
NEWSLETTER

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Christmas 2014
Number 57

Dear Friends

Our wonderful summer came to rather an abrupt end when Autumn decided to make a decidedly unwelcome early appearance - but wasn't it lovely! After all the storms, all the rain, nearly three months of still, blissful sunshine - well, mostly! And thoroughly enjoyed by fur, feather and by us. The sparrows and blackbirds in particular seemed to have one brood after another - raucous little "feed me" calls coming from every conceivable nook, cranny, bush and hedge! Truly delightful, and now we are inundated with speckled fledglings all learning how to be independent - particularly comical is when they come to take their first bath

And talking of baby birds these adorable little things have made us all clucky! All about how they came to be in news from Poldarves Farm.



You've all been really busy and at headquarters we've had our busiest year yet, so time to share the news!



Catalogue

Christmas shopping was never so easy!! The biscuits are special, chocolates pure luxury and the fudge (both selections) is just naughty but quite irresistible! There's a lovely story - our super scrumptious dog biscuits were so popular last year - you kept coming back for more - that we became this small company's biggest customer and **Tina** (aka Mrs Paws) who does all the baking was able to buy a big new oven. The most popular Cheesy Stars are back again and two new varieties - Turkey and Salmon. Well tried, well tested, thoroughly approved, you won't be disappointed! And I love the Mug in a Tin - really unusual and very nice quality. We had huge fun doing the photographs for the Christmas Card, this year entitled Cinnamon Gath'ring Winter Fuel. Once more I'm ever grateful to **Linda Rush** for a fantastic painting which as usual is gold foiled by the card manufacturer. Here are the stars:



Aisha (17)



Buster (17)



Cassie (15)



Jasmine (11)



Lola (7)



Mala



Peter Pan (15)



Scruffy (12) and Hamish (14)



Shazz (10) and Toby (15½)



Tally (12)



Tibby (14)



Trudy (17)



Zoe (16)



CT '100' Club

Winners who have each received £25 are: May: **Kathryn Schonholzer** (Devon), June: **Cecilia Neill** (Oxfordshire), July: **Sally Day** (Surrey), Aug: **Susan Hickling** (Northamptonshire), Sept: **Patricia Procter** (Yorkshire). Forms for the new start are enclosed - if you pay by standing order and wish to continue, just send the form back marked 'existing standing order'.



Fundraising Events

Sian Wade and **Sarah Brunsden** (Warwickshire) raised £182 at their super coffee morning. **Margaret Armstrong** (Essex) raised £135 by knitting and selling lovely



Janet Morgan's stand at the Droitwich Spa event

Fair Isle gloves. **Vets 4 Pets** (Somerset) raised £93 at their Open Day. **Christine Lawn** and **The Lupset Group** (West Yorkshire) have raised a magnificent £610 from many events. **Cassie Percy** and everyone at **The Nationwide Building Society** (Wiltshire) raised £500 from their Community Match Scheme. **Janet Morgan** (Worcestershire) and a whole army of helpers - **Emma Brotchie**, **Anita Moore**, **Jane Barstow**, **Pam Yates**, **Sandra Hill**, **Wendy Ralphs**, **Chris Hyde** and

partner **Kevin Leneghan**, **Sheila Clifford**, **Pam Jameson**, **Jean and Charles Wesley**, **Jane Simons**, **Heather Earp**, **Suzanne Caine**, **Sylvia Whittaker**, **Jane** and **Michael Barstow**, **Sandra and Brian Hill**, **Lynne Warren**, **Jennifer Bull**, **Lynda Matthews**, **Tish Edwards**, **Sue Bradford**, **Jacquie Gordon**, **Emma James-French**, **Jackie Murrall**, **Carole and Paul Lyn**, **Sue Spencer**, **Jean Smith**, **Helen West**, **Rita Meakin**, **Anita Moore**, **Hilary Maddison**, **Joan** and **Sandy**, **Kim Danks** together raised a brilliant £848.15 from lots of stalls, talks and events.



A tiny exotic pet!

Katie Reed from **Kernow Enthusiasts of Exotic Pets** (Cornwall) raised £124.02 from their Christmas Fair! **Christine Crewe** (Surrey) with help from friend, **Val** raised £86 from their Mothers' Day Gift table with a luxury Pamper Mothers' day raffle hamper. **Janice Thompson** and everyone at **Pet Care Veterinary Surgery** (Kent) raised £201 from their raffle. **Babs Main** (Norfolk) raised £50 at her coffee morning in **Twenty Church Wardens** pub!

With prizes donated by her Belly Dance students, **Val Rainbow's** party raffle (Warwickshire) raised £63. **Lesley Crook** at **The Jephson Housing Association** (Buckinghamshire) sent £90 from their Dress Down Day. Clients and staff at **Ardmore Vets** (Suffolk) raised £46.11. **Ursula Montgomery** (Somerset) raised £200 at **The Combe St Nicholas Local Ladies Group**. Anne's husband **David Needham** (Essex) was Senior's Captain at **Playgolf Colchester** throughout 2013 and raised £311.57 from various fundraising events. **Karen Taylor** (Somerset) raised £90 from selling Easter chicks at The Bristol Heart Institute. **Avonvale Vets** (Warwickshire) raised £354 from the sale of Christmas Cards and their famous jam made by 'Anita' one of the Vets - sounds lovely! **Hazel Armstrong** (Hertfordshire) celebrated her 75th birthday with a party and raised £120 - brilliant. **Mrs R O Harvey** (Gloucestershire) raised £340 through the Waitrose Token System. **Margaret Smith** (Surrey) raised £140 in lieu of presents at her 80th Birthday Party. **Lisa Marks** (Somerset) ran the Yeovil Half Marathon and raised £152.76 - well done! **Maggie Martin** (West Sussex) raised the fabulous total of £405 with help from **Ruth Touhey, Mary and Mike Solomons, Jan Churchfield, Geoff and Shirley Weston, Lise Newnham, Craig McLoughlin, John Martin, Maria Sfora and Pat Watson** at various events. **Glenys Fath** (Cheshire) raised £175 at her 80th Birthday party. **Jean Romeo's** friends (Somerset) raised £65 from a table top sale. **Veronica Morris** (Conwy) and **Ben** (the Sheltie!) celebrated Veronica's 70th Birthday and raised £100 in lieu of presents. **Caroline Stroud** (Bedfordshire) raised £99.25. **Roger Stroud** (Bedfordshire) raised a fantastic £457.25 by climbing Kilimanjaro - very well done - what an achievement! **Cathy McSweeney** (Suffolk) raised £150 from her talk and sales to Sudbury DTC. **Maureen** and



Christine and Val's stall



Karen's Easter chicks



Maggie Martin and helpers



Roger Stroud at the top of Mount Kilimanjaro

Derek Edwards (Cornwall) raised £105 at their bric-a-brac stall in Aylsham Market Place. **Sylvia Halley** (Buckinghamshire) with help from friends, **Linda Anderson, Michele Chambers, Sue Dickinson, Wyn Jones, Ann Manning, Ann Mattingley, Jan Payne, Doreen Peen** (the knitting Queen!) and **Carole**



Axe Valley Vets

Shepherd raised a fabulous £660 from the sale of craft items and baking at their Coffee Morning. **Headley Ringcraft Association** (Surrey) raised £200 from their Companion Dog Show. **Emma Waller** and everyone at **Axe Valley Vets** (Somerset) raised £385 from their Dog Behaviour Seminar and a stall. **Pat Sanderson** (West Midlands) raised £185 from her car boot sale. **Susie Baldwin** ran the Liverpool Half Marathon in March and raised an amazing £317.50 - well done! **Zasman**

Vets (London) held a family movie morning, they showed "The Aristocats" and raised £130 - purrfect! **Karen Waller** (Gloucestershire) ran The London Marathon and raised a brilliant £440. **Anita Bennett** and **The Old House at Home Ladies Darts Team** (Hampshire) raised a superb £312.58 from holding raffles at their home games. **Anne Dadak** (W. Glamorgan) raised £50. **Carlos Roche** (Oxfordshire) ran The London Marathon in memory of his beloved dog Rocky and raised a stupendous £1,303.38. **Rachel** and everyone at **387 Veterinary Centre** (Staffordshire) held a cake sale, they baked totally delicious cakes and cookies (from angel cakes to peanut and chocolate cookies) to raise £123.03. **Alan** and **Neil Green** (Essex) both ran the Colchester Half Marathon and raised £345.50 - fantastic! **Gill Duroe's** aunt, **Dorothy Thompson** (Northants) and neighbour **Marlene Freeman** supplied and knitted agility gloves, mittens and hats, which Gill sold at her agility club to raise a brilliant £188. **Ruth Mansfield**, Chair of Lancing College Prep



Alan and Neil Green

PTA (East Sussex) raised £180.07 from afternoon tea at the school while enjoying watching the children playing tennis and cricket - nice one! **Vanessa Oliver** (Cornwall) raised £47 from plant sales at her 'open garden'. **Steven Parkin** (Dorset) raised £71 from a quiz night and raffle held at The Rising Sun, Wimborne, who laid on a free buffet for the evening. **Christine Smith** (Suffolk) and **Gill Mason** walk **Amber** for **Miss Harry**, together with Amber they took part in the May Day

Fun run and raised £220 - well done "Team Amber"! **Joan Norton** (Buckinghamshire) held an "Open House Weekend" over three days more than 62 people joined her and she raised a wonderful £215. **Toni Deaves** (Norfolk) raised a whopping £798.80 on her infamous market stalls at North Walsham, Great Yarmouth and Sheringham with help from **Ray Kitchingham** and **Bernice Miller** and huge thanks to **Bronwyn Bell** and **The Animal Magic Dog Club** who bought a lovely new market stall cover for Toni. This is very different! **Sadie Carmichael** (Isle of Man) and her helper, a snake, raised £220 from various events including an open day stall. **Sandra Lever** (Bristol) and staff at the **Rowe Veterinary Group** held a quiz and raised £72. **Christine Harrison** (Lancashire) while holidaying in Cornwall displayed her handmade cards at Mounts Bay Vets and River Valley Country Park and raised £16.50! **Susan Edwards** (Gloucestershire) raised £26.40 from her knitting projects. **Cath Pattinson**

(Cumbria) and her family raised £20 from their stall at Penrith Lions May Day. **Valerie Nunn** (Hertfordshire) celebrated her 80th Birthday and raised a wonderful £200 in lieu of presents. **Louise Matlock** (Cornwall) raised £300 from the sale of her amazing Christmas Crackers. **Martin Reed** (Essex) as President of **Chelmsford Rivermead Rotary Club** nominated us as his Charity of the Year. Together with his wife **Jenny** and CT foster pet **Kia** and many CT volunteers

they held a charity dog walk with tea and cake to follow (yum), they raised a terrific £600. **Pamela Taylor** (Somerset) and her husband raised £40 in lieu of presents at her Golden Wedding Anniversary - many congratulations! **Sue Mayer** and the **Ashover Riding Association** (Derbyshire) raised £90 from raffles held during the year. **Colin Wright** at **The New Inn**, Hurstpierpoint (West Sussex) and customers raised £37.87. **Joyce Lee** (Cornwall) raised £18 from her coffee morning. **Jeremy Pearson** (Herts) celebrated 25 years service with Canada Life. Jeremy nominated us to receive £300 to celebrate joining the Quarter Century Club instead of a slap up lunch - that was very kind! **Peter** and **Alison Hanson** from **The Cat Gallery**



