



Connections

Camphill Aberdeen City & Shire Newsletter

Issue 2: Summer 2010

Therapy centre

The Friends of Camphill School have raised £120,000 to



date. But another £185,000 is needed. Page 2

Peak fundraising

Jane Riach is aiming for the top of Africa in her Camphill fundraising effort. Page 3



Aberdeen marks anniversaries



Aberdeen for a civic reception. Page 4

200 attend child trauma conference

Some 200 people attended a day-long conference at Camphill, supported by Aberlour Child Care Trust, Barnardo's Scotland, Children First and USA. Page 3

Social media



Now you can keep up to date with Camphill Aberdeen City and Shire on Facebook www.facebook.com/camphillACS and on Twitter @CamphillACS. Page 2

Phoenix centre

New community centre planned for the heart of Newton Dee village. Page 2



Celebrating a double anniversary

In the dark years of the Second World War a group of young refugees were welcomed into Aberdeen to put into practice their plans for a community dedicated to children with special needs.

With the support of eminent Aberdonians and a loan from the Macmillan publishing family, they purchased Camphill House in the Milltimber area of Aberdeen. On June 1, 1940 the very first Camphill community opened its doors to children with special needs.

The group, led by Dr Karl König, likened the foundation of their first community to lighting 'a candle on the hill'.

It was a candle that shone a little beacon of light into a blacked-out wartime Aberdeen. It went on to spread its light around the world.

Worldwide special needs charity

The candle also recalled how in Vienna in 1938 they gathered, by candlelight behind closed curtains, on the night of the Nazi annexation of Austria, vowing to meet again in another country.



Camphill House, in the Milltimber area of Aberdeen, is where Camphill began. On June 1, 1940 it opened its doors to children with special needs.

From the humble beginnings at Camphill House, more than 700 people now live and work in Camphill Aberdeen City and Shire communities in Aberdeen.

From Aberdeen, the Camphill Movement spread to more than 100 centres in 23 countries across Europe, Russia, Africa, India, the USA and Canada. Camphill is now one of the world's leading organisations working with children and adults who have special needs.

Newton Dee: 50 years as an adult community

This year also represents another significant anniversary.

anniversary.

Newton Dee was originally acquired in 1945 as an extension of the work of Camphill school. The aim was to create work opportunities and skills training.

By the mid-1950s, there was a growing demand from parents and others for Camphill to provide opportunities for pupils moving to adulthood.

In 1955 Botton Hall in Yorkshire became the first Camphill village community. Five years later, Newton Dee became part of the new Camphill Village Trust (CVT) as a village community for adults.

The new community's early years were full of the challenges expected by any pioneering enterprise. Income was minimal, but work was plentiful, as ever more people wished to join the community.

The community developed at a pace during the sixties, seventies and early eighties, with new houses and workshops. This early development was only possible through the dedication and hard work of the community members and their supporters.

In 1984, the support, help and manpower of the people from Newton Dee helped to establish a second CVT centre in Scotland at Loch Arthur, near Dumfries.

Newton Dee, with its popular café, store and bakery is well-established within the local community in the Bieldside area of Aberdeen.



“The beauty of Camphill is its focus on what people can do. Not what they can’t.”

Therapy Centre Appeal over £120,000



The Society of Friends of Camphill School Aberdeen has exceeded their target to raise £100,000 towards a new therapy centre that will benefit pupils and other individuals with special needs. The running total is currently around £120,000.

Large donations towards this total have come from The Wooden Spoon and The Robertson Trust, with numerous smaller donations.

The new £305,000 centre is to be built at the Camphill Campus of Camphill School Aberdeen, on Milltimber Brae, in Aberdeen.

“Camphill School Aberdeen is recognised as a centre of excellence which has helped so many children with special needs to reach their potential,” says Karen Johnston, chairperson of the Society of Friends and a parent of a pupil at Camphill School Aberdeen. “The school’s therapeutic programme is a substantial element in that success.”

Therapies are currently provided in the shared facilities of the school and the school believes that a dedicated therapy centre will increase their effectiveness. The school also intends to open the new therapy centre to support individuals in the wider local community.

You can make a donation to the remaining £185,000 at www.camphillaberdeen.org.uk. Or if you want to discuss fundraising ideas contact Camphill Aberdeen City and Shire (contact details on the back page).

The peak of fundraising



On Wednesday, July 21, please spare a thought for Jane Riach.

On that day she sets out to climb the world’s highest free-standing mountain – Kilimanjaro (above). Climbing the 5,895-metre mountain takes six to seven days and most people suffer at least some degree of altitude sickness.

So why do it? The Banchory mother is raising money for the new therapy centre.

“Camphill School Aberdeen is an absolute godsend for families who have children with special needs,” Jane explains. “I have peace-of-mind knowing that Lauren is in such a caring place with such wonderful people.”

