



# Camphill Wellbeing Trust Health Matters

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Information for Camphill Medical Practice NHS patients

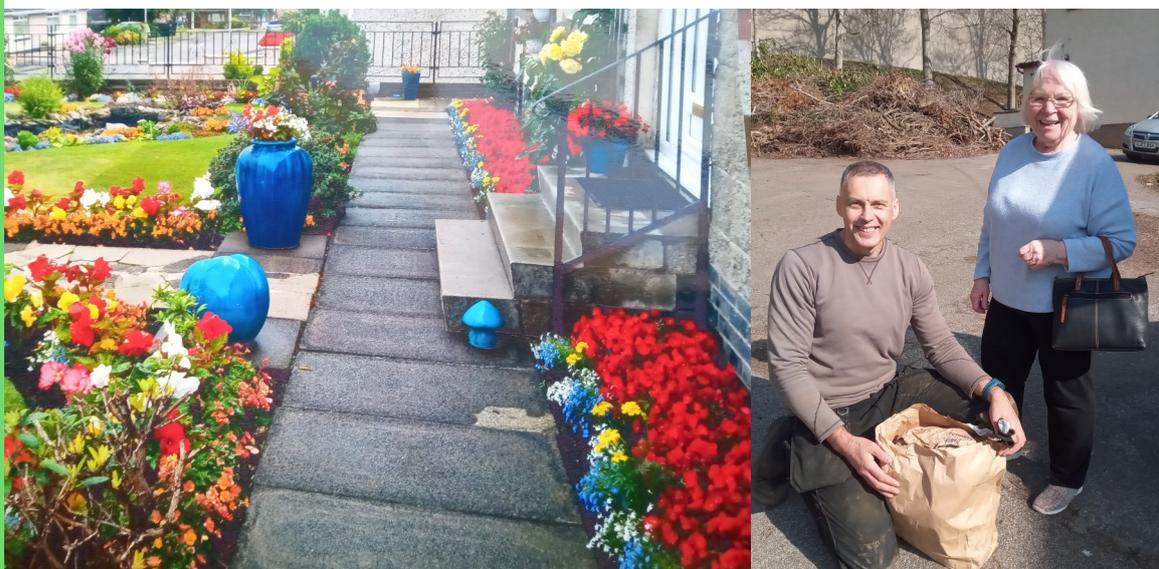
**Interested in fundraising?**

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

**Support us online:**

[localgiving.org/charity/CWT](http://localgiving.org/charity/CWT)

A colourful donation for the Compass project  
**Bertha's Begonias**



**As the new growing season begins, Compass is delighted to have received a very colourful donation that will help colour our site.**

Bertha Brand, a resident of Cults - the local area of our Compass site - contacted us in early March with a generous offer.

Begonia enthusiast Bertha had heard about Compass and its garden through word of mouth and wanted to support its outdoor project by donating a collection of **rare, vintage begonias**.

The plants, which had originally been gifted to her by a neighbour, have been propagated over a number of years by Bertha who now has **over 200 plants** and is running out of room!



Delighted to accept such a colourful donation, our Project Coordinator, Joe McVey and Outdoor Areas Manager, Svetislav Kondic (pictured above), met Bertha onsite as she kindly delivered **9 dozen red flamboyant** and **3 dozen orange begonia corms** ready for planting in the

2022 season. Bertha also shared photographs of her plants in full display - aren't they wonderful?



This is a wonderful opportunity for Compass, not only to increase the colour onsite in the summer months, but also to share knowledge with our volunteers as we teach them about the specific growing conditions required for successful begonia growing. We hope to care for and successfully increase the stock of Bertha's rare begonias so that volunteers can have a go in their own gardens.

Come along to our volunteer days (details on page 2!) to find out more and help us plant and care for Bertha's beautiful begonias!



## 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 **2423 of volunteer hours** supporting the project since September 2020, the site is ready for its second growing season. We have purchased a **metal tool shed** and **large polytunnel** thanks to generous funding from the **Scottish Government's Central Scotland Green Network (CSGN) / Green Action Trust Fund**. These will assist volunteers in helping us **grow a wider variety of produce** to offer to the local community as part of our **Produce Pop-Ups** during 2022. You can see the work has already begun on the fruit bush area!



Scottish Government  
Riaghaltas na h-Alba  
gov.scot

**Funding successes:** Compass is delighted to receive an **incredible £10,000** from The National Lottery Together for our Planet fund to assist with the purchase of a **composting toilet, shed and gardening equipment**. A further **£74,500** has been awarded by The Scottish Government's Community and Renewable Energy Scheme (CARES) Local Energy Scotland in support of the installation of a **sustainable heating system** in the multi-purpose hall. We are also very grateful to receive a **wonderful £34,350** from ACVO / Scottish Government's Communities Mental Health Fund which will provide support across a range of plans including our **dry stone walling workshops, community garden growing** and **zero-waste kitchen**. We have also received **£10,000** from the ACHCP Health Improvement Fund and a further **£49,000** from the Aberdeen City Council Common Good Fund both of which will help towards the cost of **installing the zero-waste kitchen**.



