



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

Mistletoe Fundraising Success CHICKS FOR CHARITY



Long-standing Camphill Wellbeing Trust supporter, Eydie Riddell, raises further funds for the charity.

Eydie has been busy creating her famous knitted chicks, made to raise money in support of Camphill Wellbeing Trust (CWT)'s Mistletoe Therapy services.

Previously sold through Meg's Attic in Banchory, Eydie's chicks moved location this year and were sold to customers of Finzean Farmhouse.

Eydie, pictured above right, with husband Hector (above left) presented Dr Stefan Geider, CWT Clinical Lead, with a fantastic **£527.25** raised from selling around 270 handmade chicks.

A further **£57.20** was donated by Eydie including a personal £25.00 in support of the charity.

Thank you Eydie!

Fundraising by supporters such as Eydie is vital in enabling us to continue to provide our services which can help make a difference for those whose lives are affected by cancer.

Can you help fundraise in support of CWT mistletoe therapy services?

Get in touch for an e-fundraising pack:
admin@cwt.scot. You can also donate [online](#) in support of our mistletoe therapy services.



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 **6600 hours** from **697 volunteers** since it started in September 2020 along with a fantastic **£1,111,108** raised through grants, produce and firewood towards the project's development. This brings us **61%** 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!**



Compass goes electric

Following the successful public vote to **award £38,000** from the Scottish Government's **Just Transition Participatory Budget** to Compass in January 2023, we are delighted to announce the **arrival of our new 8-seater electric vehicle**.

Complete with Compass branding, we will now be able to offer easy **access** to the site for a range of **volunteers** and **Skills for Health** [social prescribing] **service users**. We will also be out and about delivering weekly produce to **Torry Medical Practice** for residents of the local area to pick up and enjoy freshly harvested, locally grown organic produce.

Keep an eye out and give us a wave if you see us!

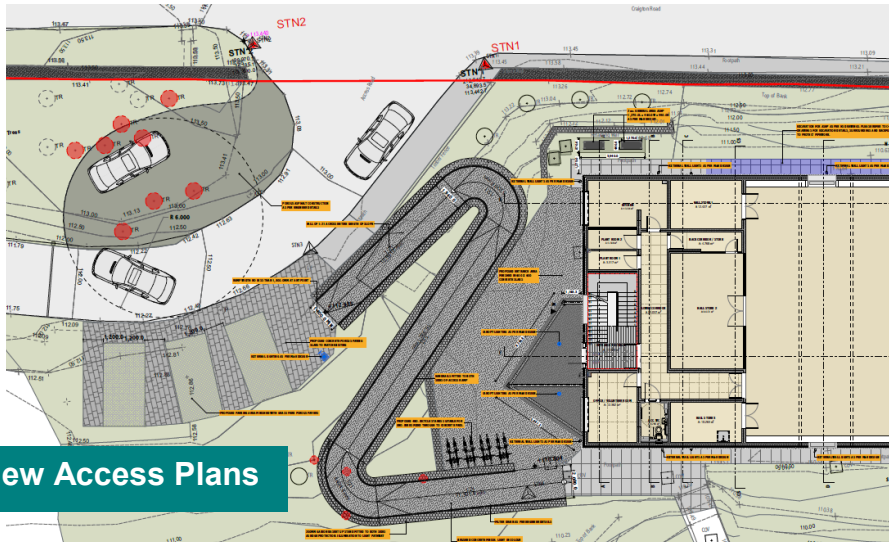
FOR SALE: Local, organically grown seasonal produce!



Can you help us raise £120,000?

Access Appeal

More and more people of all ages are enjoying the benefits of Compass outdoor activities and we want to welcome all to our refurbished Multi-Purpose Hall when it opens in Autumn 2023. Currently there are steep steps down to the entrance and no dedicated disabled parking spaces or bike racks. Having fundraised to secure £400K for the sustainable refurbishment of the hall, we need a further **£120K** for this new multi-user access.



New Access Plans

Please help us complete our ambitious refurbishment project and create a safe, inviting and accessible entrance area to our multi-purpose hall.

Our Wish List:

- ✓ **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**

You can **sponsor an item** from our wish list or make a **general donation**. To find out more, contact: compass@cwt.scot

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



Current access to hall



Natural benefits of Compass Honey for Health

The Compass site is now home to a number of beehives following the summer swarms.

Led by bee enthusiast and CWT Clinical Lead, Dr Stefan Geider, Compass staff have also undertaken bee training to manage this aspect of the project. Not only do the bees provide pollinating benefits to our growing areas assisting in active production of fruit and vegetables, but they also offer the project honey in return.

Compass honey will be offered in a variety of formats: **whole comb** and **spun honey**. Both are 'raw' honey products - the spun honey is honey that is filtered but not pasteurised to ensure it retains its range of health benefits, complementing Compass' aims and ethos to promote **healthy, sustainable living**.

Raw honey contains a range of nutrients

as well as being rich in antioxidants that can help reduce excess cholesterol and toxins in the body.

Its antibacterial and antiseptic properties can help improve skin condition particularly where the skin is broken and for wound healing.

Raw honey can also help reduce pollen allergies if 1 teaspoon of locally produced honey is taken on a daily basis.

A teaspoonful of honey in hot milk at night can also improve quality of sleep. The type of sugar present increases the level of insulin in the blood which results in the release of serotonin. The body turns this into melatonin, a hormone promoting the quality of sleep*.

