



# Camphill Wellbeing Trust

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### Interested in fundraising?

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

### Support us online:

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



CWT colleague supports local charity

## HELP MA BOAB! OOR CATHERINE RAISES £6500



**Camphill Wellbeing Trust Administrator, Catherine Redgate, took part in a major public art trail in Dundee this summer with her design raising £6,500 for charity.**

Linked with *Wild in Art*, Dundee hosted their *Oor Wullie Bucket Trail* during Summer 2016. It featured over 50 large sculptures decorated by artists to raise funds for The ARCHIE Foundation's Tayside Appeal.

Catherine was lucky enough to have two of three submissions shortlisted for sponsorship with her '*Dún-Deagh & the 5 Glens*' design (above) going on to secure a place on the trail.

Graduating in 2011 from Gray's School of Art, Aberdeen, Catherine held her first solo exhibition as part of her involvement with CWT's *Art in the Waiting Room* project in 2015. Her mixed media paintings were inspired by travel, adventure and the outdoors and from this her inspiration for her Oor Wullie sculpture came.

Catherine hoped her design would encourage people to recognise the beauty of the Angus Glens: "*My Oor Wullie was positioned on Dundee Law, a fantastic viewpoint to see the hills from within the city,*" explains Catherine. "*I hope those who visited him found the same joy I get from being atop a hill; winds blowing and views for miles around. It's so refreshing and really puts things into perspective!*"

The end of the trail was marked by a busy auction of the sculptures with the most popular Oor Wullie fetching an incredible £50,000.

*"The trail benefited so many people. Not only in the impressive £883,000 raised for The ARCHIE Foundation, but also in inspiring people to get outside and explore their city,"* shares Catherine.

*"Thank you to my colleagues at CWT, who have supported me during the process, watching the design develop from start to finish!"*

CWT are delighted to see their staff supporting a range of local charities.



Let's get involved!

## ALL FOR ONE AND ONE FOR ALL

**A mistletoe patient of Camphill Wellbeing Trust (CWT) has been encouraging everyone to get involved with raising funds for Mistletoe Therapy UK.**



Karin Hynes (left), a patient from Motherwell, has encouraged her family, friends, colleagues and acquaintances to become involved in raising money for Mistletoe Therapy UK, a project of CWT.

After receiving mistletoe therapy in Aberdeen, Karin wanted to give back to the project and has raised an **impressive £8135.49** so far.

She explains it could never have been achieved without the love and varied support of many who know her.

Karin's friends and relatives have organised a Mistletoe and Wine disco, a race night, a 10-mile sponsored walk with their dogs, a quiz night and even an exercise night in the dark with glow sticks!

Karin's family members used their top notch baking and crafting skills to hold a coffee morning for 200 people while her nephew and husband organise a sponsored bike run and her brother, a sponsored cycle from Glasgow to Edinburgh.

There have been afternoon teas and pre-loved clothes sales accompanied by thoughtful 'Basket' raffle prizes with 'Girls Night In', 'Pamper' and 'sweet' themed baskets.

Her fundraising posse have contacted local supermarkets to obtain exciting raffle donations while others have sold donated



items ranging from ornaments and furniture to wedding outfits to raise money. Further support from staff at Karin's GP surgery and her hospital contacts have seen coffee afternoons and bake sales, tombola's, raffles and even a cocktail parties organised!

Karin's online page also received further donations from those supporting her fundraising efforts. With over 20 different creative ideas for raising funds, Karin and her supporters have shown that where fundraising is concerned, there really can be something for everyone.

We at CWT would like to express our thanks to all who have been involved in Karin's fundraising ventures and to the many other individuals and groups who fundraise for us throughout the year.

### Support Us

Like Karin and her supporters, you too can raise money for Camphill Wellbeing Trust and its projects.

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 at [admin@cwt.scot](mailto:admin@cwt.scot)



## Ginger for pain relief

### The benefits of ginger

**We are all familiar with ginger as a popular spice and cooking ingredient but it also has a long history of medicinal use.**

Ginger in various forms has been used for a range of problems including nausea / morning sickness, coughs and flu, sinusitis and headaches. More recently, research in Australia and New Zealand has shown it to be effective for pain relief, especially in osteoarthritis:

*"Topical ginger treatment [ginger compress] has the potential to relieve symptoms, improve the overall health and increase independence of people with chronic osteoarthritis."*

Topical Ginger Treatment With a Compress or Patch for Osteoarthritis Symptoms. Therklason, T. Journal of Holistic Nursing, 2013

Here at CWT we offer ginger compresses within our external applications clinic, as part of our AnthroHealth approach.