When Lauren is at the school Jane can focus on her other two children and they appreciate the time they have with Lauren even more.

“I have seen Lauren blossom in her own little happy way,” Jane continues. “She senses that she is loved and cared for, and this helps with her slow but steady progress. The patience and commitment that the co-workers in the community provide, has given Lauren and my family a lifeline, and a reassurance of hope and comfort.”

Jane initially set her fundraising target at £1,500 but with the fantastic support she has now raised it to £3,500! Support Jane at JustGiving.com (enter Jane Riach in the ‘Sponsor a friend’ search).

Newton Dee’s Phoenix community centre



Camphill Newton Dee plans to mark its 50th anniversary as an adult community with the start of work on the new Phoenix Community Centre.

Intended to be the new cultural, social, educational and administrative heart of Newton Dee, the Phoenix community centre will include an auditorium for the busy schedule of village events – meetings, plays and concerts.

The design of the centre will also create an outdoor amphitheatre space, which will be ideal for outdoor performances and gatherings, or simply an area to sit and meet as a community.

Office and learning space will cater for the ever-growing administrative demands and need for meeting space. The associated learning centre will provide for the School of Learning, catering for the co-workers’ Foundation Course, the BACE degree course, plus SVQ and other training opportunities.

“Our new Community Centre project will offer a home for cultural, social, educational, and administrative life in the Village,” explains Colin Haldane, senior co-worker at Newton Dee. “It will also give us enriched creative possibilities for development into the future.”

As always, the design for the new centre – developed by Camphill Architects based in Newton Dee – reflects Newton Dee’s commitment to work with ecological and natural materials, creating a truly sustainable development.

WHY CAMPHILL NEEDS YOUR SUPPORT



We are all acutely aware of how public spending is under increasing pressure in the current financial climate.

As with so many other charities, Camphill has been hit by these cuts.

But, we are determined to continue providing the highest-possible standards of support to help the vulnerable individuals in our communities to reach their potential.

At Camphill we work hard to keep our running costs low.

In the face of the current squeeze it is clear that we will have to rely, to a much greater extent, on public support to continue to provide the quality of integrated care,



support and personal development for our residents, students and pupils.

Are you looking for a charity to support? Could your workplace adopt Camphill as its corporate charity? Can you organise a fundraising event?

By supporting Camphill Aberdeen City and Shire, you can be sure that you are continuing the support that has been demonstrated, since the very first day the Camphill founders arrived in Aberdeen, as refugees, in 1939.

Dr Stefan Geider

Medical Practice talks

Camphill Medical Practice is offering an insight into aspects of its therapies, with a series of talks which run through until May.

The series began in January with a talk on the 'Challenges of Childhood' by Dr Marga Hogenboom and Donald Phillips.

This was followed in February by 'The Healing Qualities of Touch' by Marei Blitz.

On March 23, Dr Stefan Geider explored how mistletoe can be used as a supplement to



conventional cancer therapies in his talk, entitled 'Mistletoe Therapy: an approach to cancer'.

In April Richard Phethean from the Beannachar Herb Workshop, which is part of the Beannachar Camphill Community in Banchory Devenick, presented 'Nutrition as a Foundation for Health',

The final talk in the current series is 'Childhood Illness' by Dr Marga Hogenboom on Tuesday, May 25 at 7.30pm in the Newton Dee Café. Admission is free and refreshments will be served.

Conference focused on child trauma

Some 200 people, 160 from organisations other than Camphill, attended a day-long conference, at Camphill School Aberdeen on April 13, examining how children and young people are affected by trauma.

Entitled 'Living and Working with Children and Young People who have Suffered Trauma', the event was supported by Aberlour Child Care Trust, Barnardo's Scotland, Children First and VSA.

The main speaker was Dr Bruce D Perry, Senior Fellow at the Child Trauma Academy in Houston, Texas.

"He held the audience spellbound throughout the day," reports organiser Laurence Alfred, co-ordinator at Camphill School Aberdeen. "It was a tremendous day with a great mix of education, inspiration and humour."

One delegates wrote afterwards: "Thank you so much for a wonderful and enjoyable day... the whole conference was so informative and entertaining... and the guided tour was the icing on the cake."

Dr Perry is also author of the book 'The Boy Who Was Raised as a Dog', which presents accounts of his experiences working with emotionally stunted and traumatised children.

Simeon in focus

'My Home Life' is an initiative aimed at improving the quality of life of those who are living, dying, visiting and working in care homes for older people.

The *My Home Life* website at myhomelife.org.uk has just been relaunched. One of the films featured on it is 'Sharing Decision Making', which was filmed at Simeon Care for the Elderly, one of the seven charities that make up Camphill Aberdeen City and Shire.

