



Lothlorien Therapeutic Community

Spring 2024 Edition



Welcome to our spring newsletter! We have so much to share with you. Spring has truly sprung in the gardens of Lothlorien. We have wild flowers and seedlings growing, butterflies fluttering and bees buzzing around, birds singing and enjoying their new homes and new roots growing. We have a multitude of spring salad leaves, plant babies growing, not to mention delicious wild garlic growing in the woods, fabulous new recruits and exciting new projects in the pipeline.



Sharing our Stories

Change Mental Health, formerly known as Support in Mind and Schizophrenia Fellowship, invited us to get involved in sharing our stories for the new [Mind-to-Mind](#) section of the NHS Inform website. We were visited by Claudia, who talked us through how we could help others with our stories, many of us were inspired to share. Both residents and staff shared journeys and experiences of mental health, where we are now and what helped us along the way in the

hope that other's experiencing similar struggles will be reminded they are not alone and there is a way through. The videos should be ready to view soon.

[Visit Website](#)



Our wonderful support worker and Mandala Yoga Ashram trained teacher Jill, has been kind enough to offer us a Wednesday morning class to help us start the day feeling more grounded, peaceful and balanced. Thank you Jill!

[Click for more about Jill's offerings](#)

TREES TREES & MORE TREES

Thanks to the Woodlands Trust's native tree planting scheme we were granted saplings to create a 50metre hedge! Hawthorn, Blackthorn, Rosehip, Holly, Birch, Oak and Crabapple were planted. We proudly look forward to our hedge growing up.

As well as this the South of Scotland Tree Planting Grant Scheme administrated by local charity Dumfries and Galloway Woodlands provided us with a generous grant to plant more diverse tree species in our existing woods and replace woodland areas affected by storms and ash dieback. the trees included Sessile Oak, Wild apple, Aspen, Yew, Elm and a new Galloway pippin apple tree for our orchard.

Community Links

[Simon and Vicky](#), community link workers from the [Stewartry Public Health Improvement Team](#) and



The Holy Isle Centre for Peace and Health kindly offered us flower seeds and lightroot which will be lovingly planted by our resident's and volunteer's. They have inspired us to collect share our seeds too and we look forward to sharing some more in the future. Holy Isle is a beautiful place, located off the West Coast of Scotland, and has an ancient spiritual heritage dating back to the 6th century. The Project is directed and run by Lama Yeshe Losal Rinpoche, a Tibetan Buddhist meditation master in the Karma Kagyu tradition. The island is open for all, Buddhists and non-Buddhists alike. The care of the natural environment has been a priority and the Holy Isle project is working to conserve the natural ecology of the Island.



[Bird Boxes and Benches](#)

Jackie from 'Quit your way' joined us for an afternoon to speak about the work they and the services they offer to support people in the area. All resident's at Lothlorien are encouraged to get involved with the wider community in Dumfries, Galloway and beyond!

Thanks to the Blackcraig Community Windfarm microgrant scheme we were able to buy timber in order to build numerous small bird boxes, a tawny owl box, barn owl boxes and bat boxes as well as a number of new benches for the enjoyment of the garden. Half of the birdboxes are already up and some have already been inhabited! Thank you Carsphairn Community Woodland for supplying and processing the local timber.



We teamed up with Abi and Lotte from Propagate, They conducted a study to help us explore different ways to make better use of our 17 acres of woodland, gardens and meadows. A workshop and consultation with all community members was held and all participated in discussing different ideas and sharing how they felt about each including large and small groups, individuals and different purposes and parts of the grounds being used. A scoping study was conducted, inviting local groups and social prescribers to share their views and register their interest in potential collaborations with Lothlorien. The outcome of the study showed great potential for community engagement and sharing the use of our amazing space. We are so thankful for Propagate's expertise and support and are very much looking forward to taking some of these ideas further. To find out more about Propagate's exciting projects, click [here](#)



Galloway Poet Shares His Art

Lothlorien welcomes local and world-renowned writer Hugh McMillan for lunch and a day of gardening. He joined us for some homemade soup and salad from the garden and got stuck into flower bed preparations. We

were kindly gifted with a copy of his new book, 'Haphazardly in the Starless Night' Hugh will be joining us again later this month to hold creative writing workshops for the community. We are very honoured to host and learn from a local talent very much look forward to his return. [Visit Hugh's website](#)



Purrball update.. Some of you have been asking about our beloved community cat, Hamish! There he is above strutting his stuff for the camera. We are pleased to say that he is as lovely and healthy as ever. He has not long had his annual check up, got the all clear and seems to be healthy as ever. He is still up to his old tricks lying around, catching mice and snuggling up to everyone he sees. He and the collie dog are slowly getting used to each other and we hope will be best of friends very soon.

Our New Recruits



My name is Johannes. I have lived in various different communities in Germany and my field of work used to be mostly in the crafts, as blacksmith, roofer, building and repairing things of all materials. Due to long lasting mental health issues I retreated to my half-siblings in Scotland in 2020. The last three years I have cared for my brother, which has helped me a lot finding a reason to keep going from the heart. My first approach to Lothlorien was to become a resident. Now I am very happy to learn every day about the balance of being in supported and supportive way.



My name is Elsa. I am a writer and an IST practitioner, providing mentoring sessions with clients worldwide. I have developed an academic career alongside an experiential record in the field of wisdom traditions. I have lived in various locations but have a special fondness for Scottish grounds. I also hold a penchant for enabling and midwifing new cultural forms, the reason why I am currently supporting and being supported, developing and being developed by *Spiritual Emergence*, as part of the coming of age of a new health paradigm. Being a volunteer at Lothlorien is a pivotal part of this journey.



Hello, my name is David Stevenson. I joined Lothlorien in January as a co-worker, returning to the UK after a few years living in Portugal and travelling widely. I have extensive experience working in the field of mental health. I have also garnered skills from my past experiences managing property and being on the board of directors of an international charity. I am very happy to have found a place where I can use the skills I have gained over the years for the benefit of others.



Fancy joining us?

We currently have space in the community for new volunteer co-workers! Have a look on our website for more info or an application form.

We will be looking to recruit a new sessional support worker soon. Keep an eye on our website and Facebook page for further details.

Once you've had a look, you can email or call us for any further info.

Visit our
Website

Lothlorien Therapeutic Community
(Rokpa Trust)
Corsock
Castle Douglas
DG7 3DR

www.lothlorien.tc

Lothlorien is a member of the Association of
Therapeutic Communities.
Rokpa Trust is a registered charity (no.
1059293)

Opening Hours
Monday- Friday 9-5pm

01644 - 440602
Email address: lucy@lothlorien.tc

[A positive approach to mental health](#)

Lothlorien and Roan Lodge received
'Excellent' grades from the Care
Inspectorate.



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