



## Lothlorien Therapeutic Community Newsletter

Spring 2026 Edition

### Bursting Forth with the Joys of Spring

You'll find below highlights of the transition period here at Lothlorien as we move from Winter towards Summer.



### Highlights From Our Garden Coordinator

As the seasons begin to turn and the days gently lengthen, it has been a vibrant and deeply rewarding time in the garden here at Lothlorien Therapeutic Community. There is a palpable sense of renewal across the land, with both nature and community coming into fuller expression.



#### Obtaining A Yield

The propagation greenhouse is steadily filling. The vegetable beds have been turned and mulched in readiness, overwintered garlic is thriving, and our shiitake logs are developing well. We've also begun collecting nutrient-rich worm leachate from our reinstated wormery—an invaluable natural fertiliser that will support healthy growth in the months to come.



#### Generous Gifts

Andrew McQuaker gifted a Christmas tree that brightened our carpark over the festive season, and Carolyn Barlow generously donated four large wall hangings, originally created for celebrations at Kagyu Samye Ling Monastery. These will find a new home in our developing community space.



#### Walk This Way

Pathways are being extended to improve access, including a new path with a wall stepover and two bridges to the meadows, and a path to our "hidden" pond down from Roan Lodge.



### Seasonal Celebrations

A joyful Wassail, led by Sarah Jane Scouten. We established our oldest apple tree as a “wishing tree” - a long-held dream now brought into being. It stands as a symbol of hope, intention, and continuity.

### Community Gardening Trip

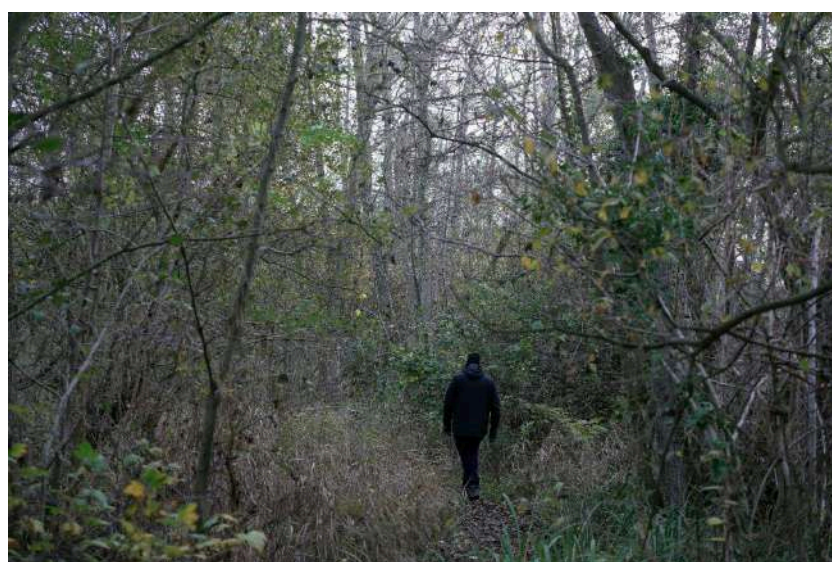
We enjoyed a brilliant community day at Lauriston Hall Co-Op Housing Community, where we spent time tending the garden. Our heartfelt thanks go to everyone there who made the day so enriching.

### Remembering Akong Rinpoche

Our new fruit tree grove has been completed in celebration of Akong Rinpoche. Twelve blossoming fruit trees have been planted, creating a natural and symbolic link between the house and the vegetable garden.



## Upcoming Event .... Mindful Walking Workshop



Step away from the rush of daily life and rediscover the power of simply being. Join our Mindful Walking Workshop, a guided outdoor experience designed to help you reconnect with nature, your body, and the present moment. As we move gently through a natural setting, you'll be invited to slow down and fully engage your senses — noticing the feeling of the ground beneath your feet, the rhythm of your breath, the scent of fresh air, the play of light through the trees, and the subtle sounds that often go unheard. This workshop offers a calming space to reduce stress, cultivate awareness, and deepen your connection to both yourself and the living world around you. No experience is needed — just bring your curiosity and a willingness to walk with intention.

[Book Tickets](#)

Saturday 18th April 2026

## Wild Lothlorien

Enter spring 2026. A conservation perspective by Kristy.

When I think & feel the essence of life at Lothlorien I think of the saying of the Lakota nation of Turtle Island (North America) "Mitákuye Oyás'íŋ" (pronounced mee-tah-koo-yay oh-yah-sheen) which beautifully describes our shared Reality by addressing it as "All My Relations." All humans, all animals, all plants, all the waters, the soil, the stones, the mountains, the grasslands, the winds, the clouds and storms, the sun and moon, stars and planets are our relations and are relations to one another. We are connected to each other in a multitude of ways, which is likened to the Buddhist philosophy of interconnectedness. When one is in pain, we are all suffering. When there is justice for one, there is more justice for all. With this in heart & mind it has been a pleasure to witness the transition of seasons within our shared human community & the communities we share with the land.