The support received through these funding streams for all aspects of Compass has helped us reach an **incredible £439,052** towards our current **goal of £800,000**. We are **very excited to progress the project** using these awards and look forward to bringing lots of **exciting opportunities** to the local area **enhancing health & wellbeing in the community**.

### Join us!

Come along to our **next volunteer day** on **Saturday 7th May** from **9.30am - 4pm** or join us each **Wednesday afternoon** from **1.30pm - 4.30pm**. Just let us know you are coming by emailing: [compass@cwtscot](mailto:compass@cwtscot) or phone: 01224 862008. You can also **sign up as a volunteer** on our [website](https://www.camphillwellbeing.org.uk/compass) where you'll find the latest news, updates and upcoming event dates too! Follow us on [Facebook](https://www.facebook.com/CWTCompass): @CWTCompass

**“to plant a garden is to believe in tomorrow”**



## How to help Compass!

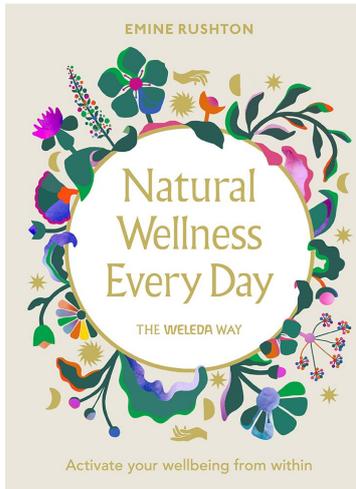
- ✓ **Donate today** through our new online campaign page with LocalGiving; just click the butterfly logo!
- ✓ **Sign up to the Compass newsletter** [here](#) or [email us!](#)
- ✓ **Sign up as a volunteer** [here](#)
- ✓ **Follow us on Facebook** and share the page with your friends [@CWTCompass](https://www.facebook.com/CWTCompass)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



CWT supports Weleda publication

## Natural Wellness Every Day

Weleda, best known for their natural health and wellness products, have launched a new book capturing a wealth of knowledge accumulated over the last 100 years to share their wellness wisdom with the world.



*Natural Wellness Every Day* is packed full of insights, tips and recipes for a complete **mind-body approach to wellbeing**. It draws on **100 years of expertise** to bring specialist holistic advice to all - from natural remedies to the powerful benefits of self-care.

Weleda's newest publication complements the **AnthroHealth 3-type approach** used by CWT to offer a **practical guide with useful solutions to support everyday health and wellbeing** throughout the seasons. Readers will notice that some of the information closely mirrors **CWT's 3-type approach and literature** which Weleda has acknowledged within the book.

Available to buy direct from Weleda: [www.weleda.co.uk](http://www.weleda.co.uk)

*"Natural Wellness Everyday is a friendly companion of self-care."*

*Caring for yourself is a prerequisite to caring for others. And while we take care of ourselves, we also need to care for our Mother Nature!*

*Congratulations to Weleda on its centenary of accomplishments in maintaining the integrity of self-care, social care and environmental care."*

-Satish Kumar, Editor Emeritus, Resurgence & Ecologist

Meet the staff!

## OUTDOORS AT COMPASS

The Compass team plays a key part in bringing the site to life. We are delighted to introduce our new Project Coordinator and Outdoor Areas Worker, Joseph McVey.



Joe started with us in March 2022 and brings 5 years of gardening experience to the project including the use of no-dig methods and organic approaches which he uses to grow vegetables within his own garden: **"I am passionate about the alchemy that is turning mud into food."**

Having previously worked for National Trust for Scotland, Joe also has experience in delivering **positive and meaningful opportunities for volunteers**.

### What are you most looking forward to in your new role?

Realising the **potential of the site** here at Compass and helping to create a **welcoming space where people can come to learn** and share the triumphs and trials of growing their own food.

**What are your interests outside of work?** I enjoy taking care of our own garden, spending quality time with our cats and getting out either hiking or swimming in the sea.

Joe will be primarily based at Compass to **support the development** of the project including its buildings, outdoor spaces and volunteering activities.

He will become the main point of contact for our Compass volunteers.



Compass volunteers

## STEERING THE DIRECTION

Compass has grown with the support of the community as locals come together to improve the site for the area. As we get closer towards opening the first building, we want to ensure the project continues in the right direction.

We have invited **interested volunteers** to form a new **Compass Steering Group** to help CWT move the project forward by **sharing ideas** as representatives of the local community. Engaging local residents will provide invaluable feedback about local community needs and help the project look at how we might be able to fill any gaps in provision of practical and accessible health and wellbeing services.

Why Steering Group members want to support Compass:

*"Compass seems an **amazing opportunity to improve the health and wellbeing of people in the local area**. I am very keen to see the project succeed."*

*"Having been involved from the start, I feel this is a good local project to work with and I see **clear benefits for the local community going forward**. It also allows us to **contribute to our area and be more involved with the local community**."*

*"I have been a volunteer since May 2021. I very much **support the aims of the project and I enjoy the community that is developing around the project**. I would be delighted to **offer my skills for the benefit of the project**."*

### Two more steering group members required!

Email us for an application form and more information: [compass@cwt.scot](mailto:compass@cwt.scot)



## Call for Artists

Our exhibitions have welcomed visitors from far and wide since moving to the new online platform in 2020.