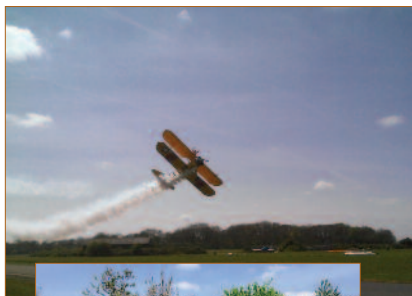
Christine Smith, Gill Mason, Miss Harry and Amber



Toni Deaves's stall



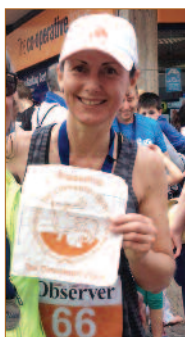
Sadie Carmichael's snake



Liz Haworth

(Yorkshire) raised an amazing £986.25 over several months from their mail order catalogues. **Liz Haworth** (London) is a nervous flyer but, she showed nerves of steel when she completed a Wing Walk and raised a brilliant £530. **Beryl Rowley** (Surrey) and her lifelong foster **Bob** (Jack Russell) raised £50 from their coffee morning! **Bob** and **Bryony Bruce** (Sussex) celebrated their 40th Wedding

Anniversary and raised £300 - in lieu of presents - congratulations! **Jan Mercer** (Worcestershire) raised £105 from a 'decluttering' sale in readiness for her house move - good one! **Ann Canfer** (West Sussex), **Kathy, Cliff** and **Jackie** raised £65 at Animal Antics Dog Show. **Ailis McKernan** (London) ran the Edinburgh Marathon and raised £661 - fantastic Ailis, well done! **Tracey Kelly**



Tracey Kelly

(West Midlands) ran the Great Midlands Run and raised £170 and well done again! **Joan Mackinnon** (Bedfordshire) raised £30 from The Ferrars Women's Guild. We help walk **Barney** for **Liz Simpson** and she asked volunteers **Kate Holdsworth** and her partner **Jason** to join her at a Moravian Rally. **The Moravian Women's Association** raised a wonderful £250 for us. **Dorothy Goodwin** (Suffolk) and friends **Cindy Taylor, Rosie Cousins, John** and **Helen Waterfield** raised £100 from their car boot sale. **Louise Ozwell** (West Midlands) sold second hand books at her local vets and raised £35. **Eileen** and **Pat Ellice** (West Sussex) raised £50 from their Animal Coffee Morning, table top sales and plant sales. **Claire House** (London) sold **Pauline House's** knitted

cat nip mice on reception at Westfield Vets and raised £20.25. This is super - **Keith Barron** appeared on Celebrity Pointless BBC show and raised £250 - not easy so well done! **Jacky MacQueen** of **MacQueen Veterinary Centre** (Wiltshire) raised



Watford Agility Show and Sara Matheson with Neil Roberts on her stall

£111 from a Family Fun Dog Show at Bishops Cannings Parish Festival. **Sara Matheson** (Middlesex) raised £155.25 from her scrummy home made cake stall at Watford Agility Show with help from **Neil Roberts,**

Michelle Mop, Jackie Chapman and **Kim Blundell**. **Kim Fernandez** and colleagues at **Kent County Council** raised £80 from their office Dress Down Day. **The Engine Inn** (Cornwall) raised £35.80 from their pub quiz. **Jackie McMahon** and all at **John Hankinson Vets** (London) held a charity day at Hilly Fields Fayre, our volunteers helped them on their stall, they raised £201. **Wendy Eades** and everyone at **Bluebird Care** (Essex) raised £55 from their event. **Heather** and **Colin Stepney** (Dorset) held a garden party, which has become very popular, friends joined them, they sang and played guitars and raised £205 - terrific! **Louise Cambourne** (Wiltshire) held her Annual Ball and raised £40 from the raffle. **Elisabeth Aubury** (Worcestershire) sold plants to raise £44. **Don Birch** and **Lindsay Spalding** own The Beechwood Hotel where they held a garden party and raised £147. **Maggie** and **John Newsham** (Devon) raised an amazing £305 by holding an Open Garden Day. **Myra Cox** (Somerset) raised £12 by selling pens and greetings cards. **Barbara Atkins** (Dorset) raised a fantastic £348 selling her gorgeous plants. **Joanna Giannopoulos** (London) ran the British 10K run and raised £300 - brilliantly well done! **Lynn Palmer** (West Sussex) her friend **Liz**, and their "boys" **Bill** and **Colin** walked 68 miles over 5 days. It was very hot, relentless and hard going but they wouldn't have missed it for the world. They walked over ever changing scenery, fields, river banks, tiny hamlets and villages and over the Seven Sisters of which, Lyn says there are eight! They raised an incredible £380.25. **Janine Taylor** and everyone at **Hyde Park Veterinary Centre** held a charity dog show, **Jennifer Saunders** and **Claudia Winkleman** were judges, and a great time was had by all, volunteer **Lorraine Hawkins** helped out and held a tombola and **Carter Jonas** matched what was raised and we received an awesome £2,037.08. **Brook Dog Training Club** (East Sussex) raised a wonderful £300 from two raffles. **The Dog Training Club** (East Sussex)



John Hankinson Vets



Visitors enjoying Maggie and John's open garden



Lyn, Liz, Bill and Colin ready for the BIG walk!



Lorraine, Jennifer Saunders and Claudia Winkleman at the Hyde Park Vets Dog Show

raised £70 and **Jacobs Well Dog Training** (West Sussex) raised £20 from their Charity Raffle. **Southampton and District Canine Association** raised £75 from their recent show. **Welsh Corgi Rescue Service** (Kent) raised a magnificent £2,000. **South Bucks Agility Club** raised £50. **Malmesbury** and **District Dog Training Club** raised £100. **Bridport Dog Training Society** raised £50. **Avon Working Trials Training Society** raised £250 from several events including a raffle, tombola and a field walk. **Bishops Stortford Dog Training Club** raised a fantastic £500. **Iver Dog Training Club** (Buckinghamshire) raised another fantastic £500. **Southern Flatcoated Retriever Club** (Lincolnshire) held a raffle at their Working Training Day and raised £40. **Bedfordshire All Breeds Training Society** raised £270 from their interclub friendly agility competition - great fun to be had there! **Windsor Gundog Society** raised £30 from a raffle at their show. **Redruth Dog Training Club** raised £80. **Inderbrook Dog Training Club** raised £100. **Prestwick and District Dog Training Club** emptied their collection tin of £13.51! **Pembrokeshire Canine Association** raised a brilliant £505 from their Companion Dog Show. **West of England Ladies Kennel Society** sent us



**Alton and District DTS -
A winning threesome**

another brilliant £500. **Cheltenham and District Dog Training Club** raised £200. **Launcells Bude Dog Training/Agility Group** have excelled themselves again and raised £600 from their weekly lottery which is a great hit with all the dogs who pick the numbers! Very sad news that **Michael Adams** who has helped **Kathleen** over the past 25 years has recently passed away. He is terribly missed by many. **Elvenhome Dog Training** (Sussex) held a bring and buy auction at their doggy fun day and raised £90. **Frederick** and **Jo Romang** and **Aidens Labradors** (Kent) raised £100. **Alton and District Dog Training Society** raised a brilliant £400 from their Companion Dog Show. **Clever Cavaliers Dog Display Team** donated their fee of £45 from a recent display - bet that's very sweet!



Alton and District DTS - Best in Show

North Derbyshire Dog Agility raised a stonking £500 at their show from a tombola, an auction, an agility pairs class in full fancy dress (!) and a sponsored water jump - all with rain, thunder, lightning and vast quantities of mud!! **Wellow Dog Training Club** (Hampshire) had a great idea - they raised a delicious £280 by eating cake and holding raffles!

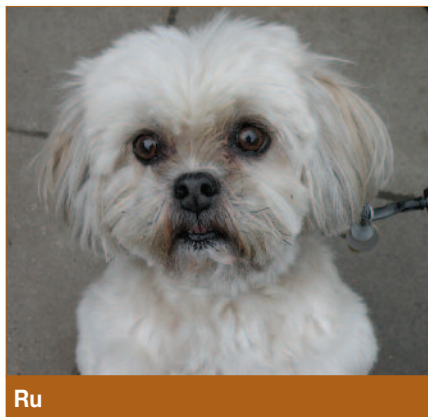
You've been unbelievably brave, ingenious, adventurous, hard-working, determined and much more! Thank you so very much. You've done brilliantly, we've managed to repair all the storm damage we suffered and smarten up with fresh coats of paint as well as buy paddling pools, gazebos, pony fly masks, BBQ goodies, new outdoor activity games and scratching posts, pay for vets, acupuncture and carry on cooking delicious meals for all our residents - three particular highlights in every day!!



Volunteer Views

Our first view is from **Irene Whitehead** (London) who walks the irresistibly cute **Ru**:

“My partner Trevor and I have been walking Ru, a Lhasa Apso, for two years. She is a highly trained hearing dog for her owner, Ruth, who she alerts to sounds such as a ring at the door, the telephone and the smoke alarm by barking, pawing her arm or lying flat, for which she is rewarded with a biscuit treat. Ruth lives alone but has many friends and we were delighted to be included in her surprise 95th birthday party this year. When we take Ru out she is definitely off duty and barks impatiently if we don't get a move on or if we have the audacity to stop and talk to someone. She loves her walk to a nearby park where she gets to meet other dogs (she's particularly fond of Huskies for some reason) and is always on the lookout for squirrels to stalk though she can't understand the concept of them disappearing up the tree and insists on walking around the trunk with a puzzled expression. Occasionally we stop for coffee at the little café and sometimes give her a bit of biscuit, but woe betide any dog which decides it wants some of her treat - she may be little but she's feisty!



She is a remarkable little dog and we are very fond of her.”



And this is from **Veronica Woods** (Norfolk):

“Being keen on dogs (most anyway!), walking and looking for a volunteering opportunity after retiring, The Cinnamon Trust was ideal for me.



Sam and Veronica

Once I had been accepted as a volunteer, I was put in touch with Pam McAdam who needed someone to help walk her dog, Sam.

Mrs McAdam has mobility problems so along with another volunteer, I help out by walking Sam twice a week.

Sam is a Corgi/Jack Russell cross and quite a little character. He loves his walks although he does have a few quirks.....

Occasionally he will stop mid-path with a "don't want to go up there" look on his face but a bit of cajoling soon has him back into the walking mood and he trots happily onward. He also has a thing for seeing off any passing bus. He barks and growls until it's gone by. Sam is a bundle of energy so, when we return home, we have a game of chase-the-ball in the garden to ensure he's good and tired!

While Sam has his post-walk rest, Pam makes a nice up of tea and there's always a tasty biscuit or two to dunk!

As well as enjoying getting out and about with Sam, it has been a privilege to get to know Pam so we have all gained from our association with The Cinnamon Trust."



