

# 40 YEARS OF The Cinnamon Trust

The national charity for older people,  
the terminally ill and their pets



READ ABOUT OUR  
SUMMER OF FUN INSIDE!



## Dear Friends,

Thank you so much for all your lovely comments about our restyled newsletter – we're absolutely thrilled that you're enjoying the new format! It's been wonderful to be able to share even more of your heartwarming stories with everyone.

We were delighted to welcome HRH The Duke of Gloucester KG GCVO who visited us in July, to join in the 40<sup>th</sup> Birthday celebrations and to meet the Cinnamon Team and some of our fantastic volunteers together with their Cinnamon pets. His Royal Highness is delighted to accept the patronage of The Cinnamon Trust and is our first Royal Patron.



This year's Big Walk was our biggest yet – with over 50 walks across the UK! A huge thank you to all the organisers and their brilliant teams. And a special shout-out to Pets Larder in Hayle, who made sure every pet got a treat for taking part – such a thoughtful gesture!

The Cinnamon Treasure Trail set our social media buzzing, looking for treasure across the country, and of course the birth of Charlie Bears' Cinnamon Pup who arrived in Cornwall at the beginning of August.



Sadly, 2025 also brought us the heartbreaking news of the passing of our dear Friend and Trustee, Mrs. Patricia Atkins (Pat), on 12 March. Pat was a regular visitor to our offices, always bringing a smile and a joke. She was a cherished part of The Cinnamon Trust family, and we will miss her deeply.

With Christmas just around the corner don't forget to purchase your very own Cinnamon Pup and Alison Lingley has designed a special card in memory of "Baby" the cow from Poldarves, together with some of her friends having fun in the snow!



As we wrap up our fortieth year, I want to say a heartfelt thank you to everyone who makes The Cinnamon Trust so special – our dedicated team, tireless volunteers, generous supporters, passionate fundraisers, inspiring public speakers, and the business community who stand by us in so many ways.

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 will live on in our hearts.

Wishing you all a joyous and Happy Christmas. May 2026 bring you happiness and good health.

**Patrick Williams**  
**Chief Executive**



# Thank you for your feedback!

*"I have kept nearly all of the newsletters over the years, but this is THE ONE." - Emma, Glasgow*

*"From the moment it landed on my doormat, it felt different. The best newsletter I have ever read. I felt I had to call!" - Chris, Huddersfield*



*"I felt deeply touched by the stories, the pictures are delightful, and the print is bigger which makes it easier and friendlier to read." - Pamela, Rotherham*

*"The 40<sup>th</sup> year magazine is absolutely splendid. Thank you to all who contributed to such a wonderful and colourful tribute to the founder, supporters and animals." - Sarah, Redhill*

***"It made me want to write a newsletter piece of my own."***  
***- Christine S.***

If you agree with Christine and would like to share your story with us, please write to us, email [emma@cinnamon.org.uk](mailto:emma@cinnamon.org.uk) or visit our website! We love spreading joy with our newsletters and we know how much our community enjoys reading about how The Cinnamon Trust has made an impact on the lives of pets, pet owners and the incredible individuals that give their time to help others.

Whether you receive support from The Trust or wish to share your journey as a volunteer, we would love to read your stories and don't forget to share your photos too!



[cinnamon.org.uk/news](https://cinnamon.org.uk/news)



[emma@cinnamon.org.uk](mailto:emma@cinnamon.org.uk)



10 Market Square, Hayle, Cornwall, TR27 4HE

**Submit your story**





# Our Summer Of Fun!

## The Big Walk

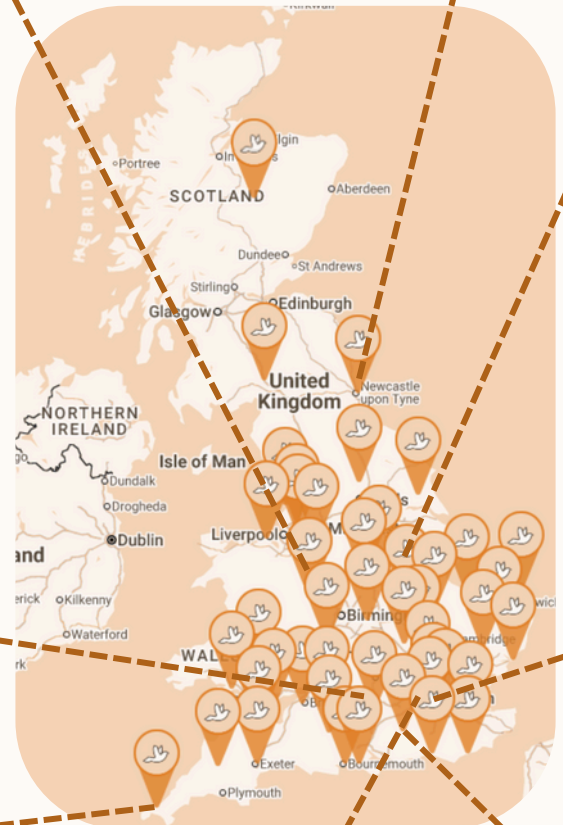
Wow – what a year it has been so far! The Big Walk was the biggest yet with over 50 walks around the country. We had a ball, as did many others, featured here are just some of the many lovely photos and comments that you shared with us!



**“Everyone loved the goodie bags and all wanted to do a walk again!” - Zoe, Bedford**



**“We had a lovely walk and made some new friends!” - Hazel, Derby**







WHITTLESEY

**“We welcomed around 20 dogs, and many more owners and friends to ‘The Hut’ and walked a mile along the promenade to the Big Wheel. The dogs walked proudly in their special red 40th Anniversary bandanas and created quite a stir. A very successful and enjoyable day!” - Honor, Felixstowe**

**“My dog and I joined other local volunteers at the 40th anniversary dog walk at Bawsey last Monday. It was nice to meet other people. The dogs were all well behaved and had a wonderful time. It was such a joy to see my usually shy boy racing around with the other dogs on the sandy beach. Thank you, Cinnamon Trust, for organizing this and providing gift bags. We would love to do it again.”**

**- Susan, King's Lynn**



CHISLEHURST



HINDHEAD

**THE  
PETS  
LARDER**  
CORNWALL

Our heartfelt thanks go to The Pets Larder who sponsored our Big Walks and provided the wonderful treats for the thousands of goodie bags we posted out from our Headquarters.

**EXCLUSIVE OFFER  
ON PAGE 9**



# Vetsure - Big Walk Hatfield

Vetsure are proud to be champions of lifelong pet care, and we're thrilled to be partnering with The Cinnamon Trust to support the incredible work they do.

We believe in forming relationships that truly make a difference, not just for pets, but for the people who love and care for them. Many of us at Vetsure are pet owners ourselves, and we understand the comfort that animals bring to our daily lives, especially during difficult times. That bond is powerful, and we believe it deserves to be supported at every stage of the pet-owner relationship.



Our values at Vetsure are rooted in compassion, trust, and always doing the right thing, not just for pets but for their humans too. That's why partnering with The Cinnamon Trust felt like such a natural fit. They live out these same values every day, helping people and their pets stay together for as long as possible.

In May, we had the pleasure of joining The Cinnamon Trust for their Big Walk. Starting at the Crooked Billet pub in Colney Heath, Hertfordshire, near our Vetsure HQ, we met with approximately 20 Cinnamon Trust Volunteers. This was a fantastic opportunity to hear their stories of how, through The Cinnamon Trust, they have been able to help individuals with their pets in times of need. Whether it's due to a dog being too strong for walking, or simply an owner being unable to walk them anymore, the vital support of The Cinnamon Trust ensures that these pets get the care they need. We were also able to meet some of the wonderful pets — and of course, enjoy some well-deserved cuddles along the way!

Hearing these stories during the walk brought to life the amazing work of The Cinnamon Trust, and we can't wait for the next chapter of our partnership and how we can continue supporting this amazing community.