After finding some owl pellets in February & cleverly positioning a trail cam we were fortunate to discover not one but two Tawny Owls.



Whilst this is a great find we are keen not to disturb their home & have been monitoring the owls from a safe distance. All information is gathered & passed on to local & national databases allowing a fuller picture of ecological patterns of behaviour & habitat management practices which in turn could lead to more enhanced biodiversity in our local area. From the first signs of spring as the new buds begin to show, new life is emerging once again. Daily life becomes enchanting as we get to witness the lives of "All our relatives" at lothlorien.

### Wishing Blue Well: A Lasting Legacy in Our Community



Blue has had a long-standing connection with the building and people of Lothlorien.

Being one of the many hands who came to help the Haughton's build the log cabin in the 1970's.

I believe there may have been a few parties too back in the day!

More recently, that is the last decade - Blue's ability to fix, rebuild, wire up, sweep chimney's and the like has made him an invaluable part of the team here. His calm and warm presence was felt every Wednesday.

He will be much missed and always welcome back for a cuppa and a catch up. Hopefully we'll see him playing his guitar out and about on the D&G music scene.

With much gratitude for all you've done for Lothlorien 🙏



We also wished a fond farewell to Elizabeth, heading off to have her second baby. We'll miss your fun and friendly presence in the office and wish you well with your growing family.

Good bye to Veritie, who volunteered for a year here leaving lots of spaces organised and tidy - thank you. We will miss you and Sky, the stick fascinated collie.

A bientot to Claire, whose enthusiasm for salad kept us growing and eating fresh leaves all winter long. Leaving us with a taste for, and instructions to, keep baking sourdough bread. Merci for the delicious special meal you treated us all to!



## Thank You For Making Our Christmas Bench Appeal Such A Success

A heartfelt thank you to everyone who responded to our Christmas Bench Appeal—your generosity is already making a real difference. Over the winter months, the garden benches we received were carefully prepared and treated to ensure they will last for years to come. One now sits ready for use by the pond thanks to a generous donation from TAS Building Supplies in Castle Douglas, while another, kindly given by supporter Neil Hughes, has been positioned in the orchard, where it provides a peaceful spot among the established fruit trees. Jill Dobbie of Yoga From The Heart Dumfries kindly donated a beautiful, covered bench (an arbour) and flowering bulbs, which are now coming into bloom. The three benches donated by the Hart Knowe Trust have also been installed and are already making a noticeable difference, helping to make our shared spaces more welcoming and accessible. Together, these additions are enhancing the experience of everyone who spends time here, creating simple but meaningful places to rest and connect.



## Fascinating Facilitations



### Peat Facilitation with Kerry Morrison from [The Crichton Carbon Trust](#)

Kerry, a local environmental artist with the Crichton Carbon Trust shared with us that peatlands are vital in Scotland because they store vast amounts of carbon, helping to slow climate change by keeping greenhouse gases locked in the ground. They also support unique wildlife and help regulate water by reducing flooding and improving water quality, making them essential for both nature and people.



### Trellis Garden Consultation

Trellis are a brilliant organisation who support therapeutic horticultural organisations. They were invited to come and visit us for the day to help us create a big picture for how the community would like to develop the site of Lothlorien. The community chose a wide range of possibilities from more signs to a sauna. A QR code trail for mindful and nature info stops and perhaps a bird hide would be nice! We'll see what can

Created by many centuries of moss decay from species such as this Sphagnum moss pictured. There is a mini peat pocket near our land.

be created this year from all those ideas.

Visit the Trellis [website](#)




### Therapeutic Days at Lothlorien

We are continuing with our pilot project to support day visitors from our local area with mental health needs. Offering gardening activities, social connection and home cooked communal lunches in our welcoming therapeutic community. If you or someone you know would be interested in finding out more about day visitor opportunities please email [lesley@lothlorien.tc](mailto:lesley@lothlorien.tc) for a referral form.

### Volunteer with us

Do you have a day a month, or a day a week to help us out? Think you've got something to give to a therapeutic community built on compassion and mutual support?

We're looking for friendly folk to join our community's daily routine of gardening, outdoor work, cooking, and eating together.

If you'd like to know more please get in touch with Lesley  [lesley@lothlorien.tc](mailto:lesley@lothlorien.tc)



## Welcoming New Faces to the Fold

This year we have warmly welcomed two new faces to the Lothlorien Family. Here's a little bit about them.....



D&G born and bred Tamsin, and part-time office pup Nori, bring a warm cheeriness to the community and a calm and collected level of organisational ability. Tamsin teaches yoga locally and is a keen wild swimmer.



We welcome Kristy back to the community. Bringing her energy, Qi Gong and wildlife knowledge and enthusiasm into the mix. Her discovery of tawny owls in our wee barn has been a major highlight so far.

## A Few of our Favourite Photos





Wishing you renewal, hope and happiness 🍷

Visit our Website

Lothlorien Therapeutic Community  
(Rokpa Trust)  
Corsock  
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)

Opening Hours  
Monday- Friday 9-5pm

01644 - 440602  
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.



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

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!