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# Lothlorien Therapeutic Community Newsletter

Spring 2025 Edition



## Ah, the dance between winter's lingering chill and spring's gentle warmth!

With each passing day, the sun graces us a little longer, blossoms shyly make their debut, and the promise of spring fills the air. Yet the evenings (and often afternoons) still beg for a layer of cosy jumpers, and then some...

A season of contrasts and delight, wouldn't you agree?

### A Special Visit from Lothlorien's Past

Remember our feature about Lothlorien's founder, Rosemary Haughton?

Well serendipitously we had a visit from her daughter, Elizabeth Haughton. She was blown away by the stark similarities the community still shares with the original concept, and shared stories of her time here as a teenager.

We very much enjoyed this visit, and connecting with Lothlorien's roots. Looking forward to next time, Elizabeth!



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## Fire Warden Training

A big thank you to Norman from *Galloway Fire Safety Services* for a memorable afternoon. We delved into everything fire safety-related, learned how to efficiently coordinate a building evacuation, and discussed the different fire types along with the correct extinguishers to tackle them.



The highlight? Getting hands-on experience by battling a live, staged fire!

While we hope never to need this training, earning our fire warden certificates gives us great reassurance and peace of mind.



## Branching Out

Every Wednesday several of us have been attending 'Branching Out', a nature-based-programme where we learn all sorts of woodland inspired skills.

Take a look at what we've created!

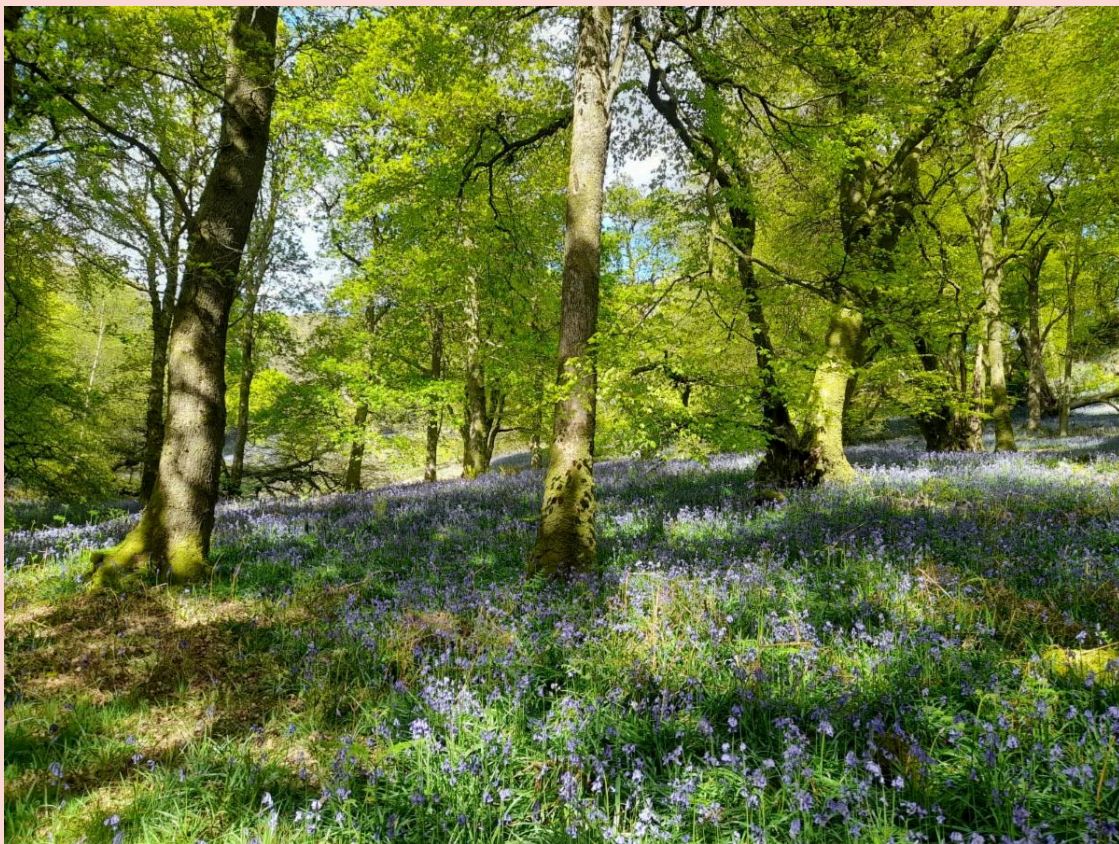


*Oatcakes with nettle seeds*



*A skulk of foxes*

## Bluebells at Carstroman Woods



In early May community members enjoyed a delightful walk with friends around Carstroman's ancient woods. Found a few miles north of Gatehouse of Fleet, Carstroman Wood is one of the largest semi-natural broadleaved woodlands in Galloway. In May the carpets of bluebells are spectacular, and worth keeping an eye out for the oft spotted red squirrels and roe deer.

## Open Days & Day Visitors



### Practitioner Open Days

We have been running a series of Open Days for local support workers to visit the Lothlorien site. The practitioners were invited to join in with our regular activities in the garden whilst chatting to staff and residents to find out how and why Lothlorien offers a healing space for recovery.

This has led to a better understanding of what we can offer and helps support workers to make suitable referrals for people who can benefit from our therapeutic model.