A tablespoonful of honey and half a squeezed lemon with hot water is a soothing drink for coughs and colds.



We hope to have Compass honey available from Autumn 2023. If you are interested in pre-ordering, please get in touch with the Compass team on: compass@cwt.scot.

**Information taken from Bee Culture, The Magazine of American Beekeeping, 'Catch the Buzz' article, 1 Nov 2017*

Weleda also recognises the benefits of honey using it as an ingredient in a number of their products which further support healthy living.



Sea Buckthorn Elixir

Made with Sea Buckthorn, and naturally sweetened with honey and sugar, this organic elixir is ideal to help support vitality and the body's natural defences.

Sea Buckthorn berries are a natural source of vitamin C, together with

potent antioxidants vitamin E and provitamin A that help fight free radicals and protect cells from oxidative stress, helping maintain a healthy immune system. This distinctive elixir sings with sunshine - an ideal boost to help us keep up with the demands of a hectic life, or during convalescence.

Suitable for vegetarians. NOT suitable for diabetics.

How to use:

2-3 times a day, mix a tablespoonful with cold or warm water, milk or yoghurt.

Herb & Honey Cough Elixir

A traditional herbal medicinal product used for the symptomatic relief of dry and irritating coughs.

How to use:

Two 5ml spoonfuls (10ml) every 3-4 hours, undiluted or in a little water. Up to four doses can be taken daily.

For oral use only.

Do not use for more than seven days.

Not for use in children under 12 years.



"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



Busy Bees: Compass Honey

Our bees have been busy producing honey from the nectar collected onsite as they help pollinate our produce.

Keep an eye out for **Compass Honey** on sale as part of our **Produce Pop-Ups**.

Available produce is also announced weekly on **Facebook: @CWTCcompass** or get in touch to join our mailing list: compass@cwt.scot and be amongst the first to know of seasonal harvests!

Book a consultation at CWT

CWT AnthroHealth services offer ways to address illness, build resilience and maintain wellbeing.

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

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 artist, Tracey Swift.

Inspired by the city, Tracey works primarily in acrylic to capture different aspects of the built environment of Aberdeen. [Visit our online gallery](#) or our [Art in the Waiting Room Facebook page](#) to view the details and textures of these paintings. All artwork is available for sale with 25% supporting CWT and its projects. Exhibition ends 28/08/2023.



@artinthewaitingroom

Online Open Night:

Join us for the next virtual open night featuring local artist, **Susan Betty**. **Tuesday 29th Aug '23: 6.30pm**

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, due to the rising costs affecting individuals and businesses alike, we have had to review our service model.

From 1st September 2023, all initial consultations for Mistletoe Therapy and AnthroHealth services will be on an invoiced basis. Full details will be available to patients seeking our services. Subsequent services will remain on a donation basis.

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].

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 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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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.



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:

- ✓ Summer 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/>



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

Summer Updates

I am pleased to note the regular clinics offered by **Torry's Nursing Lead, Nicola Brownie**, and **Clinical Lead of Torry, Dr Adrian Crofton**, at Camphill Medical Practice have been going well thanks to the flexibility of our staff across both locations. Working in such a way underlines our commitment to our core ethos of mutual workforce support between the practices of RDMG. This arrangement will continue for the foreseeable future, especially with the summer holidays now upon us. Thank you for your patience during this time.

Meantime, River Dee Medical Group have developed a new **Community section** on the practice website. **'Your Community'** is located in the 'Help & Support' section and will be updated with relevant links over the coming weeks, make sure to check back regularly!

<https://riverdeemedicalgroup.co.uk>

- Sarah Gray, River Dee Medical Group Practice Manager

Staff Changes

Susan Lorimer, Care Navigator of Camphill Medical Practice, sadly left River Dee Medical Group at the end of June to take up another post. We wish her all the best in her new position!

Meantime, keep an eye out for new faces in Camphill Medical Practice reception over the coming weeks.

Contraception Services

Torry Medical Practice is now able to offer **long-acting reversible contraception** to Camphill Medical Practice patients.

To arrange an appointment, please contact Torry Medical Practice directly on:
0345 337 9977

Fresh Food at Torry

In collaboration with Camphill Wellbeing Trust's Compass project, the CWT team are working with Torry Medical Practice to deliver **freshly harvested, local, organically grown produce** to the practice every Tuesday.

The service continues that of the **Produce Pop-Ups** which started in 2022 and has been welcomed by both staff and patients alike.

Make sure to pop in to collect your tasty fruit and vegetables each week!

Produce is also available outside Camphill Medical Practice with weekly top-ups of seasonal fruit, vegetables and plants.



Skills for Health

Torry Medical Practice is delighted to make its **first patient referral** to **Compass Skills for Health**, a **social prescribing service** offered by Camphill Wellbeing Trust. Skills for Health supports patients from both Camphill and Torry Medical Practice looking for **non-medical support in the community** to improve their health and wellbeing. Patients experiencing **stress, anxiety or mild depression** are able to access this service based at the Compass project in Cults*. Find out more about Compass: www.compassaberdeen.org.uk or **arrange an appointment** with your GP to discuss a referral.

*Compass has an 8-seater e-vehicle which provides **environmentally-friendly transport** to and from the Compass site for those participating in Skills for Health activities to improve their physical and mental health who may find it tricky to access the site / who don't have their own transport.