



CAMPBILL WELLBEING TRUST

Health Matters

STUDENT TRAINING 2

Students learn about the AnthroHealth approach

PATIENT'S COMMUNITY SUPPORTS MISTLETOE 2

Community raise over £2000 in aid of Mistletoe Therapy UK

HOW TO COPE WITH SUMMER INSECTS 3

Top tips on insect protection this summer

SUMMER GALLERY 4

Local artist, Gwen Black, exhibits as part of Art in the Waiting Room

Interested in fundraising?

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

or support us online:

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



CWT patient encourages further research

LOCAL CASE STUDY INTRIGUES CONSULTANTS

Following the recent award for the research publication, *'The case for mistletoe in treatment of laryngeal cancer'*, CWT doctor and co-author, Dr Stefan Geider, gave a short presentation in London which prompted encouraging interest from the attending ENT consultants.

The paper, published March 2014 in *The Journal of Laryngology and Otology*, received the journal's **Best Paper Prize** in the Clinical Record & Short Communication category.

The research considered the case of local patient, Xavier Granier (pictured above) who received mistletoe therapy at Camphill Wellbeing Trust, Aberdeen, after being diagnosed with laryngeal cancer.

Xavier had undergone chemotherapy, radiotherapy and surgery without achieving the desired outcome. By September 2006, his cancer was declared inoperable and his ENT consultant considered it *'appropriate to supply palliative care only.'* Xavier then explored mistletoe therapy at CWT which he subsequently received between November 2006 and December 2012.

At a review with his consultant in February 2013, the study reports that Xavier had made a full recovery and *'was deemed cancer-free both clinically and radiologically.'*



Xavier Granier with his grandson, Feb 2015

We spoke to Xavier about his mistletoe experience:

'It is nearly nine years ago that I was given only weeks to live. Mistletoe therapy changed it all and now, if I feel tired at the end of the day, it is because of five hours of gardening at the age of 79!'

Since its publication, Xavier's case study has again highlighted the potential uses of mistletoe therapy in cancer care. Consultants at the London conference were interested in the opportunities for further research and it prompted discussion from those who were not aware of its benefits.

Following the paper's award and the positive reception by ENT consultants, Xavier's wish that oncologists become more aware and open to mistletoe therapy moves another step towards fulfilment.

To read the full case study, you can access the paper through the research section of our website: www.mistletoetherapy.org.uk.

Health Matters aims to support its readers by sharing helpful AnthroHealth advice and information.

Education and training for university students at CWT

Students learn about the AnthroHealth approach

Camphill Wellbeing Trust works closely with Aberdeen's two universities to provide an opportunity for students to learn about AnthroMedicine.

In February 2015, a group of pharmacy students from the Robert Gordon University (RGU) met with Dr Stefan Geider, CWT Clinical Lead, to learn about the integrative approach to health and its potential implications for them as pharmacists.

Dr Geider emphasised the importance of patient-centered care, explaining that the AnthroHealth approach considers the physical, mental, emotional and personal factors that have led to ill health and encourages patients to take appropriate responsibility to maintain health and wellbeing.

He illustrated how pharmacists could support this through offering anthromedicines for a range of minor and self-limiting conditions. This prompted an interesting discussion as students considered how a more holistic approach to patient care could be integrated in their practice.

"The Camphill doctor was very engaging and enthusiastic. I left feeling more open minded and patient-centred focused."

"Camphill was very interesting and opened up my mind to complementary therapy and its use in a more holistic approach."

RGU Pharmacy Students



CWT also provides support to the medical students on placement at Camphill Medical Practice, NHS, which is a recognised 'Aberdeen University accredited teaching practice'.

Fifth year medical student, Barah Hassan, completed his 10 week placement in April 2015. He gained insight into the role of a GP in an integrated practice which has a high proportion of patients with learning disabilities. GP Teaching Fellow and CWT doctor, Dr Simon van Lieshout, worked closely with Barah and supported him as he explored the benefits of the integrated AnthroHealth approach.

Barah shared his thoughts on his experience at Camphill:



"Camphill was a unique learning experience that very few students are lucky enough to have. It was fascinating to see the holistic and gentle approach taken to deal with the particular challenges posed by such a unique patient population."

Exposure to this approach to care and the lessons learned during my placement at Camphill have given me a breadth of knowledge and experience that I would otherwise be lacking. I would highly recommend Camphill to any student looking for exposure to a difference approach of medicine and healthcare."

We wish Barah and the pharmacy students all the best as they enter the next stages of their chosen career paths.

Patient raises awareness of mistletoe therapy

Fraserburgh folk fundraise for mistletoe

John Jones, a mistletoe patient from Fraserburgh, has approached his local community to help raise money for Mistletoe Therapy UK, a project of Camphill Wellbeing Trust. With the support of family and friends, John has directly raised over £1300 with generous donations from both individuals and local businesses.

Further donations came from workers in companies such as Westward Fishing (£300) and from John's friend, Brian Hewitt, who chose to run the Baker Hughes 10K on the 17th May. His online page has raised over £500.



The enthusiasm that John engendered in his local community for the mistletoe project is reflected in the impressive overall total of **£2000 raised**. We would like to thank John for his efforts and to everyone who donated to Mistletoe Therapy UK.

Fundraising by supporters such as John is vital in enabling us to continue to provide our services which can help make a difference for those whose lives are affected by cancer.

If you would like to raise money for us, contact us on 01224 862008 to receive your fundraising pack, or donate online through our website.

