



# Camphill Wellbeing Trust Health Matters

**A very  
Happy New Year  
to all our readers!**

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Featuring our new  
treatment rooms

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Greet the New Year  
with Weleda

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Meet our new artist for  
Art in the Waiting Room

## Interested in fundraising?

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

## Support us online:

[http://uk.virginmoneygiving.com/  
charities/CamphillWellbeingTrust](http://uk.virginmoneygiving.com/charities/CamphillWellbeingTrust)



Peterculter Co-op and members raise funds for charity

## LOCAL SHOP BRINGS LIGHT TO CWT



**Camphill Wellbeing Trust has received over £2500 raised through the Peterculter Co-op and its shoppers!**

Following an application to The Co-op Local Community Fund in Spring 2017 (set up by the Co-op to help fund local projects), CWT were chosen as one of three charities to receive funds raised from March to September 2017.

### About the Community Fund

During these 6 months, Co-op Members were able to choose CWT as their cause to receive the Co-op's donation of 1% on all sales of own-brand products.

Money generated from the sales of shopping bags plus the 1% donation from members who had not actively selected a cause was also added to the total. This resulted in CWT receiving a grand total of **£2,597.81**.

To find out more visit: [www.coop.co.uk/  
membership/local-community-fund](http://www.coop.co.uk/membership/local-community-fund)



CWT Manager, Aileen Primrose (pictured right) and CWT Clinical Lead, Dr Stefan Geider (pictured left) attended the Co-op's celebratory event on 25th November to meet other funding recipients and receive the cheque for the final amount.

*"It was interesting to meet and hear about the work of other charities chosen by the Co-op to benefit through the Community Fund."* says

Aileen. *"CWT really appreciates all the support and enthusiasm from the Peterculter store in helping us throughout our six months of working together."*

The money raised through the Co-op scheme will be used to install new lighting in the waiting room and corridors, enhancing the art work on display as part of CWT's *Art in the Waiting Room* project.

CWT would like to thank everyone who has shopped at their local Co-op during this time. You have enabled the local Co-op's Community Fund to support a CWT project that benefits the local community.

## New consultation rooms for CWT

**PATIENTS ENJOY TREATMENTS IN STYLE**

**We are delighted that the refurbishment of Camphill Wellbeing Trust's three consultation rooms and one multi-purpose therapy room was completed in time for the New Year!**

These four rooms, used by the CWT team since 1995, have been fully refurbished to be fit-for-purpose. With fresh new lighting, vibrant flooring, tailored wall units and sinks, the rooms have been designed to create a comfortable and welcoming environment in which our patients can fully benefit from our AnthroHealth services, including Mistletoe Therapy.

Funding for this upgrade has come from a number of grants. With generous support from a variety of organisations including The Crerar Hotel Trust, The Christina Mary Hendrie Trust, the Albert Hunt Trust and The Hugh Fraser Foundation, we have raised £32,500 towards the £50,000 project. CWT would like to thank everyone who has helped us reach this fantastic amount.

The feedback on the upgrade so far has been very positive:

*"It has created a brighter, more comfortable, more positive environment."*

CWT Patient

*"A lovely room to walk into; improved lighting options - bright for clinical work and dimmed for patient relaxation."*

CWT Nurse

*"Extremely relaxing; love the 'warmth' the colour gives the room, which is experienced in a physical level as a result."*

CWT Patient

*"The refurbishment is excellent. The treatment / atmosphere of all staff remains excellent and that is the most important factor in my opinion."*

CWT Patient Companion

If you would like to find out more about our AnthroHealth Services, visit our website: [www.camphillwellbeing.org.uk/services/](http://www.camphillwellbeing.org.uk/services/) or contact us on: 01224 862008 or [admin@cwt.scot](mailto:admin@cwt.scot).

**Before**



**After**



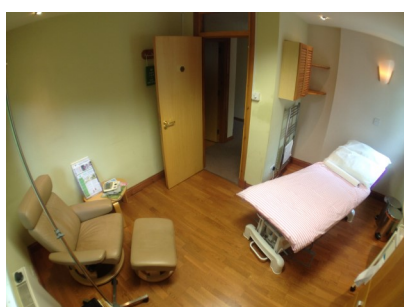
**The small front room has become the 'gold' room**

**Before**



**The eurythmy therapy room has been transformed into a multi-purpose therapeutic space**

**After**



**The back massage room has become the 'lavender' room**



**The larger back room has become the 'rose' room**





Discover some Home Therapy products from Weleda

## ASK THE DOCTOR

**Start your New Year with a treat from Weleda to revitalise both the body and mind.**

Perfect for the end of a hard day or the start of a new challenge, Weleda's therapeutic Bath Milk range offer products for reducing tension, invigorating or just pampering. The gentle milks used in a bath can relax, soothe aches, soften skin and calm the mind.

