



Lothlorien Therapeutic Community



Warm Greetings and Joyful Tidings from all of us at Lothlorien



As the nights draw in, our community remains as vibrant and active as ever. We've embraced the season with warmth, creativity, and togetherness.

Welcome to the Winter Edition of our Newsletter

Rosemary Haughton *Lothlorien's Radical Matriarch*



Today, Lothlorien Therapeutic Community honours the visionary ideals of its founder, Rosemary Haughton. As a community we are committed to continue the supportive, inclusive, and healing environment she created, reflecting her belief in the transformative power of love and community.

Rosemary Haughton was a remarkable theologian and activist who was a pioneer in the world of mental health, focusing on the integration between mental health and community living. Born in 1927, a year before women even had the same voting rights as men, she created a life defined by her radical visions and dedication to creating lasting change for marginalised people through a lens of love and human connection.

In the mid-1970s, Rosemary and her husband, Algernon Haughton, founded the Lothlorien Therapeutic Community. Established as their family home, Lothlorien became a haven for those struggling with mental distress. The concept, described as "Radical Hospitality," aimed to eliminate the distinction between those that were 'well' and 'unwell', nurturing an environment where everyone could contribute meaningfully, and true healing could begin. Rosemary further expanded her influence across the Atlantic, creating the Wellspring House in Gloucester, Massachusetts, which provided support for those struggling with their mental health and homelessness.

Many would deem Rosemary's life extraordinary, punctuated by noteworthy connections, 35 books, and a lasting influence in mental health care. However, it was Rosemary's ethos that underpinned her life's work: finding the extraordinary in the ordinary and discovering spiritual meaning in the everyday ordinary.

Rosemary Haughton's legacy lives on through Lothlorien Therapeutic Community, and Wellspring House- with each standing as testaments to her vision of creating a healing environment where individuals can re-build their self-esteem and lives through radical compassion, and through the radically mundane-every-day-beauty all around us.

As her granddaughter, Phoebe Ryrko, beautifully put it:

"To all who knew and loved her, to her family and friends, my grandmother gave a portion of her huge capacity for living, the power of believing in the goodness of life and the possibility of justice as well as the appreciation of what is immediately available to us all; radical love."

To read more about Rosemary Haughton, I encourage you to check out the following articles:

<https://besharamagazine.org/remarkable-lives/radical-hospitality-in-memory-of-rosemary-haughton/>
<https://www.theguardian.com/world/article/2024/aug/22/rosemary-haughton-obituary>

A glimpse of what we've been up to...



Wreath Making

Our warmest thank you to our neighbours Hilary & Paul from Corsock. They guided us through an afternoon of wreath making. Hilary & Paul had made the frames from our very own home-grown willow, and supplied us with foliage from the nearby wilds. We very much enjoyed the festive afternoon, learning a new skill together.

We even sold a few wreaths through the Wrights Dalry Shop, how about that!



Aviation Museum

We had the pleasure of visiting the Dumfries & Galloway Aviation Museum. We saw flying machines of all shapes and learned of their importance during WWII. We were inspired by the great resilience humans are capable of, especially in times such strife.

Special thank you to Charlie Ewing for the tour and sharing the afternoon with us.

www.dumfriesaviationmuseum.com





Visit from Local Artist Extraordinaire: Alex Rigg

In November we were delighted to welcome local artist Alex Rigg to the community. Alex shared a talk and photos of his creative projects and brought some costumes for us to try on.

Alex's work is normally seen at festivals or street carnivals, combining his unique costumes with dance, poetry, and music. Alex has worked with Trevor Leat designing and building large willow structures including the Wicker Man for the music festival. There may be an opportunity for Lothlorien to collaborate with Alex in the future.

You can learn more about Alex's work at: oceanallover.co.uk – **One of a kind performance art**



Nature Connection Project Blossoms

A study this year, commissioned by Lothlorien and conducted by Propagate, revealed a clear case for developing complementary projects here on Lothlorien's land to fit alongside the therapeutic residential work. Interest was shown in access to day visits from local groups who support people with mental health needs. The wider community also could benefit from both green social prescribing activities and nature-based events in our tranquil space. The activities envisaged are not limited to mental health support, but cover a broad range of nature connection, food growing and wellbeing - which can have educational, social and therapeutic outcomes. For more information you can read the full report by clicking on the photo above.

Strengthening Connections

Inspired by the enthusiasm highlighted in the Nature Connection study, Lothlorien has secured funding to bring these ideas to life. In September, Lesley Atkins started her new role as Lothlorien's outreach coordinator with the aim to foster connections between the wider community and local groups. For our community this new chapter is an opportunity to broaden our connections and support network, whilst also welcoming others in.

