



Camphill Wellbeing Trust

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Interested in fundraising?

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

Support us online:

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



CWT fundraising achievements

MISTLETOE PATIENT COMPLETES SKATE-A-THON



This summer, CWT mistletoe patient, Angela Thomas, donned her skates to tackle an incredible 26.2 miles on wheels in aid of Mistletoe Therapy UK.

On Sunday 22nd July 2018, Angie successfully completed the Sk8athon challenge in a time of 2 hours & 55 minutes: *"I'm very pleased with this. The mistletoe (therapy) has aided my recovery so much - I doubt I would have been [fit and] able in time for this event without it!"*

Raising an **incredible £1166.50** including gift aid, Angie, or AlmaGeddon as she is known to her roller derby family, shared her story with us:

"Around this time last year I'd just been diagnosed with breast cancer and was soon to embark upon the full-on medical journey that would include chemotherapy, surgery and radiotherapy.... not to put too fine a point on it, it was a pretty awful time for me. I heard another cancer patient talking about the benefits of mistletoe therapy and started to look into the possibilities of whether it could assist me.

I started mistletoe therapy in October last year, sandwiched between the end of my chemotherapy and surgery. Thankfully, due to CWT, I was able to access the mistletoe therapy through the

charity and spent 2 weeks at the clinic in Aberdeen receiving my first mistletoe infusions.

I wasn't fit to work at the time so could only contribute towards part of my therapy. With a further week block of treatment in January, I wanted to fundraise towards the shortfall of what I could pay using the extra monies raised to help fund others finding themselves in a similar situation.

Mistletoe therapy has helped me regain my strength and health after going through the rigours of various cancer treatments and without it, I doubt I would have been able to start training to tackle skating the 26 miles of the Sk8athon event!

Thank you, from the bottom of my heart, to everyone who has donated in order to support this wonderful charity for the help they have given me and others."

To find out how you can help support CWT and its mistletoe services, please see page 2!

Angie as she approaches the finish line after 26 miles!



Changes to Mistletoe Services

Mistletoe Therapy Costs increase

Camphill Wellbeing Trust's Mistletoe Therapy service costs are set to increase this November.

Camphill Wellbeing Trust (CWT) provides its Mistletoe Therapy services as part of an integrated approach to cancer care. We aim to offer the Mistletoe Therapy services on a donation basis to help ensure equality of access to those who need it.

Having analysed our mistletoe therapy income for 2017/2018, we saw a £50,000 shortfall. This prompted our recent Mistletoe Therapy appeal which, to date, has raised a **fantastic £11,756**. Our thanks to all those who have supported this.

However, the cost to CWT of providing our Mistletoe Therapy services continues to increase. For the first time since 2012, we have had to revise our guidance on costs which will apply **from 1st November 2018**.

We do not do this lightly but to continue to provide a responsive, high quality service to patients on a donation basis, we have no alternative. **We continue to invite you to support our work as your resources allow or to fundraise on our behalf.**

Should you have any questions regarding these changes, please contact Catherine Redgate, CWT Senior Administrator on: admin@cwt.scot or 01224 862008.

Thank you for your support.

Read about our patient's experience at Camphill Wellbeing Trust:

The site is a tranquil, peaceful, healing oasis. The care and dedication of all the staff is evident from the excellent medical staff, incredible admin team, right through to house keeping who ensure the accommodation is spotless and kept stocked with fresh cut flowers!

- Susanna Grace



The staff in Camphill are so welcoming, friendly and helpful. The surrounding environment and atmosphere adds to a feeling of wellbeing and tranquillity.

- Angela Campbell

First and foremost, Brian and I would like to thank everyone for making our stay at CWT not just a pleasant but truly uplifting experience. The tranquillity we experienced will stay with us for a long time... we highly recommend CWT. Thank you for giving us the opportunity for such a pleasant experience despite the circumstances.

- Anita Low



Mistletoe Therapy Fundraising Appeal

CWT provides mistletoe therapy as part of an integrated approach to cancer care. Having analysed our mistletoe therapy income for 2017/2018, we saw a **£50,000 shortfall**, which prompted our current Mistletoe Therapy appeal. To date, this has raised a **fantastic £11,756** - **thank you** to all who have supported our appeal!

If you haven't already supported us and would like to, please donate today!

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.



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

Changes to AnthroHealth Services

Funding withdrawn from Grampian Homeopathic Services

CWT has unfortunately been informed that its funding from the Grampian Homeopathic Services (GHS) will stop at the end of October 2018.

This funding previously covered part of the cost to CWT for 6 doctor consultations. As a medical charity, CWT aims to provide access to its AnthroHealth services to those who need them. However, with this change in funding, CWT will not be able to continue to offer its services in this way without patient support through donations or fundraising.

From **1st November 2018**, CWT AnthroHealth Services will be offered on the same basis as CWT Mistletoe Therapy Services where patients support the work of CWT by donating as their resources allow or by fundraising.

What does this mean for new patients?

