



CAMPHILL WELLBEING TRUST

Health Matters

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Christmas group exhibition

Interested in fundraising?

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

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



Dame Anne Begg opens new Simeon House

'May you live all the days of your life'



Simeon Care enhanced its provision for the elderly in October 2015 when it celebrated the opening of its new purpose built Simeon House and its therapeutic 'Golden Garden'.

With 23 en-suite bedrooms, the home is designed to enable flexible and personalised care for residents with a variety of health issues, including dementia and Parkinson's.

The distinctive way of life at Simeon Care, based on the Camphill ethos of mutual support and the valuing of each person's unique contribution, make it a remarkable and rewarding place both to live and work.

"We all work together to create a loving community of care, and help make the last years rich, joyful and rewarding."

Simeon Care for the Elderly



Dame Anne Begg cuts the ribbon

Photographs courtesy of C Hanni

For more information about Simeon Care for the Elderly, visit www.simeoncare.org

Camphill Wellbeing Trust, along with Camphill Medical Practice NHS, congratulate Simeon on the achievement of its new building and are delighted to continue their involvement providing extended and integrative medical services.

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

The importance of water in health and wellbeing
Deeside Water: Much More Than Water?

Camphill Wellbeing Trust will be working with Deeside Mineral Water to explore the potential benefits of this locally collected spring water.

Flowing naturally from the historic springs at Pannanich Wells, near Balmoral Castle in the Cairngorms National Park, the water was thought to have particular properties from as early as 1245. With an increase in visitors during the Victorian period, the spa village of Ballater was built to accommodate those who came 'to take the waters' for a variety of ailments. The Deeside Water Company, established in 1996, now distributes to customers around the world.

We are all aware of the benefits of drinking water and its links with good health. Water not only quenches our thirst but hydrates our bodies and is essential for healthy cell function.

Compared to most water, Deeside Water has:

- very low mineral content
- low pH value
- small water molecule clusters

This specific combination seems to encourage wellbeing, efficient hydration and healthy fluid balance.



Pannanich Wells, c 1899

Deeside Water have undertaken a number of studies involving hospital, university and skin clinics. Interested by these, CWT plans to explore the potential for Deeside Water as part of its AnthroHealth approach.

What can you do?

Given the recent advice to cut down on alcohol and sugary drinks (even fruit juices), why not consider mineral water, such as Deeside Water, as a healthy alternative?

Recognise the importance of drinking water for your health and make it your New Year's resolution to keep properly hydrated.

If you find plain water 'boring', try sparkling water or add a slice of fresh lemon or lime.

New information site for CWT

Join us online!

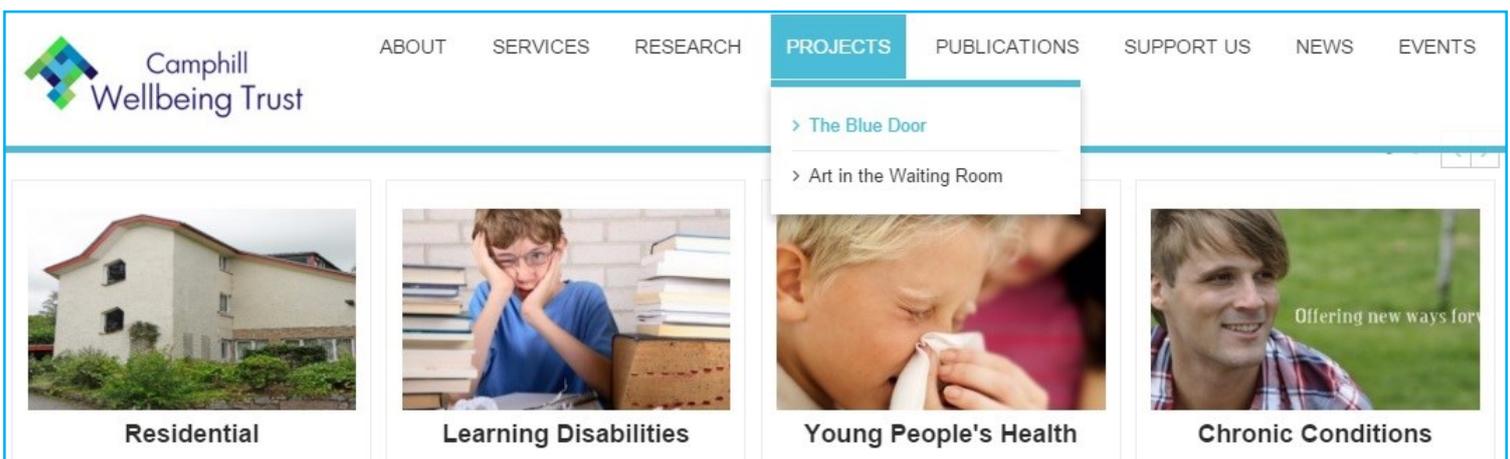
CWT plans to launch its new website later this month. The website will provide an informative online space where you can learn about the AnthroHealth approach and how it may help you.

