



Camphill Wellbeing Trust Health Matters

FOLLOWING COMPASS 2

Discover the latest updates from CWT's newest project

WELCOME BACK! 3

Find out when our Blue Door Charity Shop will re-open

COOLING CACTI 3

Weleda's newest products revealed

IMMERSIVE ART 4

Visit our latest art exhibition online

NHS UPDATE 5

Read the latest news from Camphill Medical Practice

Interested in fundraising?

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

Support us online:

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



Indoor and outdoor changes at CWT POST-COVID RECOVERY PLANS



Before



After

As we emerge from a second lockdown, Camphill Wellbeing Trust (CWT) are making changes to support post-COVID recovery for both patients and the charity.

In May, CWT will return to its shared premise with NHS Camphill Medical Practice having temporarily relocated last March in response to COVID. Following the **creation of a spacious office** for CWT staff and an internet fibre upgrade, our team will be able to work both safely and efficiently in the new space whilst ensuring online consultations continue effectively. This move will allow CWT to return to full patient capacity for both clinics and accommodation units.

As part of our COVID recovery, we have also **upgraded our patient toilet** to ensure excellent facilities are available for those attending for face to face appointments. Changes in the building layout will enable CWT patients to access our consultation rooms directly on arrival to minimise contact with others and ensure the risk of COVID transmission remains as low as possible.

In addition to CWT's clinical services, we have also introduced some **wonderful outdoor opportunities** for those in the local area.

Recognising the importance of **accessing open space to help de-stress** during these difficult times, our new **Compass project** is able to help with just that!

Join us fortnightly for a regular dose of **open-air volunteering**, to **connect with the earth** and **build your own resilience**. Our volunteers have commented:

"It's lovely to be able to volunteer socially-distanced outside after a such a long period of lockdown. It's refreshing to be amongst others safely & re-assuring that there is life after COVID!"

As part of our March onsite event, Compass volunteers received natural Weleda body care products to try and we look forward to hearing their feedback on the samples of *Weleda Skin Food* and *Weleda Anti-Bacterial & Anti-Virus Hand Sanitiser*. To find out more about the Compass project, just turn the page!

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.

Just 6 months into CWT's latest project and the progress on the COMPASS site is definitely noticeable!

Our Volunteers: We have now reached an **incredible 1028 of volunteer hours** donated to Compass!

CWT extend a big thank-you to everyone involved and hope those who attended the latest event enjoyed their [Weleda](#) samples and bottles of [Deeside Water](#) which kept everyone refreshed during the sunny day.

The most recent clear-up day has involved the sorting of wood into reusable pieces, firewood, chippings and natural habitation for wildlife, weeding and mulching of beds ready for planting and the clearance of old growth, brambles, weeds and deadwood from forested banks. You can see the site improvements in our online gallery: www.camphillwellbeing.org.uk/compass.



Join us! As we enter spring and post-lockdown days, our onsite events will move to a fortnightly event starting from **Saturday 17th April 2021**. You can find upcoming dates on our [website](#) and Facebook page. Events will be held in line with current COVID guidelines. If you can't make a Saturday, our project coordinator would be happy to facilitate **individual volunteers during the week** - just get in touch with your availability!

Coins for Compass:

If 500 people donated **just £10.00**, the project would be another **£5000** towards its target! You can donate online through our campaign page or cheque donations can be sent to: Compass Project, c/o Camphill Wellbeing Trust, St Devenicks, Murtle Estate, Bieldside, Aberdeen, AB15 9EN.



Donate now!

We need you! 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. We are also seeking **support from local businesses** who have a similar sustainability ethos and would like to be **involved in a circular economy**.

Spaces available for community projects

We are aiming to have the Sports Hall up and running for use by local community groups in September 2021. We encourage anyone wishing to note an interest in using the building to get in touch with us as soon as possible.

Meet the volunteers!

ADRIAN'S ACTIONS

Compass volunteers are key players in moving our project forward. Discover more about these wonderful individuals in our new 'Meet the Volunteer' feature!

Adrian Scott, pictured right, started volunteering for the Compass project in February 2021 after COVID restrictions limited his involvement with neighbouring charity, Camphill Schools Aberdeen. His chainsaw skills, along with assistance from two other volunteers, have helped to **remove 12 trees** which were due to come down as part of Compass' tree management plan. Happy to lend a hand to the project, Adrian's skills in wood-working include fence-building, repair work of benches and planters along with his interest in 'big' woodwork projects will no doubt come in handy going forward.

