



# Camphill Wellbeing Trust

## Health Matters

### HOW DO YOU SLEEP? 2

Improve your night's sleep with some simple changes

### SLEEP AWAY 3

Find your restful remedy from Weleda

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Find your restful remedy from Weleda

### COMPASS NORTH POINT 4

Successful opening of the new building

### Interested in fundraising?

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

## Supporting wellbeing through fish FISHING FOR FUNDS



**Camphill Fish** is the result of collaboration between Camphill Wellbeing Trust (CWT), and Aberdeen fish merchant J Charles to bring top quality sustainable fish to the local community.

The Camphill name has a long association with the north east and with sustainable practices in its communities. **Camphill Fish** will benefit those who wish to eat fresh fish whilst also benefitting Camphill Wellbeing Trust. With 10% of sales going to CWT, the money raised will help patients accessing its therapeutic services, many of whom have learning disabilities, chronic conditions or cancer.

*"Fish contains nutrients that can contribute to a healthy diet,"* explains Dr Stefan Geider, CWT Clinical Lead. *"Camphill Fish helps promote sustainable Scottish fishing and healthy eating whilst raising money for Camphill Wellbeing Trust."*

Mr Charles points out:

*"In order for Scotland's sustainable fishery to thrive, it is vital that all species caught are valued and utilised."*

Doing so will:

- avoid top quality Scottish fish being dumped back in the sea
- avoid unnecessary fishing effort and waste
- realise the maximum value of the catch for Scottish fishermen.

*Customers who eat Camphill Fish can be confident their fish comes from a rich, healthy fishery and that they are contributing to its sustainability."*

Find out more about sustainable fishing visit: [www.expressfreshfish.com](http://www.expressfreshfish.com)

To buy Camphill Fish online please follow the instructions below:

- Log on to [www.expressfreshfish.com](http://www.expressfreshfish.com)
- Read about the project on the About Camphill Fish section
- When you're ready to purchase, Click on Shop
- Select your products and Add to Cart
- Enter CWT in the Notes box of your cart. J Charles will then donate 10% of your order value to CWT, at no cost to you.
- If your order value totals £30 or more and you live in Aberdeen City and any of the undernoted Aberdeenshire postcodes you can enjoy free delivery too. (Applicable Aberdeenshire postcodes AB31, AB32, AB33, AB39, AB41, AB51)
- To claim free delivery simply enter the code LOCAL on the checkout page.

**Camphill Fish** is also stocked by the local Newton Dee Store in Bielside. Enjoy salmon, smoked salmon, lemon sole, haddock, smoked haddock and cod - and support a local charity too.

### Newton Dee Store Open Hours:

Tue - Sat - 1000 - 1700  
t: 01224 868 609 e: [store@newtondee.org.uk](mailto:store@newtondee.org.uk)  
w: [www.newtondee.co.uk/newton-dee-store/](http://www.newtondee.co.uk/newton-dee-store/)



## Top quality sustainable fish from Scottish waters

## An insight into the 3-type AnthroHealth approach

### TYPE FOR SLEEP

Camphill Wellbeing Trust offer an extended and integrative approach to health and wellbeing known as **AnthroHealth**.

Previous issues of *Health Matters* [available on the CWT website], introduced the AnthroHealth 3-type system and how this applies to our exercise patterns. In this issue, we look at the **second of four key areas** through which you can make changes to encourage balance, promote health and build resilience.

#### The importance of sleep

We've all experienced side effects as a result of a restless night... grumpy tempers and not working to your best... but did you know that sleep deprivation can also have consequences on your physical health? According to the NHS, **1 in 3 of us suffer from poor sleep**, with stress, computers and taking work home often blamed. However, the cost of all those sleepless nights is more than just bad moods and a lack of focus. Regular poor sleep puts you at risk of serious medical conditions, including obesity, heart disease and diabetes – and it shortens your life expectancy (www.nhs.uk/live-well).

