

NEWSLETTER

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Registered Charity No 1134680



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Dear Friends

It was lovely to see many of you at Crufts, to catch up with all your news, learn about your plans for this year, to hear about the antics of your Cinnamon pets on the days you walk, to be able to thank you in person and most of all perhaps, to feel the warmth that exists between us. It was really good to see last year's Young Volunteer of the Year, Daniel McGuire who visited our stand to see once more the trophy he was so proud to have deservedly won.

Mikey Perryman from Somerset is this year's Young Volunteer of the Year. He is 16 and he's been walking **Max** the Border Terrier for **Phyll** for over two years. Max refuses, absolutely refuses to walk in the rain, so if it's wet, Mikey plays ball, hide and seek and various other indoor games instead! Mikey and Phyll have become very close and needless to say, he has a "very best friend" in the shape of Max. A great achievement, Mikey was chosen from over 500 young volunteers.



CT '100' Club

The big winner who received a £100 in December was **Gloria Burner** (Hampshire). Winners who have each received £25 are Oct: **Harry Laurence** (Staffordshire), Nov: **Kathleen Cross** (Cornwall), Jan: **Joan Raven** (Dorset), Feb: **Janet Pettitt** (Dorset), Mar: **Pauline Martin** (Cumbria) and Apr: **Rita King** (Essex).



Fundraising Events



Anne Korn



Myra Cox and Sukie



Christopher Brown

Anne Korn ran the London Royal Parks Half Marathon and raised a fantastic £413 and another, **Lynn Bufton** (Staffs) and **The Stone Festival Committee** raised a brilliant £418 from their sponsored dog walk. **Kevin Tolley** (Wiltshire) raised £126.60 on his stall. **Margaret Ballard** (Somerset) raised £62.50 being the retiring collection at their recent Pet Service. **Gloria Jackson** (East Yorkshire) raised £50 from her car boot sales. **Rita Curtis** (Cornwall) and everyone at **Latchley, Chilsworthy and Cox Park Horticultural Show** raised £40. **Tanya Gittins** and **Fiona Minshall** from **Physio Vet Centre**, Crewe raised £227 at their Companion and Scruffts Dog Show. **Myra Cox** (Somerset) and **Sukie** had a stand at Laburnum House Lodge Hotel (pet friendly!) dog show and raised a wonderful £156.90. **Ann Confer** (West Sussex) raised £40 from her table top sale. **Kathryn Beardshall** (Worcestershire) and everyone at **Ombersley Road Methodist Church** raised £30, the retiring collection at their annual Pet Blessing Service. **Sarah Brown's** son, **Christopher** (Essex) completed the London to Brighton mini run, in his 1979 mini van and raised a terrific £321. **Yvonne Joslin** (Hampshire) raised £78 at Oakhanger Fun Dog Show - lots of fun was had!! **Pauline Kelly** (Kent) and her husband held a car boot fair and raised £50. **Paula Bailey** (Warwickshire) and her friend **Mary** sold handmade lavender bags to raise £20. **Janet Morgan** (Worcestershire) is amazing!

With help from **Wendy Ralphs, Emma Brotchi, Pam Jameson, Chris Hyde and Kevin Leneghan, Anita Moore, Suzanne Caine, Sylvia Whittaker, Rita Meakin, Sheila Clifford, Jane and Michael Barstow, Graham Hill, Jennifer**

Bull, Jean and Charles Wesley, Lynne Warren, Heather Earp, Lynda Matthews, Jane Simons, Rod Howell, Sandra and Brian Hill, Tish Edwards, Sue Bradford, Laura Gould, Pam Yates and Rachael Wilkes, she organised over



Janet Morgan's events



12 events from obedience to agility and Fun Dog Shows, K9 massage talks to raise a massive £918.01. Grateful thanks must go to **Amanda and Malcolm Sunter** owners of the Jinney Ring Craft Centre who hosted 'Animals R Magic 2013'. **Christine Lawn** (West Yorkshire) is equally amazing - with **The Lupset Park Group** she raised £957 from their various activities and events. **Scarsdale Veterinary Group** (Derbyshire) raised a fantastic £728.57 from their dog show. **Glynis Watson** (Kent) held a fun dog



Scarsdale Vets dog show

show at The Ship Inn at Darenth, despite the rain there was a great turnout to raise a great £719.25. **Andrea Duggan** (Worcestershire) went on a sponsored slim for a "gruelling 4 months"! She shed 2 stone and raised £428 and her friend **Lindsay Hodge** joined her to raise another £145.50 - fantastic! Well done! **Diane Davis** (Surrey) with 60 friends and neighbours enjoyed a sizzling dog day - with help from **Marion, Chad, Elaine, Jenny, Stuart, Sean, Rachel, husband Peter** as well as **Stevan** who put on a free magic show for the children and they raised a fabulous £785. **Duncan Court** (Norfolk) held a Social Club event and raised £60. **Avondale Veterinary Centre** (Warwickshire) raised £94.44 from their event. **Sian Fletcher** (West Sussex) a walk leader for Arun Healthy Walks provided refreshments on a local walk and raised £40. **Broomhill Veterinary Practice** (Yorkshire) held an Open Day with table top sales, a raffle, dog and cat treats to raise £170. **Patricia Hopkins** (Gloucestershire) raised a marvellous £275.57 from her various events and stalls throughout the year. **Maureen and Derek Edwards** (Norfolk) with help from **Sue Lowe and Christine Brockman** held two



Glynis Watson fun dog show

Maureen and Derek Edwards (Norfolk) with help from **Sue Lowe and Christine Brockman** held two



Patricia Hopkins

bric-a-brac sales and raised an amazing £335.35. **Helen Roberts** (Conwy) and her daughter **Eva** had a wonderful garden party to raise £198.41. **Sonia Patterson** (Cheshire) raised £55 by cat sitting! **Pat Bowles** (Lincolnshire) raised £50 from the sale of bags and lunch with friends! That's the way Pat! **Catherine Davy** (Leicestershire) took part in the Rutland Water swim and raised £310 - superb! **Uplands Way Vets Ltd** (Norfolk) raised £40 at their dog show. **Marian Foers** (Rutland) raised £94 from selling her sumptuous jams and festive floral table arrangements. **Gail Hussey** (Suffolk) and **The East of England Ladies' Kennel Club** raised £30. **Christine Harrison** (Warwickshire) has been very busy! With her husband they celebrated their ruby wedding, and with her cousin she had a table top sale and altogether raised a magnificent £500 - and then she went on her regular walks with **Smudge, Becky, Fozzy, Latte, George** and **Pickles** for their



Maggie Martin's stall

owners. **Allyson Maltas** and everyone at **Abbey House Veterinary Clinic** (West Yorkshire) held an Open Day and raised £40. **Oakhill Veterinary Centre** (Lancashire) held an Open Day, with displays from police horses and dogs, a farmers market and much more, they raised £300 - excellent! **Stella Smith** (Carmarthenshire) raised £88.45 from her events throughout the year. **Maggie Martin, John** and **Tiny** (Sussex) raised a fantastic £466.40 from her stalls at Findon Sheep Fair and Findon Christmas

Fayre. **Carol Payne** and **Lynn Hopkins** (Norfolk) raised £30 at Wolverton Hall Organic Garden event. **Anne Needham's husband** (Essex) was the senior Golf



Mount Charles Womens Fellowship

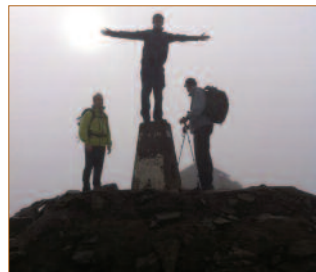
Captain of his local club, they held a charity day, held a raffle, had drinks and yummy cakes and raised a fabulous £355. **Mary Whitehead** (Cornwall) and **The Merrymeet Residents Association** held a dog show and raised £110, despite dreadful weather! **Rowe Veterinary Group** at Thornbury raised £230.20 from their open day. **Waitrose, Chandlers Ford** customers voted for us and Branch Manager, **Andy O'Keefe** sent a most wonderful £425



Lee Hobbs and First Class Dog Training

under their "Community Matters" Green Token Scheme. **Mary Rogers** (Cornwall) raised £70 at St John Village Fun Day. **Angie Hubbard** (East Sussex) walks **Sam** for **Pat Hales**, together they manned a stall, had lots of fun and raised £117. **Richard Waters** (Cornwall) sent £130.45 raised at Mount Charles Womens Fellowship and in lieu of sending Christmas cards. **Lee Hobbs** (Cambridgeshire) and everyone at **First**

Class Dog Training, had a great time raising £250. **Pat White** (Devon) raised £213 from various events. **Christina Wood** (Buckinghamshire) sent us £66.30 from **The Open University's Faculty of Health and Social Care** who had a coffee morning and baking contest to raise £33.15, which was matched by The Open University Active Community Fund. **Debbie Boitout** (Dorset) held a garden party and an open day where they put on a display of their model steam trains to



Team Onswitch

raise a wonderful £210. **Team Onswitch** (Lincolnshire) raised a stonking £1,511.40. The Team was made up of **Donald Lambert** and **Adam Parke** from the Grantham based company and fellow madmen from the vet profession: **Mike Brampton** (Thames Medical), **Wallace Campbell** and **Roger Hosill**. The toughest of challenges, the team not only climbed the three highest peaks in mainland Britain, but they cycled in between them as well! Starting at Snowdon on the 29th September, Team Onswitch climbed a total of 3,406 metres and cycled a staggering 444 miles over six days (and many, many litres of rain), finishing up at Ben Nevis. **Sian Wade** and **Sarah Brunson** (Warwickshire) raised £182 at their annual coffee morning. **Hilary Hunter** (Essex) and **Team Bulldog Charity Banger Rally Team** entered two cars into the Motoscape Rally. They covered many miles and many countries with their rear gunner "Biff the Bulldog" thanks to **Gunnebo Entrance Control Ltd** who sponsored them, they raised a stunning £1,010. **David Slater** (Worcestershire) a Buddy Holly fan celebrated his 70th birthday in style at Ladbrook Golf Club, what a great night with 70 plus close friends dancing the night away. He raised a brilliant £370.50 - here's to many more parties! **Albany Pet Shop** (Kent) raised £50 throughout the year. **Gillian Porter** (London) and **Southgate Opera** raised a wonderful £350 at their friends concert raffle. **Louise Sharp** (West Sussex) and the congregation of **The Cathedral of Our Lady and St Philip Howard** (Arundel Cathedral) raised £89.74 from their



Hilary Hunter's banger



Gillian Porter

annual Ecumenical Animal Blessing Service. **Vets4Pets Ipswich** (Suffolk) raised £41.24 over several months. **June Turner** (Warwickshire) with help from darling pussycat **Tigs** made and sold some lovely cards to raise £15. **Jane Penrose** (Cornwall) and everyone at **Newlyn Knitters** knitted lots of lovely items which they sold to raise £200. **Eileen Cock** (Cornwall) and the congregation of **Treslothan Parish Church** raised £13.75 at their Pet Service. **Frances Walker** (West Midlands) raised £100 in lieu of presents for her 90th birthday - fabulous, Frances may there be many more! **Rosemary Harryman** and the **Intermediate Care Team** at Kent Community Health Trust sold paperback books to raise £115. **Tania** and the team at **Birmingham Airport** raised £50.70 from their dress down day. **Pelyn Veterinary Group** (Cornwall) raised £56 from their micro-chipping event. **Jeanne Thomas** (Pembrokeshire) organised an irresistible tea party! A great afternoon was had by all and she raised £202.30. **Jan McLean** (Hampshire) walks **Lollipop** for **Moya Sims** who donated goods which Jan sold at a car boot to raise £20. **Ann Brooks** (Leicestershire) made and sold super bead and fabric necklaces to raise £45. **Carl Drinkwater** (West Midlands) is a star! Yet again with support from friends, family and work colleagues he raised £401.30 from his recycling. **Mary McNab-Jones** (Kent) raised £100 from the sale of music. **Pat Coyne** (Kent) Estate Manager of **Hanover Close**, one of our pet Friendly Care Homes raised £131.18 from their raffle and residents coffee morning. This is mad!! **Kath Willis, Kirsty Cookson, Nicola Hardcastle, Emma Hawkins** and several other vets and nurses from **Oakmount Veterinary Centre** (Lancs) took part in the Spartan Sprint, a gruelling 5k obstacle course with 15+ obstacles, trails and mud runs which



Oakmount Vets Spartan Sprint

test strength and stamina. They raised an absolutely magnificent £633.13 - how amazing is that? As President of Chelmsford Rivermead Rotary Club (Essex), **Martin Reed** chose us as his charity for the year and guess what - more mud! They organised the Maldon Mud Race where people **pay** to wade through thick mud when the tide is out! This raised an amazing £500. Another amazing £500 was raised from their "Rock n Roll Bingo" evening - brilliant! **Ruth Young** (Cardiff) with friend **Liz** raised £90 from a couple of car boot sales. **Eileen Ellice** (Sussex) and **Pat**, friends and neighbours raised £50. **Michael Bonaccorsi** (Staffordshire) and **The Leek and District Coffin Dodgers** raised £22!!! **Pat McCallum** (Norfolk) and members of her **Slimming World Club** raised £55. **Ardmore Veterinary Group** (Suffolk) held an open day and raised a brilliant £400. **Pat**

