

# NEWSLETTER

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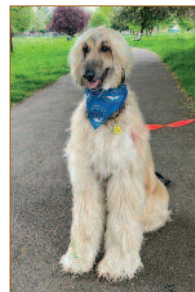
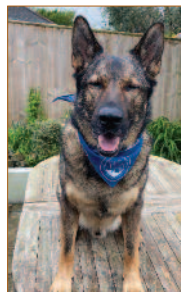


**Christmas 2023**

**Number 75**

## Dear Friends,

What a year it has been! The Big Walk as part of The Big Help Out, a visit of millionaires to our Hillside Farm Sanctuary in Devon, and the relaunch of our pet profiling service! Three events, all very different, but all sharing the wonderful work of our fabulous volunteers, members and helpers.



With over 40 walks around the country, The Cinnamon Trust is getting even better known. Over 700 walkers made their way around local walks in sun, wind and definitely the rain here in Cornwall, but despite the weather – there were smiles all around!



We also celebrate three wonderful ladies, all notching up 20 years each at The Cinnamon Trust. From left to right, **Jeanette** who looks after the Aftercare Team and keeps us all up to date with our Volunteers and the people we help, **Moir**, who this year retired from The Trust and has moved back to Bonnie Scotland. As our Long Term Foster Coordinator, Moira had placed over 6000 pets in new loving homes with new friends to care for them. Memories to be made and cherished. And last, but not least, **Marnie**, our Head of Operations, whose vision and dedication in organising the Big Walks across the country, played a pivotal role in making the event such a memorable and wonderful experience for all those involved. Congratulations to these three ladies and all the staff for their continuing hard work.





## Catalogue

Lots of wonderful gifts in our catalogue this year – there is something for everyone, especially our four legged friends, - our special bandana, even peanut flavoured bubbles from a battery powered gun and the ever popular cheesy stars made here in Hayle! For our feline friends, we have a wonderful moving mouse - Vibromouse – with a mind of its own! And you have to try the Cocoba Salted Toffee truffles – definitely a winner!

## Christmas Card

Linda Rush has done her magic yet again, with the pets from Poldarves and Hillside sanctuaries, posing in front of the television in preparation for the Kings First Christmas speech! Not only a fabulous card but a tea towel as well!



**Benji**



**Carla**

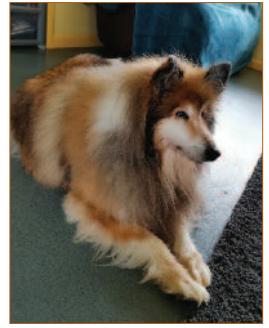




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Kai



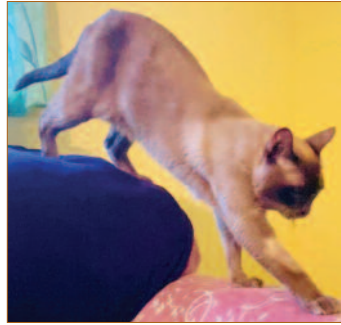
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Lucy



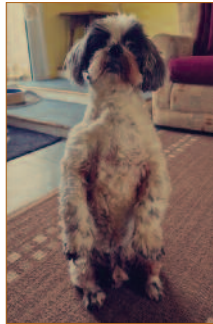
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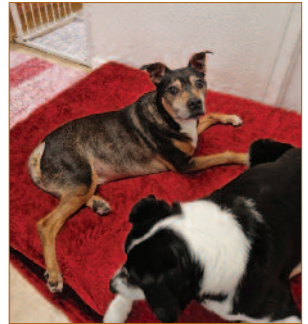
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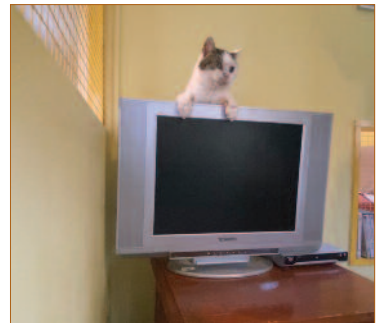
Rossi



Suki



Tess



Tilly

## CT '100' Club

So far this year the lucky winners have been Jan: **Ann Saunders** (Surrey) Feb: **Sheila Clements** (Warwickshire) March: **Diane Senior** (Shropshire) April: **Cynthia Shorter** (Dorset) May: **Pamela Springthorpe** (Isle of Arran) June: **Julia Isaacs** (West Sussex) July: **Gaynor Ridgway** (Staffordshire)

Forms for the new start are enclosed. If you pay by standing order, and wish to continue, just send the form back marked "standing order" and we will send you a new lucky number!



## Volunteer Views

**Louise Round** writes from Norfolk:

I started volunteering for The Cinnamon Trust over a couple of years ago during Covid, as I thought there might have been an increase in people needing help with their dogs during that difficult time.



Bindi the Terrier is my second Cinnamon Trust dog and she's a total sweetie. As soon as I met her, and her owner Poppy, I knew that we were going to get along famously. Bindi is a gorgeous little rough-coat Terrier, with a wonderful temperament. She was a little shy when I took her out for the first time, but by the end of the walk she was jumping into the nearby river and barking at me to throw a stick for her. Our friendship was sealed when she finally took a treat from me.

I've been walking Bindi for a few months now and, not only do I look forward to seeing her every week, it also gives me the chance to catch-up with Poppy - and I love our chats. I try to take Bindi out a couple of times a week and, as she gets on so well with my dog, as well as my friend's dog, we go for long walks in one big, happy group. We regularly take trips to the beach (I'm a cold-water swimmer and Bindi has even joined me for a dip on occasion), the burrows and our village woods; and nothing beats seeing Bindi running around with her tail in the air and a big smile on her face!

Knowing how much enjoyment Bindi gets from our adventures – and how relieved

Poppy is that she's able to go out and get some exercise – means so much to me. I love the conversations I have with Poppy when I call round to pick up her pooch and, seeing how excited Bindi is to see me when I knock on the door, is reward enough in itself.

I know that I'm helping Poppy and Bindi with my volunteering for The Cinnamon Trust, but it also gives me an enormous sense of wellbeing. My life is much richer for having them both in it.



**Abbie Irvin** in Yorkshire says:

I applied to be a dog walking volunteer for The Cinnamon Trust back in the early months of 2020 and only a few weeks passed before I was emailed about walking a Beagle, called Fudge. I have always loved animals and I love helping people, so this volunteer role was the perfect thing for me.



My goodness how time flies!! When I started walking Fudge we were in one of the lockdowns and the world was a different place. At this point I was on furlough with my job at the time, so walking Fudge had a really positive impact on my mental health. It was a special feeling being a key worker and feeling like I was making a real contribution. It was also nice for Fudge's owner, Margery, to have someone to chat with in this lonely time.

Fudge is quite the character, he is around 13 years old now and a rescue dog. He has always been rather stubborn and likes to do his own thing, however he has definitely warmed to me over time and we have a good bond. He is still very set in his ways and during our walks if this dog wants to go a sniff something, oh will he sniff it and for as long as he pleases!

Fudge is not a fan of rainy weather and we have had to reschedule our walks a few times due to this. One time, we were on a walk already and well on our way when suddenly it began to pour down. It was the funniest thing as Fudge, usually a very slow walker, immediately turned around and started dragging me back home.

It has been lovely to build relationships with Fudge and Margery over the years. Knowing I am helping them be together has been one of the most rewarding parts of volunteering. It made me realise that at times Margery and Fudge only have each other. I am so glad I decided to sign up to volunteer with The Cinnamon Trust, I absolutely love it and I hope to help for many more years.

From Devon, **Emma Torry** writes:

Our gorgeous sprocker spaniel, Tig, died in May 2022 at the grand old age of 15. We were lucky to have had him as part of our family from a puppy, he was a total joy and missed so much. I felt a huge hole in my heart after he died and didn't feel that I could 'replace' him, but missed having a companion and 'purpose' to walk. I had heard about The Cinnamon Trust through my nursing and decided that it may be a good thing to support.



The application process was straightforward and after references were taken up I was asked to walk Boo. She (although it took me some time to remember she was a girl after 15 years walking a boy!), is a gorgeous Westie! She is fun, cheeky and playful and such a unique character, who has brought me so much joy!

Boo loves nothing more than getting grubby especially when she is clean! Fortunately her owner is very understanding when we return often filthy and Boo is looking more like a Scottie than a Westie, only too happy that Boo has clearly had a lovely time in the beautiful surroundings near to her home.

I feel privileged to have the opportunity to help those unable to get out so much but particularly to walk this gorgeous girl.

Just look at her!

How lucky am I!



**Liberty Strang**, part of the wonderful team at our **Hillside Sanctuary** in Devon writes:

I've been walking Duffy for nearly a year now. I can't tell you how much she brightens my week. In this current climate, the joy of a four legged companion on a Devonshire stroll is so very welcomed.

Duffy is such a beautiful little soul, I can hear her excited squeak as I pull into the drive to collect her. I'm not the only one grateful for Duffy's company, my dog Scruffy has become her biggest fan! We head to the woods together for some



much needed fun, peace and happiness. As long as we have a ball, a handful of tasty snacks and a comfy blanket for a rest then we're good to go! Duffys the first to tell me when she wants the ball by nudging my leg with her little nose!

I'm lucky enough to work full time for The Cinnamon Trust at Hillside Sanctuary and have seen first-hand how much support is offered to so many animals. The benefits we can gain ourselves from dogs, when we take the time to just be with them, is endless. Volunteer dog walking was a no brainer for me, I love walking and I love dogs! Duff's Dad loves her so much and is so pleased that she gets to go out with her friends for some fun.



I can only say to anyone reading this that if you yourself could do with a little pick me up and want to offer friendship to something as special as a dog then don't hesitate to volunteer for The Trust.

The relationship I have built is priceless and the feel good factor is huge! Duffy has had a big impact on my life and it wouldn't be the same without her bundles of appreciation, love, affection and excited squeaks!