### Citrus Refreshing Bath Milk:

The fresh fruity fragrance revitalises and enlivens the senses - an ideal start to the day or a refreshing pick-me-up at any time. Suitable for the whole family, it's particularly good after physical exertion.



### Rosemary Invigorating Bath Milk:



Slip into a warm bath with this rosemary infused milk to drive away the muscular aches that come with tiredness.

Use in a foot bath after a long day to help overcome excessive perspiration and improve general circulation in the legs.

### Pine Reviving Bath Milk:

Infused with the warming scent of aromatic pine forests, this milk will refresh and invigorate particularly during cold or damp weather. Perfect after a tiring or stressful day, its restorative action will help to balance the mind and infuse you with renewed strength.

### Lavender Relaxing Bath Milk:

A long soak in Lavender Relaxing Bath Milk is the ideal therapy for mental exhaustion, over-stimulation and restlessness. Its harmonising action soothes body and mind, reduces tension and calms racing thoughts. A long fragrant soak in the evening, before bed, will help promote a peaceful night's sleep.

### TOP TIP: Use bath milk as a facial

Weleda suggest using the lavender bath milk to create a soothing skin care facial routine. Dip a flannel into a basin of warm water mixed with a little bath milk and apply to cleansed face.

### Wild Rose Cream Bath:

Weleda's silky Wild Rose Cream Bath with precious organic musk rose oil nourishes and pampers the skin, while gentle jojoba and olive oil help to prevent the skin from drying out. The delicate fragrance of essential rose oil harmonises the senses.



To view the full range, visit the website:  
**[www.weleda.co.uk](http://www.weleda.co.uk)**

Weleda products are also available from local pharmacies and the Newton Dee Store - <http://newtondee.co.uk/store.html>

The above advice does not substitute medical help. Please see your GP if you are concerned about your symptoms.

## Fundraising Updates

### Sell-out Success

Our 2017 Christmas Card range, featuring seasonal designs by our very own artist and Senior Administrator, Catherine Redgate, proved a successful fundraising venture for CWT.

With a variety of images, the cards sold out by early December with packs bought locally and also sent throughout the UK. Raising over **£170**, these funds will help us to offer continued equality of access to our AnthroHealth Services.

Be the first to hear about 2018's festive cards by signing up to our mailing list online. You can see more of Catherine's work on her website: [www.catherine-redgate.co.uk](http://www.catherine-redgate.co.uk).



### Art at CWT

*Art in the Waiting Room* held its second Christmas Exhibition on 22 November 2017 featuring work from each artist who has exhibited over the last two years.



With mulled wine and mince pies, guests enjoyed the festive atmosphere whilst browsing the artwork on offer.

Since the project began in 2014, we have sold over £14,000 of paintings which has raised **£3249** for CWT.

Our next exhibition launches on the 1st February 2018. To find out more, visit the CWT website or find us on facebook.

### Mistletoe Campaign

We are delighted with the positive response to our fundraising campaign in support of the UK pilot study for a randomized controlled trial involving the use of mistletoe therapy. Individual donations from people across the country, grants and patient's own fundraising events have helped us to raise **£48,355.75** towards the **£130,000** target.

Mistletoe patient, Karen Rafferty, and cousin Joyce tackled The Great Scottish Walk 10K in aid of the cause: *"Donations came from family / friends, but also a stranger who overheard me asking a friend for a donation...his friend had mistletoe in Aberdeen too; a lot of nice people in this world! We are so happy with the total raised - £1427.50 incl. gift aid - to support the study."*



### No donation is too small

Support the trial by visiting our website:  
**[www.mistletoetherapy.org.uk](http://www.mistletoetherapy.org.uk)**

## Raising funds for Camphill Wellbeing Trust New Year, New Start!

After a busy Christmas season, The Blue Door Charity Shop is looking for Spring 2018 stock.

If you need to clear out after the Christmas period, why not 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.



# Blue Door

CHARITY SHOP

## Looking for a new activity for 2018?

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 features work by local artist, Tineke Wintour. Drawing inspiration from the surrounding coastal landscapes, Tineke aims to capture the ever-changing weather conditions; with crisp, bright days and calm seas to stormy winds forming breath-taking waves.

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

**Open Night**  
**1st Feb 2018**  
**6.30 - 8pm**

Exhibition runs from **2nd Feb - 27th Mar '18**  
Camphill Medical Practice  
Mon - Fri 9am - 6pm



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

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

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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.