Sanderson raised £55 at The Birmingham City Mission. **Elizabeth Street** (Warwickshire) and members of **The Greenlands Art Group** raised £35. **Christine Derham** (Suffolk) sold more of her gorgeous peacock feathers to raise £34. **Mike Hasshill** (Cornwall) sold manure and also played the organ at a wedding to raise £120. **Julie Aris** (East Sussex) held a most successful quiz night in Westham Village Hall to raise £240. **Ann Canfer** and **Kathy Roberts** (Sussex) raised £75 from a Dog Show and sale of cards. **Mary Ede** (Berkshire) raised £30.95 from her stall. **Rosaline Newman** (Wiltshire) sold handmade dollies clothes and raised £15. **Joy Patilla** (Derbyshire) and her twin sister celebrated their 60th birthday, they held a party and raised £355 - nice one! Many more happy birthdays! **The Vet Ltd** (Yorkshire) raised £230 at their Christmas tombola. **Catherine** and **Allana Pattinson** (Cumbria) sold jute bags and raised £20. **Nigel Orrett, Sue** and the lovely **Katie** (West Midlands) raised £220 - excellent! **Yvette** and **Frank Lewis** (Dorset) sold some Christmas lights to raise £50. **Rebecca Thomas** and everyone at **Smith and Reed Recruitment** (Cornwall) abstained from sending Christmas cards and raised £100. **Flo Croucher** (Somerset) raised £100 at her charity stall where she sold delicious jams and lovely, warm knitted gloves. **Herefordshire Council** organised a table sale at St Owens Centre and **Heather Bufton** sent us £20 proceeds. **Enid Hill** (Conwy) raised £30 from weekly collections at her local club. **Daphne Lay** (Cornwall) held a coffee morning and raised a wonderful £245. **David Ball** and all the volunteers at **The Crossing Charity Shop**, Kirby-in-Ashfield raised £200 throughout the year. **Sheila Yates** (West Sussex) and **Tia**, her retired greyhound, held a birthday fundraiser party, she had a silent auction, name the reindeer, guess my weight and lucky envelopes, everyone enjoyed cups of tea and yummy slices of birthday cake and raised a marvellous £413.60. **Alicja Klamann** (East Sussex) and all at **Ancaster Court Nursing Home** raised £343.05 from their annual dog show. **Yorkshire Building Society, Godalming Agency** raised £100 for us during "Make a Difference Week". **James Fraser** (Northumberland) organised a coach trip to Edinburgh. He raised £227.65 from sales of coach tickets, surprise cash from a draw, a general knowledge quiz, takings from a Whopper prize raffle and on-board bingo games - all his passengers had a deservedly fantastic time! **Louise Alway, Manager of Yorkshire Building Society, St Ives Branch** raised £100 for us as part of their "Make a Difference Week", **Mr** and **Mrs Eddy** and their lifelong foster **Skip** received the cheque. **Fine Tubes Ltd Charity Committee** (Devon) raised £75. **Sharon Pitkeathly** (Warwickshire) held regular table top sales and raised £25. **Sheila Purnell** (West



Yorkshire Building Society St Ives



Sheila Purnell's Tombola

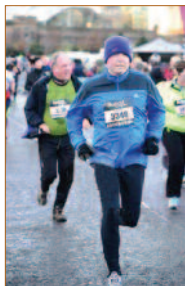
Midlands) raised £145 from various table top sales and tombolas at Arden Hall. **Ruth Herd** (Surrey) raised £200 from their Christmas special held at The Red Lion pub - nice one! **Toni Deaves** (Norfolk) with help from **Ray Kitchingham** and **Bernice Miller** held various market stalls to raise a stunning £1,283.80. **Anthony Johnson** (Cheshire) and everyone at **Alexandra Veterinary Centre** held a family fun day and raised £125. **John Durston** (Bath) nominated us as his charity of the year during his 2013 Presidency of the Barbarians Bowls Association, they raised another amazing £1,000. **Julie Higham** (Buckinghamshire) and everyone at **Rescue Friends** nominated us as their charity of the year and raised £250 for us. **Karen Taylor** (Somerset) raised £35.10 from her craft sale at the therapy office at Bristol Royal Infirmary and **Shirley Rankin** (Somerset) from Murphys Saddlery raised a fantastic £325 from their raffle. **Chris Cox** (East Sussex) and members of **Christchurch Methodist Church** held a summer coffee evening and raised £130.



Pamela Pulley - Carol concert



Christine Crewe

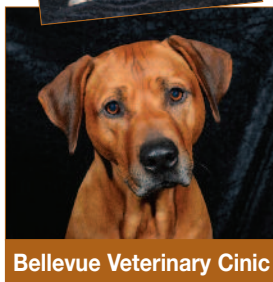


Alan McMillan

Colin Stepney (Dorset) and his wife held a Christmas buffet for friends and neighbours and raised £175. **Sandra Pridgen** (Lincolnshire) with help from **Margaret Scott** and **Steve Mason** raised £70 from their annual charity bake. **Adele** and **James Lapworth** (West Midlands) held an Anniversary Charity Walk - best paws and feet forward to raise a superb £400. **Virginia Water Vet Clinic** (Surrey) raised £119.56 in lieu of sending Christmas cards and the staff at **Oakhill Veterinary Centre** (Conway Drive) raised £50 in lieu of sending Christmas cards. **Christine Sumsion** gave a talk to **Weston Homemakers** in Somerset - they decided to fundraise for us and Christine collected a cheque for a staggering £1,031. This is a lovely one, **Pamela Pulley** (East Sussex) organised a Christmas Carol Concert and raised a wonderful £525. **Christine Crewe** (Surrey) raised £105.35 from her Christmas table top sale and tombola. **Pauline Skuce** (Hertfordshire) made and sold cards to family and friends at church to raise £74.

Connaught House Veterinary Hospital (West Midlands) raised £23.33 from their staff charity box. **Judy Westacott** (Devon) has again been fabulous, she held a stall at the Totnes Elizabethan market to raise £330 - well done! **Catherine Kingswood** (Northamptonshire) raised £20 from her work tuck shop. **Alan McMillan** (Midlothian) ran the 5km Great Winter Run in the heroic time of 36 minutes to raise a fantastic £430. **Teresa Webb** (Lincolnshire) sells free range eggs from her rescue hens to dog handlers at her agility training club and raised £130 - brilliant one! **Yvonne Dockerill** (Cambridgeshire) and everyone at **Ely City WI**

raised £30 in lieu of sending Christmas cards. **Laraine Smailes** (Cornwall) and everyone at her line dancing class raised £50 from their raffle. Here's a wonderful idea - **Bellevue Veterinary Clinic** (Somerset) held a pets 'n' pictures fundraising event for their clients, for every portrait **Philip Watts** took £5 came to us, they raised £241.65 and sent us photos of 4 gorgeous portraits. **Babs Main** (Norfolk) Landlady of **Twenty Churchwardens** together with staff and customers raised £100 over Christmas and New Year. **Barbara** and **Mary Smith** (Kent) (not related!) sold whatever came their way on E-bay as well as seasonal garden produce at the garden wall to raise a fabulous £900. **Irene Durant** (West Sussex) raised £30 in lieu of sending Christmas cards. **Helen Charman** (Sussex) raised £30 from her Christmas quiz. Everyone at **Mildmay Veterinary Centre** (Hampshire) raised £44 from their Christmas hamper raffle. Maria's mum sponsored both **Maria White** and her husband (Norfolk) to abstain from alcohol for the month of January which included New Year's Eve!! They raised £30 - heroic! **Muriel Sibree** (Norfolk) raised £88.50 over several months, part of which was donations for her handmade Blue Poppies to commemorate all the animals who lost their lives in the two world wars, she was delighted that everyone who supported her placed the Blue Poppies next to the Red ones - very touching! **Sheila Hurst** (Devon) with help from **Barbara** attended several events and sold jams and chutneys to raise a magnificent £552.78 - and I'm sure long term foster **Gemma** helped as well! **Anna** and **Adam** and all the staff and customers at **Café Bellinis** (Cornwall) raised £103 from their Christmas charity raffle. Our volunteer **Sally Emmerson** walks **Belle** for **Dorothy Fruin** (Yorkshire) so Dorothy started baking Christmas cakes last October for sale to the lads at her daughter's work and friends - she raised £85 to say "thank you" - isn't that lovely? **Dogwise Training School** (Wiltshire) raised £78. **Malvern and District DTC** raised £100 from their raffle at their AGM. **Ruff Diamonds** (Lincolnshire) raised £123.70 from their dog show. **Lowestoft DTS** raised £200. **Malmesbury and District DTC** raised £100. Very sad news, **Sussex Alsatian Rescue** have been wound up due to the death of their Chairman, they sent us £1,000. **Skernedale DTC** raised a superb £500 from their companion dog show. **High Peak DTS** (Gtr Manchester) sent £50 in memory of their former Chairman, **Barbara Stevens** who sadly lost her battle with cancer, lovely to read that her daughter, **Pippa** and her 3 year old granddaughter, **Eloise** are both following in Barbara's shoes. **Liz Lenton Dog Training** (Gloucestershire) raised £43 from their Christmas dog parties and a fun



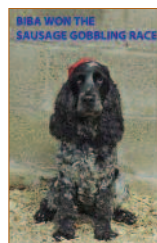
Bellevue Veterinary Clinic



Fair Oak DTC

morning. **Wellow DTC** (Hampshire) raised £320. **South Western Yorkshire Terrier Club** (Dorset) raised £500 - excellent! **Windsor Gundog Society** raised £50 from their open show. **Agility 4 Dogs** (Somerset) raised £120 at their quiz and social night. **The Whippet Club** (Derbyshire) raised £100. **Fair Oak Dog Training**

Club's display team (Hampshire) held various events and raised a wonderful £500. **Hemel Hempstead Ringcraft Club** held monthly fun matches and a Christmas raffle to raise £100. **Booker Dog Training** (Buckinghamshire) raised £100. **Forest of Dean DTC** raised £200. **CHeWs Dog Training** (Essex) raised £275 at their quiz night. **Plymouth DTC** raised £100 at their Christmas party. **The Kennel Club** hosted Scruffts and raised £24.50. **Smarty Paws Dog Club** (Cornwall) raised £50 at their Christmas party raffle. **Forest of Dean Canicross**, a group of 60 who regularly run for fun with their dogs, ran and held an end of year party to raise £130 - sausages and a tipple, I think! **Cheltenham and District DTC** raised £35 in lieu of sending Christmas cards. **Exeter and County Canine Society** raised £50 from their shows. **Basset Fauve de Bretagne Club's** committee member, **Barry Jones** donated a tablet to raffle at their championship show which raised £85. **Sutton Coldfield DTC** raised £120 at their novelty dog show. **Fleet & District DTS** raised £287.95 throughout the year from raffles, bring & buy sales, collection tins and sale of badges. **Nantle Vale DTC** (Gwynedd) raised £100 for us. **Wolvey Woofers Positive Dog Training** (West Midlands) raised a fantastic £450. **Chertsey and District Canine Society** (Middlesex) raised £44.63 from their members' tea box. **Aberystwyth DTC** raised £75.86 from raffles, events and activities over the year. **Bronwell Bell** and everyone at **Animal Magic Dog Club** raised a brilliant £325 at their Christmas party. **Danesford Obedience DTC** (Staffordshire) nominated us as their charity of the year and raised a stunning £500 for us, volunteer, **Janet Whitewight** collected the cheque and said "the sausage retrieve game had me in hoots" - would love to have seen that! We were shortlisted for the **Nationwide Building Society's Community Match Scheme** in their Truro, Redruth, Penzance and Newquay branches they sent £100.



Animal Magic Dog Club

Wow! I think you've excelled your own brilliance - so many truly amazing, brave and brand new ways to raise funds. From your letters, I know you had fun doing it (mostly!) and for my part I'm practically speechless with admiration and gratitude.

Thank you so very much.



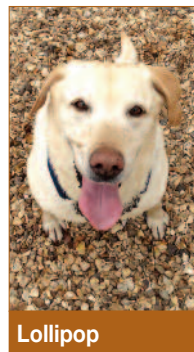
Volunteer View

Our first view is from **Frances Mallion** in Hants:

"I've always loved animals and before moving to Hampshire in 2009, I used to go up to the RSPCA Bath Cats and Dogs Home each week to both walk the dogs and cuddle the cats. On discovering The Cinnamon Trust I immediately wanted to apply to be a volunteer. I firmly believe that pets can be incredibly important companions and there's no doubt that they often become part of the family. My own pets over the years have provided me with such great happiness that the idea of having to live without pets is a very difficult one for me to consider.



Lucy



Lollipop

The work of The Cinnamon Trust is extremely close to my heart and the idea of being involved with an organisation that contributes to the wellbeing of both animals and people is something I feel deeply committed to. There are too many pets given up to shelters or put to sleep because people can no longer care for them, a heart breaking outcome for everyone involved. The Cinnamon Trust allows animals and people to stay together at a time when they really need each other the most. For me, the thought of having to give up my pets because of ill health is really distressing, and I love being part of a group of people who make it possible for others to keep their beloved pets at home.

I absolutely love my Cinnamon Trust dogs and really look forward to our weekly walks. I walk a 6 year old Pug-Shih Tzu cross called Lucy and an 8 year old yellow Labrador called Lollipop. It doesn't matter what kind of day or week I'm having, the greeting I get when I ring the doorbell at either of their houses is so full of fun and excitement that it lifts my mood immediately. Lately, Lucy has taken to sitting outside her house next to the front gate to watch for my arrival, with a very waggly tail as soon as she sees me coming down the road. With Lollipop, it's like meeting a 40kg puppy every time!

The first time I met Lucy, it's fair to say we did not hit it off. There I was thinking nothing of popping her in the back of the car to drive to a nice local walking spot,

when all throughout the journey she was grumbling and giving out cross little barks. After our walk I returned her home where Mrs Riding calmly informed me that she usually sat up front in the passenger seat. That told me and I didn't repeat the mistake! Walking Lucy has been an education both in spatial awareness (I'm used to walking my own dog, a Pointer and other similar sized dogs and initially found myself in almost constant danger of tripping over this little shadow shuffling around my feet) and in subservience, me yielding to her as the one clearly in charge. Often when we're out on walks we end up at an impasse, me wanting to head off in one direction (usually towards a bin to dispose of a used poo bag) and her, with no time for mundane banalities, heading off away from the park into the town centre, no doubt thinking of a spree in the pet shop nearby. There have even been times when, due to her single-minded tenacity, I have ended up carrying her around the park much to the amusement of the other dog walkers (this is fine to begin with but after a while 6kg feels extremely heavy!). This is normally only when it is raining and she stops dead in her tracks, fixes me with a steely glare and demands to know what I think I am doing dragging her around in the wet/cold/wind. My secret weapon when out and about with Lucy is to ask her if she wants to 'come for cuddles'. This offer usually results in her dashing back into my arms for a good tummy rub and back scratch. After a minute or so of this, I have a (small) chance of getting her to go in the direction I want to go in. Having said that, it's not something I can use more than perhaps twice per walk or she gets wise to it and completely ignores me. Lucy's stubbornness is part of her charm and she is the loveliest little character to spend time with. Part of what I love about volunteering for The Cinnamon Trust is the opportunity to meet dogs of different breeds and to get to know their personalities. Lucy gets lots of attention when we're out because she is so cute and cuddly, not to mention the times she is stubbornly ignoring me, making me carry her or charging off with a burst of speed with me running along behind her. She couldn't be more different from my own dog and I love her for it.

