

# NEWSLETTER

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Registered Charity No 1134680



**Christmas 2018**  
**Number 65**

## Dear Friends

With Jess and Lily trying to keep order, Molly and Anna in the pool and general gentle havoc, our cover picture tells the story of Summer – hasn't it been beautiful and with lakes, rivers, the sea and paddling pools to help us make the most of every bright, hot sunny day there are smiley faces wherever you look!



We've been busy too! Our volunteers have enjoyed their sunny dog walks, fund raising events have gone with a swing and there's lots of news to share, so here goes.....







**Kubwa (2) and Little Goose (3)**



**Charlotte (10)**



**Lucky (18)**



**Chan (14)**



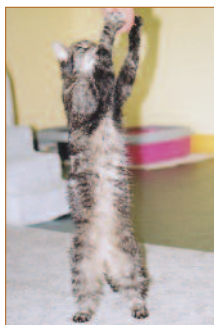
**Pasha (11)**



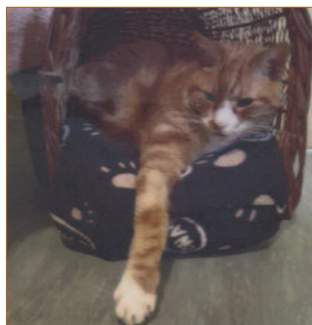
**Jim (6)**



**Harmony (3)**



**Breezer (16)**



**Timmy (16)**



**Bilbo (12)**



**Ruff (15)**



**Sparky (15)**

## Catalogue

A lovely selection this year, look no further for your presents! The oyster shell candles are so unusual and the scent is divine, and I love the rug, beautifully made, each one unique with a myriad of uses. Very delicious pet treats, fun toys and really nice eco friendly bowls. As for the treats for humans I can say no more than absolutely scrumptious!!



### CT '100' Club

Winners who have each received £25 are:

April: **Jennifer Cole** (Suffolk), May: **Dorothy Thompson** (Cambridgeshire), June: **Sue Thursby-Coombes** (Yorkshire), July: **Laurence McQuaid** (Bristol), August: **Vincent King** (Kent), September: **Penny Parrett** (Cambridgeshire).

Forms for the new start are enclosed. If you pay by standing order, just send the form back marked "existing standing order" and we'll send you a new number.



### Fundraising Events

**The Crossing Charity Shop** (Nottinghamshire) raised £143. **Lorraine Hawkins** (London) raised a wonderful £752.61 from a garden party, a dog show and a Christmas fair in memory of **Pat Pile**. The congregation of **St John's Hospital, Canterbury and St Nicholas' Hospital, Harbledown** (Kent) chose us to receive their Sunday collection of £100. **Brinny Lister** (Oxfordshire) raised £221.84 dog



Dorothy Ellis's cake sale

walking and cat feeding. **Patrick Kearney** (Wiltshire) raised £90 by holding a meat raffle at his local pub. **Dorothy Ellis** (Norfolk) raised a stunning £900 at various events including a cake sale. **Sonia Nelson** and everyone at **Eaton Veterinary Practice** (Norfolk) held an Open Day and raised £150. **Hermes Parcelnet Ltd** (West Yorkshire) raised £200. **Pippa Easton** (Buckinghamshire) of **Impawtant Pets** raised £350 from her calendar. **Dorothy**

**Bridge** (Gloucestershire) raised £80 from her companion dog show. **Christine Sumsion** (Somerset) raised £15 in lieu of sending Christmas cards. **Rachel Burt**

(Nottinghamshire) has once again been making her delicious dog biscuits and raised £135. **John Parry** (Worcestershire) sold giftwrap and cards and raised £25. **Florence Croucher** (Somerset) raised £150 with the sale of her delicious preserves, knitting and bric-a-brac. Everyone at **The Veterinary Surgery of Robert Elliott** (Oxfordshire) have been selling pens, window stickers and giftwrap and raised £60.70. **Fiona Antrobus** (Lincolnshire) held a garden party and raised £275. **Judith Slack** and the members of **Chocaccino Knitting Group** (Devon) raised £180 from their knitting. **Sylvia Boxall's** (Hertfordshire) floral art group sold some of their unwanted art supplies and raised £30. **Mariann Bayliss** (West Midlands) made and sold lovely dog toys to raise £212. **Judy Hayter** (Dorset) raised £100 from her raffle. **Wilma Morris** (Herefordshire) sold her handmade cards to raise £100. **Louise Cambourne** (Wiltshire) and her ballroom dancing group raised £50 with a raffle at their Christmas party. **Debbie Kendall** (Buckinghamshire) raised £175 from the sale of her Enlightened Hound cards. **Rebekka Fiorani** and all at **Clent Hills Veterinary Surgery** (Worcestershire) chose us as their Charity of the Year in 2017, they raised a stonking £2,117.65 from their pantomime. **Maggie Martin** (West Sussex) raised a stunning £1,310 from a Christmas fair, a 'Tea in the Garden' and a stall. **Margaret Rose** (Essex) and her art class raised £101.55 in lieu of sending Christmas cards. **Philemena Hooper** (Cornwall) raised £237.10 selling books at the Punchbowl and Ladle, the Royal Oak and The Old Quay at Devoran. **Judy Westacott** (Devon) raised £400 on her stall at Totnes Elizabethan Market. **Peter Hanson** of the Cat Gallery (York) raised a magnificent £2,846.35 from mail order customers and from running the Slaithwaite Marathon in memory of beloved cat, **Ethel**. **Joan Bailey** (Conwy) sold her lovely hand-knitted Santa hats, scarves and Christmas trees and raised £105. **Myra Cox** (Somerset) raised £120.40 from her handmade cards and crafts. **David and Lara Spurrell** (Cornwall) of the Woods Café held a Christmas Dog Day and raised £150. **Val Payne** (Norfolk) and members of



**Mariann Bayliss**



**Clent Hills Vets**



**Maggie Martin's Tea**





**Greenfingers Gardening Club presents a cheque to volunteer Joan Coles**

**Greenfingers Gardening** Club held a variety of events to raise a wonderful £500. **Mary and Barbara Smith** (Kent) raised a superb £566.37 with the sale of garden produce and eBay trading. **Ellen van Arken** and everyone at **Ash Tree Veterinary Practice Ltd** (Leicestershire) raised a brilliant £540.70 with their Christmas raffle. **Jacqueline Hassall** (Cornwall) and the team at **Carnon Downs Garden Centre** had a Christmas wish tree in the restaurant over the festive period and raised £150. **Mary Ames** and the members of **Southside Methodist Church (Wesley Guild)** raised £88 from their Bring & Buy. **Megan Qua** (Somerset) works for **HSBC** and raised a fantastic £860



**Anna Midgley**

from their matching programme donating per hour of volunteering. **Anna Midgley** (Wiltshire) raised £16 at her school by selling dog and cat treats – well done! **Maggie Evans** (Bristol) with help from **Angela Chudnicki, Judith Mantell** and **Vicky Cronin**, raised £100 with a tombola at the **DAWG (Greyhound and Lurcher Rescue)** fun dog show. **Alan Hunter** (Dorset) and all at **Lynwood Vets** held a Christmas hamper competition and raised £60. **Tara Christie** (London) and everyone at **The London Cat Clinic** raised a fantastic £414 from their stall and calendar. **Sian Wade** (Warwickshire) with help from **Sarah Brunsdon, Charlotte Didori** and **Fiona McBeth** raised £380 at their coffee morning. **Denise Willmetts** (Dorset) and everyone at the

**Beech Ward Team** at Yeatman Hospital raised £75 in lieu of sending cards. **Liz Veasey** (Nottinghamshire) raised £35 from her lovely wreaths. **Sarah Franks**



**Michelle Winstone and residents**

(Cornwall) raised £150 from their quiz nights. **Tracey Hopper** (Essex) raised £175 from her event. **Lynda** and **Richard Mersh** (Sussex) raised £40 with their 'internal betting' which now includes how many different colour jackets a well-known TV presenter wears! **Michelle Winstone** (Worcestershire) manager of **Lillian Bullock Close Sheltered Housing** organised a raffle to raise £142.72 at a **Janet Morgan** talk.



**British Airways Cabin Crew Entertainment Society**

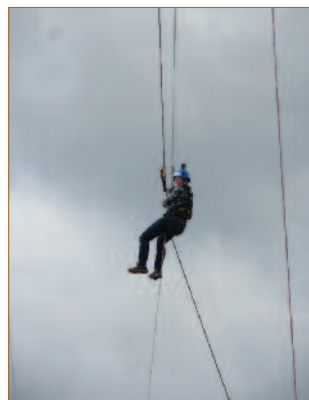


**BACCES - Jane Bowditch, David Bowditch, Jo Dickenson, Nick Young and Richard Hickman.**

**Jo Dickenson** (Surrey) and all at **British Airways Cabin Crew Entertainment Society** organised a pantomime production of 'Robin Hood'. Everyone had a wonderful time and they raised a stupendous £4,000! **Richard Waters** (Cornwall) raised £14.67 from his customers at **Churchtown Books**. **Mike Hasshill** (Cornwall) sold logs to raise £160. **Susan Wright** (Devon) and everyone at **St Michael's Church**, Devonport, enjoyed a coffee morning to raise £56.55. **Christine Lawn** and **The Lupset Park Group** (West Yorkshire) raised an amazing £712 from all their events. **Susan Basket** (Worcestershire) and the residents of **Waterloo House Care Home** enjoyed a Valentine's Day raffle and raised £20.10. **Pat Armitage** (West Yorkshire) held a fundraising gathering at her home to raise £100. **Roz Walters** and **Sally Templeton** (Dorset) from **@The Old Stables**, a shop, café and gallery, have chosen us as their charity of the year and raised £315 with various activities, including a birthday party for the stable's dog, **Mabel**. **Pat Gaylard** (Somerset) celebrated her 60th birthday and raised £60 in lieu of gifts. **Deborah Rudd** and **Kerry Ayliffe** (Shropshire) raised £92 on their stand at St Johns Church. **Sylvia Anderson** (Bedfordshire) celebrated her 85th birthday and raised £100 in lieu of gifts and **Barbara Dexter** (Nottinghamshire) celebrated her 90th birthday and raised £178, again in lieu of gifts. **Geoffrey Nickson** (Surrey) and the congregation of **All Saints' Church**, Benilton, chose us to receive their collection from February's services – a fantastic £452.62! The residents of **Nazareth Lodge** (Dorset) have been making and selling dog biscuits and raised £100. **Gwen Raeburn** (Somerset) is very mad or very brave! She abseiled down the ArcelorMittal Orbit Tower, 14.5-metre-high, in Queen Elizabeth Olympic Park, London and raised a brilliant £500. **Sandra Pridgen**



**Deborah Rudd and Kerry Ayliffe**



**Gwen Raeburn**



Jane Seaman's birthday cakes!



Mandy Gardner's coffee morning



Helen Arundel



Stephanie and Mel Neale

(Lincolnshire) held a Christmas cake bake for family and friends and her delicious goodies raised £60. **Martin Slade** (North Somerset) runs the '**Bark Side of Weston**' Facebook group and he raised £15 selling some of his photos. **Emma Thompson** (North Somerset) and everyone at **Waitrose (Westbury Park)** included us in their 'Community Matters' campaign and raised £317. Students of **Truro House, Twyford C of E School** (London) raised a stunning £702.77 at their Enterprise Day. **Hilary Rimmer** (Cheshire) raised £40.10 on her stall. **JAS Forwarding (UK) Ltd** raised £62 on their Easter raffle - Carolyn Pringle, a volunteer, nominated us. **Jane Jackson** of **The Friends of Minack Society** raised £25. **Torri Pickering** (Norfolk) raised £51.52 on her stall. **Jane Seaman** (Kent) had a lovely birthday party, which included a raffle, and raised £327. **Aurelie Four**

(London) raised £17.75 selling super special Jasper & Marcel socks. **Mandy Gardner** (Worcestershire) raised £292 at her very tasty coffee morning. **Helen Arundel** (North Yorkshire) raised £20 on her stall, **Claudia Contino** (North Yorkshire) raised £5.50 on hers and **Stephanie** and **Mel Neale** (North Yorkshire) raised £50 on their stall. Rather than sending Christmas cards, the **Premier League** donate a sum of money to charities nominated by their employees. **Matthew Dixon** nominated us and we received a terrific £500. **Rosalie Newman** (Wiltshire) has once again knitted some beautiful dolls clothes and raised £31. **Caroline Hendra** (Lancashire) with help from **Sylvia Cottle**, **Pauline Grimes** and **Molly**, her Cinnamon Trust dog, had a stall and raised £56.50. **The Dog House** (Norfolk) sent us £200 from an online competition thanks to **Jane Baxter**.