Whiskey (Yorkie) in Devon with a little help from **Maureen Hampson** sends us a view that will bring a tear to your eye



Sherry, Whiskey and Honey

"Hello! My name is Whiskey and I am a Yorkshire Terrier. I live with my sister, Sherry and my dad, Roger. Some time back, my dad could no longer manage to walk Sherry and I and so The Cinnamon Trust stepped in to help us. Along came Marion and Maureen, and sometimes Maureen's daughter, Linda, when she wasn't working. Now, Sherry and I get taken for walks every day - not too far, mind, I am 15

years old and am getting a bit slow and Sherry is just a little younger, although she still skips around energetically! But this story is not really about us, but rather about a dog called Honey.

One day Maureen and Linda arrived to take us for our walk and with them was a black and white Springer Spaniel, who, when she saw us, spun around and tried desperately to run away. When she couldn't, she stood and shook in terror. Now I do realize, I am a feisty little fellow and Sherry loves to hear the sound of her own voice when she sees another dog, but we are honestly the kindest twosome and certainly had no plans to 'attack'! With many fearful 'vibes' coming from the Springer, we went off on our walk. I was horrified at how frightened Honey was of us and just about anything around her. She wouldn't talk to us and wouldn't even look in our direction. Tail and jaws clamped, she scurried along. This kind of fearful behaviour went on for months, but slowly, slowly she started talking a few words to Sherry and I as we walked along together.

She had been a breeding dog, kept her whole life in a cage, never socialised and only had the 'company' of another dog when one was put in to breed with her. Over the years, she also had to endure incredible harshness and cruelty in many other forms - I was nearly ill when I heard what 'people' had done to her. She is a dog severely scarred from being systematically brutalised. The puppy farm was eventually closed down and she was rescued. She went to live with a lady called Betty who was also no longer able to take her for walks and had come to The Cinnamon Trust for help so Maureen, Marion and Linda started to walk her too.

About six months after we had first met, an amazing thing happened - Honey actually wagged her tail when she saw us!! What a step in the right direction! She still wouldn't look at us and would definitely not touch noses - I was baffled how she could resist my charms, but there you go! Slowly and steadily, Honey realized that Sherry and I were not going to hurt her. She also watched us when we met other dogs and saw how we behaved. I think we gave her confidence - me being such an impressive 'protector' and with Sherry as my 'back up' - well, what dog would not be confident in our presence!!

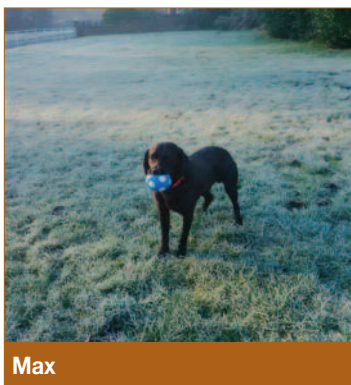
As time has gone by, some two years now, Honey has improved considerably, although I fear, she will never be truly 'normal' - the effects of the abuse was too severe. But she now touches noses with us and even with some other dogs when we come across them on our walks. Her tail wags properly when we meet and it even wags for most of the walk, although at times, she still becomes fearful of 'things' - never quite sure what! Honey now lives with Maureen and Linda as her other owner had to move to a care home and she is as happy as she can be. Sherry and I occasionally visit, if our dad goes away and she enjoys our company and we often all sit together on the sofa, although she is still not too keen on 'close contact'. Just this past weekend, Sherry and I visited and we decided to

have a game on the lawn, dashing about and wrestling - I can still manage that, if a little slowly. I noticed Honey watching with amazement, so I 'bounced' over to ask her to join in. She was not amused and was quite prepared to go inside! Poor girl - and so my work continues..... one day, she might just join us for a little game on the lawn!"



From Lancashire, **Elaine Richardson** writes.....

"I first heard about The Cinnamon Trust through Simone, our vet. My husband Peter and I share a big love of animals and have four dogs called Sooty, Alfie, Billy and Barney and two rescue rabbits called Toby and Bertie. Billy and Barney live happily nearby as wonderful companions for a close family member but all our pets are good friends and enjoy time together.



Max

Although I don't have a lot of spare time I felt I could still offer to help in some small way with other animals. When I asked Simone if she had any ideas for me she gave me the contact details of The Cinnamon Trust and I'm so glad she did. It sounded like a wonderful charity so I applied and was so pleased to be accepted and was very soon asked if I could help a lady who suffers from MS, with her dog. Karen's dear husband was her carer

but sadly he had died and apart from everything else, she also needed help from others to take her dog out for walks.

When I first met Max he looked so nervous and he was hiding away under the table. He is a stunning 3 year old black Labrador. Max had had a bad start before he came to Karen, he was a failed gun dog and had developed behavioural problems in that he was very nervous of people he didn't know, especially men, but he was confident around other dogs. Max has no aggression in him at all, he just startles easily when out and about, when passing people, sudden noises, engines running, doors opening, ladders, etc. His reaction is to want to run and hide. He's the only dog I know to be anxious and scared of walking past a cat that's just sitting on the pavement minding its own business! He just needs lots of reassurance.

It wasn't long, about three weeks, before Max knew and trusted me and he started to run to me when I arrived to take him out twice a week, sometimes three times. Five months on, Max absolutely loves his walks, he leaps up and down on the spot like a frog when I arrive and jumps up at me and I have to almost restrain

him to put his lead on! I have to brace myself because he doesn't hold back when he pounces on me! He walks beautifully on his lead on our long walks and he knows when we get to a large grassed area that I will let him off his lead and he can run and play fetch with his squeaky ball. He loves to run and he's so fast he often catches the ball mid-air! He brings it straight back and I know when he's had enough because he won't let the ball drop but likes to carry it in his mouth as we continue our walk. When he's had enough of carrying it he just drops it and then it's my turn to carry it.

When we arrive back at Karen's, Max jumps straight onto his sofa in the living room and I give him lots of cuddles which he loves. He knows I always have a couple of treats for him in my pocket, which he looks for and he takes from my hand before I leave. In the early days Max wouldn't take a treat from my hand, he was too nervous, so I had to leave them on the sofa for him.

It's always nice to have a chat with Karen, before I go. Karen has been through so much, she is such a strong person, having lost not only her husband but also her sister and brother all in the same year. Before Max she also lost her beloved 11 year old Golden Labrador Elliott. Karen never complains, she just gets on with things. Luckily she has two lovely daughters and a great personal assistant, who are so supportive.

It's very satisfying for me to see how contented Max is after our walks, all stretched out, happy and relaxed on his sofa, and this is thanks to the Cinnamon Trust for bringing people together who care so much about animals. I love Max, he is such a gentle, affectionate dog, just like our own pets and I really look forward to spending time with him.”



Carol Baldock in Sussex sends this lovely view:

“I spent most of my childhood and teens with a dog as a family pet. From the moment my Dad brought Jim the staffy pup home, I fell in love not only with the tiny little wriggling ball of energy but with ALL dogs in general. I was around 7 years old and a dog-addict was born. Jim sadly died when I was 18 and left a huge dog-shaped hole in my life.

Unfortunately I have always lived in a flat and/or had jobs which meant owning another dog would be impossible, so to help satisfy my canine obsession, a year ago, I heard about The



Carol Baldock with Grace

Cinnamon Trust and immediately volunteered to be a dog walker in my area. Two of my friends helped out by providing references which confirmed I was indeed a cross between The Pope, Mother Teresa and Doctor Doolittle and I soon had my credentials. I was licensed to dog-walk!

While I was waiting to hear from The Trust my partner Chris' mother Joyce was taken ill and we looked after her two much-loved Cavaliers Muffin and Mo. We were all relieved when Joyce came out of hospital again and could be reunited with her two pets but I couldn't help feeling incredibly sad that they had to go back and I missed them terribly.

Imagine how incredulous I was when shortly after this - The Trust phoned me and told me there was an 8 year old Cavalier called Grace very close to my home, whose 2 elderly owners could no longer get out to walk her! I think I must have sounded completely overwhelmed on the phone and overjoyed not only to get my first assignment but that coincidentally my new friend was a Cavalier, a breed which I have come to adore since having had Muffin and Mo to stay.

I popped over to meet Reg and Molly - a charming couple in their 80's and of course, get acquainted with Grace in all her black and tanned glory. Reg is almost completely blind amongst other disabilities and his wife Molly pretty frail so they were struggling to cope with Grace's much needed walking but they love her and would never consider giving her up - and so they contacted The Cinnamon Trust for assistance.

Nothing prepared me for the difference my volunteering has made to my life. Grace is adorable and I walk her for an hour every day that I am around (I sometimes have to travel overseas as part of my job). Our walks are so enjoyable and there are always new places to discover on foot with Grace by my side. I am fortunate enough to live by the sea but also we have lots of wooded areas and parks around too so I am always able to vary the outings. As an ex-show dog, Grace always turns heads and every walk results in lots of much appreciated attention by passers-by of all ages and of course other dog walkers. I have had some very interesting exchanges with some lovely people as a result. Chris comes along sometimes too and as a fellow dog lover (his beloved Dalmatian Monty died a year or so ago), loves spending time with Grace as well.

Reg and Molly have become much loved friends as well as being Grace's owners. Molly is always very kind and appreciative and Reg is always keen to chat - he has led an interesting life and has great stories to share. As a keen and very efficient cook he is always telling me about the latest dishes and creations he has rustled up in his kitchen and he made me a gorgeous cake for Christmas and another for my recent birthday! Reg is not backward in coming forward with a spot of mild flirting too which is always great fun!

All in all I wanted to share with you how much I love being a volunteer and would recommend it to anybody who loves dogs - not only do I get my doggy fix almost every day, but I have also made two wonderful friends in Reg and Molly. What a fantastic charity - I only wish more people knew about its existence. I spread the word about The Trust's marvellous work at every opportunity and I'm very proud to be a tiny part of it."



Kathryn, Judith, Steven and **Jasper** send their view from Somerset.

"We joined The Cinnamon Trust in 2008 because we loved dogs but didn't think we could have one of our own at that time.

We started walking Timmy for a lady in her 90's who couldn't walk him herself. Timmy was very elderly and walked very slowly but was always enthusiastic to go out and wanted to sniff every blade of grass!!

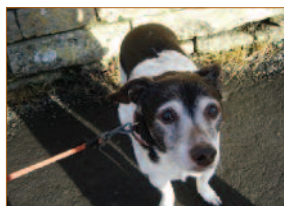
We also had 2 dogs called Diamond and Jaz come to stay with us while their foster owners went on holiday which was a good way of finding out if we could have a dog of our own.

When Timmy died we decided to get our own dog (a Border Terrier called Jasper).

Last year we started walking 2 Labradors for a lady who can't walk them herself called Charis and Molly, (unfortunately Molly had throat cancer and had to be put to sleep), they both enjoyed their walks, especially when it involved water.

Then we walked Charis on her own for a while which she really enjoyed, especially the treats even though she has actually lost weight since we have been walking her.

We currently still have Diamond to stay and still walk Charis who has a new companion called Polly, they get very excited when we go to pick them up and they really enjoy their walks,



Timmy



Diamond and Jazz



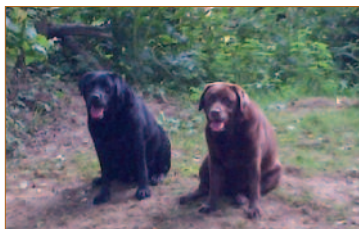
Jasper



Charis and Molly



Charis



Polly and Charis

especially when they get to go in the stream.

