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# NEWSLETTER

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**Spring 2016**  
**Number 60**

## Dear Friends

I'm sitting down to write this with thoughts of storm and tempest banished by bright sunshine and blue skies. The daffodils, beaten down yesterday, stand tall and proud once again and the bird song is deafening - surely now the wettest, windiest winter ever is behind us and our spirits can soar with the rising sun.

A very happy task at this time of year is that of choosing our Young Volunteer of the Year 2015. We have 480 young volunteers, 151 of them are helping us as part of their Duke of Edinburgh Award. With great difficulty, we drew up a shortlist of eight and with even more difficulty a winner emerged - **Zara Werner** from Kent,



her view appears later in the newsletter but from our prospective she stood out. Zara has been walking for us for over four years for three different owners. Her current charges are **Candy** (8) Westie, and **Toffee** (6), Yorkie whose mum, **Maureen Sharp**, is absolutely delighted at Zara's award. Maureen says that Zara's twice weekly walks with Candy and Toffee have enabled her to keep her two beloved dogs which mean the world to her. She says the dogs adore Zara and she has come to look upon Zara as a surrogate granddaughter. Maureen is so proud of Zara for completing her Duke of Edinburgh Gold Award as well as receiving our own accolade.

## CT '100 Club

The big winner who received £100 in December was **Sandi Jones** (Berkshire), others who have each received £25 are: Oct: **James Lyons** (Dorset), Nov: **Caroline Jeyes** (Devon), Jan: **Robert Miltenburg** (Middlesex), Feb: **Carol Willshaw** (Lancashire) and March: **Barry Hickling** (Nottinghamshire).



## Fundraising Events



Christine Crewe's stall

**Miles Semple** (Durham) completed a sponsored walk through the Virgin Media Volunteer at Work Scheme and raised £75.25. **Christine Crewe** (Surrey) raised a magnificent £400.01 from car boot sales, a collection at Asda and with help from **Val Makda** a stall at Asda, Burgh Heath. **Kerri Holmes** (Norfolk) held a stall at Narborough Village Fete with lots of cuddly toys and raised £105.25. **Christine Sumsion** (Somerset) with help from **Myra Cox**, **Maureen Radford** and **Beth Missen** raised £290 from various stalls. **Maureen** and **Derek Edwards** (Norfolk) raised £190 from two bric-a-brac stalls, friends **Sue** and **Geoff Sykes** helped and bed and breakfast for Monty the Dog. **Anita Enefer** (Dorset) raised £27 on her stall at Three Legged Cross Vets fun day. **Pippa Mattinson** (Surrey) held a photographic competition, the winner was Elizabeth with her gorgeous Labrador **Baxter**, she sent her £50 prize to us. **Fiona Liversidge** (Devon) held another fabulous "Fifis Supper Club" and raised £234.25. **Jenny Cross** and everyone at **Pet Doctors Veterinary Clinic** (Hampshire) nominated us as their Charity of the Year and raised £62. Everyone at **Maple Veterinary Surgery** (Cheshire) held a raffle and raised £165 - brilliant. **Nicole**



Kerri Holmes



Christine Sumsion's helpers



Anita Enefer's stand

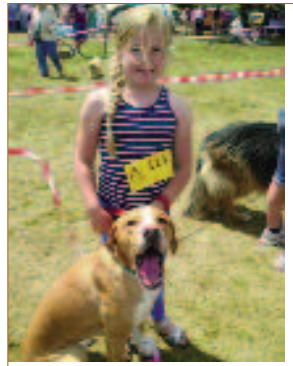


Baxter enjoys his reward



Fifi Liversidge's menu

**Newham** from **Northdale Veterinary Practice** (West Sussex) sent £280 from their annual Dog Show. **Barbara Quincey** (Lincolnshire) sent £67 in lieu of a retirement present and from the book club she ran at work. **Richard** and **Amy Escott** (Cornwall) ran the Frome 10K run, their very first race and raised £145 - fantastic, well done! **Patricia Hepple** with **Sharston Dog Show** (Norfolk) raised £32. **Deirdre Johnston** (Northumberland) raised £100 in lieu of presents on her birthday. Young students at the **BTEC Health and Social Care** in City College Plymouth raised £81 through various fundraising activities. **Nina Harris** of GOSH Enterprises held a brilliant coffee morning at City of Chester Lodge RAOB to raise £225. **Ann Canfer** (Sussex) raised £80 from her two stalls. **Maggie Martin** (West Sussex) with help from **Ruth Touhey, Jan Churchfield, Geoff** and **Shirley Weston, John Martin, Inge-Lise Newnham, Sue Flynn, Lorna Bolger, Angie Carter, Valerie Conway, Mike Solomons, Judith Davies** and **Ann Ferris** raised a stonking £1.625 from all sorts of events, fairs and talks. **Yvonne Joslin** (Hampshire) organised the **Oakhanger Fun Dog Show** and raised £90. **Corrine Detain** (Cornwall) with **Lynn** and **Jenny** organised the Threemilestones Craft Fair, with crafts, cakes and lots more they raised £297. **Gail Everett** (Somerset) held a dog show on Dunster Beach despite poor weather they still had fun and raised £100. **Audrey Newsome** (Norfolk) raised £45 from the "Les Newsome Charity Classes" at the Eastern Counties Cat Society Championship Show held at Wood Green Animal Centre. **Liz Parkes** (Surrey) raised £100 at her birthday lunch - she walks **Albi** and **William**, they joined her for lunch! **Lisa Buckley** and everyone at **Vetstop** (Nottinghamshire) raised £205 from their sponsored dog walk. This is a great one! Students from Pankhurst House at **Sutton High Junior School** (Surrey) raised £299.64 from a pyjama day and 'guess the teacher's pet' competition - brilliant! **Beth Missen** (Somerset) raised £95.50 from her tea and coffee afternoon. **Waitrose** at Upper Richmond Road West (London) nominated us as Charity of the Month and sent £270. **Margaret Ashmore** and **Friends of Langley Park** (Berkshire) held a dog show, they had a lovely day and raised £100. **Karen Stevenson** (Devon) (she walks **Baccy**, the Yorkie)



Northdale Vets Dog Show



Oakhanger Fun Dog Show



Threemilestones Craft Fair



Beth, Eve and Pluto rest after tea





Kay, Pat, Kim and Ben at the party

sent £47.25 in lieu of favours at her wedding - congratulations Karen and Phil! **Sian Fletcher** (West Sussex) raised £70 by providing refreshments after an Arun Health Walk around Clapham Village, despite heavy rain they all enjoyed the walk! **Kim Lee Tyler** (Bedfordshire) held a tea party, with lovely weather and delicious cakes she raised £353, **Ben** (life long foster) invited some of his four legged friends and they all had lots of fun. **Jenny Sampson** and her colleagues at **Adult Social Services** in North Devon held a hot dog sale, tombola, lucky dip and raffle and raised £140. **Pam England** (Leicester) celebrated her 80th birthday, she held a small party and raised £50 - here's to many more Pam! **Colin** and **Mrs Stepney** (Dorset) raised £214 from their summer garden party. **Rachel**



Barney and Cliquot who go walkies with Tracey Coutts

**Burt** (Northamptonshire) raised £192 by selling delicious dog biscuits at the local Scarecrow Festival. **Carol Delahunty** (Kent) raised £80 by dog sitting for friends. **Tracey Coutts** (Shropshire) raised £13.20 from the sale of her chicken eggs. **Christine Harrington** won Best Rescue Dog in Show at Buckham Fair (Dorset), she sent her £50 prize money to us! **Patricia Wisson** (Yorkshire) raised £676 from her magnificent coffee morning. This is amazing - students at **Hawkins House** at **Torquay Boys Grammar School** raised £700 from 7 different fundraising events over the year - brilliant, very well done! **Roz Godfrey** (Hampshire) raised £132.50 from her stall at Southdown Agility Show with help from **Jan Ouvry** and **Pauline**



Patricia Wisson's coffee morning



Roz Godfrey's stall



Torquay Boys Grammar School

**Winder. Myra Cox** (Somerset) raised £103 from a stall at the RSPCA Fun Day and sales at The Laburnum House Hotel. **Maggie Robinson** (Suffolk) raised £285 at a memorial walk in memory of **“Fred Simpson”**, he was a wonderful local character and dog walker who helped many people over the years with dog walking and sitting and had a lovely rapport with our canine friends - a very fitting tribute. **Diane and Peter Davies** (Surrey) raised a huge £1,000 at their Garden Party, over 90 people joined them, with hot dogs, burgers, cream teas, wine and beer to enjoy. **Jill Crowley** (Cornwall) manned a stall at Latchley Chilsworthy & Cox-Park Horticultural Show and raised £50. **Brinny Lyster** (Cornwall) raised £130 from her pet sitting activities. Very well done to **Janice Brydon** (Co Durham) who completed The Great North Run and raised a fantastic £280. **Maddy Mills** (Sussex) raised £24.04 from her stall. **The Child Support Agency** along with **Job Centre Staff** (Gravesend) raised £180.51 at their charity fundraising day. **Pam Chaddaway** (Birmingham) raised £55 at the Canine Behaviour & Training Society Symposium. **Barry and Gay Johns** (Cornwall) raised £255 in lieu of presents at their Ruby Wedding celebrations - many congratulations! **Siobhan Boyd** (Deeside) of **Daleside Veterinary Group** raised £200 from running the Chester Half Marathon - terrific, well done! **Lorraine Hawkins** (London) raised a stunning £548 from her Summer Garden Party and sale of donated items. **Shirley Tench** (Staffordshire) raised £172 from the raffle at



**Diane and Peter's garden party**



**Janice Brydon**



**Maddy Mills's stall**



**Shirley's Belly Dance party**



**Pam Chaddaway and friends**



Rachel Francis and friends



Liz Mays



Mary's dog show at the Ships Tavern



Lucy Hilton

her Belly Dance Hafla party with a pirate theme! **Annabel Davis** raised £11.50 from her table top sale. **Acme Cabs** (Cambridgeshire) raised £120 from the sale of books in their cab office. **Beryl** and **Suzanne Rowley** (Surrey) raised £45 from a coffee morning and it was matched by her

employer. **Christine Lawn** (West Yorkshire) and the **Lupset Park Group** raised a marvelous £356 at various events. **Rachel Francis** (Devon) with some friends took on the 3 Peaks Challenge, they tackled Ben Nevis, Scafel Pike and Snowdon and climbed all three in 23 hrs 47 mins which included travel time! The mental and physical challenge, not to mention sleep deprivation, was worth it, they raised £100 - fantastic, well done all! **Martin Boatfield** (Kent) raised £200 from an Autumn Bazaar his friend Linda organised. **Carl Drinkwater** (West Midlands) continues to excel with his recycling - he raised £97.69 from his latest efforts. **Liz Mays** (Kent) raised a staggering £1,511.22 during her year as Chairman of Ashfield Council. **Mary**

**Elms-Jenvey** (Devon) held a hugely successful fun dog show at the Ships Tavern to raise £615.85. **Pat Hopkins**

(Gloucestershire) raised £50 from two stalls. **Trevor Herring**

(Sussex) completed The Great South Run and raised £200, well done! And a very well done to