### Day Visits for Therapeutic Benefits

A lovely quote from our first day visitor through our pilot project this year:

*"Lothlorien felt very peaceful and welcoming, I would recommend a visit and would love to keep coming back"*

## Nature Connection Workshops

Lesley, our Outreach Coordinator, has been enjoying getting outside this month in the beautiful spring weather. Coordinating the first of a series of nature based workshops to share our wonderful outdoor space with others. These events were hosted by experienced local facilitators with the aim of connecting people with each other and nature. Offering opportunities to learn new skills and knowledge in a relaxing and well-being promoting space. We appreciated the feedback from everyone involved as we learn and develop our offering. Comments such as this one are heart warming: "Thanks for sharing your lovely space and making us feel welcome"

### Permaculture Workshop - with [Lusi Alderslowe](#)



Learning about the interconnected web of life 🕸

### Wild Garlic Workshop - with [Bianca Leder](#)



Enjoying the taste of wild garlic and sharing stories and recipes.



Building Pea Tee-pee's in the garden from coppiced hazel and willow. Using natural materials from our site.



Wild garlic is a free abundant food at this time of year. Remember to ask the land owners permission, take only what you need and can identify correctly, leave behind enough for others and for nature 🌱

For future events follow us on Facebook or check out the [Links page](#) on our [website](#).

## St Brigid's Cross and Mandala of Healing & Transformation



On a sunny afternoon in early February, we joined together on the front lawn to make a nature mandala to celebrate Imbolc.

Imbolc is a Celtic Festival celebrated on

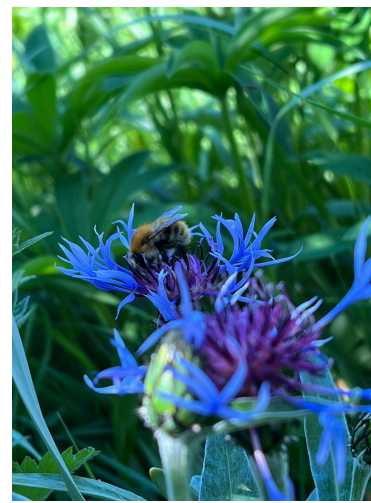
the 1st of February in the northern hemisphere. It is a festival of light and fire , symbolising new beginnings. We collected leaves, twigs, pine cones, foliage and snow drops for the mandala. We placed a St Brigid's Cross as the centre piece with all the foraged materials around it from the centre outwards. We dedicated the Mandala to healing and transformation.

We made the St Brigid's cross from gathered reeds. Weaving the reeds together and tying the ends. Traditionally these are displayed on the door of a house to offer protection and blessings.



## What's Been Happening in the Garden?

Our garden here at Lothlorien has been thriving in this stretch of warm sunshine. Filled with bees buzzing about, dragonflies darting about on the pond, and the birds chirping away with their usual chatter.



This year's nectarine crop in the Peach House looks promising, with plenty of fruit to share around and enjoy. We've also got a few figs ripening, along with our ever steady supply of fresh salads. (If you look closely, you might spot our kiwi vine)

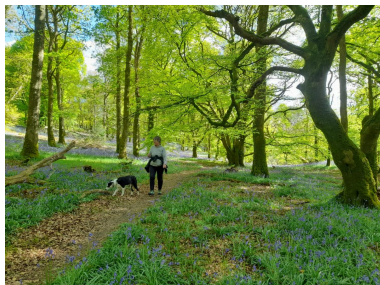
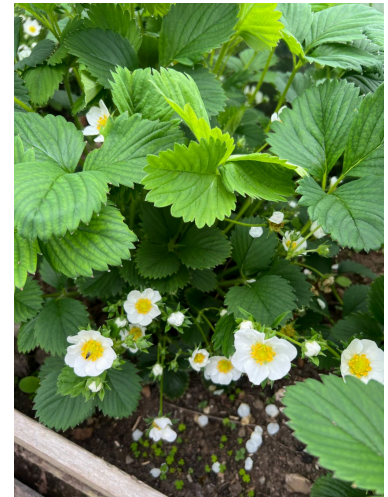


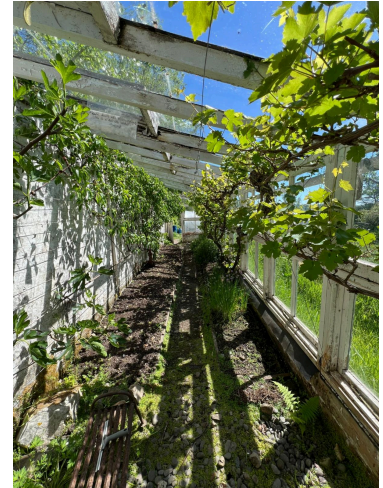
We've been sowing seeds, still keeping an eye on the occasional evening frost, but



slowly moving our seedlings out into the garden. Hoping for a great summer and autumn harvest ahead; lots of fresh flavours to look forward to!

## A Few of our Favourite Photos





Wishing you blooming days ahead

Visit our Website

Lothlorien Therapeutic Community  
(Rokpa Trust)  
Corsock

Opening Hours  
Monday- Friday 9-5pm

01644 - 440602

Castle Douglas  
DG7 3DR

[www.lothlorien.tc](http://www.lothlorien.tc)

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

Email address: [lucy@lothlorien.tc](mailto:lucy@lothlorien.tc)

[A positive approach to mental health](#)

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



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