



# Tiphereth

CAMPBILL IN EDINBURGH

*Tiphereth is a residential and day service offering adults with learning disabilities the possibility of living and working together to realise their potential.*



**Summer Newsletter  
2011**

## Community News

Writing this article in May, just before the newsletter goes to print, Tiphereth is bathed in sunlight and warmth. Tea breaks and lunch are taken in the garden in the dappled shade beneath the trees. Looking back to the time of the last newsletter, it is hard to believe that December brought crisis in the form of extreme snow and ice. For the first time Tiphereth day service had to close, and Torphin House, on the side of the Pentland Hills had many isolated days with no bus service and deep snow lying all around.

Tiphereth over the past months has said goodbye to Torphin foundation students **Inga and Meret**, who brought a lot of laughter and music to the community Both left in March saying how much they had learned from their time living and working here. They did a wonderful performance of Super Trouper in the barn as a finale...if they had stayed longer we may well have planned to do Mamma Mia the musical instead of Parsifal. We have since said hello to **Marek**, who is living in the Hollies, and to **Malwin ,Katharina, Daniella and Javier**, all based in Torphin House. **Brenda** has arrived from Ireland to be housemother at Torphin, joining Gil and their boys, **Cheyene** and **T'china**, so there is a growing population up here on the hill now.



The Day Service staff team remain unchanged except for the very recent addition of **Richard Davies**, who is our new floating co-worker, so welcome to him. He jumps (not floats) between the different working groups as needed. Also welcome to **Catherine Campbell** our new finance co-ordinator ...see her article below. We have no new attendees to welcome since the last newsletter, although three people will be having "trial" days very soon and hopefully they will like the experience here and join our day service groups.

We also announce and celebrate the wedding of **Harry and Tobi**, Kitez house parents. The couple married in a beautiful and moving service on the 23<sup>rd</sup> April in Colinton Parish Church. The service was led by Gayle Taylor who has become a friend of Tiphereth over the last year and an important link for us with the community and the local school. The wedding photos are not yet ready for publication, but look out for them in the next newsletter; for all of us in the church that rainy Saturday Harry and Tobi's wedding was a special and memorable event.

## The May

For some weeks now the door to the upper floor of the May (which will be our offices) has greatly amused people passing by, as it looks like a door set uselessly high in the wall with no apparent means of getting to it except by climbing a rope. However today the stairs arrived! Day by day, the May approaches completion. So much of the hard work going on is “invisible”, as it involves communicating with the companies who will supply gas, water, broadband etc. There are many complexities to work through, for example flow and pressure tests on the water supply and dealing with solutions to quarry rainwater run-off. These issues are not so apparent when one stands outside the building and admires the finish, and wonders what is to stop us moving in very soon. Meanwhile Sandy and the others involved continue to deal with the many questions, unexpected hitches and time consuming tasks which arise.

Inside, the May is at an impressive standard of finish, with light coloured hard-wearing flooring and wood surrounds. At times of the day certain rooms are flooded with sunlight.

There is also landscaping outside the building to be completed, and we have ordered new quarry gates, set further back in the quarry, so that the old quarry gates can be removed creating free access for vehicles right up to the May entrance.

The new kitchen is currently having stainless steel fittings installed suitable for the fruit processing social enterprise plans to kick off (as described by Gilbert in the last newsletter).

The May is the result of a tremendous amount of hard work and planning over years, and the community is grateful to those who took on this task and are still following it through. We are currently fundraising for support to furnish and equip the workshops, the dining area and the offices. The move will bring the Tiphereth arts and crafts groups an appropriate and very attractive working space and a professionally equipped kitchen. Office co-workers will have the space in which to create order and have a quiet phone call!

*Background drawing of the new building by Jonathan McBrearty*

## The View from Tiphereth Garden

*By Jackie Bruce aka “Tattie”*

How wonderful to be in the garden from March! So much to do and so much to be happy about!

The feeling of joy and positivity is tangible. Not only from the volunteer co-workers who increasingly are becoming interested in all aspects of the garden but the members who work so hard and bring such a positive aura to the outdoor space.