**Lucy Hilton** (Cheshire) who completed five runs during 2015

and raised a total of £400 - keep on running! **Samantha Thompson** (Yorkshire) at **The Ripon Spa Hotel** together with **Aileen Clegg** of **Bishopton Vet Group** organised a black tie event with dinner, dancing and live entertainment, they raised an amazing £1,470.50. **Robin Lane Health and Wellbeing Centre** (Yorkshire) raised £90 from their 50p book stall. **Martin, Jenny** and **Kia Reed** (Essex) helped organise the Maldon Mud Race again and raised £500 - heroes all! **Frances Langridge** (Lincolnshire) raised £150 from an acoustic night at The Turner Arms in memory of her dear husband, **Richard**. **Brian** and **Barbara Morgan** (Lincolnshire) raised a staggering £2,000 from their



vintage car collection. **Stephen Myers** (Staffordshire) and staff at **Myers & Co Solicitors** raised £181.50 from their dress down days every Friday. **Axe Valley Vets** (Somerset) organised a dog show at Theale Flower Show and raised £105. **Judith** and **Laura Dranfield** (Cornwall) raised £42.70 from the sale of their home grown plants. **Janet Morgan** (Worcestershire) with help from **John Parry, Frances Tyler, Lysandra De La Haye, Lynda Matthews, Wendy Ralphs, Susan Bradford, Vikki** and **Tony Holt** raised a terrific £800.86 from events during October and November. **Eileen Hammond** (Herefordshire) Chairman of Inner Wheel District 10 nominated us as her Charity of the year and raised £800.60 from various events including a summer rally - brilliant! This is a lovely one **Maggie Evans** (Bristol) with help from her friends, raised £400 from events at Hounds in the Grounds at Blaise Castle Estate and Holly Hedge Sanctuary. **Christine Derham** (Suffolk) raised £38.50 from the sales of her gorgeous peacock feathers. **Natasha Nelson** (Isle of Wight) and staff at **Ryde Academy** raised £40.68 at one of their cake club mornings. **Mrs V Sparkes** (Somerset) raised £120 from car boots and sales in memory of her dear friend **Margaret Shippen**. **Karen Taylor** (Somerset) raised an impressive £759.79 from her craft table sales and a raffle at her South Gloucestershire Council Offices. **John Parry** (Worcestershire) raised £262 from the sale of Christmas cards. Volunteers of **The Crossing Charity Shop** in Kirkby Ashfield Notts, gave £100 from their 2015 fundraising to **David Ball** from the Parish Church of St. Wilfred to send to us. **Vicky** and **Peter Daley** (Cumbria) raised £300 from their pet sitting. **Cathy Care** (Sussex) helped by **Angela Hubbard, Pat Hales** and Pat's dog **Sam**, raised £159.49 at two Christmas fairs. **Debbie Kendall** (Buckinghamshire) raised £108.75 from sales of her hand



A 1955 Austin Loadstar at the vintage car collection



Axe Valley Vets dog show



At one of Janet Morgan's events



Karen Taylor's stall



Toto at Maggie's event



Jan Roche and Toby Too



Gosport Voluntary Action



Naturally Pets Canine Centre

lettered and illustrated “The 12 dogs of Christmas” cards - good one! **Jan Roche** (Sussex) and **Toby Too** took part in a Santa Dash and raised £160. **Steve Kilham** (Norfolk) of **Greenwood Sales** nominated us as their Charity of the Year and raised £100. **Peter Hanson** (Yorkshire) of **The Cat Gallery** raised £1,807.15 from his on-line customers this year as well as sponsorship for his marathon run in November - stunning! **Patricia Stephens** (Surrey) raised £85 at her tea party and raffle. **Jarvis** and **Lesley Taylor** (Lincolnshire) raised £90 from their stall at the local village hall. **Julie Aris** (Sussex) raised £309.50 from her quiz night. **Muriel Sibree** (Norfolk) sold blue poppies to raise £90. **Sandra Pridgen** (Lincolnshire) sent £80 from their annual Christmas Charity Bake. **Margaret Scott** makes all the lovely pastry, **Steve Mason** and **Sandra** add the fillings and family and friends enjoy the delicious results! **Liz Fairweather** nominated The Trust as her Captains Charity of the Year for **Warren Ladies Golf Club** and raised £60 in lieu of sending Christmas cards. **Stephanie Guy** (Lancashire) raised £28 in lieu of commission for her pet portrait miniatures over six months. **Liverpool Victoria's** employees (Dorset) voted for us, so their **Bournemouth Community Committee** sent us £500 - great one! **Fine Tubes Ltd** (Devon) raised £150 throughout the year at various events. **Liz Campbell** (Devon) celebrated her 80th birthday and sent £50 in lieu of presents. **Flo Croucher** (Somerset) raised £150 from the sale of yummy preserves, bric-a-brac and knitted items sold at her garden gate. **Sadie White** (Cornwall) and the **Carn Brae Storm Netball Club** raised £31 bag packing in Marks & Spencers in Hayle. **Jean** and **Tim Langridge** (Kent) raised £20 from the sale of handmade wooden reindeer in memory of their greyhound **Woody**. **Kay Parker** (Devon) raised a superb £903.70 from clients who used the wifi or brought their dogs to stay (no charge!) at **Island Lodge Caravan and Camping Site** throughout 2015. **Ashley Bradshaw** (Hampshire) and **Gosport Voluntary Action** raised £101.30 from a coffee morning and raffle. **Rosaline Newman** (Wiltshire) knitted lovey dolls clothes and raised £75. **Dorothy Bridge** (Gloucestershire) organised a Companion Dog Show, 85 dogs took part and she raised £250. **Aylesbury Ladies Electrical Association** (Buckinghamshire) raised £300 from their Bring and Buy Sale. **Sheila Hurst** (Devon) with help from **Barbara Osbourn**, **Jenny Beer** and her daughters **Deborah** and **Diane** raised a staggering £1,516.25 by making and selling jams and chutneys and holding a bric-a-brac stall. **Naturally**



**Pets Canine Centre** (East Sussex) raised £100 at their annual Fun Dog Show. **Windsor Championship Dog Show** held a Charity Class at The Paignton Dog Show and sent us a fantastic £1,000. **Brook Dog Training Club** (East Sussex) raised £150 from their summer party raffle. **The Hastings, St Leonards and East Sussex Canine Society** raised £120 at their Charity Fun Night. **South East and East Anglian Tibetan Spaniel Society** held a silent auction and snap shot



Windsor Championship Show

show to raise £110. **Clacton and District Dog Training Club** sent £150. **Elvenhome Dog Training Club** (West Sussex) raised £70 at their summer auction. **Skerndale Dog Training Club** (Co Durham) raised £400 at their Companion Dog Show. **Cheltenham and District Dog Training Club** raised £300 from their Open Show and tombola. **Basset Fauve de Bretagne Club** (Yorkshire) raised £73 from a raffle held after their club walk and picnic. **Launcells/Bude Dog Training/Agility Group** (Cornwall) raised £300 on their Doggy Lottery. **Chippenham and District Canine Society** raised £328 at their Companion Dog Show. **South Bucks Dog Agility Club** raised £100. **Christchurch and New Forest Canine Society** raised £16.80 from their May Companion Show. **Banbury and District Dog Training Society** sent £250. **Tuffley Agility Club** (Gloucestershire) raised £210 from agility demonstrations and their summer agility show - sausages all round! **Wellow Dog Training Club** (Hampshire) raised £187 from cake sales every time they had a win with their dog - nice one! **Frampton Cotterell Dog Training Club** (Somerset) raised £200. **The Pet Dog Club** (Hampshire) raised £100 at their Tuesday meetings. **Laleham Dog Training Club** (Middlesex) raised £90 from the sale of photos of their Summer Fun Day. **Cheltenham and District Dog Training Club** raised £30 in lieu of sending each other Christmas cards. **Smarty Paws Lostwithiel** (Cornwall) raised £70 at their Christmas raffle. **Wensum Dog Training Club** (Norfolk) raised £100 at their Christmas party. **Plymouth Dog Training Club** raised £300 at their Christmas party, a lovely evening was had by all, fancy dress, party games for the dogs, mince pies and cream for the handlers! **Littlehampton Dog Training Club** (Sussex) nominated us as their Charity of the Year and raised £800 - brilliant! **Snoopy Dog Club** (Hertfordshire) raised £300 on their amazing Christmas raffle. **Ipswich Dog Training Club** raised a fantastic £500. **Teresa Webb** sold her free range eggs to other members of **Chestnut Farm Agility Club** (Lincolnshire) and with donations sent us £150. **Woof Its Dog Training Club** (Somerset) raised £100. **Dachshunds of Gloucestershire** nominated us as their Charity of the Year and raised £300.25.



A winner at Christchurch



Tuffley Agility Club

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Once again, you've excelled! All the money you've raised is always spent on our "Cinnamon pets" - the most precious little souls entrusted to our lifelong care. Thanks to you, we can make whatever time they have left - whether it be a few months or many years - super special in every way. So thank you, very much - and I can't say that often enough.....



## Volunteer Views

Our first view is from **Rebecca Billington** in London:

"Having worked with dogs for many years, as a dog walker and then a veterinary nurse, I moved to London to further my career, but felt an immediate loss of connection with the animals. I had always known about The Cinnamon Trust through my work in animal care and with other voluntary organisations and so I decided to sign up. I basically needed to fill that dog-shaped hole in my life and unfortunately am not in the position to have one of my own -The Cinnamon Trust seemed like the perfect solution. Little did I know just how big a hole there was to fill, or just how perfect The Cinnamon Trust would work out to be.



**Rebecca Billington with Jet**

Not long after my application I received a call from Cinnamon Trust to say that there was a lady with a dog who needed help with walking. I was delighted ... especially when they said he was a BIG dog - the bigger the better in my eyes! I was given the owner's details and gave her a call to set up a meeting.

I went along on a Saturday morning to meet Annie and her German Shepherd/Flat Coated Retriever cross, Jet, who welcomed me with a huge smile and waggy tail. We had a cup of tea and a chat, mostly about Jet but a little about ourselves and I took Jet for a short walk to see how we got on. Annie told me the basic rules for Jet, what his personality was like and where I could take him for good walks.

It was a dream!! As an experienced dog walker I am used to all sorts of dogs with all kinds of behaviours, but Jet is an absolute pleasure to walk, he even helped show me the way to the park that he goes to.

I agreed with Annie that I would come every Saturday morning and she seemed happy enough with me. It's been over 2 years now and I have grown so close to Annie, she is now part of my family, along with Jet and her cat Smokey, and I

honestly can't imagine life without them. When I moved to London and left my family behind in Manchester I never imagined just how much of an empty space that would leave. I knew that by joining The Cinnamon Trust I could get to spend time with a dog at the same time as doing something worthwhile, but I never imagined that I would gain so much myself - I gained a new best friend! I benefited more than I ever thought possible by meeting Annie and I cherish every Saturday that I can go and see Annie, Jet and Smokey. I feel truly blessed and I am so thankful to The Cinnamon Trust for introducing us."



And this is from **Claire Holland** in Bucks:

"Barney gets my weekend going every Saturday morning. We explore the local area and find walks I didn't even know existed. Our hour long walks also help my fitness levels and however good or bad I feel at the start I always come back re-energised and ready to start the day.

Barney is a typical Labrador who loves swimming, charging around and enthusiastically greeting people. Also foraging through empty packets for any crumbs left behind, the biscuits in my pocket and his favourite, fox poo!

Bought and trained by his owner's late husband, Barney was a great comfort and protector, after her sad loss. As a large and strong, young 3 year old lab, he proved quite a handful and soon Pat realised that Barney would need a few extra walks during the week to release his pent up energy. That's when Pat

contacted The Cinnamon Trust looking for a local dog walker. Then, I had just relinquished my latest charge as her owner had moved away, so I was only too willing for a new charge and to resume my weekly walks.

Meeting Barney I was bowled over, almost literally, by his enthusiasm as well as his likeness to a family dog we had when I was young. So we had a few trial walks during a snowy January, where Barney eagerly pulled me around a few of the local sights. Slowly we got used to each other and found some great places for him to run around safely without bowling people over, only in his keenness to be friendly. Six years on we are still finding new places, but walking under a bit more control than when we first started.



**Barney and Claire**

The start of our walks are always about getting to the woods or fields as quickly



as possible, because usually he has only been running around the garden, so being outside is really exciting. Once he has sussed out the route he soon knows the point at which he will be let loose to run free. So once his head has wiggled free of his collar he goes wild for a while, then doubles back to check I'm still around. This continues for the rest of the walk, checking over his shoulder every few minutes. That is, however, until some smell or food wrapping hidden in the depths of the bushes takes hold of him until he's managed to investigate thoroughly. Then, once he's finished, he runs like a mad dog to catch up, sometimes skidding in the mud because he's going too fast!

However, his most favourite walk, is when we go to a nearby field which has a new piece of canal running alongside. He can smell the water at the edge of the field so it doesn't take long before I can sense his reluctance to stay near me and he is charging towards the gap in the fence. The next thing I see is a wet dog shaking gleefully as he jumps in and out of the reeds and splashes about in the water, his tail constantly wagging. I would say this is his most favourite game.

Barney is great fun and so loveable, that I forgive him all my muddy jeans, slobbered gloves and coats full of dog biscuit crumbs! He is my third and longest dog walking service since joining The Cinnamon Trust over 8 years ago. I joined because I love dogs but couldn't have one due to my job. Even though I have a wonderful fluff ball of a cat, I did still hanker after a dog, and so I thought this would be a great opportunity to get my doggie 'fix' and help someone out at the same time, and it did!!

