



Camphill Wellbeing Trust Health Matters

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CORPORATE 5-A-SIDE EVENT
Play football and support our Compass project

Need to hire a venue ?

Compass **North Point** has spaces for sports, events, meetings and children's parties. Please contact: booking@compass.org.uk
Office: **01224 678830**

Interested in fundraising?

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

Support us online:

localgiving.org/charity/CWT



CWT's Clinical Lead, Dr Stefan Geider, reflects on a new phase at CWT **SPRING: New Beginnings**

Spring 2025 sees a new phase for CWT and our ground-breaking Compass project .

As clinical lead for CWT, I am delighted to take this opportunity to welcome back CWT's **Health Matters** Newsletter and to update you on some exciting developments at CWT and our Compass project. www.compassaberdeen.org.uk

Understaffing on our management team, alongside the demands of our Compass project, meant that Health Matters was not published in Autumn and Winter 24. I am happy to say the CWT and Compass teams will soon be back to full strength and our quarterly **Health Matters** is back up and running with this Spring 25 edition.

I am also delighted to report that our sustainably refurbished **North Point building** on the Compass site, Craigton Road, Cults, **opened for hire** in November 2024. This was a huge achievement for both Compass and the CWT teams and a significant milestone in our transformation of the former Waldorf School site into a **centre for healthy and sustainable living**.

From an overgrown site in September 2020 to the first small no-dig bed in 2021, the Compass site now has a thriving productive garden and orchard yielding ever increasing crops of organically-

grown fruit and vegetables for the local and wider community. We also have 12 established bee-hives and had an exceptional honey harvest in September. There are still a few jars left for sale if you want to try it!

The Compass site also hosts our **Skills for Health** service, a social prescribing initiative which support participants to **develop practical skills** that help bring about **health-promoting changes** in their lives. This is based on CWT's AnthroHealth approach and you can read about the basics of this in our **3 types** article on the next page.

In a new venture we are combining our first **Saturday** of the month **volunteering days** at Compass with **Family Friendly Events** focusing on health and sustainability. I warmly invite you to our next one on **5 April from 10.00**

For more information about Compass visit its new website, or email compass@cwt.scot

Spring is a season of new growth and hope. At CWT we feel encouraged by our successes in the last year and look forward to the changes coming in 2025 with renewed strength. Wishing you and those you love a hope-filled and peaceful Easter.

Stefan

An insight into the AnthroHealth approach

Which type are you?

Camphill Wellbeing Trust offer an extended and integrative approach to health and wellbeing known as **AnthroHealth. Our doctors work with patients to create **individualised therapeutic programmes** to help address illness, build resilience and maintain wellbeing. But what does this mean?**

A whole person approach

Before seeing one of our doctors, you will be asked to fill out a detailed information form covering not only your current state of health but also significant milestones in your life. This gives the doctor a rounded picture of you as an individual, taking into account physical, mental, emotional and lifestyle factors, both past and present, that may be influencing your health. Using this information within the consultation, you and our doctor will agree together how to stimulate and support your own self-healing capacities. This may involve a prescription of **AnthroMedicines***, a specific **therapy** and targeted **lifestyle changes**.

** pharmaceutically manufactured natural based medicines*

Seeing you as an individual

Key to the above AnthroHealth approach is the idea that there are 4 distinct parts of us which interact to influence our health:

- Our Physical Body
- Our Energy Level
- Our Psychological Make-up: cognitive functions, emotions, behaviours
- Our Individuality i.e. personality

In addition, these 4 parts of us are affected by our environment [physical and social] and respond to stress factors in our life. The outcome can either promote health or illness.

The 3-type model

The way in which the environment and stress factors impact on our health is to some extent determined by our inherited disposition - our '**constitutional type**'. At its simplest level we can pick out 3 types: nerve, rhythmic and metabolic. Each type has its own strengths and weaknesses. Each type displays a preferred way of coping with stress. Some key traits of each type are shown opposite: **Which type are you?**

How does the 3-type model help in illness?

The 3-type model is used in two main ways. Firstly, to help our doctor choose **type specific** anthromedicines, therapies and lifestyle changes. Secondly, to help patients understand themselves. By recognising their type with its characteristic ways of reacting to stress, patients can learn the best way for their type to counter this and restore balance within themselves.

For example, we all need some form of exercise in order to keep healthy. However, the type and amount of exercise that is

health-giving for a nerve type differs from that required for a rhythmic or a metabolic type. Nerve types can best support their health by non-competitive exercise such as yoga or walking in nature where they can 'switch off' and relax. They should take care not to over exercise. Metabolic types on the other hand require to expend some effort in exercising, to sweat a bit to gain benefit - gentle walking will generally not bring the desired rebalancing effect.

