



# CAMPHILL WELLBEING TRUST

## Health Matters

### MEET THE TEAM 2

In this second issue of Health Matters, we introduce our therapists

### TRAVELLING TO TRAIN 3

Our therapists have the opportunity to train abroad.

### WORK EXPERIENCE 3

CWT supports local residents of Camphill

### INFORMATION DAY IS A SUCCESS 4

With over 100 participants, the mistletoe information day is a hit!



### Interested in fundraising?

Email us to find out more:  
[admin@camphillwellbeing.org.uk](mailto:admin@camphillwellbeing.org.uk)

### A fundraising inspiration

## Catwalk Mum shows off her ideas



### Meet Rowena Darby from Greater Manchester, an energetic lady, inspirational mother and fundraising fashion star!

Rowena (pictured above centre) first came to Camphill Wellbeing Trust for mistletoe therapy in Summer 2013 after she was diagnosed with terminal bowel cancer in 2011.

Mother to 3 year old Freddie, Rowena has been preparing for the special moments in her son's life when she will not be there. By writing special birthday cards and supportive emails, Rowena hopes Freddie will get to know his real mum as he grows up.



This has given Rowena a focus in which to celebrate and appreciate the moments she has with him now.

In addition to this, Rowena has been very pro-active in fundraising for Mistletoe for Cancer UK. She has participated in a 50K run, personally achieving a great distance

of 13K. In addition Rowena has organised a fashion event with a larger show to take place in March.

Rowena is currently arranging a coffee morning at her son's preschool and a

fun-run day event in June.

Rowena's fantastic efforts have raised a grand total of **£2738** so far for CWT's Mistletoe for Cancer UK project.

## MEET THE TEAM

In each issue of *Health Matters*, we will introduce you to the integrated team of Camphill Wellbeing Trust (CWT) and Camphill Medical Practice (CMP). In this second issue we are focusing on the therapists. They form part of the extended approach supported by Camphill Wellbeing Trust.

### Rachel Woodd

Therapeutic Speech Practitioner

Rachel began studying Biology at Edinburgh University before personal illness brought about her first experience of Anthroposophic Medicine. Later, after working in the nursing team at Park Attwood Clinic, Rachel trained in the Art of Speech and Drama, joining CWT in 2008 as assistant to Donald Philips.



In 2012, Rachel successfully completed her Anthroposophic Therapeutic Speech training in Switzerland. Whilst continuing her therapeutic work with pupils at Camphill School, her qualification also allowed her to expand her work into the medical therapeutic field.

Rachel currently seeks to further develop creative, effective and meaningful ways to use the sound qualities, rhythms, gestures and content of poetry, drama and stories to promote and enhance health and development.

### Jennifer Sutherland

Counsellor

Jennifer is a person-centred counsellor and supervisor as well as a senior accredited member of the British Association for Counselling and Psychotherapy. She has a Post Graduate Diploma in Counselling and Psychotherapy from Strathclyde University, a Certificate in Counselling Supervision and taught counselling skills at Aberdeen University for 9 years.



Originally from London, Jennifer lived for 13 years in Australia. Here she was part of a group who established the now thriving Steiner School in Canberra. In 1988 she came to Aberdeen with her family where she lived and worked in Newton Dee Camphill Community.

Since 1998, Jennifer has worked with clients in the Camphill Medical Practice and in private practice using a person-centred approach to help people analyse their feelings and find belief in their own potential.

### Donald Philips

Therapeutic Speech Practitioner

Donald hails from Ohio, USA where he completed his BA in Biological Sciences, which included humpback whale research. He later studied the foundations of Anthroposophy in New York.



Donald completed his speech training in Sussex before joining Camphill, Aberdeen in 1995. He has further studied in Switzerland and Denver and is qualified to deliver LSVT® LOUD Voice Treatment for people with Parkinson's disease.

Donald has developed his practice to create *dp SpeechStudio*, which offers a wide range of voice and speech coaching to improve public speaking, interviews, presentation skills and soften accents. Because he understands speech as a way to view a person's health Donald also offers therapeutic sessions to address speech disorders, support wellbeing and help with wider health concerns including hypertension, chronic fatigue, anxiety and stress.