Research shows that a solid night's sleep is essential for a long and healthy life. Sleep is required for:

- ✓ **Normal growth & development**
- ✓ **Repair and regeneration of cells**
- ✓ **Proper immune functioning**
- ✓ **Recovery from illness**
- ✓ **Resilience:**  
mental and emotional



#### A good night's sleep

If you are having difficulty sleeping, you can start with a few changes:

- ✓ **go to sleep at regular times and wake up at regular times** to introduce rhythm. Set a reminder on your phone to help with this.
- ✓ **switch off and wind down:** turn off phones / TV / computers at least 1 hour before bed to reduce exposure to blue light. Blue light inhibits production of the sleep hormone, melatonin. Try a relaxing activity such as reading or have a warm bath.
- ✓ **make your bedroom a sleep-friendly place:** the room should be cool, dark, quiet and tidy. No electronic gadgets allowed!
- ✓ In the morning, to wake up fully, **expose yourself to 10 - 20 minutes of natural light outside.** This will help switch off the sleep hormone melatonin.

#### Sleep and the 3-types

As well as the changes above, the 3-types - nerve, rhythmic and metabolic (see table in Issue 43) - will also have particular sleep tendencies and requirements. Understanding your pattern can help identify changes and help you have an even better night's sleep.

To find out your sleep type, take our short questionnaire:

1. Do you:
  - a) sleep lightly - the slightest thing disturbs you?
  - b) sleep well and feel best with a regular 8 hours of sleep?
  - c) sleep very soundly, and could always sleep more?
2. Do you find:
  - a) you are cold in bed, especially hands and feet?
  - b) you are neither too warm nor too cold in bed?
  - c) you are overly warm in bed?
3. Do you find you:
  - a) are often too alert or wound up to fall asleep easily?
  - b) can easily get up and be ready for action no matter how early?
  - c) have difficulty in waking up and getting going in the morning?

Count the letters of your answers. If you selected mostly:

- a)'s - read about exercises for **nerve types**,
- b)'s - read about movement for **rhythmic types** or
- c)'s - read about exercises best suited for **metabolic types**.

#### Sleep for Nerve types

Nerve types often have difficulty falling asleep because they are too awake in their thoughts or senses. They tend to sleep lightly and often feel cold in bed. Nerve types should aim to:

- avoid over stimulation in the evening, both intellectual and sensory
- have a small snack before going to bed e.g. warm milk with a teaspoon of honey
- snuggle into a warm bed, making sure the feet are warm

#### Sleep for Rhythmic types

Rhythmic types tend to sleep well but need to make sure to protect their sleeping rhythm in order to stay healthy. If sleep patterns become chaotic, rhythmic types should:

- identify any sleep patterns which lean towards metabolic or nerve types and follow their advice, see above / below
- ensure they get a regular 8 hours each night

#### Sleep for Metabolic types

Metabolic types sleep very soundly but often have difficulty waking up fully in the morning. Metabolic types should:

- not eat after 7pm at night so the body is not actively digesting
- be suitably active during the day and go for an evening walk.
- sleep in a cool bed

As with all lifestyle decisions, the trick is finding a **sleep pattern that suits your type** and is **sustainable**. By understanding your type, you can **build the most effective regime for you**. Use the Weleda products on page 3 to help achieve your sleep pattern.

## SLEEP AIDS FOR YOUR TYPE

### Relaxing Oral drops for all three types

A natural aid to restful sleep and relaxation, Weleda's **Relaxing Oral drops** are made with a blend of herbal essences to **help you rest at night**. Made with hops, oats and a homeopathic decoction of coffee, this calming AnthroMedicine promotes **natural sleep** at night after the stresses and strains of the day.

#### How to use:

Adults (over 12 years): 10-20 drops to be taken in a little water half an hour before retiring, repeat dose if necessary.



#### Nerve types

Use Weleda *Lavender Relaxing Bath Milk* either in a foot bath or a whole body bath to warm and relax before bed.