Caroline Hendra and friends



**Shirley Weymouth** (Norfolk) with help from **Colin Smith, Dusty Miller** and a team of Cinnamon Trust volunteers, organised a talk about Great Yarmouth with a fish and chip tea and raised a superb £350. **Sarah Bruce** (Cambridgeshire) and everyone at **Cromwell Veterinary Group** chose us as their Charity of the Year. They attended Sawtry, Huntingdon and St Ives carnivals and raised a fantastic £1,900. **Jean Herdman** (West Sussex) sold her lovely handmade cards to raise £30. **Sarah Butcher** (Leicestershire) ran the London Marathon in a brilliant 4 hours and 3 minutes and raised an equally brilliant £635.58! Very well done! **Christine Derham** (Suffolk) has raised £40.80 with further sales of her beautiful peacocks' feathers. **Sarah White** and everyone at **Devon Doctors** raised £200. **Martin Thomas** (Mid-Glamorgan) and everyone at **All Saints' Church Social Group** enjoyed a lovely Easter Day get-together with lunch and raised £300 – wonderful! **Waitrose (Banstead)** included us in their 'Community Matters' green token campaign and we have received £333. **Julie Aris** (East Sussex) raised £137.50 with a quiz night in Westham Village Hall. **Carl Drinkwater** (West Midlands) raised £376.38 from the recycling efforts of his friends and family. **Margaret Pengelly** (Cornwall) held her annual coffee evening and raised £36.95. **Dawn Riddle** (Bedfordshire) held a terrific coffee morning and raised £250. **Louise Matlock** (London) raised £380 selling her ever-popular, eye catching handmade Christmas crackers. **Janet Morgan** (Worcestershire) with help from **Heather Martin, Lynda Matthews, Pamela Chadaway, Jean Wesley, Chris Hyde, Cathy McLeod, Kevin Leneghan, Zena Schtyk, Wendy Ralphs, Michael Dawson, Pam Jameson** and **Lynne Warren** raised a marvellous



Colin Smith, Kerry Robinson-Payne (Mayor), Dusty Miller and Shirley Weymouth



Sarah Butcher



Louise Matlock's crackers



Janet Morgan's dog show at "It's all about dogs"



Joanna Cratchley

£202.36 at various events. **Des Cashell** (Nottinghamshire) took part in the 10 in 10 Charity Walk, which involved scaling 10 Cumbrian peaks in 10 hours, and he raised £40 for us. **Liz Parkes** (Surrey) raised £20 from dog sitting. **Caroline Ridley-Duff** (South Yorkshire) ran her first ever half-marathon and decided to convert her finish time in minutes to pounds – she sent us £12.58! **Nettie Iles-North, Alayne Fysh** and **Lucy Horner** from **Francis Iles Art Gallery** raised a huge £2,500 from their annual create a postcard event. **Joyce Hall** (Merseyside) raised £73 from her coffee morning. **Judy Wilson** (Wiltshire) and all the members of the **Winterslow Singers** held an evening concert of Easter and spring songs and raised an amazing £500. **Judith Berry** (Clwyd) celebrated a special birthday and raised £30 in lieu of presents. **Joanna Cratchley** (London) ran the London Marathon in 5 hours and 40 minutes and raised an incredible £741.33 – very well done! **Carra**



Angela Harris

**Taylor-Gadsby** (Warwickshire) and the members of **Positively Pawsome Pals** raised £35.02. **Christine Crewe**, with help from **Val Makda, Molly Bridges** and **Ann Dobson**, held another successful bucket collection at Asda (Burgh Heath) and raised £185.64. **Kenidee Davies** (Isle of Wight) held a table top sale to raise £31.50. **Hayley Ware** and the staff of NHS England's **Bewley House** have chosen us as their Charity of the Year and sent £156.42. **Jonathon Kelly** (Somerset) celebrated his 44th birthday with a party and raised £261 in lieu of presents and **Lynne Roberts** (West Sussex) sent £100 in lieu of presents for her birthday. **Angela Bojko** (Cornwall) and the members of the **Tregaer Flats Tenants Association** raised £76.95 from their coffee morning. **Debbie Donohue** (Hampshire) raised £20.00 from the sale of Christmas cards and wrapping paper. **Angela Harris** (Sussex) raised £225.00 on her stall. **Angela Hallett** (Dorset) and her friends enjoyed a lovely tea



Monica Haddock, Holly, Adela Westcott and Rebecca Williams

and cake afternoon and raised £130.00. **Monica Haddock, Adela Westcott, Rebecca Williams** and **Gill Butler** (Cornwall) raised £53.00 on their stall, big lunch and dog show of the PL24 Community Association. **Richard Holly** (Cheshire) and everyone at the **Vets 4 Pets** in Chester held a 'doggy first aid session' and raised £100.25. **Jeannie Alvis** (Dorset) held a private tea party at the Royal Motor Yacht Club near Poole, she also held a raffle helped by her grand-daughters, **Freya** and **Molly** they raised a fantastic £755.00!



Jeannie Alvis with Freya and Molly

**Maggie Forbes** (Dorset) held a stall at Castle Gardens Garden Centre and raised £65.00. **Cathy and Alan Care** (East Sussex) with help from **Sue, Angie, Pat, Cheryl, Kathy, Callie, Bill** and **Pauline**, held another brilliantly successful plant sale to raise £504.48. **Fairlight Art Club** (East Sussex) chose us as one of their charities for the year and raised £60.00 with their Art Sale. **Lisa North** (Norfolk) is a professional photographer and has been taking photo portraits of pets. She raised a superb £1000.00 for us! **Margaret Nash** and **Judith Eddy** (Cornwall) had a stall at Cornwall College and raised £25.57. **Kevin Tolley** (Wiltshire) raised £42.00. **Judith Smith** (Cornwall) and the members of **Bude Jive Club** held a raffle and raised £175.00. **The Team** at **Shaw Veterinary Centre** (Wiltshire) raised £72.93 from their cake sale. **Anne Canfer** (West Sussex) along with **Sarah Hannafin** and **Graham Clark**, held a stall at North Bersted Dog Show and raised £340.00. **Kent Butcher** (Leicestershire) raised £35 by taking part in the Hardmoors 110 Ultramarathon – the route follows the dramatic Cleveland Way for 110 miles and competitors have 36 hours to complete the challenge! **Annette Whittingham** and **Julie Bircher** (Derbyshire) raised £80 on their stall. **Ros Cramphorn** (Kent) organised a dog show held to coincide with the Longfield Festival to raise £135.



Maggie Forbes' stall



Cathy and Alan Care



Lisa North from Fairlight Art Club



Bella at Annette Whittingham's stall



Ros Cramphorn's dog show



Margaret Nash and Judith Eddy



**Monica Osborn** (Suffolk) and members of **Westleton Gardeners** organised a Village Garden Trail – sold plants, organised cream teas and ploughman's lunches and raised a fantastic £560. **Christine Lancaster** and **Ingrid Linney** (Staffordshire) raised £55 on their stall. **Joyce Percival** (Cumbria) held a table top sale and raised £40. **Rita Shrigley** and the congregation of **St Peter's Church**, Oadby, raised £52. The congregation of **Barnes Healing Church** (London) enjoyed a wonderful Animal Service with **Dr Angela Watkins** and raised £141.



**Suzanne Sowak and Truffau... the start of the walk**

**Suzanne Sowka** (Nottinghamshire) and her partner and her dog **Truffau**, walked the coast to coast route in Northern England and raised a superb £351.25 **Snoopy Dog Training Club** (Hertfordshire) held a Christmas raffle and raised £150. **Crayford Dog Training Club** (Kent) raised £50. **Littlehampton Dog Training Club** chose us as their Charity of the Year, they held companion dog shows, tombolas, raffles and table sales to raise a fantastic £1,000. **Clacton & District Dog Training Club** (Essex) raised £150. **Downland Agility Club** (East Sussex) raised £250. **Manston K9 Society** (Kent) raised £220 at their Christmas dog show. **Central Essex Dog Training Society** (Essex) raised £60 in lieu of sending Christmas cards. **Hastings and St Leonards Dog Training Club** raised a brilliant £600 on their sponsored downstay, fun evening and Christmas party. **Alpha Dog Training Club** (London) raised £300. **Brook Dog Training Club** (London) held a raffle at their Christmas party and raised £150. **Dogs Naturally Dog Training Club** (Kent) wore Christmas jumpers for their last class of term (two and four-legged alike!) and raised £30. **North Dorset Canine Ringcraft** (Dorset) held a raffle at their Christmas party to raise £41. **Exeter & County Canine Society** raised £81. **Fleet & District Dog Training Society** raised £220.93 from raffles, bring & buy sales and club calendars. **Chesvale Dog Training Club** (Buckinghamshire) raised £240 from their raffle. **Letchworth Agility Club** (Hertfordshire) chose us as their Charity of the Year and raised a fantastic £2,000. **The Norwegian Elkhound Club of Great Britain** (Lancashire) raised £100. **CHeWs** (London) held a variety of events, from raffles, to dog shows, a quiz night, Christmas Party and 'Candles and



**Manston K9 Society - Yvonne Morgan and Barney... Best in show winners**

Cakes' to raise a huge £2,453! **Welsh Terrier and Friends** (Cheshire) raised £100 from their calendars. **British Gordon Setter Club** (Staffordshire) raised £100. **The Isle of Wight Dog Training Society** chose us as their Charity of the Year and raised £700 from their annual show, a raffle and a donation in memory of their late member, **Jackie Ratcliffe**. **North Herts Dog Training Club** raised a

superb £1,000. **Wicked Flyball Club** (Hampshire) raised £300 from their Starters and Intermediates Show. **Cheltenham and District Dog Training Club** raised £300. **The Norfolk Terrier Club of Great Britain** (Leicestershire) raised £50. **Stonehouse Dog Training Club** (Gloucestershire) held a sponsored walk and raised a terrific £1,000. **Malmesbury and District Dog Training Club** raised £100. **London & Northern Home Counties Branch of the Basset Hound Club** raised £25. **Cornwall Canicross** held a charity event and raised £206.74. **Woodman Obedience Club** (East Sussex) raised £140 from their shows and **Ludlow & District Canine Society**, now sadly disbanded, have sent us £212 from their remaining funds.

You've all been amazing once again! Thank you for all the time, effort, bravery and craziness that led to such great results.



## Volunteer Views

Our first view is from **Richard Daykin** in Newcastle-under-Lyme:

For approximately 2 years I have had the enjoyment and privilege of being one of the walkers for Alfie and Fern and their owner Sheila Pennington. Every time I arrive I prepare myself for the onslaught of excited happiness from both of them, Fern doing the barking and Alfie doing the jumping. I'm sure his aim is to completely floor me and I know it may not sound it, but it really is very funny. Then of course we have the task of fitting the harnesses (plus coats in winter) and wrestling them on as their excitement is only slightly less than when I first arrive. Sheila and I often compete to see who wins!

They then walk me to nearby Northwood Park where they are both all about the scent, sniffing away and doing the necessary. Fern continues to discover all the best and most interesting scents but Alfie must use his energy and its play time with the ball!! We play catch and fetch which he loves and is very good at chasing and returning it. However, I know when he's had enough because he keeps hold of it and makes it clear it's time to return home!