Thank-you for your contributions so far Adrian!



How to help Compass!

- ✓ **Donate today** through our online campaign page; click the 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@cwt.scot or 01224 862008



Testing the Tools

A huge thanks to Ken and his family business, [Angus Chain Saws](#), for allowing us to experience the benefits of an **Avant Multi-Tool Carrier**.



Our team were able to trial the vehicle onsite where it demonstrated its potential by supporting the heavy work of moving large piles of compost and wood chippings around the site safely.

A vehicle such as this will be a great asset to have onsite and the COMPASS project hopes to raise funds to purchase a similar model for the project.

How you can support the shop and CWT

WELCOME BACK!

We are very excited to be working with a re-opening date of **Wednesday 28th April 2021** in line with current government guidance. Our charity shop manager and volunteers are keen to get back to the shop and welcome both regular and new customers. Please continue to check our [Facebook page](#) and the [CWT website](#) for the latest updates. To help us when we re-open, please **pre-sort 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

While you are waiting for the shop to re-open, don't forget to check out the selection of items for sale through our **Reserve & Collect** service. You can find these in the **window of the shop**, in our [online gallery](#) and on the [Blue Door Facebook page](#). To purchase an item, please follow the instructions on the website.

Cooling Cacti Products

[Weleda](#), manufacturer of **natural body care products**, launched an exciting range of hydrating cactus products this month.

These new products come at the perfect time to **support our increased use of hand soap and gel in response to the COVID-19 pandemic**. Frequent hand washing can remove our natural skin oils and lead to an unbalanced skin which no longer holds water. This can result in dry and irritated skin which may develop into irritant eczema. **Supplementing the skin's natural barrier with moisturisers** designed to hold water in the skin and prevent it from evaporating helps us to maintain a healthy balance for **healthy hands**.



Weleda's **Prickly Pear Cactus Hydrating Skin Care Range** features four new face and eye products to help support and strengthen the skin's ability to hold onto moisture throughout the day.

Clinically proven to increase hydration levels and prevent water loss, the **100% natural extract** of organic prickly pear cactus has a

unique structure similar to that of our own skin. These similarities mean the extract can help the body to store moisture and support healthy skin.

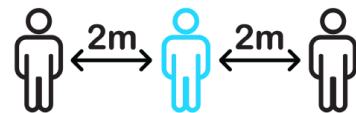
Suitable for vegans, the 24h Hydrating Facial Cream, Facial Lotion, Facial Mist and Hydrating Eye Gel have all received positive feedback following a 14-day trial:

- ✓ "My skin feels **fresher**"
- ✓ "My skin looks and **feels hydrated and smoother.**"
- ✓ "My skin is more **comfortable.**"



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!

Join us online for our latest exhibition

We are very excited to bring you the second Art in the Waiting Room online exhibition of 2021! Katie Hammond was due to exhibit with us in March 2020 however her physical exhibition was postponed due to the first COVID-19 restrictions. Now, just one year later, we are delighted to welcome Katie back to our Art in the Waiting Room galleries!

Following the success of her first exhibition at CWT in 2018, Katie continues to explore the transitory moments within nature and her latest body of work certainly captures just that. *"There is a certain magic about looking out to the garden and watching as the shadows cast by flowers dance to the rhythm of the breeze, taking in the way the leaves flow when the sun catches them at just the right moment or watching dappled light coming through my studio window."*

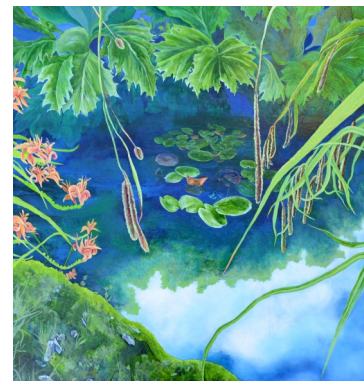


As an M.E. sufferer, Katie wants to celebrate the therapeutic nature of painting. *"I hope that my work provides you with a sense of calm just as it does for me, holding onto the dream-like moments that nature brings to us."*

Visit Katie's gallery on our website or the Art in the Waiting Room Facebook page, the exhibition remains live until 2nd June 2021.