#### Rhythmic types

Take time to nurture yourself before bed with Weleda *Wild Rose Harmonising Body Oil*. Applying long rhythmic strokes to arms, legs and over the heart area.



#### Metabolic types

To wake up fully in the morning, try Weleda's *Zesty Citrus Shower Cream*. To enhance its effects, apply with a body brush in upwards strokes towards the heart.



Use your recommended product for a month then review your progress to see how much this has helped your sleep patterns!

**NB:** If you regularly have sleep problems, make sure to speak to your doctor to identify any underlying reasons.

## New Chief Operating Officer

**CWT extends a warm welcome to Craig Strachan, the newest member of our team.**

Craig who hails from Montrose, worked for the further education sector before joining the CWT management team in June 2025.

"I was drawn to the great work and the environment which happens both at the CWT Murtle Estate

and Compass site at Cults, Aberdeen".

"Now after 6 months in post I am even more excited to be part of CWT, not only working with a great staff team but also with a dedicated team of volunteers. Its clear that they are vital to the success of the important work CWT, its Blue Door and Compass Projects are carrying out.



I look forward to meeting even more volunteers who would like to join us"

## New Volunteers needed!

With our plans to open the Blue Door Charity Shop on Saturdays and our ever expanding Compass Project we are desperately seeking new volunteers to help us in the following areas

- To assist with the Blue Door shop, Saturday opening 10-4
- To help with Compass Soft play sessions, Friday 10-12
- To support the Compass Garden shop Tuesday-Friday afternoons
- To help launch our café at Compass for North Point users
- To join the Compass Volunteer driver group
- To help set out and clear away North Point hall for a variety of activities

If you are interested and want to find out more please contact Craig on [compass@cwt.scot](mailto:compass@cwt.scot)

[www.camphillwellbeing.org.uk/the-blue-door/](http://www.camphillwellbeing.org.uk/the-blue-door/)  
[www.compassaberdeen.org.uk/](http://www.compassaberdeen.org.uk/)

We look forward to welcoming you to our team

You can find Weleda products in local pharmacies, at the Newton

## Visit the Blue Door Charity Shop

Find a different way to support CWT by donating your pre-loved items to our Blue Door Charity Shop.

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

Donations are welcome between 10am and 4pm, Wednesday to Friday. The shop accepts:

- ✓ textiles (clothes, bags, belts, shoes)
- ✓ bric-a-brac
- ✓ toys
- ✓ linen
- ✓ books
- ✓ 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.



### We need you!

The shop relies on its **wonderful group of volunteers** who help create a welcoming atmosphere for its customers. With volunteers giving their time and learning new skills, **volunteering at our shop is proving to be a popular and rewarding activity!**

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

**Support us by donating or volunteering today.**

**Open Wed - Fri: 10am to 4pm**  
Saturday opening planned from November onwards

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



## Compass North Point building opening— A great success!

Over 200 people enjoyed family-friendly activities and refreshments at the event, exploring the North Point building - an accessible and welcoming space for sports, physical activity and connection - and enjoying the extensive outdoor areas, including the no-dig organic garden, woodland areas, orchard and bee-keeping corner.

Iain Duguid— a Compass volunteer who has clocked up an incredible 610 volunteer hours cut a specially made nature ribbon, held by Dr. Stefan Geider, GP and clinical lead of CWT and Dr Aileen Primrose, CWT CEO, to mark the occasion.

The North Point opening is not the end of the story — but a chapter in an unfolding one.

The next phase at Compass will focus on the sustainable refurbishment of two further buildings: the former science block and kindergarten.

These will create an Enterprise & Health Hub with:

- a zero-waste training kitchen using organic, seasonal produce from the garden
- to supply a welcoming café,
- a play area for families,
- a dedicated therapeutic space
- an upcycle and recycle charity shop.



**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.  
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# 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@cwtt.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.