



Camphill Wellbeing Trust

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admin@cwt.scot

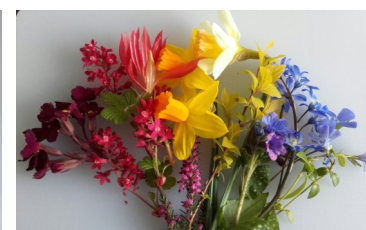
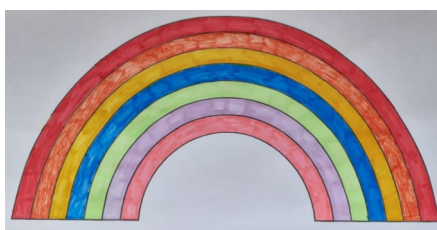
Support us online:

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



A positive message from CWT staff

RAINBOWS OF HOPE



This year the hope of new life and renewal which comes along with Spring has been clouded by the Covid-19 pandemic.

As the UK and global community respond, each one of us is faced with challenges unique to this situation.

While CWT is taking all necessary steps to follow government guidelines and help prevent the spread of the virus, we are still here to help and support you maintain your wellbeing at this difficult time. Central to this is our **3 type approach for building resilience**.

During these stressful times, it is essential to look after yourself and optimise your health. Using our recent newsletters [available at: www.camphillwellbeing.org.uk] you can learn about **your type** and the **four key areas** which support health.

There are lots of tips on supporting your wellbeing and building your resilience, including ideas in this issue on **taking time for self** [page 2].

Help build your general health & resilience by:

- ✓ Getting enough **good quality sleep**
- ✓ **Eating a healthy diet** and drinking enough water
- ✓ **Keeping moving** – whether inside your home or in the garden. Keeping active supports your physical and mental wellbeing.
- ✓ **Keeping calm and relaxed** using our simple breathing exercise videos. Followed daily, they can help promote calmness, reducing fear and anxiety. Find them at www.camphillwellbeing.org.uk/timeforself

Our staff share their rainbows with you as a message of hope and a reminder that CWT is here to offer support as we all live through this difficult time together.

Dr Geider, Dr van Lieshout and all the CWT team.



An insight into the 3-type AnthroHealth approach

TIME OUT FOR YOUR TYPE

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

Our previous issues of *Health Matters* [available at www.camphillwellbeing.org.uk], introduced the AnthroHealth 3-type system and how this applies to exercise, sleep and nutrition. In this issue, we look at the importance of making time for self as the **final of four key areas** which are essential to support health and build resilience.

The importance of time for self

Time for self plays a crucial role in helping maintain your physical and mental wellbeing. When you regularly make time for yourself it allows your body and mind to recharge and come into balance through focusing on those things which are really important to you; those things which give your life meaning and purpose.

This in turn can positively influence the way you approach life, tackle challenges and engage with others.



Time for self and the 3-types

Each of the 3-types - nerve, rhythmic and metabolic (see table in Issue 23) - need different approaches to benefit from 'time for self'. Understanding your type can help you choose time for self activities that will help rebalance your type tendencies and build your resilience.

To find out your type, choose the statement which suits you best in each of the following:

1. a) I am sensitive to what is going on around me or within me and this often interferes with 'me-time'
- b) I find it easy to switch off but often choose to be active or work
- c) I can easily switch off and have 'me-time' even if there is a lot going on around me
2. a) I tend to overthink things and this interferes with my 'me-time'
- b) I often don't schedule 'me-time' - I can go a long time without it
- c) During my me-time I like to be as inactive as possible
3. a) I find it hard to sit still or settle on one thing to do during my 'me-time'.
- b) During my 'me-time' I always have a range of activities I like to do, I can easily fill it
- c) I like slow-paced activities for my 'me-time' e.g. a gentle stroll

Count the letters of your answers.

If you selected mostly:

- a)'s - read about Time for Self for **nerve types**,
 b)'s - read about Time for Self for **rhythmic types** or
 c)'s - read about Time for Self for **metabolic types**.

Time for Self: Nerve types

Nerve types can find it hard to fully benefit from their 'me-time' as their thoughts or awareness of their surroundings take over.

