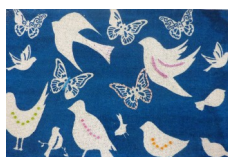


Camphill Schools Aberdeen and Camphill Wellbeing Trust delivered a vibrant exhibition of student work this summer.

Amy Neville (pictured above), Weaving Workshop Leader for Camphill Schools Aberdeen (CSA), approached us earlier last year to explore using our exhibition space for their workshop students, aged 14 - 25.

Amy's inspirational idea was met with enthusiasm by our Art in the Waiting Room Co-ordinator, Catherine Redgate: *"With a background in teaching, I recognised the value in providing such an opportunity. Seeing your work as part of a real exhibition is a great confidence booster for any student."*

Catherine worked closely with Amy to select student work to represent the range of creative workshops offered by CSA's **Learning for Life Day Services**.



The summer exhibition showcased a wide variety of mediums including wood, textile, metal, glass, felt, ceramic, printing and wax. The students' work received high praise from all exhibition goers.

A fantastic **£484** of work sold, of which 25% supports projects of CWT, but the success of the collaboration extended much further:

"Students have had the opportunity to experience the process involved in creating a finished piece for display," explains Amy.

One of the workshop students said: *"I enjoyed making nice pictures and was very excited for the exhibition. I was excited to show people what I had made."*

Following the success of the CSA exhibition, CWT are now looking forward to its next collaboration with Robin Wise, an illustrator resident in Newton Dee, a Camphill organisation for adults with learning disabilities.

An insight into the 3-type AnthroHealth approach

TYPE FOR SLEEP

Camphill Wellbeing Trust offer an extended and integrative approach to health and wellbeing known as **AnthroHealth**.

Previous issues of *Health Matters* [available on the CWT website], introduced the AnthroHealth 3-type system and how this applies to our exercise patterns. In this issue, we look at the **second of four key areas** through which you can make changes to encourage balance, promote health and build resilience.

The importance of sleep

We've all experienced side effects as a result of a restless night... grumpy tempers and not working to your best... but did you know that sleep deprivation can also have consequences on your physical health? According to the NHS, **1 in 3 of us suffer from poor sleep**, with stress, computers and taking work home often blamed. However, the cost of all those sleepless nights is more than just bad moods and a lack of focus. Regular poor sleep puts you at risk of serious medical conditions, including obesity, heart disease and diabetes – and it shortens your life expectancy (www.nhs.uk/live-well).

Research shows that a solid night's sleep is essential for a long and healthy life. Sleep is required for:

- ✓ **Normal growth & development**
- ✓ **Repair and regeneration of cells**
- ✓ **Proper immune functioning**
- ✓ **Recovery from illness**
- ✓ **Resilience:**
mental and emotional



A good night's sleep

If you are having difficulty sleeping, you can start with a few changes:

- ✓ **go to sleep at regular times and wake up at regular times** to introduce rhythm. Set a reminder on your phone to help with this.
- ✓ **switch off and wind down:** turn off phones / TV / computers at least 1 hour before bed to reduce exposure to blue light. Blue light inhibits production of the sleep hormone, melatonin. Try a relaxing activity such as reading or have a warm bath.
- ✓ **make your bedroom a sleep-friendly place:** the room should be cool, dark, quiet and tidy. No electronic gadgets allowed!
- ✓ In the morning, to wake up fully, **expose yourself to 10 - 20 minutes of natural light outside.** This will help switch off the sleep hormone melatonin.

Sleep and the 3-types

As well as the changes above, the 3-types - nerve, rhythmic and metabolic (see table in Issue 23) - will also have particular sleep tendencies and requirements. Understanding your pattern can help identify changes and help you have an even better night's sleep.

To find out your sleep type, take our short questionnaire:

1. Do you:
 - a) sleep lightly - the slightest thing disturbs you?
 - b) sleep well and feel best with a regular 8 hours of sleep?
 - c) sleep very soundly, and could always sleep more?
2. Do you find:
 - a) you are cold in bed, especially hands and feet?
 - b) you are neither too warm nor too cold in bed?
 - c) you are overly warm in bed?
3. Do you find you:
 - a) are often too alert or wound up to fall asleep easily?
 - b) can easily get up and be ready for action no matter how early?
 - c) have difficulty in waking up and getting going in the morning?

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**.