It's such a great idea as it works for everyone involved. I fully understand why an owner would want to keep their pet after an illness or bereavement and so I am pleased to be of help in any small way in order that they can all stay together. The tonic gained from stroking, walking and loving all types of animals gives people such a lift that I think they are a great and important aid in dealing with the stresses and strains of everyday life."



**Valerie Keane** in Glamorgan says:

"Almost a year ago I was asked if I would be able to walk Lassie, a seven year old collie, for an elderly couple who were no longer able to exercise her themselves. I went to meet them and Lassie, and then took Lassie for a short walk. All went well, so the next step was to introduce her to my 13 year old collie cross, Barney, who in his youth had had problems socialising with other dogs. The pair took to each other immediately, so I started walking them together. Lassie is a sweet, lively and energetic dog, despite having been diagnosed with diabetes at the early age of 10 months.

Although she had never had much training in her early years she is so obedient and her recall is exceptional, something we were never able to achieve with my own dog! If he wanders off she will follow him for about 20 yards, then realise I am not there and come rushing back to me! She has one bad habit, chasing anything that moves past us quickly, bikes and runners are her favourites. I have found the best way to curb this (which is a work in progress) is to carry a squeaky toy which I squeak very loudly as she starts to chase. Most times she stops immediately, looks round and then comes back to me when I call.

Her owners, Mr and Mrs Player are a lovely couple in their nineties and are so appreciative of what I do for them. I go into their home, where I am made to feel like one of the family, most days after our walk. There is always a cup of coffee waiting and we have a lovely chat. I so much enjoy my walks with Lassie as she makes me laugh a lot. She is extremely vocal when she meets people. If they stop and talk to her she will sit on their feet and stare up at them lovingly.

I know that her owners are so grateful that someone is exercising Lassie on a regular basis, and are even more happy that I care so much for their beloved dog."



**Ruth Collishaw** in Cardiff writes:



**Ruth and Holly**

"I began dog walking for The Cinnamon Trust several years ago and am still doing so. My first dog was Holly whom I walk once a week - sometimes more if I have the time. Holly is a border collie/alsatian cross and consequently is quite a large dog. She is now 10 years old but thinks she is still a teenager. When I first met her I had grave doubts about whether I could handle her as discipline was not a word she understood. Now however she is the most obedient, loving dog anyone could hope to meet.

She loves water and muddy wallows and can smell mud from a considerable distance. Her discipline disappears then and all the calling will not keep her from behaving like a hippopotamus, then it is my job to clean her up before she is allowed in the house.

Over the years not only have I established a relationship with Holly but also with her mum, Muriel, and I like to count Muriel now as a friend.

The Cinnamon Trust and the 4 dogs I have walked over the years - and still

continue to walk 2 of them - have enriched my life considerably and I hope will continue to do so for many years to come."



Poignant thoughts from **Ruth Dinsmore** and **Chilli** in Co. Durham:



**Chilli**

"I walked Miss Holland's three Westies for the past 7 years through The Cinnamon Trust until Miss Holland sadly died. I GREATLY miss her and especially my wonderful times being privileged to walk her dogs, so she could continue to enjoy their special companionship. I particularly thank your Trust for this honour. I am a particularly grateful participant of your organisation."

Here is Chilli's view.

"My name is Chilli, and I am a white Westie. Myself, and my 2 predecessors who sadly are no longer with us, were regularly walked by Cinnamon Trust volunteers for several years. At the New Year my beloved mistress went to her

heaven. I want you to know how much the help advice and support she received from The Trust enabled Beverley, although being housebound, to have a dog as a treasured companion to her and her elderly mother.

She loved Westies. Always rescued us, giving us a wonderful life, caring, looking after us, making sure we were happy, well fed and regularly walked. First there was Robbie - a real 'top-dog', feisty, stubborn, stalwart, typical of the breed. Then dear Hamish came into her life, with such overgrown fur that, initially he was unrecognisable as a Westie. Beverley poured her love into his well being. Numerous visits to the vets gradually improved and restored him as much as was possible. For this Hamish gave his all to Beverley and her 90 year old mother as they went through their own health difficulties.

Lastly me - Chilli - very similar to Robbie. A mind of my own which I used really well with keeping Cinnamon Walkers adhering to my likes, such as stopping at all the smells along our routes, particular corners, lamp-post and car wheels, rushing to the end of my lead on sighting a cat, and saying hello to fellow dogs along the way. Off lead, in the woods, squirrels were such fun to chase and I dearly wished I could climb trees! Ducks on the river were another temptation, but always swam faster than me!



Now I am happily re-settled with my mum's sister but my dear Mistress always wanted to write a 'piece' for The Cinnamon Trust booklet, so who better to do this than her last Westie - Chilli - who looked after and looked out for you as much as you did for me. Beverley you will long be remembered by all who knew you - humans and dogs alike - and benefited from your Friendship. Robbie, Hamish and Chilli, your loving and loved Westies, are indebted to you. 3 Special companions to a wonderful lady."



**Victoria Lax** in Yorkshire says:

"I signed up to The Cinnamon Trust when my friend Marie contacted me - she knew I had been volunteering to walk dogs for another charity. She mentioned that they could really do with volunteers. I googled the charity and thought it would be something I would really enjoy so commenced the application process.

A short time went by while my reference checks were made. Once everything went through I got a phone call to ask if I would be happy walking a little terrier cross based in Haxby. I took down her owner Barbara's number and called her.

At the other end of the phone was a very kind sounding lady who has now become a lovely friend of mine and who hopefully knows I would do anything for her. She told me that she would want to meet me a couple of times before going out to make sure that Sally and I would be well suited and would get on well.

Since our first meeting, Sally and I have been on some adventures together and for a dog with very little legs, she has managed to keep up with me - I am 6'3! We have done an 8 mile hike up in the Yorkshire Dales. We have climbed up to Rosebury topping, hiked round lakes, got burnt in the sun and soaked in the rain. We've also got to know each other very well as the seasons have changed, from her wearing her little dog coat to me taking bottles of water out for her.

Everywhere we go people always stop me to ask what kind of dog she is and tell me how cute she is. My response is always the same: "she isn't mine unfortunately but I walk her for a charity." People are always interested to know and she basically helps spread the word about The Cinnamon Trust.



**Victoria with Sally**

Some people think that animals can sense what you are thinking and feeling. When I knock on the door and go in when I am happy and excitable, she matches my behaviour, she spins round and round in little circles and barks like a maniac. When I am a bit deflated she still shows how excited she is to see me, but comes to give me a cuddle on the sofa when I speak to Barb instead of barking at me to hurry me out the door to go on a walk. Believe me when I say this - she is literally telling me that it's not a social call and she wants to go out, now. Full of character she is!

She's such a nice little dog to be around and I have really enjoyed getting to know her and her owner! I am very fortunate to have made two new friends where we are all benefiting. I get fresh air and a little wiggly bum in front of me on my walks, as well lovely conversation with Barb when I pick up and drop Sally off. Sally gets her little legs stretched and gets to see some scenery she would maybe not get to see otherwise. Barbara knows that her beloved little companion is safe with me and getting the exercise she so loves and craves.

Thanks very much to everyone at The Cinnamon Trust who have bought Sally and Barbara into my life."



And from Suffolk, **Moyra Butler** writes:

"I applied to become a volunteer for Cinnamon Trust in 2009 when I came across a stall at a local fete advertising the charity. I had experience as a dog owner but, working full time, I did not like leaving animals in the house all day. So voluntary dog walking was the answer!



I started with Charlie, an Irish terrier whose owner was an elderly gentleman who was no longer mobile. Charlie looked forward to our walks and would be waiting excitedly for my car to arrive. Sadly, Charlie's owner then passed away and he was fostered (a good outcome for him).



I then started to walk Doodles, a cockapoodle who was full of life and loved chasing her ball in the park. Her owner had a fractured leg so was unable to walk her. However this ended when I moved out of the area.

Then along came Toodles and Toyah, both Yorkies. Their owner had been in hospital and was no longer able to walk them. They are two delightful and friendly dogs

(with the exception of postmen!). I have been walking them for almost a year now and have become friendly with their owner Marion too. They hear my car draw up and are jumping excitedly at the window ready for their walk.

Toodles and Toyah enjoy walks over the local golf course where there are plenty of different scents to follow, other dogs and owners to greet and golf balls to avoid (we stick to the wooded areas)! Dogs and golfers regularly share the area amicably.

I am proud to be part of a very worthwhile charity which allows people to enjoy the company of their pets when they are no longer able to provide the attention to them that they once did. After all they do say that dogs are a man's best friend. I also think that we as volunteers benefit greatly from the satisfaction of knowing we are helping people, getting exercise and meeting new people too. A win - win situation!"



**Joanne Brown** in the West Midlands says:

"I got paired with Oyster and Ray Dale about 2 years ago now after joining The Cinnamon Trust. Oyster is a working Guide Dog and Ray was looking for someone to give Oyster a free run at the weekend, which is how we got paired up as Ray does not live too far from me.

Every Sunday morning I go and collect Oyster and take her to the nearby park and it is so lovely to see her run like the wind. She is a German Shepherd/Retriever cross so is quite a large dog but is a big gentle giant. She is your typical Shepherd and likes to have a good old sniff and run through muddy water but her worst habit is rolling in fox poo!! My car boot is like a portable dog salon - tomato ketchup (it helps with the smell!), bottle of water, shampoo, towels, pet wipes!! You name it I have it! In the summer she loves it when the grass has been left to grow long and she jumps through it like she is a little lamb it is so lovely to see.



Over the last 2 years I have got to know Ray and enjoy our weekly chats about what we have both done that week over a cup of tea. We even kept in contact over Christmas this year when he went away on his holiday for 2 weeks which was really nice. I sometimes help him with any little chores he may have that he can't do himself, like reading meters, writing cards etc, it always makes me feel quite humble at how independent he is!! I always try and make him a Christmas and Birthday card and get the inside printed in Braille so that he has something he can feel and read and I think he appreciates this.



I felt so inspired by Ray and Oyster that when I was made redundant last year, that I should try and get involved with working with Guide Dogs. It has taken a while but I am pleased to say that I have just started a role at the Guide Dogs National Breeding Centre in Warwick and if it wasn't for Ray and Oyster I would never have been so inspired to do this. It is an amazing bond that Ray and Oyster have, she is his life and I am privileged to be a little part of that and have grown very fond of both of them."



**Jenny Fensom** in Devon writes:

"I first began walking Pip, a chocolate brown toy poodle, three years ago for Mrs Janet Le Carpentier who suffers from an arthritic condition and cannot always



**Pip and Storm**

exercise Pip herself. I live near Janet in the lovely seaside town of Sidmouth in Devon so there are many places for dog walking in Sidmouth and nearby. Sidmouth is a dog friendly town and many people, especially the elderly population, own dogs, and fellow pet owners will help out with walking if the owners are unable to do so.

Two years ago I acquired Storm, a first cross Dalmatian Labrador, from the local rescue centre. Storm is

now 10 years of age and is the most gentle, kind-natured dog in all the world.

When Pip was younger he was very scared of meeting other dogs and would cower away whimpering in fright. I decided the best action would be to introduce him gradually to Storm and walk the two together on the lead. After only a few weeks Pip formed a close bond with Storm, and the two have now become good mates. In fact Pip is now much better with other dogs under Storm's influence and will even quite boldly approach them himself and wags his tail.

I usually phone Janet before a walk, and when she answers I just say, "I'm on my way!" Storm, on hearing this, gets excited, runs to his lead and turns his head with an expectant expression on his face while intently watching me to make sure I know he is ready for his walk and to meet his little pal.

Janet says as soon as she answers her phone Pip yaps loudly in excited anticipation of his three weekly outings and runs to the cupboard where his lead is kept.

Is this an example of a form of canine telepathy or does it prove dogs are much more intelligent than we give them credit for?"



**Melanie Smith** in Notts writes:

"I cannot praise the charity enough; too often these days we hear how older people are a "forgotten and marginalised" group, who always seem to come last in service and resource provision; how refreshing and heart lifting to know that The Cinnamon Trust does value older people and recognises the importance of their relationships with their beloved pets. I registered as a dog-walker in 2000 and have gained so much from meeting and forming friendships with the lovely recipients I have been matched with; both the human and doggy kind!