**Rosemary** and **Robert Harvey** from Dorset:

*Extract from an Interview by The Sherborne Times featuring our volunteer Rosanna Harvey and Mandy Scott from The Cinnamon Trust*

"I first volunteered for The Cinnamon Trust when we lived in Surrey and was working full-time in London," explains Rosanna, a former Civil Servant who has lived in Westbury, Sherborne, with her husband Robert for the past ten years. "I grew up with dachshunds and always wanted a dog of my own but could never make the commitment because of my hours. When we moved to Sherborne I knew I wanted to carry it on, not just because it's good exercise but because it's a great way to meet people. I'll pop in for a chat over a cup of



tea and a slice of cake, and if you've been walking their dogs for a while you develop a friendship."

Rosanna's work for The Cinnamon Trust has also meant that she and her husband Robert have grown to know the area well. "When we first moved down, I'd get out the Ordnance Survey map, stick a pin in it, and say, "OK, let's take the dog for a walk there," says Robert, a former cartographer. "The walk at Thornford across the meadows has become a firm favourite – all the dogs love splashing about in the river. And, of course, we enjoy walking down by the Castle when it's not too muddy."

Today, despite gathering thunder clouds, Rosanna is off to walk Tasha, an affectionate ten-year-old black and white working cocker with doleful eyes and a sure contender for Sherborne's waggiest tail. Grabbing a lead, a handful of dog treats and checking her coat pockets for poo bags ('Handbags, pockets, purses... they are stuffed into every orifice!'), she knocks on the front door of her neighbour, Peter, who turned to The Cinnamon Trust for help when his wife developed dementia.

"Knowing that Rosanna can give Tasha a nice long walk is a comfort because I'm unable to leave my wife alone for any length of time," says Peter, who moved with his wife to Sherborne three years ago from North Devon. "Tasha always returns tired but happy after her walks up at the Terraces, and then will sit happily on the sofa next to my wife for hours. She's the best carer."

This sentiment is echoed by fellow Sherborne residents Sue and Chris, who enlisted Rosanna's help when Sue had a three-week spell in Yeovil Hospital. The proud owners of two-year-old Coco, a cuddly, sweet-natured labradoodle with a beautiful 'just- stepped-out-of-the-salon' blonde coat, heard about The Cinnamon Trust through Reverend Lesley McCreadie, and were impressed just how quickly the team was able to spring into action. "It was just short- term but it meant I could relax knowing that Coco had three good one-hour walks a week" says Sue, a former nurse. "Coco had a wonderful time going on lots of long walks with different volunteers – it got to the point when she had her own engagement calendar!"



From **Mandy** at The Cinnamon Trust

"One of the key things The Cinnamon Trust is able to give the elderly dog owner", says Mandy, 'is time – time to recuperate properly without the stress of worrying about their beloved pet. They might have lost the ability to walk because of a fall or have mobility issues, but whatever it is, we take the pressure off them. As soon as they've put the phone down from us the stress just lifts and for the



housebound, it really opens up a whole new world because they get to see new faces.'

'We do our best to match the dog to the walker. When the owner signs up we take time to find out about their pet – their quirks, their routines, whether they're a sniffer or a plodder. If the volunteer is looking for a ten-mile hike, for example, a constant sniffer won't be for them.'

For Rosanna, plodders, sniffers, sprinters are all welcome. Just me, the dog, the beautiful Dorset countryside and, at this time of year, a lot of mud!' A massive thank you to Claire Bowman for the feature and the lovely photography by Katharine Davies.



**Gordon Smyth** and **Tina Wood** in Clackmannanshire write:-

My partner Gordon and I are ex-dog owners and very much dog lovers. Due to crazy hobbies such as paragliding and motorbikes, we don't have a dog of our own, but we have been borrowing friends' dogs for many years. We regularly borrow a Westie from next door called Hamish who is now 12, who we have known since he was a puppy; Layla, who is a 10-year-old Labrador mix for 5 years and sundry other dogs as occasion arises.



In 2020 we decided to join the Cinnamon Trust and were put in touch with Aileen and her little companion, Misty. Like in many cases, they were very grateful for us to join Misty's team of walkers and we all quickly became friends. Misty was a spritely 8-year-old Cairn terrier who had major problems with her eyes and, within a few months of us meeting, she had to have them both removed but she has never looked back since. She is now 10 and amazing, as most people meeting Misty have no idea that she is sightless.

We have a local Sunday dog walk meet up which starts with me driving to collect Layla first, who sits happily in the boot, then Misty who sits in a harness on the front seat. The first thing Misty does when she gets in the car is raise her nose to sniff who is sitting in the back. We then head to the park, where there are lots of dogs and their hoomans.

Misty immediately heads out into the thick of it, saying hello to hoomans and dogs alike. Then it's off for a walk of about 3 miles, sometimes down to the river where she joins in with the shenanigans in the water although she stays in the shallows, or other times to the woods. We keep a good eye on her but she is incredible and

hates being on a lead. Occasionally she gets a lift in Gordon's backpack when she gets a bit tired, which she also loves.

After the walk, it's a cuppa and treats all round before the short journey home. We always have a chat with Aileen and show her photos and videos, so she can see what her little girl gets up to and that never fails to make her smile.

Misty is our little inspiration, nothing phases or bothers her. The other dogs are used to her, and Hamish is careful to keep an eye on her on the walk. He often brushes past her so that she knows he's still around.

We are so pleased to have met Misty and Aileen, we really miss them when we don't see them for a while. Walking for the Cinnamon Trust has been so rewarding, we would recommend it to anyone who loves dogs.



**Anthony Seddon** and **Linda Maxwell-Seddon** from Merseyside write:

Hi my name is Linda and I live in Bootle a suburb of Liverpool. I originally started volunteering with the Cinnamon Trust in 2016 walking for a local lady "Maggie" with her black lurcher dog "Willy". Over the years I built up a great relationship with both Maggie and Willy. Maggie sadly had pancreatic cancer and lost her battle and passed away, dear Willy was rehomed with one of Maggie's friends.



Fast forward to 2021, when I was contacted about another local lady, Mary and her young shih tzu, Joey. I was at this time suffering some health problems myself and didn't feel able to commit, so my then recently retired hubby Tony stepped in and applied to become a volunteer. He (and me when I am able) now walk Joey 3 times a week taking him to our local park. Joey is a great little dog and is so excited when we knock on the door to collect him and he bounds down the steps to greet us. He has a fabulous, very playful personality and really enjoys his walks meeting other dogs and people. We regularly meet

Gizmo, a young Newfoundland on our walks and although an odd couple, they have become good friends.

Sadly in February this year after a very short illness we lost our rescue collie "Polly". Some weeks later we had a call from The Trust to ask us if we would help another

local lady Joan who was needing help with her young dachshund "Dolly". We introduced ourselves to her and it was arranged for us to walk Dolly three times a week. Dolly, like Joey, is a joy to walk and brings a smile to the faces of everyone we meet on our walks. Tony always texts Joan to say he is leaving and within a week, Dolly had recognised that the ping of Joan's phone meant Tony was on his way and would leap off Joan's lap and start running around all excited.

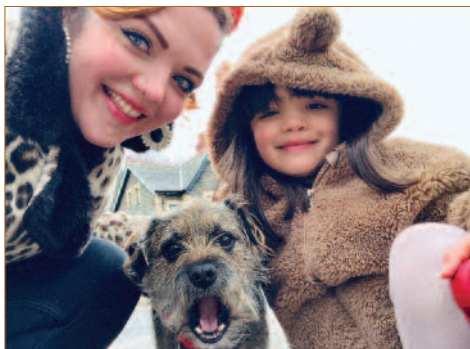


We always enjoy a little chat with Mary & Joan when we visit. The Cinnamon Trust is a brilliant charity and we always promote it to the people we chat to on our walks.



**Ceridwen** and **Juanita Kabir** from Dyfed say:

My six-year-old daughter Juanita and I have begun volunteering to walk Bramble, a six-year-old Border Terrier. The fact that Juanita and Bramble are the same age was the first clue they would become friends!



When we first explored the country lanes together on a Sunday morning and people came out of the chapel, we realised Bramble is famous. He is a local legend who people fuss over without hesitation due to his sweet temperament.

It feels spectacular to be able to help Bramble and his person Brian, as well as to explore the countryside where we moved after many years in London. There is a feeling that everyone is benefiting from this arrangement and we look forward to more adventures with Bramble.



**Hannah Lowrie** in Clwyd writes:

I joined the Cinnamon Trust after losing my dog Willis at 16 years old, as I really missed having a dog, going on walks, meeting new people and also wanted to do some volunteering as I had some spare time. I started walking Amy in April 2021, and can't believe it's been almost two years already!



Amy lives right by the beach, so every Wednesday I am lucky enough to walk her on our beautiful Coastline. The beach is Amy's favourite place to be, even when it's pouring down with rain, blowing a gale, and we are the only ones crazy enough to be on there!

We spend hours playing fetch with her ball, although when she's had enough I'm not sure who plays fetch with who, as she will just watch the ball roll away and look at me as if to say "I've had enough, I'm not getting

that, this time", then we know it's time to head home.

Now I've got to know Amy, I know exactly what she's like, and what to expect when walking her. But when I first started letting her off the lead a few months after I started walking her I was not expecting her to find the nearest puddle of water and roll round in it! She had managed to find the dirtiest puddle, full of sand and clay, and emerged from this puddle like a totally different dog, covered head to toe in clay! I then spent the rest of the walk throwing the ball into the sea trying to wash it all off!

It's not been a good walk unless I'm leaving Amy on the doorstep covered in sand, and dripping wet, sorry Bill! I know she's had the best time! I then enjoy a chat with Bill and go home. In the school holidays my children also come with me to walk Amy, she absolutely adores them and they adore her.

I love my Wednesday mornings! And encourage anyone I can to join the Cinnamon Trust and help where they can.

Here is the photo of Amy after she went in the clay!!



