



# Camphill Wellbeing Trust

## Health Matters

**WISHING A HAPPY NEW YEAR TO ALL OUR PATIENTS, CUSTOMERS, DONORS & SUPPORTERS**

### **FOLLOWING COMPASS 2**

Find out the latest updates from CWT's newest project

### **RESERVE & COLLECT 3**

Discover the latest unique donations for sale at the Blue Door Charity Shop

### **WONDERFUL WATERCOLOURS 4**

Join us for our next online art exhibition

### **NHS UPDATE 5**

A new section with Camphill Medical Practice updates

### **Interested in fundraising?**

Email us to find out more: [admin@cwt.scot](mailto:admin@cwt.scot)

### **Support us online:**

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



Inspiring family raises over £7000 for CWT

## **EMBRACING 2020's FUNDRAISING CHALLENGES**



Katrina with her children.  
(Left to right: Gary, Asia, Katrina, India, Kerrie, Laura)

**Many charities have been hit hard as a result of the global pandemic and supporters have been limited in what they can do to raise funds....but 2020 didn't stop the family of one Camphill Wellbeing Trust patient!**

We spoke to Laura about her experience:

### **Why did you choose to fundraise for CWT?**

We decided to fundraise as our Mum, Katrina, has been receiving mistletoe therapy at CWT since September and has really been reaping the benefits. The mistletoe itself has helped with her wellbeing and the staff have been absolutely wonderful. **We wanted to give a little back.**

### **What has your fundraising involved?**

In November, my sister, Kerrie, and I **ran 5k a day** for the whole month, come rain or shine! To generate support, we shared an **interesting statement about mistletoe** on social media for every day of the fundraiser and we kept everyone informed with **live updates** each week.

### **Who got involved in the fundraising?**

I thought it would just be Kerrie and myself but it ended up with lots of people! Folk were encouraged to join us wherever they lived for a **#5kforkat** - it was really encouraging for us,

especially on those tough days! Mum's work, Eric Gray @ Seafield in Shetland, even became involved by raffling off a luxury hamper to raise nearly £1,000 of further funds for CWT.

### **How did you find the response to your fundraising?**

It was incredible and so humbling. We had a target of £1,000 and within 12 hours, that had been well surpassed and has ended up **reaching over £8,000!** The majority of people had never heard of mistletoe therapy before so it was fantastic to raise awareness with the daily snippet of information. Many found it really interesting and thought provoking.

### **What advice would you share for fellow fundraisers?**

My main tip would be to simply go for it! We were apprehensive initially that we wouldn't manage to hit our target or reach many people but we were blown away with the kindness of people. Another tip would be to use social media and share, share, share!

**Any other comments?** A big thank you to Dr Geider, Barbara & the CWT team for all they do.

**If you would like to fundraise for CWT**, get in touch by email to receive our e-fundraising pack full of ideas: [admin@cwt.scot](mailto:admin@cwt.scot)

## DIRECTIONS FOR COMPASS

The COMPASS project is now well under way, transforming the former Waldorf School site on Craigton Road, Aberdeen into a centre demonstrating practical solutions for healthy, sustainable lifestyles.

With over **650 volunteering hours** supporting the venture since it began in September, the progress onsite has been **incredible**. During our **7 onsite volunteer days**, we have cleared the grounds of rubbish, cut back over-grown shrubbery, tidied the drive-way of leaves and tackled the perimeters around each building. There are now three no-dig beds ready for planting in the spring with more beds to follow over the coming months. You can see these changes including before / after photos in our volunteer gallery: [www.camphillwellbeing.org.uk/compass](http://www.camphillwellbeing.org.uk/compass).

*"It's been amazing to see the interest that local people have taken in the Compass Project, turning up to help us breathe life into the old site."* says Andrew Phethean, Project Coordinator. *"It's lovely to share the rewarding feeling that only exhausted limbs and a freshly weeded and swept path can give!"*



Regular onsite visitors also include Grampian Police and Camphill Schools Aberdeen (CSA). PC Fairburn, pictured left with PD (Police Dog) Zak, use the extensive space and buildings of the project as dog training grounds while CSA have used the project to host an outdoor team-building day, pictured right. CSA students with learning disabilities and other support needs attend for weekly outdoor clear-up sessions. This creates an opportunity for them to go to a workplace and carry out a recognisable job, which is important for the development of their self-esteem.



**Join us!** Although our January onsite day has now been postponed due to COVID measures, we can still facilitate volunteers on an individual basis. Please get in touch with your week-day availability if you would like to help!

**We need you!** If you would like to volunteer onsite, or if you have professional expertise or a trade that you would like to share with the project, we would love to hear from you by email.

### Spaces available for community projects

The Sports Hall will be the first building to be available for use by local community groups, hopefully by Autumn 2021. We encourage anyone wishing to note an interest in using the building to get in touch with us as soon as possible.