My involvement came about when I was at a particularly low ebb, due to having to take early ill-health retirement from my career in social work. How excited I was to receive that first phone call informing me that I had been 'matched' to a lovely lady named Hilda and her dearly loved little poodle, Bobby - the first of many wonderful partnerships I have been lucky to become involved with over the years.

Dog-walking, come rain or shine, gives me so much pleasure. All of the dogs I have been entrusted with, all different shapes and sizes, have been lovely characters; some quiet and gentle, some cheeky and inquisitive, real little individuals. They all however love a walk, greeting me with enthusiastic woofs and wagging tails and so excited to be going out. That enthusiasm is repeated on their return home, when they burst joyfully through the door, so pleased to see "mum" or "dad"; testament to the strong loving bond they share. It's then time for a chat, invariably over a cup of tea, and I gain so much from this time and have heard so many fascinating stories.

I currently walk Charlie, a 15 year old little Jack Russell, who lives with his "mum" Iris and her sister, Olive; lovely ladies who I am very fond of. Lyla, my hearing dog also accompanies us, and loves Charlie's company - in fact she thinks he's the best thing on 4 legs! Charlie is very energetic and appears to love his walks, but also loves the home stretch too, and the anticipation of his dinner! A comical little dog with a big personality.

So, thank you again for such a wonderful charity. It's such a privilege to be involved and I hope it continues to go from strength to strength."



And from Kent, **Zara Werner**, our Young Volunteer of the Year:

"I first became aware of the amazing charitable work of The Cinnamon Trust when I signed up for my Duke of Edinburgh Gold Award. Since starting the award I have



had the pleasure of helping three elderly ladies with their much loved dogs. I have been walking Candy and Toffee (my current case) for the past few months now, and my weeks would not be the same without seeing the little pooches and their owner, Mrs Sharp. Every dog, old or young, loves to go for a walk and burn off some energy so I love being able to give the dogs a little adventure, returning them home much calmer and manageable for their owner. I look forward to seeing Mrs Sharp weekly, having a lovely catch up and sharing

details about our week. We also keep in contact on Facebook sharing photos of our friends and family.

Candy and Toffee have such great characters always making me smile and giggle away during our walks in the local fields. When I arrive at Mrs Sharp's house I am always greeted with such excitement from the dogs! The two of them are such friendly characters and are well known in the local area which is lovely as it has allowed me to engage in great conversations with a variety of people in the local community and sharing information about the wonderful work of The Cinnamon Trust. Candy and Toffee may be small dogs but they are definitely not shy when it comes to large puddles and mud; instead of walking around them, they insist on walking through every muddy puddle even after they have just visited the groomers! Since getting involved with the charity I have created a close bond with the owner and hope to have made a life long friend. I really enjoy waking up knowing that I have made a small difference to someone's life and that to me is the most rewarding feeling. Now that I have finished my award I have no intention of stopping to volunteer. I manage to juggle studying full time for my degree at university and working 3 jobs; taking an hour or two out of your schedule a week may not seem like much to you, but to the owner and dogs it means a whole lot more. I feel Candy and Toffee have got into a regular routine of being walked now, and I can definitely see a difference in them with the regular exercise they are getting. It's nice to know that the owner's mind is at ease knowing that their much loved companion is getting the walk that they once gave them."

Again from Kent, an all round view, first volunteer **Rosalyn Phillips** says:

"I walk Maggie a couple of times a week, for Olive, a retired nurse. Maggie is a little Westie and over 14 years of age. She is becoming a bit deaf but she still loves her walks. Sometimes, she behaves as if she's still a puppy and goes trotting off so quickly that it takes me by surprise. She loves to have a good roll in the short grass on the common. Perhaps it relieves those itchy, hard-to-reach places. Her favourite thing is sniffing. She loves to get her nose into all those lovely other doggy aromas and would happily spend all day searching them out. I call her 'Miss Sniffalot' and have to give her a gentle tug on the lead, otherwise we would never get our walk completed.

I also walk Sarah, a retired Guide dog, for a lady who has been blind since her teens. I don't walk Sarah and Maggie together as they have different needs. Sarah likes to have a good run in the park, in the Boot Fair field and on paths by the river and estuary. I love getting out in all weathers (yes, even the rain) with the dogs and watching all the seasonal changes in the countryside.

It is very satisfying for me, knowing that I am helping two lovely ladies to keep their pets, who are so important to them as they are both widows. It also helps to keep me fit, even if I don't seem to lose much weight!"



Now volunteer **Sarah Campbell** says:

"Originally I was recommended to contact The Cinnamon Trust as I was going through a period of depression and loneliness and this was a way to get me out walking (ie with a dog!) as I love walking and love dogs having been brought up with them. I joined The Trust and eventually was put in touch with Olive and her Westie Maggie. That was just over two years ago now and since then through walking Maggie I have got into sailing (as I got chatting to people with their boats at a sailing club I walk past) and have even been racing on the boats and had the occasional sail out for the day too. I've also met some lovely doggie people out and about. I enjoy helping Olive out around the house as well and even just sitting chatting to her over a cup of tea and a sandwich or biscuit or two! I try to go every Saturday morning and if I can't make it a Saturday, I go in the week after work. Olive is a lovely lady and even if anything happened to Maggie I would still keep in contact with her. She has lots of stories to tell about her time as a nurse!"



Maggie



And **Olive Day** says:

"My husband and I went all the way to Somerset to get Maggie, this little West Highlands Terrier bitch, just eight weeks old she took to us immediately. We decided to call her Maggie because we had a lovely holiday in Scotland and we often sang the song 'Maggie' and danced with her in our arms.

A few years ago I had a lot of problems with my muscular-skeletal system, became disabled and housebound. Poor Maggie, I could feed her but I couldn't take her out for a walk and family lived so far away (kind friends helped when they could). I have a garden she could run in but she longed to go out for a walk. I decided I would have to let her go. With tears in my eyes I asked Google the address of Westie Rescue Centre. Maggie sensed something was wrong. We cuddled one another.

A little while later I was browsing through an advertising magazine and read of The Cinnamon Trust and volunteer dog walkers. I telephoned your office and my life changed forever. I now have regular dog walkers who have become good friends and support me in many ways. My friends and family now know all about you - all because of Maggie. Thank you so much!"



**Wendy Oliver** in Devon was a life line for **Phoebe**:

"The call came on Saturday morning.

"Hi Wendy. It's Sue at The Cinnamon Trust. We have a dog that needs fostering as her owner is in hospital with a broken elbow. It's open ended as we don't know how long she will need fostering. It's a little Cocker Spaniel bitch who is 12 years old".

This was to be my first dog since registering with The Trust in the summer, of course we could take her especially as she was a Cocker, a breed we had adopted for 24 years.

Phoebe was at the vets in Totnes as she also had not been well and after a few phone calls it was agreed that we could pick her up at 4.15 by which time Joan (her owner) would have arranged for her sister to collect doggie items from home as I had given everything away after we lost Barney.

We arrived at 4.00pm to get to know Phoebe before taking her away to a strange home. One of the girls brought in a tiny black scruffy Cocker who walked round and round the room dragging her back legs to one side. We were told that she

may have arthritis and we were given some medication and eye drops. Not overjoyed with the prospects of a poorly old dog we nevertheless took her home as she obviously needed care.

She took a staggering walk around the new home and we looked at each other and said “this is not a well dog”. She wasn't responding to her name or any noises and we were convinced that she was deaf. There were cataracts on her eyes so she wasn't seeing too well and she was rather smelly and scruffy with big tufts of hair on her head. Constant scratching suggested she needed flea treatment. Not a promising start!

Later in the evening a phone call from Sue.

“How are you getting on with Phoebe?”

I confessed that she wasn't what I was expecting for my first assignment but Phoebe was settling in well and eating and sleeping and very quiet.

“These are the ones that need us most” said Sue and “Not everyone can cope with a sick animal.”

That night she slept on my bed and didn't move all night long. As we had had a couple of accidents during the day I thought it better to have her close to keep a check on her movements.

I decided to visit Joan in hospital to get some information about Phoebe, feeding routines and habits. I was directed to the bedside of a previously unknown 88 year old lady who was lying on her bed with arm in a sling.

“I tripped in the Guildhall whilst showing visitors around” she informed me. It was a particularly bad break that would need an artificial replacement at a later date. We chatted for about half an hour, mainly, as you can guess about dogs and I was able to reassure her that her beloved pet would be well looked after.

After a bath and a trim of her head tufts she looked a different dog, very sweet and appealing. Walks are short and at a very slow pace but there is definitely an improvement in her back legs. Rolling on her back and making snuffling noises to the accompaniments of a waggy tail are good signs that she is settling in. Chasing a ball is good fun for a short time as she demands we roll it for her by yapping until we give in, or take it away.

On Monday morning there came another call from The Trust.

“The vet would like to see Phoebe, could you take her in?”

Abandoning my Canasta plans, an appointment was made for the afternoon. The vet was pleased with her progress and then revealed the nature of Phoebe's problems. On the previous Monday she had had a stroke and had been completely paralysed immediately afterwards and she did indeed have cataracts. He gave her an overdue dose of flea treatment and a new pack of pain killers and eye drops.

The next call from Deborah at The Trust was to inform me that the vet was on call 24 hours and if necessary would come out to collect the dog. Far from reassuring me, this brought home the seriousness of her condition and, like humans, another stroke could follow.

I am happy to tell you that Phoebe continues to make good progress, eating and sleeping well and is a delight to have around. I have a new shadow and our home has a new life but I will be relieved when I can hand her back to her owner when they are both Improved in health and fitness.”

*Phoebe went home to Joan just before Christmas, both are recovering well and Phoebe is enjoying short walks with our volunteers. AJ.*



**Margaret Cook** in Norfolk writes:

“Mrs Izod lives about 20 miles from me and was refusing to be admitted to hospital until she met The Cinnamon Trust volunteer who would help her with Billy, a Norfolk Terrier, aged 12.

We put the older of our Field Spaniels in the car and set off, it turned out that Mrs Izod lived in a small road off the road to our vets so you can imagine his surprise when instead of a visit to the vets he met a lovely lady and a tiny little dog!

Mrs Izod loved him, and I'm certain that he won the case! Billy came back in our car and Ceflen looked after him for all of the few weeks he was in our company.

We are lucky enough to live close to some of the quietest, beautiful beaches in Norfolk and Billy (once over the surprise of sand in his toes) joined my three for an hours or so romp in and out of the water! Hearty breakfasts followed, often followed by a snooze!

Pleased to say when all 3 of ours took Billy home to his mum she was delighted to meet the company he'd been keeping, she also said that she felt better and our assistance would be rewarded by a cheque to Cinnamon!

We have done this emergency fostering for many years now and my dogs are always delighted with the chance to meet new dogs, one man on the beach now calls me Mrs 4 DOGS!"



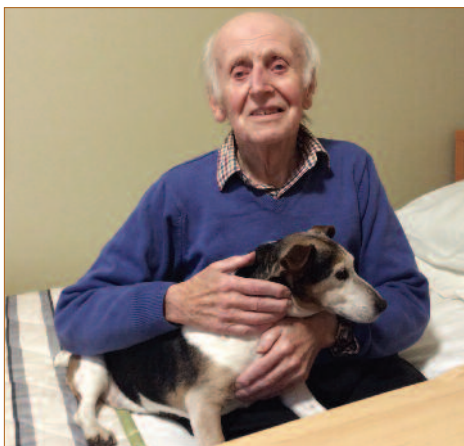
**Ros Bryar** in Middlesex writes:

"I became a volunteer with Cinnamon Trust after I had lost my first dogs, two Labradors called Bounty and Pookie. To begin with I fostered as this was easier for me and Alfie, a rescue Lab then aged 7, enjoyed having another dog to stay.

Towards the end of 2013, I heard from The Trust about Toby, a then 13 year old Jack Russell, who lives near me and needed regular walks. I started walking Toby several times a week and soon we were joined by Tina and Benjie who walk him on other days. Toby loves his walks and especially having a fast run on the grass in the park when all his feet leave the ground at the same time!

In the past two years Toby has been to stay with me and Alfie on three occasions when Mr Birkenhead has been in hospital, most recently from November 2015.