Lollipop is a real old sweetie. Walking with him is such a pleasure, it feels like you're out with a friend you've known all your life. He's really well trained and always comes back when he's called. One of his most endearing qualities for me is that he always comes back to me when I sneeze! It makes me laugh every time and he always gets a little treat (so it's not surprising that he does it really). He is also really delicate around very small dogs. You can tell that he wants to say hello to them but he always approaches them with the greatest caution, the only sign of his enthusiasm is his tail which is going round and round in a circle like a helicopter propeller! Once, when we were out together we met a lady who had a couple of little papillons. She explained that one of them was a rescue and was terrified of big dogs. Lollipop was his usual gorgeous self, introducing himself slowly and with great decorum and the little dog came right up and had a good old sniff while he stood stock still waiting patiently for it to finish. The other walker was really pleased and thanked us for letting her scared little dog get used to being around a larger breed! Lollipop does have a real penchant for puddles and water in general, the

muddier the better (unfortunately for my boyfriend's car!). He always likes to take the opportunity for a swim, even where the water is only just deep enough, and off he'll go, helicopter tail spinning round and round.

There's so much I could say about both dogs, walking them not only gives me the opportunity of spending time with these lovely animals but also getting out into nature and enjoying the peace of a deserted winter beach or woodland, and a sunny canal side walk in the summer. My friendships with Lollipop and Lucy's owners are so very important to me too. After losing my mum very suddenly and unexpectedly in 2012, I was (and still am) completely devastated. Christine and Moya have been extremely kind and I really feel as though taking the dogs out and seeing them each week, having a chat, has been incredibly important support for me through this difficult year. As well as being thoroughly enjoyable and fantastic exercise, being a volunteer gives me a strong sense of purpose and satisfaction in knowing that I am doing something that really benefits someone else. At the same time, the friendship of both owners and dogs has been an unexpected gift, and serves to make the work even more rewarding."



Liz Zahedreh in London writes:

"Gemma and Phyllis had previously lived with her brother, Roy. Sadly he died unexpectedly after contracting flu. Phyllis and Gemma were both left in a bad way, mourning for Roy. Although Phyllis ran the house and did the cooking, Roy had taken responsibility for much of the household finance and maintenance which left Phyllis worried and having difficulty in coping resulting in depression. Roy had also been very involved with Gemma and whilst Phyllis fed her, he was the one who took her for walks. She obviously missed Roy very much and for a while would not eat and hid under the furniture.

Phyllis and Gemma lived in a flat in a tower block. Things improved when Sam, Phyllis's niece, arranged for her to move into very attractive sheltered accommodation. A place was found where Gemma could go too. Phyllis would not have moved anywhere without Gemma. Phyllis now has a lovely ground floor flat with outside space and a caring set up around her. She has made friends and has a neighbour called Kirsten who looks out for her and has helped with Gemma. The manager, Cherry, is also there with help and advice for Phyllis when necessary.

The Cinnamon Trust then got involved with helping Phyllis and Gemma in 2009 as Phyllis felt she no longer had the confidence to walk Gemma. At this time Jane and I became volunteers and over time both Phyllis and Gemma gradually came to terms with the fact that they had to carry on without Roy. Both of us remain walkers for Phyllis and Gemma to this day.

When I went to Australia for 6 weeks, Joanna was drafted in to cover the holiday period. She has remained ever since. Joe joined more recently and has proved a great asset. It is fantastic to have so many of us. Gemma gets lots of walks and Phyllis appreciates the visits. She is a marvellous lady with interesting stories to tell a great sense of humour and a pleasure to be involved with.

Recently we arranged a party in Phyllis's garden. It was a lovely summer's evening and it gave us volunteers the opportunity to meet each other and exchange our



experiences and thoughts. We all agreed that Gemma is a girl with a lively personality and a mind of her own. When she finds a scent that interests her she can be very determined to have a good spell of sniffing before moving on. We are all very fond of her. The photograph shows Phyllis and Gemma and from left to right around them me, Jane, Joanna and Joe."



Angie Barker, husband **Chris** and daughters **Bryony** and **Charlotte** (Dorset) all go to take Della for a walk!



Charlotte, Della and Bryony after winning Best in Show at a Fun Dog Show

"We can't thank The Trust enough for bringing us two lovely new friends in Hellen and Della. The whole family look forward to our visits, and since Hellen now lives alone, I know that she also enjoys them for a good chat!

We walk Della every Tuesday and Thursday after school, and at the weekend we take her for a longer walk out in the car, which she seems to love. During the school holidays and also on days off work she often gets extra walks too.

Della loves: eating tights, tissues and pens (so these items must be kept away from her if Hellen leaves her alone in the house), having a good run along the grass and

then rolling in it, travelling in the car, rawhide bones, doggy ice creams and treats like her chicken/beef/liver sticks. For these, she will do basic obedience well, however she seems to have a sixth sense when you have the cheek to ask her to sit without one! She likes lots of exercise and is always ready to go, even if she has been out already, and also lots of attention. She loves other dogs when she first sees them, but maybe due to her age, she can get annoyed and tired of bouncy, yappy dogs (although she never shows any aggression to them she will just try to run away). Rustling things in bushes, especially squirrels and cats, and agility when she has lots of energy.

Della dislikes: playing with toys (sticks, balls etc. she just looks at with disgust!), big bouncy dogs, and being ignored! She also hates the sea and the beach.

We class Della as an honorary member of the family now, and I don't know where our Sundays would be without her!"



Jenny Allen also in Dorset says:

"I've been walking Alfie for Carol for quite some time now, I usually pop over to visit them twice a week and I thoroughly enjoy every second of it. Alfie is a very cheeky little character and his greatest love in life is squeaky toys, the louder, the better! At the moment his favourite is his bright orange space hopper, he greets me at the door with it in his mouth and it's the first thing he goes to find when we return. It may be nearly as big as him but this doesn't seem to hinder his ability to run and bounce about at all. He may have short stubby legs but don't be fooled because he can move about quicker than you'd think!



Alfie

The other day we went on a lovely 1.5 hour walk in the local woods or 'local' woofs as Mrs Gilbert calls them and fun was had by two and four legged alike. Alfie loves going out for walks, and is quite the social butterfly as he likes to say hello to everyone and is great with other dogs. In fact he adores my 13 year old spaniel and when she joins us on our walking adventures he has somewhat of a spring in his step! In some senses he is a typical terrier, very inquisitive and easily distracted, so recall can be a little questionable. For this reason we often visit the brilliant enclosed doggy zone in the local park which gives him a safe area to stretch his legs a little more. This area also has some basic agility equipment and he's managed to run through the tunnels a few times now but the jumps aren't really suited to his little legs! When this area is quiet we've done a bit of recall training but as I said Alfie is very easily distracted so success can vary. This isn't to say he's not attentive because he truly is, and when he's on the lead he watches you

carefully, nudging your hand when he wants attention and sitting at your feet if you stop to talk to other walkers. He's a very loyal and loving companion.

The relationship between him and Mrs Gilbert is beautiful; they live for each other and I feel privileged to play a small part in their lives. They've become very dear friends of mine, and I've gained more from my time spent volunteering for The Cinnamon Trust than I ever thought I would. I've learnt things not only from the cheeky chap known as Alfie but also from Carol who has lived a wonderful and full life. She's an inspiration and Alfie is a little comedian."



From Lancashire, **Elizabeth Milnes** writes:



Mitzi and Daisy

"It was Easter 2012 when I received a telephone call from The Cinnamon Trust asking if I was free to assist Patricia with her two dogs Mitzi and Daisy. From the moment I met these two girls they have made me laugh on our daily walks. Daisy (9) is a Scottish Terrier and Mitzi (8) a Shih Tzu. They are both well behaved dogs and are a pleasure to walk. We enjoy finding new routes to burn off all their energy.... and mine.

I am able to devote my mornings to walking with 'the girls' but have also brought my own dog Oscar for walks, helping him to socialise with other dogs. He was very timid at first and very unsure of a very excited Scottish female wanting to say hello, but he soon calmed down and enjoyed being part of his new pack.

I have met many people on our walks, many who have shown great interest in becoming a Cinnamon Trust Volunteer. When contacting The Cinnamon Trust I have only had positive and very helpful advice and never hesitate to pass on contact details and information to anyone.

As I said, Mitzi and Daisy make me laugh and I am sure I look a little strange laughing and smiling chatting away to them. Once, walking around the duck pond in Hindley Green, the grassy slope to the path was a little greasy and as walking down I set off skidding down at some speed, screaming and desperately trying to stay up. I failed and went down on my backside. Mitzi and Daisy were looking at me like I was mad, but got very giddy at the bottom of the slope, wagging their tails and checking I was ok. All the way around the pond I could not stop laughing and in a strange way, Mitzi and Daisy joined in with the fun. Daisy has walked into a lamp post because she often walks backwards to watch other dogs, and Mitzi bounces around like Bambi when it's raining, telling me it's time to go back home.

Being a volunteer for The Cinnamon Trust fulfils many things for me; I get daily exercise, meet new people, give two lovely dogs the opportunity to get out and about and return to their home and loving owner Patricia for a well-earned drink and sleep.

I also volunteer two afternoons a week at The Guide Dogs For The Blind training centre in Atherton, something I thoroughly enjoy. Through talking with one of the dog trainers I found out that the Guide Dogs also use Cinnamon Trust volunteers to exercise some of the working Guide Dogs who need some free time."

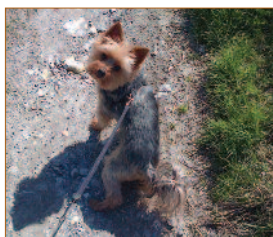


We keep **Ruth Beale** in East Sussex very busy! She says:

"I retired 2 years ago and was looking for some regular voluntary work which fitted in with my new lifestyle and interests. I wanted something particularly that kept me active as I have always enjoyed walking and various sports.

Early this year, the ideal answer appeared out of the blue. A short report in the local county magazine, giving details of The Cinnamon Trust's work and its request for volunteer walkers caught my eye. How perfect! I have always loved dogs and have owned them in the past, but in recent years my working life has meant it has only been suitable for looking after cats. To walk someone else's dog sounded like the perfect solution.

Soon after successfully completing the application process, The Trust put me in touch with Scooter's owner and we agreed that I would take him for a walk one day a week. Scooter is a slightly larger than average, very lively Yorkshire Terrier around 6 years old who, I soon found, has a mind of his own in terms of which way he would prefer to go for his walk and when it is time to go home. In particular, he is not too keen on going too far if it is raining, even though he has a jaunty little rain mac for such occasions. However, with a little encouragement and the odd doggy treat, we enjoy trotting around at a fast pace until it is time to return home. He is a bright little character and great fun to walk.



Scooter



Fin



Lady

Shortly after meeting with Scooter, I was put in touch with Fin's owner. Fin is an elderly rescue Westie, who has a game leg from an operation he had shortly before

I met him. I am able to walk him two mornings a week after having dropped my granddaughter off at school. I say walk, but it is more of a gentle amble around some local common land used by many local dog walkers and where sheep are often grazing. Fin is a very sociable little old man who really enjoys snuffling around the long grass or meeting up with any other dogs who will come and say hello while I have a brief chat with their owners.

Thursday mornings is when I get a proper work out! Lady is a German Shepherd about 6 years old and her owners live right by an access to the South Downs, so Lady and I wander over the local fields and through the spinneys. She always has to take a tennis ball with her and she loves to put it down, prod it with her nose towards me, and then race to pick it up. She is also a mean catcher of the ball. Basically she is a big softie who loves people but is wary of other dogs, so it is as well that we are able to go where there are few other dog walkers. However, she really is a delightful, intelligent companion to have on any walk.

So, I have a real mix of dogs in age and size and nature and all three give me a big excited hello when I arrive and are a joy to take for a walk. Their owners are all lovely people who really appreciate their dogs getting the exercise which, for various reasons, they cannot manage themselves and we always enjoy a chat and a laugh.

I consider myself very lucky to have discovered The Cinnamon Trust which has enabled me to enjoy the company of some lovely dogs and to get to know their owners while giving me the exercise and interest I was looking for.”



The Royal Carriage awaits... from Manchester **Irene Hough** writes:



Irene's niece, Madeline holding Ruby (4), while Poppy (12), Sally (12) and Rafferty (4) ride in style!

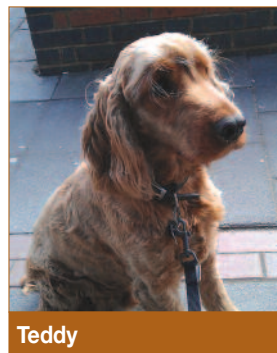
“It is not every day that one gets to ride in such a wonderful carriage but this is how I, as a Cinnamon Trust volunteer, have found it easiest to ensure all four dogs that I walk get to go on a nice long walk together. My niece, Madeline, is joining us in this photo and she thinks the pram is just the best thing ever. She is holding Ruby who is a Chihuahua and Yorkshire Terrier cross, and the other three are Chihuahuas. We get so many comments in the park. So many people want to stop and chat when

they see us. The dogs have such a story to tell as well. Whenever we chat to the people in the park we tell them all about the lives of Poppy (12 yrs), Sally (12 yrs), Rafferty (4 yrs) and Ruby (4 yrs). We tell the interested park-goers about how these famous four have all come from rescue homes before they arrived with their new Mummy. Sometimes we imagine their sad lives before, but mostly we focus on how happy they are now. Everyone in the park is fascinated to hear about The Cinnamon Trust and why we walk these dogs that aren't ours. Oh, how we wax lyrical about the wonderful work that The Cinnamon Trust does to help people that want to keep their beloved companions but cannot walk their dogs themselves. People are astounded at what a clever idea it is and some kinder sorts ask how they can get involved and help. I always point them towards the headquarters in Cornwall and often I boast of how it's a national organisation helping people across the whole country and not just in Manchester where we live. Finally we continue on our merry way and the famous four are always really happy to leave their royal carriage and have a play in the park. How they love to run free and chase the squirrels. Then it is all back on board and a leisurely ride back to Mum. I think the dogs love the socialising, as a volunteer I love to see them get out and knowing that they might not be able to if it wasn't for us. I hope that this makes you smile just as much as everyone we meet!"



Peggy Sherwood in Hertfordshire is happy:

"When I retired as a children's nurse a few years ago, I knew I wanted to do some form of voluntary work but I wasn't quite sure what. I had an elderly mother in a care home so at that time I didn't have a lot of free time as I visited her daily, but she passed away 18 months ago and I decided it was time I did some voluntary work. I didn't want to work with children as that had been my career and although I was happy working with elderly people, I didn't want to volunteer in a care home etc. I love dogs - all animals in fact - and so decided to volunteer as a dog walker for a large charity. Unfortunately this didn't work out as I got quite badly bitten early on, but a friend who volunteers for Age UK suggested that I might enjoy dog walking for The Cinnamon Trust - combining my love of dogs with helping someone elderly.



