



Lothlorien Therapeutic Community

Welcome to the Summer Edition of our newsletter!



What an absolute whirlwind it's been..

Despite a rather rainy season we have grown so much, expanding our reach and forming new connections along the way

Winning Prizes at Corsock Show 2024

We were delighted to win three rosettes in this year's Corsock Show! Thanks to our community's hard work and outstanding efforts, we won 1st place for our purple beans, 2nd place place for our assorted veg



Assorted Veg Box Wins 2nd Place!

box and a further 2nd place for place for our white tatties. Well done to everyone who took part, it was a fabulous day and so great to get together with some of our closest neighbours, show off the fruits of our labour and share some much needed community spirit in Corsock village. Until next year!



Samye Ling Tea Party, Sun 25th Aug. Despite the difficult weather there was a huge turnout in the dining room for sandwiches, cups of tea and a very big cake! We spent a little time in the temple where one of the monks was delivering a sermon which was translated from Tibetan into English. The overall impression was one of good vibes and a feeling that Lothlorien is part of something much bigger. We are so deeply honoured to be a part of continuing an important piece of Akong Tulku Rinpoche's vision.

Trustees from the ROKPA Trust joined us alongside the management advisory group (MAG) for their annual visit and meeting. We shared tea and cake together, a feast of homemade bread, soup and salad fresh from our gardens. All lovingly prepared by our talented community members. Big thanks to our resident Head Chef for making the meal happen and to our Master Baker for the brilliant courgette cake. Thank you to our lovely visitors for coming to see us.



John Maxwell, Lama Zangmo, Nick Jennings, Lucy Morgan, Charlotte Dudley, Brion Sweeney



Lothlorien community members enjoyed an afternoon visit to The Garden of Cosmic Speculation , 5 miles north of Dumfries. This beautiful 30-acre sculpture garden was designed by the late Charles and Maggie Jencks . The gardens include architectural works, landforms, bridges, water features, meadows and woodland. The head gardener Matt welcomed us and gave us a brief introduction to the gardens. We then had a picnic



followed by a leisurely walk around the grounds and some ice-cream. It was a magical experience. These private gardens are open to the public once a year to raise funds for Maggie's Centres. [Visit their Website](#)

Bee Friendly

Lothlorien welcomed Lorraine Johnston from the South of Scotland Beekeepers Association. Lorraine gave us a fascinating talk on the life cycle of honeybees. This included information on the care that goes into keeping a hive of bees healthy. We learnt that worker bees suck up the sweet nectar from flowers which they bring back to their hive. This nectar is then converted into honey within the hive and stored inside the honeycomb.



We can all help bees by planting bee friendly gardens, including plants such as lavender, catmint, borage, cosmos, sunflowers and echinacea. If you have the space why not create a wildflower bed? Please avoid using pesticides and herbicides as these can harm them.



The unique colour, flavour and fragrance of the honey they produce depends on the types of plants the nectar comes from. Lorraine brought different types of honey for us to try and taste the differences between each one. Types of honey included local summer blossom, acacia honey, French mountain honey, phaceila honey and soft set honey. They were absolutely delicious!



Lothlorien Therapeutic Community are pleased to announce that we have joined our local growers, farmers and makers from around D&G and are new members of Dumfries and Galloway's online food pantry, the Galloway Food Hub. Our organically grown produce is now being sold from the online farmers market and being delivered to residents of Dumfries and Galloway! So far we have offered climbing beans, red kale, curly kale and kale nero, kolrabi and various delicious lettuces. You can purchase all sorts of quality locally grown and made items which can either be picked up or delivered to local drop off points fortnightly. There are so many fantastic producers in our area and we are delighted to join them in this brilliant development towards benefitting our people and our planet.

[Galloway Food Hub](#)



The dogs quality of life are Nick and Mike's top priority and after fostering, many of them have gone on to work on farms, become sniffer dogs with the police or with the mountain rescue service. Of course some also prefer a quiet life or retirement to a cosy warm fire with lots of cuddles.

We are so inspired by the depth of Nicki and Mike's dedication and compassion towards this often misunderstood breed are sure you will be too.

Happy Ever-After's for lucky Collie dogs

We have new neighbours! After successfully running a rescue in England, they have taken their Border Collie charity north of the border and are setting up our neck of the woods.

Once the centre is up and running, they will be taking in collies who have previously ended up in the wrong homes, taking the time to assess them to find each of their individual talents and particular needs before rehabilitating, fostering and then matching the dogs up with suitable owners who can give them the best life possible.

Have a look at the video below to see some of the happy dogs they have rescued so far.



To help set up their rescue centre, they are looking for volunteers. If you would like to support their work, volunteer, donate or to find out more. Check out their website below.

[Border Collie Rescue](#)

NATURE MANDALAS

In Sanskrit, the word mandala translates to 'sacred centre' or 'circle'. Mandalas represent harmony and unity. One sunny afternoon in August, the community joined together to create a Nature Mandala in the front garden. Created by each collecting pieces of nature we found around the grounds which included sticks, pine cones, flowers, leaves, grass cuttings and feathers. We chose a sunflower for the centre piece. Our mandala celebrated the abundance of summer and our gratitude to nature.



The mandala has been left to slowly rot down back into the earth, to feed the soil and the.. All part of nature's cycles.