**We're offering 5 Weeks Free Pet Insurance to The Cinnamon Trust community. Scan the QR code to start a quote and activate the offer.**



Scan me!



5 Weeks Free Pet  
Insurance Offer







*Thank you to  
Fern Briton for  
your kind words of  
encouragement  
and for supporting  
The Big Walk!*



**SOUTHEND ON SEA**

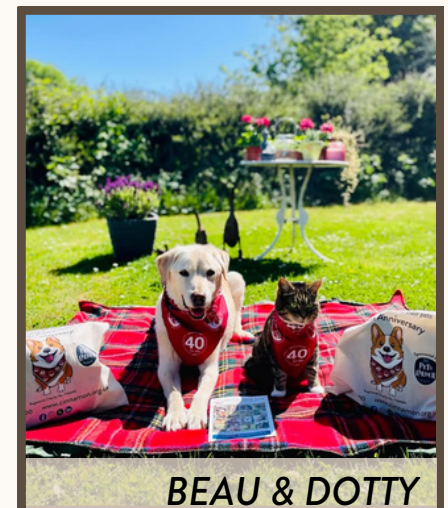
### **Loretta in Epping shares her story from her solo Big Walk...**

I first heard about the Cinnamon Trust when we were looking to relocate to Cornwall a number of years ago. My brother informed me of a job opportunity with The Trust but sadly the deadline for me to submit my application had passed and I had just missed it!

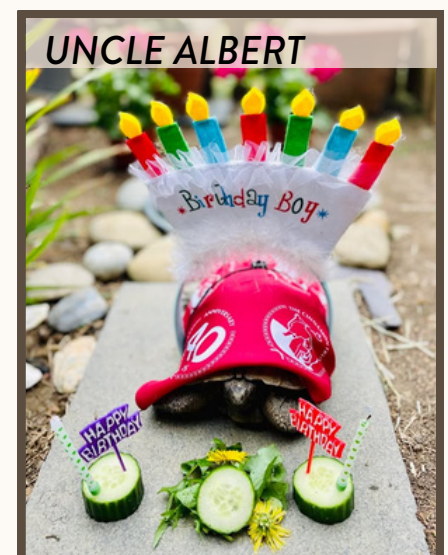
However just reading about the position made my heart beat with excitement, fulfilment, warmth and possibility and it started my love of The Cinnamon Trust and the work that they do. Being an absolute mad animal lover, I was astounded that I had never heard of The Trust before but now I do what I can to fundraise and take part in the Big Walks.

My team for the 40th anniversary Big Walk consisted of Beau, our 14-year Labrador, his feline sister Dotty and Uncle Albert, who celebrated his 126<sup>th</sup> birthday on the day! Our walk was a very gentle one and mainly consisted of sniffs.

My family, those with two legs and four, with fur and a shell are my world and I would be lost without them all. Thus, I fully understand the importance of The Cinnamon Trust and the incredible work that they do.



**BEAU & DOTTY**



**UNCLE ALBERT**



**HAZEL, ROBBIE & CASSIE**

**A huge thank you to all  
our Big Walk organisers,  
all of you who joined a Big  
Walk, and a special thank  
you to all the gorgeous  
dogs proudly wearing our  
anniversary bandanas!**





# Summer Of Fun! Celebrating 40 years



## Cinnamon Cinema



This year on the May bank holiday weekend, we hosted the Cinnamon Cinema at the Hayle recreational ground. With our Super Fun Day coming up on the Monday, we thought why not make the most of the weekend, and we put on a show on Saturday! We screened three animal themed films through the day and showcased the trailer for our forthcoming documentary - more on that later!



## Cinnamon Treasure Trail

We wanted to do something fun to celebrate our anniversary and one of our extremely talented volunteers, Trevor Hardy gave us the perfect opportunity. Trevor offered to create a stop frame animation for us and we put our heads together to come up with the Cinnamon Treasure Trail! Our furry mascot Cinnamon placed eight special plush Corgis in secret locations around the country. To pinpoint the eight final locations we shared Corgi Clues on our social media and so many of you joined in the fun and managed to decipher the clues.



ELLIE - FIRST WINNER



# The Cinnamon Trust Super Fun Day

**Celebrating our community's  
animal heroes!**



This year for our 40th Anniversary we felt our annual Big Walk was the perfect opportunity to celebrate this milestone. We are lucky enough to have a park a stones throw away from our Head Office in Hayle that was the perfect fit to host a Super Fun Day, and what a wonderful day it was!

After months of preparation and spreading the word that we were hosting an event, the day arrived. We wanted to share our Fun Day with other local animal charities to spread the joy of their good work, and we had a fantastic turn out with 10 charity stall holders. We had 180 people registered for the Big Walk and hundreds more attending the park celebrations. Rewind Radio did a fantastic job of keeping the energy up hosting throughout the day and our Dog Show, which was judged by Pet's Larder. It was a heart warming success and we are so grateful to everyone who got involved.





# The Pets Larder



We're The Pets Larder, an eco-conscious, natural pet shop with a common-sense approach to nourishing pets and enhancing their wellbeing. We carefully select only the products we truly believe in, each one handpicked to benefit your four-legged family members.

As a family-run business in Cornwall, giving back to our community is at the heart of what we do. The Cinnamon Trust, just five minutes away from us, has always held a special place in our hearts. Their work supporting elderly and terminally ill people to stay with their pets is both inspiring and essential. So, supporting The Big Walk was a natural choice; a chance to champion their mission and connect with people who share our values of compassion, community, and the human-animal bond.



In the spirit of this connection, we're excited to introduce The Pets Larder x The Cinnamon Trust Subscription Box. Inside, you'll find our best-selling, hypoallergenic dog treats, perfect for sensitive or allergy-prone dogs. From locally baked fish treats to wholesome cookies, every box is designed to nourish your pet while supporting a worthy cause. Plus, our packaging is 100% compostable, making it as eco-friendly as it is delicious.

**With every box sold, 10% of profits go directly to The Cinnamon Trust to help them continue their vital work. If you'd like to give us a try, use code TRUST10 for 10% off your first order.**

[www.thepetslarder.co.uk](http://www.thepetslarder.co.uk)

## Thank you!

**C. Hoare & Co Bank**

**Vetsure Pet Insurance**

**The Pets Larder Cornwall**

**Cornwall Chamber of Commerce**

**Veterinary Cards**

**Seasalt Cornwall**

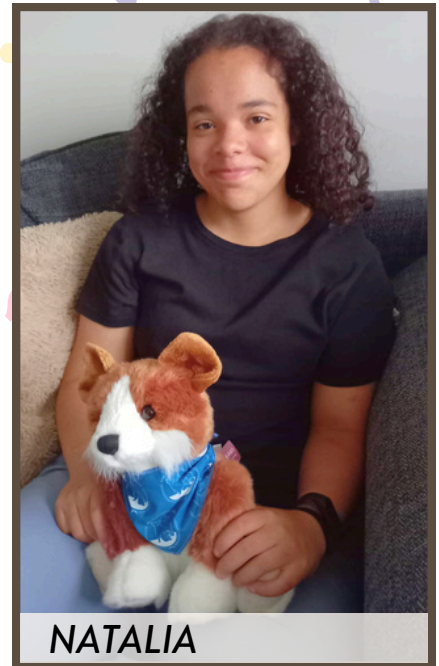
We have seen more support than ever before from businesses and private organisations this year, many of which pulled out all the stops to celebrate with us on our 40<sup>th</sup> year! We are delighted to have had your support; your kindness has helped make our year that little bit more special!



# Fabulous 40th Fundraising

You have surpassed all our expectations with your fundraising ideas and challenges. Our 40 for 40 campaign has been a huge success and we thank each and every one of you for your dedication and kindness. Here are a few of our 40<sup>th</sup> fundraisers.

