



DIRECTIONS

Compass Project Newsletter

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Dry Stone Walling sessions

We were delighted to welcome 16 participants to the first dry stone walling sessions at Compass this month. Thanks to funding from the Scottish Government through **ACVO's Communities Mental Health Fund**, we were able to work with local dry stone waller, James Watt, to deliver **free sessions** to learn this historic skill whilst helping to **restore the dry stone walls** onsite.



Our participants shared their experience:

"Great day. Tutor and staff really helpful and friendly."

"Jovial friendly companionship, with excellent instruction."

Help us continue restore our walls & learn a new skill!

We have funding to hold more one-day dry stone walling sessions!
 Join us on **Wednesday 14th** or **Thursday 15th September 2022** -
 please email compass@cwt.scot for a booking form.



Weekly Produce Pop-Ups for the Community

With the Compass garden space in full swing, volunteers are helping us with regular harvests of our fruit and vegetables.

The last few weeks have seen an abundance of salad leaves & herbs [lettuce, cabbage, mint, parsley, sage, borage, rocket], peas, various types of beans, carrots, strawberries and golden beetroot, a **total harvest weight of 50kg** so far! Carrots, courgettes & potatoes will soon be harvested and available.

Come along every **Thursday, 2pm - 4pm** to take home freshly picked, locally-grown produce, all available on a donation basis.



Keep an eye on our **Facebook page** [[@CWTCompass](https://www.facebook.com/CWTCompass)] for updates on which **seasonal produce** will be available in this week's **Produce Pop-Up** or join us on **Thursday morning** to help with the

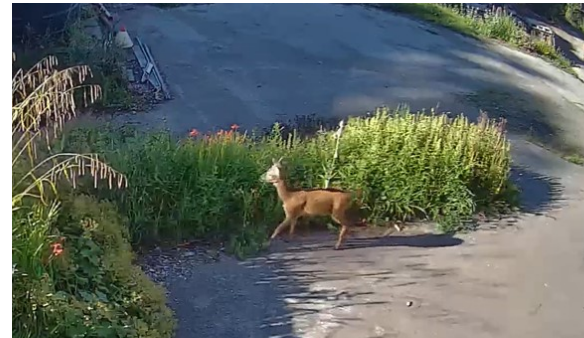


Buildings

- **Multi-Purpose Hall:** We have applied for planning permission to **reconfigure the entrance** to the Multi-Purpose Hall as part of the building's refurbishment. Removing the steps to make a **multi-user ramp-type access** to the building along with **three new disabled parking spaces** will help Compass become accessible for all. We continue to work towards a January 2023 opening.
- **Main Building / Kindergarten / Science Block:** Help is required to **sort moveable indoor items** for reuse or recycle and **strip out damaged plasterboard and fittings** so that refurbishment plans can progress. Can you help? Get in touch on: compass@cwt.scot

Outdoor Spaces

- **Site Surveys:** As part of the site refurbishment, we are conducting **bat and other ecological surveys** to ensure any work carried out causes minimum disruption to wildlife onsite.
- **Caught on camera:** Our CCTV cameras picked up some wonderful footage of a deer who visits the site regularly. Watch the video [here](#).
- **What's Growing at Compass:** While our summer harvests continue to provide abundant produce which we have outlet to volunteers, the local community, Torry Medical Practice, NHS staff and a local care home. We are now planning ahead for **winter crops** including kale, garlic, onions, spinach, leaf beet, parsnip, swede and cabbage. Learn more about **growing food during the colder months** at our volunteer days.
- **Social Prescribing Services:** The pilot of Compass's '**Skills for Health: Social Prescribing Service**' will invite its first patients onsite from this September. Attending for **eight weekly sessions**, Compass will use its **outdoor spaces** to **help people** referred to the service **improve their wellbeing through practical engagement** with the **natural world**.



What a difference a month makes!

Initially piloting with River Dee Medical Group, the service will soon become available to patients Grampian-wide. If you think you might benefit from our '**Skills for Health**' service, please encourage your GP to get in touch with us to find out more. We are also collaborating with **Aberdeen City Health & Social Care Partnership/NHSG** on this venture.

Volunteers

- **Supporting Young Volunteers:** Compass supports those looking for volunteering opportunities that contribute towards their **Duke of Edinburgh Award** or **Saltire Volunteering hours**. Get in touch with us on compass@cwt.scot to find out more!
- **Local support:** We've now reached an incredible **3608 hours** of time donated to the project from the support of **345 volunteers** including school & corporate groups - a big thank-you to all!
- **Volunteer days:**
 - Week Days:** We offer regular **week day opportunities** to volunteer at Compass: **Wednesday afternoon: 1.30pm - 4pm | Thursday morning: 9.30am - 12noon**
 - Let us know you are coming: compass@cwt.scot - we can let you know the tasks!
 - Saturdays:** Our next date has been set for **Saturday 3rd September 2022!**

Sign up as a
Volunteer!

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Fundraising

Phase 1: achieved £200,000

Phase 2: ends September 2023 | Current amount raised: **£505,997** | Target: **£1.5 million**

- **Phase 2 Funding:** Our next fundraising goal is to raise **£1,500,000** by September 2023. We have **raised an incredible £505,997*** so far thanks to the support of grants and an anonymous donor. [*figure does not include lottery funding of £150,000 over three years*]



Donate now!

- **Can you help?** Our online fundraising page is live! **Donate online** through our **LocalGiving [campaign page](#)** or by cheque to: Compass Project, Camphill Wellbeing Trust, St Devenicks, Murtle Estate, Bieldside, Aberdeen, AB15 9EN.

- **Support us when you shop at the Co-op!** Remember to **choose Compass** as your **Co-op cause** to help raise money for a **shed with composting toilet** for our **therapeutic gardening project** and **volunteers**. **Find out how:** <https://membership.coop.co.uk/causes/61982>



PR

- **Gardening Videos:** We plan to start recording short videos full of hints & tips for gardening at home. If there's anything you'd like to learn about, please let us know by emailing: compass@cwt.scot
- **Website:** Find the latest updates at www.camphillwellbeing.org.uk/compass including our **Photo Gallery**.
- **Next steps:** We are always interested in opportunities to raise the profile of the project. If you or any contacts you have would like to get involved, please let us know.

Upcoming Events

- **Our next volunteer event is:**
Saturday 3rd September 2022: 9.30am - 4pm
We have **toilet facilities** and **indoor shelter** for volunteers along with a range of indoor activities should the weather be unsuitable for outdoor work.
Remember to **bring cash** if you'd like to take home any **Compass items**. We will have Compass firewood (part-seasoned), potted Begonias (starting to flower!) and the latest seasonal produce available on a donation basis.
Focus on Compass: Learn more about the project and its developments during our break-time at around 11am on Saturday. Free **Weleda body care samples** and **Deeside Water** will also be available to keep our volunteers refreshed. Events are in line with current COVID guidelines.
- **Weekday Volunteering:**
Come along on a **Wednesday afternoon (1.30pm - 4pm)** and / or **Thursday morning (9.30am - 12noon)**. Just let us know you are coming: compass@cwt.scot or 01224 862008.
- Sign up as a volunteer using our [online form](#) to receive email reminders of upcoming events and future dates!



**Sign up as a
Volunteer!**

Compass Project | 01224 862008 | compass@cwt.scot
www.camphillwellbeing.org.uk/compass | Facebook: @CWTCCompass



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