Love blossoms at Wicked Flyball Club



Volunteer Mary Pucell collects a huge cheque from Stonehouse DTC



Alfie and Fern

I should say here that Alfie is an 8 year old Cavapoo and Fern is 9 and a Blenheim Cavalier. Both are perfectly at home with all the dogs and people we meet. However active they are, when I stop to have a chat with other humans they are happy to be patient and stay by my side. My arthritic feet determine how far and how fast I can walk but these two treasures are just perfect for me.

My wife and I have always had cats and no dogs throughout our 56 years of married life, which always seemed the responsible thing to do due to both working and taking all the holidays we could. We did however say we would have a dog when the holidays stopped which seems to be very close. At the moment our oldest and largest cat is very territorial, so we will have to wait a while.

Unfortunately Alfie has recently had to undergo surgery for a tumour and the vet said no walking for a week. For a short while there was no ball chasing and activity was kept to a minimum, I am happy to say that three weeks later he is now being his old self. We are all hoping he has a long and fruitful life.

I must say thanks to the unique charity of The Cinnamon Trust that has helped myself, Alfie, Fern and Sheila.



And this is from **Shona Burch** in Liverpool:

*"Walking Buster and catching up with Helen over a cup of tea every week is really refreshing!"*

I have always found university fun and exciting but at the end of my second year studying in Liverpool, I felt that there was something lacking. Obviously I missed my family even though they were only a phone call away but what I also missed were my dogs because, unfortunately, they can't speak over the phone! I realised it would be ideal to find a dog in Liverpool in need of a part time walker. During an online browse, I came across The Cinnamon Trust, a charity that provides voluntary care for pets belonging to people who are disabled, elderly or terminally ill. The charity aims to give owners peace of mind with the knowledge that their pets will be well cared for no matter what. It looked like a win, win situation, not only would I have a dog to walk but I'd also be helping someone out. I signed up as quickly as I could!

A couple of weeks later, after checking my references, The Cinnamon Trust sent me my volunteer card and said they would get in touch when they knew of someone in need of a walker. A few days after that, they contacted me about a lady named Helen and her little Shih Tzu Buster who lives nearby. I rang Helen the same day and we decided that I would come and meet her (and Buster!) that



week. I was excited and nervous to meet them both but my nerves disappeared very quickly. Helen's carer, Angela, greeted me at the door with a huge smile and led me into her flat. Helen was very friendly; she was brimming with questions about me and was delighted to hear that I'm from Northern Ireland, being of Irish descent herself. She also spoke very openly to me about her disability which is cerebral palsy. In no time, I was out walking Buster who was very well behaved although I could tell he had lots of character!

Since then, I have been walking Buster once every week during term time. I quickly found that I had made four new friends in Helen, her carers (Jackie and Angela) and of course Buster! After I've walked Buster we always have a chat over a cup of tea! I love my weekly walks because it gives me time to briefly disconnect from university life. I feel like I have more of a connection with the Liverpool community through this experience and I would highly recommend it to other students who are missing their pets! Not only will you have a dog to walk, you'll gain friends and meet locals living in the city where you study.



**Becky Nugent** in Cornwall says:

I have been walking Daisy since February and one of the things that I love about her is that as soon as the lead goes on she is back in "work mode". Even though she is a retired guide dog she always walks to my left protecting me from the oncoming traffic. She has a very cheeky personality though and loves her food! Her nose is always in my pocket looking for what she knows I always bring with me to reward her good behaviour. She is a wonderful companion to her owner Trevor who is visually impaired and the two are the very best of friends, their bond is very special.



**Becky with Daisy**

I have now introduced Daisy to my own Labrador and they walk together beautifully. I always look forward to the weekends when we get time together. I consider myself the lucky one in this. I have been a Cinnamon Trust volunteer for nearly 10 years and had the pleasure to walk some fantastic dogs. I tell everyone I meet about The Cinnamon Trust and recommend becoming a volunteer as I believe it's such a rewarding experience.



**Jessica Freeman** in London writes:

I've been walking Diva for about three months while her owner recovered from a



period of ill health. The Cinnamon Trust put me in touch with Diva's owner directly and they could not have been more helpful! I joined a team of two other local girls and between us we now cover for almost every day of the week.

Connecting with Diva and her lovely owner has been such a joy and the relationship I've built with both of them is one I really treasure. Getting Diva out of the house to let off steam has relieved her owner of (some of!) her boundless energy and has been so enjoyable.

I've explored new local parks and green spots which I otherwise may not have found. My landlord doesn't permit dogs in our flat so Diva has filled the hole left by my childhood dog who still lives with my parents.

Walking Diva is a joy and I love her so much but I know that very soon there will be a HUGE Diva shaped hole in my life. The reason for this is that her lovely owner Norma is feeling much better and will be able to walk Diva herself. This is so great and the result all her volunteers have wished for.

The Cinnamon Trust makes everything so easy and enjoyable – I can't recommend volunteering for the charity and becoming part of a volunteer team highly enough!



And this from **Anna Mathers** in Kent



At the beginning of June I got a call from Sherry at the Cinnamon Trust asking me to dog walk for Mr and Mrs Rogers who only live 5 minutes away from me, brilliant!!

Mr Rogers had just come out of hospital following a stroke and Mrs Rogers has difficulty going long distances, so a couple of longer walks a week were needed for Harvey who is a beautiful 4-year-old Gordon Setter, a very handsome boy.

He is always very excited when I turn up to walk him and has a lot of energy, thank goodness for his halti which works very well for him. Harvey is very friendly with everyone he meets, both people and dogs. I feel very proud to be walking such a handsome boy who gets such a lot of attention.

I have my own dog who Harvey loves so we have been going out to various places

for walks. We often go to a river where he has a little paddle, he really enjoys this and you can see how happy he is to get out for a good walk.

Mr and Mrs Rogers are always very appreciative and it makes me understand how much help that the Cinnamon Trust provides means to them. Knowing that they can still have the benefit of having Harvey who they love dearly, and at the same time he can get out for his walks, it's everything. This makes being a volunteer so worthwhile.



**Grace Clarke** in the West Midlands writes:

I had heard of The Cinnamon Trust after visiting their stand at Crufts, dogs are my passion (even though my degree is in English Language, I still managed to make my dissertation about dogs!). I was searching for a permanent job following my graduation from university earlier in the year, so while I have some extra time on my hands I wanted to do some volunteering.

Soon after I registered I headed over to meet the owners and dog for my first walk. I was greeted at the door by Poppy the Jack Russell and I instantly fell in love. With her enthusiastic barking and wriggling in the porch, there was certainly no need for the doorbell! As I was invited into the living room to sit down, any 'first case' nerves quickly disappeared as I was given a thorough sniffing by Poppy which led on to a licking. As Poppy trotted off to fetch a ball which she promptly dropped at my feet, I inwardly breathed a sigh of relief – I'd been approved.

Poppy was most indignant that her owner and myself were trying to have a sensible conversation, and was insistent on playing ball for the whole time we sat chatting. For a ten year old dog she certainly wasn't lacking in energy, in typical terrier style. She repeatedly lost her ball underneath the furniture, and perhaps somewhat inevitably I ended up on my hands and knees in the middle of the living room in an attempt to locate the missing toy, with Poppy barking impatiently and jumping on and off my back. It was brilliant!

During our first walk we didn't venture too far from home in case of any problems. Although she was a little hesitant at first, with some encouragement and perseverance she quickly became engaged in sniffing and 'agreed' to walk with me down the road. As we passed through the village I noticed the bright red poppies which decorated the street and smiled to myself at how apt it was that I was walking a dog named Poppy around the time of Remembrance Day. She looked happy as I dropped her home, although that might have been the relief of being back with 'mum', or the dog biscuits she had taken from me, rather than a result of the exercise! Now she is eager to walk and strains at the lead as we first



leave the house. Her mum tells her that “Grace is coming today” and apparently she gets very excited.

Even though I've only been volunteering for The Cinnamon Trust for a short time, I have already gained so much from the experience and it is truly heart-warming to know that you're making a difference to the lives of both dog and owner, even by giving up just an hour a week.

I'm looking forward to doing more for the charity in the future and would encourage anyone who is passionate about animals to consider becoming a Cinnamon Trust volunteer.



From West Sussex, **Fiona Walsh** writes:

I have been aware of The Cinnamon Trust and its work for a number of years and, indeed, have recommended The Trust to many people. Last year, I nominated Cinnamon Trust as my charity of the year when I was Lady Captain at my local golf club. I decided to put my actions where my mouth was and signed up to be a volunteer!



The process was very smooth and once accepted, I eagerly awaited my first assignment. One day I had a call from The Trust enquiring if I could walk Winnie, a one year old Pug, whose owner was struggling with arthritis of the knees. Well, Winnie and I have been great pals from the outset. She is a very friendly and energetic young dog with a great sense of fun. I have been walking her for about six weeks now and her favourite walk is along the local canal. She is intrigued by the ducks, coots and moorhens and other wildlife... and loves to play with feathers...

fortunately, not those on the birds!

We have met several dogs of various shapes and sizes. Initially, Winnie was very apprehensive and would cower down but now she is growing in confidence and her calm and fun character is coming out in spades. She is always enthusiastic to see me when I knock at the door and it is lovely to see the reaction of her owner, Muriel, who knows that her companion is getting the regular exercise she needs.



Here's a great view from **Amie Smart** in Somerset:

Binky is a 5 year old Jack Russell and since last October she's become one of my favourite companions. Twice a week we walk along the Bathampton Canal, regardless of the weather but always with a single purpose in mind...to find the perfect stick. Not any stick, you understand but the one that meets her precise set of qualifications (whatever they are?). There'll be some gnarling and growling as she tests the solidity of various candidates then some bashing and smashing (I'm really not sure why) and then having made her choice come the imploring eyes and rapidly wagging tail...throw, chase, fetch, throw, chase, fetch. Those of you who know Jack Russells will know just how long this can go on for and the great response and affection that comes from a happy terrier.



Binky's devoted, enthusiastic welcomes always cheer me when I arrive at Bridget's house and in the months I've known them both, we have all become good friends. Although my volunteering is a small contribution, I see the huge benefit it brings into the life of one person – a few hours a week free from concern and worry about her beloved dog. Binky loves her walk with me but always proudly carries a stick home for Bridget.

Initially, I volunteered for the Cinnamon Trust as a way of getting more exercise and avoiding the boredom of walking alone. But in getting to know Bridget and Binky, I've realized that I've gained so much more than that. The small help I give to one lady and her dog won't change the world but it can help make their lives a little brighter and less stressful. And in Bridget, I've got to know a fascinating lady from my community that otherwise I might never have met. My young daughter (who delightedly comes along on walks in the school holidays) also gets to experience that little things can make a big difference. We all benefit and that's a wonderful thing that doesn't cost penny, just a little time. I sincerely wish more people could benefit on both sides from what this wonderful organization offers. I know Bridget feels the same:

*"The wonderful loyal help is amazing; Binky is so important to me as my sole companion but being a Jack Russell she needs more exercise than I can give her. She adores Amie and the lovely Mullock family that help me too. A big thank you to you all!"*

So please, encourage anyone you can (as I do) to consider an hour or two volunteering to walk a dog for someone in need. The rewards are enormous and what you could learn about sticks...well, that's immeasurable!

**Sheila Stephenson** in Sunderland sends a super picture!



**Emilia, Maria, Sheila with Dave O'Brian and Teddy, Charlie and Oscar**

Meet Dave and his dog Charlie. Then there is Maria with her daughter Emilia and their dog Teddy and then myself Sheila, my daughter Alicia and our dog Oscar.

When I first met Dave he told me he had suffered a stroke three and a half years ago. Tragically he had also lost his wife to cancer a year or so later so Charlie is his sole companion and such an important part of his life. When Dave called The Cinnamon Trust Charlie had not been walked outside for nearly two years.