Natalia is completing her volunteering section of the Duke of Edinburgh award by walking a dog called Scamp through The Cinnamon Trust. But she didn't stop there, in addition to this Natalia challenged herself to make beautiful fabric roses to raise vital funds for The Trust. She sold these to friends and family and raised a magnificent £43 for The Trust.



**NATALIA**



Our Cinnamon Trust Hero, Graham took the airwaves by storm on Fiesta 95 FM and spoke about The Trust and the work we do, spurring others to support The Trust in any way they can. We listened at the Office and were touched by Graham's high praise.

## GRAHAM ON FIESTA 95 FM

The lovely people at Grove Court Care Home Woodbridge raised an outstanding £592! Long standing volunteer Gill, popped in to meet the team, collect their donations, and pass on our gratitude.

## MAGGIE MARTIN

Beloved fundraiser Maggie Martin, with the support of The Friends of St. John the Baptist Church Findon, raised an incredible £1720 during various events this year. These events included quiz night, seasonal fairs, bake sales, and more. Our thanks extend to John, Mary, and the rest of the fundraisers involved!



**GILL WITH THE GROVE COURT CARE HOME TEAM**





Marvellous Marie Millington set up and ran a charity stall at Merton Dog Watch Live 2025 in Morden. Marie spread the word about The Cinnamon Trust and, while doing so, raised a brilliant £82.50. She is pictured here behind the stall with the 'Best Veteran' dog show winner.



### MARK COOKE

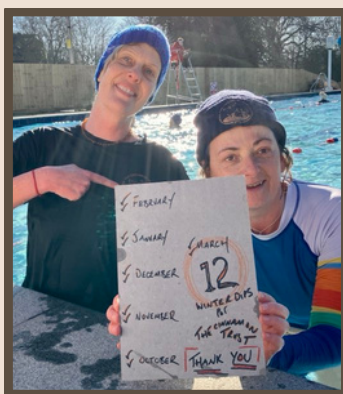
Not only does Mark do a fantastic job walking Saorsa, Lassie & Scooby and Brodie who belong to three different owners, Mark decided to challenge himself further to raise money for The Trust. Mark walked 1,100 miles from John O' Groats to Land's End and raised £2,000, thank you so much. You are an inspiration.



### MERTON DOG WATCH

### COLD SWIMMERS BEX & ASTRID

Bex & Astrid took on an incredibly brave challenge stretching from October 2024 to March 2025. Plunging without wetsuits into various lakes and unheated lidos across the UK for 12 cold swims, raising money for The Trust. They embraced water temperatures between 2° and 8.9° with outside temperatures as low as -5°! Together they raised a staggering £554 and had some lovely words explaining why they chose to support The Cinnamon Trust.



*'All charities do important work, but The Cinnamon Trust stands out because it recognises the vital bond between humans and pets. We're chuffed to be able to do something we enjoy while raising awareness and funds for such a meaningful cause.'*

### OAKTREE COURT DOG SHOW



The community of Oaktree Court, Willen, Buckinghamshire hosted their own dog show and raised a grand total of £220 for The Trust. Volunteers Jenny & Hayley had dozens of memorable conversations with the friends, family, and residents of Oaktree court and spread the good word through the wonderful community.



## **Tom Llewellyn, a vet from Mansfield, Nottinghamshire tell us his story cycling the country...**

Back in 2024 a group of cyclists had a daft idea... who fancied riding from Lands End all the way to John O'Groats, a 1000 miles, in under a week? Well, it seemed a good idea at the time! Fast forward to 2025 and on Sunday 22nd June we left Mansfield in Nottingham at 7am to head to Cornwall.

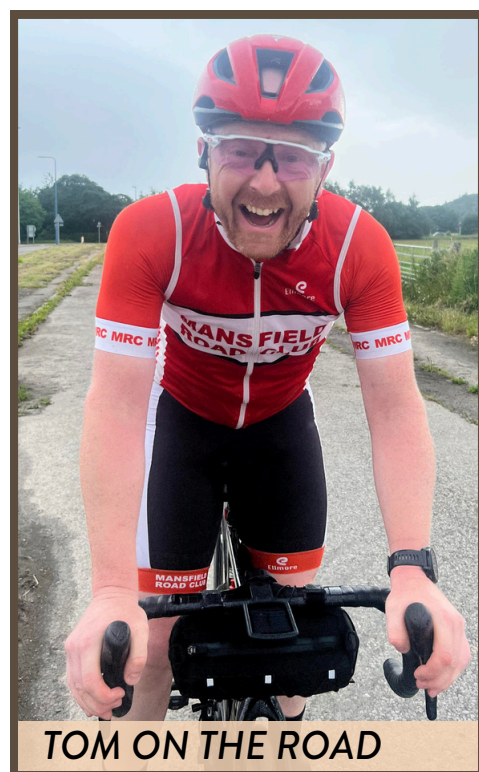
Monday 23rd June saw a brutal day of riding - we left our accommodation at 6am sharp, and headed in the direction of Bridgwater. Fortunately the weather was kind, with temperatures around 20°C and a decent tailwind, though the quiet roads of Cornwall were unforgiving - short sharp climbs, with equally steep descents into little valleys, and repeat and repeat!

Unfortunately, Tuesday 24th started really badly. After a late night, an attritional ride, and uncomfortably hot temperatures I slept poorly - for around 3.5 hours only. That meant the 165 mile route from Bridgwater to Ironbridge felt almost as tough as the previous day. The route was pleasant enough, climbing the iconic Cheddar Gorge with its wandering feral goats and crossing both the Clifton Suspension Bridge and the Severn Bridge as we entered Wales briefly before riding on to the Midlands.

Wednesday 26th was always going to be the biggest day. We set off in the light rain for Carlisle at 6:15am though thankfully it dried pretty soon after. We followed our route through the suburbs of Wigan and Manchester and then disaster struck - the road was closed due to roadworks and the bridge was gone. Time was getting short so I adjusted my route plan and followed the West Coast route. As I rode through Carlisle centre I saw a chip shop... I was in there like a flash, and ate a portion of chips like I'd never been fed.

Thursday 27th was an easier day - only 150miles! - from Carlisle to Cranlarich. We got word from Bob, our superb support driver, that the only hotel in Cranlarich stopped serving food at 9:30pm - it was 6pm and we had 60 miles to do with a massive climb at the end! Powered by paracetamol, ibuprofen and Rocky Caramel biscuits, we whizzed up Loch Lomond through stunning scenery and flew up the final climb, arriving by 9:20pm.

Friday 28th was 145miles of what I know is stunning scenery - it just wasn't visible to us! While that put a dampener on the already damp day, unbeknown to me my wife had made contact with a pal from Edinburgh Vet School that I hadn't seen in nearly a decade who lived near Inverness and Ali was waiting for me by the roadside near Dingwall (with chocolate in hand!).