Mothman Pays a Visit

Malcolm Haddow from the South West Scotland Environmental Information centre paid Lothlorien a visit as part of the Corsock Moth project. As well as putting up a moth trap to see what species we could find Malcolm introduced us to the basics of biological recording, the importance of biological records for



Malcolm (Mothman) Haddow, Lucy (Manager) Morgan, Cyrenian friends, and Teaghan the Irish rescue dog

conservation and how to use recording apps such as iNaturalist. There were 25 moth species found at Lothlorien all varied and beautiful. We hope to carry on moth trapping regularly as well as biological recording for other species in an effort to learn more about the ecology of the land and aid our ability to manage the land in a wildlife friendly manner. Thank you Malcolm!

Autoharp Lessons

We were delighted to welcome Julie Buggy, a very skilled and experienced Scottish autoharp player from who came to facilitate an autoharp session for us in our living room. Julie taught us about the instrument's history and components, a bit about how to make them and showed us how to play them.



All community members were welcome to join and have a go! The autoharp is so unique and is really quite rare, especially in Scotland. There are no Scottish manufacturer's making this beautiful instrument at the moment. Most of us had never heard of autoharps before and were certainly dazzled by its sweet sound and ease. The instrument's sound is very enchanting and is not difficult to play, it is usually held against the heart and cuddled, as you can see in the pictures.. very therapeutic! If you are interested in learning more about this mesmerising instrument, you can contact Julie directly [here](#)

Hear from our in-house artiste

Aberdour Art Exhibition has become an annual



David Lamond next to his artwork at this year's exhibition

opportunity for me to express myself in the village I grew up in. Lothlorien has helped me develop my love of art and the exhibition often leads to discussion about Lothlorien and community life. This year I focused on my recent trip to Australia to visit my brother and his family. I attended a painting class over there and showed the work at the exhibition in Aberdour. I had lots of positive comments about the painting and good chats about art in general. Hoping to find more time for art at Lothlorien in the future as it is a naturally brilliant place for creativity in general!



Independent Living Support

Some of our community members have started a course with Independent Living Support. Hear what they think of the course so far..

Five of us have started attending a course of Peer-to-Peer Support sessions with ILS - Independent Living Support in Dumfries. The course is led by seasoned peer to peer support worker and sessions are assisted by a lady who has completed the course already. It's good to have her experience.

The first of 13 fortnightly sessions was part meet and greet and part overview of the causes of mental illness which was really informative. In the second session Lesley gave us a breakdown of what we can expect from the course. Some of the participants shared their journeys and their battles with mental illness. Their stories were powerful even humbling at times and reassured us that recovery is possible! Something that is too easily forgotten in these testing times. The structure of the course is relaxed and informal – we're free to make a cup of tea or go for a short break when we need one. We're approaching the course with an open mind and looking forward to gaining new perspectives and skills to help us manage our own mental health as well as tools to support others. Peer to peer has several key elements including shared experiences, mutual support, non-hierarchical and confidentiality. Benefits of the course include empowerment, reduced stigma, emotional support and skills development. [ILS Website Link](#)

A Few of our Favourite Photos



Preparing locally sourced wood for benches in workshop

Showing off the garden goods



Working side-by-side in the garden

Look at these moths we found



Having a go on the autoharp



Tucking into some excellent cake at Samye Ling Teaparty



Chuffed 3x rosette winners at the annual Corsock Show

Former Resident Shares his Story

Liam's Journey

When I joined Lothlorien my mental health was in a very bad way. Even though I have been struggling to various degrees since my teens I was at my absolute worst in the months leading up to my stay there.

Suicidal ideation was constantly with me and being alive during the waking hours felt unbearable, so I was sleeping as much as humanly possible to avoid being awake. This probably made things much worse too though as I wasn't eating well and getting very little exercise. This all gradually started to change for the better after I was offered a place at Lothlorien. Even though living as part of a community wasn't easy to begin with, I ever so gradually started to improve as the weeks and months progressed. The manifold benefits of being at Lothlorien are well set out and correspond to the philosophy of Dr

Akong Tulku Rinpoche who believed that a positive daily routine of grounding garden work, along with positive mutual support through friendships and the dedication of the core-team staff, were just what a person needs to help find recovery and alleviation from the distress of poor mental health.

Even though I still have my daily struggles, if I hadn't have joined the community when I did, then I don't know where my life would be at this time of early August 2024. But I sincerely believe it wouldn't be in as positive a light as it is without the care and good experiences that come with being a Lothlorien community member.

Thank you for sharing your story Liam



Wonder what it's like to volunteer?

Hear from one of our wonderful co-workers

Living and working in the Lothlorien Community is very relaxed and enjoyable. Here I got the opportunity to focus more on inner balance and freedom (of stress) in the different individual tasks and living together with others. Growing in the role as volunteer is very rewarding. I can discover skills and strengths about myself or share difficult tasks with others, this covers many areas: social, gardening, crafting, cooking, self management, spirituality. Life here is very grounded yet it never gets boring. I feel greatly supported from management and volunteers finding place and understanding for my personal needs or concerns and creative ideas. The atmosphere is very special at Lothlorien, it fills me with gratitude and respect for the place and the people who make the place what it is. The rules and structure are sensible, flexible and feel natural. It seems the highest authority is the prevailing peace and mutual respect for one another. I am coping well volunteering full time without financial income otherwise. I am looking forward to stay another year at least.

Thank you Johannes, we hope you will too!

If you have been involved in the community and want to share your story, please get in touch!



We are thankful to everyone involved in making this season so fruitful

Visit our
Website

Lothlorien Therapeutic Community
(Rokpa Trust)
Corsock
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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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