**George** and **Sarah Hudson** write from Merseyside:

Back in 2014 Sarah wanted do some volunteering work involving either animals or older people and came across The Cinnamon Trust on Google.

Luckily for us, she was given Des to walk who lives about 5 minutes from us. Des is a working guide dog who helps Graham in his everyday life. Graham has become a friend of the family. The whole family fell in love with Des after that first walk along our local beach.



Sarah did most of the walks early on and would walk Des a few times each week, however, her working pattern changed a few years back so I came on board to walk Des when she couldn't. Fast-forward 8 years and Sunday mornings are the thing we look forward to the most; picking up Des, chatting to Graham about the football and deciding where to take Des that week.



We live on the North West coast so there is lots to choose from. The beach along the River Mersey, The National Trusts' Formby Pine Woods, many parks and open spaces for Des to run free and exercise. He also joins us for the occasional event and last helped us pick out the best pumpkins at Halloween. He knows the difference between his working harness that Graham uses to get about with, and the lead that we walk him with. Des loves a tennis ball to chase, a few doggy treats and an open space to explore.



Volunteering for the Cinnamon Trust has helped us gain new friends in Graham and Des and made us use and appreciate our open green spaces. We have been walking Des for so long that Des and I now have matching grey beards!



From Cheshire **Nicola** and **Daisy Walsh** write:

I am really enjoying walking this friendly Basset Hound, Bonnie, and getting to know her owner Eileen. I wasn't previously aware of The Cinnamon Trust until someone suggested it as an option for my silver Duke of Edinburgh award. It's been really eye opening to see the positive impact that The Cinnamon Trust's work has, and the difference it can make on individuals.

I feel really proud to be one of the volunteers providing dog walking support to keep Eileen and Bonnie at home together. It's always really nice to have a chat with Eileen at the end of the walk and update her on what Bonnie has been up to, and what other dogs she has met on the way. It's also lovely to hear that Bonnie looks forward to my arrival and our weekly walk.



**Elizabeth Bright** and son **Harry Alberts** from Suffolk say:

Every Saturday me and my mum go dog walking for The Cinnamon Trust. It is the highlight of my week. Pip, the dog, is a Pomeranian and he is the cutest dog in the world, no exaggeration! He's learned our routine, so he always waits for us and starts barking when he sees us. He really is the friendliest dog in the world and everyone we walk past, knows him, this means we get to meet and chat with new people.



Aside from walking the dog, me and my mum have bonded so much over our walks because we get to chat and we've surprisingly got to know each other even more than we already do.

The owners of Pip are also so very lovely to see, Sue is the prime owner of Pip and we always chat when we see her. We've learned that Sue has been taking dogs into her care for years, and last week she's taken in a new dog called Monty. Monty is a sausage dog and we love watching him waddle around, it always puts a smile on our face. We're taking Monty as well as Pip for walks now.

Unfortunately, Sue has problems with mobility so finds it difficult to get out and about so is unable to walk the dogs, so we've teamed up with The Cinnamon Trust to help Sue give her dogs the exercise that they need.

I joined The Cinnamon Trust (with my mum, as I'm under 16) because I'm doing my Bronze Duke of Edinburgh and wanted to do my volunteering with animals. Now we've met Sue and Pip and Monty, I'm carrying on with volunteering and aiming for my Silver award. To be honest, I'd want to carry on anyway because they're such a joy to walk!



**Caroline Kenney** in Nottinghamshire writes:

I am a real dog lover, but I am not in a position currently to own a dog at this moment in time. I lost my beloved boy Mo, a King Charles Cavalier, a few years ago and miss him so much. I wanted to help where I could, and after searching the internet I came across The Cinnamon Trust. Within a few weeks I was matched with Joyce and Jack. I was delighted!

At first, Jack was quite nervous and my first walk was very short but I soon got to know Jack and within a few weeks we were enjoying walks around the local park.

I have been walking Jack for just over a year now and I really look forward to seeing him.

Joyce, his owner, is such a lovely lady and I also enjoy seeing her. We have some laughs discussing life etc... you can see Jack is totally devoted to Joyce, and he always gets up to a speedy walk on our way back, as he wants to get back to his mum.



He loves going to the park and as soon as we get to the grass, he lays on all fours and crawls along. It is very funny to watch, and he obviously likes the feeling of the grass tickling his tummy. His other loves are his ball and his lady friends! He has a few girl dogs, he likes to touch base with, on walks! I cook him a sausage for our little walk which he loves. It's Jack's birthday soon, so maybe I'll cook him two sausages!

I love making a difference, and in my own small way, help to keep Joyce and Jack together.



**Brie Back** from Suffolk writes on behalf of Archie:

Archie on holiday

Hello my name is Archie Lamb, I am a 12 year old long haired dachshund and I live with my 85 year old mum who loves me very much. She fell a few weeks ago and is in hospital, so Brie and her husband Keith offered to look after me.

They had booked a holiday in Norfolk so they asked Mum and The Cinnamon Trust if I could go with them!! And I am so happy they said yes!

What fun we are having as I discover a new house and garden! Today we went on a boat trip to see the seals at Blakeney Point. I loved being in the fresh air and I saw lots of seals that came near to the boat. I was very well behaved and a credit to my foster mum and dad.



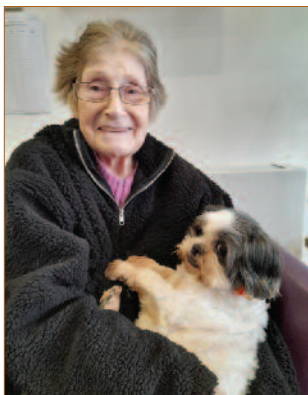
I am however now exhausted and am fast asleep on the sofa! Tomorrow we are going on the Bure Valley Railway from Weybourne to Sheringham and I am looking forward to riding on a steam train! I am a lucky dog to find people who look after me so well. I attach some photos of my exciting day out.



From Kent **Susan Neal** writes:

I have been a volunteer with The Cinnamon Trust for a few years now.

I have loved walking several dogs, but now the dog walking has branched out to temporary fostering and my story begins with TJ and his mum Barbara.



TJ's mum went into hospital and I received a call from The Trust asking me to pick him up until Barbara was well. Weeks have run into months and Barbara is having respite care in a care home. She was missing TJ so much I said that I would take him for a visit.

When I take him to visit Barbara in the care home, she is so happy to see him and the care staff make him very welcome. His visits mean so much to her I try to go as often as I can. Barbara also likes to take him to meet the other residents and of course, TJ loves all the extra cuddles.

We are waiting to see if Barbara will be going home sometime soon but in the meantime I am more than happy to continue fostering TJ, it's such a lovely job to have. And if he does go home I hope The Cinnamon Trust will let me have another dog to cuddle.



In Cambridgeshire **Margaret Mann** says:

Jess is my 3 year old Jack Russell. I am on my own on the farm, since my husband died 18 months ago and my dog walkers and visitors have been a lifeline to me and Jess.

She gets so excited when they come and runs around, jumping up to see them out of the window, then sits on the arm of the settee near to the door, waiting for them to come in. The only time her tail stops wagging is when she is asleep. If Jess is barking, because somebody has come, her tail is still wagging.



Everybody loves her and wants to take her home with them. I have had Jess since she was 9 weeks old. I wasn't sure about taking on a pup but she has been so good I wouldn't want to be without her now. Jess loves to play with her toys but, like all young dogs, she will get a cushion off the settee and give it a good shake! She knows she has done wrong so will come and sit beside me and give me a kiss to say sorry. I cannot stay mad with her for long as she is so lovely.

My Cinnamon volunteers Irene, Jess and Valentino love taking Jess for walks. Irene keeps treats in her pocket and Jess knows it, she will sit up and beg for one. So along with Liz, my best friend, who also helps Jess get a walk every day, it is lovely. I am so grateful for everybody's help and friendship.



**Margaret Dews** from Warwickshire writes:

It's hard to imagine anything good resulting from a broken hip, but my three Cinnamon Trust dog walkers have been a real joy and a tonic these past few months since my unfortunate slip on a freak patch of ice.

Mandy, Sarah and Frank cover five days a week between them, which has been invaluable. Mandy comes with all the gear, rucksack and walking boots, and takes Polly on exciting expeditions! Polly loves it - even on the day they met, there was a flood and they had to retrace their steps all the long way home. She was actually tired afterwards, which is a minor miracle.

Frank very nobly comes after a day's work and takes Polly on one of her favourite walks around the playing field. While for Sarah it's a family affair, she comes cheerfully twice at weekends with at least one of the children as



**Mandy and Polly**



**Frank and Polly**



**Sarah, the family and Polly**

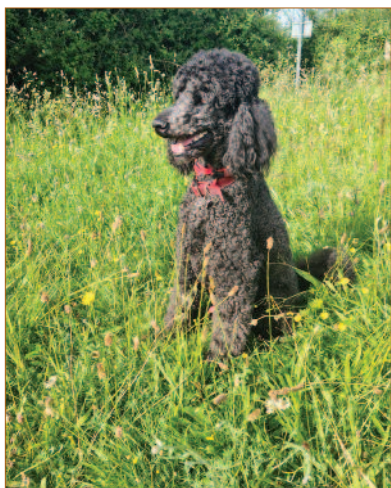
well as after school on Mondays. Her two girls love Polly's walks and their little brother is quite happy to sleep for an hour on route in his buggy.

All are friendly and super reliable and I shall miss them enormously when I am fit enough to cope with dog walking again. And I know Polly will, too. I can't thank The Trust and my three wonderful volunteers enough.



**Trish Towsey** from Devon says:

I'm writing to thank you from the bottom of my heart for the wonderful service that you provide. I have always been an extremely healthy person, but was recently diagnosed with the big 'C' and my first thought was for my constant companion



Spirit, the standard Poodle. He's the most magnificent boy and brings so much joy into my life. I was beside myself wondering what would happen to him as he is extremely attached to me. A Macmillan nurse suggested that I contact The Cinnamon Trust and I was just blown away by the support that I received.

