



CAMPBILL WELLBEING TRUST

Health Matters

RESIDENTIAL RETREAT 2

What CWT has to offer

LEAFLET LAUNCH 2

A handy guide to our AnthroHealth Services

RECHARGE THIS AUTUMN 3

Prepare for winter with Weleda

AMBER KINDERGARTEN 3

Camphill's Childhood Centre offer funded places to children aged 3 - 5

Interested in fundraising?

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

or support us online:
<http://uk.virginmoneygiving.com/charities/CamphillWellbeingTrust>



Brothers cycle to raise awareness of mistletoe therapy

CAIRNGORM CHALLENGE RAISES OVER £11,200



In the beautiful but remote environment of the rugged Cairngorm mountains, two brothers set themselves the challenge to cycle the entire 186-mile Cairngorms Loop in just three days - all to raise funds for Mistletoe Therapy UK.

James and Alistair Sharp, Aberdeenshire, left their starting point in Blair Atholl at 9am on Friday 4th September to tackle the physically demanding independent time trial (ITT) route through the Cairngorms National Park. With three days of pedalling, midge bites and sleeping outdoors, the brothers crossed a varied range of landscapes including granite outcrops, glacial valleys, moorland and river fords, completing the loop just before midnight on Sunday. With rough terrain and some unexpected obstacles, the brothers described it as: *'an adventure to treasure for a lifetime.'*

So what has driven the Sharp's brothers to such extremes in their desire to raise money for Mistletoe Therapy UK?

"We are not only returning the thanks for the benefits that mistletoe therapy brought for our dad, Steven, after being diagnosed with a brain tumour." Alistair explains, "but hope that our



fundraising effort will increase awareness of mistletoe therapy and enable more people to have access to it."

"We believe cancer patients have the right to know about mistletoe therapy," James adds.

So far, James and Alistair have raised an incredible **£11,222.50** through many generous donations online.

To donate visit their Virgin MoneyGiving page:
www.virginmoneygiving.com/team/sharp6

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

Residential packages now available Centre on Health and Wellbeing

At Camphill Wellbeing Trust, we are well-known locally for providing an extended approach to health and wellbeing through our AnthroHealth services. Now with our self-catering accommodation units, we are able to offer AnthroHealth therapeutic packages for those who live at a distance from our Aberdeen centre.

Aimed at addressing illness, improving resilience and maintaining wellbeing, our AnthroHealth packages are tailored to the individual and delivered by our trained AnthroHealth team of doctors, nurses and therapists.

We specialise in individualised AnthroHealth services for:

- Learning disabilities, including autism
- Mistletoe therapy
- Chronic conditions e.g. ME, chronic pain, 'burn out'

With one or two week options, our AnthroHealth residential packages begin with an in-depth doctor led consultation. Patients are encouraged to work actively with the doctor in forming an AnthroHealth therapeutic plan for their stay and to discuss how to meet short and long term goals.

Therapeutic plans are likely to include:

AnthroMedicines: based on natural substances [plant, mineral, metal and animal] and manufactured to pharmaceutical standards.

External applications: baths, compresses, inhalations,

Therapies

Lifestyle advice

Self management techniques

On returning home, patients continue to be supported through review and follow up telephone consultations.

We spoke to Jaquie Garty, pictured below, about her experience as a residential patient of CWT and how she feels she has benefitted from our package:



"It gives me the time and space to think about what is really important to me, both in terms of my health, and in other ways too. I always come away with a fresh outlook and with skills to use in my everyday life to deepen any changes required."

"I would recommend this to anyone who is genuinely looking to take control of their health and wellbeing, who needs time to reflect on life and how to lead it, in a supportive environment."

Our accommodation is also available for those looking for space to retreat, recharge and renew. It is suitable for both individuals and families.

How can I find out more?

Contact us for more information or request an **AnthroHealth Residential Information Pack**.

t: 01224 862008 / 869833

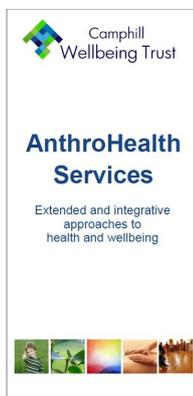
e: admin@camphillwellbeing.org.uk

CWT produces information leaflet

Leaflet Launch

As part of CWT's ongoing development, we have produced a 3-fold colour leaflet detailing our extended and integrative approach to health and wellbeing.

Outlining the services we offer, this leaflet explains about the AnthroHealth approach is and highlights our AnthroHealth teams areas of expertise.



To request a copy, please contact us on:

t: 01224 862008

e: admin@camphillwellbeing.org.uk

Daughters take care of their dad

Hanson helps provide first class nursing service

A CWT patient received special personalised nursing support during his course of mistletoe therapy earlier this year.

Steven Hanson came to CWT for mistletoe therapy in April 2015. Steven and his family made use of our family-orientated self-catering unit during his course of therapy. His two young daughters, Ruby (aged 7, left) and Amelie (aged 6, right) were more than willing to help support their dad during his appointments.