While I was away in November Mr Birkenhead unfortunately broke his hip and had to go into hospital. Toby was short term fostered by Kate and Roger in South West London and had a lovely time with their Labradoodle. A couple of days after getting back I collected Toby and he has been staying with me and Alfie over Christmas and into the New Year. He and Alfie spend a lot of time together on the sofa and Toby has taken over Alfie's bed. I now know that Toby likes to lie in in the morning and likes a late breakfast after the three of us have been to the local park where he has made friends with all the dogs and their owners.



**Toby and Mr Birkenhead**

While Mr Birkenhead was in hospital it was not possible to take Toby in to see him but after a couple of weeks he was transferred to a care home for rehabilitation and the home is more relaxed about dogs visiting. Now Toby goes in once a week to see Mr Birkenhead and each week they are really pleased to see each other. The first time Toby visited Mr Birkenhead said that after his fall he had feared he would never see Toby again. Normally Toby sees Mr Birkenhead in his room but one week Toby found him fast asleep in the day room and we quickly had to wake him and move into his room in case any of the other



residents might be wary of dogs. In the picture you can see how close they are and how happy they are to see each other.

Both Alfie and I enjoy having Toby to stay and it is lovely to see the bond between Toby and Mr Birkenhead when they see each other each week. We are all looking forward to the day when Toby and Mr Birkenhead can return home and we can start back on our walks with Toby in his park.”



**Corrie Gee** in Devon writes:

“I first became a volunteer for The Cinnamon Trust in October 2013 after seeing an appeal for more dog walkers in the area. I applied and a few weeks later, after the necessary checks, I was accepted and given the name, address and telephone number of JoJo's owner.



**Jean with JoJo**

Jean, JoJo's owner is 100 years old! She has no family left. JoJo means everything to her and like pet owners everywhere, she was concerned about what would happen to JoJo after her death. She sees The Cinnamon Trust as an answer to her prayers and calls me her “Miracle friend”.

JoJo is a 10 year old Chinese crested hairless dog. She is timid by nature and Jean told me “JoJo does not like walkies”. At first, JoJo would hide under Jean's chair when I called to take her out. However, with patience, gentleness and perseverance on my part, we have formed a bond and she seems to enjoy her walks. She is nervous of other dogs and if one comes close, I pick her up. It makes her feel safe and she trusts me to protect her.

Last October, Jean had a fall and JoJo came and stayed with me, and I agreed to become her long term fosterer in the event of Jean's death. This meant a lot to Jean; it gave her peace of mind knowing that JoJo would be cared for by a Cinnamon Trust volunteer.

“JoJo settled in very well even to the extent of preferring my bed to her own! She was given a lovely red jumper as part of her new wardrobe by The Cinnamon Trust. I remember the first time I put it on her - she was so proud of herself, a real poser, with head and tail in the air, enjoying all the attention she got from passers-by.

I am pleased to say that Jean and JoJo are reunited as Jean was discharged from hospital on Christmas Eve and JoJo went back home to her faithful companion again.

I continue my twice weekly visits to them and count it a joy and privilege to be a volunteer for The Cinnamon Trust."



From Cardiff, **Ann MacSorley** much sadness as well as happiness.....

"I was vaguely aware of The Trust for years but when my friend Lizzy was told in April 2014 her cancer had become terminal she asked me to help her arrange for them to care for her cats after her death and I discovered just how important it is. While we waited in the hospital for her to start some radiotherapy we filled in forms with Sumo and Minx's details, I sent them off and arrangements were confirmed with The Trust. Then over the next few months things happened all too quickly. It was probably a blessing for Lizzy, her cancer spread rapidly and she died far too young after a brief couple of weeks in hospital from breast cancer at the age of 42.

The cats were in a precarious position in a rented flat, unwanted by anybody else, flea-ridden due to the sweltering summer and on the verge of homelessness. No viable fosterers turned up in the short time available so we brought them home with us on 15 July to keep them safe while a foster home was found for them.

We had just taken in a 4 year old cat (Frank), who had been living rough in our garden for some time, following the death of our last beloved black cat at the age of 19 and we were concerned it would unsettle him as he was only just getting used to living in the house. We needn't have worried.

The girls spent 10 days in the front bedroom (Frank peeping in the door now and again) for them all to get used to each others smells and to have quiet time to acclimatise. Then they began to explore the rest of our little house. Minx (then 6) was scared and hesitant but Sumo (14) was quite the adventurer. She scuttled about investigating and was delighted to find for the first time in years she could get outside in our cathouse - a couple of metres square walk-in fruit cage like structure I'd made for our previous cats with access from the backdoor - and watch the birds.



**Frank**

We obviously hadn't intended fostering the girls ourselves but soon discovered we'd fallen in love with them and couldn't bear to let them go to anybody else so with the agreement of The Trust we became their permanent fosterers. Had the Trust not told me they could help financially it really wouldn't have been possible. It isn't kind to take on animals you can't afford to care for.

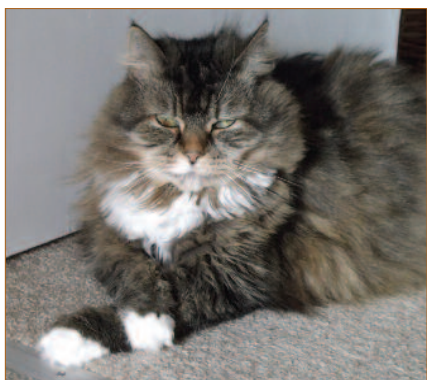
The girls had never been out as they lived in a first floor flat on a busy road and we live very close to a main road so they stayed house cats. All three cats spent long hours sunbathing in the cathouse, safe from the world but near enough to enjoy being outside. The back door is open most of the time in mild (and not so mild!) weather so they were in and out all day. Frank has his own microchip controlled catflap as he's rather a free spirit.



**Minx**

Minx has a soft crab cat toy from her life with Lizzy which she brings up to bed every night trilling little songs as she comes up the stairs and then dumping him on the floor by the bedroom door. She likes to sleep on the bed with me, singing me to sleep with her purring. Frank does the same with his favourite brown mouse toy & often the crab and mouse are together in the bedroom doorway in the morning. Sumo usually slept on top of my husband and they had long grooming

sessions which she loved, having her long soft woolly fur brushed, after which they'd fall asleep - both snoring loudly! Neither of the girls had ever been allowed to sleep on a bed before & they were delighted with this situation.



**Sumo**

Sumo loved to rummage in the toy bag, spilling toys around her but she was far too ladylike for crazy games. She loved shoe laces slowly moving past her and would grab them and play tug of war with you if she caught the end.

My husband has a heart condition and used to walk round the settee a number of times a day as his exercise, Minx took to accompanying him and now does it on her own. She trots busily past us while we watch TV.

Sumo was diagnosed in September with a tumour in her right eye which she had to have removed, she made a good recovery and seemed well. On Monday 23

November 2015 having gradually gone off her food the previous week and stopping eating on Sunday she collapsed shortly after we got her home from a trip to the vet. She was obviously dying, we wrapped her in a blanket and I carried her in my arms for the short car ride and the vet had to help her on her way to prevent her suffering. As we suspected she had cancer elsewhere too which would have been untreatable whenever it was discovered.

I can't put into words how loved she was or how badly missed she is, she was the gentlest and most dignified cat we've ever known and the house is so empty without her. We'd hoped to spend many more years with Sumo and are at least glad that the last 16 months of her life she was as happy to live with us as we were to live with her.

We're so grateful The Trust enabled us to have Sumo and Minx with us and look forward to the future with Minx and Frank as our companions and much loved family."



And this is the perfect place to catch up with some of our 1,045 Cinnamon pets.

Tessie lives with **Eileen Plowman** in Kent:

"Tessarossa, or Tessie, a 40-year old terrapin, came to live with us and our 16 rescue cats on 11th May this year. She had belonged to an old friend of mine whose main concern in her later years was who would look after her beloved little dog and her terrapin when she no longer could. To put her mind at rest I promised that I would look after Tessie when the time came. She sadly died on 14th May after collapsing at home. The Cinnamon Trust found a lifelong foster for her dog and as promised, my husband and I took Tessie home.



Knowing nothing about terrapins we had to learn how to care for her very quickly. We took expert advice from an aquarium centre and purchased the many things necessary for correct care of reptiles. The Cinnamon Trust kindly reimbursed us for our expenses. After almost six months I think we have at last perfected the maintenance of her environment, and she appears to be very happy.

She reacts to our voices and comes to greet us in the morning and when we come back from work, waving her flippers in the air and blowing bubbles. Several of our cats like to lie beside her aquarium, probably for the heat from her lamps, but we like to think that they may be communicating with each other.



She has become the centre of attention in our home as the only available place we had for her tank was on the dining table. We now can no longer entertain friends or family to dinner, and as Tessie may live for another 40 years we will have to dine out a lot, but we are not complaining about that!

She is strangely endearing and I have found that I've grown very fond of her. I like to think that her former owner is looking down on us with a smile on her face, knowing that Tessie is safe and loved."



In Wiltshire **Tiny** is adored by **Rosie Evitt** and the French connection!

"Tiny is around ten, a Cairn x Border Terrier.



**Tiny**

She has always been a much loved pooch - proof of this being that her mistress arranged, in the event of any caring problems, for Cinnamon Trust to care for her beloved dog. And there is much to love about Tiny.

When her mistress died Tiny stayed with Lin and Steve for 3 weeks. Then, sadly for them, she came to us. Now she is confident again, the terrier character and mischief is emerging and enchanting us constantly.

At a local village fete/exemption dog show, Tiny won Best Rescue Dog - and then she won Best in Show - her charm seducing the judges! Little madam hates the rain, so with her prize money I bought her a lovely lightweight raincoat with high vis strips. Unfortunately, she hates the raincoat even more than the rain!

Tiny has a Passport so accompanied me to France for three months and she really loved the Provencal sunshine. (Is she really a Scottish dog I ask myself, loving the sunshine and hating the rain?)

The French adore their dogs and our little terrier always gets the adulation her sweet face provokes. Hotels and restaurants in the south of France are usually dog-friendly and a pot of water is always provided.

Venturing into the hairdressers with the dog, the lady patron abandoned her client in mid blow dry, came rushing over to me - well actually to the dog - and sinking

to the floor beside Tiny, declared “Ah, le petit tou tou” (the little doggie!). The little doggie obliged by rolling onto her back for a tummy tickle; I couldn't believe my eyes.

We were staying in a dog-friendly hotel in Bezier when, during a post déjeuner tour of the grounds, our terrier found a nest of something in the hedgerow. Much squealing and screaming ensued and told us that our gentle little pet had found her goal and dispatched it!

Head and front quarters covered in her quarry's blood, we needed to get past the hotel reception and to the shower in our room. How to achieve this?

I created a diversion at reception by asking a string of banal questions while my hero scuttled past with bloody dog who was put straight into the shower, thankfully a raised deep trough type arrangement - wot a palaver!

Imber, a village on Salisbury Plain, was requisitioned by the army in 1943 and is still used for soldiers to learn street fighting, they say. Several times a year the village is open to the public and on 8th November I went with a friend to the Remembrance Service in their lovely and well-preserved church.

It was raining like a waterfall and cold when I let Tiny off the lead for a pre-service run. Bad move! Normally very obedient she became quite deaf, streaking up the steep hill and into the shelter of the church! Puffing and red-faced I arrived and apologized to the Standard Bearing and be-medalled dignitaries therein! Naturally she stayed, impeccably behaved, for the Service - all creatures great and small, and all that ...

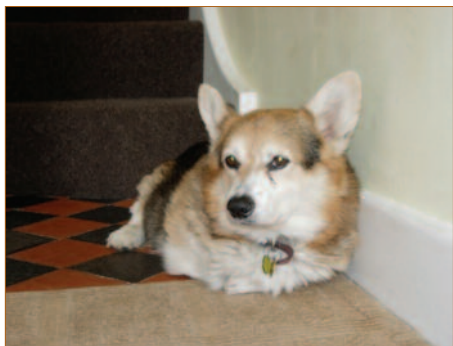
Now, I am the one 'constant' in Tiny's life and she is my full time companion. There is also a host of Tiny-smitten dog-loving family who would love her in my place, if ever necessary.

Thank you Cinnamon Trust.”



