



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



Staff updates at CWT

WE ARE RECRUITING!



We bid farewell to two members of staff this month and offer two new exciting opportunities to join the Camphill Wellbeing Trust team.

Catherine Redgate, CWT Assistant Manager, pictured above left, is moving on to the next stage of her career at the end of March. Having been with CWT since 2012, many of you may know Catherine from her administrative work on the clinic desk supporting and assisting CWT patients.

Over the last 12 years at CWT, she has produced over 40 newsletters, designed websites / leaflets, ran 69 Art in the Waiting Room exhibitions and supported staff in a range of tasks. After much deliberation, she has decided it is time to invest in her illustration business full-time. Catherine had become an integral part of the CWT team and will be sorely missed. Find out more about her work: www.catherine-redgate.co.uk

Good luck Catherine!

While Catherine will still remain involved with our websites, we are looking to recruit a new **General Manager** to support the day-to-day running of CWT going forward. If you have **excellent leadership skills**, a **strong business mind** and previous experience in management including the analysis of business finance, we'd love to hear from you!

Not only are we saying goodbye to Catherine, but Katerina Lucas of the Compass Outdoor Team will also be moving on to pastures new.

Katerina, pictured above right centre, supported both volunteers and social prescribing participants at the Compass Project over the course of the last 18 months. Her hard work and knowledge of plants and skills such as pruning has helped the project develop the outdoor areas successfully. Her interest in flower arranging has led to some beautiful Compass produce displays as well as the opportunity for volunteers to get involved in wreath-making. Katerina will be missed greatly by both team and volunteers. We wish her all the best in her future endeavours!

With Katerina's departure at the end of March, we are now looking for a new **Gardener / Outdoor Areas Worker** to join the Compass team. If you have experience in gardening / horticulture / agriculture with an ability to forward plan with regards to planting and growing produce, we would love to hear from you!

To find out more, or request an application pack, for either vacancy, e: admin@cwt.scot
Deadline: 5pm Friday 5th April 2024

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.

The project has received over **7800 hours** from **780 supporters** since it started in September 2020 along with a fantastic **£1,282,912** raised through grants, donations, produce sales and a generous anonymous donor towards the project's development. Read on for the latest news and updates on what has happened at Compass lately!



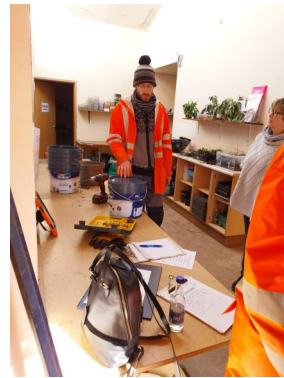
Climate Week North East 2024

Compass took part in **NESCAN's Climate Week North East 2024** this March with **guided tours** of the Compass outdoor areas.

Visitors took part in composting workshops, learned more about no-dig gardening, found out how we support healthy, sustainable living in the local community, discovered our volunteering opportunities and explored the site to see just how the project has developed since it first began in 2020.

If you would like to find out more about Compass, visit us! We are open Monday - Friday, 9am - 5pm on Craigton Road, Cults, Aberdeen. AB15 9QD

FOR SALE: Seasoned Firewood, Plants and Honey

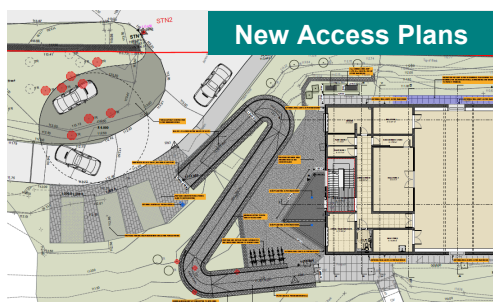


Access Appeal

The multi-purpose hall refurbishment is now well underway including the installation of a new entrance. To support multi-user access to the building, we need to raise a further £120K to fund:

- ✓ **3 disabled parking spaces: £4,700 each**
- ✓ **new turning circle for safe drop-offs: £10,600**
- ✓ **48 metres of multi-user walkway access: £78,600 [£1,637.50 / metre]**
- ✓ **inviting canopied entrance area with seating and bike racks: £16,700**

Help us create a safe and accessible entrance area to our multi-purpose hall **by sharing our appeal** with anyone who may be in a position to **support a local community development**.



Progress of hall access



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@cwt.scot or call 01224 862008



Volunteer with us!

Every **Wednesday afternoon** (1.30pm - 4pm), **Thursday morning** (9.30am - 12noon) or on the **first Saturday** of the month!

Building Resilience in the Community

Skills for Health

Do you need some non-medical support for your health and wellbeing? You can now self-refer to our **Skills for Health** Social Prescribing Service at Compass. Find out more:

What is social prescribing?

Social prescribing is a term used by healthcare professionals when people are referred or self-refer to a range of non-medical support in the community aimed at improving their health and wellbeing.

How does this work at CWT?

We offer support for patients looking to address illness, build resilience and maintain wellbeing as part of our established AnthroHealth services. **Skills for Health** is an extension of our AnthroHealth approach utilising the space available at our latest initiative, Compass. **Skills for Health** aims to support participants in developing practical skills that can help bring about health-promoting changes in their lives.

It encourages people to take more control over their wellbeing and discover ways to improve overall health.

What does **Skills for Health** involve?