"We wanted to help our daddy get better," explained the girls, "so we dressed up as nurses to help."

The two sisters enjoyed working with Barbara, our trained AnthroHealth nurse. Barbara showed the girls how to take their dad's temperature and blood pressure readings. They then went on to help monitor another mistletoe patient, who was delighted to have additional attention from the two young helpers!

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

Discover an AnthroHealth product to help you this Autumn

ASK THE DOCTOR

Warming baths



As Autumn approaches and the nights draw in, it's an ideal time to prepare yourself for the winter ahead with some of Weleda's most warming and uplifting products.

Weleda's elixirs are rich in natural vitamins and can be added to hot or cold water, milk or tea. Their bath milks contain essential oils and disperse easily to create a warming full body or foot bath.

Reinvigorate & recharge



Warming Bath milks: ideal during cold or damp weather, treat yourself to a bath with Weleda's Rosemary or Pine Bath Milk to **warm, restore and invigorate.**

Particularly after a tiring or stressful day, their restorative action will help renew your energy and ease muscular aches and pains.

Blackthorn elixir: made from ripened sloe berries, enriched with honey, this delicious supplement is particularly beneficial during times when the body is low in energy. Use it to help **recharge** and **reinvigorate** during periods of stress or after illness.



Sea Buckthorn elixir: made with organic sea buckthorn berries, the elixir is a source of Vitamin C and other anti-oxidants, Vitamin E and provitamin A. Use during Autumn to **strengthen your body's defence system** before the winter cold and flu season arrives.

"Our products are totally natural, that means 100%. They are free from synthetic preservatives, colourants and mineral oil derivatives, and in over ninety years we have never tested on animals."

Weleda UK

By making time for relaxation, you can allow your body to de-stress and be at its best for tackling any winter bugs. Treat yourself this Autumn and explore Weleda's full range of products available on their website: www.weleda.co.uk

Inclusive kindergarten at Camphill Early Childhood Centre



Amber Kindergarten is a successful, inclusive nursery for 3 - 7 year olds. With outstanding outdoor resources, it offers Waldorf educational approaches with close alignment to the Curriculum for Excellence. Staff at Amber Kindergarten have extensive experience in working with young children with Additional Learning Needs.

Currently offering both morning and afternoon sessions, Amber Kindergarten works in partnership with Aberdeen City Council to offer funded places for 3 to 5 year olds.



Amber
Kindergarten

Camphill Early Childhood Centre

Open Mon to Fri: 9.30am - 3.30pm

Ages: 3 to 5 years

- ◆ Purpose-built Kindergarten
- ◆ Sensory forest
- ◆ Weekly artistic & craft activities
- ◆ Well-trained and Qualified staff
- ◆ Children with additional needs welcome

- ◆ Large, outdoor play area
- ◆ Homely atmosphere
- ◆ Part-funded places available
- ◆ In partnership with Aberdeen City Council & the CHILD CARE VOUCHER SCHEME

For further information or to arrange a visit please contact -
 Tel: (ABERDEEN) 01224 - 865893 E-mail: amber@crss.org.uk
 Online: www.camphillschool.org.uk/amber-kindergarten

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



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?**



Please support us by donating today.
Open Tues - Sat: 10am to 4pm
 The Blue Door Charity Shop,
 57-59 N Deeside Road, Bieldside,
 Aberdeen, AB15 9DB Tel: 01224 861830

Fantastic fundraisers

Support for mistletoe

Several fundraisers have been very busy this summer raising money to support Mistletoe Therapy UK, a project of CWT.

The **Aboyne Summer Charity Ball** hosted its 4th annual dinner in May 2015 in aid of two charities. With an impressive £3900 raised, our project received a **fantastic £1800** to support our mistletoe therapy service.

Photo by Johnston Press



Meanwhile, staff of **Queen Street Dental Practice** in Fraserburgh, pictured above, sold home-baking and raffle tickets to raise money. Their final total tripled their initial expectations and brought in an **awe-inspiring £1649.24**.

Promoting local artists

Art in the Waiting Room

The spacious waiting room of **Camphill Medical Practice** forms a light, airy art gallery space where we are able to promote the work of local artists.

Our next exhibition shares the intriguing paintings of Lisa Brundrett. Her recent work is inspired by the breathtaking landscapes and seascapes of the Scottish Islands and Highlands. Lisa has developed a series of oil and ink paintings on floating aluminium panels to create an interesting contemporary finish.

Open Night: 1st Oct '15

Refreshments provided **6.30 - 8pm**

Lisa's work is available to view between 8am and 6pm, Mon- Fri, until 4th November 2015.



20% commission from all sales go directly to CWT to support its various projects.

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 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

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Camphill Wellbeing Trust is a business name of Camphill Medical Practice Ltd. Registered number SC120539 Scottish Charity number SC016291



CAMPBILL WELLBEING TRUST
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@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.