



# Camphill Wellbeing Trust Health Matters

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## 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>



## CWT and Trefoil Guild supports volunteering 'FLOWER LADY' EARNS GOLD AWARD



Pictured left to right: Ian Dow, Discovery Award Area Co-ordinator, Cherry & Doug Morrison, Aileen Primrose

### CWT is delighted to have supported a local lady in achieving her Discovery Award.

Cherry Morrison visits CWT on a weekly basis with a rather unique mission. Armed with beautiful flowers, natural shrubbery and a supportive husband, Doug, Cherry creates gorgeous arrangements which fill our buildings with a breathe of the outdoors. Fresh flowers enhance the waiting rooms, hallways and accommodation units for the enjoyment of patients, guests, staff and visitors to our Art in the Waiting Room Open Nights.

Cherry is a long-term supporter of CWT. She has served as minutes secretary, volunteered at our Blue Door Charity Shop since 2005 and for the past 4 years has been our dedicated 'flower fairy':

*"I decided to volunteer at CWT as my sister-in-law received mistletoe therapy [for cancer care] and she felt this gave her more time with her two young children."*



A member of Aberdeen's Trefoil Guild - a branch of Guiding for adults - Cherry has completed all four sections of her Discovery Award; Service in the Community, Recreational Pursuit, Hobby / Interest and Journey of Discovery.

For 'Service in the Community' section at gold level, Cherry provided over 100 hours of volunteering at CWT. Paying tribute to Cherry, CWT Manager Aileen Primrose said:

*"Cherry exemplifies what volunteering is all about. Consistently, over a number of years, Cherry has offered her skills and talents in a truly selfless manner wherever she has seen a need."*

*I was honoured to be invited to her award ceremony to celebrate this significant achievement with her. I look forward to many more years of working together."*

If you are interested in volunteering at CWT, get in touch to find out more:  
[admin@cwt.scot](mailto:admin@cwt.scot)

# Mistletoe Therapy Fundraising Appeal

**Thank you for your support. Together we can continue to make a difference!**

As many of you know, Camphill Wellbeing Trust provides mistletoe therapy as part of an integrated approach to cancer care.

During 2017/2018 financial year:

- **268 patients** received mistletoe therapy with a cost to CWT of **£295,000**.
- the cost per patient for mistletoe therapy ranges from **£800 - £4000** per year
- **donations & fundraising** from patients, their relatives & friends raised an amazing **£245,000** to support these mistletoe therapy services
- **72 patients** were **unable to donate or fundraise anything** towards the mistletoe therapy services they received.

This unfortunately leaves our Mistletoe Therapy services with a **£50,000 shortfall**.

We want to continue to offer equality of access to our mistletoe therapy services so we are asking for your help.

**Help us help those who need it!**

## Part of the Camphill community CWT goes to the fayre

Camphill Schools Aberdeen invited CWT to attend their annual Spring Fayre on 12th May 2018.

Visitors to the CWT stand found an inviting stall full of helpful information, newsletters, leaflets, charity wrist bands, cards and free samples. Our new administrator, Yvonne Milligan, said of her first event representing CWT: *"Everyone was so friendly - it was great to have the opportunity to raise the awareness of CWT and the support it offers the community."*



Karen Milne, CWT patient, talks about the importance of mistletoe therapy for her:

*"CWT's nurturing environment and individualised care means monthly [mistletoe] infusions are pleasurable experiences and an opportunity to discuss wider health issues including: sleep, mental health and diet."*

*Importantly, during mistletoe therapy, I felt a sense of control in what had become an out of control situation. I gained confidence...a sense of empowerment...of resilience... that I was helping myself to recover and maintain optimum health."*



## Appeal

Help us meet our £50,000 target, **no donation is too small!**

You can do this by **making a donation today:**

- **make a direct payment** using our bank details:

Sort code: 83 49 40 Account No: 00759787  
Ref: 18YourSurname

- **send a cheque** payable to Mistletoe Therapy UK, to:

CWT Finance Officer, St Devenicks, Murtle Estate, Bieldside, Aberdeen, AB15 9EP.



**Can you help?** We are in need of good quality items.

*"Keen prices mean that we turn stock around quickly so are **always on the look out for more.**"*



*"We are also **eager to welcome new volunteers** to the shop, especially as the summer months approach,"* shares Fiona Dorta, Assistant Charity Shop Manager.