Diamond - usually found lying on the sofa which she isn't allowed to do at home. (Kathryn won a photo competition with this picture)

Written by Kathryn (Age 10)



Diamond

"We got into The Cinnamon Trust because I wanted a dog and we weren't sure if we wanted one but after walking Timmy we decided to get a Border Terrier called Jasper.

I did a presentation in front of Year 5 at my school to show what a pleasure it is to help other people and their dogs. Some of my teachers said that they were interested.

I love walking Polly and Charis but I don't get to do them very often because I am at school. I have loads of memories of Timmy, Jaz and Molly. Diamond comes to our house regularly and she is really nice and loves playing with my dog Jasper but Diamond always put him in his place!"



Marje Williams in, Bedfordshire writes:

"In February 2012 I was handed a letter from The Cinnamon Trust who had written to Wootton, Bedford WI. It was asking for a volunteer to help walk a dog that belonged to a lady in the village who was disabled with very bad arthritis and was not able to walk him any more.



Nia and Scruffy

At the time I had retired from my job working for a firm of solicitors and had a little more time on my hands. In 2010 I had adopted a rescue dog, Nia, from Appledown Kennels near Whipsnade and enjoyed taking her out round the fields every day. We were both benefitting from the exercise and companionship. I discovered that walking dogs was a great way to make new friends and meet people.

I read the letter from The Cinnamon Trust and thought I could easily take another dog for a walk twice a week, so got in touch.

I went round to meet Yvonne, the owner, and her dog Scruffy and was very touched by their situation. Yvonne was almost immobile because of her arthritis - Scruffy was a rescue dog, a small Lurcher-type cross, very fit and lively. I could see immediately there was a strong bond between the dog and the owner, they were real soul mates. I thought it would be such a shame if Yvonne had to give up Scruffy as they are such good company for each other - all she needs is some help with walking him.

I wasn't sure if Scruffy and Nia would get on so I started walking Scruffy on his own, on the lead at first. He is a very lively, intelligent dog and just loves being taken out, he gets so excited when I turn up. I introduced Scruffy and Nia and they immediately got on well, probably something to do with one being male, one female and roughly the same age! Very soon I had progressed to walking the two dogs together and letting them have a good run round the fields twice a week.

A few months later Yvonne had to go into hospital for a knee replacement and I said I would look after Scruffy to save putting him in kennels. The operation did not go very well and I ended up fostering Scruffy for a few weeks. He soon settled in to his second home and I got used to having him around. The Cinnamon Trust were very helpful at this time. I was told to save all receipts for dog food etc. for Scruffy and they would reimburse me, which they did very efficiently. They acted as a very helpful intermediary when I had any queries. I had him to stay again a year or so later when Yvonne had her other knee replaced and another operation is planned later this year on her wrist and he will be coming to stay again.

We have had lots of adventures on our walks - chasing rabbits, paddling in streams, gazing in amazement at the deer, badgers, pheasants, partridge, foxes and hares we have briefly encountered, not to mention horse-riders and other dogs and owners. Our favourite walks are round the huge fields of wheat, barley and rape-seed we are surrounded by, or best of all the woods. The woods are simply wonderful for dogs and walkers as they are full of sights, sounds, smells and wildlife. The one we visit at Wood End, Kempston is medieval - the original wood dates back to 1300 and we love wandering on the ancient paths looking at the anemones, celandines and, most beautiful of all, the carpets of bluebells in May and June. How many other dogs and walkers have travelled this way before us and how many will follow I wonder?

I have told lots of people about The Cinnamon Trust and what a great job they do. Yvonne has recently gained another volunteer, a young man who walks Scruffy at the weekends so with me, him and another lady in the village, he is walked almost every day now which makes a huge difference to the quality of life for the dog and the owner."

Jane Parren in Cornwall sends a very touching view.

“My husband and I have been walking Charley for Jenny McCartney, who are inseparable, for a few years. When Jenny was admitted to hospital she was



Charley and Jenny

understandably worried about what would happen to her beloved companion. No need to worry, The Cinnamon Trust to the rescue and quickly found a foster home with Kerry and Peter who do not live that far away. We all knew Jenny would miss Charley terribly so between Jenny's stepdaughter Alis, myself and my husband Jim, and the amazing co-operation of the volunteers at The Cinnamon Trust we made it our mission to get Charley to visit Jenny in hospital in Bodmin as much as possible.

On the 12th May Charley made the journey from his foster carers to Bodmin hospital. He arrived unperturbed and keen to have a look around the new surroundings. On arriving at the ward Jenny was overjoyed to be reunited with her dear friend and Charley leapt onto her bed for a kiss and a cuddle. The other lady patients and staff on the ward all came to see him, having heard so much about him. He took all this in his stride and didn't seem in the least bit stressed by everything going on. We came back in the evening after Charley had left to check on Jenny, she appeared to be very calm and happy she had had the chance to see Charley again.

We are very grateful to Bodmin hospital for allowing this reunion to take place, they are a very dog friendly hospital who have regular P.A.T. dogs visit and now also visit Jenny. The Cinnamon Trust are now kindly arranging a further visit from Charley including a surprise one for Jenny's 80th birthday, mums the word!"



From Wiltshire **Tracey Smith** writes:

“My name is Tracey Smith and I have been a volunteer for 5 years. The first case I helped with was walking a beautiful Terrier cross called Susie for Dr Gordon Charkin. We enjoyed lovely walks together several days a week for four years until Dr Charkin's sad passing a year ago and Susie came to live with me.

Then I was contacted by The Trust to see if I could short term foster 2 budgies

called Serena and Chirpy George for Miss Dorothy Williams while she went into hospital for an operation. Needless to say I said yes and I arranged to collect them. Since that first time I have looked after them on a number of occasions and just recently it was supposed to be just for 2 weeks but it ended up being 5. I am happy to help with them though because it gives Miss Williams such peace of mind knowing her pets are being cared for while she is poorly. That is what makes the work of The Trust so important. I have built up a very friendly bond with Miss Williams and we keep in touch every week and this is all down to The Trust.

With the Trust it doesn't matter what animal you have, they will always do their best to get a volunteer like me to help.

I would like to say thank you to them for all the work and without them I wouldn't have met Dr Gordon Charkin or Miss Dorothy Williams and I would not have the wonderful Susie for a companion."



Jake, ably assisted by **Lindsay Hockley** in Cornwall has a wonderful attitude to life!

"Hi everyone, my name is Jake and I'm a very handsome black Labrador. I'm 12 years old but have only got about six grey hairs and people say that my mum must spend a fortune on 'Grecian 2000' and the curate suspects Lindsay 2 spends all her time polishing me with Pledge - but it's not true, I'm just a gorgeous specimen. Now, why am I writing? - oh yes - you want to hear about my experiences of being fostered while my mum was in hospital. Well, it all started a few years ago when mum began to have mobility problems and she arranged with The Cinnamon Trust to have me walked a few times a week and about three years ago Lindsay 2 (yes there is a Lindsay 1!) applied to walk me. She passed the interview with flying colours: both the pocketful of goodies and the walk test, so ever since we've been going for two long walks every week. She also grooms me, gives me baths and applies the flea treatment - and spends a lot of my time talking to mum!



Jake and Lindsay

In February mum had to go into hospital to have a shoulder replacement (didn't know you could have such things) and she asked Lindsay 2 if she would look after me for six to eight weeks - understandably she jumped at the chance, so off I went to Garras with all my luggage and, to be honest, I was so excited it was about three days before I calmed down and even thought about mum!

There was lots of exploring to do as there is a huge garden with steep banks, slopes and steps - which I am not used to and frankly it was a bit of a challenge at first - but I gradually got used to it and soon found the easiest route (although when I saw a cat I didn't notice the slopes!) and there was a spot where I could lay (adopting a noble pose - you know, like the lions in Trafalgar Square) and snoo..., er, keep an eye on things.

Lindsay 2 does lots of gardening which I think is soppy to be honest, so I tried distracting her by running off with her jumper and tools, crunching up lumps of coal, chewing logs, and so on, but the best thing of all was when the patio was relaid a patch of gravel was left in the corner, so I dug it out - three times! But I also found I could attract attention by positioning myself rather charmingly amongst some of the foliage, - the silver weeping pear was *particularly* effective - and Lindsay 2 said I should have my portrait painted, but that it would need Landseer to do me justice - but that's *still* not been arranged.

When we had visitors I sometimes found it was necessary to draw attention to myself, so I developed some rather good ruses - such as sneaking into a room I wasn't supposed to go into and bringing out a box of chocolates I found there! I looked so cute (I know that because I caught sight of myself in the mirror as I was passing). And then I found I could make myself ever so useful by taking Lindsay's slippers outside and leaving them on the patio for her, or redistributing the TV remote, or her make-up bag or contact lens case around the house. And once I managed to extricate the current score from her music bag! She calls me a 'thieflet', but I'm not entirely sure what she means by that, although she laughs when she says it.

What else did we do? Oh yes, we went out for lots of different walks, usually twice a day, and I particularly enjoyed the early morning walks as everything was so fresh with lots of interesting smells. I went to church twice as well, but to be honest I preferred the old graveyard - obviously a haven for wildlife. We met lots of people and dogs (although when Lindsay 2 stopped for her *eighth* time on one walk I thought this is just too much and so laid down with a loud huff). As you may imagine, some of the dogs were very impressed with me, especially Hetty round the farm - she kept giving me very arch 'come hither' looks - until her sister - a real terment! - intervened, so I retreated with a dignified but slightly hurt look. And one day we caused a traffic hold-up when someone screeched to a halt and leapt out to meet me - understandable I suppose.

I particularly liked spending time in the computer room and I always managed to squeeze myself into the smallest space and rested my head on the printer tray (I don't think Lindsay 2 was very impressed with that actually), and then I would dictate my letters to Mum and Lindsay 2 would type them for me - my paws are not too good on the keyboard, you understand.

And then in no time at all - well actually it was three and a half months in the end as mum had complications after the operation so convalescence took quite a bit longer - it was time to go home. By this time I was an established member of the community and had made myself really useful, especially following the builder around - although he called me a "big unit" which I thought was a bit rude, after all, I'm not an articulated lorry! When we got back home I found mum had had a "runway" installed to help her get about better, but this was great fun to run up and down - like practicing take-offs and landings on an aircraft carrier! But it was great to be back home and check out all my favourite corners. Mum was obviously pleased to see me again and it turned out she was worried that I wouldn't settle as I'd been away for so long, but as I said to her, I've been your baby for 12 years, so what is three and a half months in all that time? And to be honest, although I love Lindsay 2 to bits - and indeed I am looking forward to going back there for my summer holidays in August (get a bit more tone to my very shapely legs) - it was nice to have a good rest and get to bed at a reasonable time!"



We currently support 975 pets in lifelong foster homes comprising 379 cats, 565 dogs, 17 Birds, 7 tortoise, 6 Guinea Pigs and 1 rabbit. Let's catch up with some of them...