We are building up the plant nursery this year to supply the houses and the gardens with cut flowers and plants. The members get huge pleasure from the physical work and also the beautiful results. The relaxed atmosphere adds to the pleasure for everyone!

A couple of observations this year (which I as a seasoned horticulturist find odd) is the amount of ladybirds to be found in the garden from march onwards. It has been a good few years since there has been so many! Also to our dismay! (but the ladybirds delight) the amount of greenfly in the indoor growing spaces. Could it be something to do with the winter we have just had? Fascinating!

Something for everyone to look out for is one of my favourite ornamental plants (which will hopefully make a special appearance at Tiphereth's Open Day). It is *Cerynth Major Purpurescence*. This is a plant I will always adore. Also the ruby red *Atriplex Hortensis*.

The photo shows Ally G holding some *Cerynth Major Purpurescence*.



Of course there is the ongoing Skills Accreditation projects which Andy, Thoren and myself are working on with a few garden group members and they are all very excited about the results. On their garden group days, Jane, Sam, Jonathan, and David have great delight in telling us all how huge their plants are growing! Ally and Irvine's seeds have not appeared yet so watch this space!

We are looking forward to the progression of the new bee and butterfly garden which has been made possible by the reorganisation of the fruit garden to accommodate all the lovely fruit bushes grown by Gil (Torpin House Parent).

Tony and Ally (volunteers self described as *Container Group*, referring to the green container where they work and hang out in the quarry) did a fantastic job in making and edging the garden path and gate to the Quarry. We appreciate their skills and hard work.

The vegetable garden is doing very well thanks to Thoren, Andy and their enthusiastic helpers! They have spent a lot of time making the new large potato plot and building the dry stone wall around it. I am sure the extra space will be a great asset to the garden. I have to admit that my contribution to it has been one wheelbarrow of compost! Sorry Thoren and Andy! Happy Gardening!

## Tiphereth People

### By Day Activities



It is a beautiful spring morning and the sun is streaming through the workshop windows. Angelo, Nils and David have just brought in a plate of hot scones and pots of tea and coffee which heralds the start of another tea-break. Stephen Hughes has kindly agreed to be interviewed for this edition of the newsletter.

Heather: How long have you been coming to Day Activities, Stephen?

Stephen: For about a year.

Heather: What is your favourite thing about Tiphereth?

Stephen: Weaving. And I'll put my hand to anything.

Heather: What else do you enjoy about coming to Day Activities?

Stephen: I enjoy everything. I just like the whole of Tiphereth and I like coming.

(Jasmin and Stephen remembered a walk they went on last summer to the top of the hill and the amazing view from there. Stephen especially remembered being able to see the Forth Road Bridge.)

Jasmin: What is it about the weaving that you like?

Stephen: I just like weaving.

Jasmine: Are you watching Eastenders at the moment?

Stephen: I am watching Eastenders. I like watching soaps on T.V.

(Stephen goes off to the kitchen to get some more milk for everyone. He then comes back.)

Stephen: I like helping.

Jasmin: Have you always liked helping?

Stephen: Yes, since I was a wee laddie.

Heather: You like the singing as well don't you, Stephen. What songs do you like to sing?

Stephen: Anything that comes into my head.

(Jasmin starts singing, quickly joined by Stephen and Heather. Then Jamie joins in with guitar)

Heather: To wrap this up, Stephen, what is your philosophy on life?

Stephen: Helping other people.

## Introducing Catherine Campbell



My name is Catherine Campbell and I am writing to introduce myself. I recently joined Tiphereth in the role of Finance Co-ordinator. I will be assisting Jennifer in this role and hopefully managing to take care of the finances while she is off on maternity leave (a scary thought just now!) During my induction period I have worked with the Pentland Garden Group, Colinton Community Compost and in the Day Activities. I really enjoyed this experience but the highlight for me so far was my first Tiphereth Community Meeting which took the form of a ceilidh, the music being provided by our in-house band "Compost Mentos". A fantastic fun evening was enjoyed by all. I would just like to thank all of my new colleagues for being so kind to me and answering my never ending questions.

