



Camphill Wellbeing Trust Health Matters

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

Support us online:

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



Introducing our exciting new project

COMPASS: navigating healthy, sustainable living

2006



2020



Camphill Wellbeing Trust are excited to announce the launch of **COMPASS**, a new project to transform the former Waldorf School site into a centre demonstrating practical solutions for healthy, sustainable lifestyles.

The site on Craighton Road, Cults, Aberdeen is owned by Camphill Estates and has been unoccupied since the closure of the Waldorf School in 2014. Keen not to lose the potential of this naturally beautiful & historic site, CWT will take it on to host **COMPASS**, with plans to create inclusive spaces that serve and engage the local and wider community of Aberdeen City & Shire.

"Core to the Compass project will be establishing socially and environmentally sustainable solutions that meet the specific challenges of our times. Key principles will include fostering a circular economy, organic/biodynamic land use and therapeutic interventions for resilience building and well-being." - Compass Action Group

COMPASS is envisaged as a place where the ethos and practices successfully pioneered for those with learning disabilities by the North-East Camphill organisations will be translated to benefit all who seek to improve their health, maintain their wellbeing or explore a more sustainable lifestyle.

The COMPASS project will aim to showcase:

✓ **sustainable building practices** with conservation of the listed main building & sensitive repurposing of the others

✓ **an integrated, creative health & education approach**, supported by the natural & built environment

✓ **sustainable social enterprise projects** serving the local community and involving those with learning disabilities

✓ **organic/biodynamic land use** with nutritious food production, demonstration allotments, bee hives, wild flower meadow and woodland

✓ **repair, reuse & recycle practices** minimising waste and encouraging sustainability

It is fitting that this site, initially developed as the Aberdeen Convalescent Hospital and later used by the International and Waldorf Schools, will once again support health and education. And what better time to start such a project than in the **80th anniversary year of Camphill** - which began in Aberdeen with a unique vision for people with learning disabilities and went on to inspire a worldwide movement. You can find out more about Camphill's history at www.camphillscotland.org.uk/camphill-celebrates-80th-birthday/

Camphill Wellbeing Trust are delighted to have secured an initial **£100,000** for the first year of the project - a great start to the major fundraising journey that lies ahead! Following our first site clear-up day in August, we will be looking for volunteers to join us for future events. If you are interested in supporting **COMPASS** through **tidy-up days**, sharing **knowledge/skills** or by **fundraising**, please get in touch: compass@cwt.scot

COME IN, COME IN!

The Blue Door Charity Shop, a main fundraiser of Camphill Wellbeing Trust, was hit hard by its temporary closure due to COVID-19. As restrictions ease, we are back to new regular weekly open hours and look forward to welcoming you to the shop.

You can visit the Blue Door Charity shop from **Wednesday - Friday, 10am - 4pm**. Customers and donations are welcome during these times. However **please call in advance if you have a large volume to donate** to make sure we have the space to accept your goods. You can also check the Blue Door Facebook page or web page for the most up-to-date information on donating.

Visiting the shop during COVID restrictions

To ensure safety for customers, staff and volunteers, we are following the current guidance regarding COVID safety precautions with increased cleaning procedures and storage of all donations for at least 72 hours after arrival.

In line with government guidance, all customers must:

- ✓ wear a **face covering** when entering the shop
- ✓ use the **hand-sanitiser** provided on entry
- ✓ follow the **one-way system** as you browse
- ✓ observe the **2m social distancing** rule where possible
- ✓ **shop alone** where possible



We are only able to allow **2 customers** in the shop at any one time and **children under 16** are not allowed. We may sometimes ask you to limit your shopping time for 10-15 minutes to prevent long queues outside during the autumn months.

Unfortunately, there will be **no changing room** or **toilet facilities** available at present. Thank you for your understanding and patience during these times.

Working together, we can help keep each other safe, minimise potential risks and keep charity shopping a positive experience for all!

CWT also wish to thank the Blue Door Manager, Pamela McBain, and our super team of volunteers in helping to get the shop back up and running safely for everyone.



57-59 N Deeside Rd, Bieldside, Aberdeen AB15 9DB

Open Wednesday - Friday, 10am - 4pm
Customers & donations welcome!

RESERVE & COLLECT SERVICE

Following the easing of lockdown restrictions in Scotland, the Blue Door Charity Shop has received a high volume of donations with all sorts of interesting items appearing.

To reach a wider customer base, we have selected the best of these unusual, rare and intriguing items to be showcased through our new online **'Reserve & Collect'** service. You can view featured items for sale in the **window of the shop**, on the **Blue Door Facebook page** and in our **online gallery** at www.camphillwellbeing.org.uk/the-blue-door/reservecollect. As new donations arrive, our galleries are frequently updated, so make sure you check back to view the latest additions and treasures.

If you'd like to purchase an item, simply contact the Blue Door shop by email bluedoor@cwt.scot or on 01224 861830 to arrange a time for payment and collection. All enquiries will be answered on a first come-first served basis during the shop's opening hours of Wed - Fri, 10am - 4pm. Items are reserved for one week only and payment is to be made on collection, preferably by contactless card payment.