### Fundraising for COMPASS

We have launched a new [online fundraising page](#) just for the COMPASS project. The Virgin Money Giving page allows supporters to **donate directly** to the campaign or **create their own fundraising page** should they wish to fundraise for the project by setting their own sponsored challenge. For those not comfortable donating online, cheques made out to Camphill Wellbeing Trust and marked for the Compass project are also welcomed.

### Neal's Yard Remedies (NYR) Shopping Event:

Local representative of NYR organic bodycare products, Beth Barlow, held an **online Shopping Event** in support of the project in November. **25% of all sales were donated** to Compass raising a **super £150** towards the project's Phase 1 fundraising goal of £200,000. There will be more events in the future so make sure to sign up to our newsletter!

<http://uk.nyrorganic.com/shop/bethbarlow>



### Keep in touch!

- ✓ Sign up to the COMPASS newsletter  
<http://eepurl.com/dA4Ptj> or email us!
- ✓ Find us on Facebook @CWTCompass
- ✓ Find out more about the project  
[www.camphillwellbeing.org.uk/compass](http://www.camphillwellbeing.org.uk/compass)
- ✓ Contact us: [compass@cwt.scot](mailto:compass@cwt.scot) or 01224 862008

### Project Coordinator appointed

CWT welcomed **Andrew Phethean** to the team as Project Coordinator for Compass in November 2020.

Originally from Aberdeen, Andrew was also, interestingly, a former pupil of the Waldorf school! He taught at the Steiner school in Edinburgh for 6 years before returning to the city.



*"I was drawn to the project as I have a real drive to make a positive impact towards a healthier and more sustainable future in a post-COVID world and I feel Compass has the potential to do this."*

When Andrew is not at work, he loves spending time with his wife and three daughters, pottering about the house doing creative and productive projects together.



## How you can support the shop and CWT FURTHER CHANGES DUE TO COVID

Unfortunately the shop will be closed until further notice due to current COVID restrictions. Please check our [Facebook page](#) and the [CWT website](#) for the latest updates including information on when we can receive your donations.

Please help us when we re-open by **pre-sorting your donations** into:

- **good quality, resaleable** items
- **items not suitable for re-sale, but for recycling.**

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.

## RESERVE & COLLECT SERVICE: THIS MONTH'S FEATURED ITEMS

The Blue Door Charity Shop has received a range of intriguing donations over the last few months and we are delighted to bring these to you through our Reserve & Collect service.

Particular items of note include a number of original paintings by Trevor Rostant, Harry Bryden and Jane Albert. These framed works, see below, feature striking landscapes with eye-catching detail in their compositions, are by well-established artists and were donated by a very kind local supporter of Camphill Wellbeing Trust.

Rostant painted on location, inspired by his close contact with nature during this process while Bryden is a well-established master of the Trinidadian landscape capturing light in a captivating way. View the full collection of works along with a range of interesting collectables for sale in the [window of the shop](#), in our [online gallery](#) at [www.camphillwellbeing.org.uk/the-blue-door/reservecollect](http://www.camphillwellbeing.org.uk/the-blue-door/reservecollect) and on the [Blue Door Facebook page](#). Our galleries are updated as new items arrive, so make sure you check back to view the latest additions!

If you'd like to purchase an item, simply contact the Blue Door shop by email [bluedoor@cwt.scot](mailto: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.



## What to expect when you visit the shop



To ensure safety for customers, staff and volunteers, we continue to follow the current guidance regarding COVID safety 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 forming outside during the winter months.

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



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

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

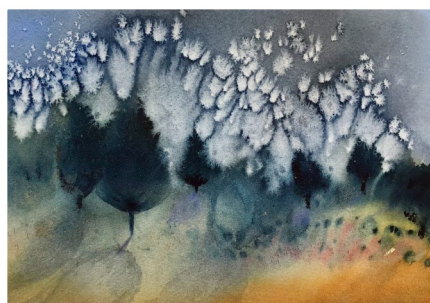
Search  
The Blue Door  
on Facebook



## Join us online for our January exhibition

We have secured an exciting line up for the 2021 Art in the Waiting Room programme which remains online for the foreseeable future. The exhibitions we have in store feature a range of inspiring work from local artists as we entice visitors from far and wide to visit our virtual gallery.

