

NEWSLETTER

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Dear Friends

Welcome to our first newsletter of 2023. I start with some news about our Founder, Averil Jarvis. As the Christmas newsletter was about to drop onto our doormats last October, dear Averil suffered a severe stroke at home and was blue lighted to the Royal Cornwall Hospital in Truro where she received such excellent care that she is now being looked after here in Hayle, and we all wish her well.

This year we celebrate the ascension to the throne of King Charles III, and as such, The Cinnamon Trust have organised "The Big Walk" as part of "The Big Help Out" on the day of volunteering, Bank Holiday Monday 8th May 2023, so if you are free and would like to join our bands of walkers, please do get in touch.

For additional information about "The Big Walk", please look at our brand new publication, "The Cinnamon Fundraiser" where you will find lots of exciting ideas for fundraising. Also included are the fantastic fundraising events and money raised from the last 6 months.

We all look forward to seeing the photos, so please send them in for our next newsletter and fundraising magazine.



CT '100' Club

Our big winner who received £100 in December was **Sally Baggaley** (Shropshire). Other winners who have each received £30 are: Oct: **Trevor Holman** (Northamptonshire) Nov: **Hazel Bowen** (Dyfed). So far this year the lucky winners have been Jan: **Ann Saunders** (Surrey) and Feb: **Sheila Clements** (Warwickshire).



Volunteer Views



Before we start with all the fantastic stories and photos from our volunteers and owners. I wanted to share our volunteer Yvonne Batten's story and her lovely dog Hugo who had a starring role in the Ukrainian Opera's company version of La Boheme. What a star!!!

Our first view comes from **Yvonne Batten** in Hull:

He auditioned and was offered the role back in 2020, but Hugo's initial debut was "paws-ed" due to Covid. Hugo has finally got the chance to perform his starring role as character Muzetta's dog in the opera. The production was put on by the Ukrainian Opera & Ballet Theatre Kyiv. Hugo was featured in our local newspaper, and I made sure I got a good plug in for The Cinnamon Trust.



Hugo looks fantastic, but I look like I had fallen from a quality street tin, and every time I bent down to Hugo, my bonnet fell off! Ukrainian communication was difficult, but I dug out my rusty Italian which helped, and we ended up good friends.

Hugo took 6 curtain calls and fans at the stage door wanted his photo!!! What an experience!!



Angela Beeken writes from Norfolk:

I first met Ann four and a half years ago, after she sadly lost her husband and needed help walking Dylan. Dylan is a Harrier Hound and in his former colourful life, was destined to join a hound pack in Ireland. Dylan, being the independent and gentle soul that he is, decided to go off with another hound on their own

agenda, consequently they got the sack! It was his great fortune that he managed to find the home of his dreams, and for life, with Ann and her husband in Norfolk.

Although 14 years old, Dylan is still strong despite overcoming two serious strokes. This is because Ann nursed him back to health through great dedication and faith so that he could fulfil a good quality of life, and here he is to prove it!

Favourite places to walk include a local Wildlife Trust Fen, local farmland and forest tracks – anywhere involving a good hound nose really – his hearing and sight were affected by the strokes, but he still has a working dog mindset and his nose! Dylan is very gentle and popular with other dogs, tolerating boisterous puppies who need a good grounding in sociability training.

I received the Cinnamon Trust Special Award after being nominated by Ann and her daughter, a very generous gesture. I will always be there for Ann and her kind ‘gentleman of a dog’, Dylan!



Dylan with Angela having a coffee and a treat



Sheena Geraghty in Argyll says:

I have been walking Lottie now since November 2021, initially to fill in the gaps of her ‘walkies diary’ and to help my sister, Moyra, who is a volunteer and helps with Lottie’s Monday walk.

Upon meeting Lottie I was smitten! She is a 7-year-old German shorthaired pointer and the most affectionate big girl right from the start. Her owner Joyce is in her eighties and needed some help, as she has a few health issues and was unable to get out the house, after breaking her arm. It had been a while since Lottie had good regular walks and, being a very greedy girl, had put on a bit of weight. So, we had a lot in common since I’m a complete chocoholic and had also put on a little weight during lockdown and a pretty wet, miserable winter!



We quickly grew very fond of each other, and she welcomes me by bouncing up and down and snuggling against me. Finding Lottie has given me a new lease of life and encouraged me to return to daily walks in our beautiful countryside here in Cowal, Argyll. As a grandmother with family living in Finland and Australia, I really missed having my own dog. Frequent trips abroad to visit them meant I couldn't give the full-time commitment a dog requires. My previous dog, Max, was a very bouncy rescue springer and we used to keep fit going on walks together up the hills, along the beaches and to our all our favourite places.

When he died a few years ago there wasn't the same incentive to go out walking for miles every day, but now I look forward to sharing my love of the outdoors with Lottie, and going for long walks. We have some favourite routes where she can get off-lead safely and explore the forests and hills round about. I have noticed she has lost some weight and generally seems a happier, bouncier girl. Still some way to go (for both of us!), but we are certainly fitter than we were and loving our walks!

We sometimes go exploring new routes and have adventures! A local Heritage Trail leads through the woods to an ancient site, and over the winter was very muddy in places. Lottie of course couldn't care less, but after leaping over muddy ditches and fallen trees, I decided to go 'off piste' and follow a little-used track up the hill behind to escape the worst of the mud. I could see the summit of what is known locally as the 'Camel's Hump' and chose to go straight up. It's not a particularly high hill, but had recently been cleared of its dense covering of trees, which meant that, in my determination to reach the top, Lottie & I had to clamber over huge discarded branches and offcuts, and deep trenches filled with mud and running water. Here in the west of Scotland we get more than our fair share of rain! It was hard-going for me, despite fashioning a walking pole from a branch to help my ascent.

Before the final push for the top, I had to stop to rest on a moss-covered log. Lottie, ever-supportive, came to sit by me till I got my breath back. When I stood up, Lottie grabbed a hold of one end of my stick and after a bit of a tussle for ownership of said stick, it dawned on me that I could let Lottie pull me up the rest of the slope! She walked backwards, tugging on the stick and dragging me uphill for quite a distance – what a hero she was! We made it to the top where we both appreciated the view, and a rest before descending by a more established forestry track.

Every walk no matter what the weather is doing, is an adventure for us both. We often come across roe deer, red squirrels, and pheasants and meet other dogs occasionally. I had forgotten how much of a community there is amongst dog walkers here. Lottie mostly gets on well with other dogs, but we are always careful to avoid any potential confrontations with those we don't know. She loves to play with dogs we know now, but doesn't go far from my side.

Lottie is a credit to her owner Joyce – she is gentle and obedient and responds to commands very well. Joyce has become a friend too, and we often have a chat on her doorstep. She is hugely grateful to the Cinnamon Trust for helping her find trusted people to walk her precious Lottie. I am hugely grateful to have found a new friend and the gorgeous Lottie to go for walks with!

I have found that the opportunity to have regular contact with dogs and their owners through being a volunteer is such a great thing – I get just as much pleasure from being a volunteer dog-walker, as those who need the services of The Cinnamon Trust! I recommend it, especially if, like me, you are not in a position to have your own dog.



Julie West from West Sussex writes:

“Please can we get a dog, Mummy, please please please!”, my five year old daughter regularly asks. “Woof” chimes her 18 month old sister, backing her up. So, when I had an email from Caitlin at The Cinnamon Trust asking if we could help walk Penny, a 15-year-old Collie, I jumped at the chance.

Penny’s dad recently had to have an operation on his toe, so couldn’t take Penny for her daily walks. He needed help for about a week, until his bandage came off, and it happened to coincide with the Half Term school holidays. Perfect!

So, on a cold Saturday morning, I set off with my husband and daughters to collect Penny for her first walk around the local recreational ground. Penny’s dad was happy to see us when he opened the door and spent a few minutes telling us how to get Penny’s attention if calling her name wasn’t working. He suggested a few loud claps (Penny is going deaf, so doesn’t always hear when she’s being called by name), or to stand with your arms wide, to encourage her to come for a cuddle.

My eldest enjoyed carrying the empty poo bags (ready to hand one to me, for the fun part), and dishing out the dog biscuits to give as a treat at the end of the walk. I held the lead and the baby followed on in the buggy pushed by my husband. She had to be behind Penny and me, so that she could see the dog at all times! There were lots of times my daughter would race ahead and then stand with her arms wide, ready to welcome Penny for a big cuddle.

We all love our time walking Penny, giving her lots of strokes and treats and talking about her. Volunteering as a dog walker is perfect for our family - we get to spend time together outdoors, benefitting from all the enjoyment of being in the company of lovely dogs, without the full-time commitment of our own pet. For now, my

daughter is satisfied, but I'm sure it won't be long before she starts asking for her own dog again. I'd better keep an eye on fostering opportunities....!



Frances Forsyth in Hampshire has her own.....

Marley and me.

The first dog I walked as a volunteer for The Cinnamon Trust was a smallish dog, Jack Russell terrier, but the next dog I was asked to walk was even smaller in size! I was put in touch with Marley, a Chihuahua cross and his loving owner Margaret.



Marley and Margaret

Having only owned large dogs myself in the past, (a Doberman and two Dalmatians), at first, I felt slightly challenged by walking such a little fellow. Would I walk too fast for him or worse, trip over him! However, my fears were soon allayed, Marley trots along at a steady pace and sometimes he gallops when feeling more energetic.

Marley is certainly a character with a mind of his own, especially on the routes we choose to take for our walks. If he decides he doesn't want to turn into a certain road, he will go on strike, even if he enjoyed walking that way the week before. Sometimes he wins, other times I cross over the road which confuses him, then he is quite happy to continue with my chosen route! I really look forward to our varied walks each week, never knowing what we are going to encounter. For example, anglers practicing their casting skills in the middle of a playing field, no water in sight! Marley and I chatted about this for a while and we both decided it was very odd.

Although Marley enjoys his outings, he really delights in returning home to his chewy treat Margaret has waiting for him. He tries to help me take his harness off so that he can get to his bed faster with the new chew stick. He is so cute!

Being a volunteer dog walker has given me a new focus in my life since retiring and keeps me fit. A big thank you to The Cinnamon Trust for the help and support the charity gives to so many people and their pets.



Also in Hampshire, **Nicola Grimes** and **Neil Bradshaw** write:

Our Cinnamon Trust dog is a 3-year-old male crossbreed called Harvey. We started walking Harvey in April 2021 and it has been a brilliant experience. At home we have four cats and would love to have a dog one day, so joining The Cinnamon Trust has definitely helped us get our “dog fix”!

We walk Harvey three times a week. He is always so excited to see us, and likewise us him. We have always said to Liz it is great to be able to walk him after a day at work because we get some exercise and fresh air after being sat in an office all day. Harvey greets us at the front door with a very waggy tail, lots of licks and runs between us to say hello! Liz is a lovely lady, we always stop and have a chat in the porch. When Harvey thinks we have done enough chatting he lets us know that it is time for walkies! Harvey definitely seems to have an internal clock and can somehow “read” the messages between Liz and I arranging our pickup time. Liz always says he knows when we are going to arrive, and most days the time changes, so he clearly is a very clever boy!



Harvey is a people lover and people are always drawn to him when we are out walking. He is very friendly and cute, he frequently has his tongue happily out so many people tell us he is a lovely boy, and we often spot the smile on people's faces when they walk by us and are looking at him. There are some dogs that Harvey is not fond of. We have learnt who they are over the course of our walks and we know to avoid these dogs in the park. However, he is always happy to see the dogs he has decided are his friends and he really loves to have a play with those. Harvey loves playing ball and for a small dog he can run very fast! He also loves sitting on benches in the park and will let us know when he wants to do that by stopping in front of the bench, looking at us as if to say, “pick me up please!” then he positions himself in the middle so he can get love from both sides.