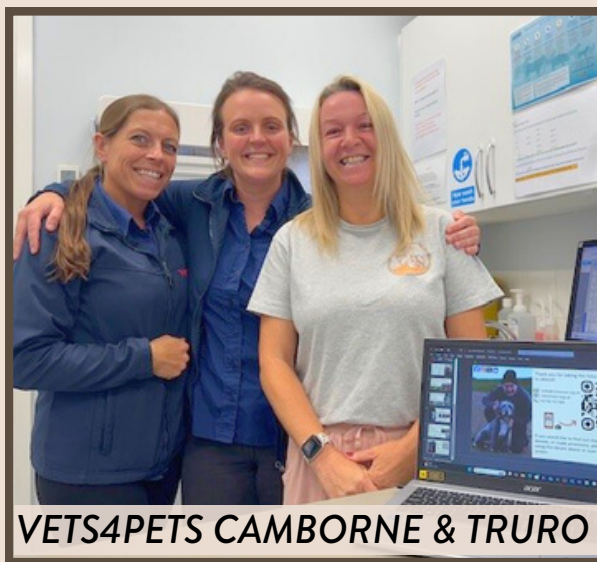
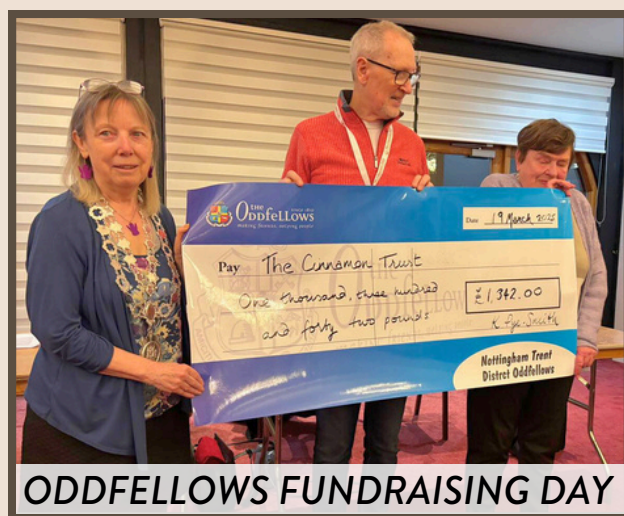




Saturday 29th was our final day - destination John O'Groats - only 125 miles away! The weather was good with a howling tailwind, and spirits were high after a full night's sleep and a hearty breakfast. We arrived at the signpost around 6pm and had a well deserved drink in the pub, spent a small mortgage on gift shop stuff for my wife and the kids, then headed to the hotel. The end of a once in a lifetime adventure.

That week I covered around 980miles and did 16,700m of climbing (almost two ascents of Everest from sea-level). I'm pleased that my efforts have raised over £1500 for The Cinnamon Trust and I'm so happy that those funds will support the care of some beloved pets!

Between their charity fundraising day and an elegant afternoon tea event, the kind folks of The Oddfellows in Nottingham raised an extraordinary £1342 for The Cinnamon Trust! We are thankful to everyone who played their part in the events and to volunteer, Anthony, for accepting the cheque on behalf of The Cinnamon Trust.



**VETS4PETS CAMBORNE & TRURO**

The amazing staff of Vets4Pets at both the Camborne and Truro branches held a charity raffle, the proceeds of which, supporting The Cinnamon Trust. Between the raffle and kindly holding collections for The Trust, the team raised £284. They are pictured here with Lynsey, one of The Trust's Animal Welfare Consultants.

*Thank you to everyone who has pulled out the stops our 40th anniversary to fundraise for us, the runners, the dog shows, and the company support. Because of you, we have raised more money than any other year and double the amount raised in the past two years!*



# Life on the Road

This exciting 40<sup>th</sup> year anniversary has brought the arrival of our custom made trailer! We have been on the road travelling to different events to spread the word of The Cinnamon Trust and meeting our two and four legged Cinnamon friends. With every new adventure there has been highlights, learning curves and many laughs!

We were lucky enough to debut the trailer at our Big Walk Super Fun Day near our head office in Hayle, Cornwall. It was ideal that we could use our own local event to test out budging it into the correct space and remembering what pole goes where, to open the doors.



Also, in beautiful weather we were able to showcase, although we did realise that standing in the trailer may shelter you from the sun's rays, but you can still go tomato red from windburn, lesson learnt!

At the time of writing this we have now journeyed to four other events: Big Doggie Do in Milton Keynes; Dogstival in The New Forest; Dog Fest at Knebworth House and The Royal Norfolk Show.

Travelling to Big Doggie Do for our first event, was an interesting test with a lot of firsts! After spending a lot of time seeing the beautiful photos on the sides of our trailer in the wingmirrors I realised why Milton Keynes was known for its roundabouts. On arriving at Willen Lake, the event site, the one way system was not in our favour which meant after a lot of back and forth shuffling we had to recruit the help of the security team to manoeuvre the trailer into place!



After a slightly stressful morning of trailer positioning, stiff bolts, and being rudely taught that with a new trailer, things breaking, falling off, or simply not working, was going to be a hurdle with this event and the ones to follow. But we were all set up, and what an incredible spot we had!





We realised that the high value liver treats we had was making dogs cross fields to get to us, which was perfect to get the great bandana shots however it also meant that we had to give the owners a treat to encourage their drooling companions to move on. Some of our volunteers popped by to see us including Big Walk organiser Zoe Zelik and it was lovely after so many chats to meet face to face. It was a fun filled weekend and an all-round successful first trip.



Dogstival was our next adventure, we set off nice and early to enjoy a leisurely journey on the Friday. We planned to arrive in time to set up on Friday evening so that we were positioned and ready for an early Saturday start. Trying to be organised and full of good intentions, we set off in good time. Sadly, the trailer had other ideas.

We ended up having to use a trailer medic to rescue us from Exeter services due to a loose wire causing the electrical connection to the trailer not to work. So, after a long stop, our hope of a good arrival time faded and instead, we arrived with just enough time to position ourselves and rush on to the hotel.

Following a frazzling first day of travelling, we woke up bright and early to drive back to Dogstival and what a place! It really was a dog and dog lovers paradise. We were again positioned really well and had a great view of all the fun activities. They had such as a splash zone and a dog cinema.

On the second day of Dogstival, we had the pleasure of being joined by our volunteers Alex and Jane. We also met so many lovely people, who were interested in The Trust or were already part of the family. Strangely being positioned not that far from the toilets worked in our favour as we were entrusted as a doggy creche for people who needed the loo but came on their own and couldn't take their dogs with them, which for us meant that we could just lap up all the cuddles! We also met the gorgeous Star, who once enticed with a famous liver treat, realised we were fellow hound lovers and then would not leave. She would even try to sit on our laps and visited us the following day for more loving. We arrived home from Dogstival filled with joy and excitement to return again next year.





We travelled to Dog Fest at Knebworth House, for which we had been frantically checking and rechecking the weather forecast due to the threat of storms. We had been so lucky with the weather up until this point that all we could do was pray and be positive that if it did rain it would be another good first for the trailer!

We were delighted to have dry weather for the majority of Saturday, but it was a bit dark and gloomy, which meant we had a steady flow of people and dogs to talk to, but it was not as busy as we had hoped. Then around 3pm the heavens opened, and Dog Fest made the wise decision to shut early. However, Sunday was bright and dry which really showed us why it is a very popular event. We had such a busy day that we looked at each other afterwards as a team and couldn't remember the last time we fully saw each other's faces. What a rush it was and lovely to meet so many people, I'm not sure there are many jobs that allow you to end a day delighted to be covered in fur, slobber and smelling like dog treats. A huge thank you to Tracey, Gill, Gilly and Clare for supporting us on our stand.



Most recently, we have been to Royal Norfolk Show, our furthest journey yet! As with many county shows we knew that this was going to be super early starts and very long days. Initially we were over the moon to see the high temperatures and sun forecast but soon realised, when we found ourselves staring at the cold pressed apple juice stand opposite, that it was time to use the moving shadow of a tree as our shade.

We met some other fantastic charities in the village where we were situated and were able



to connect with some incredible people. Although slower than other more dog-centric events that we have attended we still had a great time. Having Carl, Sue and Jo's help on Wednesday, then Lindsay and Jacqui on Thursday was invaluable. It meant that on Wednesday we had everything we needed all set up and ready to go early. Then on Thursday we were able to pass the quiet periods sharing stories of all of the Forever Foster pets, we have had the pleasure of sharing a home with, between us.

Life on the road so far has been full of happiness! Even the lower moments have been turned into a funny story for future telling. We have been met with traffic, opening the trailer dubiously with one eye closed every time for fear something's broken, hotels with no made up beds and dogs peeing on tablet stands thinking they were posts. But what a joy it has been and how special to be able to travel around meeting so many people who believe in The Trust's mission just as much as we do. Thank you to every person who has come to share their heartwarming stories with us. It has been an absolute pleasure. Here's to the next adventure!