As spring approaches, there are plans to host open days, to which groups and potential partners can experience first hand the transformative power of nature and all this community has to offer. To find out more about our open days or to discuss how you might get involved, please get in touch with Lesley via her email: lesley@lothlorien.tc.



Lesley Atkins - Outreach Coordinator

Dumfriesshire Honey

Following Lorraine Johnston's informative visit this summer from the South of Scotland Beekeepers Association. The Association have chosen Lothlorien as their charity of the year. Donating several jars of this wonderful local honey to the Lothlorien community to enjoy. We are overjoyed to have this delicious golden nectar to eat through the winter. Thank you Lorraine and her bees! □□□□□□



Long way from where I live in NZ but longing to live in Scotland, the land of my soul.

Over land + sea to arrive in the middle of nowhere - a big log cabin surrounded by fairytale woodland.

Therapeutic gardening, working together, healing together, purpose, connection, satisfaction of a job well done.

Hear birdsong every day, labbling bums, cows + sheep conversing - slow down - hear nature's healing sounds.

Lovely soup for lunch each day, homemade - taking turns to cook - Fresh veggies from the garden, lots of salad - nutritious + nourishing body + soul.

Organic growing - learning to live with nature, companion planting, harvesting, making apple juice, planting trees.

Rhythms + routines in each day - patterns + purpose - a pathway to follow.

Interesting evening activities - Bring + share something you've read or listened to, games, music, movies, table tennis, local community events.

Exercise - Qi Gong, yoga, bike rides, walks, plenty of fresh air, meditation + gratitude practices - and the gym - but not for me!

Now its time to return to NZ - refreshed + soul replenished. Much gratitude to those that I've lived with + worked with at Lothlorien - a special place.

Farewell to Lynda

When asked about her time here, Lynda shared her beautiful words about what it was like volunteering with us.

Bon Voyage, Lynda!

We will miss you dearly. Wishing you all the best on your next adventure.



Meet the newest team members!



Hello, I'm Lesley, I moved to beautiful Dumfries and Galloway 3 years ago. Having worked in the food & drinks industry all my life, I retrained as a health coach in 2021 to empower people to make lifestyle and environment changes to make them as well as they possibly can be. I was lucky enough to find likeminded people when I joined Propagate and the Galloway Food Hub in 2022 which helped me become familiar with the local area. I learnt how to apply for, and manage, funded projects and co-create change for community benefit. I feel grateful to be spending the rest of my working week as outreach coordinator for Lothlorien. Building community links and planning inclusive events to connect people and nature to provide healing and prevention that will help more people benefit from the therapeutic model and healing space here at Lothlorien. It's a wonderful place to be part of.



Hi, I'm Elizabeth, Lothlorien's new Community Support Worker. Originally from the USA, I've called Scotland home for the past nine years. With a background in art, gardening, and mental health, this role at Lothlorien is a dream come true. I hold a BSc in Horticulture with Plantsmanship from the Royal Botanic Gardens in Edinburgh and have been a practicing gardener for the past several years. I have a keen interest in the role gardening can play in mental health recovery, believing in the healing power of nature. In 2021, I completed a certificate in Counselling Skills through COSCA, combining my training with personal experiences to advocate for mental health, and I aim to foster empathy and authenticity in my daily interactions. I'm proud to join the Lothlorien Therapeutic Community and look forward to contributing to its compassionate, inclusive, and healing environment, where the power of community and nature are at the forefront of recovery.

A Few of our Favourite Photos



Hamish, the star of Lothlorien

Christmas! (and the Lothlorien Christmas star☺)

Jill has been busy making these gorgeous 'Lothlorien Stars of Hope' to raise funds for the community



A frosty morning from our meditation hut



The willow-dome looking good with it's winter haircut



Trying on Alex Rigg's costumes



Teaghan enjoying the company of another 4 legged pal, Twig



APPLE JUICE !!!



Hard at work clearing our woodland paths



Learning a skill or two at Branching Out



Fireworks for Bonfire Night



Snowed in ☐



May you all find peace and joy this winter

Visit our Website

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

www.lothlorien.tc

Lothlorien is a member of the Association of

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'

Therapeutic Communities.
Rokpa Trust is a registered charity (no.
1059293)

grades from the Care Inspectorate.



Lothlorien Therapeutic Community | Corsock Castle Douglas | Dumfriesshire, DG7 3DR GB

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