Our first exhibition of the new year features the intriguing watercolours of local artist, **Lorna Hutchison** who creates colourful and spontaneous works. An Occupational Therapist by profession, Lorna has only recently started working in watercolour after being inspired by classes from artist Doreen Bothwell, a previous Art in the Waiting Room exhibitor! *"I have learned to love this unpredictable medium, embracing it's qualities to create colourful and spontaneous works. I also enjoy using salt and other techniques to enhance texture. I paint for relaxation and prefer a loose intuitive style where colour choice comes first and the subject later! The image often emerges naturally from the behaviour of the paint."*



During lockdown, Lorna and her fellow artists inspired and supported each other online by setting creative challenges such as painting a chosen subject together. This resulted in a wonderful array of differing interpretations and styles, some of which feature in this exhibition. Join us on both our website and the Art in the Waiting Room Facebook page for the virtual open night and exhibition from **6.30pm on Thursday 28th January 2021**.

Enjoy our [artist videos](#) and [browse the work available for sale](#). If you'd like to purchase what you see, simply [reserve](#) your favourite piece and Lorna will [organise collection or delivery](#) of work to you!

[www.facebook.com/artinthewaitingroom](http://www.facebook.com/artinthewaitingroom)

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 remains available for patients attending CWT for mistletoe therapy. Consultations remain in our St Devenicks building but we plan to return to the Camphill Medical Practice building in the near future. Meantime, our clinicians will continue to offer review consultations by video or telephone. CWT have COVID safety measures in place for those 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.

**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.



**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

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Camphill Wellbeing Trust is a business name of Camphill Medical Practice Ltd.  
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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@cw.t.scot](mailto:admin@cw.t.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.

For patients not signed up to CWT's newsletter, this update will be sent 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
- ✓ **Resilience** during COVID
- ✓ **COVID vaccinations**
- ✓ **Re-modelling the practice**
- ✓ **Visiting the practice** and the hospital

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



Camphill  
Medical Practice

0345 375 2020  
[www.nhsgrampian.org/camphill](http://www.nhsgrampian.org/camphill)

## Wishing our patients a very Happy New Year!

While we find ourselves back in lockdown, we encourage you to keep safe and follow current Government guidelines. However, remember the NHS remains open and if you feel you need medical attention from us please get in touch.

We continue to operate our phone triage system and if we feel you need seen we can organise this. Also remember you can get help and advice via 111, NHS inform website, your local pharmacy, plus your Optician or Dentist if you need emergency assessment. For more advice on who to turn to, visit [www.nhsinform.scot/COMMUNITYHEALTH](http://www.nhsinform.scot/COMMUNITYHEALTH) and [NHS Grampian's COVID kit](#).

It is a difficult time for everyone but with the vaccine programme now in progress there is the hope of better times ahead when we can enjoy a more normal life again. We've included some resources to help you to stay resilient at this difficult time as well as some positive news regarding the rollout of the COVID-19 vaccine.



## Resilience

These times continue to test our resilience on all levels so we thought we would signpost some potentially helpful resources to you.

- ✓ **How to stay calm in a global pandemic** is a free e-book by Dr Emma Hepburn available [online](#). A shorter guide is available from [NHS Inform](#)
- ✓ If you prefer an audiovisual style of learning, check out the "Mental Wellbeing During COVID-19" online CBT course [here](#)
- ✓ If you need support from a professional, contact the [Grampian Psychological Resilience Hub](#). They are open to take referrals from Monday to Friday, 9am – 5pm and can call you back at a convenient time during Monday to Friday 10am-8pm and Saturday 10am – 5pm. You can refer yourself using their online form.
- ✓ **Physical resilience** and the immune system are supported by the usual **pillars of good health**: stress management, good quality sleep, healthy nutrition and adequate exercise are very important. More in-depth lifestyle advice is available in [Issue 22](#) of CWT's Health Matters newsletter.



## COVID Vaccinations

The good news is that the practice will be receiving vaccinations to deliver to patients over 80 in the next few weeks. Please do not contact the practice about when you will receive your vaccination, as we will contact you to book your appointment. For updates, visit [NHS Grampian's website](#).

We don't yet know when other groups will be vaccinated but will contact you when it is your turn.

## '2c' Remodelling

You may have heard on the news about the proposed changes to some GP practices Aberdeen. You can read the full press release on the [Aberdeen City Health & Social Care Partnership Website](#)



## Visiting the practice and the hospital

We are still open, but we continue to be highly selective about who needs to visit the practice. A GP or nurse will normally "triage" or risk-assess each face to face encounter, considering the risks of your visit against the risks of postponing the test or treatment. If you are asked to attend, please ensure you wear a face covering unless you are exempt from this. We would encourage you to make use of our disposable surgical masks which we offer on entry to the practice. Find out how to wear them correctly with [this poster](#).

Aberdeen Royal Infirmary emergency admissions will all be via the Emergency Department where patients will be screened on entry. The emergency department is therefore no longer a walk-in service, and **everyone who thinks they need to attend the Emergency Department should call 111 first**. If an appointment at the Emergency Department is deemed appropriate, an appointment time will be given.

For life-threatening emergencies the number is of course still 999 as ambulances can take patients who they transport to the Emergency Department without waiting for an appointment!