One of our walks is at the weekend and on these walks, we often go out for two to three hours. Liz is happy for us to take Harvey out in the car, so on these walks we go a bit further afield and sometimes take a picnic with us, if we do, Harvey never gets forgotten we always make sure we have a piece of sausage for him! We go to the woods, the beach and the countryside. He is happy wherever we go and he leads the way having a good old sniff! During the summer heatwaves we went almost two weeks without seeing Harvey and Liz, it felt very strange going that long without seeing them both, as volunteering is such a big part of our lives now. Now the weather is cooler, normal walkies have resumed!

We heard about The Cinnamon Trust many years ago and had always been interested in volunteering, now I think we both wish we signed up sooner! Being a volunteer is wonderful, it's such a good feeling to know we are helping someone stay together with a dearly loved pet. It works on so many levels volunteering for The Cinnamon Trust as we have also made a friend in Liz, and we enjoy having a good natter in person and over text. We would both recommend becoming a volunteer for The Cinnamon Trust to anyone who loves animals and wants to make a difference to people's lives.



Kathryn Morris and Willow in West Sussex write:

Willow – My Story

I am probably the luckiest dog in the whole of the world!

I don't remember my early life, the people didn't want me and put me in a place with lots of other dogs, but fortunately a man and lady saved me!

We went to a house near the sea and had lots of fun in the garden and the man took me for wonderful walks along the river and the beach. After a time I noticed that the man was walking slower each day so I stayed beside him and one day he didn't take me out any more and I had a new job, to look after the lovely lady. I did not mind this at all because she is very kind to me and plays games.

All through the winter I stayed at home, but everything changed after we visited the Vet for a pedicure. When we left the lady had a small poster that she said was very important, and she was right!

A few sleeps later I met a new woman who brought a lead and treats with her, I wasn't sure I should go with her at first, but lady said it would be ok so off we went. I showed the woman where I used to take the man, we went along the river, over a little bridge and through the fields, it was marvelous even though I was a little unfit, I really enjoyed it. The woman comes three times a week now and we go to different places, sometimes if the tide is out we walk along the wet sand through the rock pool., I love to splash in the water. Sometimes we go to the little wood, and recently I have learnt to swim in the sea, that's fantastic on a hot day, the water jumps all over me and pushes the ball back onto the beach if I don't grab it quickly.

After my walk I have a sleep and that's what I am going to do now so I can be fit to watch over the lovely lady until my walk woman comes again.

I would just like to thank the Cinnamon Trust for bringing us all together.

Susan Howell from Buckinghamshire says:

I was fortunate to take early retirement 15 years ago and I became a Cinnamon Trust volunteer in 2007. As I had some free time on my hands and I love animals I felt I wanted to make a difference. During my time at the Cinnamon Trust I have walked many dogs, I now walk every day and I find it very rewarding.

Currently, I am walking Daisy, a lovely West Highland Terrier. Her owner cannot easily get out of the house and Daisy enjoys her walks to the local park, albeit, she has injured her cruciate ligament, so I have to go at a steady pace as her injury mends.

I am also walking Copper, a rescue Jack Russell. Copper was recently adopted by a lady who lost her previous dog, another Jack Russell, called Benjy, late last year. I had been walking Benjy for about 4 years and was as upset as his owner when he had to be put to sleep.

Copper has settled in so well to his new home, he sits on his owners lap whenever he can, and he sleeps on her bed at night. He loves his walks and will play with a ball for hours on end. He has definitely landed on his feet; he is a real sweetie and is making a huge difference to his housebound owner who loves his company, and chats to him all day long. Even after a few months I am cautious when meeting other dogs as we don't know much about his past. He is a gorgeous boy and it's a real pleasure to be greeted by him every day.



Susan and Copper

I look forward to my walks and love being a volunteer – it has done wonders for my own health and wellbeing, and I really enjoy knowing that I am making such a difference to two elderly owners who cannot get out and walk their pets. I have met some lovely people and other dogs on my walks, and I really recommend becoming a Cinnamon Trust volunteer.



Freya Tyrer from Leicestershire writes:

I started volunteering for the Cinnamon Trust in September 2021, partly to help other dog owners, but also to curb my own desire for another dog – one naughty miniature poodle in the home is more than enough!

I was charged with walking Taggart – a very laid-back Scottie for his wonderful



owner Jo who is no longer able to take him on long walks. Jo has dedicated much of her life to helping people and animals, so it is very important to me that she is able to keep Taggart with her.

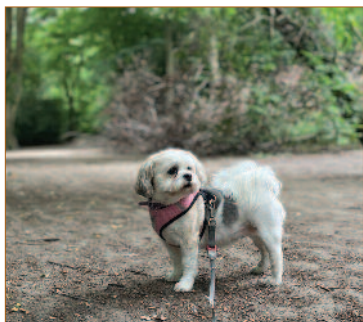
It is impossible not to love Taggart as he is such a lovely chappie who is a delight to walk – that is, unless he sees a squirrel! I am always amazed at his change in animation and running speed as he crashes through the undergrowth to find his target!

Earlier this year, my daughter Kate walked Taggart as part of her volunteering experience for Duke of Edinburgh. She had a lovely three months with him, although it was mortifying to realise that he preferred her to me! She still comes along on our walks sometimes to get her Taggart-fix. We are both looking forward to walking him for many years to come – we just need to work on that squirrel obsession!



Marita Keremezo in London tells her story:

When my work commitments changed, I decided it would be nice to do some voluntary work involving dogs. I had heard a lot about The Cinnamon Trust from a local dog training group (CHeWs) who are always fundraising for this great charity.



Once I submitted my application, I was quite excited to get a call and to be able to help an owner called Maureen with walking her lovely dog Polly. I have now been walking Polly since November 2020, and it gives me great pleasure to see Polly enjoying her walk and then coming back home to Maureen full of excitement and sharing that with her.

Polly is such a huge part in Maureen's life, and it is such a comfort to her to know that her little girl is not missing out on her walks and having fun. We walk to the nearby park, Highams Park, where there are plenty of sniffs and adventures for us both to enjoy.

The work The Cinnamon Trust does is so important. Dogs give people a sense of purpose, but if you are struggling with the care of your companion it must be so stressful. The Cinnamon Trust brings people who need help, and people who can offer help together, relieving all of that anxiety. It's perfect and so rewarding.

Thank you for letting me be one of your many volunteers.



Sophie Lightowlers in Berkshire says:

I started volunteering for The Cinnamon Trust in 2015 and have walked a few dogs, my most recent is Barney.

It was a pleasure from the start, as I immediately hit it off with Barney and his owner's Joyce and Douglas, and really looked forward to our weekly catch ups. Douglas has dementia and Joyce has problems with her back, so even with their carer's help, they are unable to give Barnaby the walks he needs. We know that Barnaby gives Joyce so much comfort and gives her the strength to cope through difficult times. We are so happy to be able to offer a small amount of help so that Barnaby can stay with them.



Barnaby is such a handsome and (mostly) well-behaved boy. He's very well known in their village for being friendly, actually perhaps too friendly with females, he does love the ladies and has quite a reputation. In his heyday he was known for escaping his garden and turning up at the door of any female in heat in the village! Despite his roguish behaviour, we really look forward to our weekly walks with Barnaby and enjoyed our experience so much, that we got our own dog (Butter) in September. She is absolutely besotted with Barnaby and has learnt so much from him, although thankfully not his Valentino approach to life!

We have an inside joke with Joyce that Butter is Barnaby's girlfriend and on February 14th we sent him a valentine's card with a picture of her on the front.

Barnaby has brought all three of us so much happiness over the last year and we are really grateful for The Cinnamon Trust for bringing us together.



In West Sussex, **Julie Harris** writes:

My journey with The Cinnamon Trust began many years ago after my 20-year-old cat 'Puss' passed away and my Vet suggested that I become a foster carer for the

Cinnamon Trust, and foster pets whose owners have difficulty caring for them. I have not looked back since and am now on my third foster cat.

Having also volunteered for dog walking for The Cinnamon Trust, I was delighted when I was contacted last September to ask if I could help with walking 'George' a 12-year-old Schnauzer, for his owner Kitty who is unable to go out. On my first visit to meet George, I was invited in by Kitty who wanted to know all about me. Thankfully, I passed 'the test' and my offer to take George out twice a week was agreed. Over the last three and a half months, Kitty and I have become friends, and my dog walking has evolved to long chats and a coffee with Kitty after walking George, taking George to the Vets, and helping out where I can. An overly excited and vocal George always greets me each time I arrive at the house. George is an exceptionally well-behaved dog, who loves nothing more than lifting his leg on every spot or tree he sniffs, chasing squirrels (which he never catches) and meeting other dogs. He also loves a good fuss and a treat on return from his walk, before settling himself down on the settee!



Walking George, not only gives me pleasure and George exercise, but has enabled me to get to know Kitty and hear her stories about her childhood and her family life growing up, as the eldest of 7 children during the Second World War. Kitty has also had a fascinating career as a free-lance model from the age of 14. Her last modelling assignment was for the women's fashion store 'Jaeger' at the age of sixty. Kitty owned and ran a clothing shop in Worthing town centre for the next 10 years until she retired at 70. Kitty was married to her first husband who she later then divorced, and married her second husband Roy the very next day after her divorce was finalised. Kitty & Roy were married for 55 years until Roy sadly passed away in 2017. Having had dogs all her life, George is now Kitty's constant companion.

At the age of 93 years Kitty is living independently in her own home, and keeps herself busy knitting amazing baby clothes for friends & family, (including my granddaughter), reading, doing daily word puzzles, and keeping up with current affairs and the world of celebrities. Kitty is an elegant lady, who always looks immaculate with lovely painted nails. Kitty never complains, and always has a cheerful and positive disposition, and is proof that age is but a number!



Clare Wilson from Kent says:

I'm Clare, a registered Veterinary nurse and up until earlier this year I've worked full

time in theatre at a busy referral hospital. Having taken the decision to change to a part time role, I found myself with more time to devote to my family, as well as undertaking some voluntary work.

My passion for animals, coupled with my love of walking, led me register as a volunteer for The Cinnamon Trust. After passing the vetting process I was contacted to see if I could help local lady, Sue, in walking her 6-year-old Labrador cross Paddy. Without hesitation, I contacted Sue and arranged a visit so I could introduce myself to her, and get to meet Paddy and see what he thought of me...would he give me the thumbs up as a walking companion??

At first Paddy was a little wary of me, but after some encouragement he rolled over and enjoyed tummy rubs. That was to be the start of a lovely friendship.

I walk Paddy every week for Sue. He greets me with woofs when I ring the doorbell, and then runs circles around Sue as she tries to calm him down to get his lead on. She always gives me 4 biscuits for Paddy, and he makes it his business to check out exactly which pocket I have these in!

Paddy is an energetic boy so when we reach the park, I always try to outrun him. Suffice to say he always wins.....he is barely out of breath and I'm a red faced sweaty mess looking like I've run a marathon!

Paddy is very curious and enjoys exploring and sniffing on our walks. He isn't that bothered by any birds we happen to see in the park, but rest assured if there is a squirrel, he is sure to spot it, and given half the chance he would sprint up the trees to chase them.

I thoroughly enjoy my walks with Paddy and it warms my heart to see the excitement on his face when I arrive to take him out. I enjoy chatting with Sue too. She is a lovely lady, and I am only too happy to help her out whilst she is unable to walk the gorgeous Paddy.

The Cinnamon Trust has given me a great opportunity to enjoy the outdoors with a wonderful fluffy companion and provide some assistance, so that Sue doesn't have to worry about Paddy getting his exercise. I'm proud to be a part of The Cinnamon Trust and the great work it does for both pets and their owners.



