



Tourmaline Hall is open again!

'We decided The Importance of Being Earnest would be good. The last time we did it was 2004. We had to practice a few times so we remembered when to come in and go off. But once you're on stage and you have your costume on, you feel your part. I played Lady Bracknell and I had a very nice fancy hat.'

Douglas, who played Lord Moncrieff, says acting is a challenge he enjoys: 'if I feel nervous, I watch the film of the play. It helps me learn my lines and feel confident.'

Tourmaline Hall has seen a constant flow of activities ever since - including plays that give people pleasure and confidence, sociable film nights, meetings and cultural events. We'd like to say a big thank you again to all who helped renovate the Hall. You've helped make these enriching opportunities possible.

We want to say an enormous thank you to everyone who kindly supported the renovation of Tourmaline Hall at The Grange. For more than 40 years, the Hall has provided social, creative and cultural opportunities for people at The Grange. Now, thanks to your generosity, it will continue doing so for many years to come.

Problems with access, damp and the ageing electrics and heating have been

dealt with. From the wheelchair-accessible entryway to the new lighting, the whole building is fit for the future.

To celebrate, the community held a joyful re-opening ceremony, shared with family, friends and neighbours.

There were speeches, blessings and delicious food. And then, to everyone's delight, there was the play. 'We said, let's do a play where the audience can laugh', says Angela

A feast for the senses at Botton Village

When Laura, who works at Hall South, saw first-hand the benefits of a sensory room, she knew it would be a great asset to Botton Village.

Laura was accompanying a Botton resident on an activity holiday at the Calvert Trust, where there was a sensory room. 'It was so relaxing and enjoyable' she says, 'Back at Botton I suggested to my manager that we should have one too.'

A great team effort

After consulting with everyone at Botton, we decided to relocate the existing art therapy room to make space for a new sensory room in St Brides House. Some friends that have an affinity to Botton supported the project. Their gifts, along with a legacy, brought in the funds needed to bring the plans to fruition.



Laura (left) and Emma looking at the fibre-optic lighting

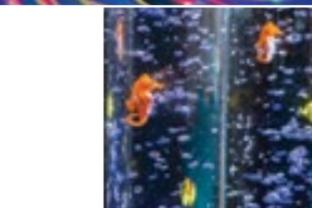
'The willingness of our generous donors to get behind new ideas like this is fundamental' says Laura - who showed her own commitment by taking part in a 'Colour Run' and raising £150 in sponsorship for the sensory room.

So many positive effects

With bubble tubes, mirrors, coloured fibre-optic lights and a water bed through which people can feel the vibrations of music, the sensory room allows people to explore and control which sights, sounds or sensations they like best. This can be very relaxing for people who are sensitive to their surroundings. Promoting deep relaxation



Zoe on the waterbed enjoying changing colours



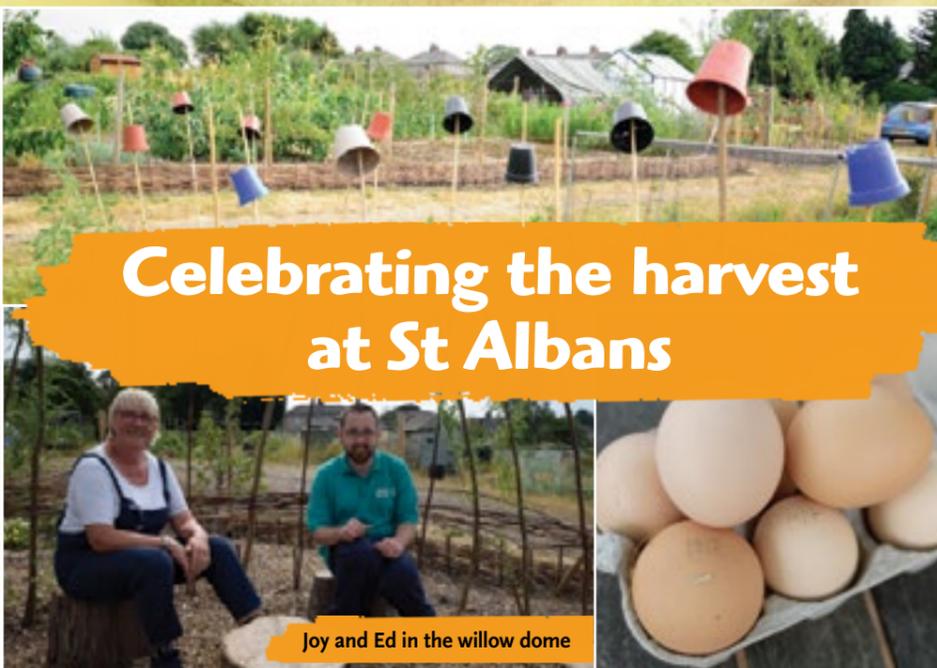
can have other benefits too: 'One lady who has used the room, who doesn't communicate easily, now keeps asking when she can next go on the waterbed' says Laura.

