

DIRECTIONS

Compass Project Newsletter



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Social Prescribing Services

Compass aims to encourage and support healthy, sustainable lifestyles. To progress this, we are developing a **Compass Social Prescribing Service**. Social prescribing is where healthcare professionals refer people to a range of non-medical support in the community to improve their health and wellbeing.

Our service will focus on **green social prescribing** – using our outdoor areas to help people improve their wellbeing through practical engagement with the natural world. We will pilot this service from early summer, with River Dee Medical Group and later expand to all GP practices in Lower Deeside, offering therapeutic gardening and outdoor experiences to those with health issues such as stress, anxiety and mild depression, alongside their other prescribed treatments. Research has shown that gardening and working outdoors can be hugely beneficial to improve physical and mental wellbeing. Feedback from our current volunteers indicates this too:



“It really helped me build my confidence after being at home during lockdown feeling a bit isolated and purposeless. It has been great to be a small part of such a wonderful project.”

“Such a great sense of satisfaction and wellbeing at the end of 2 hours of physical work. This has sparked off an interest in gardening and growing plants at home. I’ve also enjoyed being part of a community and meeting new people.”

If you think you might benefit from this service, please encourage your GP to get in touch with us to find out more.

WANTED: Water Collection Containers

We are still on the hunt for any **large, clean barrels** to assist us with **rainwater collection** this summer and beyond. If you have any large containers, including IBCs, that you would be happy to donate to Compass, please get in touch and we can arrange to uplift from you! Email: compass@cwt.scot



Welcome Olivier

We are delighted to announce our Compass team has a new Outdoor Areas Manager! **Olivier Billaud** started with CWT on 21st June 2022 and will take on further development of our gardens and outdoor areas.

Thanks to generous funding from The National Lottery Community Led Fund, Olivier will be with us for the next two and a half years. Say hello at the next volunteer day on Saturday 2nd July 2022!

We are **HIRING!**

We are looking for a **Project Manager** to drive the Compass project forward with its growing team. This is a chance for the right individual to **make a real difference to the environment** and to the **local community**. It will appeal to somebody who is passionate about **sustainability** and enjoys a **varied, evolving work environment**. You can find more information on our [website](#).

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Buildings

- **Multi-Purpose Hall:** The heating design has now been approved by funders and we are awaiting revised costings for the overall project as there may need to be some phasing of the refurbishment due to the current escalation in costs. We are now working towards a January 2023 opening.
- **Main Building / Kindergarten / Science Block:** Help is required to **sort moveable indoor items** for reuse or recycle and **strip out damaged plasterboard and fittings** so that refurbishment plans can progress. Can you help? Get in touch on: compass@cwt.scot

Outdoor Spaces

- **Tree Survey:** We have had a further tree survey done in relation to the refurbishment and enhanced access for the multi-purpose hall.
- **What's Growing at Compass:** The garden is coming to life with foliage everywhere! Our no-dig beds are sporting a wide range of salad leaves including spinach, chard, lettuce and wild rocket, with a great number of strawberries appearing too. We have cabbages, potatoes, beans, peas, carrots, onions, turnips, beetroot and parsnips growing well too! If any of our produce is of interest, please don't hesitate to approach us and we can make sure to let you know when it is ready to harvest and join our **Produce Pop-Ups** on a donation basis.



Volunteers

- **School Support:** We were delighted to be able to facilitate a visit from students of the **International School** as well as a week-long programme for **Robert Gordon College** students this month. Incredible progress was made including the installation of protective netting, planting and watering produce, pruning hedges, constructing 3 wood stores, using compost made on site to support plant growth, dismantling the old play area, preparation of ground for the composting toilet - to name a few! Compass looks forward to **engaging further with the local and wider community** and encourage any groups who would like to get involved to get in touch on compass@cwt.scot !



- **Local support:** We've now reached an incredible **3355 hours** of time donated to the project from the support of **312 volunteers** including the recent school & corporate groups - a big thank-you to all!
- **Engaging the Local Community:** The **Compass Steering Group** met onsite this month to review the current plans for the project before generating ideas for funding opportunities and sharing thoughts on how the space might be used to further promote the ethos and aims of Compass.
- **Volunteer days:**
Week Days: We offer regular **week day opportunities** to volunteer at Compass:
Wednesday afternoon: 1.30pm - 4pm | Thursday morning: 9.30am - 12noon
 Let us know you are coming: compass@cwt.scot - we can let you know the tasks!
Saturdays: Our next date has been set for **Saturday 2nd July 2022!**

Sign up as a
Volunteer!

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Fundraising

Phase 1: achieved £200,000

Phase 2: ends September 2023 | Current amount raised: **£500,763** | Target: **£800,000**

- **Phase 2 Funding:** Our next fundraising goal is to raise **£800,000** by September 2023. We have **raised an incredible £500,763*** so far thanks to the support of grants and an anonymous donor. [*figure does not include lottery funding of £150,000 over three years*]



Donate now!

Can you help? Our online fundraising page is live! **Donate online** through our **LocalGiving [campaign page](#)** or by cheque to: Compass Project, Camphill Wellbeing Trust, St Devenicks, Murtle Estate, Bieldside, Aberdeen, AB15 9EN.

- **Support us when you shop at the Co-op!** Remember to **choose Compass** as your **Co-op cause** to help raise money for a **shed with composting toilet** for our **therapeutic gardening project** and **volunteers**. **Find out how:** <https://membership.coop.co.uk/causes/61982>



PR

- **Gardening Videos:** We plan to start recording short videos full of hints & tips for gardening at home. If there's anything you'd like to learn about, please let us know by emailing: compass@cwts.scot
- **Website:** Find the latest updates at www.camphillwellbeing.org.uk/compass including our **Photo Gallery**.
- **Next steps:** We are always interested in opportunities to raise the profile of the project. If you or any contacts you have would like to get involved, please let us know.

Upcoming Events

- **Our next volunteer event is: Saturday 2nd July 2022: 9.30am - 4pm**
We have **toilet facilities** and **indoor shelter** for volunteers along with a range of indoor activities should the weather be unsuitable for outdoor work.

Remember to **bring cash** if you'd like to take home any **Compass items**. We will have Compass firewood (part-seasoned), polyanthus plants, baby leaf spinach and wild rocket available on a donation basis.

Focus on Compass: Learn more about the project and its developments during our break-time at around 11am on Saturday. Free **Weleda body care samples** and **Deeside Water** will also be available to keep our volunteers refreshed. Events are in line with current COVID guidelines.

- **Weekday Volunteering:**
Come along on a **Wednesday afternoon (1.30pm - 4pm)** and / or **Thursday morning (9.30am - 12noon)**. Just let us know you are coming: compass@cwts.scot or 01224 862008.
- Sign up as a volunteer using our [online form](#) to receive email reminders of upcoming events and future dates!



Sign up as a Volunteer!

Compass Project | 01224 862008 | compass@cwts.scot
www.camphillwellbeing.org.uk/compass | Facebook: @CWTCCompass



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