Penny Harris in lovely Warwickshire says:

I started volunteering for The Cinnamon Trust 2½ years ago. I have always had lots of pets and recognise the value of companionship they have given me over the years. My mother died of cancer 17 years ago – she had a pet Siamese cat who was her companion, and it was a while before we realised my mum was struggling to look after the cat. She couldn't open the cans of food for her towards the end. We didn't know The Cinnamon Trust existed back then, but my mum would really have appreciated the help. When I discovered The Cinnamon Trust, I knew I had to sign up to help people to stay with their animals.

The first pairing I had, and still have, was with Misty the spaniel and her owner Shirley. I am just one of several walkers for Misty. Misty is such a good, friendly dog. We walk every Saturday around the woods and because Misty is such a good girl, I am able to take my tennis ball obsessed collie Flash as well. I discovered early on Misty also likes to fetch tennis balls. and so I always have one in the back of the car for her. I enjoy taking photos of my dogs, but getting these 2 to pose can be tricky - they are always on the move.

My latest job is with Gordon and his German Shepherd Hollie. Gordon has lots of health problems, but mainly he has painful joints and Hollie is a puller! Gordon recognised that it wasn't safe to take Hollie out on his own anymore. I have been walking Hollie for over a year now and she is quite a character. We are very lucky to live in an area where we have access to fields and woods, and we have had some lovely walks with Hollie. So many people on our travels have admired Hollie's beautiful appearance.



Penny and Hollie

I was asked to take Hollie to the vets as Gordon was very concerned about her, and couldn't take her there himself. Thankfully after a check-up with the vet, she was absolutely fine, and very much enjoyed the trip in the car. I, however, didn't enjoy the journey. Being in an enclosed vehicle, with a very loud barking German Shepherd barking for the whole of the 8 mile journey, did shred my nerves somewhat. It's a good job I love her!

The Cinnamon Trust does such an important job helping people stay together with their pets, and I love volunteering for such a great charity. I spend the weekends in my big boots, covered in mud, poo bags and dog treats in every pocket! We have tennis balls and leads in both cars... just in case. We are out in all weathers, sun, rain, snow and wind. You really notice the seasons changing, and it is great for your own mental health. I have met some lovely people and feel like I am doing

my small bit to help them. I am always taking pictures of my dogs and posting them on Instagram. I have encouraged my daughter and a friend to sign up to The Trust and urge everyone to do the same.



In Shropshire, **Victoria Smith** writes:

I started volunteering for the Cinnamon Trust in 2018, and spent a couple of years walking Harry and Coco, a pair of adorable Shih Tzus, for a lovely lady in her nineties. Sadly Harry and Mrs B passed away within a few months of each other, and Coco went to live with a family member. I wasn't sure if I would carry on volunteering, as by now I had two Lurcher dogs of my own that kept me very busy. However, I got an email from the Cinnamon Trust about a Labrador cross Golden Retriever that needed some extra walks, and when I saw that the dog's name was Vicky I knew it was meant to be!

The email said that Vicky was a guide dog who needed some extra off duty walks to help her lose a little bit of weight. The Cinnamon Trust put me in touch with her humans, Susanne and Ken, and I went to meet them all and take Vicky for her first walk.



Victoria with Vicky

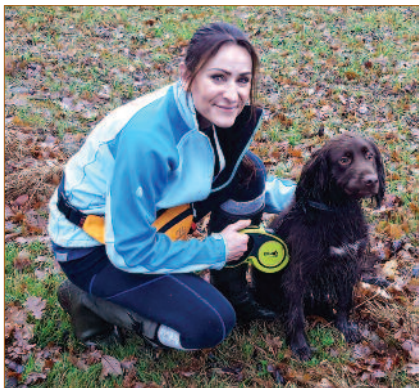
Initially I was a bit nervous about walking Vicky, because I'd never walked a guide dog before, and I didn't want to accidentally mess up her training! But I quickly discovered that when she's not in her special harness guiding her owners, Vicky is just like a normal dog. She loves sniffing, making new dog and human friends, and she absolutely loves a fuss and a belly rub. She's a happy, fun loving girl, and as she's a guide dog she's also extremely well behaved, which makes her a joy to walk. She's quite well known in the neighbourhood, and sometimes people will say "Hi Vicky!", and it takes me a moment to realise they're talking to the dog and not me!

I've been walking Vicky every Sunday morning for nearly a year now, and she also has some other volunteers who walk her during the week. She does a little happy dance when I arrive to take her for a walk, which makes me feel very loved! I really enjoy our walks through the woods, and then stopping for a chat afterwards with Susanne and Ken. It's a great way to start a Sunday.

It always makes me smile when we set off for our walk and Susanne says "bye, Vickys!"

Julie Clark from North Yorkshire says:

I volunteered for a local dog rescue for many years and, when this closed down, I found that I really missed the company of dogs and their unbounding enthusiasm for life! I enquired with The Cinnamon Trust in October 2021 and was welcomed with a warm and friendly response straightaway. I've always loved dogs, but I also love helping the elderly and those in need, so this seemed like the perfect role!



My first customer was a 3-year old Cocker Spaniel called Jones who, upon meeting for the first time, threw himself at me with the zest and joy of a long-lost friend...much to the amusement of his owner! Our first walk was a high-speed coverage of the local area, on lead of course, with a few treats thrown in for good measure. We soon became very good friends, and Jones also loves my husband who regularly joins us on our walks, also enjoying the hilarious antics of this bouncy and highly-energised boy!



Fast-forward four months and we have walked all over, from the Yorkshire Moors, Dales, up Ingleborough, on the beach near Bridlington...you name it! The best thing for me is seeing how much Jones gets out of these walks, and I always send photos and videos to his owner, Rose, who gets much enjoyment from seeing her boy out having so much fun. The rewards are enormous and the walking varied, as I have recently started walking two little dogs called Sam and Sue also, aged 14 and 11. They are totally different to Jones, very much content to have

a potter around and read 'the daily news' in the area by sniffing every leaf and blade of grass! Their lovely owner, Celia, is also overjoyed to see her two little companions heading out of the door with enthusiasm, safe in the knowledge that they are having some extra time out and about.

I would thoroughly recommend volunteering for The Cinnamon Trust - the heart-warming sense of helping someone to be able to continue their lives with their beloved companion, by providing some of the essential exercise and mental stimulation that their dog so needs, is truly incredible. I have been lucky to meet wonderfully friendly people who clearly think the world of their canine companions,

and it is an honour to be able to share joyful and funny stories with them about what their dogs have been up to on their walks and have a good laugh!



Graham Donaldson in West Sussex writes:

My name is Graham and I live in Pagham, West Sussex, and work at the University in Chichester. I heard about The Cinnamon Trust through a friend. I have been a volunteer with The Trust for 6 years and Louis is my third dog.

Christine and Barry are Louis' owners and are a lovely couple. They have both recently had operations, and therefore unable to walk Louis as much as they want to. I have built up a great friendship with Christine and Barry, as has my mum who sometimes walks with me.



Graham, Louie and Jean

I walk Louis after work a couple of evenings during the week along the beach at Pagham which he loves. Especially during the summer months, he would come in the sea with me and we would take a swim together.

On Sundays Mum, Louis and I go into Bognor and walk along the beach, then onto the pier and back along the promenade stopping for coffee, water and treat for Louis. We both love him, and he is absolutely adorable. The picture I have attached is after we have all had our swim off Pagham beach.

As I work all day and unable to have a dog, this is such a great opportunity to help someone, and for me to walk a dog and get to know the owners. And of course, to spend time with my lovely mum!



Ian Brown from Stirlingshire writes:

My name is Ian. I am 63 years old and a retired police officer. I have recently become a volunteer with The Cinnamon Trust.

I was introduced by The Trust to my first pet in January this year. She is a beautiful 5-year-old blue merle Rough Collie called Keylah. Her owner is Jay, a lovely elderly



lady who has mobility problems. We live in Stirling, a small historic city in the heart of Scotland.

I try to walk Keylah four times a week, and both she and Jay are always pleased to see me.

Keylah barks with excitement and runs from the garden into the house, then makes for the front gate and waits for me to put her lead on! Keylah is a lovely dog and Jay always has her beautifully brushed and looking her best.

She is very well behaved. She likes to say “Hello” to other dogs, but then just politely walks on. She is always getting smiles and compliments from admirers when we are out.

Our walks last about an hour, taking in the lovely scenery around us. Whether it be up and around the ancient Stirling Castle, down along the banks of the River Forth or in and around the idyllic and picturesque grounds of Stirling University. All with the backdrop of the Ochil Hills and the William Wallace monument.

On our return, Jay likes to hear where we have been and what adventures we’ve had on our walk. Then Keylah gets her paws wiped (while she licks my face!), and all the debris (bracken, brambles, twigs, prickly things!) removed from under her coat. Then it’s time for a small treat. Jay always thanks me, and they both see me to the gate when I leave and say “Until next time!”

On a personal note, I would like to say I get great joy in providing this service. The opportunity to help others has been a great help to me, both physically and mentally.

So, on behalf of Jay, Keylah and myself I would like to thank The Cinnamon Trust for making this possible.



From Cumbria **Maria Appleton** writes:

I desperately wanted to help others, especially older people who may be isolating and perhaps lonely. As I have two dogs of my own (Joyce, a rescue greyhound, and Princess, a Jack Russell), as well as Jack (my horse), I don’t mind being out

in all weathers, so helping others while being out and about was perfect for me. I came across The Cinnamon Trust and decided to apply to become a volunteer and was accepted. Very soon I was asked to visit Sylvia and chat about walking her dog Aero.

Sylvia is the loveliest lady, we got on famously, and I learned that Aero was her daughter's dog and that her daughter had sadly passed away. So, he is a very special dog in lots of ways. Sylvia can't walk very far and certainly is not able to hold onto Aero who can be a bit of a handful, particularly around other dogs. He is a chunky Labrador cross and has many of the typical Labrador traits i.e., love of water!



I don't mind admitting we have had a few disagreements about which way we should go, but now he has a new S-shaped lead that goes around his nose, and this has made all the difference. He is like a new dog now - never bothering with other pesky pooches!

Over the last 2 years, I think Sylvia and I have become firm friends, and we have shared many a laugh, as well as some sad moments. She is a bit like my Mum who I lost some years ago and miss every day.

The difference I believe that I make to her as an owner is that she can rest assured that her beloved dog gets out and about every day, and she knows that she can call on me anytime for vet visits or advice. She also knows that in an emergency The Cinnamon Trust are always there at the end of the phone.

The benefits to me are that it gets me out in the fresh air with my dogs or Aero, and together we enjoy exploring parts of Kendal that I didn't know about previously. But I think for both of us it is the friendship. I enjoy Sylvia's company; she has a great sense of humour and always manages to make me laugh.

..... and owner **Sylvia Riches** writes:

I am a great animal lover and, as we all feel, our furry companions are a great part of our family, and in some cases, the only companion an owner has to keep them going. Aero is a special boy and so funny, he is my shadow and shepherds me with his nose around the house and when it's time to go to bed. When he was younger, he used to sit in the little turn of the stairs and bark when he felt it was time for bed, even when visitors are there, and I have to explain why he is barking.

I caught Covid in the early days of the outbreak and if it were not for Aero, I would not have had the reason to get up every day, let him out and feed him. It would have been so easy to stay in bed as I felt so unwell, but that would not have done me any favours.

My Cinnamon volunteers are wonderful people and they are all so different. Aero benefits hugely from his walks, but I wasn't expecting the bonus of the friendships from the help given to him. One of my volunteer's wife, Pam, even calls to check on us and see if all is well. Aero and I have been given a "fountain of goodness" from The Trust and it has enriched our lives enormously!

If I was younger I would have volunteered for The Cinnamon Trust. We are both so very grateful.



Christine Murphy in Warwickshire writes:

Teddy, Mary and me.



I began walking Teddy, a delightful Shih Tzu, in November 2020, when Mary, his owner, was having problems walking him herself. I had been aware of The Cinnamon Trust for a long time, having been a Veterinary Nurse working in my husband's veterinary practice.