And in Devon, **Maggie Dunn** has loved and lost and loved again - **Theo** and **Beau**.

“Our first long-term foster dog was our dear Theo, a 12 year-old tri-colour Pembroke Corgi. He was a sweet and placid boy accepting his new home with us as soon as he walked in - or so it would appear. He used to walk very slowly and always took his time to investigate every smell in our local park, I think he'd decided he was most definitely of an age to take life very easy! Our lovely Theo



Theo

was with us for about 18 months until his health took a turn for the worst and the kindest thing was for us to say our goodbyes. He was the sweetest old gentleman and of course still has a very special place in our hearts.



Beau

A few months after bidding farewell to Theo we were asked if we would like to long-term foster little Beau - a 12 year old Papillon. He was brought to us by Richard, a volunteer who had been his volunteer walker for several years. He told us Beau was a lively little lad who had lived with his owner in a nursing home. He also told us that Beau was well loved by all at the home and so well 'house-trained' that he would take himself off to the garden of the home getting into the lift and back again as the need arose! He settled in very quickly and is a happy and independent boy with a definite mind of his own. Beau has been with us since 2011. He'll be 17 next month. Although Beau can now see very little, the vet thinks he can distinguish

light and dark, he still enjoys short walks out and about and knows our own garden like the back of his paw! He spends a substantial part of the day pottering around the garden - and can often be seen doing a little 'puppy-run' determined to keep on enjoying life.

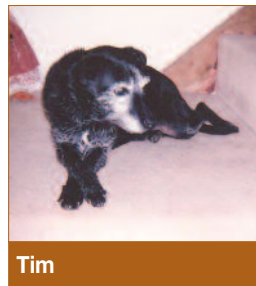
We feel very lucky to have had the pleasure of sharing our home with Theo and to still be sharing every day with Beau. We are very grateful to everyone at The Cinnamon Trust for all their kindness and support and for all they do for the animals."



**Tim** lives with **Pat Hopkins** in Gloucestershire and he tells his own story!

"Hello my name is Tim and this is my story from October 2011. Until then I was living with my dad Ron and we looked after each other. I had a very good life, loved and happy. Ron was in poor health and he worried about what would happen to me if anything should happen to him so one day he contacted The Cinnamon Trust to ask if they would take care of me if the worst should happen.

Well they agreed and said that they would look after me and when the time comes would find me a loving home to take care of me. Well that day came closer than we both thought. My dad had a heart attack and he collapsed on the floor. As it was just the two of us in the house I managed to raise the alarm to let someone know there was something wrong. Help came and my dad was taken into hospital. Ron's sister contacted The Cinnamon Trust and things began to happen.



It was Friday October 22 and that was the day I first met Pat. I went to stay with her until my dad came home and took some of my things with me to help me feel at home although Pat made me very welcome. I stayed with Pat for a while but my dad Ron didn't come home so that was when I became a Cinnamon Trust dog!

Pat decided that she could now offer me a forever home and we now take care of each other. I like it when we curl up on the settee together and watch TV but I also like the walks we go on and meet lots of other dogs. I like meeting the girls and I give them a kiss and sometimes if I'm lucky they kiss me back but then some boy dogs give me a kiss, yuck! Well I guess that's ok, we are friends. I also have a special friend called Georgie who we usually see with her mum going round in her buggy. She likes to hold my lead and pats me so I give her a kiss so she knows I like her too!

But now, going back to Pat and me looking out for each other. Well I want to tell you what happened this one night. We went to bed as usual, Pat on her bed and me settled in mine. During the early hours of the morning Pat was fast asleep but I sensed there was something wrong and I knew it was to do with Pat so I went to the side of her bed and woke her up. She thought that I needed to go out, something I don't do during the night but she got out of bed and took me to the garden. We went back in but it was then that Pat felt unwell. She is a type 1 diabetic so she quickly did a blood sugar test and it showed that her sugar level was very very low so she had to have some sugary things to put it back up. She did this and after a while we went back to bed. Pat told me that I was her HERO as if I hadn't woken her she would not have woken up in the morning and wouldn't be here today. She would have gone into a coma and it would have been too late when she was found. So I am such a happy chap that I was able to do this for my special friend as I know I am her special friend too. And that is my story so far.

Oh I forgot to say that I also had my photo in the local paper. Just the other day we were out walking and a nurse who looked after my dad who I hadn't seen since I lived with Ron saw us and said to Pat, "I know this dog, he is so lovely!" (Once seen never forgotten!)



I am quite a boy, I touch a lot of hearts. Woof, woof! Until the next time, hope you enjoyed reading about me (not bad for 15 years old and still going strong)!"



**Thomas** is sprinkling his special magic in Norfolk with **Sheila (and Les) Mitchell**.



**Thomas**

"My parents were both suffering from dementia and it was getting time for a big decision. They would soon be unable to live by themselves although they had carers coming twice a day for personal care. My husband and I both had full time jobs and lived 20 miles away. However the decision was made for us.

Father broke his hip and mother needed someone with her. After he came home from rehabilitation, mother became ill, so I stayed on. The decision was made, I retired and became a full time carer, with Les, my husband helping when he wasn't working. Time went by and we realised that something was seriously missing, what could it be? Mum suffered from Alzheimer's and used to get very panicky at times. The answer was a cat! The parents had always had cats until they decided that they were too old to care for one properly.

We heard through the village grapevine that a certain cat called Thomas aged 17 years old was in need of a home and was living with Toni Deaves, The Cinnamon Trust volunteer and her family of partner, cats and dog. Marjorie, Thomas's owner had to move at short notice into a home and he needed a new family.

Thomas came to live with us, I had moved in with the parents to look after them. He has such a lovely personality and the difference he made to the whole family was amazing. Mum was much calmer and although she couldn't remember much she could remember Thomas and that his previous owner couldn't look after him. Pop just loved him and thought he was a lovely cat.

Sadly both parents passed away, mum died first and Thomas was there to comfort the three of us and when Pop died he helped both Les and me. Now aged 21 he is as lively as ever and apart from annual checks, he hasn't needed to go to the vets.

But the nicest part of the whole Cinnamon experience (including Thomas of course) is that Marjorie, Thomas's former owner is now a friend. Thomas being a very intelligent cat writes to her and tells her what he has been doing. He is

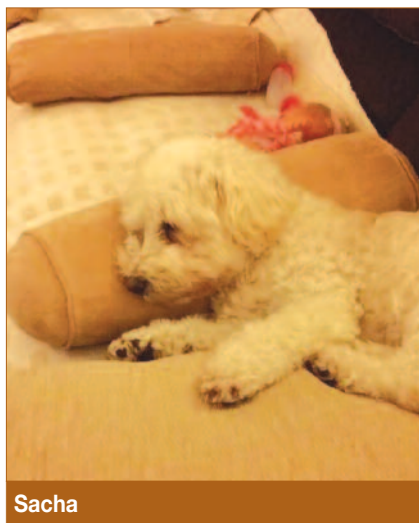
known as the Famous Thomas in the locality and people want to know what he has been doing and has he written to mummy one as we call Marjorie lately.

We call ourselves Cinnamon Ambassadors and try to get to the Norwich Older People Forum events. Sometimes we have a little stall or just wander round the room and tell them about Cinnamon. It's amazing just how many organisations didn't know about Cinnamon, but they do now. “



In Burgess Hill, West Sussex, **David, Mia** and **Poppy Bailey** have been charmed by **Sacha**.

“Love at first sight really does exist, early December 2015 my close friend Dawn from my home town of Scarborough told me about a request from The Cinnamon Trust to find Sacha, a 12 year old Bichon Cross a forever home in West Sussex as this is where I reside with my family. I took one look at Sacha's photograph, read the story that accompanies it and thought 'I love her'”



I talked with my husband David & our two children Mia (11) and Poppy (8) to get the feedback on their views about welcoming Sacha to our home as a rescue dog and for us to be a loving foster family for Sacha. As Sacha is a mature dog I knew it was vital my family understand that Sacha is old, so a lot more care would be needed and respect because of her age. After showing the photograph and explaining how Sacha came to be needing a forever family, we as a family decided we so would love to take care of Sacha & give her a fun and loving home.

After a short wait, I got to meet Sacha and I knew she would hold a dear place in my heart forever. After a home check we were ecstatic to learn that we were to be Sacha's foster family.

Six weeks later, Sacha is so settled it is like she has always been here with us. Such a loving, playful dog, her temperament is amazing, so well loved and well trained she is an absolute joy. Our children adore her and take great responsibility for her, contributing to feeding, walking and lots of cuddles, in fact, Sacha has encouraged us a family to get back to walking together on the South Downs and enjoying lovely family days out at the beach (weather permitting).

Sacha came into our lives just at the right time, we contemplated looking into having a dog a while before hand, but I didn't feel it was the right time to dedicate the time and commitment however now, the children are at a good age and me being at home means I can take good care of her during the day whilst my husband works and children at school. As she is older Sacha gets her fun times, playing with the children and she is made a fuss of at the school gates too, but also quiet times with me on the sofa having hugs and walks. Then there is lap time with David when he comes home at weekends.

Sacha has made new doggy friends with my friends who have dogs too, we go for walks together, we all adore her. This was meant to be.

Having school age children we have to book our holidays in advance, so with Sacha in mind, we have booked our holidays at dog friendly hotels so Sacha can join us. We are so excited.

Fostering a dog from Cinnamon Trust is not only giving the dog a loving home but also giving peace of mind to the dog's owner. In our case Olive is an elderly lady who sadly had to go into the care system which meant she had to let her dog go. Sacha is her best friend she had since she was a puppy, her reason for getting up in a morning. As I discovered that Olive is in a care home reasonably close to me, I knew there and then that I would take Sacha as often as I can to visit Olive. Once a week sometimes twice, whenever Olive may be feeling down I asked the care home to call me so I can bring Sacha to see her.

We have not only gained a beautiful loving dog, but we have gained a lovely dear friend in Olive too. My daughter Mia played "Silent Night" for her on her recorder, which Olive really enjoyed. The children made Olive Christmas cards and gifts. We have bonded so well with Olive, she is very important to us as much as Sacha.

Thanks to social media, twitter we found each other. I had not heard of The Cinnamon Trust prior to my friend Dawn Plant sending me the story, I am so thankful and overjoyed that she did, for Sacha has completed our lives as a family, and Olive is a wonderful addition too to our family. We really enjoy sitting with her and listening to her stories. Such a lovely lady.

Thanks to The Cinnamon Trust Sacha and Olive can have a happy ending and me knowing this makes me so happy to be able to help but gaining a great doggy too ... so a massive THANK YOU to The Cinnamon Trust for being here."



**Koona**, ably assisted by **Alison Johnson** in Lancashire, has this to say:

“Well another year has passed and Mum says I am settling in more every week. I will now climb onto her knee in the evenings for a snuggle - she says I am too big and bony but she lets me stay!

My stealing isn't improving much - Mum finds new hiding places and I find them! 1.5Kg of bird seed made me poorly - the only time Mum has seen me refuse fresh chicken. Mum also caught me with a block of Chilli Chocolate earlier this week which I found in the cupboard, she took it off me before I managed to break through the packaging - spoil sport! Most of the time, I take things that are edible - bread and butter, the other dog's dinner, the odd biscuit etc.

Earlier this year, Mum and Skye won a class in agility and the prize was a photoshoot to which all 3 of us dogs were invited. Mum told the photographer that she wanted some action shots of me because she could not get good pictures because I move too fast. She did some extremely good ones and has enclosed them for you. We all love our beach walks and I love nothing more than somewhere I can stretch my legs and have a good race round, then home to bed for the rest of the day! Mum says she couldn't have picked a better dog if she tried and I think I have transformed her views on sighthounds - she says she is hooked! I recently accompanied my Mum to agility and met another whippet-saluki cross and my Mum was amazed that we spoke the same language - we both knew what the other was going to do next and mirrored each other's movements and play bows. Totally different than when I play with Skye.

There are some presents with my name on, but Mum has put them on top of the fridge where I definitely can't reach without a step ladder. She says I can have them on Christmas Day.

When I went on my holidays my Mum was dubious because Anne has 7 cats, but I behaved impeccably even when Felix went to sleep in my bed - I just chose a different bed, discretion being the better part of valour.

Bye bye for now  
Love Koona xxx”



And now just a few views from the owners that we help....