I met Mr Levene and Teddy, a gorgeous cocker spaniel, in March 2013. It was a late winter and the weather was freezing and I did sometimes wonder if I had taken leave of my senses leaving my lovely warm home to take a dog for a walk! But this concern was short-lived - within a week or so of meeting Teddy I knew I had made the right decision. The way he welcomes me every Friday morning is absolutely

wonderful! He comes rushing to the door and literally hugs me with his front legs, his tail wagging madly!

Teddy and I walk for just under an hour usually and it is very much “business” for Teddy. After the initial wonderful welcome, he takes his walks very seriously and doesn't go in for tickles or cuddles once he is outside! He just wants to get on with the purpose of walking, sniffing and generally enjoying himself! He seems to be quite a local celebrity with neighbours stopping and saying “Oh, there's Teddy!”

Once the walk is over and we are back home, I often pop in for a hot drink and a chat with Mr Levene. Teddy is completely different - the business of his walk is over and he likes to show off and produce his toys for me. He also likes to tear round the table in the lounge - round and round - with Mr Levene saying “he thinks he is a greyhound”! I really enjoy my chats with Mr Levene who is a wonderful 93 year old gentleman. I miss the wisdom of my elderly Mum and it is wonderful hearing Mr Levene's perspective on life.

A few months ago he told me he had received a parking ticket despite the fact that he had displayed his Disabled Blue Badge - in error he had put up the out of date one. I knew a local gentleman who fights parking tickets on behalf of residents and I asked Mr Levene whether I could put them in touch with one another provided The Cinnamon Trust was happy. He was, I checked with The Cinnamon Trust that it was OK and I put the two in touch. Coincidentally the gentleman who fights parking tickets was being filmed for a BBC Documentary on parking issues - and - long story short - Mr Levene and his grandson agreed to be filmed. The film should have aired in November or December 2013 - Mr Levene eventually won his case and did not have to pay his parking fine and I am sure he has done himself proud on the TV programme.

I feel absolutely blessed that I have found Mr Levene and Teddy. I am delighted to be getting the exercise walking Teddy, Teddy loves his walks and Mr Levene is happy that his dog is being taken out for a walk - a complete win/win situation.”



Eleanor Rimmer writes from Warwickshire:

“I have been walking this lovely boy three times a week for eighteen months now. He is quite an old chap and a bit stiff in the back legs due to arthritis, but is always pleased to see me and ready to go out. If the weather is really bad or he doesn't feel one hundred per cent, I take him for a short walk on my own, but generally we go with my husband and our two Lancashire Heelers. The dogs get on very well together and, unusually for our dogs, they respect Deefa's seniority and are happy to race round like lunatics while he proceeds at his own pace. We take our cue

from him and sometimes in hot weather he makes a very positive decision on when to turn for home. Like most dogs I suppose, he is happier in cold weather. We are able to walk the dogs off lead in a safe environment on nearby fields and we love to see him having a run with his ears flapping up and down. He also still enjoys a roll on his back in the grass from time to time. Unfortunately, in wet and muddy weather, he somehow manages to get even dirtier underneath than our much smaller dogs, but is incredibly patient when being cleaned up afterwards. He has a trim and beauty treatment periodically and then looks even more golden and handsome than usual.



Enjoying a spring walk in Cabbington Woods

Deefa has a large fan base, including my daughter, who sometimes helps out on a Saturday if we are away, and several relations and friends who join our walks when they come to stay. He has other walkers as well as us and is well known in the neighbourhood. We have met and chatted to a lot of people through him being greeted by name, so we are now recognised as a group. Deefa is a terrible cadger and will look for any chance of a treat, sometimes walking in front of me and stopping suddenly to indicate that he can't possibly go any further without one. He can spot a friendly face and potential source of biscuits at a considerable distance. One gentleman on our route to the fields has taken to leaving dog biscuits on his garden wall at various heights for the dogs to find. I just hope they have enough exercise to walk the calories off!

This may read like a hymn of praise, but Deefa really is a delight to know and I'm sure we gain as much from the association as he and his 'Mum' do. We all hope our walks with him will continue for a long time to come."



Sue Hill in Lancashire says:

"As I walked up the driveway to the bungalow for the first time I must admit to feeling a little nervous. I was on my first mission as a fully certified Cinnamon Trust volunteer. ID badge at the ready, I knocked on the back door then took a quick step back as a furiously barking furry creature launched itself repeatedly at the glass. It didn't take all my powers of deduction to work out that this was Bennie, the two-year old Shih Tzu I was here to walk. I needn't have worried; Bennie was a sweetie and Mrs Powell, his Mum, who's well in her eighties and has difficulty getting around, was lovely.



Zappa, Tarva, Sue and Bennie

I had responded to an advert in the local paper asking for volunteer dog walkers. As an animal lover and dog owner of two, I felt I could help out since I am already walking mine twice a day. Bennie and Gladys, as I now know her, are a perfect example of how a small effort on my part can make a big difference to someone else.

I chatted to Gladys for a while, getting to know a bit about her and Bennie and vice versa. She explained that Bennie was regularly quite naughty and mischievous around the house. He would steal her washing from the clothes maid and run round with it in his mouth, empty her purse over

the floor, pull the plug on her emergency phone line, and more! He has boundless energy so regular dog walks are a must. We made arrangements for me to walk Bennie at the weekends and off we went.

Our first walk felt quite strange - it is a big responsibility taking care of someone else's pet! I introduced Bennie to my two Springer crosses, Zappa and Tarva, and after the customary niceties of doggy greetings, they all got along fine together. For a while I kept Bennie on the lead whilst Zappa and Tarva ran around on the beach or along the canal; he really wasn't happy about this, you could see he was desperate to go and play. Eventually I started to let him off the lead and though initially he didn't come to me when I called him, he did follow Zappa and Tarva everywhere so I just called them when I wanted him to come back.

We have now been friends with Bennie and Gladys for four years and Bennie is much better behaved and comes back to me when I call him. My dogs respond to 'shall we go and get Bennie?' in much the same way as they do to 'shall we go for a walk?' and Bennie sulks openly if I ever turn up to walk on my own! He is very upfront and approaches everybody he meets - people, dogs, cats - sometimes with surprising results but it never seems to put him off! He has been known to wander off with other people but he soon comes dashing back when I call him. He always drags his feet when we start heading homewards so I take that as confirmation that he enjoys our outings as much as we do.

I always have a bit of a chat with Gladys and sometimes stay for a cup of tea. She is very grateful for the help I give her and often has chocolate for me or treats for my dogs.

Life is very busy and it is all too easy to not do things because there is not enough time, but spending some time helping someone out is very rewarding and worthwhile. So if you are reading this and you are not a Cinnamon Trust volunteer, why not?"

A wonderful view from **Audrey Schoellhammer** (London):

"I've been walking Rosie, a happy little brindle Staffordshire Bull Terrier, for four and a half years now, three to four times a week, and in all those years I don't think there's been a single time when I haven't been rapturously received by Rosie on arriving at Mrs Webster's home in Peckham.

As I approach the house I can hear Rosie snuffling and whimpering with excitement behind the door and when I go in she runs ahead of me in the corridor her whole body wriggling with excitement and her curly, un-Staffy-like tail whirring round and round like a helicopter.



Audrey and Rosie

We then go into the living room to see her owner and Rosie does her "party piece" which consists of her jumping round and round in joyous circles and then flipping over and wriggling on her back with her little Staffy legs in the air. As Rosie and I set off to leave Rosie jumps up onto her owner's chair and licks her hand energetically as if to say, "I won't be gone long and I love you". Mrs Webster's health, unfortunately, has been a bit up and down recently and she really couldn't have a better companion than Rosie who with her daffiness brings a smile to her owner's face and offers loyal and devoted companionship. I've noticed that Rosie has become very solicitous of her recently and sits protectively by Mrs Webster's side - very much as if she's assuming responsibility for her; I sometimes think at these moments all she needs is a little nurse's hat and the picture would be complete!

This particular part of south-east London is the most wonderful place to go dog-walking. Rosie, whom we also call Rosebud, lives just around the corner from the beautiful atmospheric and over-grown Nunhead Cemetery, which is full of smells for dogs - like a canine Facebook, and where you see the seasons change in the avenues of trees and in the branches overhead and hear the many birds sing. Rosie, to her great delight, often meets her friend Wuzzel here. He's an alpha male Staffy and Rosie practically bats her eyelashes at him. We then walk through the cemetery to delightful Peckham Rye Park where Rosie often finds a group of dogs to play with. She has no discernible ego in these situations, and stocky little thing that she is, happily chases round with and after, three or four ethereal fleet-footed whippets.

After having a good run around with her favourite whippet and staffy friends Rosie is a picture of satisfaction. If we still had the energy we could walk the fifteen

minutes up to Dulwich Village which is a wonderfully dog-friendly place. Rosie's favourite shop is Village Books which always greets her like a valued customer and gives her a treat, for which she sits and extends a paw.

Rosie is the most amiable little companion for a day out and we've had lots of outings by the seaside; she particularly likes Camber Sands - the sand is kind to her paws! From the minute we let her out of the van on arrival she's a picture of exhilaration. The terraced streets of Peckham seem a long way away as she runs in large ecstatic circles, runs in and out of the sea, runs forward and back savouring the space in as abandoned a manner as a small and rather stocky little Staff can.

On returning home the first thing Rosie does is go and say hello to Mrs Webster. She vigorously licks her hand again and then jumps onto her armchair, wagging her tail, happy to be home."



Louisa Noble in Sheffield writes:



Harry and Dixie



"I volunteered for The Cinnamon Trust because I know very well how important our pets are for all sorts of reasons. If ill-health threatened to separate me from my cats, I would be heartbroken. I love dogs too but working long hours I am too busy to own one myself. So I was very happy to get the call last July to see if I could walk Ken's westies, Harry and Dixie. I rang Ken straight away and arranged to go round that evening.

I got on with Ken really well and I could see that his dogs were well-trained. Harry and Dixie are brothers and have always been walked together, on a shared lead. The first walk went well and I started to take them out regularly on a Thursday night after work. We had some lovely summer evening walks around the local parks. Harry and Dixie were beautifully behaved every time. I didn't have to worry about other dogs as every little meeting passed without incident. They really seemed to like children as well, especially if the children had crisps!

Every week Ken would ask me if I'd let them off the lead. He was very keen that they had a good run about. But I was nervous about letting them off in case they didn't come back - my worst nightmare as a dog walker. Their safety was my top priority. Still, after about six outings and perfect behaviour from the boys, I thought I would try them and needn't have worried, because they both trotted around for a bit and then came straight back to me when I called them. I made sure they both had a treat for being such good boys.

From that point I felt much more confident with them, and as the days grew shorter I changed my walking day to Sunday so that I could walk them in daylight and take them to new places. I love driving out with them to a nice spot in the countryside where we can do the whole walk off the lead. Luckily around Sheffield and Derbyshire we are spoilt for choice and we don't have to go very far before we can get started. Sometimes I meet up with friends and their dogs and make an afternoon of it, and sometimes I take them on my own. Over the winter we have had some very muddy walks, and I have to watch out for Harry's fondness for rolling in muck(!) If they get really filthy I take them to the nearest stream and wash the worst off. Dixie likes the water and wades in, but Harry needs to be persuaded - and he's usually the dirtiest! If we go out with my friends and their little terrier Daisy, we put all three in the bath together when we get home. Then we chill out in front of the fire with some hot chocolate and I give the boys a brush and make them look nice before taking them home.

Harry is quite an extrovert and loves to charge around after a ball before chewing it to pieces. Dixie is a bit more independent and likes to wander off on his own. This used to worry me but actually he is never far away and always comes back at the rustle of the treat bag. It does me good to have a bit of a run myself, so when we're in some open space I run away from them, and they run like mad after me, and we run and run until I have to stop, which doesn't take that long - I shan't be entering any marathons any time soon! Dixie acts as our guard if any other dogs come into view, barking out a warning or sometimes just barking for the sheer joy of being out and about. Like all dogs, they suffer from temporary deafness if there are any scraps of food about: they have investigated people's picnics before and tried to get into the park café! Fortunately they are so cute and friendly that they get away with it.

I look forward to our Sunday walks, and now longer days and warmer weather are here I am thinking of new places to take them over the coming weeks. It's an absolute pleasure for me, and as Ken says, for the owner it's not just dog-walking, it's peace of mind."



Gill North in Grays, Essex says:

"I joined The Trust as a walker/short term fosterer five years ago, and my first call took me to Rene Perry to help with looking after her 2 year old West Highland White terrier called Molly whilst she went into hospital for a hip operation.

Molly came to live with me and my partner Steve and quickly became one of the family. Although we expected her to only be with us for about three weeks, due to Rene having a heart attack whilst in hospital, Molly stayed for eight months. We



Gill and Molly

kept Rene updated on all Molly's antics and progress and after some recuperation Rene was reunited with her companion.

Since then I have walked Molly over the local park twice a week come rain or shine and Molly has made lots of friends and is quite a little character there. On the days I can't see her due to family commitments, The Trust now has in place a great team of walkers, Margaret, Jackie, Carol, Maureen and Paul who all love her the same as I do. She is a real treasure and gives Rene companionship and love.

Molly has earned herself a medal from the local hospice for doing some charity work and has visited an old people's complex to give some extra love and kisses.

I have made a good friend in Rene and last month we went out with my 86 year old mum to The Lion King show in London and had a great time. The Cinnamon Trust has not only been a life line to Rene but to me as well, the pleasure I get in walking dogs is enormous since my own dog passed away and I haven't the time to commit fully to another.

On a final note I cannot finish this without mentioning the two other Cinnamon dogs, Jay and Bailey that I walk for Marian in Purfleet. This started with a request to walk Dotty and Bailey, both elderly rescue dogs. We didn't go too far due to their age and ability but they did love their walks along the Thames. Marian's other two dogs Jay and Lou Lou were also rescue dogs but they were too timid to go out with me. Sadly Dotty at the age of 12 passed away last Christmas, and like the big man he is (a tiny Chinese Crested!) Jay stepped up to take his place on the walks. I am working on getting Lou Lou to trust me enough to take her, but that is a work in progress!"



