



From all of us at Lothlorien we would like to send our warmest wishes for this festive season

What a colourful year 2023 has been for us! Here is some news and a little of what we have been up to....



We have had our plates full with our organically grown fruit and vegetables such as beetroot, parsnips, leeks, peas, beans, garlic, squash, jerusalem artichokes, daikon radishes, various kinds of kale and salad leaves. We have even grown grapes and figs!

—We were so pleased to have James, a Mindfulness-based Core Process Psychotherapist and very lovely

person, joining us from Safely Held Spaces. Safely held spaces help people enduring mental and emotional distress to find safe, empowering and compassionate support in their local communities. Their work includes supporting holders and experiencers. They have an excellent resource called the Hub of Hope where people can find support in

their area. You can get involved with some of the fantastic work and find resources at <https://www.safelyheldspaces.org/>



Resident's have joined Dumfries and Galloway Outdoor and Woodland Learning Group's Branching Out woodland activities and are working towards a John Muir Award. They have been busy with conservation activities, learning and preparing local medicinal herbs and bushcraft. We were lucky enough to have them come and visit us for a taster session too!



EasternPeace's Anthony Fiddler came to the community to deliver his Seiki Heart Touch Workshop to the community. The techniques involved breathwork, embodied mindfulness, qi-gong and much more. The workshop was beautifully delivered and all community members got involved and took something positive away with them. We look forward to welcoming Anthony back into our community, he is an extremely inspirational person and a real joy to have with us. If you would like to learn more about Anthony and his work or would like to join one of his workshops please see his website:

www.easternpeace.com

The lovely Sarah Wass came to stay and delivered a beautiful Tara ROKPA workshop. We are looking forward to welcoming her back in the new year for more regular sessions.

The Team

Earlier in the year, one of our co-workers and earlier residents David joined as a staff

member. David had been a co-worker for some time and naturally progressed his way into the core group team. Since joining the core group David has been networking in the local area with residents, facilitating art sessions and is excited about the future of Lothlorien. He is an absolute asset to the team and we are so proud to have him join us as a support worker.



Joining us in the autumn, we were blessed with another excellent new member of the team named Jill to join us as our new support co-ordinator. Jill is a trained nurse and yoga therapist and she lived at Lothlorien as a resident many moons ago. She is a real gem and we are so lucky to have her!



If you are thinking about exploring the idea of joining Lothlorien as a co-worker or a resident, we would love to hear from you.

**Thank you all who have supported us this year,
near and far.**

Wishing a wonderful 2024 to one and all.



[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.



Lothlorien Therapeutic Community | Corsock, Castle Douglas, Dumfries & Galloway, DG7 3DR
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