The sensory room is now finished and people at Botton are already enjoying it. An official opening ceremony was held; everyone had a chance to look around and share a celebratory meal.

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Celebrating the harvest at St Albans

Joy and Ed in the willow dome

Traditional festivals are an important part of Camphill Village Trust life; a time when communities can come together. Preparations for Michaelmas are underway at Camphill St Albans, where the Seeds of Nurture Allotment group will be holding a barbecue to celebrate bringing the harvest home.

There's plenty to celebrate this year. In recent years the group have worked hard to clear an overgrown plot next to their established allotment. Now their expanded site (with its polytunnel, greenhouse and living willow dome) is at the end of a second full growing season and the group are reaping the benefits of their hard work.

Nurturing new friendships

'The neighbouring allotment holders are all so friendly' says Joy. 'They often stop by for a cup of tea or to share cuttings with our members. We're looking forward to inviting everyone to our Michaelmas barbecue. It's a chance to mark the changing seasons, so we'll be encouraging people to share poems and readings with a harvest theme.'

Learning new skills all year round

After the harvest is gathered, there's still plenty to do on the allotment. Willow work, recycling pallets and of course

looking after the chickens (who provide the eggs for St Albans' Café on the Corner) will continue over winter. 'There's always plenty to do here' says Joy, 'And our members get a confidence boost from nurturing plants from seed, and making new friends.'

Ed enjoys turning his hand to a variety of tasks. 'We grow leeks, onion and sweetcorn. I like all the different things going on here - growing, composting, helping keep the site tidy' he says. 'But the best bit is the teamwork, everyone working together.'



Keeping busy at Botton



Michelle and Simon working on their Quality of Life review

Simon is one of three new people we have welcomed to Botton Village recently, and several more new members are expected to join soon. Every new person brings their own unique talents and skills, making the North Yorkshire community an exciting place to be.

Sharing skills and experience

'I was on the student council at my old college', says Simon 'So when I came to Botton, Michelle my support worker asked me to join the advocacy group.'

Simon is now a Quality of Life Reviewer, meaning that he visits our other communities to find out about the lives of people living there.

'I like getting out and about' Simon says. 'And it's good meeting people from other Camphill families.'

Recently Simon and Michelle made the long trip from Botton Village to Gloucestershire, to do a Quality of Life review at the Grange. They are now writing up a report, which Simon will present at the next advocacy group meeting.

Keeping active

Back home in Botton Simon likes to keep fit, with regular swimming, gym sessions and football. 'I go into Middlesbrough once a week to play football' he says.

Simon's wide range of interests and enthusiasm is infectious. We're delighted he's having such a positive impact on the community and making the most of all the available opportunities.



Craft from the Croft on sale in Scarborough



Rosie with her hand-made soaps

The popularity of the soap and candles from the workshop at the croft in Malton is all down to the hard work of the people who make them. There's a job for everyone at every stage of the process, from making the products to designing the packaging.

Meeting individual needs

'We've just finished an order for 64 hand dipped candles' says Emma. 'But although we're busy, we never lose sight of the reason we're here. Supporting everyone to work at their own pace and achieve their goals is what it's all about. Everyone has something unique to contribute.'

That contribution can be the practical skills of soap and candle making. 'We put in rose, lemon or mint to make the soap smell nice' says Rosie, who attends the workshop every week. 'I like getting everything ready to sell.'

New skills and ideas

But Rosie and her fellow community members have also been finding out what happens to the finished products. Along the way, they've picked up some good advice and ideas about selling and marketing.