# Our Royal Visit

On Friday 11 July, our Patron His Royal Highness The Duke of Gloucester paid a special visit to The Cinnamon Trust Headquarters, in celebration of the charity's 40 years of unwavering service and enduring support to older people, the terminally ill and their beloved pets.

The Duke was warmly received by long-serving employees, dedicated staff and volunteers, local civic dignitaries, and two corgis from one of our sanctuaries, in a heartfelt tribute to Cinnamon, the corgi whose name the charity proudly bears.





*The Royal visit was in recognition of the charity's remarkable legacy, dedicated efforts, and profound impact on thousands of lives nationwide.*

The Duke was introduced to the dedicated teams responsible for the welfare of the pets, both at the charity's headquarters and its two sanctuaries.

His Royal Highness chatted with staff about the many facets involved in delivering The Trust's vital support, and took time to personally greet Trustees and volunteers in attendance.

To mark the occasion, The Duke of Gloucester was invited to unveil a commemorative plaque in celebration of The Trust's 40th anniversary, followed by the ceremonial cutting of a cake.



We have no shortage of standout moments during our 40-year history, but this is a moment that will live long in the memory of us all here at The Cinnamon Trust.



*"We're thrilled to have His Royal Highness The Duke of Gloucester visit The Cinnamon Trust for this meaningful milestone. Shining a light on our incredible work and introducing The Duke to some of our remarkable volunteers and the precious companions they lovingly support every single day."*  
- Patrick Williams, CEO





# Gold Awards

*The following volunteers have received a Gold Award for their exceptional service:*

**Graham & Susan Dent** (East Sussex), **Loretta Palmer** (Essex), **Hayley Butcher** (Essex), **Jill Bobek** (Yorkshire), **Zoe Zeliku** (Bedfordshire), **Nicola Griscti** (Inverness-shire), **Lucinda Wood** (Berkshire), **Helen Martin** (Shropshire), **Maggie Evans** (Somerset), **Amanda Williams** (London), **Deborah Rudman** (North Humberside), **Kari Allen** (East Sussex), **Tina Reidy** (Dorset), **Elizabeth Armstrong** (East Sussex), **Deborah Simpson** (Kent), **Victoria Conrad** (Wiltshire), **Denise Tinley** (Derbyshire), **Maggie Nylk** (Norfolk), **Anne Parfitt-Rogers** (Devon), **Joanne Elliott** (Wiltshire), **Karen Champion** (Norfolk), **Sophie Preece** (Manchester), **Katie McSweeney** (Suffolk), **Susan Dicken** (Dumfriesshire), **Mandy Llewellyn** (Hampshire), **Virginia Heathcote-Ball** (Leicestershire), **Mandy Haywood** (Lancashire), **Jayne Loader** (Kent), **Jane Brewis** (Tyne & Wear), **Michelle Rufenacht** (Derbyshire), **Sarah Markey** (Gwent), **Tamsin McKie** (Merseyside), **Jacqueline Moore** (Norfolk), **Adam Hollidge** (Surrey), **Grace Mulhearn** (Clwyd), **Caroline Mary Hendra** (Lancashire), **Julie Shortland** (Cambridgeshire), **Kathryn Beardshall** (Worcestershire), **Alison Wilkerson** (Bedfordshire), **Amanda Simisker** (Mid Glamorgan), **Emily Eccles** (Somerset).

# Owner Nominated Awards

*And the following have been nominated for a special Owner Nominated Award:*

**Zoya Islip** (Cornwall), **Sacha Draper** (London), **Claire Holt** (Essex).

# Long Service Awards

*The following volunteers have received a Long Service Award for volunteering with us for over 10 years:*

**Liz Knight** (Sussex), **Alex Geddes** (Merseyside), **Pete Thompson** (Norfolk), **Nicola Garston** (Kent), **Lindsay Best** (Suffolk), **Debbie Chapman** (West Sussex), **Trina Herbert** (London), **Gillian Bedward** (Warwickshire), **Jo Bridger** (Somerset), **Jane Floodgate** (Norfolk), **Kim & Liz Singer** (Glamorgan), **Karen Makepeace** (Suffolk), **Justine Fehler** (Essex), **Aiko Masaki** (Sussex), **Barbara Wiggins** (Dorset), **Vanessa Smith** (Dorset), **Sue Reeder** (Wiltshire), **Emma Brown** (Isle of Wight), **Julia Potter** (Hampshire), **Alex While** (Denbighshire), **Patsy Monard** (Somerset), **Christine Gates** (Dorset), **Paul Allan** (Surrey), **David & Pauline Giddings** (Kent), **Louise Robinson** (West Sussex), **Roger Levy** (Sussex), **Nina Boston** (Bedfordshire), **Jenny Dean** (Sussex), **Yvonne Maher** (Bedfordshire), **Michael Swift** (Leicestershire), **Nikki Ledic** (Bedfordshire), **Maggie Nylk** (Norfolk), **Katherine Sanderson** (Lancashire), **Carol Wathall** (Devon), **Val Willoughby** (County Durham), **Delia Samm** (Bedfordshire), **Debra Grose** (Sussex), **Gaynor Ridgway** (Staffordshire), **Jennifer Waller** (Cheshire), **Carol Oakes** (Conwy), **Abigail Williams** (London), **Wendy Higgins** (Somerset), **Myra Fuller** (Lancashire), **Justin & Marie Williams** (Cornwall), **Kim Millward** (Gloucestershire), **Matthew Polley & Jennifer Gudka** (Essex), **Ray Smith** (Devon), **Clair Keilloh** (Somerset), **Sarah Burford** (Warwickshire), **Richard Matthews** (Worcestershire), **Gill Mason** (Suffolk), **Ellen James** (Hampshire), **Victoria Reynolds** (Somerset), **Mona McQuade** (Hampshire), **Susan Collins** (Lincolnshire), **Anne Thorpe** (Lancashire), **Gill Cushway** (Essex), **Jenny Fensom** (Devon), **Pam Davies** (Pembrokeshire), **Brenda Feeley** (Bedfordshire), **Sue Murray** (Sussex), **Sharron Neale** (West Midlands), **Linda Curry** (Dorset), **Sandra Kelemen** (Yorkshire), **Angela Ball** (West Midlands), **Julie Toy** (Devon), **Paul Hughes** (Oxfordshire), **Lisa Hurst** (Hertfordshire), **Valerie White** (Hertfordshire).





# A Cinnamon Hero

We wanted to share this letter with you from one of our long standing volunteers, Tom Nevols. Tom was nominated as one of our Cinnamon Heroes, and for good reason, as over his time with The Trust he has offered his home to 80 pets in need of short term care and also regularly dog walked and transported pets around the country.



*First of all, congratulations on The Trust's 40th anniversary and we wish you all many more years of success in the future. Thank you for your recent letter and my thanks, surprise and appreciation at being included in the Hero's list. What an honour! I pause for a preen!*

*Strangely though I have always thought the service was from you to me. When I first joined The Cinnamon Trust, I discovered that I had found a dog library. Every few weeks or months the lovely ladies of Hayle sent me a dog (or two) to look after for a while until they were returned home or sent on to pastures new. What a great idea! We all had a lovely time, like dog school holidays, we enjoyed every minute of it as I am sure our guests did. You even arranged some local dog walking duties to cover any gaps. Bless you! What a lot of fun it has been and congratulations to you all for making it work successfully.*

*Unfortunately, time has crept up upon us. My wonderful wife and teammate Mavis passed away and my own physical limitations now mean that I can no longer stride across the common with my canine companions. However, retirement is not in my mind just a reduction to light duties if required.*

*In the meantime, I shall sit and bask in the pleasure of my certificate and wish you every success in your present and future endeavors and thank you again for the host of great memories and the five photo albums full of photographs of our doggy friends.*

*God bless and good luck to you all.*

*Yours faithfully, Tom Nevols*





# Dog Walking Stories



**PIPPA, SOFIA AND AGGY**

## **Aggy in Kent starts us off with a great family piece...**

I recently started volunteering for The Cinnamon Trust charity with my eight-year-old daughter Sofia and we both discovered that sometimes the simple act of kindness can bring the biggest smiles.