From Yorkshire **Sue Grainger** writes:

"I signed up as a volunteer for The Cinnamon Trust just over a year ago. The Trust came to my attention through a relative of mine who was housebound, and having lost her husband, lived for their golden retriever Abigail. She was lucky enough to have a neighbour who walked Abigail for her and looked after her when she was in hospital so that they could stay together, so she didn't need The Trust's support but was a supporter of their work. Abigail died in September 2012 and Christine three days later (not a coincidence I think). At her funeral she requested donations to The Cinnamon Trust. I lived 200 miles away from Christine so was unable to help her out, but when I read about The Trust's work I thought I would like to help someone

else like Christine, so I volunteered for The Trust. My volunteer pack arrived and I eagerly waited for the call. Then one day this summer it came. There was a lady with a six year old cocker spaniel called Zac who was not well enough to take him out walking and would I be able to help. So off I went to meet Carol and Zac. Carol seemed like a lovely lady and Zac was just adorable. They only live about a mile away from me and I have two cocker spaniels of my own so it was perfect. Zac and I went out for our first walk together and we arranged my next visit when I was going to introduce Zac to my two, Ellie and Alfie. The next day I got a phone call to say that Carol had been taken into hospital and to ask whether I would be able to look after Zac. I didn't hesitate for a moment, so Zac came round and he settled straight in. He got on great with my two dogs and made himself at home straight away. I was a bit worried that my husband might not be too impressed, but I needn't have been. Zac had him wrapped around his paw within about five minutes flat, he is such a character you can't help but love him. Zac stayed for a couple of weeks on that occasion before Carol was out of hospital and well enough to have him back. Ever since then I have been walking Zac and on the odd occasion when Carol hasn't been too well or has been away he has come to stay.



Zac just loves being out and gets so excited when I go to pick him up. He is a master at finding balls and he has a habit of finding great branches and pruning them down to a size he can carry around with him for the entire walk. We take him to lots of different places but his favourite is definitely the beach. As soon as he catches a glimpse of the sea he is off straight in and will spend the whole walk running in and out of the waves with his ball. In fact he will jump in any water at any opportunity and I often take him home wet and bedraggled to Carol who is waiting with a towel ready to dry him off. Luckily she doesn't seem to mind too much!

I take Zac out four or five times a week, he has another couple from The Cinnamon Trust who take him out twice a week and a third volunteer who takes him out when he can so between us he gets a walk most days now.

Carol is a great lady - she seems to have spent a lot of her life helping other people, so it is great to be able to help her out with Zac. Zac didn't have the best start in life as Carol got him as a rescue dog when he was three years old. He is a very lucky boy to have found a mum who loves him so much and it would be awful to think that they would have to be parted. Now Carol has the security of knowing that Zac is getting all the walks he needs and that if she ever needs a break he has somewhere he can come anytime where he is loved and looked after.

People say to me that it is really good of me to volunteer, but it certainly doesn't

seem like a chore helping out. We all look forward to seeing Zac, when he comes to stay it is a treat for us and I think I enjoy our walks almost as much as Zac does! I really can't recommend volunteering enough and would encourage anyone who is thinking about it to give it a go. I bet you will never look back."



This is different from **Lesley Ward** in Cornwall!



Lesley and Cuddles

"I was asked by The Cinnamon Trust if I would be interested in short term fostering an African Grey Parrot called Cuddles. It was my second foster for The Trust and never beyond my wildest dreams did I think I would ever be asked to care for a parrot!!

Cuddles lives with his elderly owner in Penzance and now would be staying in a family home with 2 children and a dog all as lively as each other!! So it was with some trepidation that I welcomed Cuddles into our crazy fold. We were all calm and quiet until Cuddles made himself at home, but to my surprise within minutes he was chatting away and whistling a tune to the children. He adored the fact that they responded to him and it wasn't long until the whole house was full of whistles, clicking and laughter!!

Since Cuddles has been with us we have had him out of his cage (where he is rather partial to nipping your toes!) he loves sitting on the back of the sofa next to me where he enjoys watching television and pottering about. He also loves to climb on top of his cage to watch everything going on.

When he's in his cage he whiles away the time playing with some toys I've made to keep him busy and he loves eating melon that we have hung from the top of his cage. He also enjoys calling his name - just to remind us he's there!!

The Cinnamon Trust have kept in constant contact with us providing help and support for looking after such an exotic animal. They have also been giving Mr Cooper 'Cuddles' updates so he knows how he is on his 'holiday'!! They asked if I could take some pictures of Cuddles so they can be sent onto Mr Cooper, and Cuddles seemed to love having his picture taken!!!

It has been a great joy and pleasure looking after Cuddles and he will be missed when he goes back to his daddy!!"



Valerie Rowlands in Birmingham writes:

"When our last dog died two years ago, we decided not to get another dog, but to enjoy (for the first time in almost 30 years) the freedom to be able to go out without worrying about how long we were leaving our dog alone. But it didn't work like that. I really missed the love and companionship of a dog at home, and I missed walking the dog (and the social side of stopping and chatting to fellow dog walkers). Then I saw an advertisement in our local newspaper from The Cinnamon Trust, asking for volunteers to walk dogs, and sometimes foster them. I soon telephoned The Trust and completed the application form they sent me.

Before long I was asked to foster Ellie, a lovely Chihuahua cross. She made herself at home instantly and we fell in love with her. We fostered her for three and a half months while her owner, Maud, was in hospital, and I now walk her twice a week. Maud has become a very good friend and we have long chats. I also walk a collie, Jay, three times a week. Jay is 15 years old but still very sprightly and Pam, her owner, is also now a very valued friend.

I was then asked to foster Judy (terrier cross), whose owner, Heather Le Dieu, had broken her leg and was in hospital. Judy already had a dog walker, Lucy, who delivered her to me. She ran in and explored her new territory while Lucy brought in her bed, food and lots of medication - Judy had a skin problem and had very little hair on her underside! Lucy meticulously explained when she had which tablets, and that she had to have a bath with special shampoo once a week and have the shampoo left on for ten minutes before we could rinse it off! I wondered how I was going to get on, but Judy was wonderful. The tablets just got swallowed with her food, which she ate voraciously. She didn't enjoy having the baths, but never once tried to jump out until I lifted her out in the towel. I sat in the bathroom and stroked her for ten minutes and she stood there, covered in shampoo, as good as gold. She also had to have her skin sprayed daily and I discovered the best way to do this was to call her onto our bed and tell her to roll over. When she'd had the spray I gave her 2 doggy chocolate drops. She cottoned on to this very quickly and ran to our bed as soon as she saw me pick up the spray.



Judy

Judy loved to play but when I gave her a doggy tennis ball, within 30 seconds she'd demolished it! So I bought a tougher ball - that took about 45 seconds to demolish. We settled on a rubber dog pull and a rope pull, which she loved, and played with for hours. I could guarantee that as soon as I sat down to watch a television programme Judy appeared with her rope pull.

Because of her skin condition I had to have contact with her vet, who advised me to buy her the biggest rawhide chew I could find to help exercise her jaws as well as giving her a treat. On the vet's instructions I gave her the chew for a while and then put it away. She soon learned where it was kept and when she felt like chewing it she'd ask to go to the kitchen and then stand looking up at the shelf where it was and then back at me. It couldn't have been a clearer message!

We live near woods and other lovely parkland, where rabbits abound at night and every day on our walks Judy devoured rabbit poo. I think it was her favourite treat. She had a very endearing way of scratching the ground after a wee - she'd hold one of her back legs out very straight and pose like that for about 3 seconds before putting that leg down and doing the same thing with the other back leg. It was hilarious. Just like a ballerina.

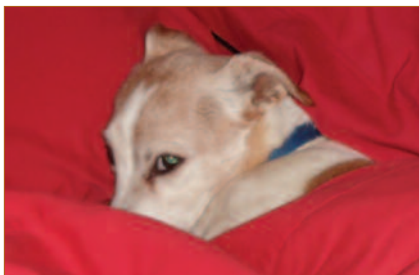
Judy was a passionate lap dog - and when she decided she was going on your lap it didn't matter what you might have there. She just took a flying leap from across the room and landed there. I became very adroit at quickly moving a mug of tea as she flew through the air.

When it was time for Judy to go back home, Lucy, the dog walker brought Heather, her owner to collect her and it was so good to meet her. Unfortunately she lives too far away for me to continue to walk, but Heather and I telephone for a chat occasionally and she knows I'll be delighted to have Judy any time she needs it.

I'm very grateful to The Cinnamon Trust. I have the companionship of dogs and the friendship of their owners. I'm so glad I saw that advertisement!"



A great view (and even greater picture) of fostering from **Lynne Naylor** in Warwickshire:



Butch

"I began my volunteering for The Cinnamon Trust early this year just before I retired. I love animals, especially dogs and thought dog walking would be beneficial to both the dogs, and owners and myself.

I began walking two dogs for a total of 5 days a week, then in the summer was asked by the manager of the Sheltered Accommodation complex to foster a patterdale called Fossey

who was featured in the last Newsletter. Just after Fossey went back to his owner we were asked if we could meet Butch as his owner, Anthony Webb, was poorly

and would probably need to be hospitalised, we did a meet and greet to make sure he got on ok with our dog Ben. All went well, they ignored each other which is just about the best result on a meet and greet!

A few days after meeting him Butch's owner was taken into hospital and we were called on to collect him for a short term foster. The first day Butch just wanted to get out of the door as if he wanted to go back to his Dad, but as the days went on he became settled and dropped into our routine of feeds and walks.

The week after we started fostering Butch we were due to go to our caravan in Wales, so we took him with us. The caravan has wrought iron fenced in decking which was Jack Russell proof.

Butch loves to go for a walk, as soon as you have his lead in your hand he makes a little cry and his tail does not stop wagging until we are out of the door and on our way.

Butch has his own idea on what his sleeping arrangement should be, the first night we introduced him to a doggy bed but not long after settling down for the night I felt something very cold down my back, it was Butch's nose, he had decided that sleeping in our bed was a much better option. He makes his way down to the far end and sleeps by our feet, when he gets too hot he shuffles up and lies on top of the duvet. Early in our fostering of Butch we searched the house one day for him, we knew he could not get out of the house or garden, but could not find him anywhere, then we noticed a lump in the middle of the bed, we had found Butch.

Butch has pancreatitis so needs a special diet, it is very difficult to give our own dog a treat and leave out Butch, so I often have to give him a morsel just so he does not feel left out. He also has a heart murmur, but you would not believe this the way he takes me for a walk.

Butch has now been with us for a number of weeks as his owner has a long term illness; he can stay with us for as long as he likes as I think he is quite a wonderful little character."



Lucy is a seven year old Labrador cross who has a lifelong foster home with **Paul** and **Carol** in Warwickshire since her owner died. She also has a "holiday foster" home with **Amanda Shock** who writes:

"The Cinnamon Trust provides holiday cover when fosterers go on holiday so as a volunteer I agreed to have Lucy to stay whenever Carol and Paul were away or needed a foster carer. I have a small holiday home in Salcombe and as Lucy is not



Lucy

good when left alone, I take the days/week(s) off work when she comes to stay and we have a proper fun 'holiday'. As soon as we arrive after the 3 hour car journey Lucy sleeps happily on her duvet on the back seat the whole way ... it is as if she knows that we are by the sea - she pulls me down to the seashore and races backwards and forwards from one end of North Sands beach to the other over and over again trying to 'bite' the waves as they break. We walk for miles on the fabulous coastal paths returning

to the flat - both shattered! Within an hour, Lucy fed and watered is ready to go again! When Lucy goes home I am fitter and healthier than at any other time; Carol and Paul think I am doing them a favour but it is definitely the other way around! She has brought such joy to my life.

When I take her home she jumps out of my car, so excited to see her owners; BUT as I make moves to leave she follows me and jumps back into my car - torn, not knowing who to say with. Ideally I think Lucy would like Paul, Carol and I to all live together so she could have all those she loves in one place."



More news from a few on the 1,060 Cinnamon pets in lifelong foster homes:

This is sad from **Angela Taylor** in Suffolk but a wonderful testament to a great little dog:



Shannon

"We would like to thank The Cinnamon Trust for giving our family 6 wonderful years with Shannon. Shannon was a beautiful tri-coloured Cocker Spaniel who before we had him had been found with his dead owner. He had been without food and water for 2 weeks until he and his friend Misty another dear little Cocker Spaniel were found by paramedics. Misty was also coming to live with us but unfortunately she didn't make it. She was an older dog and had the beginnings of a tumour and became ill. She lay with the dead body and Shannon had somehow got himself locked in the lavatory.

There is such a massive hole in our lives now, as everything we did was geared around Shannon, he was the apple of our eyes. When he came to us there was an immediate rapport and he repaid all the love we

gave him 10 fold. He was quite traumatised and nervous when he first arrived and it took a lot of time, understanding, patience and love to help him recover from this. He became such a happy little dog and all he wanted was to be with us. He didn't even like going for walks he hid behind the seat when the lead came out. We used to call him the reluctant walker!

After a year of him being with us, my husband had a sudden brain haemorrhage and was taken into the critical care unit at Addenbrookes Hospital where it was touch and go whether he lived. This went on for 5 weeks at that particular hospital so I had to reside there unable to go home. My friend Hilary who is a short term fosterer for The Cinnamon Trust and was the person who picked the two little dogs up from the house of death took him in. She had him for the whole length of time I was at Addenbrookes so I knew he was in good hands as she adored him. Eventually, my husband came out of hospital and had to learn to do many things again and Shannon was very instrumental in his recovery. Five years on my husband is still going to rehab but is making good progress. Shannon just became very protective towards him and appeared to realize that he had not been very well. Dogs have amazing instincts.

We were devastated when Shannon suddenly developed strokes last November and was having them on a regular basis. Some being worse than others. It was terrible for him, frightening for us and so upsetting to see him like that, so at the end of May we had to do what was best for him. It is now 4 months on and we miss him so much. He was such an endearing little chap and we think of him every day. We will never get over the loss of Shannon but we have some very happy memories of his time with us. Thank you Cinnamon Trust for all your wonderful work."

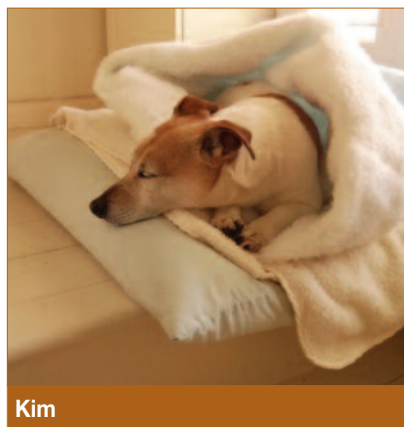


This is brilliant from **Jennifer Gudka** and **Matt Polley** in Essex:

Kim's Story

"It's not every day you arrange to meet a stranger at a motorway service station and get given a dog, but it was on a cold December morning that my husband and I did just that at the A1 Peterborough Service Station and met Kim for the first time.