With pages dedicated to CWT's specialist areas, as well as related research, publications and further reading, you will be able to explore the site and find information about CWT and its various projects.

www.camphillwellbeing.org.uk

Discover our wider work including our fundraising projects, different ways to support the charity and even donate online!

The website is due to go live at the end of January 2016, so keep an eye on www.camphillwellbeing.org.uk Once up and running, we invite feedback from all our visitors. Simply complete the 'contact us' form on the website, or get in touch by emailing: admin@camphillwellbeing.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

ASK THE DOCTOR

A new year brings the opportunity for a new start and a fresh approach to life. Make sure you are ready to face your challenges of 2016 with a revitalised body.

Has winter weather left your skin dry and dull? Weleda's birch range offers 3 natural steps to tone, firm and detox.

Weleda's Birch Body Scrub helps improve skin tone and appearance with natural bees wax pearls to promote healthy balance and help you skin re-discover its natural rhythm.



Birch Cellulite Oil applied onto damp skin and massaged in a circular motion visibly improves the skin's texture and smoothness after a month of regular use. With extract of birch leaves and rosemary oil in an apricot kernel, jojoba and wheat-germ oil base, it tones the skin while leaving it feeling smooth and supple.

Weleda's Birch Juice is an organic health supplement to help your body gently and naturally detoxify. A three to six week course is recommended by Weleda to help improve vitality.



Allowing your body time to rejuvenate will give you a strong start to 2016!

Weleda products are available from local pharmacies and Camphill Newton Dee Store -

<http://newtondee.co.uk/store.html>
or from www.weleda.co.uk

Coughs

Dry, dull skin

Colds

How to beat the winter cold

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.**

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.



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?**



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

Normal Opening Tues - Sat: 10am to 4pm

Refurbishment at the charity shop

The Blue Door gets a makeover

The Blue Door Charity Shop has been raising money for CWT from its Bieldside premises since 2006. This year, the shop will undergo an exciting new makeover.

Early in 2016, The Blue Door is due to have a disabled access door installed, making the shop more accessible. Further upgrades will include a re-fit to improve our customers' charity shop experience!

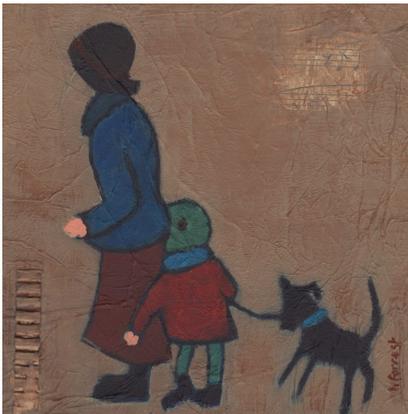
During this time, the shop will be temporarily closed and we apologise in advance for any inconvenience this will cause. Closure times will be displayed at the shop and on www.camphillwellbeing.org.uk.

Following the refurbishment, the shop will welcome new donations including **textiles, bric-a-brac, toys, DVDs, CDs, computer games, books and jewellery.**

Celebrating the Art in the Waiting Room project Christmas Art Exhibition

The waiting room of Camphill Medical Practice opened to celebrate local art this Christmas. CWT's winter exhibition featured one piece from each artist who has participated in the 'Art in the Waiting Room' project over the last two years.

Surrounded by a medley of festive music performed by students of *Aberdeen City Music School*, members of the public met the artists and browsed their work in a festive atmosphere, complete with mulled wine and mince pies! The event also provided an opportunity for CWT to thank everyone for their support of the project since its revival in early 2014. "Art in the Waiting Room *is not only a successful fundraiser, but it enhances the waiting room with ever changing works of art.*" explains Aileen Primrose, CWT Manager. "It promotes both the artist's work and the work of our charity whilst providing a rich visual environment for patients."



Our next exhibition features the work of Helen Forrest with subject matter ranging from quirky portraiture to intuitive land and seascapes. Taking inspiration from the Scottish coast and countryside, her expressive paintings reflect the ever changing mood of both the countryside and the artist herself. For Helen, painting is like a visual diary with her work a result of her individual story, quirks, techniques and way of seeing things.

Open Night: 17 Mar 2016

Refreshments provided **6.30 - 8pm**

Helen's work is available to view between 8am and 6pm, Mon - Fri, until 21st April 2016.

www.facebook.com/artinthewaitingroom



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



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.

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

Camphill Wellbeing Trust
St Devenick's
Murtle Estate
Bieldside
Aberdeen
AB15 9EP

Telephone: 01224 862008
01224 869844

admin@camphillwellbeing.org.uk
www.camphillwellbeing.org.uk

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