



Camphill Wellbeing Trust

Health Matters

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

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Mistletoe Therapy UK

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tackle those winter cold
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Poetry book launched
by Parkinson's patient

Interested in fundraising?

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

Support us online:

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



New patient accommodation suite in St Devenicks

HOME FROM HOME: CWT OPENS NEW UNIT



Camphill Wellbeing Trust opened its third onsite self-catering unit at the end of October 2016.

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

Due to a steady increase in patient demand, CWT identified the need for a further accommodation unit. The project started in Summer 2016 to create a brand new on-level studio flat unit: the Oak Suite.

The development of this new self-catering unit was only made possible through fundraising and grants. An anonymous donation of £20,000 plus awards from two local organisations: £5000 from The Barrack Charitable Trust and £2500 from



The Morningfield Association, enabled CWT to complete the project.

Funding also made possible new shared utility facilities for patients and a new visitor's toilet.

Opening to guests in October 2016, the Oak Suite is a ground level unit, fully equipped with a kitchen, open plan living / bedroom area and separate toilet / shower room. The unit has been in full use since its completion and has allowed us to better accommodate the extra demand on our services.

The Oak Suite guests have shared their thoughts on the new unit:

"Perfect accommodation."

"First of all let me THANK YOU so much for the great accommodation you have provided us. The place is immaculate and we will make sure we will leave it as we found it."

If you would like to find out more about our residential packages, visit our website:

www.camphillwellbeing.org.uk/services/residential

or contact us on: 01224 862008
or admin@cwt.scot

The sky's the limit for Ailsa!

SKYDIVING FOR MISTLETOE

Ailsa Golightly, East Lothian, took to the skies in aid of Mistletoe Therapy UK in October 2016.

Ailsa (pictured below) heard about mistletoe therapy after a family friend was diagnosed with cancer and undertook mistletoe therapy at Camphill Wellbeing Trust, Aberdeen. Following her background reading, she decided "mistletoe therapy was a fantastic cause to raise money for," and so she signed up for her tandem skydive challenge...

Planned to take place on her 21st birthday, Ailsa's first skydiving date was postponed due to low, thick cloud. However she soon found herself departing from Fife Airport on the 1st October 2016 ready to attempt the St Andrews Skydive. With such an adrenaline-filled challenge, we decided to ask her more about her experience:



How did you feel in the lead up to the challenge?

I felt very excited more than anything. Fundraising was a good distraction from the nerves! It didn't feel real until we were up in the plane, just about to jump, by which point it was too late to be worried.



What was it like during the fall?

When we were summersaulting through the air, the adrenaline rush was exhilarating. My jump was in the evening so as the parachute went up and we slowed down we got beautiful views of the sunset over the cities and country side.

When we were spinning around with the parachute up it felt less like falling and more like flying. I didn't want to reach the ground because I was having such a good time, however, the landing was safe and I was buzzing for hours afterwards.



Would you do it again?

Absolutely!

Ailsa has raised an **incredible £2059.50** through her online donation page and sponsorship, including a generous donation of £300 from the Clark Community Choir, Musselburgh.

"I am very lucky to have received so much support from friends and family. Their help in spreading the word about Mistletoe Therapy UK and raising money has been fantastic."

Support Us

Like Ailsa, you too can raise money for Camphill Wellbeing Trust and its projects.

Our **new** e-fundraising packs are free and are full of ideas to help you get started.

The packs include:

- ✓ **A fundraising guide**
- ✓ **2 poster templates**
- ✓ **Sponsorship forms**

To request a pack today, contact:

01224 862008 or email us at admin@cwt.scot



Charity wristbands on display

Support Mistletoe Therapy UK in style!

Following the recent launch our new charity wrist bands, CWT are excited to announce that we now offer display boxes for these too!

Created as part of CWT's Mistletoe Therapy UK project, these eye-catching wrist bands provide an opportunity to raise awareness and support mistletoe therapy.

Priced at **£1.00 each**, they offer an additional item for our fundraisers to sell during their events. The bands are presented in an easy to use money-collection display unit. With its neat dimensions, it is well designed for work places and shops.

If you are interested in displaying our bands to help raise money for Mistletoe Therapy UK, please get in touch today.

You can find Mistletoe Therapy UK wrist bands at the following locations around Aberdeen:

- ✓ Camphill Medical Practice, Bieldside
- ✓ Blue Door charity shop, 57-59 N Deeside Road, Bieldside
- ✓ Cari & Co, 55 N Deeside Road, Bieldside
- ✓ Newton Dee store, Bieldside
- ✓ Anderson Bain, Thistle Street.