"Homes are always looking at ways to improve themselves, and these videos are an excellent contribution to that," says Jeannie Carlson, manager of Simeon. "Each of the segments is great and I try to recommend them to everyone."

There are a total of eight videos, each highlighting a best practice theme, designed to help with training and promote discussion. The website contains many resources specifically created to aid a better quality of life within care homes.

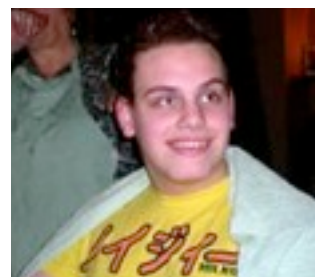


My Home Life is all about working in partnership with the care home sector and celebrating the best practice that is being developed up and down the country.

Jack dyes his hair for Therapy Centre

Jack Stewart (18) has made his own special contribution to the appeal for a new therapy centre at Camphill School Aberdeen, where he is in his final year.

Jack, who is autistic, raised £822.28 by dyeing his hair for the fund-raising effort.



"I've been a Camphill School Aberdeen for nearly 11 years and I wanted to try and help

people and make them happy, by having a very nice new therapy building," Jack explains. "The therapies I have had at the school have helped me a lot and I would like to give something back."

The Candle on the Hill

When the Camphill pioneers founded their first community in Aberdeen, they likened it to lighting a candle on the hill. Seventy years ago that candle helped illuminate the dark years of World War 2. Now it spreads light around the world.

UK Disability Minister

Jonathan Shaw, UK Minister for Disabled People, recently visited Camphill School Aberdeen to learn more about its work.

"I know that Camphill School Aberdeen will be celebrating its 70th anniversary, so it's a great time to visit and find out more about the work being done to provide care and support for children and young people with special needs," explained the Minister.

"I'm keen to see how staff help pupils develop the skills they need to reach their full potential after they leave education."

Deeside Rotary learns about Camphill

Members of the Rotary Club of Aberdeen Deeside were recent visitors to learn about the work of Camphill Aberdeen City and Shire.

Mhairi's art goes on show

Mhairi Kinnaird discovered a hidden talent when she was offered art therapy sessions at Camphill Medical Practice,

Mhairi works at the Breadmaker in Rosemount Place, Aberdeen.

Art therapist Jennie Tanser spotted Mhairi's talent.

"People with Downs

Syndrome tend to have a good sense of colour, but not of form," Jennie explained. "But Mhairi's paintings stand out as being both colourful and very perceptive."

It wasn't just Jennie who liked Mhairi's work She sold some of her paintings at the exhibition in March!

Keep up with Milltown

You can keep up with all the news from the Milltown Camphill Community in Arbuthnott, Aberdeenshire, by following their blog at <http://milltownblog.wordpress.com>

School website

Camphill School Aberdeen, has just launched its updated website at www.camphillschool.org.uk.

Running for Camphill

Two local supporters are putting on their running shoes this summer to raise funds for Camphill.

Stuart Probart is running in the Edinburgh Marathon on May 23, raising funds for Camphill Medical Practice ExHale hypertension project.

Meanwhile Dave Thompson is taking part in the Lairig Ghru hill race to raise funds for Newton Dee. It's a tough 26-mile run on a very

demanding hill course from Braemar to Aviemore through the mountain pass.

To sponsor Stuart or Dave, go to JustGiving.com and enter their names in the search.

Need a speaker?

Are you a member of a Rotary Club, Round Table, Lions or similar organisations in the Aberdeen area?

Would you be interested in a visit to Camphill or a talk about the work of the Camphill Aberdeen City and Shire communities?

Contact us now at the email or telephone number below.

UK and Ireland meet in Aberdeen

Representatives from more than 50 Camphill centres across the UK and Ireland headed to Aberdeen in March for their annual meeting.



The choice of Aberdeen marked the 70th anniversary of the opening of the first Camphill community at Camphill House, in the Milltimber area of Aberdeen.

The delegates were welcomed to Aberdeen at a civic reception in Aberdeen's magnificent granite Town House, pictured left.

The civic reception marked both the 70th anniversary of Camphill and the 50th anniversary of the establishment Camphill Newton Dee community for adults with additional support needs.

At the reception, Aberdeen's civic leaders paid tribute to Camphill and its work over the years with children and adults. They spoke of the significance of Aberdeen being the birthplace of what is now a worldwide movement.

"We were delighted to welcome delegates from throughout the UK and the Republic of Ireland to the association's annual meeting here in Aberdeen," says Sam Sinclair of Camphill Scotland. "It was certainly most appropriate that the meeting was held here in the city of Camphill's birth, on the occasion of both Camphill's 70th anniversary and Newton Dee's 50th."



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