Firstly a tribute from **Barry** and **Joan Large** in Conwy, Wales to a Jack Russell called **Charlie**:

Charlie 2000-2014

"Charlie first arrived at our home in 2007 for short term fostering whilst his elderly owner, Mrs Dawson was in hospital.

In the six weeks that he was with us we became very fond of this small dog with a big personality and an endearing talent to entertain and amuse all who met him. We continued to walk Charlie almost daily for the two year period of his owner's convalescence until it became apparent that she needed to move into a residential care home. Although she was able to take Charlie with her she asked us to give him a lifelong permanent home as Cinnamon Trust foster parents.



Charlie with his great pal Kitty

It was a happy arrangement for all as we took Charlie to visit Mrs Dawson regularly and continued to see her until her death. He was greatly loved by all who knew him and he will be missed so deeply. We have been touched by the many messages from family, friends and neighbours alike mourning the sad loss of this loveable character.

He will live on in our hearts. Thank you Cinnamon Trust for

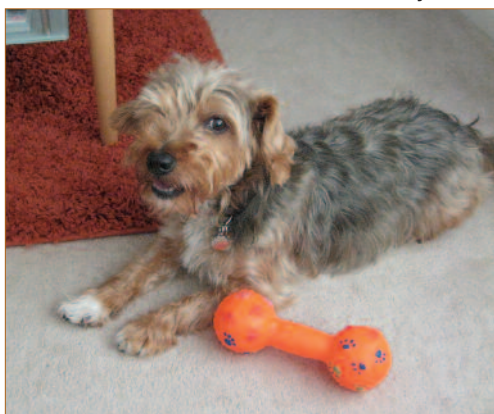
your part in enriching the lives of Mrs Dawson, of Charlie and all who loved him."



Peter Duffy (Merseyside) has a new best friend called **Bryn**.

"I first became a Cinnamon Trust volunteer in 2011 after I took early retirement from my job. It seemed to me to be the perfect charity for anyone wanting to spend time with animals and to help people as well. At first I began as a dog walker, then, at the beginning of 2013, my much loved German Shepherd passed away. I knew it would be some time, if ever, before I was ready to have another dog of my own, so during the summer I offered my services as a short term foster carer.

In November, I had a call from Deborah at The Trust asking if I could foster a small terrier from North Wales called Bryn. I happily agreed and some kind volunteers



Bryn

brought Bryn up to Southport. Bryn was a bit shy when he first arrived at the front door after his journey. He didn't know if he wanted to come in or not, but when he did come inside, he started off by doing a full tour of the house and garden to find his way around. It must have been very strange for him with all the new things to see and explore. After eating some of his food he found a spot on the sofa and spent most of his first evening sleeping quietly - the day had obviously worn him out!

After that first day, Bryn settled really well. He is happy to spend the day snoozing on a cushion but he seems to know exactly when it is time for his walk and likes to remind you in case you might forget! When he sees the lead he always performs a little dance, twirling around and barking!

He has been off on different walks locally each day in the pinewoods, through the dunes and along the beach. It is hard to believe that Bryn is 11 years old because he can keep going and going - no matter how far we walk he never seems to tire! Bryn has also been off in the car exploring the Lancashire coast and countryside. On a day out to Lytham St Annes, Bryn went into a dog friendly café in the park and was very well behaved sitting under the table quietly.

Out and about, Bryn loves meeting other dogs and has always been friendly towards them - he obviously enjoys their company. Bryn loves to be involved in everything going on - he is also an excellent watchdog and lets any visitors know that he is at home when he hears them coming along the drive. He has claimed the back garden as his very own territory and as we are in a semi-rural location he keenly patrols the perimeter fence to keep any potential animal intruders (including birds) out!

Bryn is the perfect house guest - he is absolutely no trouble and he is obviously a very loyal and affectionate lad.

Bryn's owner is still not well but he knows that Bryn can stay with us for as long as needed. Bryn has made such a good impression on me - and shown me that I could love another dog again, that I offered to take him on lifelong foster. I am now really looking forward to spending many happy active years with my new best friend!"



And **Tuppence** has **Malcolm** and **Vicky Varley** (Devon) wrapped around her little paws!

I am writing a few words to say how much joy a seven year old little Jack Russell girl called Tuppence has brought back into our lives. My husband Malcolm and I have been fostering her for about 11 weeks and she has settled in well and is now in control.

She arrived just at the right time as we



had recently lost our beloved old Long Term Foster dog Louie who we fostered for five years and he meant so much to us, we felt bereft. Tuppence's arrival has made a huge difference to us both and following a visit to a friends home with Tuppence, they could already see the difference Tuppence had made in our lives, as we both were really badly affected when we lost Louie. Tuppence has habits that are very similar to Louie's. Sometimes dogs are sent to us just when we need them.

Tuppence arrived thanks to Moira's telephone call and you can't feel anything but pleasure when a little tail is wagging, wanting you to take her for a walk and play with her favourite toy dog 'Cuddles'. Better than any anti aging supplement.

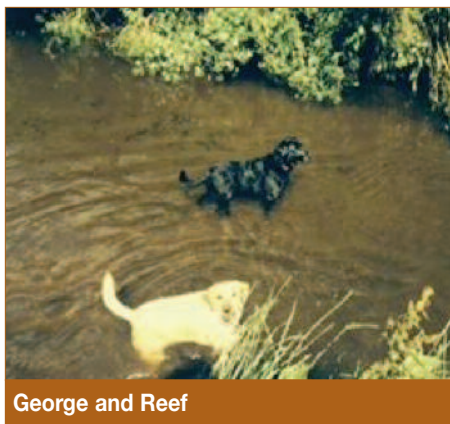
The photo is of Tuppence with her "pointy up ears" "on Guard" it was a completely unposed photo, I was in the garden with my camera, when I looked through the window there was Tuppence looking at me through the window with the sign in the corner.

At last we have now got round to Tuppence's way of thinking!

Grateful thanks."



George melted the heart of **Lesley Ward** who is one of our super receptionists at our headquarters. Lesley writes:



George and Reef

"Once again, to my pleasure I was asked by the office to see if I could help with a short term foster, a local one near to our head office.

We had received an emergency call from a Paramedic to say that sadly a lady had passed away several days ago in her home and her dog had stayed by her side the whole time. It looked like it could've been up to 3 days he had been there with no food or water, just sat by his mistress's side protecting her body. To our sadness

we discovered that the deceased lady was Christine, a local lady who was also known to many of the staff in the office as she was seen regularly walking George to the Black Bridge for a play with his friends and a swim! It was one of those days talking to a member of staff who was also walking their dog, Christine informed them of her cancer diagnosis, she was told about the support we could

offer and also how we could help with George's future once she had gone. Christine was only 55 years old.

We went immediately from the office and collected George from his home, all he could bring with him was a collar and lead, everything else had to say until the police were satisfied it was not a crime scene. When he came to me he was quite anxious as you would expect and very hungry and thirsty. I fed him little and often and gave him lots of water to drink. Gradually his heart beat slowed and he felt he could rest his weary head. Having been on alert for so many days protecting his mistress he was exhausted.

I took George home to meet my golden Labrador Reef, and although they were both independent dogs, both seemed quite pleased to have a new friend. Having come from living with one owner and then moving into a family with children and another dog must have been quite overwhelming for him, but we took it slowly and he soon joined in.

Knowing how important George was to Christine we were pleased that the vicar allowed George to attend Christine's funeral. I'm almost sure he knew what was going on as he followed her coffin into the service. After, he walked around to everyone who attended and thanked them (in his way) for coming and saying farewell to his mum.

I'm pleased to say George will be staying with us now permanently, and we are looking forward to taking him on his first camping trip with the family. I am sure Reef will show him the 'camping' ropes and the places where he can go rock pooling and swimming!!"



Janice Aspinall in Norfolk writes:

"I started fostering for The Cinnamon Trust in December 2012 and do not regret it.

Let me introduce you to **Teasel** my princess. She is eleven years, a quiet dog when she first came to me, she would not bark, but you should see her now. A very sharp dog indeed, very affectionate and full of beans, likes to play with her toys especially the football. I have a dog of my own a Jack Russell called Flo who is fifteen years old and they get on well together and are great friends. We go everywhere, shopping, go to church, when I am on church watch



Janice, Teasel and Flo

both dogs welcome everyone as they enter the Church.

Recently the family piled in the car, we all went Tintern Abbey in Wales. The photo was taken on that day and you can see how they enjoyed their day out. Both dogs are my very best friends and Teasel makes me laugh the things she gets up to. What a great decision to come to you for a dog."



Heidi has a busy social life with **Diane** and **Michael Austin** in Sussex.

"After fourteen years of being without a dog my husband eventually agreed to us having a dog, we knew that any dog we took on would have to be older and fit in well with our cat, family and social life.

Our first dog was Holly a beautiful, kind and loving girl of 14 years whose owner for the past 11 years had been taken into his local hospice, we wrote to him, and his brother told us how happy he was that we were caring for her. She is collie cross and we had her from August 2012 until she died the following New Year's Day, not long after her original owner. We took her ashes to his grave, a woodland site overlooking the sea and scattered them so she could always be with him, his loving care of Holly showed in her behaviour with us and she was for us an ideal companion and much loved by all who knew her and a serious loss for us both.



Holly



Heidi

After much searching by both Moira at Cinnamon Trust and ourselves, Moira found our lovely funny Heidi, she was 11 years old, over loved and overweight. A delightful Border Terrier/ Springer/Collie cross. Heidi was a rescue from Wales to Dorset and at two years old was placed with a couple who lived happily with her for 8 years, on their death their daughter rehomed her, the first home was unsuitable, the second the new owner died after twelve months but his close friend refused to let Heidi go anywhere else until she knew who was going to care for her. We have not only gained a dog but a new friend who we have subsequently visited with Heidi. We went to see Heidi and were smitten immediately

by her lovely nature and trusting eyes. She came to live with us in June 2013 where upon we placed her on a vet guided diet as she had been loved too much and exercised too little, having now reduced her from 20kgs to 17kgs she is spot on her weight.

We have had her for a year and she goes everywhere with us, visits friends and stays with us, attends dinner parties and is welcome everywhere. We are in touch with both the daughter of her previous owners and the friend who held onto Heidi until she could be rehomed, and we have visited with Heidi since her placement with us.

Long term fostering was a new concept to us. We needed an older dog but were fearful of the potentially large vet bills that an older dog may bring, and the insurance premiums are very high for older dogs. We also wanted a history of any dog we took on as we have very young grandchildren visiting and we visit family and friends as well. We found a lack of any history in most rescue centers and were not confident enough to make choices without some knowledge of their temperament, with both of our girls we took them to training classes, not so much for the instruction, but more to find out what they knew, which in both cases was a lot. I cannot recommend too highly the experience of long term fostering, we have the confidence of knowing Heidi will always be protected should anything happen to us and should any heavy vet bills result from her needing treatment we know these will be met.

Both our girls have been well loved and trained and are a joy and pleasure to live with. I would say to anyone thinking of acquiring a dog in their retirement an older dog from The Cinnamon Trust is for you. An older dog brings with them all the love and affection they have had throughout their lives and once they settle with you as their new owner, you will be the recipient of all this affection and trust.”