## Tiphereth: community and organisation

Tiphereth, as a community of diverse people, needs to organise itself that it may fulfil its vision, as well as respond to increasing complexity in the social care sector. As a community over recent years we have aimed to develop our structures and processes in, amongst other things, decision-making, making things happen, information sharing, and opening up to member's and parents/carers inclusion. The newsletter seems like a good place to share something of the people, groups and tasks that make up our organisation and quality of living and working together.



## Tiphereth Council

The role of Council is Governance. This meeting makes financial decisions, oversees policies and health and safety, any other major decisions involving care and business strategy, and legal issues at Tiphereth. It meets every 6-8 weeks on Friday evenings.

Council members come from organisations such as Garvald, other Camphills, Rudolf Steiner School, an ex-house parent, and further afield from the care sector. It also comprises residential house parents, day service managers and coordinators, a residential member and a parent/ carer representative.

*A lovely photo of the Joint Day Service Meeting (meets first Thursday of every month)*



## Parents and Carers Forum

This forum continues to meet approximately every three months, and the sharing of information and support is appreciated by everyone who attends. We usually cover topics such as progress on our new building, recent festivals, and events and news from all aspects of the community. At our last meeting in February we also discussed City of Edinburgh Council's

consultation on their strategy for Learning Disability and other services. We always provide refreshments and we usually have a slideshow of recent photos. If you are not aware of this group and would like to hear more about it, please contact us (0131 441 2055). The next meeting is at the end of May.

## Mr Bean Party

*By Samantha Jones, resident at Hollies House*



Samantha fed her guests on a sausage and bean pie followed by a sweet red bean cheesecake.

## Fun-draising

On Sunday May 22<sup>nd</sup>, Karl Sternad, Jen's fiancé, set off on a marathon – running 26.2 miles - to raise money for Tiphereth's new building the May. The Edinburgh Marathon attracts over 30,000 runners and is rated as one of the fastest in the UK.

Karl arrived at the finishing line (where Jen was waiting) after only 3 hours and 25 minutes. His position was 960<sup>th</sup> which was a fantastic achievement given the numbers in the race. He is still collecting sponsor money but Jen (with her finance cap on) is sure he has raised approximately £1,000.

Thanks to all Tiphereth parents and supporters who contributed to Karl's marathon run, making his hard work and preparation so worthwhile. Thank you especially to Karl himself for the effort and time he has put in with such a

fantastic result for the May fundraising appeal. We will hopefully have a photo for the next newsletter.

## Tynecastle Stadium visit



The Pentlanders went along by invitation to visit Tynecastle Stadium, Heart and Soul of Midlothian! The group had been busy picking up mown wild grass from an adjacent pitch to be resurrected for the training of younger footballers. For the deed done, the team of Wednesday lads were treated to a viewing of the Heart's changing room walking the photo lined corridors, and pitch side.

In conversation with the guide,

Irvine Yule and Carl Binnie (pictured left) played the field well, scoring several goals on the history of the club and its players.



And then, on top of that, 12 lucky people had free tickets to attend a Hearts game!



Comments on the visit and match from the Pentland players:

Carl Binnie: "Good"

Stephen Mitchell: "Good. Ticket, on my wall."

Irvine Yule: "Yeh, it was good..." ...

Ciaran O'Gallagher: "I hate football!"



## Tiphereth Festivals



It's been a long session since Christmas and plenty of festivals and cultural events have taken place.

On return from Christmas holidays, day service returned to the residential community's annual gift of The Three Kings play.

Burns Day was a treat in feasting fashion followed by Scots music and dancing together in the garden shed.



Something to dance about as light and warmth, spreads over Torphin, the sun rising above the Quarry scrape after a long winter.

On February 1<sup>st</sup>, to mark the coming of Spring, the community walked out into a cold and windy Candlemas day to attempt to light earth candles. On the bright side, folk-lore states that such merciless weather bodes well for a rosy summer.

Hot drinks and kitchen baked biscuits were good enough for us!