One of the best parts of our week is walking Pippa, a sweet little pug with big personality. Sofia was over the moon when we were matched with Pippa as pugs are her favourite breed.

Pippa's owner Eve struggles to take her out on longer walks and at times relies on volunteers like us to make sure Pippa gets a dose of fresh air and good exercise.

For my daughter, it's a chance to learn about compassion, responsibility, and the impact of small acts of kindness. For me, it's a reminder of how meaningful connection is, whether this is with people, pets, nature, or each other and can be found in the most everyday moments.

We are lucky and privileged to be part of this wonderful charity and even luckier to have Pippa in our lives. She might be little, but she has made a big impression on us both and we can't wait for our weekly dose of cuddles with her.

We make sure we spread the word about The Cinnamon Trust charity as it's a wonderful organisation which really makes a difference.

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## **Tracy, a volunteer in Devon, writes...**

I saw a poster in our vets explaining about The Cinnamon Trust, asking if you could spare some time and I thought once I retired, I would definitely like to do this. I supported my mum in keeping her little dog, who was her companion and friend, so I was able to see first-hand how important it was for my mum to have her dog with her.

The time came and I nearly retired, but I felt I had a bit more to give. Fortunately, I was able to work part-time so I had a free day to help out and volunteer. After completing the application, getting my badge and welcome pack, the volunteer co-ordinator was great and reminded me not to over commit and keep the volunteering fun, wise words indeed.

I was put in touch with a lady and her beautiful boy Prince. I went to meet them both; it was so



lovely to see the love and companionship Prince gives his mum. Having Cinnamon Trust volunteers walk Prince means he is able to stay with his mum as she has many health issues which prevent her from walking him.

I have a set day, Friday, to walk him and I enjoy our time together exploring the parks, woods or beaches around where we live. He loves his sticks, large or small, and carefully considers which is the 'chosen' one to carry, till another one catches his eye!

He loves the water, but I am mindful that he has really long fur which takes ages to dry, even after a vigorous towelling once we get home!

I really enjoy our walks and also getting to know his mum over the past 11 months. It's great to be part of a team of volunteers that help Prince and his mum.



**TRACY & PRINCE**

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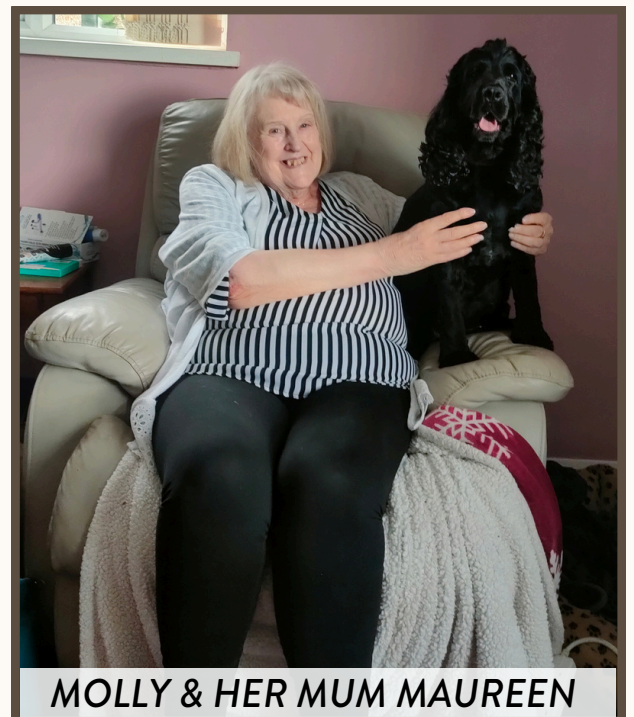
### **Volunteer Ru tells us about the beautiful connections she has made through The Trust...**

I have been a volunteer with the amazing Cinnamon Trust since 2017; one of the best decisions I have made and lucky for me, I was accepted by The Trust! Since that time, I have walked doggos in Birmingham, Nuneaton and Tamworth and met a variety of beautiful canine breeds complemented by a variety of humans that eventually developed into friendships.

I chose to volunteer as 'giving back' has always been dear to my heart and rightly or wrongly, volunteering has served as solace to a very lonely life for me. Living alone and living a solitary lifestyle with minimal friends and a life dictated by work has always been a struggle for me. My own headspace has gone through its own peaks and troughs.

Being blessed to walk doggies for The Trust means being out and about in this beauty we call nature whatever the weather may be. I have made beautiful connections with owners including those no longer with us and met some absolute canine characters; I have been loved by my doggy companions and have loved them back tenfold.

I am currently walking a gorgeous little girly named Molly and have been for the past 18 months. We are absolute besties and reciprocate our love every occasion that we meet - no walk is complete without me telling Molly how much I love her, and Molly responds ever so eagerly with a waggy tail



**MOLLY & HER MUM MAUREEN**



and an enthusiastic body lunge right at me.

Molly is a quirky madam... She likes to walk full circle around certain cars and adores the scent of lavender. We cannot walk past lavender until Molly has had the opportunity to dive headfirst into the plants and rummaged her face until it is purple!

Maureen is Molly's wonderful owner and Maureen has welcomed me into her home and into her life. For each occasion we meet, it is akin to old friends nattering over bygone times. I would not change a single second of my experience with Maureen and Molly.

I hope I can be in Molly's life as long as Molly and Maureen allow me to be. I feel the words 'sense of satisfaction' do not do my volunteer experience enough justice. For a loner such as myself, walking Molly and the pleasure of walking previous doggos through The Cinnamon Trust has been nothing short of positively life altering.

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**Carol writes to us from Shropshire and gives a lovely insight as to how The Cinnamon Trust has helped her...**

In July 2022 my husband Roy and I moved from Formby in Merseyside where we had lived for 40 years, to live in Bridgnorth to help support our daughter and granddaughter who were struggling on their own.

Three months on and our lives changed forever. I was diagnosed with a rare form of cancer in my knee which led to an above knee amputation to save my life. Suddenly we were struggling; the cancer, the sudden disability, the new home, new life and Jack, our lovely little Jack Russell. We love Jack dearly, but we were struggling to provide all of Jack's needs.

A year later I found out the cancer had not gone but had metastasised to my right lung and was now terminal. At the moment I am feeling well, and I am determined to survive as long as possible. However, we had concerns about Jack's future wellbeing. A dear friend from Formby told me about The Cinnamon Trust and I got in touch. We now have 2 walkers and Jack loves them both. This has been life changing for us as we can now cope so much better. We also take great comfort in knowing that he will be cared for no matter what happens to us.

Words cannot express how much you have helped us. It is life changing to have this worry taken off our shoulders. Our only option otherwise would have been to re-home him which would have broken our hearts.