Our AnthroHealth services are still available to new patients. CWT will continue to accept private referrals from GPs as well as self-referrals accompanied by GP letters containing their relevant medical history. **To find out more, contact us for an information pack; admin@cwt.scot or 01224 862008.**

Feedback from AnthroHealth patients at Camphill Wellbeing Trust:

CWT helped me radically change my fibromyalgia symptoms and gain the skills to achieve a greater quality of almost pain free life, without taking horrible medication. I feel that I have come full circle and, with CWT's help, have achieved my goal. Mentally, I am stronger and have more time for me. I wish to thank you all, especially Dr Simon for his wonderful help and understanding. I am definitely a different person from nearly 2 years ago.

- Kerry Dow, AnthroHealth patient

My daughter felt that her appointment was the most positive she has had and really felt the CWT doctor listened to her.

- Mum of AnthroHealth patient

It was very reassuring having the time to spend with someone as professional and medically qualified as my CWT doctor. I feel this has had a positive benefit on my health and wellbeing.

- CWT AnthroHealth patient

The time and care given by my CWT doctor to listen to the issues affecting me was very much appreciated.

- Lisa Taylor, AnthroHealth patient

Support us!

CWT relies on its donors and fundraisers to continue to provide the services it offers. Can you help? Contact us for a fundraising pack or donate online today: www.camphillwellbeing.org.uk

What can AnthroHealth offer?

Camphill Wellbeing Trust's AnthroHealth Services, offer an extended and integrative approach to health and wellbeing.

Starting with conventional diagnoses, our clinical team works with patients to create individualised therapeutic programmes to help address illness, build resilience and maintain wellbeing.

Placing the patient at the centre, the AnthroHealth approach takes into account the physical, mental, emotional and personal factors that have led to ill health. It engages patients as active partners in their own recovery through specific additional therapeutic options and focuses attention on prevention and wellness.

Our doctors see patients of all age groups including babies and have particular expertise in:

- ✓ **Learning disabilities**, autistic spectrum disorder & ADHD
- ✓ **Children & young people's health** e.g. behavioural problems, sleep difficulties, bed wetting
- ✓ **Cancer care**, including mistletoe therapy
- ✓ **Chronic conditions** e.g. ME, hypertension, pain, Parkinson's
- ✓ **Stress-related conditions**
- ✓ **Allergies, skin conditions, asthma**

CWT offers doctor and nurse out-patient clinics, cancer care clinics and therapies. In addition to conventional medicine, therapeutic programmes may include natural AnthroMedicines, the use of external applications such as baths, inhalations or compresses, therapies, lifestyle advice or self-management techniques.

The approach aims to support and stimulate the patient's own capacity of self-healing and to bring body, mind and spirit into balance. The individualised therapeutic programmes can help patients stay well and prevent further ill health.

Research, clinical observations and patient reports indicate that the AnthroHealth approach may offer a range of benefits, including:

- ✓ improvement in symptoms and quality of life in chronic conditions
- ✓ fewer adverse reactions
- ✓ lower antibiotic use
- ✓ reduced risk of allergy formation
- ✓ additional options where patients cannot tolerate or does not wish to take conventional medicines
- ✓ high patient satisfaction



Find out more in our AnthroHealth Services Information Pack—available by emailing admin@cwt.scot



The Blue Door Charity Shop is a main fundraiser for CWT. It helps the charity continue to offer patients equality of access to its services.

Located on North Deeside Road, Bieldside, Aberdeen, the shop aims to offer well-priced stock to attract a wide range of local customers but relies on good quality donations from its supporters to do so.

Can you help?

With good prices, the donated stock has a quick turnaround time ; *"We are **always on the look out for more,**"* exclaims one volunteer! **Please donate your items today!**

Can you lend a hand?

The shop relies on its wonderful group of volunteers who help create a relaxed atmosphere for their 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!

*"We are **always keen to welcome new volunteers to the shop, especially as the Christmas months approach,**"* shares Pamela McBain, 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



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 the work of local artist, **Lucy Brydon:**

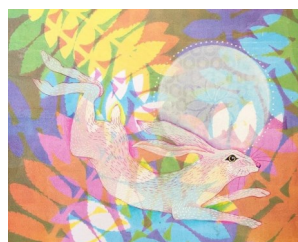
"I love to explore natural forms, and incorporate them into illustrative and painterly images, adding details with mixed media to my prints. I am inspired by stories, folk tales, old crumbly buildings with doors and gates, nature and plant forms, and trees and forests... I love the woods!"

Open Night
22nd Nov 2018
6.30 - 8.00pm

Come along to meet the artist over complimentary refreshments and enjoy our new exhibition.

Exhibition runs 22nd Nov '18 - 29th Jan '19
Camphill Medical Practice Mon - Fri, 9am - 6pm

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

Camphill Wellbeing Trust
St Devenick's
Murtle Estate
Bieldside
Aberdeen
AB15 9EP

Telephone: 01224 862008
01224 869844

admin@cwtt.scot
www.camphillwellbeing.org.uk

Camphill Wellbeing Trust is a business name of Camphill Medical Practice Ltd.
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Scottish Charity number SC016291



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@cwtt.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.