Within a very short time we had 3 lovely ladies calling to take Spirit out for long walks, which has allowed me time to recover from my operation. Spirit is incredibly sociable, both with people and other dogs, and really enjoys his outings. What pleases me, is that he now realises that there are other people in the world besides me and is always very excited to go off with his volunteers. They all say that he's quite keen on the way back home, and always rushes straight to me to check that I'm still here.

I do still take him out some days but it tires me out so this service has been extremely helpful to both Spirit and myself. He's clever enough to have worked out that if I get dressed and put my shoes on but don't get ready to walk him, someone else will be along soon to take him. So it's given us both peace of mind as a large, sociable, and intelligent dog needs his long walk every day. Also knowing that he'll be looked after if anything should happen to me, is more valuable than gold.

The Cinnamon Trust does the most wonderful work, and I can't recommend them enough. Please support them in any way that you're able.



**Katherine Beaumont** writes from Wiltshire:

My thank you story.

Since my stroke in October, I am no longer able to go for proper walks with my four year old Jack Russell/rough haired dachshund, Percy. He had gotten used to three or so outings a day and the change in our lifestyle took its toll. I felt very badly for Percy and even considered having to find a new home for him. It would have broken my heart. Not only has Percy been with me since he was a pup, we are very close companions.



Although I had heard of The Cinnamon Trust and the wonderful work they do, it was a friend who suggested I get in touch about helping us out. I felt it was a tall order as Percy needed daily walks. However we were in luck. Cinnamon Trust managed to find three volunteers who were able to cover the week. Claire, Alex and Nigel are such lovely individuals and they clearly enjoy taking Percy for his walks. He's used to the routine now and patiently waits at the designated time, eagerly looking out for their arrival.

I can't thank our walkers enough, and I'm so grateful to this wonderful charity for the lifeline they extended to us in our desperate situation. Our story could have had a very different outcome. As it is, we've not only been helped but been given a chance to get our life back on to a positive track.

Thank you, thank you Cinnamon Trust. In love and light, Katherine and Percy.



Following the re-launch of our Pet Profile service, lets hear from some of our members that now have peace of mind about their pets.

**Michael Bonds** from East Sussex writes:

Little Lucky was born in Devon almost 16 years ago. He was the fourth yorkie belonging to my now deceased partner and came up to live with me in 2010.



Up until then I had always had golden retrievers and for a few years. George, my Goldie, and Lucky coexisted quite happily, with Lucky very much in charge. Lucky had a nice life up here and along with George, he had plenty of walks in the woods opposite my house and the bordering golf course. Also, The Ashdown Forest of Winnie the Pooh fame, is just around the corner. They got on fine together with frequent trips in the car to other nearby beauty spots. My partner was quite happy about it but Lucky quickly became “my dog” and regarded me as his master and protector, coming to me, when he needed a cuddle.

On Christmas Day 2020, I unfortunately suffered a major stroke and was carted off to hospital.

Because it was Christmas Day, my daughter was staying overnight and was in the shower when she could hear Lucky barking. Lucky could see that I was in distress and his barking alerted her and enabled a quick ambulance call which is very important with a stroke. My family looked after Lucky and he got lots of attention, after a month, he was back home with me.

Now Lucky is getting older: his tongue hangs out of his mouth due to lack of teeth; he is deaf and cannot see too well. However, he is still sprightly and gallops across the garden to meet me. He is eating well on his chicken diet, sleeps a lot and gets me up in the middle of the night. We still manage a short walk every morning.

I am 91 and we must consider the future. Hopefully, we both have a little bit more left in the tank but I felt I had to make sure my little hero was safe in case anything happened to me. So, I have turned to the marvellous Cinnamon Trust for future help and have been most impressed by the service they offer.



**Richard** and **Sue Biddiscombe** in Dyfed write:

As neither of us are getting any younger, and having recently had some health scares, we started wondering about what would happen to our dogs if the worst happened.



This worry built to a point where we were starting to think more about what might happen than enjoying the company of our dogs.

We had been members of The Cinnamon Trust for a number of years and every year buy their Christmas cards to send to friends and relatives. After seeing the information about profiling in the last newsletter, we decided to find out more about the service and got in touch.



The first question was of course “what would happen if we become unable to look after our dogs”

The Cinnamon Trust staff were both sympathetic and helpful. Compared to other organisations providing dog care we preferred The Cinnamon Trust approach as they not only offered temporary care but long term care if needed. They asked lots of questions to find out as much as possible about our dogs, rather than taking the dogs regardless of the circumstances. They said they wanted to know who they were, to make things easier for them should anything happen.

We now feel confident that our dogs will be well looked after.



From Nottinghamshire **June Stephens** says:

Teddie our delightful lively cockapoo bounced into our lives just after my 70th birthday. Graeme and I had been retired for 12 years prior to Teddie and had spent much of that time travelling the world with rucksacks on our backs feeling so fit and free. We were lucky to be able to do all of that, the world seemed a safer place and we enjoyed good health.

When Teddie bounded into our lives I found that I did not want to leave him so we bought a motor home which my husband referred to as the most expensive dog kennel in the world. We were more than happy to spend more time at home as well as explore the British Isles in our motorhome. Teddie loved it and soon made friends everywhere we went. We even managed a long trip through Spain with Teddie.



Sadly after a couple of years it became apparent that Graeme was struggling, and Graeme was formally diagnosed with Alzheimer's. Graeme always enjoyed the early morning walk with Teddie and then in the afternoon we would all enjoy a longer walk together, but Graeme was no longer safe to walk Teddie on his own.

I was now doing all the Teddie walks and looking after my husband as well as everything else. As I approached 80 I worried about my own health and what would happen to Teddie if I became ill. We have no family around us and my sons live in Spain so it was a real concern. Fortunately, I spoke with my sister in law and she told me about The Cinnamon Trust. She is also a member.

All I can say is that I have been blown away, by all the help that The Cinnamon Trust have given us. It is a truly wonderful organisation and I am so grateful to them for all the support, I have been given. I now have peace of mind that Teddie will be well looked after should anything happen to me. They have even provided Teddie with an Auntie (volunteer), who walks him twice a week giving me a precious few hours to do other things or just rest.

So a big thank you to The Cinnamon Trust.



**Amber D'Angeles** in Dorset writes:

How The Cinnamon Trust has helped me - a volunteer's story.

One of the reasons I joined (and adore) The Cinnamon Trust is that I firmly believe animals are family and that being able to remain with them, or at least know they're going to be safe and happy, is the greatest gift you can give to their human.

The other is because I love dogs and cannot have my own, but now I have Gracie



my spectacular Cinnamon dog who has been walking me regularly for about five years and we are the best of friends.

At home my family consists of me, my precious guinea piggies Teasel and Truffle (two of a long chain of rescue pigs going back about 20 years!), and my beautiful Pacific Parrotlet, Sophie. I cannot even tell you how much they mean to me, they make every minute I'm with them an utter joy, even if I'm

having an absolute rotter of a day, they'll make it better! So I can think of nothing more heart-breaking than being forced to be away from them, and not knowing what may happen to them if I became seriously ill or died was something that really kept me up at night worrying.

Now, guinea pigs are fairly common and easy to re-home if you've got a considerate and loving person who knows the way of The Pig, but parrots? Well, since becoming a birdie mamma I've put aside any thoughts of going on vacation or even being away longer than half a day. Having a parrot is often compared to having a flying toddler equipped with bolt cutters - and this is true no matter the size, their intelligence and capacity for mischief knows no bounds!



You have to change your whole life to suit them because lots of normal household things are deadly to birds. Parrots are wonderful but they are complicated and demanding, they can suffer serious depression if not loved and entertained every day. So as you can imagine I would frequently worry about just who could look after Sophie if needed.

That's why I signed up to The Cinnamon Trust's service to care for my animals if the worst happened, and I can now be sure my precious little babies will always be safe and loved.

It was so quick and easy too! I spoke to the delightful Debbie, who took information about all my furry and feathered family to make profiles for them and was sent emergency cards to keep with me and put in my home, which will make sure they can be protected and cared for immediately with minimal disruption to them. Then it was just a simple matter to include the instructions within my will, as The Trust had provided pre-prepared wording.

I also decided to make them the beneficiaries too, because whilst I don't have much to donate now (besides my time) I can't think of a better use for my very modest estate! This wasn't a condition of signing up to the Cinnamon Trust's service, it was just something I really wanted to do.

When I left the solicitor's office I felt a huge weight had been taken from my shoulders and I have slept soundly ever since!

Thank you Cinnamon Trust for everything you do - you really are the best!

Amber, Sophie, Teasel and Truffle

This is a new feature in our newsletter where we remember the people and pets who we have lost and want to remember.

In memory of **Fiona Coulter** Somerset written by **Alice Coulter**.

My sister Fiona much appreciated the volunteers in Bath who helped her by walking her Jack Russell terrier during her illness. Fiona left us in April 2021 at just



60 years old having suffered from cancer during the last ten years of her life. She was a musician, artist and web designer. As her illness progressed and she was less able to get out, her dog Jenny, was such a comfort.

Fiona spent a period in hospital during which Jenny was looked after by a family member, but when she returned home she was so happy to get Jenny back. She finally decided she could no longer look after Jenny properly in February 2021 and Jenny has a new home, but until that time, Jenny was her faithful companion.

Here is a picture taken in Victoria Park of Fiona with Jenny in the foreground.



In memory of **Jock Binmore** Cornwall



Jock and Elaine Binmore have been fosterers for The Trust since 2012.

There are volunteers you learn to count on and if they could help, Jock and Elaine never let us down.

Perhaps it is because they are local to us at HQ, they live in Truro, that we feel such affection for them. We all looked forward to their visits and they were always a welcome sight at Christmas. We definitely felt that they were part of our Cinnamon family. They have had so many foster dogs but we will name a few, the lovely Red, beautiful Goldie and now Coco and Darcy.



