



Camphill Wellbeing Trust Health Matters

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Interested in fundraising?

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

Support us online:
localgiving.org/charity/CWT

Fundraising for CWT's Mistletoe Therapy Services

Echo completes Aberdeen's Kiltwalk for her mum



Mistletoe patient Amber Logan-Rayne and her family have been fundraising in support of Camphill Wellbeing Trust's mistletoe therapy services.

Amber first heard about mistletoe therapy from another woman with breast cancer who unfortunately didn't manage to start her therapy. When Amber received her diagnosis of stage 4 cancer in November 2020, she discovered she was only a couple of miles from our centre in Aberdeen.

In order to support her mum, Amber's 10-year old daughter, Echo, was very keen to do some fundraising for her mum. Spotting adverts for the Kiltwalk, a very accessible, family-friendly event with dates in Aberdeen, Echo decided to sign up along with her dad.

Setting up a Just Giving page connected to the Kiltwalk event, the family started spreading the word. We asked them if they had any hints and tips for fellow fundraisers when promoting their fundraising for CWT:

"Share and share away! When you meet a target, share it! Whenever you get a donation, share [on social media] the fundraising page with a thank you. We did this and found it always spurred wee flurries of activity."

Amber's Kiltwalk team (pictured above) successfully completed the Aberdeen Kiltwalk event on 29th May 2022 raising a fantastic **£1901.75** for CWT. Well done Echo!

Thankful for the services delivered by Camphill Wellbeing Trust, Amber reflects:

"I feel so privileged to live so close to be able to access Camphill Wellbeing Trust and mistletoe therapy. Barbara [mistletoe therapy nurse] has been truly fantastic throughout. The mistletoe therapy itself has been great in supporting my regular treatment. I find it gives me more energy improving my everyday life."

Fundraising like Amber's is so important to CWT. It helps us continue to offer mistletoe therapy services to those who need them. CWT services rely on donations and fundraising from patients, family and friends.

We need your help! Can you help fundraise in support of CWT mistletoe therapy services?

Get in touch for an **e-fundraising pack**:
admin@cwt.scot. You can also **donate online** in support of the mistletoe therapy services:
<https://localgiving.org/charity/CWT/project/MistletoeTherapy/>

Thank you for your support



DIRECTIONS FOR COMPASS

The Compass project is CWT's latest venture, transforming the former Waldorf School site on Craigton Road, Aberdeen into a centre demonstrating practical solutions for healthy, sustainable lifestyles.



With over **3423 of volunteer hours** supporting the project since September 2020, the site has recently hosted a number of corporate and school events adding **over 650 hours** to the above total. With thanks to TMM Recruitment, Ryden LLP, International School pupils and Robert Gordon College students, incredible progress was made including the installation of protective netting, construction of compost / leaf bins and 3 wood stores, planting and watering of produce, pruning hedges, painted plant markers, the dismantling of the old play area and 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@cwts.scot or **sign up as an individual volunteer** on our [website](https://www.camphillwellbeing.org.uk/compass)!



FREE Dry Stone Walling sessions: We are delighted to offer the first dates for our **FREE dry stone walling sessions** with local professional dyker, **James Watt**. Places are limited so if you are interested in attending a session on either **13th or 14th August 2022**, get in touch for a booking form: compass@cwts.scot or call 01224 862008.

Polyanthus / Produce Pop-Ups! Alongside 400 potted polyanthus plants rescued from Aberdeen City Council (600 more planted onsite!), we are offering freshly harvested spinach, spring onions, peas, strawberries, rocket and more as part of our 2022 Pop-Ups! Available on a donation basis, take home plants and locally-grown produce during any of our weekly volunteer days: **Wed 1.30pm - 4pm / Thur 9.30am - 12noon or Saturday 6th August**. Find the latest news and produce on our [website](https://www.camphillwellbeing.org.uk/compass) and [Facebook page](https://www.facebook.com/CWTCompass): @CWTCompass

Meet the staff!

OUTDOORS AT COMPASS

We are delighted to introduce our new Outdoor Areas Manager, **Olivier Billaud**.

Originally from the suburbs of Paris, Olivier joined CWT in June 2022 having previously volunteered with Compass. His studies include agronomy and natural areas management with training in Permaculture, a design methodology to create sustainable and resilient human systems. Prior to joining CWT, Olivier was a PhD Fellow at the Natural History Museum of Paris researching Farmland Biodiversity.