### Riitta Jutila

Biographical Counsellor

Originally from Helsinki, Finland, Riitta began her nursing career in 1991 with a RNMH (Registered Nurse Mental Handicap) and went on to gain two diplomas: Applied Psychology in Challenging Behaviour, Canterbury University and Biographical Counselling, E. Sussex.



Riitta has worked with people with learning difficulties, challenging behaviours and mental health diagnoses. She has experience as a team leader, a community nurse and a classroom assistant. In addition, for the last 3 years she has written case studies for the British Association for Counselling and Psychotherapy voluntary register.

Riitta currently works as an independent biographical counsellor for people of all ages with a variety of counselling issues where she offers a platform for social, psychological, developmental and spiritual work. She plans to extend her career in 2014 through an MSc in Counselling.

### Susan Harrison

Eurythmy & Massage Therapy Practitioner

Originally from Yorkshire, Susan obtained her Certificate in Nursing in 1987 before focusing on acquiring Diplomas in Eurythmy Therapy and Therapeutic Massage (1992 - 2006). During this time she worked as a Eurythmy Teacher in Glasgow Steiner School.



Prior to joining CWT in September 2011, Susan worked for 11 years at Corbenic Camphill Community exploring the use of eurythmy therapy and massage therapy.

Susan enjoys working with eurythmy patients where individuals are actively involved in building up a programme of movement exercises which can be practised at home as tools for maintaining wellbeing and health.

In therapeutic massage, Susan adapts the pressure, timing, type of stroke and choice of oil to meet the individual needs of the patient.

## Therapist Directory:

If you are interested in finding out more, you can contact a therapist as follows:

### CWT Employed Therapists

**Rachel Woodd:** Rachel currently accepts referrals from a GP. Please contact her on: **07753 170908**

**Susan Harrison:** Susan accepts GP referrals. To find out how her work could help you, please contact her on: **07974 029071**

### Donald Phillips:

Donald accepts both GP referrals and self-referrals. To find out more: **www.dpspeechstudio.co.uk** or contact him on: **07979 913323**

### CWT Associate Therapists (self-employed)

**Riitta Jutila:** Riitta can be contacted on **07803 593870** or by email on: **counsellor@riittajutila.com**

**Jennifer Sutherland:** Jennifer can be contacted on **07786 034929** or by email on: **jensuther@aol.com**



## Therapists Travel to Train Swiss training for our staff

**Camphill Wellbeing Trust (CWT) recognises the importance of supporting the professional development of its staff. Rachel Woodd, Therapeutic Speech Practitioner, shares her experience of training in Switzerland.**

Rachel first joined CWT as a Therapeutic Speech Assistant, where she was fortunate to receive 'on the job' training in Anthroposophic Therapeutic Speech (ATS).

As there are only two formal ATS training centres, one in the UK and one in Switzerland, Rachel naturally applied to the UK centre to continue her professional development. With too few applicants, the UK 2010 training was postponed. So Rachel, with a deep breath and her school-girl German, applied for the

Swiss Centre.

Three years later and Rachel has successfully qualified, having completed the training in a foreign language. *'This has felt more like doing two trainings at once, one in the German language and the other in Anthroposophic Therapeutic Speech!'* Rachel commented.

Although an exception was made for her to submit any written work in English, Rachel still gave regular talks in German, including an hour long presentation of her final project on M.E / Chronic Fatigue Syndrome.

*'It was a novel experience for me to be a foreigner struggling with the language, and one which gave me a valuable new insight into language acquisition and development.'*

Rachel reports that the training itself was excellent: a well-rounded balance of practical, artistic and theoretical

elements delivered by professionals with a wide range of experience. Intensive practice of the therapeutic speech exercises and reflective self-observation allowed her to discover the experiences and potential effects of specific exercises. Rachel used speech personally to help maintain her own health whilst juggling the demands of work and training, providing her with first-hand experience of the benefits of ATS!

Rachel found the training both practical and relevant especially as she was already actively working in the field, with the invaluable support of her colleague, Donald Phillips.

*'I am extremely grateful to CWT and all my colleagues for the support that enabled me to disappear over to Switzerland for weeks at a time over the course of three years.'*

## Valentine's Fire Walk Feel the Love



**Two patients currently receiving mistletoe therapy at CWT tested their bravery at Haddo House this month.**

On 15th February 2014, Dee Henderson-Haefner, Aberdeen, and Joanna Strathdee, Huntly, accepted the challenge to complete a 2 metre long birch wood fire walk. With training from Graeme Pyper, international motivational coach and Sundoor-Certified Master Fire Walk Instructor, Joanna (pictured above centre) and Dee soon embarked on

their journey across the burning embers.

