



Camphill Wellbeing Trust

Health Matters

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Interested in fundraising?

Email us to find out more:
admin@camphillwellbeing.org.uk

Support us online:

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



Money raised in memory of mistletoe patient Fundraiser fulfils husband's wishes



Eileen and her heroes

Eileen Haywood raised over £1700 in memory of her late husband, Paul, a patient who received mistletoe therapy at Camphill Wellbeing Trust.

When asked by Paul to 'do something to say thank you [to CWT] for me', Eileen felt drawn to organising a sponsored walk in a landscape loved by Paul. This spring at Easter, a time of rejuvenation and new hope, Eileen and a group of friends tackled the beautiful Mourne mountains of Northern Ireland.

Despite the 'good old Irish weather' not being on our side, we all set off to face the mountainous slopes with good humour and encouraging banter,' says Eileen. 'My natural inertia was circumvented by a group of friends, or should I say heroes, who committed themselves to accompanying me, seeing to it that I completed the task in hand. What a bunch of troopers!

Eileen's impressive total reflects her dedication in fulfilling Paul's request to thank CWT. With support of friends and family, it just shows what one individual can achieve.

I am immensely grateful for their friendship and support, both during the walk and during the longer journey since my husband passed away. I wish to thank them for helping me to fulfil my promise and for the warmth and fun they have sent my way. So you see, you get more than you bargained for when you pick up a sponsor sheet, and I would highly recommend it to you all.

Support Us

Like Eileen, you too can raise money for Camphill Wellbeing Trust - and help us to help others. Our **new** e-fundraising packs are free and are full of ideas and tips 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.



The Blue Door's makeover

Charity Shop is officially open!

The Blue Door Charity Shop is a main fundraiser for Camphill Wellbeing Trust. It helps the charity continue to offer patients equality of access to its AnthroHealth services while providing local volunteering opportunities. Located on North Deeside Road, Bieldside, Aberdeen, the shop carries an extensive stock of donated items attracting a wide range of local customers.

To mark the 10th anniversary of our Blue Door Charity Shop trading at its premises in Bieldside, we have given it a complete make-over. With improved layout, lighting and display units, the new look Blue Door aims to enhance our supporter's charity shop experience!

The refurbished Blue Door opened to the public with a ribbon-cutting ceremony by Pamela McBain, Charity Shop Manager on Tuesday 12th April 2016.

Volunteers were invited to preview the transformation the previous day whilst enjoying a slice of cake cut by one of the shops long-standing volunteers, Frances Lyall.

CWT thank all who helped with the refurbishment, particularly the Blue Door staff and volunteers.



Frances cuts the cake

Come along and see the change for yourself! **Open Tue - Sat, 10am to 4pm.**
Volunteers & donations are always welcome!



Cutting the ribbon



The new interior

Shop reveals new logo

New door, new logo

As part of the charity shop's refurbishment, the original wooden door has been replaced with a modern blue aluminium door. This change called for a re-design of the logo to reflect the new door!

In keeping with the shop's makeover, the new logo aims to give a clean, modern impression of the Blue Door Charity Shop, to appeal to all ages.

New signs for the shop are currently under production and will be installed over the summer.

Keep up to date with further news from the Blue Door by visiting the 'Our Projects' page on our website: www.camphillwellbeing.org.uk. Alternatively, call or email us for copies of our Blue Door leaflet.



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

Patients share their experience of CWT's AnthroHealth Approach 'I only wish I had found them sooner!'

The AnthroHealth services at CWT are accessed by a wide range of patients including those with chronic conditions.

The AnthroHealth approach is based on conventional medicine but extends this with additional natural remedies and therapies to help patients find new ways to address illness, build resilience and maintain wellbeing. Offered through doctor and nurse outpatient clinics, CWT also provides residential programmes for those living at a distance.

We spoke to patients who have experienced the AnthroHealth approach. This is what they told us:

'The time taken by the doctor to look at me, the person and the treatment prescribed, has already relieved some long term chronic problems,' says Alexandra Jones.

'Treatments were explained to me allowing me to monitor effectiveness. All this in a very calm and stress free environment.'

Emma Holderness, of Orkney, reports: *'AnthroHealth services have been a wonderful and fulfilling healing experience. For the first time in my life, I have found doctors and therapists that fully understand both the physical and mental health issues I have been living with all my life.'*

'Treating me compassionately, honestly and openly without judgement, through generous giving of time and attention, nurturing and caring for my wellbeing and encouraging and empowering me to take care of my own health in a new and more positive way. I only wish I had found them sooner!'

If you are interested in our AnthroHealth services, please contact us for an information leaflet.



Four fresh designs New art cards

Working with artists of Art in the Waiting Room, CWT are pleased to announce the launch of its new art cards.

The new cards feature the work of local artists who have kindly donated their art to support Camphill Wellbeing Trust.