As you can see from the photograph Dave is thrilled to have the help of two families to walk Charlie. Maria and Emilia do the beginning of the week and my daughter and I take Charlie the end of the week so it works out quite well between us. We go to the old Fulwell quarry close to Dave's house and now we have been walking Charlie for a while he can be let off the lead which he really enjoys. My dog and Charlie have a good relationship with each other and both chase after a ball, retrieve and enjoy the occasional treat!!



**Bobby**, a charming and very clever boy in Hertfordshire, with a little help from **Beverley Stevens** sent this:



**Bobby**

My name is Bobby and I am a tiny 10 year old Yorkshire Terrier. I was trained as a Hearing Dog and have been with my Mum since I was little. My wonderful Mum Frieda is profoundly deaf and we spend lots of time together as I wake her up so that she can give me my Insulin injection in the morning, and we go shopping or visiting her friends together. Mum is great at looking after me and has never forgotten a single injection (they have to be done three times each day) even though she is now 83 years old.

As my Mum can't walk as far as she used to, we have had some help from kind people from the Cinnamon Trust. I get very excited when my walkers come to take me out and I make lots of noise if mum holds them up by chatting! One of my walking ladies has become good friends with Mum and they often chat and laugh together before or after my walks over a cup of tea. Although I am getting on a



bit, I still have sparkly eyes and I am full of beans and I pull my walkers along fast where I want to go. Anywhere I don't want to go however, I simply won't. I just plant my four feet and the only way I can be moved is by picking me up.

I am very happy to meet and play with other dogs but I am also quite happy to roll about on the carpet at home with my Kong or my soft ball, or listen to Mum singing to me. I never let Beverley, one of my walkers, go home until I have given her a major licking of every bit of exposed skin from the vantage point of snuggling on her lap.

I have been a bit poorly recently and I am really pleased to say that my Mum now has a new Hearing dog called Sedge to look after her. I am showing him the ropes and now Beverley has to put up with two dogs licking her to bits!



**Frieda and Sedge**



**Christine Smith** in Lincolnshire is looking at life from both sides now.....

Many years ago (1990's) a lady walked by my office window with a Labrador type dog most days. When I went out to fuss the dog she told me she was a Cinnamon Trust volunteer and told me about The Trust.

A few years later I remembered the conversation and was in a better position to offer my services as a volunteer. I've had pets all my life.

My first dog walking was a great experience – a sheltie. I took my pre-school age granddaughter with me – she was 21 last month! Over the years I've been able to do other things for The Trust and when my late husband was mayor we were able to name The Cinnamon Trust as one of our charities.

Recently I have seen the other side when I became ill at the beginning of the year. I rang the office to see if anyone would walk my little rescue dog. I wasn't long before I had three lovely walkers in Rosie, Hilary and Lorna. At first Poppet was reluctant to leave me but in time she realised that she would be coming back home and was soon enjoying her walks, I am so very grateful.



**Poppet**

I enjoyed walking and miss our walks but hopefully I will be able to start some short walks soon and one day be back in our local country park with my little Poppet.

I have always thought The Cinnamon Trust is a brilliant charity and spread the word

and information whenever I can.

..... and one of her walkers **Rosemarie da Costa** says:

How time flies when you are enjoying yourself! Poppet is the seventh dog I have had the pleasure of walking since becoming a Cinnamon Trust volunteer 10 years ago. Poppet is a Corgi Chihuahua cross (we think) and reminds me of Basil Brush with her ever wagging tail! She loves her owner Chris, who due to ill health has had to give up her own volunteering for the Trust.

Each time I arrive, Poppet greets me with an excited bark and she plays a game, pretending she does not want her collar on. Suddenly she realises that a walk and a treat will come next, so she gives in and we set off excitedly. Sometimes to Hartsholme Park in Lincoln or to the nature reserve nearby; I let Poppet decide which way she wants to start out. Lots of other dogs are walked here so there is much to investigate if you are a dog with a keen sense of smell, Poppet's head rarely looks up!! It is lovely to watch the seasons change and the buds burst into a lush green spring with snowdrops and bluebells and then summer with the dragonflies over the water. Autumn and winter mean boots and waterproofs again but I never seem to have really bad weather on the days I walk Poppet. We are very lucky!

Once or twice we have reached a place where Poppet is clearly not happy and will sit down and not want to move. It may be that her owner Chris has had a visitor arrive as we leave and, being a nosy dog, Poppet does not want to miss out and turns for home. I have picked her up before now to reassure her and have a little cuddle and then she is off again enjoying her explorations. Her little legs go so quickly and she is so friendly to other dogs we meet in the woods.

Being a volunteer with The Cinnamon Trust is so much more than just being a dog walker. I have found delightful owners who are grateful for the time we give but who also have wonderful stories to tell about their lives and pets. I have shared their ups and downs and of course sadness when the time has come to say farewell to their beloved pets, or the owner themselves, when they have passed on. The Cinnamon Trust is always in my mind when I hear of people in difficulty and I often recommend people to make contact to register their pets to secure their future wellbeing.

I was fortunate to be involved with the Pet Friendly Care Home assessment project again and loved seeing the local nursing homes, who go that extra mile to ensure a new resident may be joined by a much loved pet. What a fantastic thing to know these places exist. I am very proud to be part of The Cinnamon Trust, such a well-respected and well-loved charity and hope to continue for many years to come!

**Gill Cairns** in Somerset writes:

I'm writing to thank The Cinnamon Trust for its support. It is so wonderful to be able to have the company of a dog, and without your support this would not be feasible. I live on my own, am disabled, and I have a wonderful "dog walker" named Anne. Anne came to me when I first moved here five years ago with an elderly dog called Poppy. Anne walked her three times a week for just over a year, and was with me when Poppy became very ill and had to be put to sleep. We were with her to the end, stroking her and talking to her. Anne and I often had a cup of tea together after their walks, and now I think of her as a good friend.



**Belle**

After a year or so, I asked Anne how she would feel if I had another dog, and she took me to the local dog's home to look for a rescue dog. Eventually we found Belle, an eleven year old Jack Russell. Anne was very involved as we both had to be vetted before I could adopt Belle, who settled in well, and remarkably quickly became a family member! Anne has walked Belle three times a week ever since, and Lisa has walked her after work – even in the dark in winter. When I thank Lisa for walking her after a full day's work, she replies "thank you for lending me your dog!"

As you can imagine, Belle adores them both, and when they arrive she 'grins' and wags the back half of her body as well as her tail – barking loudly and enthusiastically! I think she loves her walks nearly as much as her food. I thank you Cinnamon Trust on behalf of Belle, and myself for making it possible for me to have the companionship of a dog.

..... and **Anne McLellan** adds:

I joined The Cinnamon Trust in early 2013 after losing our dear Jack Russell, Bobby, who was nearly 17. I missed my dog walking! We still had our little white terrier-cross Pip who was 13 and blind, but she did not do serious walks, preferring just to amble about and sniff. After a few weeks I was asked to see Gill (and Poppy), who had recently returned to the UK from Majorca, after losing her husband, and their elderly dog Becky. So Gill and I had each lost a dog, and each still had an old one.

Poppy was a sweetie, always keen to go on her walks but always keen to get home for her treat. It was a sad day when she got ill and we had to say goodbye to her, but she had been fit and healthy to the end.



Gill and I stayed in touch, she would invite me over for a cup of tea and a chat, and I would often take Pip with me so Gill had some doggy company. It was no surprise when she asked me to help her find another dog, and after a couple of trips to the rescue centre she chose Belle, who was 11, and a Jack Russell! Belle is a real live wire, cannot wait to get out and run about. Then only a month after Belle arrived we had to say goodbye to Pip following a stroke. So now I was the one who needed the doggy company, and Belle became important to me too at that time. A year later I rescued a Border Collie aged six called Kimba, my house felt so empty without a dog.

Kimba and Belle are good mates, they sit happily together on the back seat of the car while I drive to the park where they do their own thing. And then Gill and I have a cup of tea and a natter. Gill is now a good friend and has been a great support to me during my husband's illness. As have both dogs of course!



**Judith Taylor** in Buckinghamshire was a friend of Jack Wooding and she writes...

I first became friends with Jack in 2014 to help with Max, when it became apparent that he couldn't always get out with him every day to walk him. In truth, Jack helped me as much as I helped him because I was between jobs and needed to keep busy. So busy I realised that I needed to get some help so I got in touch with The Cinnamon Trust. Debbie and Gill from The Trust soon became regular walkers for Max and with the help of other friends, between us, we had the week covered. A walk a day for Max and a visit for Jack.



**Jack and Max**

Jack got to church when we could get him there and Max always came with us (although Max hated the organ). He came to café church and the pet service and the Christmas tree festival. He came to the church fete and the panto, they were both a familiar sight at all the church events. He loved animals and always had dogs...he loved his dogs (Lucky and Charlie before Max).

I think that we all gave Jack a little bit of attention and love at the end of his life...and whether you believe in God or not...Jack did...and he knew that it was God's love in his life that was supporting him at the end, in the practical form of his village, church friends and of course The Cinnamon Trust.

..... and volunteer **Debbie Proudlove** says:

Jack and Max (black lab cross) were my first assignment. Jack was cantankerous,

known for choice language which he bellowed out, but I figured he had plenty to be unhappy about. I must say though he was always very sweet to me as I didn't encourage complaining and made him chuckle. Max is an adorable dog, loving and boisterous, we clicked immediately and spent many Sundays exploring Emberton Park. Max was very loyal to Jack and I was proud to be part of keeping them together at home as long as possible.

The benefits of volunteering are not all one sided, it has given me a routine, I have depression and this helps immensely. I do not have dogs but love them so I get the best of both worlds. I get to meet new people and love to fulfil my need to be needed. It's not all an altruistic pursuit! I advocate The Cinnamon Trust wherever I walk, meeting many dogs and owners, it is easy to be part of and the benefits are numerous.

Now Jack has passed on and Max is with a lovely lady in the village I walk Daisy, a 12 year old hoodie terrier type who is not too well and it's just a short walk round the block. Then Peggy and I will have our usual chat time, a great break from work stresses! I also walk the beautiful Emma, a collie type with a beautiful coat which I have been allowed to groom, we both enjoy this and she looks a million dollars afterward. Joyce and I have a lovely friendship that has blossomed.

My thankyou's are to everyone who supports this and the owners who trust me with the love of their lives, I appreciate it.



This from **Barry Constable** on the Isle of Wight is both heart-rending and heart-warming:

It was Christmas 2016 and I had had a spell in hospital and Sally my wife was also poorly. It was at this time that fortunately, and indeed thankfully, Lynn (our daughter) mentioned The Cinnamon Trust of whom she had heard and who subsequently found the relevant details for us. The rest is almost as they say – history. Through The Cinnamon Trust we have three lovely walkers who come and take Sonny out regularly; Liz, Shelley and Judith. Sonny is indeed excited when he sees them and they too seem very fond of him. When they return him from his walks he is usually panting well and his water bowl tends to be first port of call when coming back indoors before flopping down for a rest!



**Sally with Shelley and Sonny**

Retrievers are known for their intelligence and Sonny is no exception. We only have to mention any of the volunteers' names and he gets excited and seems to

sense also when they are due, just as if he were clock watching. He seems to know the day and usually waits near the front door at or around the expected time. That in itself proves beyond doubt that he, Sonny, not only loves the volunteers but also going out with them. He trots off down the garden path with head held high and tail wagging thirteen to the dozen! It is plain for all to see how happy he is when our walkers come and take him out.

There is no doubt that The Cinnamon Trust and our volunteer walkers have made an immeasurable difference to Sally and me through their help and support to Sonny. Gradually my own mobility is improving although I know it will never be one hundred per cent, but I am hopeful that in time I will once again be able to take more responsibility for Sonny's walks; his behaviour is such that I can take him to a park in the car and where I am able to lob tennis balls for him to chase and bring back, but I cannot take him on longer walks. Without the support and help of The Cinnamon Trust and the lovely volunteer walkers, Sonny's life would be less fulfilled and both Sally and I would be concerned that his needs and welfare were not being met.