Discover more about Katie's work with our **artist videos** and enjoy **browsing the work available for sale**. If you'd like to purchase what you see, simply **reserve** your favourite piece and Katie will **organise collection or delivery** of work to you!

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 by the **end of April 2021**. 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 continues to monitor the viability of this in light of the pandemic.

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

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

Telephone: 01224 862008
01224 869844

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

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



Health Matters

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.

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:

- ✓ a word from Dr Lindsay
- ✓ **meet our practice nurses**
- ✓ how to access the **COVID vaccination helpline**
- ✓ where to find **previous issues of our newsletter**

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



0345 375 2020
www.nhsgrampian.org/camphill

Previous issues

Have you missed our previous newsletters? Visit the [CWT website](#) to catch up on all the important announcements including:

- ✓ **Changes in how the practice is running**, video consulting, triage (CWT Health Matters, Issue 28)
- ✓ **Resilience and mental health support** (CWT Health Matters, Issue 29)

A word from Dr Lindsay

It has felt like a long winter under the cloud of COVID and lockdown, but as we see green shoots appearing from the bare earth we hear encouraging news of the progress of the vaccination programme, reducing numbers of infections in the community and hopefully the end of lockdown.

We can now begin to hope that Spring will bring better days.

A chance to return to a more normal life, spend time with family and friends and enjoy some more freedom. Who would have predicted a year ago that it would take so long for these simple pleasures to become a reality again? Let us hope that as improvements continue and the days lengthen we never have to return to these dark days of lockdown again.



Meet our Practice Nurses



Lesley Adams

My name is Lesley and I was very fortunate to join Camphill Medical Practice just over a year ago.

Over the past 30 years of nursing practice I have worked in a range of locations including the

hospital, community and even an oilrig!

Not long after joining the Covid-19 pandemic reared it's ugly head. Since then, my telephone triage skills, built up over 14 years at NHS24, have been fully utilised in the practice approach to keeping patients safe. I hope in time, working in this lovely environment along with caring staff, to become familiar with CWT's AnthroHealth approach and integrate this with my conventional nursing practice.

In my free time, I love nothing better than going up to the hills with my best furry four-legged friend, Floki!



Katie Hutcheon

My name is Katie and I joined Camphill Medical Practice in the summer of 2019.

I thoroughly enjoy working in such a friendly and positive environment.

My career in nursing

has been rich and varied over the past few decades. At Camphill, I work with patients to deliver nursing care across all ages including asthma care, smears and wound care.

Changes in the Practice

Intercom: We have a new intercom entry system in place. Please **press the button on arrival** and **wait** until reception advise you to enter.

Upgrades: We have upgrade work planned for the building from **12th April onwards**. This will include refurbishment of the corridor, consultation room and reception flooring during the first week and apologise for any inconvenience this may cause.

Vaccine Helpline

There is a new **national helpline** for vaccine enquiries. Please **do not** call Camphill Medical Practice regarding vaccination advice so that we can continue to serve our patients other health needs effectively.

Please either visit the [NHS Grampian Covid-19 Vaccinations | Aberdeen City Council](#) website, visit [NHS Inform](#) or call the national helpline on **0800 030 8013**.



Mental Health & Wellbeing

If you are struggling with challenges in your life, you may find support through these excellent resources:

- [Grampian Psychological Resilience Hub](#) can offer support for those struggling with the impact of the COVID-19 pandemic and its affect on their psychological wellbeing.
- Local counselling organisations: [Mental Health Aberdeen](#), [Cairns Counselling](#) and [Penumbra](#)
- Private Counsellors are mostly listed online in the [Counselling Directory](#). [The Foyer](#) also offers counselling and many other forms of support and training
- [New GP Scotland](#) share a list of resources including self-help websites, books, audio tracks & videos
- Camphill Wellbeing Trust offers [AnthroHealth appointments](#) which combine lifestyle advice, natural medicines and work with a counsellor or therapist as necessary

If you need help finding the right support, **contact Camphill Medical Practice on 0345 375 2020** to request a **referral to the Link Worker**. She will meet with you to discuss your needs and help you to find the right support.