We received the sad news that Jock passed away in June.

Elaine writes “Jock was blessed with a remarkably sunny disposition and that rare ability to see the good in everything and everybody. He loved and cared for all animals. After being a head teacher, he had many hobbies and was a doting grandfather. Volunteering for The Cinnamon Trust was a huge part of our lives and I have so many happy memories of Jock with our dogs. I will cherish him always”.



In memory of **Princess Lilli**, **Karlotta Sabel** from East Sussex writes

There is a saying that having an animal companion brings you the best days of your life, and the worst one, when they leave us.

After losing my animal companion, I had a longing to be with animals again; I have been around animals all my life. Yet I was not yet healed enough to adopt another and had moved to a flat where I wasn't allowed pets. Sometimes it is right to adopt after a loss, sometimes it might be years or even not at all. We must respect our needs on this delicate matter.



With my dog, we used to visit nursing homes where many of the residents reminisced about the pets they had given up and it was there that one of the care workers told me about The Cinnamon Trust. With some trepidation I signed up, concerned it could remind me of my own lost friend or I would get attached and it would be upsetting. But deep down it felt like a good idea and helping others always helps us feel better.

Before I had time to question my decision, my references and documents were checked by the lovely staff at Cinnamon and I had already been offered a dog and her human who needed some help. Lilli had instant trust in me and it was a lovely feeling as she happily walked off with me on our first meeting; her human Lesley said Lilli's heart was open this way with everyone she met. What a lovely trait; animals teach us so much.

Lilli is a beautiful girl with the most unique ears and an inbuilt radar for the treat box, which with her lovely face is hard to resist! Within a few weeks of taking her out and a few selfies of us together, my boyfriend was curious and wanted to meet her and so he became hooked too!

It reminded us of when we had been three, and such happy memories of walking

in the park or having a coffee and cake. He had missed holding a lead as much as me. I hadn't even been to parks much since losing my own pup, it was amazing the life it brought back to both of us.

He sung The Who song 'Pictures of Lily' at her, and then, an even more attentive Lilli, her expressive ears worked overtime! We both laughed about it and when we returned her home so did Lesley. I can't speak for Lesley but I know we enjoyed our little chats as much as the walks, because when we have a dog in our lives, there is always so much to talk about. I will forever cherish the little card Lesley gave us with a lifelike drawing of Lilli.

The day Lesley informed all of Lilli's friends and walkers that she had passed away, I burst into tears and surprised even myself how sad I was. There was such a beautiful outpouring of love for both Lilli and Lesley on our WhatsApp chat. Everyone was sharing photos and reminiscing about her wonderful ears!

I am so grateful to Lilli, for although just a brief part of her life and adventures, I feel honoured to have known her.

My thanks to The Cinnamon Trust for this opportunity and I hope that Lesley's heart will heal soon, strengthened with wonderful memories of the beautiful life she gave to her little girl.

Princess Lilli, as we all knew her, it was an honour.



In memory of **Foxy** East Sussex from **Mr** and **Mrs Klugman**



Foxy, a lovely white collie-whippet x, was an older dog at 12 years old when he moved in (for his retirement!).

Foxy was born congenitally deaf and this presented challenges as he could not be walked off-lead as we were told he could not respond to recall commands. He could get a little anxious around other dogs but with careful introduction he would easily make friends with other, well-behaved, dogs.

Foxy loved the beach and the seaside. As we live near the sea we would often take him to the beach and he would bounce around in the waves on the shoreline.

He really started to slow down in the spring and required a lot more care and

assistance. He passed away in June 2022 aged well over 16.

We all really miss him and he's left a huge hole in our lives.

It has been a pleasure and an honour to be associated with The Cinnamon Trust and to have had the time with Foxy and live life with him.

We all really miss him.

Anita, Marcus & Isaac Klugman (& Will the Cat).



In memory of **Daisy** from **Sarah Argave** in Surrey

I wanted to write to you on behalf of my Mum, Marilyn Dunnett, to thank you for all your help with her greyhound, Daisy.

Mum has severe arthritis in both her hips which, in recent years, has impacted her mobility. By Spring of 2022 she was really struggling to walk Daisy and was even wondering if she would have to find her a new home for the sake of her welfare. I was doing



my best to give Daisy some walks but, with 3 of my own to look after, I couldn't give her all she needed.

I suggested that Mum get in touch with you, and you really could not have been more helpful. Within days Mum had been contacted by volunteers and between them Kate, Jill, Pip, and Alison were able to provide Daisy with four walks a week which made an enormous difference to her wellbeing.

Daisy sadly suffered a stroke on 4th May and we had to let her go. We knew, when we contacted you, that it might not be an especially long-term arrangement. Daisy was already 13 years old and had a cancerous tumour on her leg which had already been removed twice. But you and your volunteers made sure that her last year was a happy one. Daisy loved going out with what we fondly referred to as her 'fan club'. Being a typical greyhound, she wasn't one for unnecessary physical exertion and always used to ignore the doorbell. But in the last year she had taken to jumping up and running to the door, knowing there was a good chance that one of her 'fans' had come to take her out.

We will be eternally grateful to all at The Cinnamon Trust, not only for the happiness you gave Daisy, but also the peace of mind you gave Mum, and for enabling them to stay together.



Some of you may recognise this dear old chap from our Facebook page, he was part of our Christmas advent celebration where we celebrated his 20th birthday!

**Miranda** and **Ulli** in Warwickshire sent this to us

Girvan, is 20 years old today!!! (Or 149 in human years!)



He is still bouncing around and has been out to Ryton Pools with us this morning - he can manage short walks, but most of all loves going in the car - where he has the whole back seat to himself, with his rug, toys and safety harness. We have got him an off road buggy now, so we can take him on longer adventures! This year he went to Devon, where we wheeled him down to the beach! He has been in the camper van with us all over the place - where he usually has more luggage than us!

Thank you for letting us share our life with him!

Girvan passed away in June 2023, bless your heart our darling boy! Thank you from us at The Cinnamon Trust for giving him such a wonderful life.



## Hero of The Big Walk

Darling Taya who made it to The Big Walk, was her last engagement.

A Beautiful girl who will be missed by Jackie and her family, much love to you from everyone at The Trust.

Jackie Hill  
Shropshire



## Rupert's last walk by **Melissa Garcia**

I have attached a few photos of Rupert and me if you'd like to see them. One of them is from a lady in the village that caught me out walking and I explained to her I was a volunteer for The Cinnamon Trust and she took a photo of me walking Rupert, as it touched her heart.

She sent it to me via email and now I am sending it to you. He was my best Friday mate and my Friday's won't be the same without him. I am heartbroken but I find joy in knowing we got to say a final goodbye before he passed peacefully over the Rainbow Bridge. Thank you for allowing me to walk him.

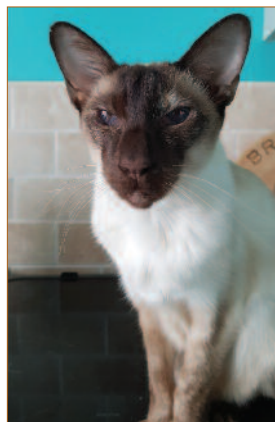


Our thoughts are with Ann in Suffolk, Rupert's owner,



The most beautiful girl **Coco** from Mum, **Janice Brydon**

Thank you so much to everyone at The Trust for all your care, support and compassion during the sad passing of Coco. She was such a special girl and I was so grateful that I was a part of her life. Sadly missed by myself and her sister, Lissi who is so loved and much pampered.



Thank you from the bottom of my heart.



Our member Kate Little from Derbyshire sent us some feedback after the last newsletter. "Mrs Little has called to say she just finished reading the newsletter and has asked if we can include more cat related stories please" So just for you, here are a couple of extra stories about our Cinnamon Pets in their long term foster homes:

In Lancashire **Carole Taylor** says:

We received this email from **Ian Hilda's son**.

Matty was my Mum's outdoor cat and he slept in a large rabbit hutch, just turning up to be fed. Mum "inherited" Matty and his hutch when a neighbour moved. His



name coming from his matted fur from his outdoor life. Mum has a non-cat friendly indoor cat called Nikki and since she has moved into the care of The Cinnamon Trust, Matty has started to come indoors.

Right from day one he has used his tray and has really made himself at home. His matted fur is a thing of the past, maybe we should re-name him silky? Since The Cinnamon Trust has taken him under their wing, he has been to the vets and sadly they found he has FIV so cannot mix with other cats and has required some dental treatment. He must feel so much better bless him.

Sadly, my Mum died and Matty is now the sole occupant of my Mum's house. I pop round to feed him twice a day and whenever I'm sorting more of Mum's things. It is important for Matty that he moves to that next stage of living with a human companion again. Now he's an indoor cat, he is missing "his" human. I just pick him up and he starts to purr and he'll let you stroke him for hours. He really needs that love and affection of a new home.

Given the way he's taken to being an indoor cat, I think at one time he used to have a proper home and that's what he really needs and wants now.

A few weeks later we checked how Matthew was getting on in his new home.

"Just a quick note to let you know how the little fella is getting on - with pics of course!

Matthew's favourite place is still the kitchen probably because it's near the food!! He sleeps in the bedroom with me as if he wants to be close.

I suspect he may be quite a bit older than 10 - he has lots of amber flecks in his eyes which can be a sign of age. Also, if he isn't eating or on his tray, he is asleep. He literally sleeps all day! I always know where he is, I can hear him snoring! Not that this matters, he is no trouble at all - it's almost like he goes out of his way to impose as little as possible. Well that's apart from his table manners which are appalling, watching him devour his cooked chicken is quite something!

Matthew sends his love and so do I. We both say thank you for bringing us together.

Our member **Kate Little** from Derbyshire sent us some feedback after the last newsletter.

“Mrs Little has called to say she just finished reading the newsletter and has asked if we can include more cat related stories please”

So just for you here are a couple of extra stories

**Fiona Maguire** says:

The Cinnamon Trust around the world!