What are you most looking forward to in your new role? *I look forward to seeing Compass grow as a whole project whilst thinking about how best to manage the garden in support of that i.e. no-waste kitchen. I also look forward to the Scottish weather as I adapt my gardening knowledge to a new place and climate!*

Olivier will be primarily based at Compass to **support the development and growth of the outdoor areas**.

How to help Compass!

- ✓ **Donate today** through our new online campaign page with LocalGiving; just click the butterfly logo!
- ✓ **Sign up to the Compass newsletter** [here](#) or [email us](#)!
- ✓ **Sign up as a volunteer** [here](#)
- ✓ **Follow us on Facebook** and share the page with your friends [@CWTCompass](#)
- ✓ **Find out more about the project** www.camphillwellbeing.org.uk/compass
- ✓ **Contact us:** compass@cwts.scot or call 01224 862008



Green activities support patient health and wellbeing

CWT to introduce Social Prescribing Service at Compass

With the increased stresses of today's living - ongoing COVID concerns, political uncertainties and economic pressures - it is no wonder we see an impact on our health and wellbeing.

As you'll know, our Compass project aims to encourage and support healthy, sustainable lifestyles. As part of this, CWT will soon be launching 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 initially on **green social prescribing** – using our outdoor areas and garden to help people improve their wellbeing through practical engagement with the natural world.

CWT will pilot this service from early summer with River Dee Medical Group, and later expand to all GP practices in Lower Deeside, to offer 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. Meantime, we invite you to come along to our next volunteering sessions:

Wednesday: 1.30pm - 4pm or **Thursday: 9.30am - 12noon** and **monthly Saturdays**, check the Compass [website](#) or [Facebook page](#) for further detail.



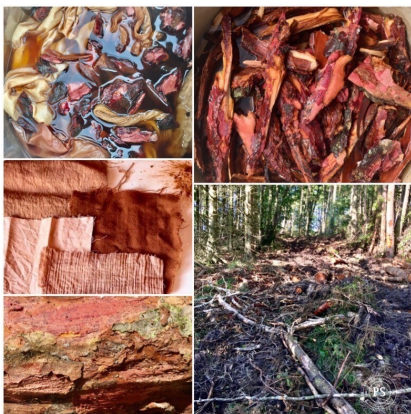
Art in the Waiting Room programme

Eco-art in action

CWT are delighted to welcome Patricia Reith's return to exhibit with us as part of our Art in the Waiting Room 2022 programme.

Previously exhibiting with us in 2014, Patricia now paints with natural inks and dyes created in her studio in Aberdeenshire. Her new eco-works developed from her wish to become more eco-friendly in her practice by utilising materials on her doorstep (or larder) to create all sorts of wonderful colours. Fascinated by the natural processes used to create the pigments, Patricia comments:

"They are part of my learning curve in getting away from the damaging harsh chemicals many artists still use. It's also my anti-acrylic protest, reducing the micro plastic particles washed down the sink and into the environment."



Patricia's exhibition will launch online on **21st July 2022** in our virtual gallery available on our [website](#) and Art in the Waiting Room [Facebook page](#). Her solo show will run until 21st September and feature work she has created using her **studio-made pigments** such as natural Indigo, Copper, Oak Gall, Tree Bark and Fern as well as those made from woodland, wild and garden plants.



Art in the Waiting Room
presents

PATRICIA REITH

ONLINE EXHIBITION & OPEN NIGHT



VIRTUAL OPEN NIGHT
Thu 21st July at 6.30pm
exhibiting online until Wed 21 Sep 2022

All work is available for sale; simply complete the online reservation form on our website! **25% of all sales go directly to support CWT.**

Join us on Facebook: @artinthewaitingroom

or view on our website: www.camphillwellbeing.org.uk/artinthewaitingroom

Camphill Wellbeing Trust is a business name of Camphill Medical Practice Ltd. A limited company registered in Scotland No. SC120539. Charity No. SC016291. Registered office: St John's, Murtle Estate, Bieldside, Aberdeen AB15 9DB. admin@cwtt.scot

Donations Needed!

Our charity shop, situated on North Deeside Road, is looking for **good quality donations** to help raise money for CWT.