Seeing him so happy gives Sally and I such pleasure and although we cannot at present undertake all that we would like to do for him, our gratitude to The Cinnamon Trust, to Liv, to Judith and to Shelley is unbounded. Their support has helped ensure that Sonny can not only continue to live with us and that we can continue to give our love to him (and he reciprocates that love in bagfull's) but it has also ensured that Sonny is being able to be a dog, and to do the things that dogs do and to enjoy and experience his life as was intended.

Perhaps we may have managed somehow, I do not know, but The Cinnamon Trust with their help and support have ensured and enabled Sonny, Sally and I to be able to live as a family without the worries and concerns we had for Sonny and his welfare. Our thanks and gratitude will be never ending.

..... and **Liz Gregory**, one of Sonny's walkers says:

I started my walks with Sonny, a beautiful 3 year old Golden Retriever - just over a year ago – in April 2017.

Sonny lives about 12 miles away, in a part of the Island I didn't know before – a lovely little village surrounded by woods and fields and downs. There are several paths and bridleways to follow and Sonny can be off lead almost all the time. I pick him up in the morning every Wednesday, and he is always ready and waiting, usually carrying one of his favourite soft toys –the duck or the chicken. Although if they were for real he would never have ruffled a feather on any of them. He is a gentle, friendly, happy and quite laid back character – and very good with his recall. The sort of dog you can take everywhere in full confidence. He is a credit



to his Mum and Dad – Barry and Sally – who always makes sure his needs are met and gives him a life full of love and care.

There's usually three of us walking, as I bring my own Border Collie along. It would be an exaggeration to say they are best of friends – but they are on friendly terms and enjoy running around together. The higher level of energy of the Border Collie also gives Sonny more of a work out than would otherwise have been the case.



Liz and Sonny

Although in many ways a typical retriever – surprisingly he's not awfully keen on water and does not like swimming. But he does like mud, and he's had plenty of that these last months!

I had not heard of The Cinnamon Trust when I saw an article in the local newspaper about "Budgie Cage Cleaners". After reading about The Trust I decided to join as a volunteer as I couldn't think of any volunteering that would suit me better. I'm glad I did as otherwise I'd have lost out on so many good walks in excellent company. I reckon we've done most weeks for over a year – about 1 ½ hour every time - which makes about 100 hours by now. A 100 hours of happy, healthy, relaxing countryside walks I would not have been without. I hope Sonny feels the same.



**Rosalind Simpson** in Oxfordshire cared for **Barney** when owner **Mavis Layeau** was in hospital:

Barney came to stay with us while his owner Mavis had her knee replaced in hospital. He is a dear little character and settled in very quickly, in spite of being ignored by Archie my Golden Retriever.

Mavis had to stay in hospital longer than expected so we decided to take Barney with us on our planned trip to the Lake District. Luckily the hotel is dog friendly because Archie always comes everywhere with us. Cumbria is my home county and it was our annual visit to the Dalemmain Marmalade Festival and dinner at the 2 star Michelin restaurant at the Aynsome Manor Hotel in Cartmel (home of Sticky Toffee Pudding).



Rosalind with Barney and her boy Archie

We drove over Kirkstone Pass and the length of Ullswater with the dramatic Helvellyn Range in the background, in a blizzard!!! We finally reached Dalemmain and the dogs rushed round in the snow storm trying to catch the snowflakes! Archie and Barney slept on bean bags in the bedroom and behaved perfectly (bribed with treats, of course!). The whole holiday was such an adventure and I kept thinking if only Barney could talk what tales he would tell his Mum.

Barney has now been reunited with Mavis and we shall keep in touch. I know she has made arrangements with The Trust so that his future is secure if anything happens to her and this has given her real peace of mind. She was so grateful to have support from The Cinnamon Trust and we were happy to play our part, Barney can come and stay with us anytime.



When lifelong fosters go on holiday, we ensure their Cinnamon Pets have a short term fosterer to care for them – **Carol** and **Paul Lynn** adore **Lucy** full time, **Amanda Shock** gives her a holiday home and she says:



Cinnamon Pet Lucy has been coming to me for her 'holidays' in Salcombe for several years from her home in the Midlands. I first contacted The Cinnamon Trust when I read a small article in a local newspaper - a story about some foster parents and their new charge - I told The Trust that I would be willing to foster a dog when owners were on holiday. Within 2 days Lucy's mum called me and we met several times (at that time I was living very close to the family in Stourbridge) so that I could get to know 'Lucy Locket' - she is a black Labrador / lurcher cross with the most gentle loving nature and we hit it off straight away.

Now I've moved Carol and Paul drive her as far as Exeter where we meet for a coffee and handover. They say that they are happy to make the trip knowing that Lucy is going to be happy with me while they are on holiday. Lucy recognises me instantly although sometimes the gaps between visits can be 9 / 10 months; until recently, due to the fact that her poor old joints have become increasingly achy, she would jump into my car the minute I opened the door ... I feel very privileged to have such a close bond with such a loving, trusting dog.

She is thoroughly spoilt when she comes down South (although she doesn't really know any difference - her owners spoil her big time too!). We walk to the beach almost daily where she is enthralled by the sea, the waves breaking and the little rock pools in which she swims .... I use the word 'swims' loosely - more of a walk around the edge! Until recently she would come out on my little boat with me but on this last trip I felt it was asking just too much so we stayed on dry land this time.

She comes to the office with me snoozing happily by my desk and follows me everywhere; Lucy likes to have me in her sight at all times - even sitting on the bathroom mat when I take a shower! As I write this she is fast asleep behind my chair - she is going home on Monday ..... every time she leaves I shed a few tears and the house feels temporarily very empty.



**Sue Wells** in Kent enjoyed her time with **Heidi**.

When my guide dog puppy left last August it was a wrench I can't even begin to explain. Without a dog the house was empty again and it was time to move on. I'd heard of The Cinnamon Trust a while ago and thought what a great charity helping people to keep their beloved pets. So into my life came a little pocket rocket called Heidi, a tiny Yorkie with a very big personality. Heidi was to have a short stay with me while her mum was in hospital.



Heidi

To be honest Heidi is not the kind of dog I'm used to. I did have a Yorkie many moons ago but in recent years our house has been home to much larger dogs and as Yorkies go Heidi is one of the smaller kind!

It never ceases to amaze me how quickly dogs adapt. Within a couple of days Heidi had got the routine and had made herself right at home. She's been the perfect house guest. No yapping, perfect house training and she almost talks to me; like in the mornings when she just keeps looking at me as if to say it must be time to go out - same when she'd like something in her food bowl please. Luckily, especially being so tiny, Heidi is a master at keeping away from your feet so didn't have to worry about that as I'd first thought. She loves her walks and for a tiny dog she can really trot it out; no strolling, I'm going at the same pace as ever.

I was happy to help Heidi and her mum but I have to say they helped me too. I've enjoyed getting out on my dog walking routes again, catching up with the regulars I've not seen in a while. I've enjoyed her company and cuddles and she's made me laugh every day. Pat, Heidi's Mum is coming home soon which is great news



and luckily I live close enough to help her with dog walking so our happy times can continue.



From the West Midlands **Valerie Rowlands** writes:

I joined The Cinnamon Trust in August 2012 after our own dog died. We had decided not to have another dog and enjoy the freedom of being able to go out without worrying about getting back home because we had left our pet home alone.

Within a few weeks, I was asked to short term foster Ellie, a Chihuahua cross, while her owner Maude Edwards, was in hospital. Maude's son, Mark delivered her to us, together with her bed and a supply of dog food and we fell in love with her. She made herself at home instantly, though when Mark left she kept going to the gate obviously looking out for him. The family had initially put her into kennels when Maude went into hospital because they did not know about The Cinnamon Trust. She obviously loved being in a home again after her kennel experience and settled very well, she especially loved being walked twice a day. She was great with the family and our grandchildren but did not like other dogs so I had to keep her on a lead.

We had Ellie for three and a half months, during which time Deborah from The Cinnamon Trust rang every week to see how we were getting on and offer any advice we needed. This was extremely useful and I looked forward to her calls. When Ellie went home we knew we would miss her very much but Maude kindly agreed to let me carry on walking Ellie and I have now been doing that for almost 6 years. Ellie gives a wonderful greeting, usually jumping on my lap for lots of fuss and then sitting by my side on her hind legs wanting me to stroke her head and ears. She waits patiently while Maude and I enjoy a chat exchanging all our news. Sometimes she wants to go out urgently and makes it clear that chatting time is over and it's her turn! As soon as I fetch her lead, she heads straight to her biscuit bowl so I can stock up for our walk. She loves to sniff and do loads of wees on every patch of grass scratching her legs backwards and forwards for ages. When we get back home she tolerates being dried if it is a wet walk as long as I don't try to dry her feet which she snatches away! She then enjoys a small plate of chicken slices Maude has waiting for her as a walk treat. Maude and I enjoy chatting a bit more before I leave for home. She has become a good and trusted friend.

Over the years I've fostered several dogs, all with their quirky personalities and really enjoy their company. Due to my husband's ill health I only foster Ellie now if on the rare occasion Maude goes into hospital. It's usually short notice but all I have to do is pick Ellie up and then ring Deborah, who has always been really

helpful. Everyone I've spoken to at The Trust has always been helpful - it's a superb organisation and I am very pleased to be a volunteer.



**Phoebe** is the much loved lifelong foster of **Jacqueline** and **Andrew Bailey** in North Humberside, she had a lovely holiday with **Diane Tasker** who says:

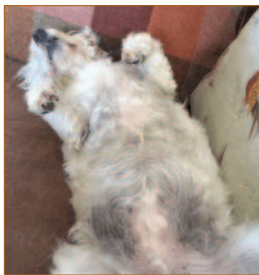
As a volunteer with The Cinnamon Trust I was about to undertake my first short term fostering assignment looking after a gorgeous Westie-Bichon mix called Phoebe, a Cinnamon Trust dog. I felt all the natural hopes and concerns of a typical animal lover that she would take to me, trust me and feel at home in a strange house separated from her Mum and Dad. I'd enjoyed planning for my houseguest and couldn't resist buying her a squeaky toy and a packet of chews to ingratiate myself when she arrived. This was totally unnecessary as she arrived with all the necessities in life that a lady of her well-loved status travelled with, all of which was hauled in by her mum and dad who also produced a wonderful guide to Phoebe's daily routine and habits. This included her uncanny ability to sniff out food in the most unexpected of places and a warning to keep any chocolate – and the butter – under lock and key! Apparently she had 'form' in this respect which had necessitated more than one visit to the vet!

From the moment I opened the door it was clear that Phoebe was a very happy and confident girl and she bounded in and immediately responded to my greeting by coming to me to say hello and enjoy a ruffle and stroke. As we grownups chatted over a cup of tea, Phoebe was busily exploring the house and garden, especially the area beneath the bird table where she knew titbits could be found! Indeed, her fondness for a treat would prove to be a very useful distraction when the time came for mum and dad to leave, and I immediately followed this up with a rattle of her lead and the magic word "walkies", and off we went to explore the hills and dales of the Lincolnshire Wolds.

Phoebe soon got into the holiday mood and although she had accumulated a bit of middle age spread over the years she was obviously fit with lots of energy and kept me on my toes. She was very well behaved with children and other dogs, but drew the line when snappy smaller dogs got 'too much in her face' when she would let them know with a head butt that said "push off and stop pestering me!" She wanted to play with the bigger doggies, no doubt because she thought she was the same size!

I was totally unprepared for her love affair with the stream that ran alongside one of our walking routes and she had soon picked out several spots which were a couple of feet deep and just right for some doggie paddle! Thereafter, although we varied our walks through woods and up into the hills, we always had to finish

up having a splodge and swim. I'm sure the sight of a mad woman trying to hang onto the end of a furiously paddling dog whilst picking my way along the bank over tree roots and slippery mud and negotiating the extendable lead around tree trunks to keep up with her must have made a comic picture for other walkers - and I very nearly joined her several times! The cutest thing was that she actually welcomed and enjoyed being dried off before getting into the car - or maybe it was the little treat she got after a good walk and rub down!