Sparky The Naughty Tortie

I adopted Sparky from the Cinnamon Trust in August 2014. She was transferred from her foster home in Liverpool and I understand her previous owner had sadly passed away after an illness. Sparky soon settled in to our home with myself and my resident dog Ruby – a welsh collie.



In May 2015, we all moved to Spain to live in a beautiful mountain village near Almeria.

Sparky settled in really quickly and absolutely loved the hot sunny days. She had so much freedom, there were no main roads and we were surrounded by mountains. She would lounge in the sun and shade all day long.

She made friends with the local cats and would be out all day on her adventures. Or I would find her with her little feral cat friend sitting under the trees in our garden watching the world go by. If Sparks could tell me, she would say they were the best days of her life so far!

We will be returning to the UK at some point so her international travel will continue. Let's hope we bring the weather with us!

Sparky really is a beautiful cat and I'm so pleased I fostered her from The Cinnamon Trust.

She makes me laugh and I love how independent and determined she can be.



From Kent **Gerry Taylor** and **Jan Bruniges** write:

A story about Harry and Megan (not the ones who immediately spring to mind!)



We were asked if we would walk Megan for one day a week as her owner was terminally ill and was having a bad time. Megan became great friends with our greyhound Harry and one soon became two. In Feb, Linda lost her battle with cancer and Megan came to live with us. Linda had made arrangements with The Cinnamon Trust and after a home check it was all made official and we became her new Mum and Dad.

Megan, the cocker spaniel, is twelve years young. She loves her food and has always eaten everything we have put down for her. Both Harry and Megan still get dry biscuits in the morning but they love their evening meal, raw meat, some veggies and a dash of yogurt. Licki mats, snuffle mats, kongs, Megan, with about 5 teeth, has taken to them all.

At first though, car travel was not at all funny, we would have crying and then howling until we reached our destination. She is getting better though and it has been reduced to an occasional whimper and is much more chilled. So beach trips, our fav place to be, are now a lot more pleasant and we go on an adventure most mornings.

Megan has only been with us a short time but she has come a long way. She now runs round the garden chasing the ball and does a little dance at meal times, especially if its porridge!

Harry and Megan have had the odd cross words shared, like any brother and sister, but I think that is Harry just being an idiot jumping around and Megan likes him to behave!

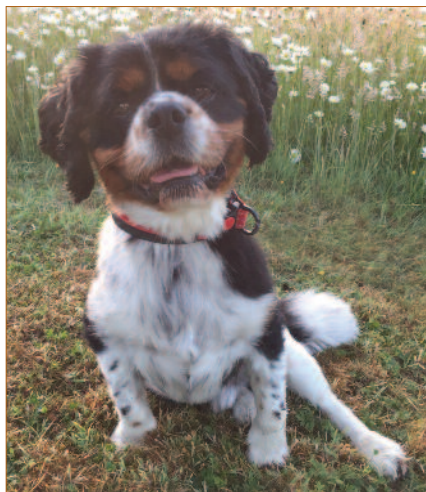


In Hampshire **Rachel Jenkinson** writes:

We are lucky to have Charlie, the Cinnamon Trust dog, as part of the family for almost a year now. He is an 8 year old Pug / King Charles, who has a love for life and as giddy as a goat! He will eat anything that happens to be within his reach. Luckily, he enjoys vegetables so we can give him healthy bribes to swap for things he roots out like plastic pots, feathers, sticks, stones and his favourite...cat poo.



He is very clever and has memorised all the locations the local cats deposit this delicacy, so I am constantly on the lookout because if he finds it, there will be no time to get it off him, it will be swallowed without ceremony. Yuk!!



Charlie has decided that he is responsible for our defence from all possible invaders, mostly pigeons and squirrels, that might dare to enter the garden. He will run round and round barking to warn us and is very proud when they go away, as he thinks he has seen them off. His dedication to duty knows no bounds and extends to any animal on the telly including cartoons, so we can no longer watch the SuperVet or any wildlife programs.

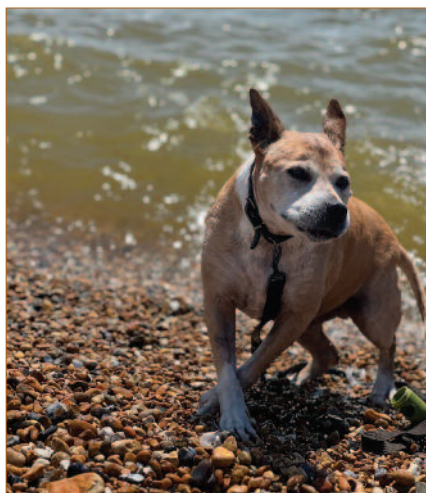
Charlie loves all people and gets most upset if anyone dares to leave. We love him to bits and he makes us laugh every day! We are pleased that he now considers us his pack even if he thinks he is the leader and we are just here to make sure there are plenty of carrots in the fridge!



**Jamie De'Ath** from East Sussex says:

The Hand in Hand is my local and the name of the pub we first met. On this particular day at the pub, the doors barged open and a dog wandered in with a massive smile on his face, followed by his owner Trevor who was 63. Trevor and I had a chat over a pint, Gizmo came straight up to me and it was love at first sight. Then I thought for a moment.

'Who is this?!' I asked Trevor while trying to stop him licking my face. 'This..!' Said Trev, 'Is Gizmo...' ...'I got him today...' "Where did you get the dog from Trevor?" Trevor replied that he had got him from a scheme where old dogs are given to OAPs living alone so they both have a companion and reason to live... I said, 'that's brilliant! But you're going to need help with this one'. He then told me about



The Cinnamon Trust and told me not to worry he had already been in touch and everything was sorted.

I offered to walk Gizmo and did that as a friend for 2 years, I also kept an eye on Trevor whose health was failing. We loved our walks up and down Brixton Hill, Gizmo chasing the squirrels for hours and returning home shattered, which in turn meant my job was done.

After Trevor passed I called The Trust, as he had told me to do, and told them the news. I said that 'I have gizmo, what do I do with him?

I spoke to someone called Moira, a very nice lady. I asked her about Gizmo and she asked my name, I told her and she (with massive glee in her voice) said to me, in a very Scottish accent, 'Your name is the only name on the list that Trevor gave us and he informed us that he wants you to have him with our support" I was in shock. Moira told me about how things work, the home check, the vet bills and the holiday cover, I couldn't believe it.

I said 'we'll have to give a week's trial as we have a 6 year old and life and .... But three days later we knew Gizmo was not going anywhere. So I called Moira and still with that cheeky grin which I could just feel over the phone and that lovely accent she said "good I'll send someone round to visit you and we will go from there" That was 10 years ago and we're still in love.



**Pat** and **Tony Russell** from Cambridgeshire write:



Kieran came to live with us in May 2020, he was 12 years old then. His owner Maureen had to go into hospital and unfortunately she died. Barry (Maureen's son) comes to visit us sometimes to see how he is, which is lovely.

I knew Kieran through The Cinnamon Trust because my daughter, Sally, who belongs to The Cinnamon Trust used to walk him, but she couldn't look after him permanently as she was working full time and on her own. So my husband Tony and I were pleased to take him on and look after him. He is such a good natured dog and he gives us so much pleasure and keeps us active, so we are glad we did.

Kieran and Tony (who is 82) go out every day for a mile long walk up to the river and back. He is very fit and loves to meet other dogs on his walks. He greets them all with a pleasant sniff and is never nasty or barks at them. We also walk amongst the trees in the countryside as well. He has got to know all sorts of different breeds of dogs and their owners too, even children can stroke him and he doesn't mind.

When he gets home he lays down in the yard or on the lawn and rests in the sun. He has his own chair in the garden and we leave the door open so he can look up and see what is going on. Always on alert for any passing cats who stray on his boundary! Tony entered him into our local dog show last year and he won 3rd prize for a rescue dog. I am not sure who was more pleased Tony or Kieran!

When my granddaughter visits he loves it because she cuddles and fusses over him and he laps it all up, just like a baby wrapped in her arms. If we are away for a weekend, he stays at her house and loves it.

He does try to talk to us and makes strange sounds as though he is telling us something, especially when we get his lead down and he gets excited. Sometimes a little too excited and breaks into a bark or two. He also loves riding in the car, so much that he can be reluctant to get out!

We do like reading your newsletter so hope this is ok. Thanks to you all, for doing such a good job.



**Peter** and **Lorraine Harrison** from Cornwall say:

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 and foster dogs for The Trust.

Into our lives came a beautiful border collie called Meg. Her owner is also a 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. She was



based in North Yorkshire, which, considering I live in Cornwall, was a huge 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. We were so upset.

I informed The Cinnamon Trust that my adoption had failed, and pretty much on the same day I was contacted by them. They had a situation whereby a Yorkshire Terrier called Indigo had come to their attention for short term fostering as his owner had been hospitalised. I was more than happy to take this little 11 year old bundle on and it became increasingly clear, probably from the first day, that we had a deep connection. Sadly, his owner died a few days after I took the little chap in. He has been with me now for only 2 1/2 weeks but already he is a part of the family. He is such a loving dog you can just tell he was adored by his owner.

Unfortunately, Indigo needed some medical treatment and some dental work. I was able to take him to my local vet to have him checked out, and they communicated with the veterinary nurses at Cinnamon Trust. All the expenses were met by The Cinnamon Trust and Indigo is now very settled, comfortable and happy. He is probably the most adorable little chap ever. He is constantly by my side, and I love him to bits.

As far as fur babies are concerned, I couldn't ask for more. I cannot thank Cinnamon Trust enough for bringing us together, despite the sad circumstances.



In Sussex **Susie Fordham** says:



These are our beautiful girls, Callula aka Mrs. Paws and her daughter Rosie. They came to us in 2009 after their previous owner sadly died of cancer. We were only looking to foster one cat, but after hearing that Mrs. Paws had lost her litter of kittens from cat flu and Rosie was the only remaining one, we couldn't dream of splitting them up.