Easter was late this year. Our last day together in the day service was Friday 15<sup>th</sup> April and we ended with a treasure hunt...round the garden for some, and right up into the quarry for others, involving a series of written and illustrated clues (some more cryptic than others). Great fun and excitement, and good to explore all areas of Tiphereth for those of us who are normally indoors or just in the garden.

## Mary's Meals



Mary's Meals is an international movement to set up school feeding projects in communities where poverty and hunger prevent children from gaining an education. The charity provides



daily meals in school for over 500,000 children in Africa, Asia, Latin America and Eastern Europe. Mary's Meals not only addresses the immediate needs of hungry children by giving them a daily meal, it also allows those children to receive an education that can provide an escape from poverty for themselves and their communities.

At the beginning of Lent, Tiphereth made an appeal to the wider community to help in support of the charity's cause. Rucksacks, shoes, clothes, stationary, and all sorts came in response to the appeal: members brought



in goods from home and collected donations from our compost run community.



In total we made up 57 schoolbags and lots of 'extras' to make up bags elsewhere. Alastair and Alan, Mary's Meals collectors, gave us a wee talk on the day, then we made a chain from Brigantia to load up the van. Our contribution will leave Grangemouth by container ship around the end of April, to arrive at a depot in central Malawi 6 weeks later. The

schoolbags will be distributed to Malawi schools in response to need.



It feels good as a charity to support another, **so thank you to all for your kind donations and good work everyone!**

### Song and Music at Tiphereth

There's a good deal of music here at Tiphereth. The days are started and finished with singing seasonal and festival songs, a music session at the Garden Shed every Monday afternoon, singing those seasonal and festival songs every Friday afternoon before going home, and at the festivals themselves.



Now and again, a charity called Music in Hospitals telephones to offer us the experience of a session in music.

We were very blessed recently with the company of the Bontempi Trio. David, Gerardo, and Graeme gave us a splendid flavour of Latin American music.

The guys raised up from their seats into a frenzy of dancing and the musicians just had to keep playing. You had to be there!

#### **Festivals ahead**

June 2<sup>nd</sup>: Ascension.

June 13<sup>th</sup>: Whitsun

June 24<sup>th</sup>: St Johns

After last autumn's playful dragon slaying, Day Service will play Parzival and the Quest for the Holy Grail, for Michaelmas on Thursday September 29th. We have the plot, we now cast and prepare the way for rehearsals. Watch out for further news on this one.

*Diaries ready! Tiphereth's Summer Fair on Saturday 2<sup>nd</sup> July.*

## Reflection

By Gil Fonteyn

If I look around in the wider society I seem to feel high levels of dissatisfaction. This raises the question...are we satisfied with the current state of society...or is there a need of a significant transformation...and if so...what image do we have of that transformed society?

I have the pleasure to share my life with many good people who often inspire me with what seems like little moments of brutal philosophical and spiritual debates. And as it always does, the few answers we seem to get are pushed to the bottom of the debate and the questions become more clear and profound.

My question today is, are we being held up at this moment in time as humans due to the demands of our economy, our 'leaders' democratically chosen by us, our perception of what our needs are.... Have we become slaves of our own consumerism and materialism...and if so, how do we find a way to liberate ourselves...find the essentials...renew our faith in spiritual development...





*Ellis, born 3<sup>rd</sup> January, to proud and sleepless parents Ioannis and Lina Cholevas*

## Tiphereth's Summer Fair

Saturday 2<sup>nd</sup> July, 11-2

Warm and grateful thanks to Des and Professional Office Supplies Ltd for printing this newsletter.

Any contributions, queries, or concerns do contact the office on 0131 441 2401 or [admin@tiphereth.co.uk](mailto:admin@tiphereth.co.uk)

***If you want to receive the newsletter by email and so save on paper then email staff in the office at [admin@tiphereth.co.uk](mailto:admin@tiphereth.co.uk)***

Editor: Philip Davies

Tiphereth is a charity registered in Scotland - Scottish Charity Number SCO17483

[www.tiphereth.org.uk](http://www.tiphereth.org.uk)

Torphin Holding, Torphin Road, Colinton,  
Edinburgh EH13 0PQ Tel: 0131 441 2055



*The May, Tiphereth's new Day Service building*