Search
The Blue Door
on Facebook



Blue Door Assistant Manager retires

FAREWELL FIONA

A small socially-distanced celebration took place this August to recognise our Assistant Manager's contribution to the Blue Door Charity shop.



Fiona Dorta, Assistant Manager of the Blue Door Charity Shop, retired on Friday 14th August 2020 after working in position since 2014. Prior to joining the employed team, Fiona was also a volunteer in the shop!

Fiona's particular interest and expertise was in vintage toys. Her enthusiasm for this saw a significant increase in sales income from toys over the years.

CWT are grateful for her contribution and would like to wish her all the very best in her retirement.

How you can support the shop and CWT
GOOD QUALITY DONATIONS

Due to COVID, we have fewer volunteers available to sort our stock. Please help us by **pre-sorting your donations** into:

- **good quality, resaleable items**
- **Items not suitable for re-sale, but for recycling:** see article below.

The shop currently accepts:

- ✓ **textiles**
(clothes, bags, belts, shoes)
- ✓ **bric-a-brac**
- ✓ **toys & books**
- ✓ **linen**
- ✓ **jewellery**
- ✓ **DVDs, CDs & computer games**



Unfortunately, the shop is **unable to accept** electrical items, video tapes, child car seats or bike helmets. Please **do not** donate items unfit for purpose i.e. missing parts, broken.

With parking right outside the shop, it is **easy to drop-off** your **good quality donations** and help raise money for Camphill Wellbeing Trust.

WASTE NOT, WANT NOT

The Blue Door Charity shop welcomes donations of all shapes and sizes. But what happens to those which are not re-sellable? Our Blue Door Charity Shop Manager, Pamela McBain, explains more...

When we receive donations, our volunteers sort and price the best quality items ready for display in the shop, hand-picking saleable products to promote as many sales as possible in support of CWT.

With our high volume and turnover of donated goods, the shop needs to ensure it has space to accept new donations and keep stock interesting for customers. As a result, lower quality donations and items which have not sold after 3 weeks on display [with the exception of higher value items] go to a professional recycling company based in Glasgow.

Clyde Recycling collect up to **half a tonne** of bags and boxes from the shop **every week**, donating for the weight uplifted; you may have seen these lined up outside! Clyde Recycling have a strong recycling ethos and want to help avoid unnecessary landfill and environmental damage. They also believe in helping to clothe people who really need it and export second-hand clothes all over the world including Africa, Europe and South America.



CLYDE RECYCLING LTD
REDUCE : RE-USE : RECYCLE

For more specialised donations such as small electronics and phones, the shop uses 'Recycling for Good Causes' who raise funds for us on the items donated.



More locally, we have a wonderful volunteer who sorts and prices jewellery, **repurposing broken items** to create new pieces for sale. We also help other charities through our customers, by donating **old bras to help women in Africa** through one customer and unsold warm jumpers, jackets and shoes to another who volunteers at **Street Friends Aberdeen**. Excess baby and children's clothing/shoes are donated to **Deeside Christian Fellowship** who send these to help children in **Romania**. This helps us further **support those in need** due to hardship or distress from their social or economic situation as well as those who are suffering from illness, disease or disability.

With all these available options, the Blue Door shop aims to ensure that as many donations as possible are reused or recycled should they not be sold in the shop.

How to support CWT from home

Buy Camphill Fish online!

Enjoy **top quality sustainable fish** from the **joint initiative** between CWT and family-run Aberdeen fish merchant J Charles.



CWT have received an **amazing £1798** from April - July from **Camphill Fish** sales online. That's as much in 4 months as we raised in the whole of the previous year from Camphill Fish before we went online!

So please continue to buy your fish online at www.expressfreshfish.com. Enter the code 'CWT' in the **Notes box** on 'Your Cart' page before proceeding to checkout and J Charles will **donate 10% of your order value** to CWT at no additional cost to you.

Please support us by placing an order!

First online exhibition raises £231 for CWT

With our new virtual platform, we were able to widen our audience and display a bigger selection of work for sale.

The gallery saw an increase in income with **15 paintings sold** for a value of **£924**, with CWT receiving a **£231 commission**. We are now excited to invite you to our **second online exhibition** featuring the work of local photographer **Nik Munro**.

Available to view through our digital gallery, you can watch our 'behind-the-scenes' **artist videos** and **browse the work for sale** on both our website and Art in the Waiting Room Facebook page. If you see something you like, simply **reserve** your favourite piece with **25%** of all sales going to CWT. Our exhibiting artist is able to **organise delivery of work to you**, so don't let your location be a deciding factor in owning one of these beautiful, almost painterly photographs by an **International Garden Photographer of the Year**.

www.camphillwellbeing.org.uk/art-in-the-waiting-room



Medical services continue at CWT

UPDATE ON SERVICES DURING COVID

Camphill Wellbeing Trust continue to review current Covid-19 guidance to ensure, as far as possible, precautions are in place for the safety of both patients and staff and to help prevent the spread of the virus.

Contacting us: You can continue to reach us by phone or email if you need to book an appointment, order a prescription or have a general enquiry.