When lockdown happened, and as I was by then retired, I volunteered and was accepted, and was soon asked to contact Mary. We all got on very well, and so my twice-weekly walks with Teddy commenced, and continue to this day. Mary and I have become firm friends, and Teddy rushes to greet me as soon as I knock at the door.

He is a charming and playful little chap, who loves to walk, and is always delighted to meet other friends (canine and human) whom he knows from the village. The only thing he doesn't like very much is rain!

Sadly, earlier this year, Teddy became very unwell, and had to have several trips to his own vet before being diagnosed with pancreatitis. I was able to help Mary by taking them to the vet and administering extra injections when needed – his vet knows my background! A special diet was recommended, which fortunately Teddy eats with relish, and I'm very happy to say that he has not looked back since starting on his special food.

I always look forward to my walks with Teddy and a chat with Mary – and sometimes a cup of coffee! – I hope our relationship will continue for many years. I often recommend other retired dog-lovers to volunteer for The Trust: it is such a worthwhile organisation.

.....and owner **Mary Anderson** writes:

I cannot speak highly enough of Christine and her husband. Only this morning she has taken Teddy to the vets for me. She is a really good friend, absolutely marvelous! Christine walks Teddy on Mondays and Wednesdays; they get on so well.

Christine and her husband are a lovely couple and have done so much for Teddy and me. When Teddy was unwell Christine came around and gave the injections he needed, which was quite literally a life saver. This is why I would like to nominate her for a Cinnamon Trust Award. Christine's husband was a vet which is why Christine went from regular nursing to train as a vet nurse. Unbelievably my other walker Charlotte, is also training to be a vet nurse. Teddy and I are very fortunate.

Teddy is my life, and is better now and coping well on his special diet. I cannot describe how much I appreciate my volunteers and The Cinnamon Trust.



In Lincolnshire **Sonja Mason** says:

In May this year I was diagnosed with Lymphoma which meant I had to undergo chemotherapy. This treatment is quite debilitating leaving you feeling tired and generally unwell. Not only was I suffering but so was my 13 year old Belgian shepherd, Mekah, as I was unable to walk her. So, I reached out to the trust for help.

Fortunately you introduced us to John and Emma who came and walked her twice a week.

I've completed my treatment and am now thankfully in remission. Gradually I'm getting back to normal which means I can go for walks with Mekah. I can't speak highly enough of John and Emma who have been so kind and caring and loved by my girl. That said, it is time to give someone else in need an opportunity to receive their support.

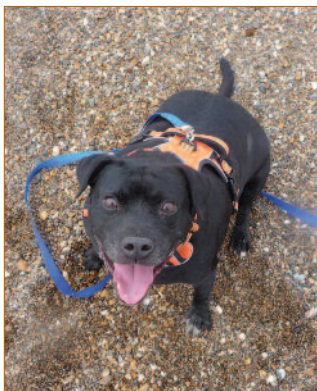


With very grateful thanks

Jeff and **Kathy Brotherhood** from Norfolk write:

I was so moved when reading the newsletter and reading all about the volunteers and the wonderful dogs they walk. I thought I would write my piece from an owner's point of view.

We have 2 dogs, Oliver is a Jack Russell cross, he is 12 now, and Buster is a Staffie Lab cross who is still quite young at 5. My husband Jeff and I have health problems that prevent us from walking them. Buster was getting a little wide around the tummy so it was essential we addressed this. A friend mentioned The Cinnamon Trust. It was a very easy thing to set up and staff were so helpful. Apparently our area is difficult to recruit from, however we were introduced to 2 ladies straight away who both took them once a week, unfortunately one dropped out over the winter but one continued.



The Cinnamon Trust didn't leave us with just one volunteer and did an appeal. We were then introduced to another smashing volunteer who also walks them twice a week, we were very happy and so were our dogs! When the lovely volunteers come along Buster in particular gets so excited; when the doorbell it is almost as though knows it's his walking friends. He is gradually losing weight and although he sleeps when he returns it's not long before he starts to look around for food! The problem occurs if the doorbell is not for him; not only does he barge his way to the door in anticipation but literally sulks when he realises his mistake. Oliver is a bit cooler about the whole thing and takes things in his stride.

What I'm trying to say is THANKS to all who volunteer to walk our pets, we appreciate it so much and believe me it makes all the difference.



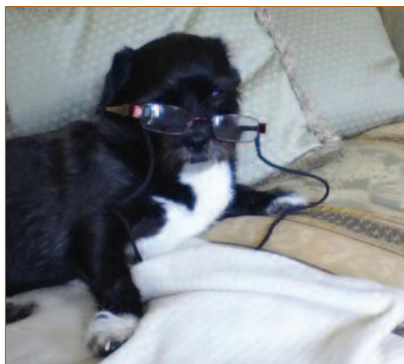
Lorraine Warren Essex says:

Having been diagnosed with lung cancer in November, my concern was Norman.

Norman being my 15 year old terrier cross, who I rehomed in 2016. I looked after Norman regularly for his previous owner, but in 2016 his position took him to China so he came to live with me.

Norman loves being out, so after retiring in 2019 we would go out daily on an adventure. We have seen a great deal of Essex due to my bus pass. He also loves

the train and the car. He is such a little character, who is so loving and devoted. Everyone in our area, who knows me, also knows Norman.



So having received my diagnosis, and having been made aware that I would have to receive chemotherapy and radiotherapy, I was in total shock. I live in a small area and we are all older residents which created a problem, as there was nobody I could ask to walk Norman for me.

I contacted my local authorities who gave me information regarding the "The Cinnamon Trust".

I contacted them and spoke to a lovely lady, who listened to my situation. I had already started my treatment, chemo once every 3 weeks and radiotherapy Monday to Friday daily for 7 weeks. Norman was taken round the block for a quick walk on occasions by a neighbour but I was feeling so guilty for feeling so unwell. It wasn't long before The Trust came to the rescue and we now have Sarah and Jill who take Norman for longer walks.

I have finished my treatment for now, but I'm aware I have more radiotherapy in March so I don't want to say goodbye to my ladies just yet.

Thank you all so much for your support, I would be in a much more stressful situation without your help



Lorraine Harrison from Cornwall says:

I first became involved with The Cinnamon Trust because I was sensing a deep feeling of loss, having lost my beautiful west highland terrier some time ago. I didn't know whether I wanted another dog or not, but it soon became clear to both my husband and myself that I was very much in need of a fur baby. I decided, therefore, to volunteer to walk dogs and firstly met Rupert. I only walked him twice when the family of the owner decided to adopt him. Lucky Rupert found his forever home so quickly.



The Trust called me to see if I could help with a foster and I became acquainted with a beautiful border collie called Meg. Her owner is a long term foster volunteer for Cinnamon Trust and needed some assistance with Meg whilst she had a few days holiday. Meg and I became firm friends very quickly and we're always thrilled to spend some time together.

My husband and I attempted, unsuccessfully, to adopt another west highland terrier but she was based in North Yorkshire which, considering I live in Cornwall, was going to be a prohibitive amount of travel, although my husband and I were more than happy to undertake the journey. However, the decision was taken out of my hands when the lady who was fostering the dog, decided that it was too far for me to travel and that I should be looking closer to home to adopt.

I informed the Cinnamon Trust that my adoption had failed and pretty much on the same day, I was contacted by them. They had an emergency situation and needed help with a Yorkshire terrier called Indigo, they asked if I could Short Term foster as his owner had been rushed in and may be hospitalised for some time. I was more than happy to take this little 11 year old bundle on and care for him until his owner came home.

When he arrived he settled remarkably well and is a lovely little dog. Despite having a bed, he decided to make himself a little bed on a woolen scarf on the sofa. Indigo does have a good set of lungs on him and barks every time the phone rings... He's so funny!.

The poor lad had a few problems though and when I called The Trust they were very good and suggested I take him to the vets and they would cover the cost. It turns out that he had a mouth infection and a few skin problems but nothing that couldn't be sorted out. Sarah and the Animal Welfare support team at The Trust were brilliant with their advice and he is so much better now. It feels good that he will go home to his Dad in really good shape. We are in no rush though, he has really grown on us and is a super little chap.

Thank you to everyone for letting us care for him and filling our furry nest.



Katrina Burrows also from Cornwall writes:

I had an emergency call from The Cinnamon Trust asking if I could foster a little dog called Pip for an owner who had been rushed into hospital. I am local to The Trust in Hayle and have fostered a few times since I joined as volunteer in 2021. I am a hairdresser and own my own salon so any dog I looked after comes to work with me.

Pip is a delight to be taking care of and a very affectionate cuddly little dog. The family have nicknamed him Fluff because he has this adorable white fluffy coat. Pip aka Fluffy, as my son calls him, happily comes to work with me in the salon. We go for a little stroll in the morning to the park and then he settles down by the radiator in his basket, he is so well behaved and loves absolutely everyone.



Some of my clients like to have him on their lap cuddling him while I do their hair, they are all interested to hear about The Trust and our fostering story and are very supportive.

At the end of the day we go home, Pip gets his tea and then goes for another little stroll and he is brilliant on the lead. Pip enjoys our good sized garden, patrolling the area for cats and birds. Birds in particular fascinate him and I have noticed he likes to sit there and look at the birds coming and going. He never chases them just observes.

The Cinnamon Trust have just let us know that Pip's mum is quite poorly and will be in hospital for a few weeks but I asked them to tell his mum not to worry he was safe with us and he is a credit to her.

The whole family would like to say a big thank you to The Cinnamon Trust for giving us a chance to help these adorable pets and help give peace of mind to their owners during hard times.



From Northumberland, **Maxine Downey** writes:

After seeing a Facebook Appeal for an urgent foster home needed for an elderly 15 year old Giant Schnauzer, we quickly offered our home. We are retired in a semi-rural area in Northumberland and have the time and love for another dog to join our family. We have transport and could easily collect from Tyne and Wear. Quink's mum was in respite care after catching covid and needed building up. Quink was going to be home alone and in urgent need of care so we had to help.

His mum loves updates and particularly loves seeing the photos of Quink on his travels with Reuben, our own dog. They have really bonded and one of their favourite walks is patrolling Hadrian's Wall together. Quink from day one has been a perfect gentleman, all our family adore him, and he loves going from one to the



other to get the fuss, which he deserves at his great age.

He particularly loves our grandchildren Sally and Roman. The photo shows Quink gazing adoringly at Sally who he loves to nuzzle up to. He very gently paws her for more fuss and cuddles. He is very sociable and made friends with all the neighbours and their dogs, and loves going on visits to them. There are only a few houses in our lane and Quink has been embraced by the whole community.

It's unbelievable how quickly he settled in and made himself at home. He loves the fire in the lounge and he is often found snuggled up on the rug next to it. He takes meds for his arthritis and his mobility is improving every day. He has been such a delight to foster and celebrated his 16th birthday with us. He is such a distinguished gentleman it's no wonder he has a legion of fans.



Mike and **Christina England** from Somerset say:

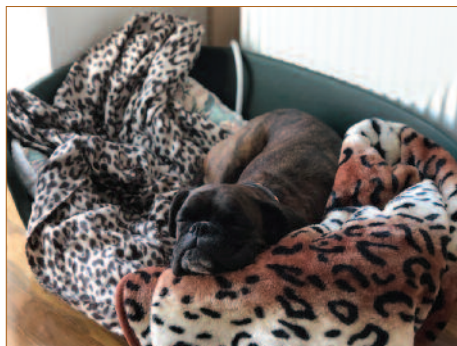
A Cinnamon Trust Tribute...