**Sylvia Holman** in Devon says:

"The Cinnamon Trust has helped me for many years now, first with Honey and Bentley who have now very sadly died and now with Tess a beautiful Labrador and Buster a gentle Retriever. Over the years I have had several wonderful volunteers who have moved away or had to stop walking due to other



**Buster**

commitments. I have been grateful to every single one of them for the time they have spared to help me and my dogs and have kept in touch with nearly all of them and they still visit us when they are back in the area which is lovely.

I currently have two fantastic volunteers called Nicola and Sid who are both so helpful and caring for the dogs and for me. I had a fall last week and they were so supportive afterwards and made sure I was ok. Tess has also been ill recently but I am glad to say she is receiving the right treatment and is slowly improving. The love and care they have shown to her has been outstanding and they always let me know if they have any concerns about something they have noticed on their walks together. The dogs in return adore them both and it is wonderful to see how excited



**Tess**

they are when they know who is at the door. I know they are given all the attention and care with them as they would be with me and have total confidence in them both.

I am always conscious that they have other commitments and important things happening in their own lives so we always work together to arrange convenient times to fit around them. I would never want them to feel obliged to come because I am immensely grateful for the precious free time they are giving up



for me and my dogs.

I wouldn't have been able to manage the dogs without the support of The Cinnamon Trust and their wonderful volunteers and I am truly grateful for all they have done for me and my dogs."



From Derbyshire **Norman** and **Barbara** write:

"My wife Barbara and I just wanted to let you know what a wonderful charity The Cinnamon Trust is. My wife Barbara has been a member/contributor to The Trust for some time so we were aware of the good that you do and wanted to support you, never thinking that we might need any support from you ourselves - even though we were advancing in years. Unfortunately, in the last few years we have both found



**Ruby and Bella**

ourselves having to deal with some quite serious health problems and as a result taking our two little dogs Ruby and Bella out for walks became impossible.

So, apart from exploring the garden, they lost the exercise and adventures that they used to love and which are really essential for a healthy dog! Any dog lover will appreciate what heartache this has caused us, that is until Barbara had the foresight to contact you for help and advice and you worked your magic - us being all those miles away from Cornwall up to Derbyshire.

Our little dogs Ruby and Bella are now taken out almost every day by The Cinnamon Trust volunteers - wonderful people who we have got to know and trust, as have Ruby and Bella who wait by the gate for them to arrive! Needless to say our little dogs have a new lease of life, they are brighter and healthier and as you might expect.

We can't thank you enough for all that you and your volunteers have done for us and for Ruby and Bella. The Cinnamon Trust doesn't occupy the headlines 'it should' but the positive impact you make is immeasurable. We can also testify, that it isn't just the pets that benefit from your help it is the health and mental wellbeing of every one of their owners that is improved too! One cannot put into

words the feeling of immense relief that Barbara and I feel knowing that - God forbid - something happens to us, all our pets are assured of finding a loving home or care for the rest of their lives.

So our heartfelt thanks go out to you all and long may you continue.”



**Kevin Wales** writes from Essex.

“Some time ago I had to go in to hospital and fortunately for me the lady at Clacton Animal Aid knew of The Cinnamon Trust who have volunteers who look after people’s pets in these circumstances.

Hank is not a problem, I sometimes take him all the way to Jaywick, an hours walk and do not have any trouble with other dogs. When I went in to Addenbrooke’s hospital for my kidney transplant, I knew the ladies from Cinnamon Trust could be relied upon to fetch Hank from my house and take him to the safety of a nice home.

Whilst I was in hospital I was assured that Hank was fine, so I did not need to worry. It’s a good job he gets on well with cats, as Mary, who looked after Hank has one.

I had no idea I would be in hospital for 2 weeks and I had no idea I would be in such a weak state with a bad wound for approximately another 2 weeks. I knew I had to be in a reasonable state before I could have Hank home and Mary was more than happy to keep him a bit longer. It seems he was a ‘hit’ in their home.

Anyway, he’s back home now and I’m sure his being here has helped me to find a reason for walking which aids my recovery and of course he is good company.

So, I cannot underestimate how grateful I am to The Cinnamon Trust for being there, as I really didn’t fancy the idea of Hank in a kennel at his age.”



And **Cynthia Gilroy- Bevan** in the West Midlands says:

“My partner Roy and I had four dogs between us; Chwai his Pembroke Corgi and Micky an Alsatian cross; my two Shih Tzu’s Cassie and Fergie. We enjoyed walking them in Sutton Park and on the beach at Nefyn in North Wales near my holiday home.

However 2013 was a very bad year for me and my family; it was the year Roy was taken ill with cancer. Whilst he was in hospital I took care of the dogs. His health deteriorated and sadly he died in October 2013. I was also unwell and found it difficult to care for the dogs. Although loath to part with him I found a home for Micky, locally. In fact I still see him from time to time when he bounds up to me for “lovies” and a cuddle. I kept the Corgi; a dear little dog of more than 8 years of age, but he was overweight and had a heart attack, dying very sadly that same unfortunate year. He was a dear little dog. In March 2013 I had started having bad sickness bouts, due, it turned out, to a hiatus hernia. These took me to the hospital six times before a serious lung infection resulted in an operation in December when it was discovered that I also had a problem with my heart. In June I had a triple heart bypass operation.

With my frequent hospital visits and operations Cassie and Fergie were having a hard time too. Family and friends helped when they could but after my heart operation I was grateful to learn of your wonderful organisation. I contacted you and joy of joys you assigned two of your volunteer dog walkers to me; Mary and Adele in July. It was absolutely wonderful and such a weight off my mind as I was only just home from hospital and they had had an erratic few months what with losing Roy and their two dog companion playmates. Adele came for a short time but her father was taken ill. However Mary who is absolutely wonderful, continued to come regularly during my early recovery time and is still helping me to this day. She is great with Cassie and Fergie who love her dearly and look forward to her arrival. This is a great help to me as I still have good days and bad days, but I had my 80th birthday recently and am doing well.

I cannot speak highly enough of your organisation- it was such a relief when I came home from hospital to hear about you and I thank you most sincerely for the prompt reaction to my “cry for help”. Your volunteers were certainly a “life saver” for me and my dogs, and my association with Mary has developed into a great friendship which I am sure will last forever. In fact, you and your volunteers have truly blessed my life.”



No one can deny how fantastic are all our volunteers, so once again a huge thank you to each and every one- thank you for being there, for caring, for loving and for giving up your precious time to make the world a better place for thousands of people and their wonderful, wonderful pets.

Volunteers who have received Gold Awards for exceptional service are:

**Trevor Jones** (Sussex), **John Edwards** (Norfolk) and **Jean Aston** (Sussex).

Long Service Awards (over 10 years) go to:

**Sheila Ford** (Dorset), **Lynda Mortimer** (Wiltshire), **Molly Bridges** (Surrey), **Kathryn Oliphant** (Warwickshire), **Karen Woolley** (Essex) and **Lynne Scott** (Isle of Wight).

And Special Owner Nominated Awards go to:

**Julie West** (Hampshire), **Christine Le Poidevin** (Dorset), **Lisa Elks** (Hampshire), **Gabbie Slade** (Dorset), **Elizabeth Atkinson** (Glamorgan), **Kirsty Robinson** (Glamorgan) and **Irene Warne** (Essex).



## **Pet Friendly Care Homes**

Over the summer our assessors have been out visiting over 1400 pet friendly care homes and retirement complexes across the UK and have met some wonderful people and pets. They have heard some stories, some heart-warming, some funny! Here are just three.

### **The Old Vicarage, Dorset**

The Old Vicarage is a delightful and very special residential home situated in a picture postcard rural location in Sherborne in Dorset. Numerous pets have lived very happily at the Old Vicarage over the years; currently living there are Dachshunds Ethel and Toggles and three cats- Raffles, Kitty and Toto. Toggles recently won first prize at the annual dog show held in the grounds!

The fabulous animal activities arranged here are too numerous to mention, but range from a pony and trap taking residents for a ride to hatching ducklings, birds of prey displays in the summer room (including a barn owl who flies around the living room) and everything in between! In fact, it is rare that a day goes by where a resident doesn't come into contact with a pet or visiting animal.

The residents of the Old Vicarage are regularly visited by a retired Weymouth beach donkey called Jasmine, who is the grand old age of 35. Jasmine is taken around to meet every resident, either in the lounge or in their rooms. Last Christmas Jasmine visited the room of a new resident, a gentleman in the later stages of dementia. He had worried staff ever since his arrival as he was very withdrawn and seldom uttered more than a couple of words at a time. However, as soon as the gentleman saw Jasmine he completely transformed. His face lit up and he exclaimed, 'my goodness! We used to have these as a child!' The staff were absolutely amazed, and even more so when he added, 'I bet the poor thing

doesn't understand a word I'm saying!' and then leant over and gave Jasmine a kiss. The staff had never heard him say one sentence, let alone two, and they could not believe it - it was a complete transformation. They were overwhelmed by the gentleman's reaction to Jasmine; she was the key to unlocking his mind and he becomes a different person every time she visits.



## **Bramley House, Surrey**

At Bramley House in Dorking a cat suddenly started turning up on the doorstep and sleeping on the benches outside the home. The kind-hearted staff took a real shine to her as she was so friendly, and took it in turns to feed her.

One day, when the cat was being picked up for a cuddle by one of the carers, Nancy, a resident who had moved to Bramley House just two weeks before, suddenly spotted the cat and said, 'that cat looks just like my cat Cleo!'

Then she added, 'but my Cleo has part of her tail missing!' On closer inspection, part of her tail was in fact missing, and it transpired that the cat was indeed her beloved Cleo who she had left in the care of her neighbours when she had moved to the home. Despite never having been to Bramley House before, Cleo had tracked Nancy down!



**Nancy and her beloved cat, Cleo**

Cleo and Nancy are now officially reunited and both living very happily together at Bramley House. The story subsequently featured in international newspapers and all over social media, turning Cleo into a real celebrity - she even features on the front page of their website.



## **Elingfield House Hampshire**

At Elingfield House in Totton a previous resident of theirs owned a budgie. This budgie - Joey - accompanied his owner everywhere, including the lounge where his owner relaxed in the afternoons and evenings. One evening the home



organised a Bingo night in the lounge, and as normal Joey accompanied his owner, sitting in his cage near the window. Joey was a highly intelligent bird and also, they soon discovered, an excellent mimic. Joey decided to join in the game by mimicking the bingo caller's voice, shouting out random numbers at odd times. The poor residents ended up getting so confused, turning to each other and asking 'what did he just say?' or 'haven't we already had that number?' that Joey had to be removed from the room before the game descended into chaos!



We have just finished awarding star ratings to the best homes and sheltered housing and two books will shortly be available, one for the care homes and one for the sheltered housing. Next comes the judging for Pet Friendly Care Home of the Year 2016 and the award ceremony in London after that.



## Hillside Farm Sanctuary

Treading water, puddle hopping, mud wrestling and surfing (well, almost!) in our raging river is the story as far as the weather goes - an opportunity, when the wet and wind threaten to down spirits, for indoor football, brain games, hide and seek, musical beds, sofa picnics and best of all lots of cuddles and tummy tickles!

All and any diversions so needed as unique and fabulous friends left us. **Rupert** (12) precious, much loved min poodle, **Maddie** (15) diminutive black princess of a pussy cat, **Scruffy** (13) Norfolk Terrier who was the sweetest little tyke you could ever wish to meet - and for all who met him it was love at first sight, **Billie** (19) tough little tabby boy respected and loved in equal measure - his chair is still empty ..... **Bella** (12) GSD, loved life and loved balls and has left an unfillable gap, **Shaz** (11½) GSD, trusted and loved by all, leader of the pack, fiercely loyal



Tess

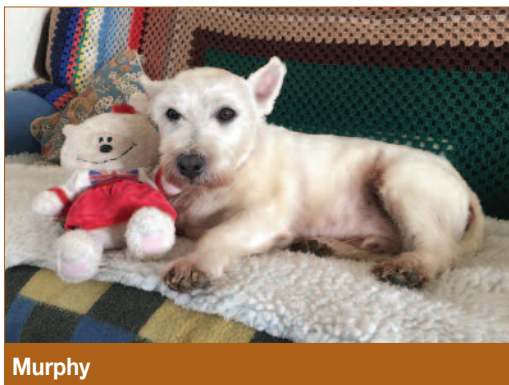
and very loving - surely she will look down and watch over us still? Each little soul lost made such an indelible mark on Hillside and left a void not only in our lives but also on their fellow residents - they are sorely missed and will be remembered with great love and affection.