✓ **Nervous:** exercise to calm the mind and senses:
e.g. yoga, walk in nature

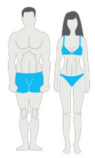
✓ **Rhythmic:** exercise to reinforce rhythm:
e.g. swimming, rowing or dancing

✓ **Metabolic:** exercise to increase awareness of the body:
e.g. power walking, guided gym work out

How can you help yourself?

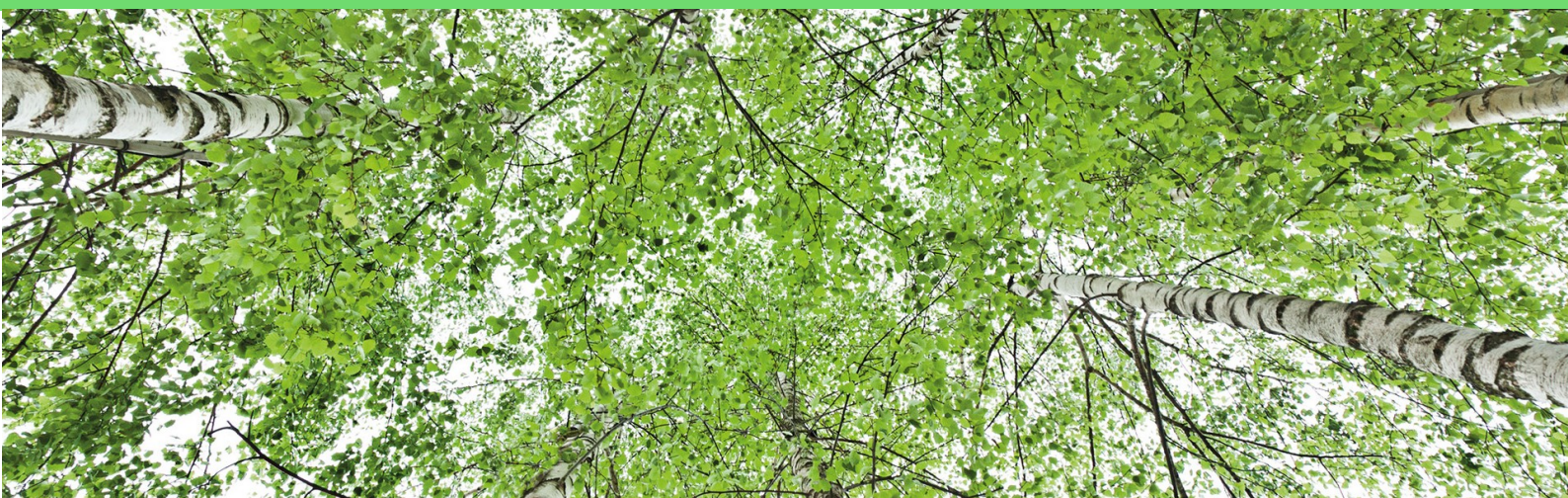
By becoming aware of your type, you can learn how to take more control of your health and well-being.

Over the next four issues of *Health Matters*, we will focus on four **key lifestyle areas: sleep, exercise, nutrition and stress management**. We will outline simple steps for each type that will encourage balance, promote health and build resilience.

Nerve type	Rhythmic type	Metabolic type
✓ Tend to thinness, loses weight easily	✓ 'Average' build, stable weight	✓ Well-padded, gains weight easily
✓ Sensitive/alert to environment	✓ Adapts readily to the environment	✓ Not easily disturbed by environment
✓ Responds to own thoughts and/or sensory impressions	✓ Organises self and others easily, takes control	✓ Tends to stick to own set steady pace
✓ Tends to overthink	✓ Thinking and acting balanced	✓ Can daydream easily
✓ Eats distinct food categories, may be picky eater.	✓ Views food as 'fuel', eats most food	✓ Really enjoys food, may over indulge
✓ Hand/feet tend to be cold	✓ Hand/feet normal temperature	✓ Hand/feet tend to be over warm
✓ Light sleeper, may dream a lot	✓ Good sleeper	✓ Very sound sleeper
		

Interested in learning more?

CWT plan to hold a series of evening talks during 2025 to expand on ways to support your own wellbeing. Email admin@cwt.scot to register your interest.