From the word go, they have brought a special magic into our home. Our daughter had been obsessed with cats for years and was so excited when they both arrived. She lay for hours on the floor looking under the door at them while they quietly explored and settled in. Rosie is a smaller version of her mum, identical except for a pointy little tail and some tiny white hairs



that look like she has gotten too near when someone has been decorating and got paint on herself. She has also got a small face and even after all these years still has a very baby looking appearance, so we call her our everlasting kitten.

The girls characters however are very different. Rosie is very shy and independent; she only likes people she is very familiar with and gives her affection when she wants. She will come for a little rub on her neck when she feels like one and you feel very privileged when she chooses to sit on a chair near you. But despite being shy, she is very much the boss of the human house. She just gives a little look with her tiny cute face or a tiny meow and doors are opened for her or food is given to her, however if she is not keen on the food you have put down, she will show you her disgust by treating it like a litter box and try to lift the mat with her paws to cover it up. She also tells everyone it is time for bed by sitting on the middle of the dining room table. She isn't keen on any other cats except her mum whom she adores. However, if Crufts or One Man and his Dog are on she will come running up to the TV and will sit very attentively watching the dogs running around. She always makes us laugh with her individual ways.

Mrs. Paws, on the other hand, loves people coming to the house. She will always come and say hello and ask for strokes. She also likes Skype and enjoys walking in front of the camera to show the person on the call, that she is there. When she was younger, she would always appear wherever we were doing jobs and she would watch as though she was the foreman checking if the work was being done properly. Her favourite thing is cuddling up next to me on the sofa for a sleep. However, even though she looks asleep we think she is always listening and we are sure she understands exactly what we are saying because she just seems to know and understand things. As well as being clever, she is also very caring, if someone is upset, she is always there wanting to look after them. When my husband was very unwell and had just come back from hospital, she quietly sat next to him and then licked his dressing gown as though she knew he was ill and needed looking after. It was the most moving thing I have ever seen.

Sadly, the girls are now needing care of their own as Mrs. Paws has asthma and Rosie has high blood pressure but the staff at the Cinnamon Trust have been truly wonderful. Sarah and Natalie have been so supportive in helping us to look after them so that they can continue being the amazing cats that they are. We would like to say a huge thank you on behalf of us and the girls for the great work you all do at The Cinnamon Trust.



**Kendra Bourner** in Dyfed writes:

We are now a family of four consisting of two large breeds, a Doberman called



Ziva and a Coonhound (breeder returned rescue) called Boone, and my two lovely Russian toy terriers, Blaze and Blossom/Rambo (Cinnamon Pets).

It has been very interesting to add the coonhound, Boone, to our gang as the Russians bark and tell him off all the time and he now tows and submits to them. Blossom especially was a rather antisocial

little madam when I got her, but now she can be seen on the beach with a pack of 20 dogs at a time, never did I think this was possible. However, she can have her moments for example when she ran onto the beach and straight up to a Great Dane and grabbed its leg. They have become known on the beach as “The Terrorists” as they are rather loud, as little dogs can be.

Last Christmas was upsetting as Blaze had a stroke and his right-hand side was weakened, however with the help of The Cinnamon Trust, we are about to start physiotherapy and hydrotherapy. Mind you, he was not being left out of walks, so I bought a rucksack for dogs and he was carried on my back like a Lord. So we are all well and happy here in West Wales.



And now we hear from some members of staff that have Cinnamon Pets

**Linda Collins** our Community Support Manager in Cornwall says:

Rosie came into our lives following the passing of our previous Cinnamon Trust cat, Toby.

Rosie came to us from a distressing background, her owner had been unwell for a long time and had struggled to care for her pets. On her passing, Rosie travelled from North Wales to us. She left the cat carrier, went behind the TV and never came out for four months unless the room was in complete darkness when she would eat, drink and use her tray.



Gradually with a lot of love bestowed on her she let us stroke her (no picking up allowed). Over the last 11 years she has become a real part of my family, albeit living almost entirely in my daughter's bedroom where she is happy to watch the birds from the

window, snuggle in her little hidey holes and use the furniture as a gym.

We love this dear little soul, and feel so grateful to The Trust, for its ongoing help, advice and support over the years.



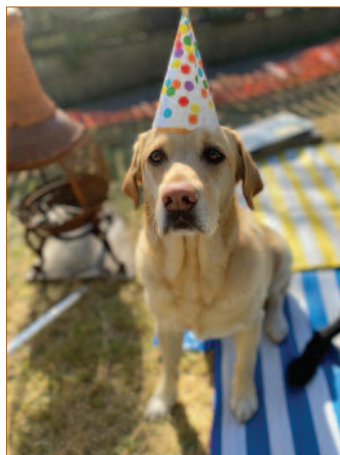
**Tony and Wendy Swanson.** Wendy is Team Leader for Volunteer Registration in Cornwall writes:

Wellington, a beautiful blonde Labrador, bounced into our lives in February 2018. We had previously had two Long Term foster dogs and both had sadly passed the previous year, so we were completely dog-less at the time.

Wellington had been owned by a lady called Pat who unfortunately had been diagnosed with cancer. She had profiled Wellington, and he was only just 3 when he came in to The Trust's care.

Marnie had told me about him, and said our name was all over this one, as our two previous Cinnamon Trust dogs were oldies and she knew that we wanted a relatively young dog that would keep us on our toes. It is very rare to get such a young dog through The Trust.

Wellington (known by all and sundry as Wellie), bounded into the office, a few days later – a real force, he was so excited and friendly - EVERYONE loved him and he knew it!! He is one of those dogs that doesn't just wag his tail, his whole bottom goes and he manages to run around with his body doing a sort of jiggle.



Tony and I fell in love and after his last act for Pat, walking down the aisle of the church at her funeral, he came to us.

We soon discovered that it is all about Wellington, he knows his status and it is definitely above ours!! When we first got him, I was stunned at the amount of people when we were out walking that used to come up to us and say is that 'Wellie', and he would do his bottom wriggle and grin, and we knew it was another one of his fans.

We are able to bring our dogs into the office and Wellie just LOVES this, he bounds into the office and runs from one end to the other saying hello to everyone (his staff), and having a quick 'bin search' as he zooms around. Apart from bringing

him into the office, Wellie is looked after by The Trust for his vet bills. When he had a little problem last year, The Trust immediately took it in hand and organised an operation. I didn't have to worry at all, and was fortunate enough to have the guidance and help of our two amazing vet nurses Sarah and Natalie who were always on hand to answer any questions.

We feel very fortunate to have our beautiful bundle of fun loving energy which is Wellie, he has definitely made our lives complete.



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

**Trevor Jones** (Sussex), **Glynis Harding** (Devon), **David Brant** (Yorkshire), **Alison Wheeler** (Essex), **Kim** and **Liz Singer** (Glamorgan)

**Long Service Awards** (over 10 years) to:

**Susan Kemp** (Yorkshire), **Rachel Hill** (Oxfordshire), **Mara Allen** (Essex), **Alison Wheeler** (Colchester), **Fiona McIver** (Tyne & Wear), **Vanessa Greenberg** (Cheshire), **Christine Penny** (Dorset), **Clare Manning** (Bristol), **Carol O'Sullivan** (Hertfordshire), **Sheila Nogler** (Glamorgan), **Patricia Girdler** (Somerset), **Emma Kaile** (Kent), **Ben Parmenter** (Lancashire), **Chris Mullard** (Suffolk), **Helen Brewster** (Devon), **Patricia Lewis** (Derbyshire), **Carolyn Browning** (Somerset), **Elaine Nelson** (Cornwall), **Grey Long** (North Yorkshire), **June Christie** (Lancashire), **Jane Ridgwell** (Wiltshire), **Nancy Everson** (London), **Jo Pilc** (London), **Jane Stanley** (Dorset), **Jackie Millard** (Hampshire), **Margaret Perry** (West Midlands), **Janet Barber** (West Midlands), **Sally Reed** (Suffolk), **Dyllon Parkinson** (Sussex).

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

**Melissa Garcia** (Norfolk), **Karlotta Sabel** (East Sussex), **Christine Greenland** and **Christine Nightingale** (Norfolk), **Vikki Clark** (Suffolk), **Joe Williams** (Somerset)

To each and every one of our twenty thousand registered volunteers, thank you. Thank you for all you do, come rain or shine. Even throughout the challenges and uncertainties of the past year, you have created moments of joy for both pets and owners. Thank you, once again, to our incredible volunteers for all that you have done and will continue to do.





## Hillside Farm Sanctuary

The warmer weather has let us shake off the shivers of Winter, and we've found our social calendar full of fun, frolics and fancies! The bluebells bloomed in such a beautiful fashion this year, and some mild weather early in the season meant we could take the dogs on a trip to the woods to enjoy it.

We've been visiting some of our favourite walking spots with the dogs, and while the cats are clearly homebodies, they've been enjoying the sunshine in their gardens, taking some time to stretch out in a warm patch of grass, and lounge on the windowsills.

Summer truly kicked off in great style when we hosted our own Coronation party. The new King might favour a Jack Russel terrier, but you can't tell that to our corgis, Becky and Bonnie, who still expect the full royal treatment.

The arrival of some quackers new residents have brought so much joy to their carers. A wonderful waddling of 7 ducks, all lovely lads, have settled in to their new home as if they have always ruled the roost.

We have to mention The Big Walk where we were able to utilise the great facilities at Charwell Dog Adventures for the whole morning, and dogs and humans alike enjoyed walking, exploring and playing throughout the connecting fields.

On your marks, get so, GO! The Annual Hillside Sports Day was a great display of canine (and human) athleticism. From the bean bag toss, to the 100m sprint or stroll, everyone enjoyed taking part, including our own lemonade stall for thirsty participants.