And in Somerset, the adorable **Shoggi** lives with **Christine Bowden** who writes:

“Shoggi is a black masked Pekingese and is 13 years old. To say I chose Shoggi is an understatement, he chose me.

I have had Shoggi on foster for 5 years and he is the leader of the pack of the four dogs in our home. Shoggi was very loved in his previous home, and when his owner sadly passed away Shoggi came to The Trust. Talking to a relative Shoggi had been bred by the owner, and due to



Shoggi

her health she couldn't give him the attention he required, therefore resulting in a walking carpet.

Shoggi made himself at home, and enjoyed the company of my other dogs. I offered him a home, I needed another dog like a hole in the head but what is one more when you have three, he melted my heart and in his interest I contacted The Trust to say yes. I volunteered to foster him and it has been a joy and delight, I wouldn't have wanted to miss out. Shoggi is now in a group of four, two of which are also rescued, they are all best friends. Oliver is now 10 years old and Shoggi is his main companion, they are inseparable, Oliver is a King Charles Spaniel and he has had many health problems, which make him very slow when walking, but Shoggi is there for him and doesn't leave his side, they saunter off in the park side by side like Darby and Joan, one waiting for the other all the time, never missing a lamp post or tree. On holiday when Oliver finds walking difficult he is pushed around in a dog mobile and Shoggi proudly sits by his side lapping up the attention. My Aunt in her late 80's was in a care home and Shoggi and I used to visit weekly and he was not only the highlight of my auntie's week but also the other residents, he would go around in the lounge for and cuddles, and he even enjoyed the odd ride in the wheelchair on someone's lap! When my aunt became frail and bedridden Shoggi would sit in her bed and my aunt who had dementia would chat away to him and even let him burrow under her blankets, she and the other residents adored him, he brought a sparkle into their lives, a little bit of happiness for a short time in their day. The bond between an animal and I dare to say the elderly is something special, really very touching, all the more reason to promote and support the charity, which I now do.

Shoggi also attracts the 'oohs and arrhs' from the girls, typical ladies dog, he is proud and walks along with an air of authority and confidence. The last thing I wanted was another dog, but Shoggi proved me wrong, I wouldn't hesitate giving another dog a home, Shoggi has brought such joy, friendship, loyalty, laughs and tears into my life, (although a force not to be reckoned with when it comes to meal times). Fostering Shoggi is a pleasure and one I wouldn't have wanted to miss, he wasn't planned, out of the blue he came but he has enriched my home and family with his presence and I will be eternally grateful to The Cinnamon Trust for the opportunity in allowing me the privilege of being a tiny part of the organisation, and who knows what will come next."



Bernard Beal in Yorkshire is being well tutored by **Stanley**:

"Stanley has been with me a year now, and in that time he's developed into a handsome, confident cat, full of curiosity and personality. He has become the master of extensive territory, which covers my garden and several neighbouring

ones. I marvel at the changes that have occurred in him, which seem to have been latent in his own character rather than anything to do with me.



Stanley

When he first came here Stanley was a nervous, edgy creature; he even had bald patches in his fur due to his fretful state. For most of his former life he had been a virtual prisoner, left alone in one room all the time like a zoo animal. I gave him as much freedom as possible, with a cat-flap so he could come and go as he pleased. He had the complete run of the house, with the room doors left open all the time; I thought he must have seen more than enough of closed doors in his short cat life. I allowed him to do pretty much as he pleased. He settled down in no time, and at once took charge of everything - the house, garden and especially, myself. He put me through a crash course in cat service. I soon learnt to respect where he liked to sit and sleep, what he liked to eat, how to accommodate him properly on my knee when he wanted nursing, how much fussing he liked and when to leave him alone. He's never liked being handled, and even now it's perilous for anyone to pick him up. But otherwise he's a most agreeable master. He greets me cordially, and purrs and rolls about on my knee, until perchance he falls off. Then he will reprimand me by grabbing my arm or my ankle, with his claws and teeth. But he means no real harm. When a cat strikes in earnest it will growl and spit, with its ear back and its hackles up. Stanley does none of this. Once I've been punished he's back to being his amiable self again.

The latest stage of my cat-training consists of learning how to deal with mice. Many a time he brings a live specimen in from the garden, and deliberately sets it free at my feet. I think he expects me to pounce on it, as a kitten would; he seems puzzled if I try to catch it in a glass jug, and put it back in the garden. And to think that before I had Stanley, I used to believe that people kept cats to chase the mice out of their houses!

He likes nothing better than getting involved in whatever I'm busy with. Sometimes he tries to come onto my computer keyboard, with who knows what consequences. If I'm reading he will come on my knee and push the book away; if I'm writing he likes to roll on my work. One day recently I had a lot of money to count carefully - the proceeds of a fund-raising garden party. I was setting it out in little stacks, as misers do with their gold, when Stanley came along and rolled all over it, scattering money everywhere.

He's most interested in cookery, and takes a keen interest in everything I do with food. He likes to test all the ingredients, with an emphasis on meat and fish. He prefers them raw, but he's broad minded enough to accept them cooked as well.

However, Stanley's abiding passion must surely be mouse-lore. Sometimes he appears in my bedroom in the middle of the night, his loud meows announcing that he's caught something. Then he bounces around for a while before things settle down again. Next morning I scout round anxiously for signs of the night's events. If there's a few scraps left I can presume he's eaten it. If there's nothing to be seen..... he may have eaten it, or it may be loose somewhere. In the latter case I just have to hope Stanley will catch up with it before it dies of natural causes. There's no food or drink for a mouse in my bedroom.

One morning I entered the kitchen with Stanley rubbing around my legs, wanting his breakfast urgently as usual. When I turned to his cat dish I saw a live mouse sitting in it, eating the scraps that were left in it the previous day. "There's your b----- breakfast!", I shouted at him, but Stanley was not interested in the mouse any more. I grabbed a glass jug and popped it over the mouse and the dish, and took them out into the garden, with Stanley watching patiently. Then I had to give him his normal breakfast.

Stanley, Stanley, Stanley. Life is always interesting with him around. If I go for a shower, he runs in before me, and I have to wait until he's checked everything before I can turn the water on. The only thing he never offers to help with is vacuum cleaning. He can't abide the noise and the blowing, and makes himself scarce until it's over and done with.

Who would have thought that twelve months would make such a change in him, and, as a result in me too!"



Jack has sent his own view of life with **Dorothy Locke** in Kent.

"My name is Jack and I arrived at my foster home in Kent on 13th March 2013. I think I am 12 years old, my Mum's family said my nose was dry and that I looked sad, which I suppose I was because my owner had been very ill, so I had been into foster care while he was in and out of hospital, then he sadly passed away. The first two nights in my new home I was rather upset and unsure, I scratched one of the doors so my mum gave in and now I sleep in her bedroom on a very comfy dog bed. My new mum took me to the vets a few days after she got me so they could give me a once over and they said I had to have some teeth out but I would feel much better after. Last year I got a back spasm on one of our evening walks and later I went into semi collapse which was very frightening for

my mum, she took me in the car to the emergency vet at midnight she was very worried and thought I had something far worse, I had to stay in the animal hospital overnight, Mum called the Cinnamon Trust emergency line and they sorted everything out and paid all my bills until I was better. I now have an Equafleece coat for winter to keep me warm and I am a very fit boy, my coat is healthy, my nose is very wet and I have no arthritis or delicate stomach, which is what my mum had been told I had. I have lots of doggy friends, I'm not too sure about cats though, I love my breakfast and evening food and I get very excited for my treats.



Jack

When my Mum gets her early morning tea I go out in the garden and when I come inside I get a small treat, I shake hands before I eat, who said you cannot teach old dogs new tricks "oh yes you can". I go to a groomer a lovely lady, and I love her pampering me, I feel very spoilt. I play with my squeaky toy balls but I won't give them up to anyone, I rush around the house and garden playing catch and I chase the balls which makes everyone laugh as I gallop like a horse. My mum's family, friends and neighbours all love me, as I do them. They say I have changed from an OAP into a teenager and I agree, that's what true love has done for me.

Thank you Cinnamon Trust for finding my mum Dorothy."



How about the people we help? Here's what some of them have to say:

Dorothy Ward in Lancashire:

"I first wrote to you in 2008 and my two dogs, Deezi and Buffy and I were featured in the Spring 2009 newsletter.

I had an emergency operation in November 2007 and I wanted to thank you for all the support I received from The Cinnamon Trust. I am writing to you again now to explain just how much I appreciate all the help I am still receiving five years later.

Liz and David cared for the dogs when I was in hospital and when my girls came home three



Dorothy and Buffy

months later you found four dog walkers for me. All four still visit me every week and take Buffy out for a walk. Sadly Deezi passed away in 2012.

Jane still comes on a Monday, Sue on Tuesday, Kay on Thursday and Caroline on a Saturday but they are flexible and happily change their days if one of them is away on holiday. I am so grateful for such kind, caring, reliable friends who were introduced to me by your impressive charity The Cinnamon Trust.

The kind and thoughtful things they do to help me are too numerous to mention but here is a short list of examples. They bring me gifts of homemade cakes and bread. They come with their own dogs so Buffy gets long walkies with playmates. They take us both to the vets when Buffy's injections are due. They phone to check if I am in need of help in the bad weather and Jane called one evening when she knew I had been to the hospital for an eye operation. I am never stuck for someone to reset my microwave clock, open my bleach bottles or give me a lift to the shops on their way home.

Each one of them is wonderful and indispensable and there are no words to express just how very grateful I am.

So thank you once again from the bottom of my heart."



Rita Ratcliffe in Cheshire:



Millie

"My daughter suggested it might be a good idea for me to contact your worthy Trust for help with dog walking. How right she was!

From the word go, I have found all your hardworking ladies at your head office very helpful, caring and charming. Many thanks Girls. It all led to help from your volunteers, who in turn are delightful: Millie my 11 year old Yorkshire Terrier - plus a bit of something else - loves them.

Well ladies, this little story comes from a grateful 83 year old (but 21 years at heart) who also enjoys the good fairies visits too. Millie and I give it thumbs and paws up. Once again, many thanks to the "Spicy Cinnamon Trust."

Long may you reign."

Esme Swindells in Wiltshire:

“I cannot begin to convey the extent of the happiness Melon enjoys when the truly wonderful ladies of The Cinnamon Trust arrive and escort her on regular walks into her world beyond the front door, where the sights, scents and sounds of other creatures so stimulate her canine psyche.

In offering their time and energy so generously Helena, Rachel and Alison have brought a super new dimension also, to my life. Relief that Melon is not deprived of her accustomed exercise, and joy in seeing the love and attention they shower upon her. This is to say nothing of the friendships I have gained so gladly too.

Of course the fear of parting from my dog was debilitating me spiritually and physically until The Cinnamon Trust came to our rescue, free of charge full of fun and some frolic, each and every day.

I would love the media to learn what a transformation the reliability of The Cinnamon Trust makes in the lives and hearts of people distressed by disability or age, can make in dispelling the fear of losing the treasured relationships between their pets and themselves, and suffering both ways, immeasurably sadly, is banished into obscurity.”