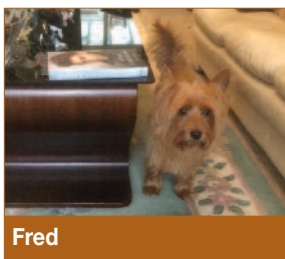
**Phoebe**

Some days we went off to a vast expanse several miles long of dog friendly beach where we splashed through lagoons together and explored what lurked beneath the water (knowing her watery habits I had put my waterproof sandals on) and she had great fun dragging me through the dunes looking for anything furry or feathery. Evenings were lazy affairs for Phoebe, apart from a break for a raw carrot snack, and she would snuggle up close then turn onto her back so that I could be set to work tummy rubbing.

All in all Phoebe was a joy to foster and seeing her bright button eyes fixed on me by the bedside, in anticipation of breakfast and a walk, certainly got me out of bed with a smile each morning. Fostering has been a marvellous experience and although I couldn't replace her mum and dad, I like to think that she felt she had stayed with a favourite auntie and would come again happily if the situation arose.



And **Fred** livened things up for **Anne Barrie** in Berkshire:



**Fred**

My brief fostering of gorgeous terrier Fred was not without a few difficulties but it did have its lighter moments.

While exploring the garden for the first time he hopped up onto the raised bed and promptly fell into the pond, coming up covered in duckweed which he shook all over me as I fished him out. He obviously thought that this was great fun as he went in for another dip the following day.

Fred also attended a meeting of the Opera Group which I run for the U3A. He listened intently to the overture then decided that star tenor Jonas Kaufmann needed a little help with his performance and added his own unique voice to the proceedings though not always in tune. Needless to say, with his audience in stitches, he brought the house down. If the Royal Opera House ever gets wind of this new approach to Tosca, Fred could start an entirely new career.

He was a joy to look after and it was lovely to see his excitement when his mum picked him up but I really missed him afterwards. Well done Fred.



Now to catch up with a few of our gorgeous Cinnamon Pets. **Graham** and **Carol Jackson** in Essex write:

Jojo, our Long Term Foster Jack Russell is 14 this year, but still game for anything. We have had her just over 3 years and she still learns new tricks. For example shutting doors, weaving and 'speaking', and she is always very inquisitive.

To keep her occupied I took her to agility training last year. After a trial session to check her obedience she did 2 of the 6 courses and performed really well, taking on hurdles, tunnels, plank walking, pole weaving and even the 6ft high 'A' frame! Being a typical terrier she can be a bit assertive with other dogs. Being in a confined area about the size of a tennis court with up to 8 other dogs was a concern, but no issue when she was busy competing!

This year we took her to Loch Awe and the Isle of Mull in Scotland. We took 2 days to drive up from Essex and the same coming back. She just slept in the car whenever we were moving. Once we stopped at services she was always wide awake again to investigate the new surroundings. We did lots of walking with her, one day climbing a mountain to 350m. She should have been tired for the rest of the day, but after about an hours sleep she was up and ready to go again!

The beaches on Mull were fantastic and deserted so she could run around and enjoyed paddling in the sea. The holiday also included boat trips and ferries – she seemed quite at home on the water! As Mark Twain said “Age is an issue of mind over matter. If you don't mind, it doesn't matter”.



Charlie has made himself right at home with **Marion Chandler** in Dorset:

I learnt about The Cinnamon Trust through a good friend of mine who is also a volunteer. I love dogs and walking so it seemed the perfect way to help others and



do what I really enjoy.

I had a call from The Trust in January this year asking for help with Charlie, a Cockapoo, whose owner could no longer walk him after becoming ill with cancer. I went to meet Charlie and his owner, Mary, and we discussed which days would be best for me to walk Charlie. Charlie took to me straight away and was eagerly waiting on the days I went to walk him.

I had only been walking him a short while when Mary asked me if I would consider giving Charlie a permanent home. I came home that evening and my husband Paul and I discussed it. It was an easy decision. He was adorable and as long as he and our old Welshie got on we didn't see a problem. We had been used to having two dogs. The next day I spoke to The Trust who were very supportive and ensured that both Mary and myself were sure of our commitment. The Trust has made me Charlie's long term fosterer. Mary has sadly since passed away but was very happy knowing that Charlie would be loved and cared for, enjoying nice walks in the Dorset countryside. Charlie has fitted in well, he is adored by everyone who meets him and loves it when our grandchildren visit. Most importantly he gets on well with Skye. He loves his walks and Skye enjoys having a companion in her life again. He is a friendly dog and he has a really endearing trait and that is to present anybody and everybody when they come into the house with a gift of any random object that he can get hold of, shoes, slippers and dog towels being the most popular. At first light, eager to start the day, Charlie pushes a toy into my face to wake me. I still email Mary's family occasionally with updates and photos to let them know how he is getting on. The Trust have been very supportive and is there as a safety net for Charlie should we need it. I am currently walking two sweet little terriers whose owner adores them but is no longer able to give them the exercise she knows they need. Without The Cinnamon Trust's help a lot of elderly owners would be unable to keep their companions. Being able to keep their beloved pets means so much to these owners. I have always had dogs in my life and couldn't imagine being without them myself. As I write Charlie is stretched out on the sofa next to me. He's very much one of the family and we couldn't imagine being without him now.

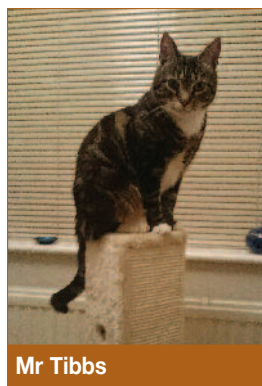


Charlie and friends

It's fair to say **Helen Simmons** in East Sussex is captivated by **Mr Tibbs**! She writes:

Mr Tibbs is a very big cat and so for Christmas he got a very large scratching post which he loves to sit on top of. He appeared in the newsletter about a year ago, just a few months after I long term fostered him. It's fair to say that, at that time, we were still getting used to each other – although I knew then that he would belong here.

A year on and what a difference... He is cool, confident and so clever. He makes me smile every day. He is a creature of habit and so loves his routine. For example, he thinks 6:30am should be breakfast time, even at weekends. He will jump on me from a great height if the paw on my nose hasn't worked. If I insist on having a lie-in he also settles back down, but usually on my pillow purring contentedly – not conducive to going back to sleep.



I know some people may be more reluctant to foster cats than dogs because they don't think they are such good company. They should meet Mr Tibbs! He is always so happy to see me when I get home. He is very capable of telling me what he wants by going to the place he usually gets it. Or other means if necessary. The other day he stretched up to rattle the back door keys when he wanted to go in the garden. When he is out exploring his recall is amazing – he always comes home when I call his name. He loves his toys and will make it clear when he wants to play by adopting his wide-eyed, 'stalking' position. His favourite pastimes though are having a brush and sitting on my knee watching TV.

He has had a few health problems recently and The Cinnamon Trust have been brilliant. They have given me advice and agreed to pay for the tests he has needed, as well as for the expensive special diet he had for a short time. There are some more investigations to come and it is reassuring to know I can ring The Cinnamon Trust to talk through the information I get from the vet.

Mr Tibbs has become such a huge presence in my life. I think he has done as much for me as I have for him. In my view, anyone who thinks that cats are aloof and dogs are a more rewarding option to think again!



**David** and **Georgina Kemp** in Gloucestershire love the gorgeous boy that is **Nipper**:

This wonderful little dog came into our lives on the 13th July 2017 having had 5 happy years with his owner who had sadly passed away. My husband and I had recently lost the second of our two Cinnamon Trust long term adopted



**Nipper**

Chihuahuas and although grieving our loss felt that Nipper needed a home. After his traumatic journey leaving Yorkshire, he was quite apprehensive and had a few hiccups, like not liking travelling, becoming anxious and sick just travelling a mile. With time and patience he has overcome this but still doesn't like the bath! He will not go up our garden without one of us, and does not like changes to his routine.

Apart from these things, we have now managed a holiday in East Yorkshire with friends who also have dogs and Nipper learnt to share space and mix during that week, he now goes for each walk looking out for dogs to make friends and play with. Since being with us he walks well beside us on and off the lead and never goes further ahead of us than about 10 yards (I know this should be metres but I'm old school ha ha!). He also finally has learnt that if he brings his ball back he will get a treat. He makes a great fuss of regular visitors including the postman, but is also an extremely good early warning system making us aware that someone is coming. He has definitely improved our lives, we now walk more, and are going to plenty of different places. We wake to his wonderful face that instantly makes us smile every day no matter what the day ahead might hold. So thank you Nipper for being in our lives and thank you Cinnamon Trust for bringing him into our lives.



**William** is completely at home with **Jackie Maynard** in Wiltshire:

William came into my life quite unexpectedly just a week after I lost one of my beloved pugs after a short illness. William is a fawn pug who needed a foster



**William and family**

home in a hurry and as a volunteer who had pugs I suppose it was obvious I would get a call. Just nine hours after receiving the phone call from The Cinnamon Trust to ask if I could help, he arrived. He looked so forlorn and bemused after his long journey, but as soon as he came through the door he perked up.

A few days readjustment to his new surroundings and making friends with

his pug family, was all it took. Of course I was smitten as soon as we met, and after a home visit by one of The Trust's representatives, he is now in lifelong foster care with me.

It was discovered that he has an inoperable cyst on his spine, but with the best of Veterinary care, and wonderful support from The Cinnamon Trust, he leads a full and happy life. Everyone loves him on sight and says what a little Prince he is – he's aptly named, as my other pugs are Harry, Edward, and George, what are the chances I would then get a William! I'm so lucky to have him and must give a big thank you to The Trust for bringing us together.



From West Sussex **Jonathan** and **Vanessa Wright's** view of life with **Amber** is incredibly poignant:

In March of this year we lost our beloved dog Quaver. We'd had her since she was a year old and got her from the Dogs Trust. She would have been 17 years old on the 15th June, the day when we first brought her home and the day we subsequently regarded as being her birthday. We'd already planned the day and were looking forward to it and which, as in previous years, involved a walk on the Downs and a picnic. Sadly it wasn't to be and regrettably the time came when we had to make that saddest yet kindest of decisions any dog owner has to make.

We both decided that we would have another dog but not right away, however a couple of months later and quite by chance, an acquaintance told us that he knew of a gentleman who used to walk his dog at a local spot called The Gallops, which is where we used to walk our dog. Sadly the gent had fallen ill and his dog was being looked after by an organisation called The Cinnamon Trust who, at that time, we had not heard of. The dog was called Amber. He asked if we might be interested and we said that we would and so we contacted The Trust to find out more details. The name Amber sounded familiar, although at the time we weren't able to say why, but when the cogs finally engaged we remembered that approximately five years previous we had met a gentleman and his dog whilst out walking our own dog on the Downs and that if memory served us correctly the gent had said that the dog was called Amber. She was a young dog and strikingly pretty, so much so that we had taken a photograph of her and fortunately we still had the photograph.



**Amber**

When we met Amber for the first time we took the photograph with us and were



delighted to see that she was indeed the same dog. She was just as pretty and came over as being a quiet and gentle dog and it didn't take us long to make the decision to long term foster her; it just seemed that it was meant to be. She has settled in remarkably quickly, is very friendly and has the most lovely nature. Even more of a coincidence, it transpired that her previous owner had lived only a couple of minutes down the road from us.

We are getting back into the routine of long walks over the Downs and to places that we used to visit but had stopped doing so when our old dog couldn't walk so far. We have met so many people who know Amber and who knew her previous owner and they all make a fuss of her. She loves nothing more than to chase her ball and isn't particularly fussy as to whom she takes it back to, just so long as they throw it again.....and again....and again! Best of all she has made our house a home again.