Cards are blank inside and are £2.00 each or £6.00 for a pack of four. All proceeds go directly to CWT and its various projects.

To order, contact:
admin@camphillwellbeing.org.uk
01224 862008

or purchase from reception of Camphill Medical Practice.

Academy students choose to represent CWT

Youth & Philanthropy Initiative inspires local teenagers

Camphill Wellbeing Trust was the local charity of choice for several Academy students across Aberdeen City and Shire.

Three groups, one each from Dyce, Aboyne and Banchory Academies contacted Camphill Wellbeing Trust as part of their participation in the Youth and Philanthropy Initiative. This award-winning secondary school programme aims to engage pupils in local social issues, giving young people a say in where they feel grants would be best put to use in their own communities.

Armed with questions, each group set out to learn more about CWT and how a grant might help its work. Pupils arranged an interview with CWT Manager, Aileen Primrose, who explained the aims of the charity and its AnthroHealth approach before giving a guided tour of the buildings.

'It is very encouraging to see the young generation interested in our AnthroHealth approach and its role in helping those with learning disability, chronic conditions and cancer,' says Aileen.

Students then delivered a presentation within their own schools.

Lina Murray of Dyce Academy, was part of the first group who approached us. Although unsuccessful in winning their finals, Lina personally donated £50.00. In addition she organised and participated in performing live music as part of our Art in the Waiting Room Christmas Exhibition. Thank you Lina!

The Banchory Academy team, pictured below, were also able to donate £250. Megan White and Erin Algeo of Aboyne Academy chose to represent CWT due to personal connections to our Mistletoe Therapy UK project, reaching their semi-finals in May.

'We admire and appreciate the enthusiasm and work put in by all these young people to help promote the work of our charity amongst their peers.'



Banchory Academy students
Left to right: Brandon Cochrane, Alex McEwan, Rosa Hare & Mathew Coats

Education & Training at CWT

From Aberdeen to Germany...

Professional Education Day

Mistletoe therapy is one of the most used complementary therapies in Europe for cancer care. Here in the UK it is less well-known. With this in mind, CWT held a Mistletoe Education Day for professionals in May with expert Dr Maurice Orange of Klinik Arlesheim, Switzerland.

Welcoming professional colleagues from throughout the UK, the day focused on patient studies and explored the options for mistletoe therapy plus supportive AnthroHealth interventions.

This is our third event which we plan to hold on a yearly basis.

Posters in Germany

CWT presented two research abstracts at the International Congress for Integrative Health & Medicine this June in Stuttgart.

Reporting on our AnthroHealth services, one poster highlighted how these have developed to offer patients additional options to address illness, build resilience and maintain wellbeing.

The second poster showcased a prize winning case study: *The case for mistletoe in the treatment of laryngeal cancer*, co-authored by CWT's Dr Geider.

Contact us for more information.

Mistletoe Information Day

On Saturday 18 June, CWT held a Mistletoe Information Day for patients, and members of the public. The focus of the day was on mistletoe therapy and its role in resilience.

Led by CWT's clinical team, the event featured patients sharing their experiences of mistletoe therapy and its impact on their lives. Also included was an update on relevant research and demonstrations of self-help methods to build and support resilience. To find out more about mistletoe therapy, visit:

www.mistletoetherapy.org.uk

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.

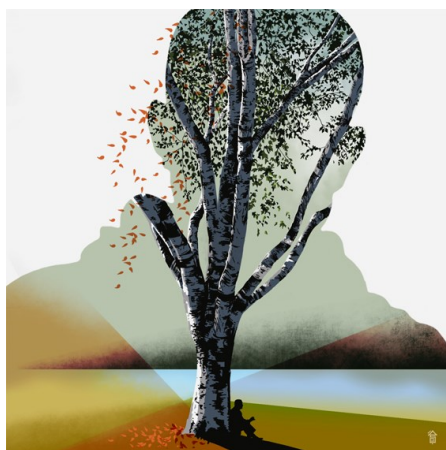
Our next exhibition displays the work of local artist, Charley Sim, who is driven by his passion for contemporary art and drawing.

'It's the ability to create an image from nothing, a piece of art than can stir the soul or leave a lasting impression on the mind of the viewer. For me it's not just the art itself, but the journey it's taken.'

Charley's work will be available to view at Camphill Medical Practice, Bieldside between 8am and 6pm, Mon– Fri, from 14th July - 24th August 2016.

Open Night
14th July '16
6.30 – 8pm

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



www.facebook.com/artinthewaitingroom



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@camphillwellbeing.org.uk

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.



Health Matters

Camphill Wellbeing Trust is a registered charity.

Our aims are:

- to promote innovative approaches to health, education and social care
- to provide education and training
- to promote related research
- to offer equality of access to our services
- to raise funds in support of these aims

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