"It's ok just call Mike and Christine they are available" This sentence has been uttered by every fostering Co-ordinator at The Cinnamon Trust. They have been the most incredible volunteers who we have been able to depend on over the years. They never said "no", they never said "that sounds a bit difficult", if a pet needed help they would be there, and would welcome whoever it was with open arms. Without volunteers like "The Englands" we would not be able to help the hundreds of people who come to us in crisis and are so worried about their pets. Thank you Mike and Christine for your kindness and compassion, we will miss you both.

From Mike:

It is now nine years since Pip (my wife aka Christine) and myself volunteered to join The Trust and in that time, as you know, we have fostered numerous dogs of all shapes and sizes. We have also walked quite a few, starting with Jessie and Rosie for Mrs James in Farrington Gurney. We actually walked those two twice a week for five and a half years. They were both most unsociable and hated other dogs, but they loved us.

Later, we had our first short term foster, Lucky who came to us with a couple of hours' notice. Bit dirty and smelly one recalls, but still nothing a quick shampoo couldn't improve! He always told you which way he wanted to walk and would refuse to go any other way. Sadly his owner passed away after him being with us for two months. As we like fostering short term we held on until Cinnamon found him a new home and we delivered him to his forever home in Weymouth.



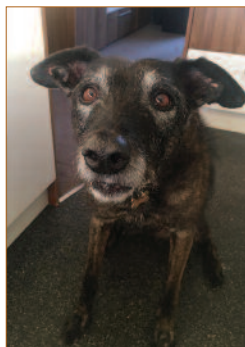
Lexi

Others came and went, most settled in within a day, or two. Some still stand out, Rio the Rottweiler, the kindest, gentlest dog you could ever wish to meet. Lexi the Boxer, a poor nervous girl who was under weight and with no sense of play in her. She also had a bad eye and we took her twice to eye experts in Newton Abbot, a one hundred and eighty mile round trip, for the operation and treatment. She recovered very well and learnt to play with other dogs, and bounce around like Boxers do. We really missed her when she went to her long term foster home in Devon. Then came Georgie, a rather posh Yorkshire Terrier who strutted rather than walked. He came to stay with his companion Missy, the cat, who was the only one we had to look after. They were very close, so we were so happy they were not separated.



Coco and Darcey

Little Dotty, settled in a whisker, but soon moved onto Hillside. We had regular updates on how well she was getting on, and we still hear from the late owner's daughter. There are many others, too many to mention. Last, but certainly not least, Mr Darcy and Coco both characters who loved their walks! Be it 7.30am, or 10pm when they wanted to go out, out we will go!



Twiggy

All good things have to come to an end however, and having reached the age of eighty two, on my second pacemaker, and having had a spell in hospital with a chest infection, I think that it is time to call it a day. The enthusiasm for jumping out of bed for the morning walk has gone. We will miss having a dog around, but for the time being will continue to walk Luna in Glastonbury on one day a week. Apart

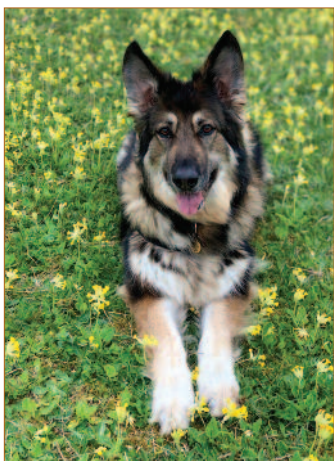
from that we reluctantly have to call time on short term fostering for The Cinnamon Trust.

Thank you for the past 9 years and if anyone reads this and is wondering if they can foster. Do it!! You won't regret it, Cinnamon support you every step of the way, and Pip and I have the most wonderful memories.



Now to catch up with a few of our Cinnamon pets in their life long foster homes:

Debbie Bennett from Hampshire writes:



Let me tell you about how volunteering for The Trust changed my life forever! I've been volunteering for The Trust since the Summer of 2013 and got assigned my first dog to walk right away. I was then asked to do a dog assessment and I met a bouncy 3 year old German Shepherd whose owner had hip issues and couldn't give her the walks she needed, her name was Poppy. I clicked right away with Poppy's owner Paula, and Poppy was a dream to walk! I passed all the info back to The Trust and carried on walking my other dogs. I walked Poppy most days and just fell in love with her. She was a pleasure to walk and play fetch with, and Paula and I would sit and chat.

Paula and I became firm friends over the next year, I only lived a 5 min walk away, and Poppy loved getting out to the park. Poppy came to stay with me when her owner went into hospital for an operation, and she got on great with my cats which was brilliant! As soon as Poppy's owner was better she went back home. We weren't to know that Poppy's owner would sadly pass away suddenly in October 2014. As I had fostered before The Trust asked if I would take Poppy on with their support, and of course, I said yes to my girl as I already adored her.

Poppy soon settled in at our house and unusually became best friends with Neeva our cat! They were inseparable! I couldn't have imagined how Poppy would enrich our lives. On holidays we discovered her love of the beach, digging in the sand and throwing sand all over us! Her obsession with balls! And her penchant for carrots, her favourite treat.

German Shepherds have a reputation, and people would cross the road to get away from us, not realising Poppy was the softest dog I've ever met. She once got

attacked and simply cowered and tried to get away. She wins over everyone she meets, everyone loves her. Beautiful inside and out.

We also discovered that she had inherited hip dysplasia, so The Trust had her referred for hydrotherapy immediately. She adored her weekly hydrotherapy session and would act like a young puppy when she got out the water! The Cinnamon Trust and their in-house vet are amazing with Poppy providing supplements and moral support. Over the years, Poppy has been more than a little accident prone, but she always just got on with it somehow and soldiered on!



When we had our son she amazed us once more with her patience, attentiveness, and love shown for our baby. When we had our fourth child, he was obsessed with her, constantly offering her gifts, and she just lay and let him stroke her gently. We quite often asked ourselves how did we get this lucky. When the children grew, she'd herd them if they ran off and bring them back to us. If she was separated from us she hated it, she once tried to pull over a full size wooden picnic bench trying to get to me and one of the kids who had popped into the bathroom! If we're building a train track she has to be right there in the middle of it all, not caring if the model trains come at her!

I call Poppy my shadow because she is always by my side. Wherever we are, she has to be. She doesn't care how big she is - she's coming on the sofa for lap cuddles!! We really feel Poppy is the perfect dog in every way, and we are so very lucky that she found us and let us be part of her family. And it's thanks to The Cinnamon Trust that we found each other.

*Poppy passed away on Sunday the 18th of September 2022 peacefully in her sleep. At 12 years old her heart gave out. We will be eternally grateful for the 8 years we had with her. A few weeks before she died she was on holiday with us running in the sea and sand. We had the best years of our lives with her, and she will be missed more than words can say. We see her everywhere, and feel the loss every moment. But we wouldn't change it for the world, she completed our family and filled our lives with happiness. Missing her this much and the pain of losing her just reinforces that for us, she was the best dog in the world. Her memory will live on in the multiple pieces of artwork she's in around the house, in the videos that make us smile, and she will always be in our hearts.

Catherine Tideswell from Leicestershire writes:

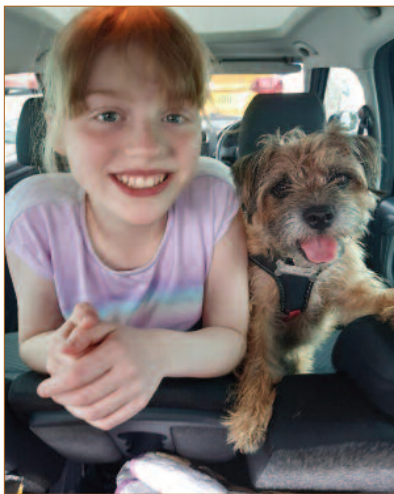
My first year - An interview with Millie Tideswell:

"So, Millie, it's been a year now that you've been with your family. Can you tell me what happened?"

"Yes. Sadly, my Mum went over the Rainbow Bridge last Summer, she had always told me not to worry if she wasn't around, because The Cinnamon Trust would take good care of me, so I wasn't worried. The Trust got me to a kind couple near Melton, but not before they freshened me up so I looked my best"

"So, what happened then?"

"Well I met my new Mum first and I thought she was nice, she looked kind and I decided I liked her. New Mum took me to the car and I was pleased to see she had all my stuff. There were other people in the car and they were small, but very friendly, especially the youngest. I could tell that she would be up for a play and fuss with me, but I played it cool"



"What about routines?"

"The youngest has to go to school 5 times a week, and that was a shame because I wanted her to stay and play with me. When New Mum dropped her to school with me I would shout at her not to go, but that's ok I just vowed to rough her teddies up a bit when I got home as punishment. I go with Mum to her place where she does "work" and there is a Toy Library for me which I love!! I get lots of fuss from the children and their people, so I am quite famous there"

"Do you have any time on your own?"

When the pack have to leave me at home, I get left with Radio 2, unfortunately, there isn't a Canine FM which I think is a scandal. I have to say being left was strange at first, these guys just coming and going, but I got used to it and used the time to just relax and write my poetry. My latest poem is entitled "Bone at last we are alone". At night I sleep with my 11-year-old 'sister'. My 'sister' also goes to gymnastics and she gets dropped off on a Friday evening, and again being away from her upsets me. Good job New Mum takes me for a walk to calm me down until she returns."

“Are there other pets?”

“Not sure what you mean by pets, but there is a fluff ball and I am told it is a golden Syrian hamster. A year ago, I thought this moving ball was very strange and sometimes it spooked me. Now I don’t usually bat an eyelid. Sadly we have never been introduced properly as I would love to say hello! There’s also a cat next door that wants to be friends, but I’m not interested.”

“Were there any teething troubles?”

I got taken to the vets around then because I was weeing on the carpet. They checked to see if my insides were OK and I got some medication. The tablets didn’t taste nice so New Mum ground them up!! My parents needed several attempts to get a wee sample, I wasn’t going to make it easy for them!! The vet didn’t find anything wrong, but I could have told them that.”

“What’s your favourite food?”

“Most stuff I can eat basically!! This kind guy at the park offered me a doggy ice cream last Summer because his dog didn’t want it, can you believe it!! Unfortunately, I got so excited I brought some of it up an hour later, so I never got offered any again. I love all sorts of bad carbs and I’m always on the lookout at the park, sadly my family are wise to it and pull me away. I get to eat chicken and James Wellbeloved meat mixed with kibbles on a daily basis. When the pack eats, I watch them, but sadly they don’t give me anything from their plate. Sometimes they’ll leave me some rice though which is nice”

“What motivates you?”

“Two things, food and a tennis ball. God’s best invention has to be a tennis ball!! It gives me the get up and go that I need. On walks I enjoy just carrying it. I like going for walks but I just need that extra push to get me off the couch!”

“Have you got any likes or ambitions?”

Well, I’ve got 3. The first is to eat anything I want but I doubt that will happen.

The second is to be a goalie for a top dog team, I am thinking Wolves would be good. I practice with the pack who kick the tennis ball, but they say I have to work on my aggression or I will get a red card!

Lastly I like to dress up, I’m a Leo and like attention. My Mum got me a pretty Santa dress from The Range and everyone adored me!! She’s clever with a needle and used the pattern of that dress to make me an Easter dress, it’s fantastic!!! I



have had calls on calls, but I haven't got any time for a modelling contract!"

"Do you like exercise?"

"Oh yes thank you! Terriers are a fit breed and need to be kept active. Mum finally let me off the lead in the park in May and it worked, I was a good girl. Sometimes I like to sniff and play with other dogs, secretly I wish I had a doggy friend..."

A few times a year I'll go to Soggy Dogs swimming baths, I'm a very good swimmer, of course, so I don't need a life jacket!! In July I went to Rutland Water, and I couldn't resist. Thankfully Mum had the extended lead, otherwise I could have just swum off

And finally, to wind down, I do "Doga" which is good for the joints and posture. You would think that my favourite position would be "downward dog", but no I have my own. I sit with my 2 back legs on one stair and my 2 front legs on the other stair. I call this one, the flying fox!