**LOUISE & KATY, CAROL & JACK**



**CAROL HAS WRITTEN A LOVELY  
POEM, FEATURED ON PAGE 68**

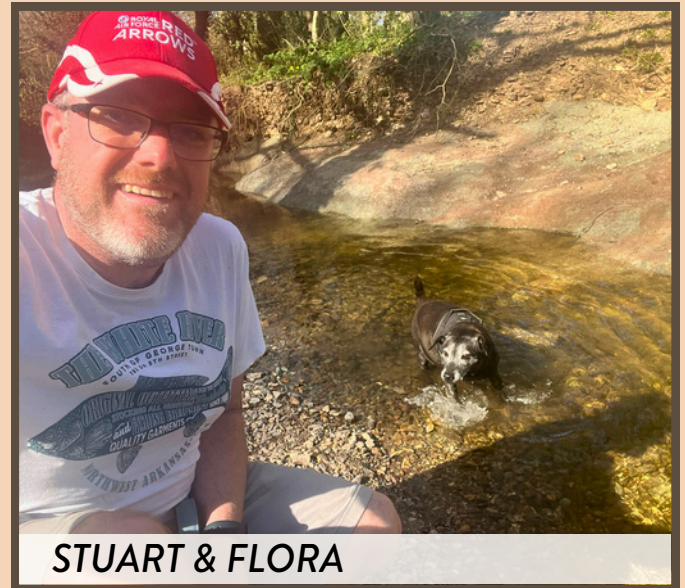


## **Devon volunteer Stuart tells his story 'Flora and Me – a Walking Friendship'...**

Since the start of 2025, Flora and I have been thoroughly enjoying regular walks together. With the recent stretch of sunshine, we've both felt a real spring in our step. Despite being around 14 years old, Flora has been showing me her "inner puppy" more and more – chasing after tennis balls, splashing around in the stream, and greeting every dog we meet, with a wag and a playful bounce.

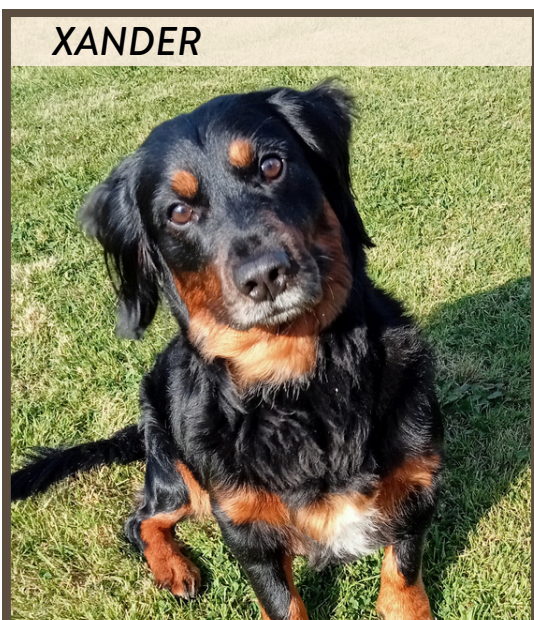
Flora's energy and enthusiasm are a real joy to see, and it's been lovely to watch her come to life on our walks. Every outing feels like a new adventure, whether we're exploring the local park or just meandering through familiar paths with a few impromptu detours.

Walking Flora has also been a huge help to her lovely owners, Ann and Neville. Knowing that Flora is getting the exercise and stimulation she needs brings them peace of mind. But I'd say I've gained just as much from the experience – if not more. Taking her out gives me a much-needed break from my desk and busy work life. It's become part of my routine, and something I genuinely look forward to. There's something very grounding about walking a dog – it forces you to slow down, be present, and just enjoy the moment.



Flora and I have become the best of friends. We're both excited when walk time rolls around, and our little outings have quickly become one of the highlights of my day – and I suspect hers too! I feel really lucky to volunteer as part of The Cinnamon Trust, and I'm grateful for the chance to help such a lovely couple while spending time with such a fantastic companion.

Here's hoping the good weather holds, so Flora and I can keep heading out on our adventures together, tail wagging and hearts full.



## **And now we hear from Xander in West Sussex...**

Hello, my name is Xander, named by my Mum, Pam, in honour of her husband Alexander. They were married for 60 human years!

I am a rescue dog and look a bit like a Dachshund and King Charles Spaniel; I think it's quite a good look. It was a cold, wet evening when my Mum got me, I was born during covid times so had never met people or come across traffic. I was very nervous; I still am a bit.



A few years later, my Mum became very sad as she couldn't walk me. Thankfully Mum's daughter-in-law Judy, told her about The Cinnamon Trust and the rest, as they say, is history. I love my Cinnamon dog walkers so much – I have Denise and Trevor (husband and wife) and Katy who brings her daughter Willow.

I am also lucky to have some lovely neighbours, Anita and her grand-daughters Ruby and Chloe, as well as Mum's grand-daughter Georgia and her family, who help as much as they can too.

I am very lucky to have the everlasting love from all those walking me. I don't know what I would do without The Cinnamon Trust. My Mum told me I am 'profiled', and this means that the lovely people at The Trust will make sure someone takes care of me if anything happens to my Mum.

God bless and woofs, Xander

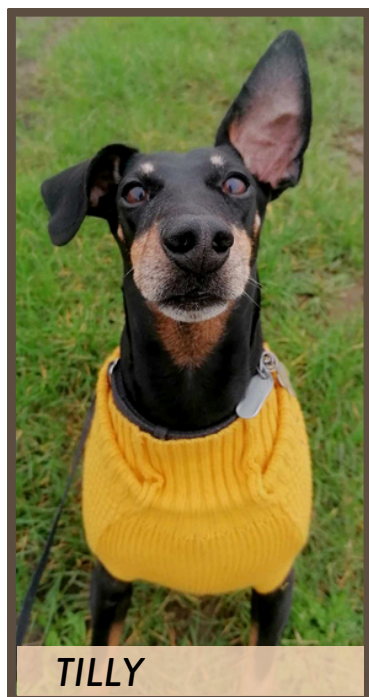
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### **Volunteer Santa in Lincolnshire shares their story...**

Tilly and I have been walking together for just over a year now. What has happened during this year? Well, a lot!

We have had many walks, mostly in the countryside so she can enjoy some freedom on her longer lead. We try to mix up our walks so Tilly can experience new smells, it's almost like reading a local newspaper for her!

We like to go out for up to 2 hours. Tilly enjoys watching wildlife, once she sniffed out a partridge that was hiding in the long grass but luckily, I found it before she did! We have been litter picking along the way, mostly filling up a small bag as and when. We did try a bigger Womble, but dirty work is not for Tilly!



She's a clever girl and it's impossible to hide any food from her, Tilly will find it and she will gently persuade you into giving up the snacks for a safe disposal into her belly.

We meet a few dogs on our walks but don't interact with them too much, Tilly is more of an independent kind of girl who just enjoys walking. I have really enjoyed my time with Tilly and her owner.

Deidre is a lovely lady with a kind soul. I enjoy our little chats after Tilly has been out, and I'm always excited to tell her about my outdoor adventures and the things that have happened in the dog rescue world.

I have thoroughly enjoyed the past year and hope it will continue for the foreseeable future.

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## **Elaine, who has been matched with her first dog to walk, tells us about her blossoming friendship with Pixie...**

Five weeks ago, I started walking Pixie, she is my first Cinnamon Trust dog. I'm not sure who looks forward to our Tuesday walks more - me or Pixie?

I find volunteering so rewarding, not only does it mean Pixie gets the walks she needs but it gets me out and about to places I might not normally go. I signed up to be a volunteer because due to work commitments I am unable to have a dog (but do have two cats), so a doggy cuddle once a week is just the thing.

We go on different types of walks come rain or shine in the woods and nature reserves, but Pixie's favourite seems to be the beach as she does like to have a dip in the sea! It is such a joy to see her frolicking in the waves and having fun.

During our time together we have become best friends, and it warms my heart to see the excited greeting I get each time I go to collect her. I would recommend volunteering; you too could have a Pixie in your life.



## **Jacqueline writes to us from Devon about an astonishing 10 years walking lovely Millie...**

I just wanted to write something about how much I enjoyed walking Millie over the past 10 years for The Cinnamon Trust.

Millie was the first dog I started walking for The Trust and she was a young, lively and excitable girl but so sweet, and she loved a cuddle. Over the years my whole family got to know Millie, we would all go out at weekends or school holidays, the two children with my Labrador and Collie. She was a big part of our whole family.

