

## How do I access AnthroHealth Services?

**Step 1:** Contact us for an **AnthroHealth information pack**

**Step 2:** Request a private referral or letter from your GP. This should include your relevant medical history.

### For your information pack:

t: 01224 862008  
e: admin@cwt.scot

## What do the services cost?

The AnthroHealth services are provided by the medical charity, Camphill Wellbeing Trust. They are not part of core NHS GP services.

CWT's AnthroHealth services are financed by its own fundraising activities, donations and contributions from individuals & organisations.

Please refer to our *AnthroHealth Services: Costs* leaflet, available by contacting us:  
**01224 862008**      **admin@cwt.scot**

**We aim to offer equality of access to our AnthroHealth Services.**

**Disclaimer:** Camphill Wellbeing Trust shall not be liable to any person for any loss or damage that may arise from the use of any of the information contained in this leaflet or on its website.

The information in any such materials is not intended nor implied to be a substitute for professional medical advice nor is it intended to be for medical diagnosis or treatment.



## Contact us

t: 01224 862008  
e: admin@cwt.scot

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

[www.camphillwellbeing.org.uk](http://www.camphillwellbeing.org.uk)

## About Camphill Wellbeing Trust

CWT is a Scottish charity which supports the wellbeing of patients and their families through an integrated, person-centred approach to health, education and social care. It offers therapeutic options to address illness, build resilience and maintain wellbeing.

## Support our work

You can support our work by **sending a donation** or **donating online** through our website:

[www.camphillwellbeing.org.uk](http://www.camphillwellbeing.org.uk)

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 9EP Tel: 01224 862008



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## Chronic Conditions

Learning disabilities



Children & Young People

# AnthroHealth Services

Extended and integrative approaches to health and wellbeing

## About AnthroHealth

AnthroHealth is an extended and integrative approach based on conventional medicine.

It helps patients find new ways to:

- **address illness**
- **build resilience**
- **maintain wellbeing**

Our multidisciplinary AnthroHealth team work with patients to create individualised therapeutic programmes using:

- **AnthroMedicines:** based on natural substances [plant, mineral, metal and animal] and manufactured to pharmaceutical standards
- **External applications:** localised massage, compresses, baths
- **Therapies:** such as eurythmy therapy, a type of movement therapy

Our AnthroHealth approach engages patients as **active partners** in their own health. It takes into account physical, mental, emotional and personal factors that contribute to wellbeing.



## Our areas of expertise

Our trained AnthroHealth team has particular expertise in the following areas:

- **learning disabilities**  
including autism and ADHD
- **children and young people's health**  
e.g. behavioural problems, sleep difficulties
- **chronic conditions**  
e.g. allergies, ME, stress
- **mistletoe therapy**

We have a separate information pack for our mistletoe therapy services; please contact us.

*Each visit has been a 'person-centred' visit. I felt the doctor listened and heard me and at no point did I feel that he was getting impatient with me. He made me feel valued and worthy of his time.*

*He was more than a doctor, he was a healer.*

CWT AnthroHealth patient

## What services are available?

We offer AnthroHealth:

- **doctor led clinics:** to plan your individual programme and to review your response.
- **nurse led clinics for:**
  - \* external applications
  - \* injections
  - \* advice
- **therapies:** our AnthroHealth doctor will advise on the most appropriate for you.

Regular reviews will be carried out to monitor and optimise your programme.

**Residential programmes**, lasting one or two weeks in our onsite accommodation, are also available for those living at a distance.

## Services not offered by CWT

CWT does not offer the following services:

- **Diagnosis or treatment for new conditions:** assessment / diagnosis should be carried out by your GP or other appropriate professional
- **Second opinion diagnoses**
- **Allergy or stool testing**
- **Natural Thyroid Hormone replacement**
- **Thyroxin prescriptions:**  
e.g. for non-clinical thyroid conditions
- **Cognitive Behavioural Therapy (CBT)**
- **Psychotherapy**
- **Classical homeopathy**