'We went to Scarborough, to see if we could sell our candles in a shop' explains Rosie 'It was a pretty shop, our candles would look good there.'

The group designed a questionnaire for Linda Jameson, owner of Lindy Lou Creations in Scarborough, who is a friend of the craft workshop. With her advice, they're now developing product brochures to help promote their wares to other retailers. Linda will also be stocking the Croft's products. She told us 'You work with inspirational people who are producing good quality products. They are unique and have a story to tell.'

Kat (left) and Gemma look forward to putting up the new sign



I used to be afraid to carry hot drinks, but I'm not now. Working here has made me more open, it's given me courage.

Gemma agrees that working in the café is a great way to learn: 'I like working on the till, and serving customers. I get to do things I've never done before.'

The heart of Delrow

'The café has been a great addition' says Kat. 'People gather to meet friends, it's given everyone a social place to have lunch together.'

Delrow is an exciting place to be at the moment. The community is keen to welcome people with support needs

from the wider area to come and sample the 'day opportunities' on offer in the café, workshop and gardens.

If you know anyone who would benefit from attending Delrow to take part in day opportunities please call 01923 856006 or email kat.collins@cvt.org.uk to find out more.

Welcome to Delrow Central

Community spirit is the secret of success for the new café at Delrow. Even the name was a shared decision, as everyone was invited to make suggestions, and a vote held to choose the favourite. The appropriately named Delrow Central opened in May, on the site of the old store. It's already a popular meeting place for both people who live at Delrow and those who live locally but come to Delrow to take part in the day activities on offer.

Training opportunities

At the moment, Delrow Central is not yet open to the general public, but is just for the community and their visitors. Kat explains why:

'The focus is on training opportunities. We want people to get used to being in a working environment, learn about food hygiene and customer service. We hope that in future some of the people we support will gain the skills and confidence to move into paid employment.'

Welcoming new neighbours at Larchfield

The craft group at Larchfield have been making house-warming gifts for their new neighbours. Middlesbrough's new Community Police Hub is about to open nearby, and everyone at the craft workshop has extended a warm welcome to the boys and girls in blue.

Gifts of welcome

Larchfield's welcoming reputation meant that officers from the Police Hub were keen to meet their new neighbours. And Sarah and the team soon found a way to offer a helping hand.

'The new Hub will have a room called the Lighthouse Room' says Sarah 'It's a therapeutic space where police officers who have dealt with distressing events can have a break before going back on duty.'

The Larchfield crafters have made cushions for the settees and window seats, driftwood wall hangings, embroidered pictures and woven rugs to give the room a calm, relaxing feel with a seaside theme.

Mark, who attends the craft workshop every week, enjoys being creative. 'It's good for me to use my brain as well as my hands' he says. 'Coming to Larchfield has brought me out of my shell. If it wasn't for the workshop I would still be introverted and at home all the time. I feel comfortable here.'



Mark enjoys being creative

A popular place in the community

Welcoming the wider community is part of the ethos at Larchfield, like all CVT communities. '53 people attend the craft workshop every week' says Sarah 'but they don't all live here at Larchfield.'

Many people live elsewhere, perhaps with family, but come for what we call 'day opportunities', to join in our regular activities. There aren't many places like Larchfield locally - so people often travel some distance to get here.'

Congratulations!

Congratulations from all of us to the following members of the Camphill Family who have been celebrating lately:

- ★ Joanna who is taking the next steps in her journey by leaving the Croft to move closer to her family. We wish her well on her new adventure.
- ★ Federico at Botton who has recently become a British citizen and attended an award ceremony in Falmouth to mark the occasion.
- ★ Jane at the Kingfisher Café, who always goes the extra mile when serving customers, and the Croft Super Shoppers who do the weekly shopping for residents of Deansfield Court. Jane and the Super Shoppers were presented with an achievement award by the High Sheriff of North Yorkshire.
- ★ A member from our Larchfield Community who won a gold medal for her success in winning three matches in her division in a national bowling competition.
- ★ Florence from Botton Village who won the Support Worker Award at the recent Learning Disability and Autism Awards, for her enthusiasm, passion and dedication.
- ★ Ed from St Albans who will be starting a course at the University of Bedfordshire from September. Ed is hoping to study Broadcasting, Television and Radio.



Well done everyone!