None can be replaced, but joining us to make her own mark came **Tess** (12), a gentle, irresistible chatterbox! A little, woof soon becomes a full blown conversation that with

happy, smiling eyes and ever wagging little tail ensures that you are not only listening but responding when she decides it's time for a cuddle or a snack (aka sausage). Tess loves to go on a walk - at first lagging behind a bit so as not to miss a good sniff and then suddenly she overtakes everyone and proudly runs ahead. She also loves to mooch round the garden, inspect the store room and visit the sheep and goats. All that makes a girl hungry! A perfect day starts with scrambled egg on toast followed by pasta with pilchards in tomato sauce for lunch and chicken casserole for supper with sausage treats in between! She can even open the fridge, dump the vegetables and find the sausages all by herself.

Tess also loves people and loves a cuddle, a rump scratch, ears rub and she pushes her little head into your hands or wiggles through your legs to get your full attention, then fixes you with her beautiful dark eyes and there you have it - the recipe for ensuring maximum adoring human compliance!

**Murphy** (10) is another huge and adorable character. Full of life, full of mischief, very confident, a permanent twinkle in his eye. He's epileptic and on medication but you'd never know it, he can't see as well as he used to but so what, he has a bionic nose and no morsel of food is safe - as soon as he arrived he sniffed out a treasured, buried biscuit and promptly ate it! He came in with a huge bag of toys - his favourites are a Winnie the Pooh bear that he carries by its arm and uses as an occasional cushion, an elephant and a rhino which accompany him in bed! Murphy adores people and needs to have us in his constant sight - if not he will bark to demand you return immediately! He follows you around everywhere and anyone with idle hands is clearly in need of occupation, so roll over, wave your paws and hey presto, tummy tickle!



**Murphy**

He gets on well with all the dogs and although he particularly likes the girls, he regularly wedges himself between spaniel brothers Jack and Dougal and they all go to sleep - and they all snore very loudly!!

Murphy still can't get over the Hillside menu! He loves his food - all of it and Oliver may have been a more appropriate name! On his second day here we gave him the mixing bowl to lick (wash up!) - he did quite a good job but there was more to do so he put his paw in the bowl, diverted his attention to eating his lunch and then bowl having been kept safe was cleaned to perfection!

A very happy boy, cute, cocky, cuddly and charming, he knows what he wants and has no difficult getting it!

We've been hugely entertained through winter by a family of young cats, mother **Maisie**, her sons **Jet** and **Indie** and her daughters **Harry**, **Dora** and **Smartie**. They were semi feral so before placing them in life long foster homes we needed to see how feral they still were and also the special friendships between them. They turned out to be more playful than feral and a bit wary of human hands. While they got used to love and attention they rewarded us with amazing acrobatic skills, games of tag at break neck speed, toys flung far and wide and insatiable appetites! Luckily there were very obvious pairings so we have managed to place all six in life long foster homes in twos and we have no doubt they will blossom and thrive in their new lives.

All we need now is for Spring to spring into action and a summer of sunshine when we only get wet as we splash in the paddling pool or run through a calmed down, shallow little stream at the foot of the hill .....



## **Poldarves Farm Sanctuary**

Our tortoises have woken up, spring is upon us! The business of hibernation has been quite an education ..... We were advised to put them in boxes in a fridge kept at 5°C having first starved them for a week (they have to hibernate on empty tummies). We had to check on them every day and let air into the fridge. Then at the appointed time we took them out of the fridge and they slowly woke up to a nice warm bath, careful eye cleaning, a long drink of water and something to eat. They are now basking under their heat lamps and all three doing really well.

We've managed to snatch a surprising number of days for beach excursions and even agility games in the garden, but for the most part parlour games in front of a log fire, cuddles galore and devising new tasty recipes (very enthusiastically approved!) prevailed.

Winter sadness came with the loss of **Penny** (9) CKCS, **Panny** (19) lovely little black cat, **Saffron** (15) majestic ginger boy, amazing black cat **Billy** (15), little **Pickles** (11) sweetest black and white cat, **Tabitha** (15) Torty, **Catherine** squirrel; gorgeous gentle **Sammie** (19) GSD cross, **Tinker** (19) black and white boy, also black and white **Beauty** (15) darling **Elizabeth** (12) Chihuahua, **Tess** (15) Collie cross who so gently showed new Tess the ropes (more later), **Tibby** (15) brave little Torty and the gorgeous **Smokey** (16) grey and white cat. We loved them all and so hard to say "good night".

Right on cue, enter **Spud** (10) and **Leo** (18). Quite a while since we had a little Pug and this is one massive character adored by all. Spud is always happy, he loves all of us to laugh and be happy. He has two speeds, overdrive and standstill. The former is evident on walks, mad and positively hilarious moments of charging round and round and he loves watching TV..... Every animal programme or advert excites him, he watches, quivering and jumps up at the telly to the extent that we've had to turn it off for 5 minute cooling down time! He loves his life, loves his food, loves all the dogs, cats, people but he needs to rest his chin, so another dog's back will do, or your foot, or a nice cushion in bed! Put his food down and it's gone, but he can pretend to be a hamster - biscuits are not so easy to demolish, so collect them, he has been known to have three big Bonios in his mouth at the same time!! And he does tend to get a yogurt moustache, then there's a queue to lick his face clean! When we had the agility course out, we were required to go thro' the tunnel first!



Spud



Leo

You'd never imagine that Leo is 18. He is very active, plays with toys all the time, he likes to amuse himself by throwing them and pouncing and his version of a mad five minutes is to chase his tail at break neck speed. Leo loves the beach where he flies like the wind, digs in the sand and rushes off to meet new dogs. Leo prefers fishy foods, cheese and any dairy, especially yogurt but he has a real craving for custard creams - when we have lunch, or tea, or supper Leo goes to the custard cream cupboard and there is no mistaking what he's asking for - he gets it..... He likes a lap to sit on, he has a very insistent paw when he wants



attention and a head massage is ecstasy! At 18, he feels he has the right to be grumpy if he doesn't get his own way - who are we to argue? Just give in!



**Tess**

**Tess** (15) was very reserved when she first came, but she has blossomed and is now a ring leader! This is in large part thanks to "brown" Tess who took her under her wing, guided her round, showed her the ropes - what a sweetheart she was and for a while after we lost her so suddenly, Tess was sad, so out

came the agility - hoops and tunnels and poles and jumps and she got so excited, she loved that and had so much fun. Tess will play ball, but you fetch it! And when our fields flooded there was a mutinous refusal to go out except for Tess who was thrilled and played in the floods! She has a party trick - stand in the middle of the kitchen, if there's not much going on, then bark - loudly - to get everyone excited, then she jumps up and down laughing with pleasure!! And she does love to play chase the Chihuahua - they seem oblivious!

**Jade** and **Jasper** (sister and brother 15) came to bring our Shih Tzu number up to 6½ (remember Sparky is only half Shih Tzu!) and what a heart melting little pack they are. All bonded, all close and they all sleep together! Jade and



**Jade**



**Jasper**



Jasper are very close. He is blind and she looks after him. He is incredible, he mapped out the whole of Poldarves within two days, he's confident, joins in everything and even had a go at agility - Jade watched, cheer leader rather than participant ..... Jasper knows that if he does for some reason get "lost", all he has to do is bark for immediate rescue. Jade is very bossy. She barks when she wants something and whatever it is, she gets it - those eyes are hypnotising. She moves with the most elegant bounce, very floaty. They're both really good little eaters and sausages are top of the "likes list". The sweetest, most adorable little pair - perfect addition to the Shih Tzu hearth rug!!

### **Thomas (16) and Lizzie (13)**

are also very close - he tends to go off places and she washes his face diligently as soon as he comes back. When they get excited, they sing in tune together. Lizzie is the boss but togetherness is key to them - both love walks and together they run, explore and chase rabbits. Together they love to be on the backs of sofas looking out of the windows and they'd snack all day if they could. Lizzie taps you very gently for a cuddle and she loves giving kisses, Thomas waits patiently - for a while .....



**Thomas and Lizzie**

**Boo-Two (16)** is the most gorgeous British Blue with the biggest, most beautiful amber eyes and a deep, deep purr. She purrs when she has a fuss, when she's groomed, when she's eating her meals. Boo loves catnip toys to roll on and she's commandeered the biggest, tallest climbing frame. She's made best friends with Bubba who is also 16. Both can be grumpy girls who know exactly what they want



**Boo-Two**

and they've joined forces to more effectively express their common views on life - like fresh chicken is a preferred dinner and Dreamies are essential at bedtime.



**Sooty**



**Sweep**

**Sooty** and **Sweep** (12) are typical sisters and jealous of each other on the one hand, joining forces on the other! You have to cuddle both at the same time which is fun! Sweep loves to explore while Sooty prefers her home comforts. They love to play with the laser mouse especially, but they're very active and all the toys get their turn. They're lovely girls with really velvety coats that are beautiful to touch and Sweep has the longest white whiskers you'll ever see. Sooty and Sweep have terrific appetites - anything and everything meets with approval!

Now, all we need is some nice warm sunshine so we can all swing in to summer mode which is exciting just to think about!



**Benji**

PS. Just because he posed so beautifully - a catch up with **Benji** (16) - he's Sparky's other half and a mainstay of our Shih Tzu gang. When time came for them to come to us their then vet said Benji should be put down because he had a heart murmur and it would all be too much for him. We said "No" - two years on he's still with us, still happy, still active, still darling and top Spud face cleaner. Fresh, home cooked meals three times a day, holistic remedies whenever possible, a clean bed, fun, friends and cuddles all play their part, but the secret? The secret is love.

## Poetry Corner

Our first poem is lovely, sent in by **Terry** and **Delia Hemsell**

### For The Last Time

Like your son, your karmic debt is paid,  
For the last time, together we walk down the lane.  
Before the light in your eyes does fade.  
And you are overcome with crushing pain.  
By the peaceful lake we stroll.  
Pausing.  
Rest awhile by grassy banks so tall.  
Ease your weary body, son my little king.  
Let pure strength come from your soul.  
See the swift and hear the wild birds call.  
Quiet, now while the rabbits come to play.  
Aha! Eyes now bright, all ready to go, but not quite.  
The strength to chase. In peace let them go to-day.  
The warm breeze flowing, surrounds us in Golden Reiki Light.  
Atop the bank before us, the lakes on either side  
Across the bridge dividing, the white mist waits.  
Walk on, Dear Son, walk on for here we must abide.  
Angels and archangels await as you approach the gates.  
Look not back, for one day we too.  
Will follow you through.  
Come to us then, Sweet Bucca-Dhu.



**Steve** and **Diane Bodofsky** sent this one which surely echoes the hope in all our hearts.

### The Rainbow Bridge

By the edge of a wood, at the foot of a hill  
Is a lush, green meadow where time stands still.  
Where the friends of man and woman run,  
When their time on earth is over and done.  
For here, between this world and the next,  
Is a place where each beloved creature finds rest.  
On this golden land, they wait and they play,  
'Til the Rainbow Bridge they cross one day.

No more suffering pain or sadness,  
For here their whole lives are filled with gladness.  
Their limbs are restored, their health renewed.  
Their bodies have healed, with strength imbued.  
They romp through the grass, without even a care,  
Until one day they start, and sniff at the air.  
All ears prick forward, eyes dart front and back,  
Then all of a sudden, one breaks from the pack,  
For just at that instant, their eyes have met;  
Together again, both person and pet.  
So they run to each other, these friends from long past,  
The time of parting is over at last.  
The sadness they felt while they were apart,  
Has turned into joy once more in each heart,  
They embrace with a love that will last forever,  
And then, side-by-side, they cross over together.



## And Finally .....

Light follows darkness, calm follows the wind, sunshine follows the rain, warm follows cold and never were these truisms more longed for, I'm sure, by all of us - two legged, four legged and feathered! Preferably all at the same time and for all the months of Summer.....

With these perfect thoughts, I hope you all have a wonderful summer and very good luck with all the events you have planned.

God Bless everyone

**Averil R. Jarvis MBE**  
**Founder and Chief Executive**