Sleep for Nerve types

Nerve types often have difficulty falling asleep because they are too awake in their thoughts or senses. They tend to sleep lightly and often feel cold in bed. Nerve types should aim to:

- avoid over stimulation in the evening, both intellectual and sensory
- have a small snack before going to bed e.g. warm milk with a teaspoon of honey
- snuggle into a warm bed, making sure the feet are warm

Sleep for Rhythmic types

Rhythmic types tend to sleep well but need to make sure to protect their sleeping rhythm in order to stay healthy. If sleep patterns become chaotic, rhythmic types should:

- identify any sleep patterns which lean towards metabolic or nerve types and follow their advice, see above / below
- ensure they get a regular 8 hours each night

Sleep for Metabolic types

Metabolic types sleep very soundly but often have difficulty waking up fully in the morning. Metabolic types should:

- not eat after 7pm at night so the body is not actively digesting
- be suitably active during the day and go for an evening walk.
- sleep in a cool bed

As with all lifestyle decisions, the trick is finding **a sleep pattern that suits your type** and is **sustainable**. By understanding your type, you can **build the most effective regime for you**. Use the Weleda products on page 3 to help achieve your sleep pattern.

SLEEP AIDS FOR YOUR TYPE

Avena Sativa comp drops for all three types

A natural aid to restful sleep and relaxation, Weleda's **Avena Sativa comp drops** are made with a blend of herbal essences to **help you rest at night**. Made with hops, oats and a homeopathic decoction of coffee, this calming AnthroMedicine promotes **natural sleep** at night after the stresses and strains of the day.

How to use:

Adults (over 12 years): 10-20 drops to be taken in a little water half an hour before retiring, repeat dose if necessary.
For oral use only. Suitable for vegans.



Nerve types

Use Weleda *Lavender Bath Milk* either in a foot bath or a whole body bath to warm and relax before bed.



Rhythmic types

Take time to nurture yourself before bed with Weleda *Wild Rose Body Oil*. Apply in long rhythmic strokes to arms, legs and over the heart area.



Metabolic types

To wake up fully in the morning, try Weleda's *Citrus Creamy Body Wash*. To enhance its effects, apply with a body brush in upwards strokes towards the heart.



Use your recommended product for a month then review your progress to see how much this has helped your sleep patterns!

NB: If you regularly have sleep problems, make sure to speak to your doctor to identify any underlying reasons.

New administrator

CWT extend a warm welcome to **Pauline Evans**, the newest member of our team.

Born in Aberdeen, Pauline worked for Scottish Slimmers for 33 years before joining the CWT admin team in June 2019.



"After being made redundant in March 2019, I started looking for a new challenge and was attracted to the CWT position because of the variety the role had to offer."

Pauline provides admin support to our Senior Admin team as well as working with Lesley to ensure patients have a comfortable stay in CWT's self-catering accommodation units.

Mistletoe trial starts

We are delighted to announce that the UK's first mistletoe trial has entered its next stage.

Run by the University of Bristol, the pilot trial will study the feasibility of testing the **effect of mistletoe therapy on symptoms and quality of life** in women with newly diagnosed breast cancer undergoing chemotherapy. **The trial is now recruiting participants.**

CWT launched a fundraising campaign in support of the trial reaching 57% of its goal so far. Help us raise funds towards phase 2 of the trial by donating online: <http://uk.virginmoneygiving.com/fund/mistletoetrial>

Integrative Health

CWT delivered Module 1 of its Applied AnthroMedicine course this August.

Following a successful pilot with doctors and nurses last year, CWT have opened the course to include health and social care professionals and therapists.

The 6 module Integrative Health training explores key AnthroMedicine principles and concepts in an accessible, practical way. It studies the three type concept in more detail giving participants practical therapeutic tools to use within their own practice.

You can find out more on our website: www.camphillwellbeing.org.uk/training

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 Group Exhibition & Christmas Market

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 from all the artists who have exhibited with us over the last two years as part of the *Art in the Waiting Room* programme.

Featuring 11 local artists, our Group Exhibition will have **something for everyone** - from illustrative print-making and stunning photography to vibrantly painted landscapes.

We will also have a **Xmas market as part of the Open Night** with products from a selection of our artists; discover gorgeous prints, handmade jewellery, cards, woollen items and more. The Open Night is sure to help **kickstart your Christmas shopping!**



www.facebook.com/artinthewaitingroom



Open Night

14th Nov 2019

6.30 - 8pm

Meet the artists at our open night and enjoy **complimentary mulled wine and mince pies** as you browse the new exhibition.

Exhibition runs from 15 Nov 2019 - 22 Jan 2020
Camphill Medical Practice - Mon - Fri, 9am - 6pm

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

- STOP PRESS -

CWT Christmas Cards return for 2019!
Packs of beautiful mistletoe-inspired cards will be on sale from November onwards. Available to buy from the Blue Door Charity shop, Camphill Medical Practice reception or you can place an order by email. Contact us on admin@cwt.scot to find out more!



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.

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.
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