"And finally what are your thoughts about your new family and The Cinnamon Trust?"

The Cinnamon Trust have done a good job and I am very satisfied. I don't know if you have noticed, but I have started calling New Mum just Mum, she has passed the test. I don't think my first mum would mind at all, she would be happy that I love my Mum now just as much as I did her. The rest of the pack I also love, they have all done very well. My sister especially!



From Norfolk, **Hazel Ineson** writes:



At the end of May I was contacted by The Cinnamon Trust as two female cats were looking for a new home due to their Mum being terminally ill. Following many emails over the next few days it was agreed that the girls would come and live with me in Norfolk.

The girls were understandably nervous after their journey, and finding themselves in new surroundings. I gave them plenty of space to settle and was rewarded

by one coming to sit with me on the first evening, and the following morning her sister joined her. It has been a delight to watch them adjusting to their new home over the last six months.

I'm now woken with cuddles from them every morning, it could be affection or it could be so they can have their breakfast. They meet me at the door when I come home from work. Each has their favourite toys and love playtime.

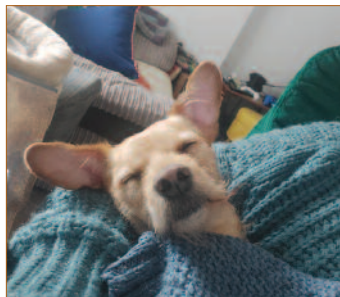
We've spent a lovely summer enjoying the garden together and now as Winter arrives, we all cuddle up on the sofa together. It's great to watch their ways and see them delight at chasing leaves, find the sunniest patches to laze in and weave round my legs when they need more attention.

Thank you so much Cinnamon Trust for entrusting these beautiful girls to me.



Martin and Jennifer Reed from Essex write:

It is now nearly two years since our beloved Kia passed over the Rainbow Bridge. She came to us in 2011 from The Cinnamon Trust as a young 3 year old German Shepherd in need of a home. She remained with us as a much loved member of the family until her passing. Moira at The Cinnamon Trust said the next German Shepherd that needed a home would be ours, but things can change quickly. At the beginning on November, Moira rang and said a small Terrier urgently needed a home, she told us the history of him and, of course, we said yes.



So on 5th of November a little firecracker named Buster arrived from Merseyside. When we first saw him we thought how nervous and thin he looked. We took him indoors and made a big fuss of him, I think he was a little traumatised after the journey, but a nice bowl of food seemed to help.

We had bought a new bed for him, but he just wanted to be with us, so when it was time for bed we took his bed upstairs, but it soon became clear that he did not know what stairs were. We then spent the next hour with Jenny at the top, and me at the bottom trying to persuade him that it was safe to go up and down stairs. It worked, and now he always beats us up the stairs at bedtime. His bed remains empty though, as he prefers our bed and given the chance will vanish under the duvet!

He did not appear to be house trained, but after a few puppy pads around the house, he soon got the idea and now is fully house trained. He also has separation issues, but on researching this, I discovered that Buster is a Patterdale

Terrier and separation issues is something common to this breed. So we now have lots of information about the problem and are working with advice from The Trust to resolve the problem.

Our first adventure was to take Buster to the horses. We have two old horses and are tenants at a stable yard with 8 acres of grassing. We let him out of the car, he saw the field and just galloped off into the field! We made a slow introduction to the horses, but he took no notice and continued his adventure.

His next adventure was to meet the little Cockapoo that lives next to door to the stables and was great friends with Kia. He arrived at the yard to be greeted by a growling Buster ready to rip his throat out, 6 kilos of pure fury! I don't think Buster has ever been socialised, so there was work to do. We put them both on their leads and went for walk round the field, half way round we let them off the leads and the rest is history. They are now 'Bestie's' and do everything together. They play fight for hours, and Ted has taught Buster how to get under the yard gates when shut and how to play with hay, they find it great fun to bury themselves under the hay and throw it everywhere. They now even have 'sleepovers'

Buster now weighs in at 8 k and is very fit. He enjoys life and is very much part of the family, although he thinks the sofa or a knee better to sleep on rather than in his bed, why did we buy it?

No sooner had I written this, what did he do, go into his bed!!!!!!

Thank you again for bringing such a beautiful boy into our lives.



David and **Floretta Clark** from West Sussex write:



Lewis lost his mum, and it was down to The Cinnamon Trust to find him a new home.

I lost all of my 3 boys within a year and all at 17yrs old. I only had one boy left who was missing them just as much as I was. We were lost and unhappy. I then got a call from Moira who told me about a cat called Lewis, a 6 year old Norwegian Forest cat who sounded gorgeous.

After a lot of chats with Moira, Lewis arrived with us, and was understandably scared when he first arrived. The Cinnamon Trust were so lovely and caring, and helped Lewis and myself all the way while we both got to know each other.

It was love at first sight. He is such a beautiful boy. I decided to learn more about Norwegian Forest cats, obviously from Norway, they were bred by Vikings to keep on their ships and deal with rats. They even made an appearance in Norse legend as drawing the goddess Freya's chariot, her cats were called Skogkatt in Norwegian, meaning literally "Forest Cat". Well if any cat could do this, it would be a Norwegian forest cat, they are huge!

Now three months later he's settled in and we all love him. He has a great personality. He's made my life happy again, and gets on with my little 14yr old Scottish fold, he's a changed cat too.

I can't thank The Cinnamon Trust enough for their support and the understanding they gave to us.



In Clackmannanshire **Emily Gibbs** and **Samuel Buckley** say:

"When we saw that Cody was looking for a long term foster home, my partner and I knew we just had to meet him! Having experience with sighthounds and Lurchers in our family circles, we were keen to rehome one of our own. Cody is a very handsome and elegant Saluki, and once he gets to know you, is one of the cuddliest dogs I've met! Sadly he didn't have a great start in life, being used as a bait dog in dog fighting. Thankfully he was rescued, and adopted by a lovely couple who had plenty of experience with Salukis. After a year in this new home, unexpected circumstances and illness meant that they were no longer able to care Cody. This is where The Cinnamon Trust stepped in and helped unite us with Cody last Summer.



Cody has been with us now for just over 7 months, and he has done so well at settling into his new home. As is typical of the breed, he loves a velvet blanket on a sofa or a bed, and will spend most evenings cuddled up with us in front of the TV. He absolutely loves his zoomies a couple of times a week- luckily as we live in Scotland we have plenty of fields and empty beaches around to do so! The Cinnamon Trust also support us by covering any dog park fees if we need to use them.

As you would expect with his history in the dog fighting the world, it has led him to be reactive to certain dogs and nervous of taller/larger men. We are working on helping him to remain calm in these situations rather than barking as a response

to these fears. We have gently introduced him to family members and friends, including their dogs, all of which he has now become best friends with! He is becoming a proper adventure dog- he can walk for miles and has already joined us on countless hikes, beach walks and has even been in a canoe! We look forward to taking him camping this year; he just loves to be involved in any adventure we go on.

Cody has done so well to cope with so much change in his life; he is only 4 years old! He is such a sweetheart and has made the most wonderful addition to our family. We want to thank all at The Cinnamon Trust and their supporters for helping Cody find a home with us. And to all the amazing volunteers who walked Cody while he was waiting to be rehomed - thank you!"



Ian Johnson Devon says:

My heart was broken in the darkest depths of the pandemic.

In May 2020 I had to make that awful decision that you will all understand, that my dear old boy Leo, a rescued Red Fell Terrier who had been my constant companion for 14 years, was just too poorly to soldier on at the ripe old age of nearly 17.

He had an aggressive and inoperable bladder tumour and had lost his indomitable Terrier spirit. It was awful to see him struggling, but the lockdown was making it impossible for me to be with him at the end, because my usual vet would not allow it. The Good Lord works in wonderful ways, however, and my neighbour at the time, a veterinary nurse who was just about to move out, saw my distress and told me her practice would ensure I could be with dear old Leo outside in the garden of a neighbouring church whilst they helped him on his way.

He passed peacefully in my arms on 12th May 2020 - a beautiful, sunny day.

Knowing he was at peace, out of pain, and that I had been with him for his final journey was of great comfort, but the void that his passing left in my heart and life was indescribable to those who have not experienced such a parting. I sought and received much support and solace from dear friends and spiritualists and even my dentist at the time who painted, from a photograph, a wonderful picture of Leo on his favourite beach in Cornwall.

Several dear friends suggested I should contact The Cinnamon Trust, of which I had heard, but knew little about. I have arthritic knees and, because of the limited mobility this entails, I had assumed I would never again know the joy of canine

companionship and didn't think I'd be of much use to them. I hadn't reckoned on the fantastically skillful staff at Cinnamon HQ who were very supportive and reassuring. They said they always make sure they find exactly the right match between volunteers and those needing their support.

Through two gentle dog walking assignments - Wendy, a dear old guide dog who loved a bit of time out of harness in a nearby park, and Skye, a sweet little Cavalier rescue dog with a very poorly heart, both sadly no longer with us - I gradually regained my canine 'connection' and confidence that I could, perhaps, have the great privilege of offering the right dog a home.

Knowing my circumstances and with perfect matching precision, The Cinnamon Trust brought wee Jock, a senior Terrier, into my life as a foster in 2021. The husband of the couple he had belonged to, had sadly passed away and his widow was in a care home, but missing Jock dreadfully. Jock and I gelled instantly and he went on to heart medication for a previously undiscovered murmur, thanks to The Cinnamon Trust.

Despite the pandemic, we were able to manage a visit to the lady in her care home. She was delighted to see him, and vice versa, to the extent that she was determined, with the right help and support from The Cinnamon Trust and neighbours, to return home and be reunited with him permanently. It was quite a wrench, but extremely uplifting to return him to her and see her absolute joy at having him home just before Christmas.

The New Year came and, after having thought that this really would mark the end of my dog caring career, the wonderful Cinnamon Trust came up trumps yet again.

Would I, as a matter of urgency, take in a poor little dog whose owner was terminally ill in hospital? Of course, I jumped at the chance even though it came out of such adversity.

Enter Minkie - a 12-year-old Miniature Pinscher (a breed of exceptional cuteness but singular and fairly feisty disposition). She was the apple of owner Chris' eye. Bought as a puppy from an exotic pet shop in South Africa. She had returned to the UK with him when he came home to lay his wife to rest, he and Minkie had been inseparable.

Minkie came to me for a month and, given the trauma of her recent life with a terribly ill owner, subject to visits from carers who she did not know and felt she had to 'protect' him, and was not reacting well to him



having nursing care. Partly because of this, Chris went into hospital.

When he returned home from hospital he could not bear to be parted from her and wanted to be reunited for whatever time he had left. When I took her home to him, his tears of joy and relief at being with her again, despite all the obstacles, would have melted the hardest heart.

Thanks to local dog walker Shona who had been exercising Minkie on behalf of The Cinnamon Trust and Tina another Trust volunteer and understanding carers, Minkie was able to be with Chris, latterly bed-ridden, until he passed away in May.

She is now back with me and I have fostered her officially, which was Chris' wish. He knew she would be safe with me. She is thriving and happy, though occasionally a little withdrawn when I think she is remembering Chris, her long journey from South Africa and her stay in quarantine, the only time they were ever parted other than during his short hospitalisation.

I am writing this letter to thank you for having the vision and determination to set up The Cinnamon Trust, for employing such wonderfully dedicated and skillful staff, and for making such a difference to the lives of the people and animals who come into your care.

Minkie and I will always be so grateful to you, as will countless other people and pets.

God bless you.



Judy Fearnley from Essex writes:



My name is Pip, a chocolate Burmese. I lived with my elderly owner so happily in a house with a lovely garden, where I played and climbed trees. One day my owner suddenly disappeared and two nice people put me in a basket and took me for a ride, it seemed a long time.