Revitalising Birch: full of ingredients to give us energy this Spring

Just as birdsong heralds the spring, the young leaves of the birch show the freshness, vitality and light of new growth, making this slender tree with its white grained bark a real symbol of spring.

Between May and June, the birch pushes out strong growth, full of ingredients that also give new impetus and energy to our own systems.

A healing history of birch:

Associated with the beautiful feathered Norse goddess Freya, the birch was ordained a sacred tree and enjoyed a virtuous reputation in the popular belief of German and Slavonic people. Bringing a birch tree to the village, as a symbol of the awakening spring, is a custom that has survived to this day – the birch maypole can be found in many village or town squares in Germany in the spring.

Birch sap was also known as a beauty and strengthening remedy in Europe and was used against fever and stomach ailments, while a decoction of birch leaves was used to treat skin diseases and wounds. Its detoxifying and diuretic effect has traditionally been used in the Spring to balance the body after winter. The flavonoids in birch, when taken internally, assist this process by stimulating metabolic activity and transporting excess water from tissues. This diuretic effect was traditionally known as a 'spring cure'.

Discover your spring remedy in Weleda's birch products. Try their Birch Juice drink or test out their invigorating body treatments to smooth and refine skin.

Not familiar with Weleda products? You can **pick up a free sample of a Weleda product** from the waiting room in Camphill Medical Practice, Aberdeen or our Compass project, while stocks last!

WELEDA

Birch Juice

A certified organic drink with birch leaf extract, Weleda Birch Juice is harvested from spring-growing new birch leaves that are full of dynamic essences being carried from the roots to the leaves.

This revitalising, natural seasonal drink with its **fresh and tart-taste** is ideal as part of a spring regime - and it is suitable for vegans.



Take *Weleda's Birch Juice* two to three times a day.

You can mix a tablespoon with cold or warm water, or add to milk, yoghurt, quark or muesli.

Birch Body Scrub

A stimulating scrub to invigorate skin, try *Weleda's Birch Body Scrub* to perk up tired skin, **stimulate circulation** and **freshen skin tone.**

Tired skin reawakens with Weleda's **unique wax pearls** – the tiny granules are made from natural waxes, especially gentle on the skin and are non-polluting. The invigorating and fresh scent, zingy with grapefruit, citrus and cypress, awakens the senses as the scrub improves skin's appearance and supports skin renewal. Dermatologically approved and skin-kind, the scrub is suitable for vegetarians.



Birch Cellulite Oil

A natural treatment for cellulite skin, *Weleda's Birch Cellulite Oil* is an invigorating massage oil for 'orange-peel' legs, thighs and buttocks. Made from the extracts of organic young birch leaves, rosemary and butcher's broom, the plants are used to stimulate the skin's metabolism. These are blended with active carrier oils, including vitamin rich wheatgerm and jojoba – used to hold moisture where it is meant to be - as well as invigorating grapefruit and cypress oils for fragrance.

Suitable for vegans, the oil is used twice a day for four weeks before daily maintenance applications.



You can find Weleda products in local pharmacies, at the Newton Dee Store or online: www.weleda.co.uk

Spring clean for the Blue Door

Spring is in the air and its time for a revitalising spring clean! Why not support a local charity by donating your unwanted items to the Blue Door?

Situated on North Deeside Road, our charity shop is always looking for **good quality donations** to increase its range of stock.

The shop accepts:

- | | |
|--|------------------------------|
| ✓ textiles (clothes, bags, belts, shoes) | ✓ linen |
| ✓ bric-a-brac | ✓ jewellery |
| ✓ toys & books | ✓ DVDs, CDs & computer games |

Unfortunately, we **are unable to accept** electrical items, video tapes, child car seats or bike helmets. Please do not donate items that are not fit for purpose, for example with missing or broken parts, as we cannot sell these.

Donations can be dropped off during shop opening hours. Please do not leave any items outside the shops when it is closed.



Call for volunteers!

At the shop we rely on our wonderful group of volunteers who work hard and create a welcoming atmosphere for customers. Volunteers of all ages give of their time and learn new skills, while enjoying the social atmosphere at the shop. We also have a group of volunteers who work behind the scenes on a Tuesday when the shop is closed. .

Contact Pamela McBain, Charity Shop Manager, to find out more.

Support us by donating or volunteering today.

Open Wed - Fri: 10am to 4pm

The Blue Door Charity Shop, 57-59 N Deeside Road, Bieldside, Aberdeen, AB15 9DB Tel: 01224 861830



Support our Compass Project
Corporate Fundraising Event

@CwtCompass



For more information or to register contact fundraising@cwt.scot



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

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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