Mistletoe Therapy UK aims to raise funds to enable equality of access to mistletoe therapy services for people with cancer.

Find out more by visiting our website:

www.mistletoetherapy.org.uk



This section highlights a number of AnthroHealth remedies which can provide symptomatic relief for seasonal ailments.

Discover an AnthroHealth remedy for your seasonal ailment

How to beat the winter colds

For general colds:

Reduce the symptoms of your cold by using *Weleda Cold Relief Oral Spray*. With herbal ingredients such as *Allium cepa* (onion), *Drosera rotundifolia* (common sundew) and *Gelsemium sempervirens* (Caroline Jasmine), it can help relieve the inflammation of a sore throat (sundew) and combat the flu-like symptoms of a cold (*Gelsemium*).



By using Cold Relief Oral Spray at the first sign of a cold you may help prevent it worsening.

For tickly coughs:

Winter illnesses are often accompanied by a tickly cough which can wear you down and prevent sleep.

Weleda's Herb & Honey Cough Elixir contains herbal ingredients such as aniseed, elderflower, thyme and marshmallow root in a honey syrup to provide symptomatic relief of dry and irritating coughs.



Taken on its own, or in hot water, **the elixir helps to soothe the irritation in a pleasant and natural way.**

ASK THE DOCTOR

For blocked noses:

It can be tiring trying to breathe through a blocked nose.

Try clearing it with the help of *Weleda's Rhinodoron Nasal Spray*.

Using this natural spray can help to clear and soothe a stuffy nose.



It contains moisturising Aloe Vera and works by breaking down the crusty covering inside a congested nose that makes breathing difficult.

Weleda products are 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.

CWT patient wins prize

Parkinson's patient's poetry pride

CWT patient, Hilary Stobbs' recent poetry publication, *Until It Rains*, won first prize in The Grey Hen Press Chapbook Competition.

Diagnosed with Parkinson's disease in 2013, Hilary has found support through AnthroHealth input from CWT. This includes AnthroMedicines, rhythmical massage and a form of movement therapy called eurythmy. Finding these work together in a very 'centering way', she has been able to maintain her wellbeing whilst still experiencing a release of creativity.

"My diagnosis has highlighted a *need to be creative*." Having dabbled in poetry for the last forty years, Hilary explains how the empowering support of the AnthroHealth approach, along with caring friends, gave her the final push to enter a poetry competition run by The Grey Hen Press.

In 2015, the UK-wide Chapbook competition called for entries by female writers over sixty to submit an unpublished booklet of poetry.

Hilary's collection stole the heart of the publisher:

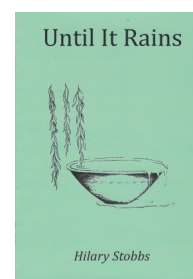
"My attempt to cut down the number of adjectives to describe her work was a failure - I needed them all. Spare, lyrical, haunting, exquisite, musical, intriguing and just plain beautiful. Brilliant stuff. A very accomplished poet and I am delighted to be the first to publish her work in book form."

Joy Howard, The Grey Hen Press

The impact of her diagnosis and her journey with AnthroHealth has enabled Hilary to continue with her writing as she reflects on her experiences:

"The limitations of an illness can have positive effects as life choices become more valued and focused. The progress of Parkinson's is very unpredictable and I really appreciate the support of Anthroposophical (*AnthroHealth*) treatment."

Hilary's book is available to buy from Newton Dee Café or from the The Grey Hen Press website: <http://www.greyhenpress.com/>



Tall Trees

The dark, sun-slanted pines shuffle their branches. Bark wounds bleed sticky living light straight from the heart and offer up a scent as clean as turpentine

They shrug their shoulders. Not so much shelters but arrows, rockets ready for launch, rough roads to heaven flinging their seed into loam and soft moss.

p12, *Until It Rains*

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

After a busy Christmas season, The Blue Door Charity Shop is looking for new stock for Spring 2017.

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, they are unable to accept electrical items, video tapes, child car seats or bike helmets.



Blue Door

CHARITY SHOP

Looking for a new activity for 2017?

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! 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 displays the work of local artist, Kathleen Cowie. With a diverse subject matter, ranging from sea inspired prints and paintings to life drawings and pastels, Kathleen uses a range of media including print, paint, mixed media and drawing.

Open Night
26th Jan 2017
6.30 - 8pm

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



Exhibition runs from 27th Jan - 7th March '17
Camphill Medical Practice
Mon - Fri 9am - 6pm

www.facebook.com/artinthewaitingroom



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



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.

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