**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 or find us on Facebook





## Accommodation upgrade complete

### Multi-purpose for multi-users

**Camphill Wellbeing Trust now offer a multi-functional space for both patients and their companions to use during their residential stay.**

The CWT accommodation project in St Devenick's, Murtle Estate, Aberdeen began in 2012 with two onsite self-catering units. These were developed to help support patients undergoing mistletoe therapy and for those coming from a distance to access CWT's residential AnthroHealth services.

In 2016, following the addition of a third accommodation unit - the Oak Suite - CWT identified the need for a multi-purpose room; a communal space outside of each unit available for all guests to use.

During 2016 - 2017, CWT gathered feedback from those staying in the accommodation to find out what patients and their companions thought of the idea, and how they might use the space themselves.

A total of **80%** replied: **'Yes! This is a great idea!'** (51% were patients and 29% were companions) and were keen to use the space for yoga, relaxation and to meet other patients. Only 20% replied *'No, this isn't something I would use'*. Interestingly, this feedback mainly came from guests using the larger unit.

The new multi-purpose room offers:

- ✓ comfortable seating
- ✓ desk space
- ✓ a selection of books
- ✓ a range of DVDs to borrow

The room is a quiet area so does not have a TV or radio and is available for guests who wish to spend time outside of their unit.



The room can be used as a:

- relaxation space
- recreation space
- quiet space
- waiting room on the day of departure.



The multi-purpose room has already received positive feedback from its users:

*I thought this was a beautiful space and the atmosphere relaxing and peaceful. A lovely addition to the accommodation. Thank you. Very helpful space to have for a phone call whilst my wife [patient] was asleep.*

## Support our next upgrade projects

**We plan to:**

- 1. improve our garden area with accessible paving and seating for patients to use during their stay.**
- 2. refurbish our outpatient clinic toilet facilities**

**Can you help? Contact us or donate online today: [www.camphillwellbeing.org.uk](http://www.camphillwellbeing.org.uk)**

## Co-op funding improves art space

### Brighter exhibitions

**Camphill Wellbeing Trust's exhibition space has received a makeover thanks to funding received from the local Co-op.**

CWT received a **fantastic £2597** from the Peterculter Co-op through The Co-op Local Community Fund in November 2017 to support a lighting upgrade to our art space.

The money raised was used to install new lighting in the Camphill Medical Practice waiting room and corridors this Easter. It now enhances the art work on display as part of CWT's Art in the Waiting Room project.

*"The new spotlights have really made a difference to the space,"* exclaims Catherine Redgate, co-ordinator of the art programme.

*"Having a flexible light system installed means we can adjust the light positions to the benefit of our changing exhibitions - you can really see the detail in the work now. I can't wait for the darker nights.... it'll be as bright as day during our open nights!"*

Once again, CWT would like to say a huge thank-you to everyone who supported the Co-op's Community Fund during Summer 2017. You have helped support a CWT project that benefits the local community. We hope to see you at our next art open night where you too can experience the benefits of our brighter exhibitions!



What's on at CWT

## Mistletoe Patient Information Day 2018

**Camphill Wellbeing Trust, is hosting its 5th annual Mistletoe Information Day this September.**

The day will provide patients, friends and interested health and care professionals with up-to-date information on mistletoe therapy as part of an integrated approach to cancer care.

This year we will focus on mistletoe's role in building resilience and the importance of movement and exercise for wellbeing, both in illness and in health. Led by CWT's clinical team, the programme for the day will include presentations, experiential sessions and an expert panel.

The event will take place on **Saturday 15th September 2018** from 11am to 4pm at Camphill Hall, Murtle Estate, Bieldside, Aberdeen, AB15 9EP.

**To book your place**, please contact us on: **01224 862008** or email: **admin@cw.t.scot**

The information day is sponsored by CWT with lunch and refreshments provided.

Donations towards costs of around £10.00 per participant are appreciated.



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, **Volker Gebhard**. Volker worked with the artist Herman Gross at Camphill School in the 1970s, exploring painting, sculpture and stained glass. Since then, Volker has exhibited in Scotland, Norway and France.

*"...by responding to and developing the spontaneous interaction between form and colour, a metamorphosis occurs allowing fresh images to emerge."*



www.facebook.com/artinthewaitingroom



## Open Night

9<sup>th</sup> Aug 2018

6.30-8pm

Meet the artist over complimentary refreshments & browse his new work.

Exhibition runs 9 Aug – 25th Sep 2018  
Camphill Medical Practice  
Mon - Fri, 9am - 6pm

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

### 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@cw.t.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. You can ask to be removed from our database at any time.

**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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