Nerve types should aim to:

- **reduce thinking and sensory input:** engage in an activity which focuses the mind on the task at hand i.e. a jigsaw or craft
- **create an awareness of breathing:** try our simple breathing exercise videos on a daily basis. Find these at www.camphillwellbeing.org.uk/timeforself
- **try a focusing activity** such as our 'object focus' exercise to reduce sensory overload by focusing on one sensory input only. For step-by-step videos on this exercises, visit: www.camphillwellbeing.org.uk/timeforself

Time for Self: Rhythmic types

Rhythmic types can forget to make time for self especially if they have other projects on the go which take over.

Rhythmic types should aim to:

- **schedule daily time for self:** use this time to try our simple breathing exercises to reinforce the body's own rhythms
- **start a gratitude journal:** take time at the end of each day to write down 5 things you are thankful for. Focus thanks on **either** other people and the external environment **or** aspects of your own character. Choose the one that is most difficult for you.

Download a free template to get started:
www.camphillwellbeing.org.uk/timeforself

Time for Self: Metabolic types

Metabolic types find it hard to be fully present during their time for self activities. They often drift off and lose awareness.

Metabolic types should aim to:

- **be fully present and aware during their 'time for self' activities:** a place to start might be our simple breathing exercises available from: www.camphillwellbeing.org.uk/timeforself
- **say 'I have decided to...'** before any 'time for self' activity. This will help bring awareness and conscious control into the activity.
- **try our 'reverse review of events' exercise:** this will help focus thoughts and bring awareness as you observe and work through your day's events in reverse order. For step-by-step videos of this exercise, visit: www.camphillwellbeing.org.uk/timeforself

For all 3 types, 5-10 minutes of mindful breathing exercises is a good place to start. From there, the trick is to engage in **changes that help rebalance your type tendencies** and are **sustainable**.

With many 'stay-at-home' arrangements now in place, there are lots of changes you can introduce from home. Open the window, breath deeply and take a moment to reflect on the sounds you hear, the movement of the trees, the smells that come in. Pay attention to the present moment and embrace the life within you.

CWT COVID-19 RESPONSE

Due to the coronavirus pandemic, Camphill Wellbeing Trust are taking precautions in accordance with the Covid-19 guidance to ensure, as far as possible, the safety of both patients and staff and to help prevent the spread of the virus.

We will continue to support our patients as far as is possible during this difficult time. However, we will be running a reduced service with our admin staff largely working from home and our clinics continuing mainly through video or telephone consultations.

Contacting us: You can continue to reach us by phone or email if you need to book an appointment, order a prescription or have a general enquiry. Phones and emails are checked daily.

Appointments: Patients will only be offered telephone or video consultations.

No face to face consultations will be available until further notice, with the exception of clinically necessary appointments.

Prescriptions: New or repeat prescriptions will be sent directly to your local pharmacy or by post to your home address.

Patients **must not** come to the CWT or Camphill Medical Practice buildings to pick up prescriptions in person.

Service Costs: At the moment, CWT will continue to offer its Mistletoe Therapy and AnthroHealth services on a donation basis but this may change in the near future, especially if the pandemic is prolonged.



To enable us to continue to offer our service on a donation basis for as long as possible, please donate as your resources allow. The best way is to make a direct donation to our bank account: Sort code: 83-49-40 Account no. 00135147 or donate online at: <http://uk.virginmoneygiving.com/charities/CamphillWellbeingTrust>

Did you know? Gift Aid can increase the value of your donation by 25%. Please contact us for a form: admin@cwt.scot

Supportive AnthroHealth Remedies during the Covid-19 Pandemic

Weleda have remedies which can offer help with symptomatic relief during any cold or flu-like illness and support recovery during convalescence. **You can find Weleda products in local pharmacies or online: www.weleda.co.uk**

Relief for flu-like symptoms

Using **Weleda's Cold Relief Spray** at the first sign of any flu-like symptoms can help build your resilience. Containing key herbal ingredients including onion [*Allium cepa*], sundew [*Drosera rotundifolia*] and yellow jessamine [*Gelsemium sempervirens*], the remedy is delivered orally with a mouth-spray.