From Olympic dreams, to rosette



Bluebell walk with Zia



Vanja at the Coronation party



The Big Walk



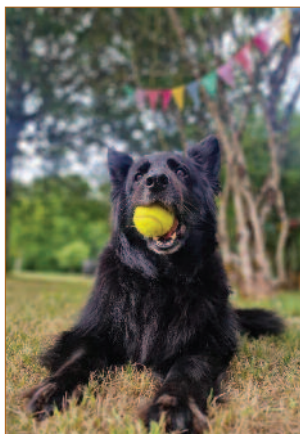
The lemonade stall



Zoe

winners, **Zoe** came away from the local Lydford fair with a 1st prize ribbon for “The Dog the Judge Would Most Like to Take Home”, proving that no one is immune to her gentle, doe-eyed charm. She was the perfect poster girl for our stall, alongside Charlie Brown and Monty, which proved very popular with the fair-goers.

Goodbyes are so hard and sadly we have had our share of them, we have had to say farewell to some of our truly lovely residents : **Brenda** (13) our gorgeous Beagle, **Holly** (15) our dear tiny girl, **Max Tabby** (16) our handsome boy, **Lady** (15) the beautiful Rough Collie, **Angel** (13) our friendly Labrador and **Poppy**, the sweetest little girl who was only with us for one day, All have left pawprints on our hearts along with wonderful memories for us to treasure.



Zia

We welcome with open arms, **Zia**,(12) the gorgeous big German Shepherd who walks around with a tennis ball, gently squeezing from time to time and if a squeak comes out – so much the better!

**Gemma** (15) the beautiful Belgian Shepherd who follows you around whilst doing the chores, stands in from of the fan, with her hair blowing in the breeze, and is first in the car for an adventure!



Gemma



Jessie

**Vivien** and **Jessie** (16) – two beautiful sisters. Vivien has a Siamese like presence, strutting around one paw



Vivien

at a time and Jessie who loves spending time outside and being stoked when she is eating.

**Maddie** (16) is deaf but has a demanding little scream when she is hungry or wants some fuss.

**Bella** (15) a tri-colour Border Collie and her companion **Bonnie** (9) a very sweet but cheeky little black Cocker Spaniel. Bonnie is very much a lap dog while Bella prefers the closeness of being sat by your side but really enjoys having a tug of war with Andie the Westie.

It's already been such a busy Summer, and we're looking forward to more warm and dry days to spend some time in our brand new herby, homeopathic garden and attached adventure area. This project was only made possible by the Lottery Fund, and completed in one day by a lovely group of lottery winning volunteers. The dogs have already got so much out of exploring both sides of their new sensory areas



Maddie



Bonnie



Bella



The herb garden



## Poldarves Farm Sanctuary



Minie

As ever, we have had lots of fun! Davina McCall MBE judged our Easter Bonnet competition and the winner was Tara, ably assisted by **Minie** who spent most of the day posing with her new hat whilst other residents, and the rest of the team took part in the annual Easter egg hunt!

We've had fun walks and picnics in the hot weather. The ducks and chickens have been having fun with the new water sprayer which they found very cooling and refreshing. The ducks have been taking advantage of a brand new pump in the pond, cleaning the water, making it crystal clear and sparkling in the summer sun. The dogs have had their paddling pools out and **Pepper** had her wallow filled to the brim, so she could sink right in and get absolutely covered, which she thoroughly enjoyed.



Pepper pig wallowing in mud

The sheep were shorn just in time for the really hot weather and skipped out of their shelter like newly born lambs!

The ponies had their pedicures from Nigel the farrier, and Thea our Equine Vet, completed their Spa day with a file and polish!

The dogs had a nice treat from **Kirsten Smith** who came to do some physiotherapy on them. Kirsten is a newly qualified veterinary Physiotherapist and a former staff member who is familiar with all the residents and she kindly donated her time and this visit was enjoyed by all!



Kirsten Smith

Poldarves is alive and vibrant at this time of year, with lots of shady places to shelter from the lovely sunshine. **Baby** the cow, ventures into the hedges that not only provides shade but also a great place to have a back

scratch! We have been foraging for tortoise friendly plants in addition to those already in the tortoise garden. All the residents have had summer treats, made by the team here, which have been very welcome.

Not sure who was more delighted to meet each other on their walk – the sheep or the ponies!

Happy days but tarred with the sadness of losing some of our friends: Zac (13), our toy poodle, Schimka (15) a sweet little Jack Russell, Ben (15) the little Chihuahua cross, Pebbles (21) the sweet little tabby and white cat, Sooty (19), our friendly feline, Kitty Kitty (14) the sweet little black and white cat, Lynette (19), the silver white chinchilla cat and last but not least, Jack (15), the cheeky Jack Russell.

We welcome some new friends: **Benji** (14), a white Moorhey Bolognese, who loves his food and will tell you when its dinner time without looking at his watch. He has a lovely singing voice for an alarm clock, but insists on being rocked to sleep when its bedtime! As an old gent with little legs, he can find it difficult to keep up, so may catch a ride in one of the doggie buggies, so he doesn't miss out on all the interesting new smells.

**Jack** (15) a tri -coloured Jack Russell came to Poldarves with Russell. Jack loves to curl up on a comfy sofa in front of the television. You can tell if he is awake as he will cock his right ear up at you and still pretend to be asleep! Jack loves his walks and will happily trot off on his own getting into all the hedges and trying to find where all the bunnies have gone.

**Russell** (12) very lively Jack Russell . He is a very jolly little dog who will take any opportunity to play. He will grab toys from the toy box tipping everything out and then will find his prize, a ball. He will play fetch all day if you let him. His other favourite thing is water! He loves nothing better than catching the spray



Baby the cow



Benji



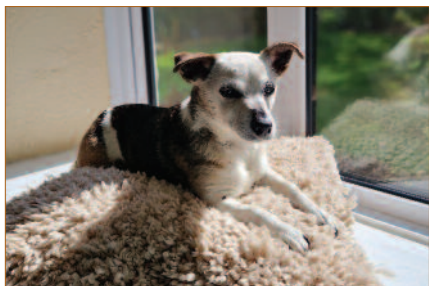
Jack





Russell

from the hosepipe. He refuses to go to sleep during the day, just in case he misses something. He loves to be around people and at bed time he will snuggle as close as possible and go into a lovely deep satisfied sleep.



Mouse

**Mouse** (14) Tri -coloured Jack Russell. She may be mouse-like in stature but this diminutive lady has a BIG personality. She is rather partial to a sausage and loves to greet all the staff upon arrival. She loves a cuddle and a good belly rub, fuss and play. Mouse is tiny so finds herself an advantage point whether it be by the window so that she can look out or she asks to be picked up so that she can have a good look around. This happy little soul is an absolute joy!



Toby

**Toby** (14) He is quite and contented. He loves to find the biggest fluffiest bed in which to snuggle. He enjoys a little potter around but also has a surprising turn of foot and will suddenly zoom around the garden taking everyone by surprise.



Lulu

And finally, **Lulu** (16) a friendly tabby cat, who is always first in the queue to greet anyone coming into the cat house. She has really enjoyed the good weather, venturing out in the cat garden to bask and enjoy the sun. She loves her cat treats, especially the crunchy ones!

With Autumn just around the corner, leaves to have fun in, cosy days by the Aga, winter walks and puddles galore. We have the fun of Halloween, and of course, the excitement of Christmas, decorations and perhaps some snow to play in.



## Poetry Corner

**A Dog's Duty** from **Sheila Robson** about her Shetland Sheepdog, Dougie.

On silent paws I roam the house,  
Like a phantom or a tiny mouse.  
Upstairs, downstairs & now into the hall  
It is one of my duties to guard us all.  
I glide into the bedrooms  
To take a peep.  
The family are all fast asleep.  
There's a fox in the garden!  
I know his call.  
I run down the stairs  
To the front door in the hall.  
I growl at him softly.  
He runs away fast.  
Finally, it is safe at last.  
So now I can go  
And retire to my bed,  
Curl up on the blanket  
And lay down my head.  
But I'm still on alert  
And if there should be a sound,  
I'll wake up quickly  
And be up with a bound.  
But now all is silent  
I lay down & pray  
That I can rest quietly  
Until break of day.

**Crying in the Darkness** written by **Beryl Williams** for her faithful dog Ben with love. Ben sadly went over Rainbow Bridge on 26 April 2008, and is greatly missed

When I cried in the darkness all those years ago  
You lay at my side and were still  
You bought great comfort dear Ben in the saddest of times  
Your presence I'm sure was God's will  
Many years have passed filled with laughter and joy and much running in the grass  
Fun with toys and balls and chasing bout have made those years too quickly pass  
  
Now dearest friend you have gone from my life  
I cry in the darkness alone

Only God knows how I miss you my pal  
As I call out your name and moan

I love you, I miss you, I need you dear Ben – the pain of longing I cannot bear  
My hope and my prayer is that we will be together one day  
And our lives once again we will share

### **Smile**, a poem from **Jenny Nisbett**

There was a old lady who walked on the heath  
Until one windy day when she lost her false teeth  
She searched high and low – she searched up and down  
Even got on the bus and searched through the town.

She searched under hedgerows – she searched on the ground  
But her teeth they had gone – they were not to be found.  
One grey afternoon as she lay down to rest  
Her dog jumped on the bed – put his paws on her chest.  
“Good dog Fido” she said, tickling under his chin.

The dog turned and smiled.... a big white pearly grin!!!!



### **And Finally....**

As another year comes to a close, it's a wonderful time to reflect on the support and contributions of our fantastic volunteers, creative supporters and the amazing Cinnamon Staff Family. Everyone has played a significant role in making our journey so worthwhile.

As days grow shorter and the vibrant colours of Autumn surround us, it's a reminder of the changing seasons and the joyous occasion of Christmas. Let us raise a glass to celebrate all those who have supported us throughout the year, still remembering and honouring our absent friends. Their presence may be missed but their memory lives on in our hearts.

Wishing you all a joyous and happy Christmas, filled with love and laughter. May 2024 bring you happiness and good health.

Take care  
**Patrick Williams**  
**Chief Executive**