Donald becomes an associate

Changes to CWT Speech

Following an exciting opportunity for the delivery of his voice and speech coaching services, Donald Phillips is leaving CWT as an anthroposophic therapeutic speech practitioner to become self-employed as of 31 July 2015.



Having been employed by CWT for the past 11 years, Donald still wishes to continue his association with CWT and will provide therapeutic speech services to our patients as an associate therapist.

We wish him every success in his future endeavour and thank him, not only for his valued therapeutic work over many years, but also for his contribution to the overall development of the charity.

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

Discover an AnthroHealth remedy to help you during Summer

ASK THE DOCTOR

Summer is a time for picnics on the beach, outdoor adventures and glorious sunshine. The warmer weather, however, can often provoke a few little niggles: from over-exposure to the sun, itchy midge bites or even a grazed knee from climbing a rock too fast. Use our advice to help make the most of your day trips and be prepared for minor injuries.

First aid is key to any successful trip away from home and with Weleda's 'Summer Essentials' kit, it has never been easier to take care of those minor injuries!



Weleda, manufacturer of natural healthcare products, have put together a portable case to help soothe cuts, grazes, bumps and bruises. The travel bag is ideal for carrying with you during a family outing and contains the following:

- Arnica Bumps & Bruises Spray
- Calendula Cuts & Grazes Spray
- Calendula Cuts & Grazes Skin Salve
- Bumps & Bruises Skin Salve



To discover other summer products, including those to help soothe sunburn, why not speak to your local pharmacist or visit the Camphill Newton Dee Store: <http://newtondee.co.uk/store.html>

Insect bites

First Aid on holiday

Bumps & Bruises

Our family love to go camping but the thrill of being outside is often ruined by insects, be it the irritation of midge bites or my concern of wasp stings. Is there anything that can help?

Bees, wasps and ants are as much a part of the holidays as picnics, barbecues and ice-cream. Buzzing insects love bright colours and many insects are attracted to sweet treats, drinks and smells.

We spoke with Zoe Smith, Pharmacist at Weleda, who shared her top tips to **avoid being stung or bitten** this summer:

- wear white or neutral coloured clothes
- avoid strongly scented cosmetics or perfume (and sparkly jewellery)
- don't swat at bees / wasps - calmly step away
- cover up, particularly at dawn and sunset to reduce the chance of being bitten by the Scottish midges

If you do get bitten or stung:

- Remove the stinger (bees only)
- Wash area with soap and water
- Apply a cool compress
- Try not to scratch the area
- Use *Weleda's Insect Bites spray* to help soothe the area

The *Weleda Insect Bites spray* offers relief for symptoms caused by insect bites.



The active ingredients in the spray help to reduce the irritation and swelling that is caused by an insect bite.

Apply the *Insect Bites spray* to the affected area and allow it to dry, repeating as necessary until symptoms are relieved.

All Weleda products are available through their website:
www.weleda.co.uk

The above advice does not substitute medical help. Please see your GP if you are concerned about your symptoms.

Refurbishment begins at the charity shop

A new door for The Blue Door

The Blue Door Charity Shop has been raising money for CWT from its Bieldside premises since 2006. Over the years, it has seen a variety of donations pass through its door, sorted by volunteers and enticing shoppers.

After listening to the feedback of our customers, we are pleased to announce the first stage of the shop's refurbishment plan. In summer 2015, a disabled access door will be installed, making the shop more accessible. Further upgrades will include a re-fit of the upper floor to improve your charity shop experience.

Please support us by becoming a volunteer.
Contact Pamela, Shop Manager, on 01224 861830.

Open Tues - Sat: 10am to 4pm

The Blue Door Charity Shop, 57-59 N Deeside Road, Bieldside, Aberdeen, AB15 9DB
Tel: 01224 861830



The Blue Door

Charity Shop

Volunteer with us!

Help support a local cause!

Meet new people!

Gain shop experience!

We are currently looking for **volunteers**. **Can you help us?**

GP becomes first-time father

A ray of light is born

CWT would like to take this opportunity to congratulate Dr Simon van Lieshout and his fiancé, Aruna Krishnaswamy, on the birth of their son.



Kiran van Lieshout was born on 29th April 2015 weighing a delicate 2450g (5lbs 3oz).



Kiran, meaning 'sunbeam' in Sanskrit, has already become a ray of light in Aruna and Simon's life with a full head of hair, bright eyes and the first delightful smiles!

We wish Simon, Aruna and Kiran many happy moments as they begin their journey as a new family.

Promoting local artists

Art in the Waiting Room

The light, open waiting room of Camphill Medical Practice forms an enticing art gallery space where we are delighted to have the opportunity to promote the work of local artists.

Our summer exhibition welcomes local artist, Gwen Black, a graduate of Gray's School of Art. Using printmaking techniques, Gwen's work also incorporates paint and collage to explore a variety of subjects. Strong colour and form are integral to Gwen's approach, creating images rich with surface texture and mark making.

Open Night: 9th July '15

Refreshments provided **6.30 - 8pm**



www.facebook.com/
artinthewaitingroom



20% commission from all sales go directly to CWT to support our various projects, including **Mistletoe Therapy UK.**

Camphill Wellbeing Trust is a registered charity.

Our aims are:

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

Camphill Wellbeing Trust

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Camphill Wellbeing Trust is a business name of Camphill Medical Practice Ltd.
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Health Matters

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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.