



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

Seasonal Plants and Produce

COMPASS POPS UP AT MURTLE



Compass plants and produce are not only available from the project's main site on Craighton Road, Cults but at Camphill Wellbeing Trust too!

One of the main aims of Compass, our latest initiative, is to promote **healthy, sustainable living**. Offering **locally-grown organic plants and produce** through our Pop-Ups is just one of the ways we help people in our local community to do this. Whether it be selecting a plant or two for your own garden or enjoying the seasonal produce as it is harvested, our Produce Pop-Ups enable us to **offer low-carbon footprint plants and produce** from the Compass project to the community.

Murtle Pop-Up: Compass plants and produce are now available outside Camphill Medical Practice, Murtle Estate, Bielside, AB15 9EN.

Why not pick up some **seasonal plants**, both **edible** and **non-edible** and enjoy learning how to grow them in your garden!

All plants are **available on a donation basis** from outside the practice between Monday - Friday, 9am - 5pm. Seasonal plants and produce from the Compass gardens will join this pop-up throughout the year so make sure to pop back!

The Pop-Up currently has:

- ✓ Strawberries
- ✓ Rhubarb crowns
- ✓ Polyanthus
- ✓ Hosta
- ✓ Hypericum / St Johns Wort
- ✓ Various native trees
- ✓ Geraniums
- ✓ Montbretia

You can also **purchase bags of firewood** for £10.50 (inc. VAT) from the Murtle Estate pop-up. Larger quantities are available from our Compass site at £105 per m3 including VAT. Email compass@cwt.scot to arrange a collection.

Alternatively, **visit our Compass Pop-Up** on Craighton Road, Cults, AB15 9QD. Open Monday - Friday, 9.30am - 4.30pm for the full selection of **ever-changing seasonal plants and produce!**



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 **5585 hours** from **515 volunteers** since it started in September 2020 along with a fantastic **£1,107,264** raised through grants, produce and firewood towards the project's development. This brings us **60.4%** of the way towards **Phase 2's £1.5m fundraising goal** which we aim to reach by the end of September 2023. **Please help us reach our target by telling others about us, fundraising or coming along to volunteer!**



Positive Polytunnels

With planning permission granted, the Compass team made a start and completed the polytunnel this month. The rainwater collection system and approach paths are currently underway. Funded by **The National Lottery's Together for our Planet** and **CSGN's Growing Food Together** funds, we will use this new space to grow a wider range of



vegetables such as tomatoes, peppers and cucumbers as well as for bringing on seeds, potting up plants and providing shelter for our volunteers.

FOR SALE: Compass Firewood £10.50 per bag / £105 per m³



Busy Bees

Our Compass team, led by bee enthusiast and CWT Clinical Lead Dr Stefan Geider, were delighted to see the Compass beehive showing signs of life this spring. Our bees were relocated from the honeycomb structure they had built in the roof of one of the buildings onsite. With Stefan's instruction, Joe & Olivier learned how to inspect the hive in full bee-keeper kit, pictured right. We are looking forward to offering **Compass honey** as part of our **Produce Pop-Ups** later in the year.



Volunteer with us!

Join us during any of our **weekly volunteer days: Wed PM 1.30pm - 4pm** or **Thur AM: 9.30am - 12noon** or at our regular monthly events which take place on the **first Saturday of every month** with the exception of May, which takes place on **Saturday 13th May 2023!**



We also welcome **young volunteers** completing their **Saltire** or **Duke of Edinburgh** Awards and Compass is happy to host **corporate and school group days** to support team-building too. **Get in touch to find out more!**

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 **@CWTCcompass**
- ✓ **Find out more about the project** www.camphillwellbeing.org.uk/compass
- ✓ **Contact us:** compass@cwt.scot or call 01224 862008



Congratulations!

We are delighted to announce the safe arrival of Elena - baby daughter of Olivier Billaud, Outdoor Area Manager at Compass, and wife, Alexandra. Born a very healthy 4kgs on 24th April 2023, Elena shares a birthday with her daddy.



Happy 30th Birthday Olivier!
What a special gift!

CWT Clinical Services update

Discover the benefits of AnthroHealth

Camphill Wellbeing Trust's AnthroHealth approach is available to individuals looking to address illness, build resilience and maintain wellbeing.

Bounce back with Blackthorn



If you have been struggling to get back on your feet after recovering from an illness, try **Weleda's Prunus [Blackthorn] Elixir** as a pick me up to help build your strength and re-gain your appetite.

This organic fruit juice drink is made with wild-grown blackthorn berries and

enriched with honey. A delicious supplement, particularly beneficial during times when the body is low in energy. Use it to help **recharge** and **reinvigorate** during periods of stress or after illness.

How to use: Dilute a tablespoonful in cold or warm water, milk or yoghurt and enjoy 2-3 times a day.

"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



Hay fever season begins

While the warmer weather is a joyful change from the winter, for many this heralds the 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 Ha Fever Relief Oral Spray** to ease blocked, itchy nose and red, watery eyes.

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

Research update

Mistletoe benefits recorded

A recent safety study on the use of high dose mistletoe extracts in cancer care has recorded an improved quality of life with some disease control.

Cancer patients often experience an impact on their physical wellbeing and quality of life due to both the disease and its conventional treatment. Mistletoe therapy is offered at CWT and our patients often report positive impacts on their quality of life.