And **Margot Fowell** in London:

“I want to thank you from the bottom of my heart for introducing me to Bob Marshall. He walks my very naughty beagle 5 days a week, arrives on the dot of 11:30 every day and their “AFFAIR” has developed into a real love match. Being the tartlet that she is, she loves men anyway, but Bob... well she positively idolises him. He only lives round the corner, but I am sure she knows exactly when he leaves the house and starts to howl and scream (not unlike the famous “fat lady”) until he lets himself in with the key, and then of course it is like bedlam here, running round, gathering up her bones (which she will show him but he is not allowed to have a nibble). All the rugs go flying and the performance will go on until he sits down for a chat.



Then, off they go, pockets filled with treats and promises to me to behave herself. BUT, being a typical beagle on the walk her nose is glued to the ground and when

they get to Alexandra Palace, she lifts her sight to make sure she does not miss a carrier bag, a pushchair with food underneath or an unsuspecting person who puts his or her hand anywhere near a pocket (you never know a treat might miraculously appear heading towards her mouth).

Dear Bob. He is marvellous with her and me. Every day he comes he asks if he can do anything for me in the way of lifting or shopping etc. He takes my books back to the library and has taken me to the dentist before now as well as taking Missy and I to the vet when necessary. He is a very “gentle man” as well as a real gentleman and I am so lucky that he puts up with my naughty (but incredibly lovable) prima donna. Tomorrow he is taking me to Highgate Woods, so that I can sit on a bench and talk to everyone while he walks round with Missy. I have not been for a walk with my dog for over a year and am looking forward to it, even though all I will be doing is sitting and gassing.

I think I told you on the phone that I regard Bob as a favourite brother and he is included in all our family get-togethers. I feel I have known him for years and hope he will always be around. So, thank you Cinnamon Trust for putting us in touch with each other.”



Moira Kynaston in Essex writes:

“I had heard of The Cinnamon Trust some 12-15 years ago through a very dear friend of mine, and I thought then “what a wonderful charity” and helped to raise money through sponsoring her in many crazy things. After losing my husband and moving to a smaller place, I thought it would be something I could do to help the elderly of Brightlingsea.

I brought Monty and Maisie with me from the farm where they had been born with acres of fields with interesting smells and freedom to run, to a tiny cottage with a patio garden! They looked at me with bewilderment saying “Well, where is the rest of it?” We quickly discovered many lovely walks but of course they had never met other dogs before so they had to learn to socialise!

Unfortunately over the following 2 years my back pain became progressively worse until I found I just could not manage to walk any distance without my leg caving in. We reached the stage where we were lucky if we got out once a fortnight instead of 2-3 times a day. I was distraught and thought I would have to give up my dogs. Monty at 10 years old was too old and devoted to me to be rehomed so would have to be put down, and Maisie would then be bereft if she were parted from both of us. Oh dear! The tears I shed and then my friend reminded me of The Cinnamon Trust. I had never expected to be on the

“receiving end” of this charity and did wonder if I would even be considered. But lo and behold they fell over backwards to find dog walkers for me. Wonderful! We were able to all stay together! What a joy!

Louise came first and walked them for me with strict instructions to make sure she was Boss! I knew Maisie would try it on! She is so intelligent she thinks she knows best! No chance with me, but I know she has wheedled her way into everyone's heart and gets away with things like rolling in things that smell disgusting! However the hosepipe is always at the ready and towels nearby. Louise was wonderful and is still a dear friend. She had to give up when she acquired a huge dog and subsequently had to move to a bigger place to accommodate him! I now have an amazing team that manage between them to give my dogs a walk nearly every day: Karen 1 on a Monday, Anne on a Tuesday, Jenny and Matthew on Thursday and Friday and Karen 2 on a Saturday. I also have a wonderful neighbour who will help out on a Sunday. The dogs love them all and so do I. They are more than just dog walkers to me. Matthew has helped me with my iPad when I have got in a muddle (quite frequently I might add! I am still a novice!) Anne has taken me to the doctors when I have not been able to get there myself, and they all cover for one another if anyone is sick or on holiday. They have completely changed my life. I feel so grateful to you all.

I realised last year that they had not met one another so I arranged a little Sunday lunch gathering for them and we had a wonderful day. We also had champagne and nibbles to celebrate Monty's 15th birthday in April. By then he was completely deaf and very bad on his back legs, but between them they managed to get him onto the Green opposite for a little toddle which he loved. Unfortunately in August his back legs gave out and he was just begging me to do something so I called the vet out, and he was put to sleep while he was asleep in his bed. He knew nothing about it. I saw him born and I was with him at the end and he was the most loyal and devoted dog I have ever had. He and Maisie were the last of my puppies. I used to breed black Labradors and working Springer Spaniels. I had the most wonderful line in both cases of lovely calm dogs. There will just



Moira and Maisie with all of her walkers.

never be another Monty. I didn't even choose him as a puppy. He chose me when he was 3 weeks old! It is thanks to all you lovely people that he had another 5 years with us. Thank you all so much. His ashes are in the garden and we have created a miniature cornfield for him with wild flowers included.

Maisie is a bit sad on her own (she was originally the youngest of five and she has been parted from them gradually one by one) I still think of her as my baby but bless her she was 10 yesterday! It was the vet that made me realize her age when he called her an old dog. "Old?" I thought, "Not my Maisie!" But there you go, I suppose she is but she will always be a puppy to me!

I must stop my ramblings and finish this epistle!

I just want everybody involved to know how much The Cinnamon Trust means to me. It has changed my otherwise lonely life into one of happiness and laughter. I do have a good sense of humour and we have all had so much fun together. What lovely people you all are. Such a tonic in the world in which we live with greed and crime in abundance!

Love to you all and I hope you will be able to keep the charity going for many years to come. Yours with gratitude from Moira Kynaston and of course, Maisie!"



I'm sure many of you remember **Frank Windsor** (London), from Z Cars; Softly Softly etc, he writes:

"Two years ago my wife and I unfortunately had to say goodbye to the last in a line of dogs we had over the last forty years, and for the first time we were without a dog. However, as we were both in our eighties and not very active we thought it better not to take on another one, but it didn't take long for us to decide otherwise, we soon realised we couldn't, or at least didn't want to face living without a dog.

Then we thought it would be sensible to have a rescue dog rather than a puppy, being a little older and house trained, and also we would be helping a dog find a



Frank and Chillie

home, so our vet told a contact who was helping with fostering "rescue" dogs to get in touch with us, which he did, he brought a couple of Lurchers for our consideration, one of them didn't seem that keen on us and my wife didn't take to him that readily either, but the other one (a bitch) when she came into the kitchen to where I was sitting just walked up to me and put her head onto my lap, which of course left us with no choice, she was obviously going to be ours.

But here we saw a problem, all our previous dogs had been small (apart from one Rottweiler) and they had presented no problem about exercise as we have a garden and access to a nearby garden square. A long legged Lurcher with something like a greyhound or hunting dog in her ancestry was going to be a different matter considering our ages, especially as my wife has a broken shoulder and a wrist in a number of falls and I have severe osteoarthritis.

Fortunately for us, The Cinnamon Trust was known to the social services, who suggested I get in touch with you, I was a little sceptical at first but as it happened I was talking to the C.A.B on another matter and the lady there endorsed their suggestion. As a consequence, I decided to call, this was the best thing I could have done, almost immediately a dog walker was suggested and in a matter of days we had someone meeting us and walking Chillie (as she was now called) for her first outing from her new home. Then another walker was sent, and another and soon we had someone from The Trust five days a week and a local private walker two days a week and the walkers have genuine desire to help and shared love of dogs.

They are lovely people, Chillie adores them and does leaps and bounds as soon as they appear. All of them enjoy walking her, even in the rain. It's wonderful that we know that Chillie is getting the exercise she needs and deserves and it's obvious she loves living with us, this gives us the companionship of a loving dog.

How essential this is. It has been borne out by recent events, my sister, also in her eighties and a widow, lost her dog a few weeks ago aged 13. He had been her sole companion since losing her husband 8 years before and I was in the process of encouraging her to get another dog, but her grief and loneliness was so intense that it took her life two weeks after her dog died, what more poignant proof do we need of the importance of companionship in our autumn years. Thank you Cinnamon Trust, you are a star organisation."



Volunteers who have been awarded our Gold Award for exceptional service are:-

Jason Robb (Mid Lothian), **Sidney** and **Jane Evans** (Devon), **Rev. Ruth Gostelow** and **Alan Gostelow** (Sussex) and **Linda Mavin** (Cornwall).

Long Service Awards for volunteers who have been helping for over ten years go to: -

Christine Kennett (Norfolk), **Christine Harrison** (West Midlands) and **Ruth Illingworth** (Essex).

And our special Owner Nominated Awards go to:-

Ange Rawlings (Sussex), **Margaret Gosling** (Gloucestershire), **Jennifer Howdle** (Dumfries and Galloway), **Julia Potter** (Hampshire), **Barbara Martin** (Oxfordshire) and **Robert Marshall** (London).

To each and every one of our registered volunteers, a huge thank you for being there, helping come rain or shine, changing lives (both human and four legged!) for the better, and being such great ambassadors for The Trust. Our amazing reputation is only possible because of you.



Hillside Farm Sanctuary



Rupert

We have made the most of the beautiful summer! Out came the paddling pool, up went the gazebo, barbeque gear checked and ready, all the residents with an extra bounce in their step - we were ready to greet the long, warm sunny days that would bring extra magic to Hillside.....

And joining us to add his own special charm came **Rupert** (13). A gorgeous boy who is full of beans in spite of his diabetes and blindness. Having sussed out all his fellow canines, he made his own little map of all his surroundings. To make up for his lack of sight, his nose takes him like a guided missile to whatever is his desire at the time! There is no hesitation If perchance he can't find what he was looking for, he tilts his head right back and barks his unique Rupert bark which instantly summons human assistance plus, more often than not, a sausage! The



Lola

rest of the group sense his predicament and respect his pluck, most showing infinite patience should he walk into or over them in pursuit of a tasty titbit or a favourite toy. He brought a grand collection of toys with him but he likes to add to his stash on a regular basis - some are for tossing, some for shaking (vigorously), some are best for cuddling up with. Rupert has very long legs which serve him well when he's been sunbathing and needs to cool off - he can dip

toes in the pool without spoiling the hair! He loves to be groomed and even more, he loves to be cuddled and carried like a baby. Then **Lola** (13) came to join in the fun. She is beautiful. Her lovely eyes seem to smile and her little tail never stops wagging. She's very fit and very fast - races straight to the front on a walk, head down and tail up and catch me if you can! The woods are her favourite place but you have to watch her for when she puts her head down and goes, she is quite capable of going "off piste" and vanishing! Indoors, she'll walk on the windowsills, use the sofas as a trampoline and splash in the water bowls Lola needs to know there is always someone there and she'll come looking if she can't see you. Like Rupert, she has a vocal range that gets her the attention she wants, when she wants it! She loves to "help" with the housework and the gardening - in particular hanging out the washing and mowing the lawns! Lola quite fancies Rupert and she's not averse to sharing his bed with Matty (JR) - but he can't share hers!!