We are grateful to The Trust for allowing us to foster Amber and also to her previous owner's family for entrusting her to our care and for having been so kind during a time of great sadness for them.

There's one last thing. Amber was born on the 12th June. Ok, it's not the 15th as that would have been too much of a coincidence but it's close enough and means that birthday picnics in June are going to continue for some time to come. Happy days!



**Adrian Cory** in Kent wrote us a lovely letter of thanks:

We just wanted to write a personal letter of thanks following the death of our Mother, Moira Cory, on 20th of this month.

After the death of our father in 1990, following 43 years of a very happy marriage, Moira bestowed her abundant love on a succession of rescued dogs: first Misty, then Jed and finally Bobby. Initially she was able to care for them without assistance but, as age took its toll, she found herself increasingly unable to exercise them. At that point Cinnamon came to the rescue, finding for her two wonderful people, Alan and Elaine, who initially volunteered as dog walkers but quickly became good and valued friends.

For many years, the help provided by Alan and Elaine was essential in allowing Moira to keep her much loved dogs without which, we are convinced, life would have lost much of its meaning for her. That she was able to remain in her own home, with the constant company of her dog, was therefore largely due to the services of The Cinnamon Trust.

When Mum was admitted to hospital for what turned out to be the final time, her chief concern was for Bobby's welfare. Cinnamon again came to the rescue, finding a foster carer for Bobby who was obviously as kind and caring as Alan and Elaine. On the day before she died, we gave Moira a card showing pictures of Bobby with "the very kind lady from The Cinnamon Trust". This very much cheered her up and it was clear that it lifted a great weight from her mind. The fact that Bobby was in the care of a Cinnamon Trust Volunteer was sufficient to remove any element of doubt as to his future welfare.



**Bobby with foster mum Patricia**

When Mum very sadly and suddenly passed away, Cinnamon were again there for us, arranging for Bobby to remain in perpetuity with his new carer. This is exactly what Moira would have wanted.

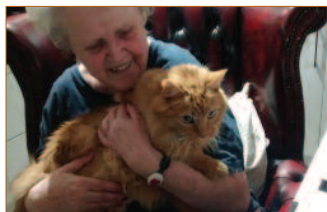
We would like to thank you, and all your colleagues at The Cinnamon Trust, for the invaluable service you provided to Mum over the years and, particularly, in recent weeks. We owe you all a great debt of gratitude. In recognition of the value of your organisation, as so clearly demonstrated in Mum's case, we are keen to provide some practical help to allow you to continue your valuable work. You will see, from the published memorial notice below, that The Cinnamon Trust is our adopted charity for Mum's funeral. We shall also be in touch in due course concerning a bequest from her Will.

Do keep up your good work. It can really change peoples' lives for the better.



**Annie Charman** in West Sussex also writes touchingly:

Leo was a rescue cat who was found in a sorry state and handed into the local vets who then handed him over to the care of a cat rescue charity. I first saw Leo in a pen at the rescue when they had an open day, and felt so sorry for him while others passed him by.



**Leo with Annie Charman**

His fur was matted and had big chunks missing, one eye was shut due to infection and he was severely malnourished. I immediately said "He's got to have a good home....with me!"

I had just lost my beloved rescue cat Oscar and had been persuaded to go to the event by a friend who told me it was "meant to be". Leo needed lots of tests due to his poor condition and it was found that he carried the Calicivirus which would mean he could only be an indoor cat.

It was thought that he was around 5-6 years old and a 'new birthday' of September 2012 was given to him. He slept by my side the very first day he arrived and we have been inseparable since. Leo became even more important to me when my son died, this dear cat got me through some very difficult times.

A few years later I became ill and was diagnosed with terminal cancer. I know it sounds silly but I felt that I was letting Leo down by being ill and was so worried about his future. That's when I first called The Cinnamon Trust. I talked about Leo and his ever growing health needs, he had started to need medication and I was becoming weaker, how could I carry on caring for him??

The Cinnamon Trust had all the answers and introduced me to Liz, Corrina....and later Tina and Maggie... they all made such a difference - with new friendships for both Leo and me.

The care and love both Leo and I have felt is second to none and I have been overwhelmed especially since the amazing volunteers even agreed to give insulin to Leo when he became diabetic.

The support of everyone I speak to is so overwhelming and so supportive. Nothing is too much trouble. Without the help of volunteers a decision would have to be made for Leo's future that doesn't bear thinking about.

Sadly several months after helping Leo his condition deteriorated and with our volunteers by his side Leo passed away surrounded by those who loved him.

Liz and Corrina continue to visit and have become firm friends. Who knew that when I first took Leo into my life the friendship and love he would repay me with, leaving a lasting legacy of friendship, who without Leo may never have happened.

The Cinnamon Trust and the support the volunteers have given me and Leo means the whole world to me.



And in Cornwall **Debra Clarke** was worried about her mum in Oxfordshire and her beloved pet **Snowy**, she says:

I first became aware of The Cinnamon Trust through a friend's recommendation. You see I live in Cornwall and my parents live in Oxfordshire and as they grew older they were not able to walk their dog. Although they have a large garden I found when visiting that their dog Snowy, a West Highland Terrier, would get very excited if I took her out for a walk.



My parents were very protective of Snowy and so it took some encouragement and persuasion, particularly with my Mum to allow Snowy to be taken out. Mum was extremely worried that Snowy would be treated badly. This was not something that concerned me as I explained to Mum if someone was volunteering to walk a dog, it would be extremely unlikely that they would want to harm them.

On contacting The Cinnamon Trust, everyone was helpful and supportive. They spoke to Mum and Dad and then found 3 volunteers to walk Snowy.

Snowy was able to go out for walks at least 4 times a week - amazing!

And the turnaround for my Mum has been brilliant. Now when I phone Mum and ask about Snowy, she tells me how much she loves going for her walks and how excited she gets when her volunteers turn up to take her out. Mum is happy and so is Snowy.

It is a fantastic job that the charity is doing and I am very thankful to the volunteers. They keep in touch and let me know of any concerns. It is such a peace of mind for myself living so far away.

Thank you!



And finally **Karen Smith** writes from County Durham:

Several years ago I had owned two Terrier dogs but had no plans to own another as my circumstances suddenly changed.

I was a District Nurse and suffered a severe back injury which was life changing leaving me with several mobility problems, I felt my life now was bleak and had no purpose but along came Tess.....





This adorable girl had two previous owners but neither were able to keep her so she was put up for adoption in a rehoming centre and was very sad, then along came me.....

We soon grew to love each other and it was joyful getting to know her little ways and personality. She is loving and stubborn in equal measures, very intelligent and well behaved until she sees the postman and the neighbourhood Felines!!!! She loves tummy tickles, hates the wind and rain but frolics joyously in the snow. Everyone who meets her falls in love. She is my world.

Last autumn I had to have major surgery to my lower leg and foot and was worried about Tess but along came The Cinnamon Trust.....

A friend had seen a poster about the splendid service The Cinnamon Trust offered and after talking to this amazing set of people and before I knew it they had found a foster for Tess. When I returned home I was very quickly receiving dog walking help 5 times a week. We currently have 3 excellent lady dog walkers who have all become friends and Tess enjoys her walks with them very much. I cannot praise or thank them enough or the Team at The Cinnamon Trust who are supportive, friendly, caring and very helpful.

I have no hesitation promoting and spreading the word about this amazing charity, well done one and all.



Volunteers awarded a **Gold Certificate** for exceptional service this time are:

**Jan** and **David Voisey** (Devon), **Marjorie Wakeling** (Suffolk).

**Long Service Awards** (Over 10 years) go to:

**Sue Rees** (Kent), **Kay Patrick** (Great Manchester), **Janet Hill** (Nottingham), **Rebecca Hall** (Cornwall), **Carol Well** (Cornwall), **Matt and Pat Slade** (Devon), **Vivienne Shilton** (North Yorkshire), **Patricia Sanderson** (Birmingham), **Annie Barrie** (Berkshire), **Susan Walker** (Bedfordshire), **Maggie Martin** (West Sussex) and **Sharon Bates** (Devon).

And **Special Owner Nominated Awards** go to:

**Annalisa Cinque** (Sussex), **Christine Wilday** (Cornwall), **Elizabeth Boyall**

(Moray), **Lis Meek** and **Corinna Feast** (Sussex), **Margaret Proteus** (Wiltshire), **Michael Dawson** (Worcestershire) and **Pat Powell** and **Carol Pickering** (Devon)



A huge thank you to all our registered volunteers. We couldn't do what we do without you and what we do means the world to thousands of owners and their much loved pets every single day.



## Pet Friendly Care Homes

There were some very strong contenders for our Pet Friendly Care Home Awards, so it wasn't easy to decide between the finalists who had been whittled down from over 1,250 care homes and retirement complexes throughout the UK. Well done to all of you on our register, and thank you for your care and compassion – between us we will keep owners and pets together.

And the winners are.....

### Pet Friendly Care Home of the Year 2018 – **The Old Vicarage (Dorset)**

The Old Vicarage was founded by **Annie Sinnott MBE** and her husband **Ian**, who were both passionate in their belief that owners and pets should be kept together. Although they have both since sadly passed away, their legacy lives on as The Old Vicarage remains a shining example of what a pet-friendly care home should be – where animals are not just an addition to the home, but very much part of the fabric of the place, and it has been home to many pets belonging to residents over the years.



Home Manager, Louise Turner said “Having pets in our home creates a lovely atmosphere, and promotes the well-being of our residents. I am very passionate about ensuring our care home is pet-friendly and I always encourage residents to bring their pets with them when they move in”. Sheila Bagnall and her Dachshund, Toggles, have lived here since 2010; Sheila said “Dogs are the most amazing creatures – they give unconditional love. Toggles is a great companion for me; she makes my life brighter and worth getting up for in the morning. Anne Higgins comes to The Old Vicarage each week for day care, and brings her dog, Sam with her. Anne told us “I love Sam – he is my best friend. Everyone here is so kind –

when I do not feel up to taking Sam out for a walk, the staff do it for me”.



And second place goes to....

### Runner-Up – **Applewood Care Home (Hampshire)**



Manager, **Laura Hulett** said “It has always been our philosophy to allow our residents to live life as they would have done at home, and often the thing that matters to them more than anything is their pet – we will therefore do our utmost to accommodate the whole family at the Applewood! We are very proud to have been recognised in this way, but I also feel that every home should offer what we do.” Applewood is home to Teddy – a Lhasa Apso/Shih Tzu cross who lives here with his owner Marjorie. Marjorie’s son, Paul Nicholson told us “When it became necessary for mum to move into a care home she had just recently moved out of a house

she had been living in for over 50 years. She was very confused and upset and the ability to move into Applewood with Teddy gave her so much comfort and a valuable link to her previous life. If she had been forced to lose Teddy, I believe that would have been a step too far and she would never have settled the way she has done at Applewood.”

Janey Merrick, daughter of Jennye, who has recently moved into Applewood with her 2 cats – Marmite and Treacle said “My mum has been living with dementia for three years diagnosed. She has deteriorated significantly in the last six months and our family started looking at care options. We always thought if mum moved into a care home, her two cats would not be able to go with her. We were so relieved when we found Applewood – on my first phone call I asked about the cats moving with mum – no hesitation – absolutely. All the team at Applewood get that pets are so good for all the residents, not least Mum. They have helped her settle and made Applewood more like home.”



And the winning retirement complex is.....

### Pet Friendly Retirement Housing of the Year 2018 – **Bishops Court (Devon)**

Set in the pretty village of Bishopsteinton – about 3 miles from the seaside resort

of Teignmouth, Bishops Court is an idyllic retirement complex managed by Hanover Housing. With 8 dogs, 2 cats and 3 canaries living here happily with their owners, and an amazing sense of community amongst the residents which is nurtured by Estate Manager, **Richard Moore**, we can't think of a better place to spend our retirement years! On hearing of winning the award, Richard said "I was amazed when I took the job at the number of cherished pets we have living here, enhancing the day to day quality of life of the residents. The owners regularly exercise other dogs as well as their own and there is a daily '3 o'clock club' which is open to anyone – dogs in tow or not, to take an amble around our beautiful village. The local post office/pharmacy has a sign saying 'no dogs', but Alison the owner says 'Take no notice of that, I have to display it by law – it's nonsense!' I knew I loved living here!"