Therefore, its great to see that recent research carried out by the **John Hopkins Kimmel Cancer Centre, USA** has led to the publication of a small study reporting on just that. Initially designed to explore the safe use of Helixor M (a particular brand of mistletoe preparation) in patients with a range of advanced / treatment-resistant cancers, the study also recorded evidence that mistletoe therapy can be shown to offer support for patients in terms an improved quality of life i.e. more energy, increased appetite, less nauseous.

Phase I Trial of Intravenous Mistletoe Extract in Advanced Cancer was published online in the **Cancer Research Communications** journal in February 2023.

Read the full paper and its findings [here](#).

Rhubarb Crowns available onsite now!

£5 suggested donation
Cash only!

Have a go at growing your own this season!

Pick up yours onsite
Mon-Fri*: 9.30-4.30

Compass
Craigton Rd, Cults
Aberdeen AB15 9QD



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!

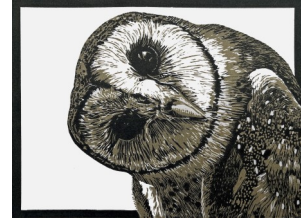
Search
The Blue Door



Art in the Waiting Room Online

Our current online exhibition features the work of local printmaker **Carine Eunson**.

Specialising in relief printmaking, Carine creates linocut prints and wood engravings, typically taking inspiration from Scotland's nature. [Visit our online gallery](#) or our [Art in the Waiting Room Facebook page](#) to view the incredible detail of these **prints**. All artwork is available for sale with 25% supporting CWT and its projects. Ends 22nd May '23.



Online Open Night:

Join us for the next virtual open night featuring local artist, **Alanda Calmus May**.

Tuesday 23rd May '23: 6.30pm

View online on our [website](#): or visit our Facebook page.

@artinthewaitingroom

How to help CWT

CHANGES TO OUR SERVICES

Camphill Wellbeing Trust aims to offer its Mistletoe and AnthroHealth services on a donation basis as far as possible. Unfortunately, with rising costs affecting individuals and businesses alike, our preliminary end of year figures indicate a need for us to increase our income.

Staff and running costs will increase in the year ahead and so to help ensure the financial viability of the charity, we're no longer able to offer initial consultations on a donation basis. CWT has taken the difficult decision to **charge for all initial consultations** from **1st July 2023**. Full details will be available to patients seeking our services. If you know of any sources of funding that might be applicable to CWT and its various projects, please don't hesitate to get in touch.

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].



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

To enable us to continue to offer the rest of our services on a donation basis, 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.

Camphill Wellbeing Trust
St Devenick's
Murtle Estate
Bielside
Aberdeen
AB15 9EN

Telephone: 01224 862008
01224 869844

admin@cwt.scot
www.camphillwellbeing.org.uk

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

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.



Health Matters

Welcome to the River Dee Medical Group: Camphill Medical Practice news

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:

- ✓ staff updates
- ✓ Skills for Health expands
- ✓ 2023 Public Holidays

We hope you find this news update informative and helpful.

Contact us:

0345 375 2020

gram.camphilladministrator

@nhs.scot

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

Team support at River Dee Medical Group

As we are all aware, the NHS continues to be under increasing pressure for a range of reasons. River Dee Medical Group (RDMG) is currently exploring how best to utilise its teams across both sites of Camphill Medical Practice and Torry Medical Practice in order to ensure safe and smooth delivery of patient services.

We are pleased to announce that from Monday 1st May 2023, Torry's Nursing Lead, Nicola Brownie, will deliver a full day clinic every Monday at Camphill Medical Practice with the Clinical Lead of Torry, Dr Adrian Crofton, providing a full day's service every Tuesday. The flexibility of our staff across both locations underlines our commitment to our core ethos of mutual workforce support between the practices of RDMG. We would also like to thank our patients for their understanding during this time.

- Stefan Geider, River Dee Medical Group Director & Clinical Lead



Dr Adrian Crofton
Clinical Lead at Torry



Torry Medical Practice
Oscar Road

Expansion of Skills for Health

Compass Skills for Health have received funding for an **e-vehicle** which is due to arrive with the project in early June. The **8-seater electric vehicle** will help us **support patients who find it difficult to access the site** at Craighton Road, Cults. It will provide **environmentally-friendly transport** to and from the Compass site for those participating in social prescribing activities to improve their physical and mental health through the Skills for Health service who may not have transport.

As a patient of RDMG, you also have access to **Compass Skills for Health**. If you feel you might benefit from this social prescribing service, please **arrange an appointment with your GP** to discuss a referral.

Clinical Lead, Dr Stefan Geider, will present the Compass Skills for Health to local GPs this month in order to share further details about the benefits of the service and how their patients can access it too.

What is Skills for Health?

Social prescribing is where healthcare professionals refer people to a range of **non-medical support** in the community to improve their health and wellbeing. Patients experiencing stress, anxiety or mild depression are able to access

Camphill Wellbeing Trust's Skills for Health - a social prescribing service based at the Compass project in Cults.

Find out more about Compass:

www.compassaberdeen.org.uk



2023 Public Holidays

RDMG will be open to patients on all Bank Holidays this year with the exception of:

Monday 25th December 2023

Tuesday 26 December 2023

Christmas & Boxing Day