Lucy

Lucy and **Benny**, both 13 but unrelated came together. Lucy is tiny, but full of energy and attitude, a rather beautiful girl who has a tail that curls up in a spiral on a permanent basis which gives her quite an air of authority. She has lost most of the sight in one eye due to an old injury but the rate at which she flies around, you'd never know! Lucy does like to be in on the action wherever it is, and wherever food is - onto the kitchen counter, into the cupboard, up on the windowsill. She and Benny are both great fans of fish dinners and for her size, she can eat a BIG portion!



Benny

Benny is strikingly handsome, and he has attitude in spades but of quite a different nature to Lucy. He's a big boy and every inch of him is regal - he is a king, and in front of the camera, a superstar - "shall I tilt my head this way or that? Tilt my chin up or look down? Profile or full frontal?" Both Lucy and Benny love the great outdoors and they are fascinated by the sheep and goats - many an afternoon has been spent catching the sun while watching real live cabaret - or comedy?

While we have enjoyed the little slice of heaven that is Hillside, six of our dearest friends have left us for the Rainbow Bridge, **Whittington** (22) big, black refined elder statesman who'd been with us for 12 years. **Beep** (19) gentle, brave and beautiful Main Coone with us for 10 years, **Whiskers** (18) affable three-legged bobtail boy, **Charlotte** (18) petite, beautiful, black rag-doll with us for 6 years. **Millie** (18) the bravest tabby girl we ever had and **Silver** (17) glorious Persian boy. So many lessons learned from these amazing cats and so many incredible memories to recall years hence.

At present we have a mesmerising array of butterflies, honey bees and bumble bees that particularly feast on a huge golden marjoram in the garden - quite hypnotic to watch in the sunshine. But thoughts are slowly, reluctantly, turning to the changing seasons - shorter days, darker nights, colder days and nights. Every season has its charms and we'll make the most of whatever is to come - always with the main attraction - Christmas in mind and the fun and feasting to prepare....



Poldarves Farm Sanctuary

It's been such a perfect summer that we've been through three paddling pools! As well, we've been able to picnic on the beach in the evenings where all the dogs attract much fuss and admiration, not least Lola (who as is now customary, appears on the back page of each newsletter) who makes off to join in other people's BBQ's! We race after her to apologise profusely only to be met with "she's so cute, don't worry" which doesn't help when trying to persuade her to come back!! Rock pools are endlessly fascinating for some, digging in the sand or just loving the gentle sea breeze. Day after day, except at meal times, the cat rooms were empty with everyone out enjoying the weather in their own particular way, sunbathe, seek the shade, bit of both, whatever - the living is easy! The rabbits, ponies, chickens and geese did much the same. Every one relaxed and happy which was **so** good!



Not so good, though, was the heart wrenching sadness when we lost deeply loved friends: **Mudgey** (18) and **Monty** (16) both unforgettable cats also **Betsey** Sheltie (17) **Dexter** Westie (15) and our truly grand old boy **Woody** Greyhound (14).

And then **Mala** (Goose) and **Hissing Sid** (Gander) refused to allow anyone into their house - we practically took our lives in our hands trying to

clean them out - but nothing would shift Mala. All turned to sweetness and light once more a few weeks later when Mala emerged proudly leading two tiny, adorable yellow balls of fluff - Hissing Sid and the other two girls all gently protected them and you couldn't help but smile.

We thought we'd lost **Snowball**, a lovely white hen, but a few days after the goslings hatched, out from a tiny space behind the garage came Snowball leading three little black chicks and a little beige one - she marched down the drive, little chicks doing roly poly's to keep up while we, stunned, shepherded them slowly down to the chicken house. Mother and babies made themselves comfortable and next day, **Dotty** (another hen) stole two black chicks! Snowball didn't seem to mind and both were exemplary in their care of these gorgeous, tiny chicks teaching them the ways of a free range hen right from the start, more smiles!



Snowball

We would have to be as attentive as Mala, Snowball and Dotty when **Jasmine** (11) arrived. Jasmine had gone out for a walk with her owner, an ordinary day. But her owner collapsed and died and even in death did not let go of Jasmine's lead. The paramedic was so touched he took Jasmine home for the night, having contacted us in accordance with our emergency card that thankfully Jasmine's Mum was carrying. We collected her next day - her world shattered. What a darling she is - a very loyal



Jasmine

girl and a very loving girl who is a great cuddle! She's also very particular - her bed has to be just right, the blanket on the sofa has to be so she can get under it(!), she has to be groomed in just the right way and her meals (which she loves) have to be in the right dish and presented in just the right way - it's really very sweet and fantastic that after all her trauma she knows she can be her particular little self. Jasmine loves to play chase with Bobby the rabbit who teases her

much to her delight. She loves to play ball and she turns into a puppy on the beach as she runs, plays and then digs and digs - sand flying every which way!



Candy

Another ray of sunshine is **Candy** (14) a sweetheart whose ears have a life of their own and who has the most amazing range of expressions ever. She's talkative, too, but always for a reason - meal times, walk times, play times and when she's really excited she also pirouettes like a ballerina. Candy has struck up a friendship with Sharlie (Bichon Frise) who is invited to share her bed - but don't anyone else dare!! They make a very sweet pair. She likes to retire relatively early and at her appointed time, she takes herself off upstairs for the night!



Trudy

Trudy (17) is also talkative but not for any particular reason other than to make sure you know she's there! Young at heart and young in mind, she loves to be outdoors and especially going for a walk even tho' her legs don't take her as fast as she thinks she can go A wonderful appetite, Trudy really appreciates her food and she is glued to the TV when animal programmes are on. She likes to paddle be it in the sea or pool and bless her heart when she sleeps, she dreams - little woofs and legs running

Bill (14) and **Ben** (16) are adorable. They are devoted to each other. They were in a care home with their mum where all the residents are blind so they had to stay in her room and they are here because Mum became unable to care for them. They now do not like doors closed so it's just as well we have open house! Bill is a little flirt - he loves to play with the girls, especially Honey (Shih Tzu) and Lola and he loves to play with soft toys - teddy bears for preference. Ben loves to cuddle, and if he could, he would, all day - he really is a darling and when you stroke him or groom him, he returns the favour by gently nibbling. For all Bill's dallying, he never forgets Ben and continually comes back to make sure he's ok. They have terrific appetites, love

all our recipes, but such is Bill's devotion that he will not eat until Ben has started tucking in so they like their meals side by side. And side by side they explore the gardens when the mood takes them so, so sweet.

Patsy (13) has also joined us. Volunteers Shirley Nash and Vic Norman have been walking her for 9 years and 2 years respectively. Devoted to Patsy and her mum both were devastated when she died and such was their concern for Patsy that Vic brought her all the way from Barnstaple himself and we sent photos of her enjoying life here, on the beach, by the river so Vic could compile a slide show for the funeral "because Patsy was her life". Another little darling and so friendly and faithful that she inspires friendship and loyalty in return. Patsy has a stumpy tail which, with her rear end, wriggles quicker than any other tail! She sits up on the sofa like a person or lays on her back for tummy tickles and cuddles. She's fascinated by the chickens so she loves to help feed and clean them and often just goes to make sure all's well in the hen house all on her own! Loves the great outdoors and positively delights in gardening with Rob and Mike. Patsy came with her own bed and always sleeps in it - perhaps keeping faith with those she's loved and lost?

A family of five pussycats will be coming shortly but in the meantime a chance to catch up with a couple of real characters.

Mummy Tiggy (19) has been here for 7 years and she is the matriarch. Mummy Tiggy will ONLY venture outside if it's hot so she's had a ball this year! She has also set up her own grooming parlour - two particular chairs and any cat who comes to either is deemed to require attention and they are thoroughly "topped and tailed" She lives up to her name and mothers anybody who she thinks is in need of her loving care especially if they are not



Bill and Ben



Patsy with Divina



Mummy Tiggy

very well. Talkative (as befits her somewhat hidden Siamese ancestry) at meal times, particularly breakfast - it just wouldn't be the same without Mummy Tiggy!

Taylor (16) who has been with us for three years has his own way of being noticed - friendly yes, inscrutable yes, sedate yes until it's time for action when suddenly he gets up races up and down, round and round, as fast as he can for five minutes, attracting quite an audience and much applause, before he goes back to his favourite chair all calm, cool and collected! He loves treats, especially bedtime treats and for these, he does a "war dance" on the sofa lifting each leg in turn in quick succession!! He never fails a gorgeous, funny boy whose owner's daughter Jenny visits him as often as she can and who can always make you smile.



Taylor

We have so many happy, sunny memories to warm the winter, as well as big gatherings around a log fire and looking forward to the magic of a Poldarves Christmas and a Poldarves Christmas Dinner!



Poetry Corner

Miller Caldwell in Dumfries is an author who has written this poem just for us.....

The Slow Walk

She walked her dog though stooped by old age
Her eyesight was fading removed from each page
No matter the weather each day without fail
In sun and in rain, in snow and in hail
Prince was led on his lead through the park
By the river sometimes, but never when dark.

We met now and then through the medium of dogs
Without them I doubt if we'd exchange many words
I learned that she taught many years in the town
And remembered the pupils now they had all grown
Now in her nineties life was beginning to ebb
Both her and on Prince, caught in its web.

No walks no lead no dog now to see
The ambulance came to her home around three
The sirens were loud and the lights flashing blue
The mourners formed an orderly queue.
I still walk my dog but I noticed last week
That Prince was enjoying some hide and some seek
A young lad was throwing his ball to and fro
Prince knew at once where to run and to go.

Then I thought for a moment on what I was seeing
A change of pace, of trust and of being
What a Best Friend really is.



And this lovely one was written by volunteer **Sue Potter** in Norfolk for her husband **Bob** in memory of their much loved Rottweiler.

Heidi

She was tiny the first time he saw her
Tiny and shiny and black
Too soon yet to know she was special
For the moment, just one of the pack.

The next time he saw her was different
She was a loner; away from the rest
This time he knew she was his dog
He was certain he'd chosen the best.

The third time was "taking her home" day
He'd picked well - he was in no doubt
The garden was safe - or so he thought
But she tried to dig her way out!

As time passed, she grew big and naughty
People said, "She'll calm down when she's one"
How come that she's still just as wilful
When her third birthday's now been and gone?

In time she calmed down, as they'd told him
She was beautiful, friendly and strong
Only one thing remained quite unchanging
For he had loved her all along.

Her intelligence drew them so close now
She understood all that he told her
He tried to forget that each birthday
Meant that she was another year older.

The end, when it came, was too sudden
The pain almost too much to bear
Just one thing stopped him going under
She'd loved him and oh, how he'd loved her.



And Finally

The extension to headquarters is at last underway - we thought it would be almost done by now but oh! the hoops we've had to jump through before work could start. It's going to be very noisy for three weeks while all the pile driving is going on so my thanks to all the Headquarters staff, in advance for their forbearance and in arrears for all their hard work this year. My thanks, too, to each and every one of you, however we're connected, it is the bond between us and our ever faithful pets that makes Cinnamon Trust special. Heartfelt thanks also to the managers and staff at both sanctuaries.

And so this year is drawing to a close and we look forward to the next, but we also look back, and as ever, I would ask you please to raise a glass and remember with all our love, absent friends.

A very Happy Christmas, and may 2015 bring all you would wish for.

God Bless, everyone.

Averil R. Jarvis MBE
Founder and Chief Executive