We welcome **jewellery, bric-a-brac, textiles, linen, clothes, bags, belts, shoes, toys, games, books, DVDs, CDs and computer games**. Unfortunately, we are unable to accept electrical items, video tapes and safety items such as child car seats, bike helmets etc. Items can be dropped off any time during our opening hours, **Wed - Fri, 10am - 4pm**. Please do not leave donations outside the shop if we are closed.

 **Blue Door**
CHARITY SHOP

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

Open Wed - Fri, 10am - 4pm

Customers & donations welcome!

Search
The Blue Door



How to help CWT

SUPPORT OUR SERVICES

Camphill Wellbeing Trust aims to offer its Mistletoe and AnthroHealth services on a donation basis as far as possible. CWT's end of year audit has highlighted an ongoing need for fundraising and donations to enable us to continue to offer our services to those who need them.

Please consider supporting us by fundraising or making a donation today!

Alternatively, you can volunteer for us through our projects. Get involved with the Blue Door Charity Shop [bluedoor@cwtt.scot] or Compass Project [compass@cwtt.scot].



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: <https://localgiving.org/charity/CWT/>

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

Donate at no extra cost to yourself: You can also support CWT by using initiatives such as **The Giving Machine, easyfundraising or AmazonSmile**. Incorporating a wide range of online retailers for services and products, commissions are generated by your online purchases and then turned into donations for your chosen charity. Visit www.camphillwellbeing.org.uk/online-shopping to find out more!



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

Telephone: 01224 862008
01224 869844

admin@cwtt.scot
www.camphillwellbeing.org.uk

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@cwtt.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.


Health Matters

Welcome to the River Dee Medical Group: Camphill Medical Practice news

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 River Dee Medical Group via a link in an SMS message.

This means that your data is not shared with Camphill Wellbeing Trust.

In this issue:

- ✓ tick season
- ✓ prescription line
- ✓ online services
- ✓ pre-bookable face to face appointments

We hope you find this news update informative and helpful.

Contact us:
0345 375 2020
 gram.camphilladministrator@nhs.scot
<https://camphill.gp.scot/>



2022 Public Holidays

Public Holiday closure dates are to be confirmed by River Dee Medical Group and shared in the next newsletter.

Be tick prepared!

Now we're enjoying the warmer weather, many people are contacting us with **tick bite symptoms**. Although ticks can transmit diseases such as Lyme disease, a **promptly removed tick with a 'tick remover' usually won't cause anything other than some mild skin irritation** like any other bite from an insect, normally settling within a few days.



Be prepared and make sure you know how to reduce the risks, what to look out for and when to contact us for help. 'Tick removers' are available from your local pharmacy, pet shop or vet.

The majority of tick bites can be managed by the patient themselves - follow the advice for tick bites on **NHS Inform's website** [here](#).

Prescription Line

The practice has a **new prescription line**.

To order repeat or regular medication please call **01224 555100**.

All prescriptions will be sent to your preferred pharmacy within 2 working days.

For medicines which are required urgently or not on your repeat list please call the main practice number **0345 375 2020** and we will do our best to accommodate your request.



Online services

We are delighted to have the **full range of online services** available to our patients again.



Use the [Online Patient Services](#) portal to:

- ✓ **order repeat prescriptions**
- ✓ **book telephone consultations for non-urgent problems**

For urgent problems and face-to-face appointments, please continue to access help via our experienced reception team by calling our main practice number: **0345 375 2020**.

Pre-bookable Face to Face Appointments

We have opened up a number of **pre-bookable face-to-face appointments** which will be organised in such a way to avoid overcrowding of our small waiting room.

Face to face appointments can be booked in advance by telephone. It is still helpful if you can tell the receptionist the reason for your booking, so that we can guide you to the most appropriate clinician as all of our clinical team have slightly different areas of expertise.



Joint Pain Programme

Nuffield Health are hosting a **free Joint Pain programme** designed to help individuals self-manage their chronic joint pain.

Delivered with the expert guidance of a Rehabilitation Specialist at Nuffield Centres across the UK, the programme aims to equip you with the knowledge and practical experience to better manage your pain long term and achieve your goals. Find out more on their [website](#).

Recommended by Dr Simon van Lieshout, feel free to share this link with anyone experiencing chronic joint pain who might be interested in joining Nuffield's 12 week programme.