We had lost our much loved dog the previous June and we both decided to wait until returning from our honeymoon before trying to find a dog to become a new member of the family.



Kim

As Matt and I both volunteer for The Cinnamon Trust I was aware that they offered a long term fostering service, after passing the relevant home checks we were told of Kim, a Jack Russell terrier who was looking for a new home following the sad death of her lifelong owner; Kim sounded perfect. The Trust were great and even arranged for me to speak to one of Kim's regular Cinnamon Trust walkers to get a feel for her habits and personality.

Only problem, she was in Yorkshire, we are in Essex; hence the halfway meeting point of Peterborough Service Station being arranged.

As we completely filled the boot of our car with Kim's belongings I soon realised that this little terrier had obviously been the apple of her owner's eye and wanted for nothing! When her belongings started spilling over onto the back seat I wondered if we would actually have room for the dog!

Fast forward nine months later, it's like she has always been part of our lives, she is the most happy, self-secure and social dog I know, everyone's lap is obviously for sitting on and all people must be greeted with great excitement and an array of toys must be paraded in front of them (not touched of course, just viewed!). A recent gift for Kim has been a doggie sleeping bag, Kim demands to be put to bed at night under a sleeping blanket, she has taken to the sleeping bag with gusto and spends most evenings under the covers!

Some months ago I was towel drying Kim with one of her towels that came with her, it was then I noticed her pet name "Kimbo" had been carefully embroidered on the towel, it brought a tear to my eye, Kim obviously meant everything to her owner and whilst Matt and I were on honeymoon, having the best time of our lives; Kim was losing her owner and facing the worst time of her life. But I hope that Kim's owner knows she did the very best thing securing her future by bequeathing her to The Cinnamon Trust.

The thought of having to lose a member of your family due to your personal circumstances must be devastating, The Cinnamon Trust secure the companionship and joy of pet ownership for people facing that prospect. Matt and I both walk dogs for people suffering mobility issues and we see the benefit the charity brings to people that have since become our friends.

Thank you Cinnamon Trust!"



From **Jacky Nott** in Essex

"I had never heard of The Cinnamon Trust until a neighbour died in 2010. Charlie

had always had a dog about him, so when he died a close friend decided to do a collection in the village and donate the money to an appropriate charity in his memory. But which one? I offered to have a word with our local vet, and he mentioned The Cinnamon Trust, so when I got home I googled The Trust and gathered all the info I could for Charlie's friend. She thought it sounded perfect so the collection was sent off to The Trust.



Sasha

My husband, Peter, and I had been talking about having another dog to share our lives and enjoy the walks we went on now that we were both retired. We'd always been very keen walkers, but often remarked that a walk is wasted without a dog! Whilst we were both still working full time it wasn't on, so we'd given home to various cats instead as they fitted in with us being out all day. Having read as much as we could about The Cinnamon Trust we decided to contact them once our holidays for that year were out of the way. I spoke to Moira who said she'd be able to help...from then on things moved very quickly. She asked if we could take Sasha, aged 10, and in need of a home urgently as her elderly owner had died and she was with temporary foster carers who were about to go on holiday and couldn't take Sasha. We agreed to Sasha, and a quick home visit was arranged, and Sasha arrived at the end of October 2010. She'd been driven down from the north by volunteers, meeting at service stations en route!

Gradually Sasha settled down and got used to our ways, and we to hers! The day she first wagged her tail at us was a red letter day indeed! She's been very well trained so there wasn't much teaching to be done. The only problem with her was her dislike of her own kind. She loved being with a lot of people and children, but not keen on other dogs. I had her to training classes and some one to one sessions with the trainer and his dogs, and she's not as bad as she was, if left alone all is well, but play is out thank you! We began to take her on our favourite walks. We live in quite a rural area so there are some wonderful walks across fields and footpaths. When we'd had her for about a month we decided to let her off the lead. Sasha is a good old mixture with lots of Whippet in her, and once off the lead she went off like a rocket! We were horrified, what had we done? Would she come back? So, we just stayed where we were and eventually she returned so, so happy at being able to stretch her legs at long last. From then on when out of sight of a road she's off the lead and potters about happily. She loves a good ditch to root about in! And something smelly to roll in!

Sadly not long after Sasha came to us I began to notice that there was something not right with Peter. I didn't say anything for a while but eventually had to, and he reluctantly saw our GP who was pretty sure he was in the early stages of Dementia. After various visits to Consultants etc it was confirmed that he had two types of

Dementia. We didn't know how long it would be before our lives were turned upside down so we continued as normal, and walking Sasha together was a great joy to us. Peter deteriorated very rapidly and life became very stressful for Sasha and myself.

Things reached a pitch at home last August when Peter got much worse and I could no longer cope with him at home. What I would have done without Sasha during those stressful weeks I don't know. I was getting hardly any sleep and she was always with me, she's not a lap dog, but stayed close. Peter was finally admitted to a Nursing Home last September following a stay in hospital. When it was clear he would not be coming home I sat down and had a chat about it all with Sasha and told her that it was 'just us two old girls together now!' We gradually recovered from the stress of the previous weeks and took ourselves off for long walks, rucksack on my back with drinks and goodies within. These walks did us both so much good. We settled down to a routine, and having another heart beating in the house was a great comfort to me.

Then just as us girls were beginning to settle everything went haywire again. My son had been in poor health for a while and his marriage wasn't going well. It all came to a head in November last and he moved back here with me! On a temporary basis.... Or so we thought. Sasha was delighted as my son is just about her favourite person. She loves me, but he is No.1, he was from the day they met! Sadly there is no reconciliation between my son and his wife and divorce proceedings are going ahead. He had planned to get his own place but he asked if he can stay with Sasha and me permanently and we'll share the cost of running the place. Sasha is over the moon and is an extremely happy dog. Around early summer (2013) we noticed she was getting uncomfortable and stiff, and a bit grouchy. I had her to the vet who diagnosed arthritis and possible nerve damage in her hips. She was put on anti inflammatory's and responded well, but I wasn't happy about her being on them long term so contacted Wendy at The Cinnamon Trust who suggested we tried acupuncture, and also sent Sasha rose hip tablets and cod liver oil with glucosamine capsules which have helped. I spoke to the vet about acupuncture and she had no objection and found me a local vet who practises it. The vet comes to us and Sasha has now had 6 weekly sessions, 1 after a fortnight, and 1 after 3 weeks, and the improvement is amazing. The old dog obviously feels so much better; she even gets her toys out for a game sometimes! Her whole demeanour tells us she feels good.

I cannot begin to tell you how much Sasha has helped me over the last couple of years, we really are a couple of old girls together, content in each other's company. I take her with me to visit Peter sometimes and he's always delighted to see her but doesn't remember she's ours. The other residents love to see her too and talk about pets they've had. So life is at last settling down a bit, thank heavens, after all the changes we've had over the last 12 months. Sasha and I still walk our

favourite tracks and can't wait for the cows to be taken in from the fields for the winter so we can walk across them again; we've been chased twice this year and didn't enjoy the experience!"



Rosalind Sheppard in Hampshire says **Charlie** makes a great mate....

"Let me introduce you to Charlie, the sweetest, most trusting of dogs. As you can see from the photo he loves taking to the boat as much as we do. He is very patient and will wait by the dock, ready to follow our instructions. Sadly, it is often us that takes a long time to work out how to get him onto the boat and off the boat again. Once he gets his orders from us then he simply complies. He is a truly great mate in all senses of the word! As long as I am there to reassure him that it will be ok, then he is always very happy to go along with our commands.



Rosalind and Charlie

It is not just sailing that he seems able to adapt to. In fact he has adapted to many activities and situations since he came to us. Since having him he has coped with house viewing which can be very stressful for us, let alone our beloved Charlie who likes to guard his home from all strangers that would dare to come nearby. Finally we sold our house and then came the day of moving with all the removal men and furniture movements, doors open and it all fell during a nasty cold day in December. Since then our new home has seen builders leaving us all living in our caravan on the front lawn. We were all pleased when finally we moved back into our greatly improved bungalow.

Charlie first came to us in January 2012, originally for a short term foster, but eventually we fostered him on a long term basis in June of that year. Charlie came to us from an elderly lady in Blackpool, who sadly had to be taken into care and could no longer keep Charlie. He had to travel several hours on the road to get to us and once he arrived he looked like a very bewildered dog. Now you can understand why my heart went out to him. He was an 8 to 9 year old then and from the outset he really was a super dog and we loved him to bits. We thought as long term fosterers that we were meant to be there for him, but little did we realise at the time that he was to become such a great mate to us too."



Sandy is enjoying life in Cornwall with **Linda** and **Michael Hill**:



Sandy

“Sandy is Border Terrier/Jack Russell crossbreed who came to live with us at the end of November 2011. He originally came from Hampshire, and The Cinnamon Trust became involved when his owner became unwell and later died. He was brought to Cornwall by volunteers, to meet us at Jamaica inn

We fell in love with him at first sight. He has a lovely outgoing and mischievous nature, (a typical terrier!) and rarely stops wagging his tail. He loves everybody and is good with children and other dogs, but he hates cats and rabbits! Although he settled in with us very well, we discovered that he had some skin problems caused by allergies, including an allergy to grass. This allergy is probably the most difficult one to deal with, but it is now being managed by medication. We have also found it very difficult to leave Sandy alone in the house, even for short periods, but this has turned out to be not such a problem, because he comes everywhere with us including the dentist and hairdressers!

He is well accepted in many shops and quite well known in Truro. He particularly likes dress shops because all the ladies make a fuss of him! We are often asked: “Where can I get one that make?” Everyone loves him and cannot believe that he is 10 years old because he looks and acts like a puppy. He is a real little charmer!

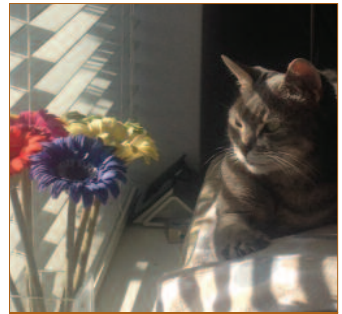
We live on the Roseland Peninsula and Sandy enjoys some long walks and a large garden. He has been on several holidays with us including West Cornwall, the Brecon Beacons and the Forest of Dean. He is not so keen on the wet weather. We think that it must have been drier in Hampshire! We are grateful for the support that The Cinnamon Trust and their volunteers have given us on occasions when we have not been able to take Sandy with us. He really has become an important and much loved member of our family and we are so glad we were chosen as lifelong foster parents.”



Lesley Cronin in Surrey shadowed by **Betty**:

“When Betty (aged 5) arrived in her cat box she gingerly made her way out through the door and jumped straight onto the sofa. The doorbell rang and she ran and hid behind the sofa and stayed there for several hours. Betty had previously been an indoor cat but it was important to The Cinnamon Trust that she is given the

opportunity to venture outside if she wanted to. We kept her in the lounge for a month with a litter tray. The reason we chose the lounge was because it is the focal point of family life in the evenings so she was able to get to know everyone in a relaxed atmosphere. After a month we left the lounge door open for a couple of hours a day, with supervision as we have another cat and didn't want any unexpected introductions! She gradually started to venture out of the lounge and explore so we slowly introduced our other cat; I won't say they are best of friends but they tolerate each other. We placed her litter tray in the hall and later moved it again, into the utility room next to the cat flap. We then would leave the garden door open for a while and she would pop her head outside have a quick look around and run back inside. This went on for a week or so then she started to follow me in out into the garden and back in again. She stopped using the litter tray and now goes outside. It's amazing to see how she has become such a confident cat, it's lovely to see her outside enjoying herself, she seems so happy. Cats are usually known to be very independent, I would say this is where Betty is different - my family laugh because she follows me everywhere round the house and garden just like a dog. If I sit down she has to be on my lap and if I need to move her off she makes ridiculous noises letting me know she isn't happy about it! She is affectionate and very vocal letting us know what she wants, when she wants it. She has had such a positive impact on our family - we think we're trained to her satisfaction now!"



Betty



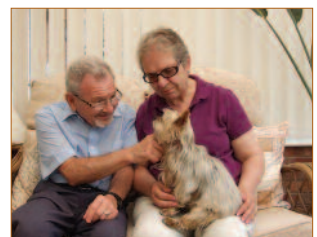
Norman and **Patricia Tanti** in Essex say this about "their" **Rosie**:

"A Match made in Heaven!

Not quite - it still starts with H so Hayle in Cornwall is the answer. After our beautiful Bichon died we really missed having a dog in our lives so when good friends told us about The Cinnamon Trust I registered online as a volunteer, to foster an older dog. One Wednesday, we had a phone call, would we consider fostering a 13 year old Yorkie? They needed to find a home for her very quickly. We instantly said yes.

Then a nice lady visited us to check us out.

A week later Rosie arrived. Wonderful volunteers drove to Kent and collected



Norman, Patricia and Rosie



her and brought her to our little house about a mile from the sea in Clacton. They stayed for a cup of coffee and then went on their way.

Rosie popped out into the garden ran round, tiddled (like all dogs do) and came in to flop down at our feet. (Was that really a doggie grin - who knows)!

Dearest Rosie had a few problems. Our vet was very supportive as some large warts had to be removed and a long term skin condition dealt with. Thanks Cinnamon for picking up what would have been a hefty bill! Rosie still goes to the vet occasionally for various problems, but we seem to have them under control now. Rosie has been here with us for nearly a year and she is a very happy little old dog and we are very happy (older) people. Of course we spoil her. She has a lovely luxury bed to stretch out in. Good food, it took a while to sort her meals out, Moira in Cornwall was very supportive when I was tearing my hair out when Rosie would not eat. Heather and George, Rosie's first short term fosterers, sent us lots of information about how they had managed when they first picked her up.

Last winter I knitted her two lovely dog coats, one a lovely spring green from a Debbie Macomber pattern and the other a slight variation in red (for Christmas). We have a new rose in our garden, with big bunches of single deep red flowers called "Rambling Rosie".

Rosie is such a sweet little dog she must have been much loved and had been well socialised by her original owner, as she is a joy to have around. She had a wonderful time when our Australian granddaughters (Rebecca age 10 and Zara age 7) came to stay. She sat with them when they were reading and drawing, and we all walked round the recreation ground together.

Rosie has a very busy life, she has to check out the kitchen, to see what's cooking, in case a stray morsel might fall from heaven! She is constantly on pigeon watch because those pesky birds might land in her garden. Best of all she has to be ready to catch up on all the doggy news with her chums on the field a couple of times in the day.