Suitable for adults and children over 12 years old. Follow the directions on the bottle and ideally take half an hour before or half an hour after food or drink.

Suitable for vegans.



Cough Relief

Weleda Herb & Honey Cough Elixir offers relief for dry, irritating coughs.

Made with herbal ingredients including aniseed, thyme, elderflower and marshmallow root in a honey syrup, take the elixir on its own or in hot water to soothe the irritation in a pleasant and natural way.

Suitable for adults and children over 12.

Suitable for vegetarians.



Convalescence support

If you are struggling to get back on your feet after an illness, **Weleda Prunus [Blackthorn] Elixir** can help to enliven and strengthen the body.

Made with wild-grown blackthorn berries which are known for their invigorating and re-balancing properties, this organic dietary supplement can be added to water, tea, milk, yoghurt or even your favourite smoothie and enjoyed up to 2-3 times daily.

Suitable for vegetarians.

NOT suitable for diabetics.



These remedies are not a replacement for any medical advice relating to Covid-19. Follow the latest NHS / government guidelines which can be found at www.nhsinform.scot

Help raise money for CWT

Camphill Fish goes online!

This **joint initiative** between CWT and family-run Aberdeen fish merchant J Charles, means you can **purchase top quality fish online** and raise money for Camphill Wellbeing Trust. Through **Camphill Fish**, J Charles will **donate 10% of your order value** to CWT at no additional cost to you. There's never been a better time to start ordering **Camphill Fish** direct to your door.



**Top quality
sustainable fish**
from
Scottish waters

When you buy online at www.expressfreshfish.com, enter the code **'CWT'** in the **Notes box** on 'Your Cart' page before proceeding to checkout. If you spend over £30.00 you can also use the **free delivery** code 'FREE30' on the Checkout page.

Please support us by placing an order.
We would love to hear about your experience with the new ordering system. Send your feedback to: admin@cwt.scot



How to support CWT from home

We still need you [online]!

Did you know, you can help support CWT without even leaving your home and at no extra cost to you?

With the temporary closure of our fundraiser, the Blue Door Charity Shop, CWT now rely even more on donations in order to be able to continue to offer medical services on a donation basis. As you turn to online shopping, **please consider supporting us!** CWT have partnered with three schemes in which retailers will donate a percentage of your purchase with them. All you need to do is visit your normal retailer via one of the websites below and there's no extra cost to you! For more information visit:



The Giving Machine: www.thegivingmachine.co.uk
2000 participating retailers including Next, eBay, Sainsbury's, Etsy, Boots John Lewis, Argos, B&Q, Waterstones.



AmazonSmile: <https://smile.amazon.co.uk>



EasyFundraising: 4,000+ retailers including M&S, Tesco, Asda, Waitrose, Sky and Dominoes.
www.easyfundraising.org.uk/causes/camphillwellbeingtrust/

Blue Door Charity Shop CLOSED

In light of the current Covid-19 guidance, the CWT Blue Door Charity Shop is now closed until further notice in order to protect our customers, volunteers and staff.

The shop is **unable to accept any donations** during this time. Thank you for your understanding and we hope to re-open as soon as it is safe to do so. Look out for updates on the Blue Door Charity Shop Facebook page.

Donations will be very welcome as soon as we return to normal. Save these up for us in the meantime!

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



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

Promoting local artists

Visit Art in the Waiting Room Online

In response to the virus outbreak, CWT made the decision to postpone the upcoming March exhibition. Fortunately, thanks to creative thinking, all was not lost!

Our next artist, **Katie Hammond**, was due to be exhibiting stunning work layered with encaustic wax, oils and varnish with which she hoped to create a sense of calm. After lots of preparation, Katie decided to create a virtual open night video for you to view instead.

This is now available on our Art in the Waiting Room Facebook page. Inspired by Katie's invitation - **"I would like to invite you to take some time out - Breathe."** - why not use the experience as 'time for self' and step away from current challenges to enjoy dream-like paintings.



www.facebook.com/artinthewaitingroom



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.