Appointments: Our self-catering accommodation has been able to host patients attending CWT for their initial mistletoe therapy and our clinicians continue to offer review consultations by video or telephone. CWT have Covid safety measures in place for those with attending appointments and accommodation onsite.

Prescriptions: New or repeat prescriptions will be sent directly to your local pharmacy or by post to your home address. Patients **must not** pick up prescriptions from CWT in person.

Service Costs: CWT continues to offer its Mistletoe Therapy and AnthroHealth services on a donation basis but this may change in the near future, especially if the pandemic is prolonged.



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

To enable us to continue to offer our service on a donation basis for as long as possible, please donate as your resources allow. The best way is to make a direct donation to our bank account: Camphill Medical Practice Ltd. Sort code: 83-49-40 Account no. 00135147 or donate online at: <http://uk.virginmoneygiving.com/charities/CamphillWellbeingTrust>

Did you know? Gift Aid can increase the value of your donation by 25%. Contact us for a form.

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



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.

Welcome to the NHS Camphill Medical Practice news update

This news update is part of a collaboration with the Camphill Wellbeing Trust (CWT) and its Health Matters newsletter.

It will be sent out by the NHS via a link in an SMS message. This means that your data is not shared with Camphill Wellbeing Trust.

In this issue:

- ✓ **Current services** in the practice
- ✓ **Visiting the practice**
- ✓ **Telephone triage & video consultations**
- ✓ **Sending images** to the practice
- ✓ **Closing the practice list** to new registrations
- ✓ **Know who to turn to**

We hope you find this news update informative and helpful.

We would love to hear your feedback! Please send this to:
gram.camphilladministrator@nhs.scot

Know who to turn to

During these challenging times, we are doing our best to keep up with demand which varies from day to day. You can help us by ensuring that you **contact the most appropriate service for your needs** i.e. the pharmacy for minor ailments and advice on medicines, the optician regarding eye and vision problems and the dentist regarding toothache and gum problems. We have asked our reception staff to suggest who to call to help you find the most appropriate service more quickly. Find out more:
www.know-who-to-turn-to.com/

Current Services in the Practice

Guidance for operating during the COVID pandemic has not changed substantially for the last few months. We have been advised to:

- **prioritise our services** based on the urgency and importance of the work
- **space out appointments** to avoid a crowded waiting room
- change our service delivery model to use **telephone and video consulting** where possible.

Introducing these changes whilst ensuring we safely meet urgent medical needs has meant that we have needed to postpone less important and less urgent activities such as some routine blood tests. We continue to offer:

- ✓ **advice on urgent medical issues**
- ✓ a limited number of **pre-bookable telephone consultations**
- ✓ **face to face appointments for examination and investigation** (all face to face appointments must be approved by a GP)



What to expect when you visit Camphill Medical Practice

- ✓ When you arrive at the front door, please ring the doorbell and take a step back.
- ✓ You will be asked COVID symptom screening questions by our receptionist before you can enter and will be asked to wear a mask if you are able.
- ✓ Physical distancing measures are in place throughout the practice including the waiting room. You will be seen as soon as the clinician is free.
- ✓ You will be asked to leave via the one-way system.

If you have something to drop off, leave it in the post box (you can phone reception in advance if you need to explain or ask a question about this procedure).

'Telephone Triage'

We use a "telephone triage" system to assess all incoming requests. This helps us to ensure that:

- ✓ our waiting room does not become overcrowded
- ✓ our face to face appointments are reserved for appointments which cannot be undertaken by telephone or video call
- ✓ we can prioritise medically urgent issues and ensure they are dealt with promptly
- ✓ patients who have COVID symptoms do not enter the premises

For this to work effectively, it is important that you tell the receptionist a short summary of the most urgent problem e.g. you've had tummy pain for a few days and today you are vomiting with a fever.

If your problem is of a visual nature i.e. a skin rash or swelling, you may be asked to email a photograph to gram.camphillclinical@nhs.scot. Do not send us anything unless you have been asked to and always include your full name and date of birth in the email so we can match it with your booked appointment.

Thank you for your co-operation and understanding.

If you have COVID symptoms please follow the advice on www.nhsinform.scot/coronavirus or for assessment of your symptoms if you are unwell, call 111. To protect our vulnerable patients we are not seeing anyone with possible COVID in the practice.

NEW Video Consultations

We are now able to offer video consultations. This makes it possible for a doctor or nurse to assess and help you without needing to visit the practice. Video calls are helpful for problems with movement such as stiff joints, assisting in non-verbal communication and for those who have hearing difficulties by enabling lip reading. A text chat function during the video call can also be helpful if you have hearing difficulties.

Video consultations must be **pre-booked** like any other appointment. You will require a computer, tablet or smartphone with a camera as well as a microphone and speakers or headphones. You can read more about our video appointments including which devices can use the system on its website:

www.nearme.scot/

If you have **booked a consultation**, you can check in to our waiting room here:
<http://nhsattend.vc/nhsg/CamphillIMP>.

Do not check in unless you have an appointment.



Practice list

Unfortunately, the practice is currently not able to accept new patients. We remain open but our "list" is closed, except to new residents within our care homes and Camphill communities.