And the second place goes to....

### Runner-up – **Hanover House (Greater Manchester)**

Estate Manager, **Carol Hall** said "I was delighted to receive the news that we have been chosen as runner-Up for Pet Friendly Retirement Housing of the Year. The residents of Hanover House are passionate about their pets – animals make such a difference to their owner's general outlook, health and well-being, and they help them to feel connected to the community, which is so important. Their pets give them reason to leave the house and in doing so they meet other people and engage in conversation. Oliver the African Grey parrot is quite a celebrity in the local area and is very much loved by his owners Neville and Sylvia. Oliver is 27 years old and Neville says that living in accommodation that permits pet ownership is a big consideration for him because Oliver is very much part of the family. Another resident Shirley, has a rescue dog called Oscar – Shirley says that since getting Oscar her health has improved and she has meaning and purpose in her life. Being the manager of an estate that is so supportive of pets, and animals in general, is very important to me and we are very pleased to have been acknowledged in this way – thank you!"





We will be organising a tea party for each of these 4 wonderful homes and retirement complexes to celebrate their achievement, so we hope to have many photos and stories to share with you next time of the residents, staff and, pets enjoying their much deserved treat!

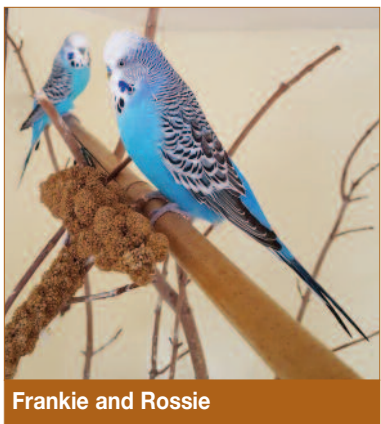
If you would like a list of pet-friendly homes in your area, or if you know of a home or retirement housing scheme which accepts pets that's not already on our register, please call or email [donnatucker@cinnamon.org.uk](mailto:donnatucker@cinnamon.org.uk).



## Poldarves Farm Sanctuary



What a brilliant summer we've had! Early morning walks round fields, evenings on the beach and the paddling pools in between! All the doors open from dawn to dusk, washing dry in a flash, lots and lots of garden games, idleness in the shade or sun worshipping - something for everyone reflected in happy smiles, waggy tails, stretched out pussy cats and a pig in a pool of her own after she monopolised (and broke) the first dog pool!



The down side was the loss of **Jasmine** (15) our beautiful, gentle and playful Lurcher girl, **Ruby** (5) cuddly rabbit and three of our gorgeous cats **Amy** (13), **Myrabelle** (18) and **Supa** (16) – with us always in spirit and each never to be forgotten.

And then came **Frankie** and **Rossie** to join our other budgies who they quickly made friends with but they reserve play for each other. They seem to play tag in and out of, over and under all the tree branches and Frankie loves to bathe, Rossie doesn't, so while Frankie is splashing about like crazy, Rossie watches – bad move really because Frankie leaves the bath, flaps his wings and

Rossie gets a soaking!! These two are very friendly and love to perch on your shoulders and generally “be with us” when we're in with them.

We've another tortoise too, 80 year old **Timothy** who is a real character, he likes to sit on the ground, legs outstretched, then he pushes your feet apart until there's just the right space for him to bask in the sunshine! He lived with his dad, Mr S.D.

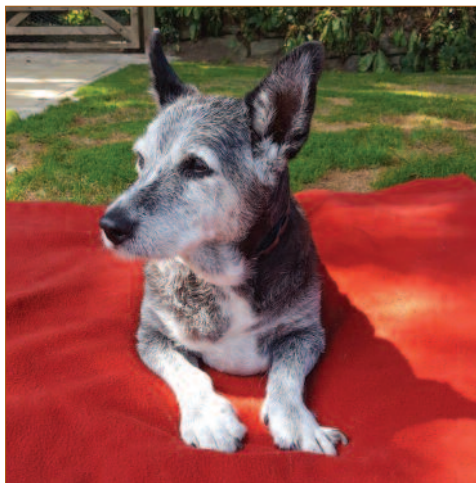
Lodge for 61 years and they were the best of friends – must be so different for him now but the consolation is our Timothea(!!) tortoise who certainly does not encourage his amorous advances but that doesn't deter him at all! He's very quick, loves exploring and he climbs up even a wire fence fuelled by his favourite foods – cauliflower, peas and fuchsia flowers.

**Murphy** (15) has also joined us, he is very sweet and quite reserved until he spies food – whatever it is, wherever it is, and whoever's it is – he's on it!! He has a new best friend in the ever popular **Spud** the Pug and he does like to play chase with **Maisie** Collie, especially in the woods – his favourite walk. He is a darling boy with a face that completely melts your heart and when he's in a contemplative mood all you want to do is cuddle him.

When **Sophie** (11) came she was in shock – so traumatised. Her owner was found dead on the kitchen floor with Sophie cuddled up to her. They were very, very close, so much so that we think Mum comes to visit her because every now and then Sophie goes to a special place – always the same place in the room and talks to, what most people would say, an imaginary friend. She has a special brush that she bought with her and all the while your grooming her (which she loves) she's kissing and nibbling her brush! When she gets excited her tail wags up and down nearly hitting her own head with it, then it goes from side to side. Sophie shouts very loudly if her meals are not served up fast enough – her appetite is terrific..... it has to be to give her the



Timothy



Murphy



Sophie



**Bobs**

energy to show off her speed, as she races round the wide open spaces that she loves. Sophie is very pretty, very loving and irresistible, and now very happy.

**Bobs** (16) is another dashing girl who was found with her dead owner but this time even worse – the police think her owner had been dead for nearly a week and Bobs was in a crate with no food or water. She spent a day at the vets being rehydrated and was in quite a bad way, no-one was sure she'd survive, but amazingly and happily she's here to enjoy all we have to offer and be loved to bits! She loves to go in the car and look out of the window, or sit on your knee and watch the world go by, She eats like a horse and loves walks in the woods with all her new friends but come bedtime, she goes to her own special room – the blue room we call it – which she has decided to take over and if anyone else goes in there, she runs in, jumps on all the chairs and settees in turn and makes sure interlopers are ejected!!



**Basil**

**Basil** (17) is a big, beautiful, gentle, cuddly cat. He doesn't do rain at all but he has loved sunbathing in the flower beds. When he's hungry he stands on top of the steps and calls for food which he then wants you to hand feed him! He loves fish – preferably fresh cooked and warm but he is happy to snack on most fishy morsels! A very characterful boy and if you need some love, Basil is a must!

It is with reluctance that we look forward to winter, but Caroline has



been, measured up all the dogs who each has a lovely new knitted coat. We did enjoy playing snowballs at the beginning of the year, and the ponies love their thick winter beds, big feeds and huge haynets, log fires, heart-warming meals like shepherd's pie can come back on the menu and then there's Father Christmas presents and Christmas dinner so it's not all that bad!!



## Hillside Farm Sanctuary

We've had a brilliant summer as well! Early on walls were coming down to make a huge kitchen with a proper farmhouse range cooker which is fantastic and there's room for everyone to gather around. We have lots of lovely fresh eggs too as another great addition has been chickens! We've built them a lovely big outside space with sunny spots, shady spots and a climbing frame! We've had lakeside walks and woodland walks, agility games, al fresco dinners and our paddling pools were constantly popular – and not just with the dogs ..... we couldn't resist a paddle ourselves which made for side splitting hilarity.....



Very sadly we've lost both our spaniels, **Jack** (13) and **Tess** (15) – they would have loved this summer and the pools. Also two beautiful cats **Lucky** (18) and **Tigger G** (15), old friends, lasting memories.

Lots of cats have come to join us. **Ginger** (13) is a big, friendly loveable boy who is very affectionate and enjoys being with the other cats as well as with us. He loves being outdoors in the garden and spends hours watching the sheep and horses grazing. He'll do anything for a head tickle but he isn't a fan of grooming for long and he tells us off when he's had enough!



Ginger

**Whisky** (16) is beautiful with the cutest face you ever saw! He's another very friendly, sociable boy who loves a cuddle and he does prefer to dine in the garden – when he runs up and down the garden steps and then goes to his favourite sunny spot where he must be served! He's not a fish man but he does like roast chicken!



Whisky





**Flash**

And very new is a gorgeous family of eight! **Flash** (8), **Dilly** (11), **Merlin** (10), **Zorro** (10), **Sasha** (8), **Max** (8), **Stumpy** (10) and **Fudge** (10). We're just getting to know them all but so far they love their garden with grasses and herbs to play in and with, they are very active and will run around ready to pounce on each other or play chase. They spend hours watching the birds but luckily don't seem to want to catch them! Fudge is the friendliest and will happily sit on your lap all day. Stumpy and Flash like to sleep cuddled up together and are never far apart. As each day goes by, all are growing in confidence and coming for more cuddles. They are loving the variety of food but the favourite for all has to be freshly cooked roast chicken.



**Sasha and Dilly**

The most gorgeous **Pasha** steals every heart at first sight. She is the most loveable friendly, gentle giant with a heart as big as she is, she's the star of our Christmas card! Pasha will call for a cuddle, she makes a funny little noise which says "give me a big hug!" She is so laid back – loves people and teddy bears and likes to make sure our smaller doggy residents have nice clean faces!!



**Pasha**

Pasha loves going out in the van, pottering around the grounds to ensure all is well, going to put the chickens to bed and loves carrots! She is particularly fond of the new range and even more fond of what comes out of it – our enlarged kitchen could have been built with Pasha in mind! She's really enjoyed our big paddling pool – makes a good water bowl too!!

Our new range heats the water as well as cooking the food and when the times comes, will heat all the radiators as well, so we are looking forward to being toasty warm and cosy as the nights draw in and there's a chill in the air and we are looking forward to cooking great big tasty stews and pies and a huge turkey for Christmas, actually two huge turkeys – the cats love Christmas dinner too!



## Poetry Corner

Our first poem this time was written and sent in by **Lee Goodsell** in Sussex

### Feline Tales

The breeze blew in a feather for me.  
At the stoop it fluttered knowingly.

She would have chased it away if she were here.  
My sole companion of yesteryear.

A creak of a door or a table leg.  
Her whiskers would dance as she tilted her head.

I pick up the feather and wonder if poss...  
Then place it on her bed, a gift of loss.

Penny stares up at me from the kitchen tiles.  
An interloper that never smiles.

A new companion to see through the days.  
But missing my last in so many ways.



**Pat Sanderson** in Solihull sent in our next poem which some of you may know and which we have featured before but it is so lovely that it deserves another airing.....

### The Rainbow Bridge

By the edge of a woods, at the foot of a hill,  
Is a lush, green meadow where time stands still.  
Where the friends of man and woman do run,

When their time on earth is over and done.  
For here, between this world and 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 over one day.  
No more do they suffer, in pain or in sadness,  
For here they are whole, their lives 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 their 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.....

Well, what a year it's been! Wind, rain, hail, snow and then, at last, sunshine – lots of it! All the changes at Hillside, and together with our volunteers helping 60,723 people with 72,867 pets all over the UK from Wick in Scotland to St Just near Land's End, from Port Talbot in Wales to Lowestoft in Norfolk and on the Isle of Wight, the Isles of Scilly, Orkney, the Inner Hebrides, Outer Hebrides and the Isle of Man!!

And so, as the year draws to a close and we reflect on times past before looking forward, I ask you, as always to please raise a glass and remember with eternal love and gratitude, absent friends.

Happy Christmas and Happy 2019.

God Bless everyone.

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