When I was let out it was into another house, with two people that spoke kindly to me and fed me Dreamies. But I didn't know where I

was, I looked all over and didn't recognise anything. That night, and I must admit, several nights, I called for my owner. I didn't know where she was. The two people were so kind and hugged and stroked me until I felt better.

After a while, I was eventually let out in the garden, it wasn't like my old garden, but it was very nice and had lots of places to explore. I always come in at night and the two people knew to give me Dreamies when I come in. They knew my old routines very well and I started to feel more at home. Once I had accepted that all was ok and I was staying, it was much easier to love the new people and, of course, the garden.

When we have a cuddle in the evening my new people tell me that I have bought so much joy, and tell me they love me. I am a lucky cat and feel very special.



Liz Taylor, our Community Services Manager writes:

At the moment we have 15 dogs that come into work with the staff at Cinnamon HQ and most of those are Cinnamon Pets in Long Term foster. We thought it would be nice to introduce you to a couple of them in each newsletter, and tell their stories.

Florence joined our family in January 2019 aged six years old, when sadly her Mum passed away. She settled in quickly and soon made herself at home. She let us know what she liked and didn't just like you'd expect from a Jack Russell! We soon learnt she loved a lap to lay on, belly rubs and cheese! She quickly learnt to play fetch and she loves a squeaky toy. For such a small pup, she has bags of personality. During lockdown when we would video call family, she insisted on being part of the action and would get herself in the middle of the four of us, centre stage on camera and she gets very jealous of anyone else receiving a hug or kiss.



Florence and Isabelle

She has adapted well over the past four years to living with a family and has learnt how to socialise with other dogs. She has taught my children resilience and the importance of respecting pet's space as Flo likes fuss on her own terms. The children also accept that she is considered the baby of the family and is spoilt rotten by us all.

She's joined us on so many adventures, she's enjoys daily walks on the dunes, weekly trips to the beach and has been cycling on the camel trail, visited engine houses, walked the coastal path and local Cornish gardens. She's even been camping. We couldn't imagine life without her and are eternally grateful that The Trust placed her in our care. The support from The Cinnamon Trust with holiday cover and vet bills is a bonus, but the medical advice and continuous support is mostly appreciated.



Sue Butler, part of our Welcome team tells her story:

I have always been a dog person, but when I lost my mum I took on the care of her rather grumpy ginger tom called J. Sadly we lost him a year after I started working at The Cinnamon Trust. A few months later in December 2012, I was asked if I could look after a Cinnamon Point Siamese cat called Sky while they found her a home. At the tender age of 4 years she had already lost 2 owners, the elderly lady that bought her as a kitten and one of our Long Term Fosterers. She arrived at the office and as it's full of dogs, I was told to take her home. On the way there was a car accident in front of me, I slammed my brakes on and she said "meh!"



I arrived home, let her out of her carrier and she shot behind the sofa where she stayed for 2 days only coming out when we were asleep to feed. Day 3, she stomped out from behind the sofa went straight onto my partner Colin's lap, and the great love affair began! Sky did not need to be found another home as she decided she was staying.

Over the years we have found the things she loves, Colin, custard and ice-cream and the things she dislikes, dogs, cats and me if too close to Colin. She likes to spend her evenings on a floor cushion with him, wrapped up in her fleecy blanket. By the way the custard has to be Sainsbury's Taste the Difference, none of your tinned rubbish.

Sky is a much loved member of our family and with the invaluable support of The Cinnamon Trust we feel secure for her future.

I'm one of the Volunteer Coordinators in the office in Hayle and feel very privileged to work here. We talk to many people with some sad, some funny and some inspirational stories. The first time an owner said to me "If it wasn't for you I'd have lost my dog" I knew I was in the right place.

“Lady O”

We were contacted by Lady Tamara O’ Hagan who called very concerned about the future of her sheep. At 96 she was struggling with their care, and also with the thought that if the inevitable happened, what would happen to them. It became clear very quickly that Lady O’s sheep were her pets and her life’s work. She had been rescuing sheep for over 30 years and had hand reared many of the 12 she currently had. She told us their names, Butterfly, Mamoon, Bluemoon, Starlight, Independence, Little Independence, Flora, and Flora of many colours, Harvest Home, Isabella, Friend and Heysel.



Every day they came into the kitchen for breakfast and a cuddle, but that was becoming dangerous as it was a small space and she was becoming frail. Also the cold weather had also stopped her walking out to see to them in the barns. Lady O was beside herself with worry.

What could we do with 12 pet sheep who were used to coming into the house and being hand fed?? The answer, of course, was to build a shelter next to Poldarves farmhouse! We discussed plans with Lady O and reassured her that when the time came we would be there for her and her beloved sheep. We told her not to worry, we would love them as much as she did and she was very happy, particularly after she had spoken to Eileen at the Sanctuary and told her everything she would need to know about their personalities and how to care for them.

Then we got a call from Teona, Lady O’s daughter, who told us that she had broken her hip and had to go into respite care. The time had come and our “O’ Hagan sheep” came to Poldarves. They were a bit bewildered when they arrived, but, as we always find out as much as we can about pets coming to us, we soon made them feel at home. Lady O has had regular updates and photos and is very happy to know her fleecy family are being loved and cared for.



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

Catherine Flanagan (Hertfordshire), **Carol Haque** (Cornwall), **Bernard Rinvulcri** (Denbighshire), **Michael & Sheila Buckey** (Surrey), **Oliver Hicks** (Hampshire) and **Ian Curtis** (Rutland)

Long Service Awards (over 10 years) to:

Susan Stoker (Kent), **Kate Dixon** (Devon), **Janet Munns** (Bedfordshire), **Sandra**

Gregory (Devon), **Brian Rowe** (Cornwall), **Nickie Johnson** (Dorset), **Kay Gerrett** (Somerset), **Amanda Hawke** (Middlesex), **Brian & June Rose** (Cheshire), **Phillips Belam** (West Midlands), **Lynda Mortimer** (Wiltshire), **Beverley Hadden** (Cornwall), **Teresa Kelly** (Somerset), **Jane Smith** (Worcestershire), **Sheila Ford** (Dorset), **Ann Nahodil** (Norfolk), **Amy Roberts** (Lancashire), **Joanne Wade** (Bedfordshire), **Gwyneth Towler** (Bedfordshire), **Ann Canfer** (Hampshire), **Trish Payne** (Dorset), **Simon Adams** (Dorset), **Margaret Brewer** (Devon), **Laraine Small** (Devon), **Susan Craddock** (Hampshire), **Julia Robinson** (Warwickshire).

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

Caroline Gee (Cheshire), **Christine Murphy** (Warwickshire), **John Ambrose & Emma Shorrock** (Lincolnshire), **Dilys Vaughan, Phillipa Toleman & Viviennee Parish** (Merseyside).

To each and every one of our eighteen thousand plus registered volunteers, thank you. Thank you for being there, for your dedication, for your kindness, for your love and your time. The impact you make is immeasurable and without you this would, for thousands of people be so dark and so sad. You bring sunshine, you bring love and you bring joy.



Hillside Farm Sanctuary

It's been a Winter full of warm cuddles and cosy fun at Hillside. The tail end of Autumn saw us visiting Strawberry Fields Pumpkin Fest with the dogs who enjoyed getting in the spirit of the season.

One of our favourite Winter traditions is going to pick out the Christmas tree and Jake did a great job of assisting the team on this matter. Our excitement continued with a trip to our local Garden Centre, which was magically decorated for the festive season, the dogs loved exploring the polar bear and the singing penguins.

Saddest of times, we have had to say goodbye to some of our lovely residents.

Babby, our beautiful Tabby Girl, aged 16 years.

Harbour Princess, our beautiful Thoroughbred Horse, aged 21½ years.

Ginger, our handsome Ginger boy, aged 17 years.

Poppy, our beautiful Black & White Collie, aged 15 years.

Heidi, our gorgeous Fawn Lurcher, aged 15 years.

Rossi, our handsome Black & white Cat, aged 17 years.

Pancy, our beautiful Tabby & White Girl, aged 16½ years.

Billy Boy, our sweet gentle Black & White, aged 14 years.
Sam, our handsome Yellow Labrador, aged 12¾ years.

All are greatly missed, but forever lovingly remembered in our treasured memories.



But through the sadness we always find ways to share a little love and kindness for each other, and so for Valentine's Day we opened up our Hillside Kissing Booth! Smooches from pooches and kisses from kitties!

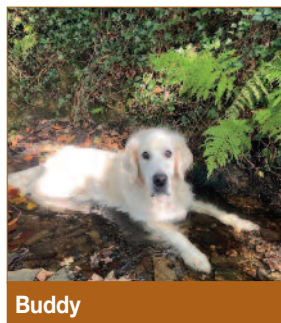
Breaks in the blustery weather have allowed us to have fun out and about. We recently visited Davidstowe for a walk about, had an impromptu picnic for Buddy's birthday in Simmons Park and dropped by one of our favourites, Roadford Lake, for a relaxing stroll.

New arrivals

Buster – Buddy, handsome Golden Retriever, aged 12 years. A true gentleman retriever, so gentle and sweet natured and handsome to boot. Buddy absolutely loves cuddles, snuggles and tummy rubs. He will come to you and melt to the floor at your feet for cuddles, where he will roll onto his side and lift his front paw inviting you in to give a good old tummy rub, but if we dare stop we will get a nudge from the raised paw to encourage us to continue with the rubs. Buddy has an amazing voice, he makes the loveliest song when he gets excited, it's a cross between a bay and a woof, but long and deep in a hushed tone, it is so lovely to hear and he does encourage a few of the other residents to join in too. Buddy is a total cuddle monster, who just loves everyone and everything, he is a truly gentle boy with so much love to give which is gratefully received by all who meet him.



Buddy



Buddy



Tipsy and Bobby

The Twaddle Trio of Black Cats – **Bobby, Penny** and **Tipsy** (aka Two Pence) all aged 16 years approx. All three are very lovely cats, although they are all black and look so alike, each of them have such different personalities.

Bobby is a little shy and will keep himself to himself at first, until he is better acquainted with you, and then just try and stop him chatting away and demanding chin scratches!



Penny

Penny is very sweet and confident, she is first to seek attention and likes to sit on your chest and using her front legs she will pin herself to you so you cannot move, and have to give her attention continuously. Penny loves playing ball and will chase around the cat rooms entertaining herself, she is also very good at climbing.

Tipsy is also quite confident and likes attention, he will follow you and look at you until you stop and give him a stroke, and then he will demand that you do not stop.



Zippy

Zippy, a very Handsome Liver & White Springer Spaniel, aged 15 years. A truly sweet and gentle boy, with the wiggliest tail that never stops. He is a very playful chap who loves to play chase and he bounces as he goes, he loves a fuss and will literally throw himself on the floor and roll over for his tummy rubs.



Lulu

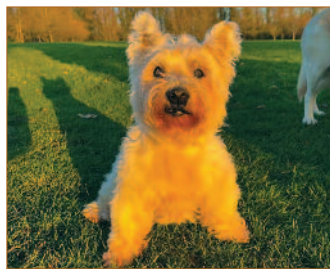
Lulu, a beautiful Black & White English Pointer, aged 12 years. A very confident sweet girl, who settled in very well as she took everything in her stride, she explored the rooms with great eagerness and greeted the resident dogs with equal enthusiasm. Lulu is all legs and she is very nimble on them too; she trots around with an air of superiority, but when it comes to getting down in the mud she does not hold back. Lulu likes to paddle in the stream, just as long as the water is not too high, as she does not seem to like to get her tummy wet. She is true to her breed and will sniff out any unsuspecting pheasant on the walk, luckily they all seem to be faster than she is.