Walking over hot coals has been practised for thousands of years and is often used as a motivational process, helping people to find their inner strengths.

*'Having faced the fears of the unknown [cancer], it was a very moving experience and gave me a tremendous lift. It has made me more positive and relaxed about the challenges of the future,'* says Joanna.

Dee, who has now completed four fire walks and a glass walk, explains how she approaches each walk with a purpose, using the challenge to face her personal issues.

*'I have used the fire walks to deal with my cancer. With the glass walk, as I took each step, I visualised the glass shards cutting the connection between me and the cancer. I can't tell you how much that helped me on so many levels!'*

Dee and Joanna found the fire walk an excellent opportunity to raise money Mistletoe for Cancer UK.

## Work experience at CWT

### Lianne's Laundry

The provision of on-site self-catering accommodation for mistletoe therapy patients opened an opportunity for CWT to provide work experience to a young adult of the Camphill Community. Lianne Rawlinson has worked with us since 2011, gaining knowledge and experience in life skills, including time management, organisation, recording workload and weekly work commitments.

*'Lianne takes great pride in her work.'*

explains House Coordinator, Alex. *'She sees her role as an important and meaningful part of her life. Lianne takes ownership and responsibility in making sure it is always completed to her high standards.'*

CWT will be presenting Lianne with a certificate in recognition of all her hard work.



## Raising funds for Camphill Wellbeing Trust A shop with all shapes and sizes

Our Blue Door Charity Shop is full of surprises. You are sure to discover something new on every visit!



With prices ranging from as little as 10p, to the highest recorded sale of £400, there are treats to suit every budget! The friendly staff are always on hand to offer advice as you browse their wide range of stock.

The Blue Door Charity Shop are looking to extend their opening times and are always grateful for volunteers. If you would be interested in helping in the shop, please contact Pamela, Blue Door Manager, on 01224 861830.

The Blue Door Charity Shop, 57-59 N Deeside Road, Bieldside, Aberdeen, AB15 9DB Tel: 01224 861830.  
**Open Wed-Sat 10am to 4pm.** Join us on Facebook.



## 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.

The March exhibition welcomes Patricia Reith, an award winning painting graduate of Gray's School of Art who has a particular fondness and long association with Camphill. Patricia, a mixed media artist, is known for her vivid colour combinations using dyes, water-colours, inks, recycled and handmade papers in collage to create textures on canvas and board.

**Open Night**  
**Friday 4th April 2014**  
**6.30 - 8pm**  
**Refreshments provided**

20% commission from all sales go directly to Camphill Wellbeing Trust to support our various projects, including Mistletoe for Cancer UK.



## CWT Educational Event Update

### Mistletoe therapy information day is a success

Our Mistletoe Information Day took place in Camphill Hall, Aberdeen on 30th November 2013, where we welcomed 110 people from as far as Orkney, Ireland and Yorkshire.



The programme explored the aims of mistletoe therapy with patients, friends and healthcare professionals and gave an update on current research. Guest speaker and CWT patient, Maureen McKay, shared her personal experiences of mistletoe therapy during an interview with Dr Stefan Geider. The day finished

with a question and answer session where we were joined by Dr Teresa McCaffery, from the cancer support charity, CLAN.

The day also provided practical advice on the importance of physical, emotional, psychological and spiritual warmth as a support for people as they engage with the challenges cancer can bring.

Guests enjoyed a delicious buffet lunch, made locally from organic ingredients, and served with bread from the **Newton Dee Bakery**. **Deeside Water** kindly donated 100 bottles of their spring water and participants were given 'goody bags' with further information and some product samples donated by **Weleda**.

The day was well received by all with extremely positive comments shared. With such a high level of interest, we plan to offer further educational events in 2014 focussing on the integrative approach to cancer care.

**Presentations from the day are now available:** [www.mistletoeforcancer.org.uk](http://www.mistletoeforcancer.org.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

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Registered number SC120539.  
Scottish Charity number SC016291