Through a range of sustainable, structured individual and group activities onsite at Compass, **Skills for Health** supports participants to reach the goals they have set for their wellbeing over 8 weekly sessions.

Skills for Health provides opportunities for people experiencing stress, anxiety and mild depression to find new ways to:

- ✓ **relax, release, refocus:**
reducing stress & anxiety, improving mood and concentration
- ✓ **relate, reconnect, find rhythm:**
rediscover a relationship with yourself, others & the world around you
- ✓ **reawaken, revitalise, renew:**
re-engaging senses, improving mobility and circulation, balancing appetite

Benefits of Skills for Health

"I really enjoy my time at Compass; the fresh air and social interaction dilutes my thinking. Being out in nature helps me remember that the small and simple things are important. The staff are really welcoming and I appreciate being around people that feel like they understand me."

- Skills for Health participant

How do I access Skills for Health?

If you feel you might benefit from our **Skills for Health** programme, you can now self-refer to this service.

Contact us for an information pack: admin@cwt.scot | 01224 862008 or speak to a member of the team onsite. Once you complete the form, we'll get in touch to organise your first session.

Its as easy as that to start improving your health & wellbeing!

Weleda offers a range of over-the-counter remedies to help you combat seasonal ailments such as hay fever or rough hands from a spell in the garden. Discover some of their spring remedies below:

Hay fever season begins

While the warmer weather is a joyful change from winter, for many this brings an unwelcome start of the hay fever season. Affecting 1 in 5 people at some point in their life (www.nhs.uk), this common condition is an **allergic reaction** to pollen which causes swelling, irritation & inflammation. The symptoms include itchy, blocked or running nose, sneezing, red, itchy, watery eyes, itchy throat, headaches and disturbed sleep.

Act now to help prevent hay fever this season - take **Weleda Mixed pollen 30c**

one month before the normal start of your hay fever symptoms.



For symptomatic relief, try **Weleda Hay Fever Relief Oral Spray** to ease blocked, itchy nose and red, watery eyes.



Dry skin from gardening?

Weleda Skin Food is a natural moisturiser for dry, rough skin. With soothing wild pansy, calming chamomile and healing calendula, **Skin Food** is ideal for supporting **dry, rough skin on faces, elbows, hands and feet** after a spell in the garden.

- ✓ Intensively moisturises very dry skin
- ✓ Nourishes and regenerates the skin's protective barrier
- ✓ Ideal for smoothing rough skin patches
- ✓ Soaks in well, leaving skin soft
- ✓ Suitable for vegetarians (and gardeners!)



Book a consultation at CWT

For more **severe hay fever**, CWT AnthroHealth services offer hay fever clinics.

Contact us for an information pack: admin@cwt.scot or 01224 862008

Protect young skin from cold winds

Weleda offer a baby range of white mallow products which provide a protective barrier to promote healthy skin formation. While most suitable for babies, the mallow range can offer protection for those with delicate, sensitive skin, especially from the cool spring winds outside.

Try **Weleda White Mallow Body Lotion** to nourish, soothe and relieve irritation in dry, hypersensitive, atopic skin. Accredited by the National Eczema Association, it also helps relieve itching whilst cools, calms and intensively moisturises. Suitable for vegetarians.

"Our products are totally natural, that means 100%."

They are free from synthetic preservatives, colourants and mineral oil derivatives, and in over ninety years we have never tested on animals."



- Weleda UK

Final Art in the Waiting Room Online

Don't miss out on the final exhibition of the project, featuring work of local artist, Katie Hammond.

Inspired by the fleeting moments and calm in the beautiful local gardens and woodlands that are right on our doorstep, Katie captures her love of nature in her mixed media paintings. [Visit our online gallery](#) or our [Art in the Waiting Room Facebook page](#) to view the stunning, vibrant works as well as see her process in the behind-the-scenes studio video.

"I have chronic illnesses which force me to live life at a slower pace. It is through living with these limitations that I am even more appreciative of time spent in nature, being still. Taking it all in. I want to celebrate the therapeutic nature of painting and share the dream-like moments that being outside brings to us if we slow down and take time to notice them."

All artwork is **available for sale** with **25% of all sales** going to support CWT and its projects. Katie's exhibition ends 7th May 2024. This is the **69th exhibition** since the project restarted in 2014 and marks an **end of the current Art in the Waiting Room programme** as we explore the possibility of exhibitions in the Compass project's newly refurbished hall.



@artinthewaitingroom 

How to support CWT

SHOP AT THE BLUE DOOR

Our charity shop holds a wide selection of good quality stock and often hidden gems!

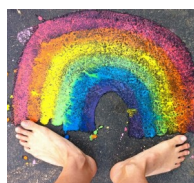
Support CWT by shopping in our charity shop on North Deeside Road. A treasure trove of goodies, the shop also accepts donations. Find out more on our website:

www.camphillwellbeing.org.uk/the-blue-door

Supporting CWT

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

If you can, the best way to make a donation is **directly to CWT**. Doing so ensures your full donation is received by CWT whereas donating through the Local Giving page reduces your donation by their processing fees. You can also volunteer for us through our projects. Get involved with the Blue Door Charity Shop [bluedoor@cwt.scot] or Compass [compass@cwt.scot].



Search *The Blue Door*



Blue Door
CHARITY SHOP

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

Open Wed - Fri, 10am - 4pm

Customers & donations welcome!

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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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.