We three are very happy together - thank you so much Cinnamon - for a perfect match!"



Breeze, a Staffie cross is loved by **Debbie** and **Bob Davies**.

"We are so pleased with Breeze she is an absolute joy to have around.

When we decided to have another dog I had thought we would get another little

terrier type as we have a little Jack Russell already and I also dog sit my sons JRT. We decided to offer a home to an older dog as ours are 7 years old and we knew there were lots of dogs looking for a chance of a loving home. When The Cinnamon Trust emailed me a picture of Breeze I was a bit taken aback! She was at least twice the size I had been anticipating. She did have a lovely smile though and she sounded lovely.



Her old owner had died and his family were unable to keep her but they came from Bath to meet us and bring Breeze for the afternoon. We all went to the pub for lunch and Breeze seemed to enjoy herself and got along fine with my little Tilly. So we decided to have her come and live with us.

From the day she arrived she settled beautifully. It is as if she has always been with us. We live right on the edge of a beautiful heath and nature reserve which is perfect for dog walking. She is now a member of the local doggy community and meets her friends every day in the woods at the top of the heath. She was slightly surprised at some of the neighbours including the huge stag she met on her first week. She does love the squirrels and rabbits though! She and Tilly get along really well and my son's terrier Aelphie is also a good friend to her. My dog walker (when I am at work once or twice a week) adores her and she is a favourite in the local pub!

When Breeze arrived she was very sweet but very quiet, but that changed after a week or two. Now she has found her voice and likes to join in with the terriers barking at passing dogs out of the window! She has also developed a very good "begging face" and has staked a claim to the rug in front of the fire. Every week her personality shows more and more. She remains a very, very gentle dog though and loves nothing more than having her tummy rubbed or a cuddle on the sofa.

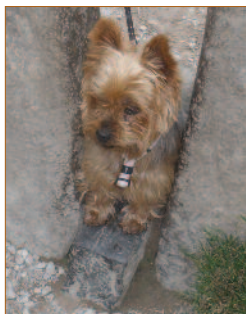
Breeze is a really wonderful addition to our family, our grown up children love her too and anything we give her she repays many times over with her loving sweet nature. She is a true family member.

Thank you Cinnamon Trust for our lovely Breeze."



Christine Kent in Northants is about to have a new lifelong foster, another Yorkie, called **Charlie** but she wanted to pay tribute to darling **Poppy**:

"I'm sending this to tell you all what a great job you do and to say a big thank you for the support you gave while I was fostering Poppy.



Poppy

Poppy came to stay with us for a few weeks while her owner went into hospital. Sadly for the owner she never fully recovered enough to be able to have Poppy back. We however were very lucky to be able to keep her.

Poppy lived with us for three and a half wonderful years until her sad and somewhat sudden death just over a month ago. Poppy was the most gorgeous Yorkshire Terrier you were ever likely to meet. She was a little dog with a huge personality. Everyone who met her fell in love with her, even people in their cars would point and say look at that cute dog.

Poppy became a huge part of our family and we were all very sad at her loss. We were all so lucky to be with her at the end, to hold her and say our last goodbyes. I cannot thank you enough for arranging to have Poppy cremated and so very kindly allowing us to have her ashes. I had not appreciated at the time just how much comfort I would get from that.

Last weekend the family was all back together again and we took this opportunity to say a final goodbye. We took Poppy to the place she most liked to walk, which was a local wooded area and scattered her ashes. We shared stories about her and exchanged fond memories of her quirky behavior that had made us laugh.

We cannot thank The Trust enough for allowing us to know and love Poppy. Thank you for all the support you gave, for always being at the end of the phone for those times when we had worries or concerns about her and importantly for making that last final and difficult decision for us that Poppy needed to be allowed to go.

It is such a great service that you provided and I would very much like to continue being a part of it. So to that end please would you consider me for fostering again and also to help out walking any dog in my area that needs it.



And now **Lucy** (age 9) has sent in her own update on life with **Jeanette Morrison** in Gloucestershire:

"Hello everyone - Lucy here! I thought I would let you know how I have been getting on, now that I have been with my new mum for over a year! I've pretty much got my mum trained now, though there are one or two areas still needing attention, like my treats supply - I am working on that, though! October 25th was the anniversary of my arrival and we had a party with my human uncle Jonathan and best doggie friend, Benson. He is a Springer Spaniel too - but much bigger than me!

I am really happy these days. Although I have health problems, with arthritis, spondylitis, and hip dysplasia, not to mention an eye problem called panus, and being quite deaf, I am a happy girl! My weak rear end means I tend to fall over if I try to manoeuvre too quickly, but you should just see how fast I can run in straight lines!!! I go to the small park at the end of our road every morning and meet up with friends most days. Because I am deaf, my recall is ... well, non-existent really! The park is completely enclosed, though so I can be safely off lead and run and play like anything. I have several different walks I like to do later in the day. When I get home, I rush up the path and bark for my treat!



Jeanette and Lucy

One thing I don't like is taking my medication!! Mum has lots of tricks for helping me take my different tablets, but my eye drops are a challenge! I am really clever at knowing when they are coming and making myself scarce - hah!

Once a week I go swimming (my mum calls it 'hydro....something') to help my arthritis. Emma helps me with my swimming and she is lovely. She even gave me a new coat to keep me warm after my swim - and it matches my mum's!!! I look really smart in it. (I have three coats now!).

I have been on holidays too! Twice I went with my mum and my auntie Tricia to a lovely cottage in Herefordshire. There is a walled garden with fields all around and sheep for me to watch (I never bother them) and a wood right next to the cottage for walks and lovely new smells (I am a brilliant sniffer dog!). Then we snuggle up by the wood- burner in the evenings. I also stayed with my auntie Tricia and her dogs when my mum went away once. I am really friendly with other dogs and with cats and people, and children just love me!

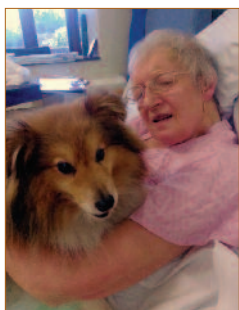
My mum is a musician so sometimes I go to rehearsals with her and wander in and out among the players and have a good sniff of the instruments. My ID tags on my collar jingle as I move around, so I add a bit to the music! My mum takes a small snuggly bed with us so if I get bored I just go to sleep next to her.

Well, that's all for now. I hope you find good fosters for lots of other pets who have lost their mums and dads - tell them that although they may be sad and confused at first, they really can be happy again, like me!

Lots of love.

Lucy x"

Good Work!



Sadie and Gill

If there is one story that epitomises CT, it's this one....

Sadie is deeply loved by **Gill Wynyard** in Horsham, who very sadly has Parkinsons. Two years ago, she was unable to walk Sadie any more having had increasing mobility problems, we sent in two regular walkers, **Shirley** and **Jeanette**. Just before Christmas, Gill was so seriously disabled and quite ill she was admitted to East Surrey Hospital at Redhill - a very long way from friends and family. Sadie went to live with Jeanette, our volunteer and her very good friend.



Sadie and Jeanette

As soon as it was feasible, Gill was transferred to the rehab Horizon Unit at Horsham Hospital where she has long and painful physio to try and restore some use in her feet so she can get about indoors with the aid of a walking frame.

Meanwhile, Jeanette says,

“Sadie has not only moved in with us but has taken over... she is being walked for about an hour at least a couple of times a day. She has found a new hobby, people watching in town in the sunshine on the piazza (whilst we, of course, enjoy a coffee). She gets so much attention with her beautiful brushed coat blowing in the wind... she's even been called a baby lion (because of her thick mane).

She was very overweight so has had to be slimmed down, which we are doing gradually with the help of the local vets, who had her to stay for a few days for a general MOT, with the full cooperation of The Cinnamon Trust. Now that she has had her few problems sorted, she is off next week (courtesy of The Cinnamon Trust) to a full days grooming and will, no doubt return to even more admiration when we go walking. She adores journeys in the car and visiting other doggy friends. The highlight of the week, though, is when I say to her “shall we go and see mummy Gill?” (we are nanny and granddad!). She runs round in circles and gets very excited.

When we get to the Unit she really pulls all the way to Gill's bed, where, thanks to the kindness of the lovely staff, she sits on her mum's bed, snuggling across her chest and licking her with a big kiss. She is just so happy to be there and only asks to get off when the air bed becomes too warm. She's even been known to walk along the corridor and visit all the other patients in the wards. Fortunately they encourage Pat Dogs! Throughout this time, the support from The Cinnamon Trust has been fantastic. I now have posters and leaflets which I give out to the many

people who are so interested to hear about the work of The Trust and we hope to enlist some more volunteers locally.”



To all our volunteers everywhere, thank you - for caring, for loving, for going out come rain or shine, for the happiness you bring to the thousands of people and their beloved pets that we help each and every day. You are quite simply the best and I can't say often enough that we couldn't do what we do without you. Bless you all.



Volunteers who have received Gold Awards for exceptional service are:-

Sue Rees (Kent), **Lesley** and **Jarvis Turner** (Lincolnshire), **Bill Pringle** (Devon), **Peter Ananica** (Kent), **Enid Hill** (Gwynedd), **Glyn Charles** (Cornwall), **Paul** and **Carol Lynn** (West Midlands),

We are introducing two new award categories - a Long Service Award to recognise volunteers who have been actively helping for over ten years and an Owner nominated award to recognise volunteers who have been nominated by the owners they help.

Long Service Awards this time have gone to:-

Rosemary Fox (Devon), **Brian Embleton** (Somerset), **Debra Dommen** (Sussex), **Nicola Lewis** (Cambridgeshire), **Alan Seymour** (Cornwall), **Christopher Jones** (Sussex), **Tony Hern** (Somerset), **Shirley Gunter** (Somerset)

Owner Nominated Awards to:-

Sylvia Dobson (Lancashire), **Angela Beeken** (Norfolk), **Wendy Jennings** (Kent), **Josephine McAllister** (Essex), **Richard Williams** (Essex), **Christina Gould** (Wiltshire), **Terence Smith** Conwy),



Pet Friendly Care Homes

We have had a lovely tea party at The Lanesborough Hotel in London for our award ceremony for the Pet Friendly Care Home of the Year 2013. It was a very difficult decision for our panel of judges: TV Presenter, Pam Rhodes; Editor of Dog World, Geraldine Cove-Print and Managing Editor of The Journal of Dementia Care, Sue Benson to decide between the ten finalists who had been whittled down from over

1,250 care homes and retirement complexes throughout the UK.

And the winners were:

Pet Friendly Care Home of the Year

The Old Vicarage (Dorset)

The Old Vicarage is owned by Annie Sinott MBE and her husband Ian. They are passionate in their belief that owners and pets should be kept together. Annie explained that pets are family and that they could not think of separating them. Annie feels that having pets benefits everyone as pets calm and reassure not only their owners but also other residents, it is also a huge relief to families that their loved one can bring their pet with them. The Old Vicarage has arranged many activities for its residents that involve animals including a Xmas Fair with real reindeer, hatching chicks at Easter, visits from organisations that train dogs to assist young wounded servicemen, pony and trap rides and not forgetting visits to a local small holding for those residents who were involved in farming during their working lives. Annie says that they have always tried to make The Old Vicarage a home rather than an institution and pets add to the homely atmosphere enjoyed by all their residents as well as giving them and their staff a lovely warm feeling to see them together.



The five runners up were:

Elizabeth Court Nursing Home (East Sussex), **Westergate House** (West Sussex), **Dunster Lodge** (Somerset), **The White House** (Hampshire) and **Rotherbank** (Hampshire).



Pet Friendly Retirement Housing of the Year:

Runnymede Court (West Sussex)

Runnymede Court is a Hanover complex managed by Karen Baker who has an excellent rapport with the residents many of whom bring their pets in to say “Good Morning” to her, although some pets prefer to sit and have a cuddle rather than go for their daily walk. Karen believes totally in Hanover’s pet friendly ethos and has previously looked after pets in her own home when their owners were unwell. Karen believes that pets benefit everyone at Runnymede as they create a talking point and encourage friendship and good relations between neighbours, this is borne out by the fact that if a pet owner is unwell, neighbours

will organise a rota to help out with pet care where necessary.



The runners up were:

Sydney Hall Court (Flintshire, Wales), **Warde Chase** (Essex) and **Mytchett Heath** (Surrey).



In addition we made two Lifetime Achievement Awards to:

Lorraine Olsen - Owner of Owl's Barn (Lincolnshire)

Lorraine has championed pets in care homes for over 32 years. Owl's Barn was the Pet Friendly Care Home of the Year in 2011 and has consistently figured in the top echelons. A shining example under the inspirational leadership of Lorraine who is currently recovering from a serious illness.

Val Harber - Estate Manager of Hanover Walk (Storrington, West Sussex)

Val has, for over 25 years been instrumental to the cause of pets in retirement homes. Another inspirational leader, very worthy of this award and a constant advocate for the humaneness of preserving the precious bond between owner and pet. Thrilled to receive this award Val says "Well done Cinnamon, I am so grateful to have been a partner in your cause and to Hanover for giving me the platform to change minds!"



You can see the films of all the winners and runners up by following this link:
<http://www.justfilm.co.uk/Cinnamon2013.html>



News from the Care Homes

We were very touched to receive a letter from **Westergate House** (West Sussex), one of the runners up - **Joan English** said:

"Firstly Derek our resident, Vanessa and I would like to thank you all for the wonderful afternoon we had attending the Pet Friendly Care Home and Retirement Housing of the Year Awards at The Lanesborough Hotel. We were so glad that



Derek and Sparky

Derek was able to attend with us, as he told us on the way to London that this was the first time he had been on a train in over thirty years. We are so lucky to have Derek and Sparky at our home, as having Sparky and Misty, another resident's dog in the home adds such a lot of pleasure to everyone that words cannot always express. The pets are great ambassadors for our home. Watching the film segments of all the homes that were selected was a wonderful window on how homes embrace and understand how important it is for the residents to be able to feel safe and secure and have their beloved pets with them."



Ryan at **Holme Manor** which is one of our 5 star homes in Rossendale, Lancashire writes:



Jack and Stephen

"In March this year we had a gentleman admitted to the care home and he came in with his best friend Jack, a Labrador. Every day weather permitting they are taken out for their walk together. I don't think Stephen would cope without Jack, he loves the dog very much and of course now we all do. Stephen is practically blind and suffering from a form of dementia which is making him very confused and disoriented. Jack gives him stability and familiarity, Jack sleeps in his room and is his constant companion. We have a feeling that Jack actually keeps Stephen going, Stephen is now 58 which is a very young age to have such a devastating diagnosis and he is a naturally anxious person. Jack brings him comfort and assurance and we all think he is saving his life really. Of course we have managed better walks in the lovely summer we have had but at the moment the rain can make us have shorter walks. Stephen and Jack really are a success story and a testament to the truly huge difference a friend like Jack can make to his master".