Now it's time to **extend the opportunity to artists further afield!** We would like to invite those who might be interested in exhibiting with us virtually to get in touch. Contact our Assistant Manager on [c.redgate@cwt.scot](mailto:c.redgate@cwt.scot) with examples of your work and an idea of your price range for consideration in the 2022-2023 art programme.



Visit our current [online gallery](#) on our website or through the Art in the Waiting Room Facebook page and view the **dramatic landscapes of Lorraine Taylor.**

All artwork is available for sale with 25% going to support CWT and its various projects.

@artinthewaitingroom



## 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.



57-59 N Deeside Rd, Bielside, 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. In light of the recent increase to cost of living, our costs will also rise for the first time since 2018.

**Cost of services:** From **1st June 2022**, patients will notice an increase of **around 10%** to the costs outlined on our service summaries. This reflects the increase in costs to CWT to deliver these services. For an updated price list, contact us on [admin@cwt.scot](mailto:admin@cwt.scot) or 01224 862008.

**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](http://www.camphillwellbeing.org.uk/online-shopping) to find out more!



**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.



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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Telephone: 01224 862008  
01224 869844

[admin@cwt.scot](mailto:admin@cwt.scot)  
[www.camphillwellbeing.org.uk](http://www.camphillwellbeing.org.uk)

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

## Welcome to the River Dee Medical Group: 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 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:

- ✓ introducing River Dee Medical Group
- ✓ accessing GP services
- ✓ practice closure dates

We hope you find this news update informative and helpful.

Contact us:

0345 375 2020

gram.camphilladministrator

@nhs.scot

<https://camphill.gp.scot/>

## Welcome to River Dee Medical Group

On the **1st of March 2022**, Camphill Medical Practice NHS became part of **River Dee Medical Group (RDMG)**, the **first Community Interest Company in Scotland to provide primary medical care services**.

We made the decision to join with Torry Medical Practice under the banner of RDMG in 2021 when Aberdeen Health and Social Care Partnership decided that it was necessary to make changes to the existing model of primary care delivery in Aberdeen City.

Dr Stefan Geider, along with Dr Adrian Crofton lead GP of Torry Medical Group, have worked tirelessly to make this transition possible in spite of the multiple obstacles faced in the process. Becoming a **Community Interest Company (CIC)** will allow us to keep the identities of each practice whilst supporting each other by sharing both expertise and resources between practices. As a CIC, we also invest any profits from the business back into the company to provide improved services for patient care and to help retain staff by creating a healthy work environment.

### Social prescribing

Changing the way we work enables us to look at the **collaborative opportunities** which lie ahead as we work in partnership with Camphill Wellbeing Trust's newest project, Compass (see page 2).

**Compass will support our social prescribing practice** to give patients access to outdoor areas.

By utilising the outdoor environment / activities, social prescribing can be used therapeutically to **support patients experiencing stress, anxiety and depression** alongside their other prescribed treatments. Research has shown activities such as gardening and working outdoors to be hugely beneficial for such conditions.

RDMG will be looking to set up a referral process to the Compass project in the coming months and we hope this will be of support to our patients.

**If you think you might benefit from this service**, please mention this to us at your next appointment.



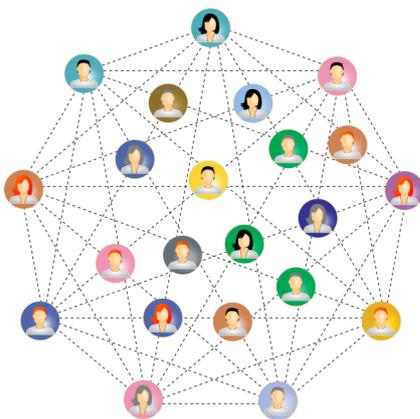
## Supporting our patients

In order to support our patients, we work with a ever-increasing number of professionals to access a wide range of services including GPs, nurses, mental health services and community pharmacists.

For medical problems, your situation might require urgent telephone assessment followed by face-to-face examination by the duty doctor, or a routine appointment via video call with your usual GP might be more suitable.

When you call, please take the time to answer a few simple and confidential questions, so that the practice receptionist can guide you to the best option for care that's right for you. In some instances, you may be advised to call someone else who is better suited to meeting your needs. For example, opticians have more sophisticated equipment to fully assess eye problems.

To find out more visit [NHSinform.scot/GP](https://www.nhs.uk/information-services/).



## Half day closure for training: 18th May 2022

We will be closing the practice for staff training on the **18th of May from 1pm onwards**. There will be no routine appointments and no receptionist available during this time to answer calls.

If you have a medical emergency, please call the practice on 0345 375 2020 and there will be a message on the answerphone with an alternative number to call to speak to the duty doctor.

Thank you for your understanding.

## 2022 Public Holidays

We will be closed on the following public holidays:

- **Monday 18th April 2022**
- **Monday 2nd May 2022**
- **Friday 3rd June 2022**
- **Monday 11th July 2022**

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