Barbara Plant, our nurse, observes: *"Patients really feel the benefits of reduced joint pain and more flexibility. Ginger compresses can help patients cut down on pain relief medication and provide a feeling of warmth and resilience."*

*One patient has reported: 'I just keep feeling better and better!'"*

If you are interested in finding out more, visit the research page on our website: [www.camphillwellbeing.org.uk/research/](http://www.camphillwellbeing.org.uk/research/) or contact us for an AnthroHealth information pack.





Mistletoe Therapy UK has a make-over

**New patient website now live: [www.mistletoetherapy.org.uk](http://www.mistletoetherapy.org.uk)**

**This August, Mistletoe Therapy UK launched its new look website.**

Mistletoe Therapy UK, a project of Camphill Wellbeing Trust, aims to provide information and support to patients, carers and healthcare professionals.

The newly designed website meets these goals by providing an **informative and user-friendly** site with easy navigation to find answers to frequently asked questions such as *Where can I receive mistletoe therapy?* or *How has it helped others?*

Our **patient stories**, such as Karen Milne's



below, share valuable feedback about their experience with mistletoe therapy; you can choose to read more or watch the videos.

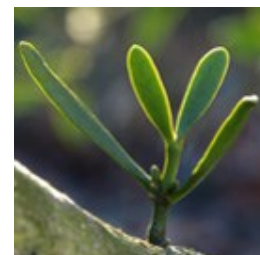
The website contains a **list of research papers** including case studies, clinical trials and systematic reviews as well as a number of **recommended books** that those on the cancer journey might find of interest.

## Mistletoe Therapy UK

*Making a difference together*

The **education page** highlights the project's involvement in developing mistletoe therapy services UK wide.

Make sure to sign up to receive news and updates for upcoming events!



**We invite you to have a look at the website and share any comments or feedback you may have with us at: [mistletoe@cwt.scot](mailto:mistletoe@cwt.scot)**



**Mistletoe and Me:** Karen Milne shares her experience of mistletoe therapy.

"I was diagnosed with breast cancer in July 2015, following routine post 50 breast screening. Naively, I had always considered breast cancer to be one type of cancer that I would not get: there was no family history...and I was reasonably fit. Finding out that I had multi-focal breast cancer with four tumours was a very nasty surprise. It was a rocky road...surgery wasn't straightforward and lymph involvement meant chemotherapy. It was at this point, spirits sagging, I turned to mistletoe at CWT.

The initial consultation assured me that the medical team placed the holistic health of individual patients at the centre of their care and I felt cared for and listened to.

**Importantly, during mistletoe therapy I felt a sense of control in what had become an out of control situation...."**

Read Karen's full story at [www.mistletoetherapy.org.uk/karen-milne](http://www.mistletoetherapy.org.uk/karen-milne)

New charity wristbands now available

**Show your support for mistletoe today!**



**To coincide with the launch of the new Mistletoe Therapy UK website, CWT are proud to announce the launch of a new fundraising product.**

particularly enabling equality of access to mistletoe therapy services for people with cancer.

The bands will be offered to our fundraisers to sell during their events. They are also available to purchase directly from Camphill Medical Practice, our Blue Door charity shop on North Deeside Road, Newton Dee shop & store and Anderson Bain on Thistle Street. For those living at a distance, we can send orders out with an additional postage charge.

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

**Show your support for Mistletoe Therapy UK by wearing your band today!**



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.

Bearing the slogan '*Making a difference together*,' the bands are priced at **£1.00 each** with all proceeds going directly to the project,

## Raising funds for Camphill Wellbeing Trust Can you support the Blue Door Charity Shop?

The Blue Door Charity Shop is looking for donations and volunteers to help support its efforts in fundraising for Camphill Wellbeing Trust.



Situated on North Deeside Road, the Blue Door charity shop is currently looking for good quality donations to increase its range of stock. The shop accepts **textiles (clothes, bags, belts, shoes), bric-a-brac, toys, linen, DVDs, CDs, computer games, books and jewellery**. However, it is unable to accept electrical items, video tapes, child car seats or bike helmets.

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.

**Please 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

## Change of address CWT email update

Please note that we have changed our email addresses.



Following a review of our email service, we have shortened all CWT email addresses to make things simpler.

Previous email addresses:

@camphillwellbeing.org.uk will now end in: **@cwt.scot**

Our main addresses are:

admin@cwt.scot  
mistletoe@cwt.scot  
manager@cwt.scot

All emails sent to old addresses will be forwarded.

## 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, Frances Crawford, who is influenced by elements of landscape.

*'I am interested in the 'spirit of place' and tend to be drawn to particular aspects of the land, trees and sites of ancient worship and ritual that I sense are imbued with a numinous quality.'*

Frances' work is available to view:

- Camphill Medical Practice, Bieldside
- 7th October - 15th November
- Monday - Friday, 9am - 6pm

**Open Night**  
**6th Oct 2016**  
**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.**



# 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.  
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