Hillside Farm Sanctuary

We're still standing! Mother nature has flung rain, storm force winds, sleet, snow, hail the size of golf balls at us, we've bounded through puddles the size of lakes, we've danced in mud that splashed and decorated our lovely new coats, we've chased after floating sticks that the sweeping river has carried downstream just for us, we've learnt to tread water and swim through grassy tidal waves and now at last, the tempest has calmed. Snowdrops, primroses and daffodils smile, the sun warms and the gloriously deafening dawn chorus all herald the change to springtime

Some dearly loved and treasured friends have left empty spaces in our Hillside family

that will be keenly felt for a very long time. **Paddy** (15), **Tiger** (13), **Sammy** (15), **Scamper** (16), **Tibby** (19), **Sonny** (10), **Lucy** (18) **Hymie** (17) and **Marmite** (12) - each little cat with their very own, never to be repeated mix of quirks, fancies, charm and beauty. **Kandi** (17) darling whippet, **Tammy** (15), adorable lady Labrador and the little poppet that was **Mollie** (14½) Westie have also said “farewell for now”

And then came the sheep! Great excitement when we knew they were on the way from the north east where they'd always been much loved pets - **Queenie**, **Lamby** and **Murray** duly arrived. It's fair to say they weren't thrilled to see us at first but when they saw the fields, fresh grass and were offered special “nuts”, polo mints and rich tea biscuits it was a different story! Queenie is aptly named - she's Murray's mother, she is the boss. All three are lively and never miss anything that's going on. Queenie particularly is always on the lookout and even seems to sense movement through the cat windows. She starts “singing” as soon as she thinks you might hear her, just in case you've forgotten she may be in need of additional sustenance. She's a big girl but she can run from one side of the paddock to the other very fast if food is on offer anywhere! She knows exactly when food will be coming and she always takes first dibs. Chaz, one of our goats thought he might enforce his authority and territorial rights but Queenie put on her most formidable air and menacing stare and Chaz retreated without asking any questions!

Murray does his mother's bidding; he's a very gentle soul and just wants a peaceful life. Well mannered, he lets Lamby go ahead of him as well. She is a very handsome girl, friendly to everyone, and so laid back that when the vet came to check them over and trim their hooves she nearly fell asleep leaning back on a student vet, blissfully enjoying her girly pedicure!!

Keira and Bertie, both 16, both probably GSD/Collie mix but unrelated, have happily joined us. They are very close and do everything together - eating, sleeping, running, chatting! Keira is the ringleader with an enthusiasm that totally belies her age, she charges out of the gate ahead of everyone else and then turns to wait, and as they all go passed, she gives each a gentle nudge or a little love bite! Chattering all the while she then runs on. Bertie has even more staying power and should he run on even further with Shaz (GSD, who they both love), when they reunite Keira always gives him a snuggle rub as if to say “I'm still here”. It is very important to Keira that everyone on the walk is feeling loved and she'll go to all the participants human



Queenie



Lamby



Murray



Keira and Bertie

or canine giving little gentle nips. She has the happiest of faces and the happiest of demeanors. She really, really loves her food, loves to be groomed, goes gooey when you scratch behind her ears and basically Keira likes to be part of and be involved in everything. Life is a joy to Keira and she is a joy to us.

Bertie is rather like Teflon - he is the only one that comes back looking as clean as he left - as if mud just doesn't stick to him! Not for the

want of trying because he's into everything - especially in the woods, investigating old badger's setts, tree trunks, piles of leaves, chasing shadows! He loves balls too, he won't initiate a game of ball, but he will steal and run and he gets very excited if he comes upon a ball accidentally - he nabs it, makes sure everyone knows he's got it and then runs off. He too, loves his grub and he goes wobbly at the knees when you scratch his rear end! Very sweet, he's a bit like a puppy because he can fall into the deepest sleep at the drop of a hat - more often than not squished in with Keira who has somehow squashed herself into the smallest bed she can find or, completely the opposite he gets on the biggest sofa, pushes the cushion so it's in the right place for a pillow and snuggles under the blanket - even better if there are dogs doing silly things on the TV!!! And he puts his lip up Elvis style which is just so cute and irresistible.



Natasha and Pansy

Pansy has also joined us. A gorgeous 16 year old tortie and white, she's lithe and long and moves like a tiger with long, slow strides which gives her a certain air and authority - Pansy has attitude! She has claimed for herself a huge "castle" made from a variety of cardboard boxes and though many circle, none dare enter when she's in residence! She has launched an ambush or two from there - just for fun! Very happy that the weather has become more cat friendly, Pansy loves the great outdoors - we hope it's not with menace that she eyes the birds flying in and out of the honeysuckle! If permission is granted, she can get quite soppy when she's groomed and stroked - purring away to her heart's content.

Sheena (18) and **Billy** (16) came together. Sheena is a sun worshipper - she loves to sit and bathe in its warmth for hours, listening to the birds, watching the goats, generally appreciating the cabaret on her doorstep! Sheena is fragile but she

adores the food on the menu, especially fresh fish and she does love to be groomed and tickled and cuddled and having her whiskers stroked! She is a beautiful cat who brings out the 'mother hen' in all of us.

Billy, bless his heart is so handsome and so gentle. He only has half his tail and we think he may have been hit by a car earlier in his life because he's had some sort of head injury. He leads a quiet life enjoying being on the back of an armchair watching the world go by from the window. This helps save his strength to consume multiple breakfasts, several lunches and quite a few dinners!! He also loves the sunshine and when it comes through his preferred window, that's perfect! He is quite playful and enjoys short games of batting the feather or tassel toy but if there is a rustle of a treat packet his attention is immediately switched. He has the most gorgeous tabby coat which has a spicy orange tinge to it and he loves to be groomed and cuddled and cosseted, and he rolls over for a tummy tickle - irresistible.



Sheena



Billy

We can't wait for summer proper, a big, brand new paddling pool, a new gazebo, everywhere outside needs a new coat of paint, the al fresco snacks, bbq lunches but most of all long, warm, dry, sunny days!



Poldarves Farm Sanctuary

There is nothing quite like an open log fire with dogs and cats occupying every available space around it! This was the scene that became the norm as horizontal rain and hurricane force winds made it almost impossible to stand up outside! The ponies made very, very good use of the wonderful new stable that is so big that all seven can go in together which is perfect because that's what they want to do

We converted one of the rooms the dogs we weren't using into a winter bunny paradise so they were happy and enjoyed playing with their interactive toys to keep them fully occupied. The chickens came out when the rain did stop for a bit and if they were caught out would take shelter under the trees and shrubs in the

garden. In a way, it was all quite an adventure - but one we are very pleased has come to an end!

We've been heartbroken - darling **Teddy** (13) Bichon x Yorkie who was as sunny as the sun itself has died and **Millie** (16) **Sheltie** cross who slept in Emma's bed.



Betsy

Honey (13) Fox Terrier, little **Lucy** (14) Sheltie cross and **Sophie** (13) Shih Tzu has left not just us but also her adoring little friend **Jodie**. **Jimmy** (16) ginger cat, **Tipsy** (17), and tabby **Tiger** (12) have all said goodbye. Missed beyond words, they leave memories to treasure always. These losses also felt by all our residents, we consoled each other and had to find many diversions to occupy all our minds and then the best diversion of all happened in the shape of **Betsy**. As soon as we

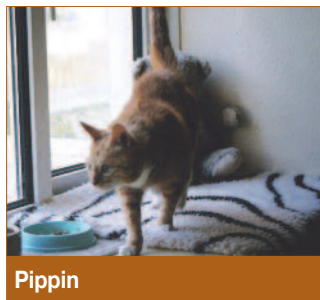
saw her all we wanted to do was scoop her and wrap her in love - and she was very happy with that! Betsy is the most beautiful 17 year old Sheltie - she had a stroke a year ago from which she fully recovered apart from a slight head tilt which only serves to make her look even more adorable. She was so lost when she arrived - after her owner's death she had been left alone in the house and visited only twice a day, so no wonder. She is as unassuming and gentle, as beautiful in her nature as her looks suggest. If she could, she would curl up on laps and stay there all day! She's absolutely in the right place for the cuddles she loves. She's also very inquisitive and follows you around wherever you go, whatever you're doing. Betsy loves walk time, tail wagging, she proudly walks alongside us, busy all the while sniffing where the rabbits and pheasants have been. And she has crazy moments when she'll act like a puppy, front legs flat on the floor, backside up, tail wagging, ready for a "pounce" game! This dear old dog can bring tears to your eyes in a heartbeat. Betsy gets very excited at mealtimes, she has a wonderful appetite and loves our home cooked menu - favourites are fish pie, beef stew and chicken hot pot! She isn't on any medication, but when others who are have their pills hidden in a sausage, she just **has** to have a sausage as well!



Pippin

And someone else who is not averse to a sausage is **Pippin** (15) a very big ginger boy with the softest and gentlest of meows. Pippin loves dogs we were told and our cat rooms were full enough, so we thought we'd introduce Pippin to Penny who lives in the house with the dogs and we have romance! Penny & Pippin, both ginger, she a little older. They come downstairs together in the morning and paw at our legs until we serve them breakfast. Pippin particularly will then wander through to see what the dogs are having for their breakfast - he's quite likely to have

some of that, too! He loves to be groomed and cuddled and when the sun shines he & Penny go out on the patio, stretch out flat, very close together, and sunbathe. When the weather is not to his liking, he doesn't seem to have any trouble finding a dog to curl up with! And none of the dogs mind at all! Another who enjoys his food; his favoured dish is fresh mackerel and his internal clock is as accurate as Big Ben - he knows when food should be on the go!



Pippin

More love stories - avian ones! What a colourful day when four budgies arrived - beautiful and enchanting. They live together but the blue boy and girl are very much a pair as are the green girl and the white boy. They have a room off one of our main rooms which we've made into budgie heaven with branches and swings and ropes, a variety of budgie foods and treats and they do love fresh fruits. They are able to fly which is lovely to see and they sing the happiest of songs - except when they're busy grooming their perspective partners.



Not sure if this is actually another love story but one pet gander brought three lady geese with him and he guards them jealously! Every morning he shows off to his girls stretching his wings out across the field calling them to have a wash before they all sit down to breakfast. They are fantastic alarms - when anything is untoward their almighty honking can be heard all over the Sanctuary which brings someone running to see what's wrong. In a very short time they've gotten to



know who lives here & who doesn't. When a dog being walked down the lane somehow got over the hedge, the honking was unbelievable - they knew he wasn't one of ours!! They are laying enormous eggs! One goose egg will make as many pancakes as four hens eggs - and the dogs do love their pancakes (a la carte fillings)! Top of the list now the weather is better is to build for them their very own luxurious pond so they can all bathe together

We have to have major repairs to the cat rooms roof - the winter storms tried very hard, and almost succeeded in removing it!

Summer proper can't come soon enough - paddling in the sea, sunbathing on the

patio, playing by the river, picnics in the fields, games in the garden - so much to look forward to



Poetry Corner

Our first poem was sent in and written by **Josephine Harwood** (Blackpool) for her beloved cat who died aged 19.

For Teesie

You left me very suddenly
No time to say goodbye.
If I said I didn't miss you
I would be telling you a lie.
I miss you more than words can say
'Cos our days were filled with fun.
It was lovely just the two of us
But now it's only one.
I long to hear your voice again
And the way you said "hello"
You made me feel a proper mum
And you filled my heart with joy.
I will love and miss you forever,
Sweetheart.

Mum



And this is classic Cinnamon Trust! A beautiful poem sent in by **Val Hubert**:

A Prince Amongst Men

For a dog, he was old, it was no great surprise,
for the years take us all in the end.
And tomorrow will dawn without obvious change,
bar the loss of a family friend.
So why all the tears and the stinging remorse
that you vainly attempt to control?
Because what he gave, lent a rhythm to life,
in tune with your body and soul.

He was part of your being, the best of your heart;
the spark in the warmth of a smile.
He fostered the softness you thought you could hide
in his childish but secretive style.
He moulded your manners to match his routine,
yet offered far more than he took.
He adopted your language until, with a glance,
he could read you like reading a book.

And now that it's over you mope like a babe
and grope for the words to explain.
How something so lacking in human finesse
could cause such illogical pain.
Yet, did you but know it, you've added your name
to a ledger as endless as time.
Where the biggest and strongest and bravest
of men are featured in line after line.

And if any should scoff at the catch in your voice
Or the glint of a tear in your eye,
regard them with pity and smile on the stars
for the feelings their senses deny.
Be proud to remember as long as you live
that soul-mate who never complained.
He guarded your children, he took you for walks,
and only reneged when it rained!

He saw you as perfect: a prince among men.
A hero to love and adore.
And all of these things were the man you became
the minute you walked through the door.
Now the house is silent as yesterday's prayers,
yet here in the gloom of the day,
With that magical instinct he always possessed,
he is only a whisper away.



And Finally

“Our Dogs” magazine have made us their charity for this year. In connection with that I was asked to be present for a photo shoot at Crufts - it wasn't quite that! I was somewhat perplexed when a number of cameramen appeared, then Neil



Ewart from Our Dogs and Vince Hogan, Managing Director of Our Dogs - they gathered round me and then the announcement - I had been awarded the Killick's Column Award 2013 as Dog's Best Friend. They unveiled a plate and I was very close to tears as I saw they had

somehow got a picture of **Cinnamon** and an artist had hand painted her likeness on a bone china plate - it's beautiful, I'm still emotional - Robert Killick is a legend who has been championing dogs for longer than I can remember. Quite an honour.....

Ten years ago we moved into our then brand new headquarters. Now we're bursting at the seams so we have applied for planning permission to extend the offices which is by far the most cost effective way of giving us the space to employ the staff we need to manage the ever increasing demand for our services. Hopefully, planning will be granted and hopefully there won't be too much chaos through the summer! Both sanctuaries need remedial works thanks to the weather.

Ever the optimist, I'm sure summer will be lovely, our plans will go as smoothly as possible, your events will be amazingly successful and we'll all meet here again in six months' time with many more tales to tell!

God Bless, everyone.



Averil R. Jarvis MBE
Founder and Chief Executive