Maisie is a beautiful Yorkshire Terrier X Jack Russell Terrier aged 16 years. Maisie is an absolute sweetheart, she is full of life and she is into everything, there is no stopping her. Maisie has the colouring of a Yorkie, but the determination of a JRT and she will do what she wants to do and there is no persuading her otherwise. Chicken is Maisie's one true food love, and she will bark and bark until she gets some, when she gets a whiff of it freshly cooked straight from the heritage cooker.



Maisie

Barney. Handsome Westie, aged 17 years. Barney is an adorable bundle of fluff, he looks like a teddy bear, and has the countenance to match. It's no surprise that this kind and happy soul has not one, but two girlfriends at Hillside, Maisie and Holly, and you will often find Barney snuggled up in a bed with one or sometimes even both of them.



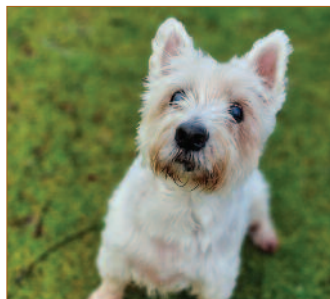
Barney

Ben. Gorgeous Black & White (Blue Roan) Cocker Spaniel, aged 14 years. Ben is such a sweet boy who loves everything and everyone, he is a full of life character who has a very waggy tail, in fact it rarely stops. Ben Loves cuddles and likes to sit on your lap for a snooze, he is a very gentle soul who just loves to be loved. Ben really enjoys his food and he gets very excited and bouncy at meal times. Ben also loves his walks and will trot around the fields happily. He gets very excited with the other dogs and will jump up and down.



Ben

Jack. Handsome Westie, aged 12 years. Jack is very sweet, but quite an independent chap. Jack loves a cuddle, and will gently bark for your attention. He will proudly sit on your lap having pats and scratches. Jack spends most of his days snoozing, however he comes alive at food times, barking and trotting around wagging his tail.



Jack

Beckie & Bonnie. Beautiful Corgis, aged 8 years & 10 years respectively. At first Beckie was a little more reserved, while Bonnie was happy to explore, but that soon changed and both girls decided that Hillside was a fun place and are now exploring every inch of



Beckie and Bonnie

it together. Both Beckie and Bonnie enjoy their food, Bonnie likes to savour the taste while Beckie doesn't let it touch the sides, before looking to see if she can have someone else's food to try. Beckie loves to chase around after some of the other dogs, which Bonnie will join in with, but in short bouts. Bonnie generally likes her walks a little more sedate and casual,

having lots of sniffs along the way, although she will chase a ball when the mood takes her, which is great to see.



Brenda

Brenda. A pretty beagle, aged 13. Brenda has the most incredible nose and is super smart. She can sniff out an edible treat from miles away, this little rascal is keeping all the team on their toes, whether that's trying to save their lunch boxes from Brenda's quick lips, getting Brenda out of the bins, stopping her from pinching treats from the other residents or preventing her from knocking bowls and food off the side. She has the sweetest little beagle howl, big puppy dog eyes, head tilt and wrinkly forehead; which makes this mischievous girl get away with causing chaos whilst following her nose.

With the last wilds of Winter giving way to warmer weather, we're looking forward to seeing the trees blossom and watching the local wildlife go about its busy spring business. The tortoises are especially eager for some sunshine on their shells. We can't wait to take the dogs to the bluebell fields when they bloom, and we are already busy planning our Coronation celebrations as well as our annual sports day and fun both at home and further afield.



Poldarves Farm Sanctuary

It is with much sadness that we said goodbye to some wonderful pets.

Gemma (14) Blue and Tan Yorkie

Chilli (13) Blond Lurcher

Lullabelle (17) Dachshund

Milo (18) DSH Black and White Cat

Murphy (15) Patterdale Terrier

Danny (17) Fawn Lurcher

Sindy (15) Tortoiseshell Cat

Sheema (17) DSH Black Cat

We welcome new arrivals to the Poldarves Farm sanctuary.

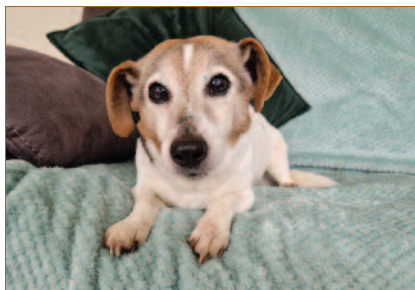
Bella, (17) Jack Russell Terrier: The Sofa Queen! She loves her snuggles, but when she is asked to come down for walks, she is quite adamant that she isn't going anywhere and suggests, quite forcefully, for us not to come near her sofa.

Benji (12) Shih Tzu: Benji is a great speaker! He chats a lot and tells you exactly what he wants. He will pick up his ball, drop it at your feet, and speak to you until you throw it for him. Then he'll bring it back and then its roll and repeat! He loves to be groomed and will fall asleep getting his beard trimmed. He has a favourite lady and will have lots of fun playing with Daisy.

Daisy (13) Jack Russell Terrier: She is such a lovely little girl, she will sit on the back of the sofa looking out of the window in her own little world, and then Benji comes in the room and, action!! He is her favourite and they play for hours together.

Patch (15) Jack Russell Terrier: very sweet quiet little dog and then the food comes! He eats his dinner with great enthusiasm. Patch loves to go out in the car for a ride round and often joins us on trips to the shops or if we are visiting HQ

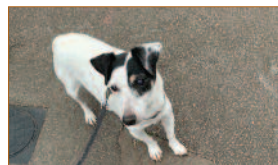
Ben (15) Chihuahua x JRT: Ben likes a cup of tea in the morning and has his very own cup or he does the rounds at break time trying to drink everyone else's. Ben is an explorer and adores the gardens, and has taken to following Rossi around like his big brother.



Bella



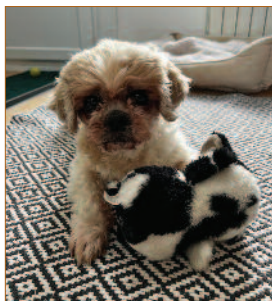
Daisy and Benji



Patch

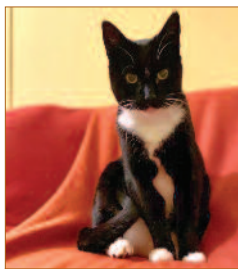


Ben



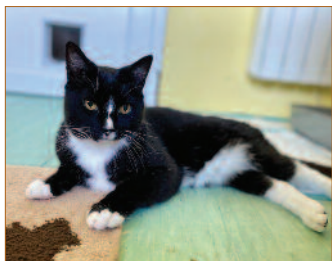
Tootsie

Tootsie (16) Shih Tzu: A very, very cute and cuddly girl. Tootsie is quiet in the house, but when she is on her walks she is full of joy and will suddenly do zoomies. You can tell Tootsie is around as you'll suddenly feel a cat like rub on your legs, only bigger!



Pickle

Pickle and **Whisky** (16) are brother cats: Two lovely boys, Whisky is more outgoing and likes to "chatter" to you. Pickle is a bit quieter, but is becoming much more confident. They are both night birds and will run around in the evening and love to go through the cat flaps at top speed, and all that can be heard, are cat flaps opening and closing, all over the cat house!



Whisky

Suki and **Ming** (15) are brother and sister Burmese cats: This brother and sister are inseparable. They snuggle up together and often will make a threesome cuddling with another cat. Ming will head butt you for attention and is super cuddly and will walk all over the staff from chest to head. Suki loves to be stroked and will pull your hand towards her if you're not giving her enough loving.

Babe and **Blackie** two little hens came together, hand reared by their mum. Very timid when they first arrived, and although they are still inseparable they are now very confident and will go worm hunting with all the others.

We always have fun at Poldarves Farm. Christmas came and went. Poldarves had its very own Grotto and even had a visit from Father Christmas. The



Suki



Ming



Babe and Blackie

residents all got gifts and of course, Christmas lunch. On Valentine's Day, we had our own "Blind Date"



Each staff member had a blind date with a resident. In the morning the staff members were given a card with their date's name and their destination. They were sent to Cornish landmarks, we tried to keep them in the opposite direction to where they live, so they could explore somewhere they may not have been before. We

had dates at St Michael's Mount, Gwithian Beach for ice cream, Porthleven and the Promenade in Penzance.

James had a very special date with **Pepper** the lady pig. They had dinner on the lawn with bubbly, cake, grapes and some red roses! You can tell by the photo they both had a lovely time!

Amber and **Misty** enjoyed the historic town of Porthleven. Misty was particularly taken with a stall selling fresh fish!!

Emma and **Suzie** went on a double date with **Dylan** and **Maisie** to a boating lake in Helston, where they were met with a bunch of flowers by Alan the Park Warden. This was followed by ice cream at the café.



Emma, Suzie, Alan Edwards (Park Warden) Dylan and Maisie



Poldarves Farm Christmas day



James and Pepper



Amber and Mitzi



Meg, Daisy, Izzy and Pepe

Another double date was **Meg** and **Daisy** with **Izzy** and **Pepe** who went to St Michaels Mount, one of the most recognised places in Cornwall, and where they filmed a lot of the program “House of Dragons”. Thankfully, there were no dragons that day!

Jess and **Rossi** were delighted with their pairing and a beautiful walk on the Towans. Just sitting, taking everything in, and

spending quality time together.



Jess and Rossi

It was a lovely day for the staff and the residents, the team were all fantastic and really embraced the fun. We do our best to make every day special but this was very special.

It's already Spring here at Poldarves and so beautiful with the all the flowers and life emerging from its Winter sleep. We are so lucky, and every day is a blessing.



Poetry Corner

Tissues at the ready, we received this poem from **Carol Seager**:

Love Will Never Forget

Just inside
Heaven's gate
Silently wait
All the dogs
All the dogs

Some wait a few days
Some wait many decades
Dogs have no purpose for clocks
No clocks

And anyway
Inside of time
All is slow
There's no rush, no hurry

Things go as they go
And a wait
May not feel like
A wait

An angel may call
They may chase a ball
But soon
They'll be back at the gate
And they'll wait

They are waiting there still
They are waiting there yet
All the love they have known
They will never forget
Love will never forget

Helen Rogers wrote this poem about her Springer Spaniel, **Rufus**:

He jumped up on my bed one day and snuggled right close in
He laid his head across my chest, a paw under my chin
Then questioned me with soft brown eyes to say
Must I get down or can I stay?

I stroked him with a loving smile
It's ok my boy you can stay a while
He sighed at me contentedly
Enjoying the bond 'tween him and me'

He came to say at 8 weeks old
'He'll calm down by ten' we then were told
We wondered what we'd take on
Unrestrained energy, relaxation gone!

But gradually he learnt the tools
To obey the words and accept the rules
And trust and love grew with the bond
But testing too – oh he's in the pond!

Through the flower beds running free
Soaking wet ignoring me
I shout at him and his reckless fun
But unaware of what he's done

Round the garden in the door
Oh look at the state of the kitchen floor
He knows I'm cross and wants to hide
But devotion drives him to my side

He wants to know it's all forgiven
His need for me is inward driven
He offers me a soggy paw
My love for him he must restore

And so I let him on my knee
Just a bit of mud 'tween you and me'
Those soft brown eyes, you're here for keeps
And in my arms with contentment sleeps

Now this poem sent in by **Pat France**:

My dog

The one who listens when I talk
The one who cheers my lonely walk
The one who nuzzles when I cry
The one who comforts when I sigh
Who else could match my every mood?
Who else would feed on scraps of food?
Who else would prompt this monologue?
Who else but you....
My loving dog.



And Finally....

Last year was a record breaker! We helped over 155,000 people with over 156,000 pets. We have over 200 pets in our two fantastic sanctuaries, over 1,000 pets in life long foster, 95,000 friends following us on Facebook and over 18,000 volunteers walking and helping whenever they can. A massive thank you to you all, friends, members, volunteers and our wonderful Cinnamon staff family.

Take care

Patrick Williams
Chief Executive