Millie's owner, Valerie, and I have become very good friends and we have enjoyed many chats and shared funny stories about Millie's adventures. Millie loved to play tug of war with my dogs and loved nothing more than joining doggy friends in a river paddle.

At nearly 14, Millie started to slow down and found it difficult to go on walks. She was still young at heart, but time was catching up with her.







I will always remember our last walk together, where instead of running around, she stayed close to me for lots of cuddles and treats. We all miss her so much.



Bless you Millie. You were such an important part of our lives for 10 years, and we would all like to thank Valerie for sharing Millie with us and The Cinnamon Trust for putting us in touch. I highly recommend walking a dog for The Cinnamon Trust to anybody who can!

### **Verna in West Sussex writes...**

I first met Lola five weeks ago when I was asked if I could offer walks for a short period whilst her owner was recovering from an operation.

Lola is very gentle and sweet natured and, I am sure you will agree, photogenic once you get down to her level!

At fourteen years old and with failing eyesight she is not able to enjoy a long walk but still finds much to interest her.

She barks politely to announce my arrival and waits patiently while I chat to her owner, Ann, before setting off willingly to explore her neighbourhood.

Lola has become a fixture on my Wednesday calendar. I enjoy my dog therapy session with her, meeting other dog walkers with their animals along the way.

Meanwhile Ann and I have discovered in common an interest in crochet and a love of other animals and wildlife, especially donkeys. (But don't ask me to walk one of those!)



**LOLA**



## **We would like to introduce you to Mary and Luna...**

My name is Mary, and I live in Whittlesey alone except for my beloved companion Luna an 8-year-old Labrador x Staffie.

About a year ago I took Luna to the vet for her regular check up. Although in good health the vet mentioned that she was very overweight. The vet said this could likely cause health issues in the future. I had been suffering with restricted mobility for some time due to Osteoarthritis. I struggle to walk and have to use a frame or a walker. This means it's impossible to walk Luna. I started to feel very guilty that I was not looking after her properly. I couldn't afford a dog walker and at my lowest point I considered rehoming her.



**MARY & LUNA**

Then I heard about The Cinnamon Trust and got in touch to see if they could help. Local volunteer Julie came to visit and completed a Meet and Greet for Luna. I am now supported by three volunteers and Luna is enjoying her daily walks and is slowly losing weight.

I am so grateful to The Cinnamon Trust for coming to my rescue, it's such a relief to know that Luna has regular walks, and it's lovely to chat to the volunteers, Jen, Sam, and Hannah. I would really encourage anyone who is struggling to look after their animals to get in touch.

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## **A tale of two charming rascals, from volunteer Sandra in West Sussex**

I joined The Cinnamon Trust after I lost my own dog Paddy, just to have some canine contact. That's how I met Star and Bianca, who belong to their owner, also named Sandra.

Bianca is the boss, and likes to go off lead, but does enjoy smothering herself in 'scent' when she can find some! Her speciality is doing a full on 'handstand' or perhaps I should say 'pawstand' when she wees!



**STAR & BIANCA**

Star, her partner in canine crime, and best mate, is the tiniest little black and white long-haired dog, but feisty and confident, ready to take on the largest German Shepherd or Rottweiler if you let her!

They are great friends and really love their walks as well as each other. I am only the Wednesday walker- the girls have different Cinnamon Trust volunteers taking them each day. Sandra is so

grateful and happy that we are able to take her precious pooches out for her, as she cannot manage it with very poor mobility- but she is clearly devoted to the pair of them - they are her life.

For me, it fills the huge gap left by not having my own dog now and gets me out and about walking once a week. We meet and chat to a lot of people locally, and many of them know Star and Bianca, and are full of praise for the work The Cinnamon Trust does in helping both the dogs and their owner to remain together where they belong.

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### **Now we have the lovely words of owner David in Essex...**

I am David, married to Loretta (I have forgotten how many years). Let's just say I would marry her again in a heartbeat.

One thing that has kept us together all these years is our love of dogs. We have looked after man's best friend in various shapes and sizes since our daughter was one year old. They have virtually all been taken in either from previous owners or pet rescue centres. It would be true to say they have provided us with untold happiness and joy. One or two have alas caused us a little concern with their determination to ignore our strict instructions regarding 'wandering off.'

There comes a time of course when all dogs journey on to that great dog rest home in the sky but we thank God for their company and faithfulness when in our keeping.

At the moment we have Baily a cross between a German Shepherd and a Corgi (Yes!). One thing is for sure, you never know when a dog will come into your lives. We were on holiday in Southern Spain in October 2016 and arranged to have lunch in a restaurant with some friends who owned a villa nearby. We were shown a poster which said, 'dog requires new home.' We had no desire to take the matter further but before long we were shown the bundle of fluff, and the rest is history. The owner arranged for all the animal documentation, and we paid for her journey to England. There were no isolation rules and Baily arrived in Portsmouth at midnight on a Tuesday. She was one year old when we got her and has recently turned nine.

Loretta and I have been very unwell for some time now which has prevented us from taking Baily out for walks. Like most dogs she loves going out and there was a period when we had no one to even take her around the block. But, lo and behold, our friend Sharon said why not contact The Cinnamon Trust, a charity who try and find volunteer dog walkers for elderly or unwell owners. We have to say The Trust have been wonderful. In regular contact and showing genuine concern, we continue to have contact with the three volunteers assigned to us. Our thanks are almost beyond words.





## **Owner Carole in East Sussex shares her story and we also hear from two of Ben's 'aunties'...**

There are not enough words to say how grateful I am that someone suggested Cinnamon Trust to me. My husband had recently given up golf due to age, and our family thought it would be good for him to take on a dog so they both could take exercise together. We saw a photo of Ben, he was so cute, it wasn't a hard decision but foolishly we thought he would be an older dog. He was just 9 months old but very well behaved.

Everything worked really well for about 7 years then unfortunately my husband started showing signs of dementia. He was getting lost, and it became a problem, especially as I have mobility issues and can only take Ben where I can safely have him off the lead, which isn't near to home.

I looked into dog walking firms but realised we couldn't afford their prices being pensioners. Then someone told me about Cinnamon. I made the call. A very helpful lady told me there were people listed in my area who could maybe help.



**CAROLE & BEN**

Within hours I received a call from Julie, who wanted to come and meet Ben, and by the end of the day Gordon and Jo had been in touch. I couldn't believe my luck. Julie and Jo have been walking Ben now for almost 4 years. Gordon came 3 mornings a week for about 2 years but had to give up due to ill health and again, almost immediately Kari arrived and took on Gordon's three mornings a week, and more when needed. I feel so blessed. They are lovely people. Ben is very lucky having all these "aunties" to take him out and spoil him.

Thank you, Cinnamon, you have enabled me to keep my Ben, who turned eleven in May. It would have broken my heart if we had had to part with him. My husband idolised him; it helped with his illness and now that he has sadly passed away, Ben is my companion. Julie, Jo and Kari are more than just dog walkers to me now. They have been so kind and caring throughout my problems. As I said before I feel blessed so THANK YOU!!

### **Jo, one of Ben's volunteers adds...**

I first met Ben and Carole in May 2021, and we hit it off straight away. Our first walk was just around the block, but Ben was not at all worried by being walked by a complete stranger. I now walk Ben every Thursday after work and love turning up at Carole's to his happy little face.

We usually walk along the seafront so Ben can have a nice run off the lead. But the darker evenings are coming, so it'll just be walks around the local roads for a few months now.



Ben's walkers, or "his aunties" as Carol calls us, have met up with Carol for a Christmas Afternoon Tea for the past few years. Ben looks a bit confused at first to have us all in the same room but soon loves all the attention he gets.

### **And lastly we hear from Kari, another of Ben and Carole's fabulous volunteers...**

I have been volunteering with The Cinnamon Trust for many years now - since I moved from London to the seaside. It is a most worthwhile and enjoyable way to offer help to those who can't exercise their own animals.

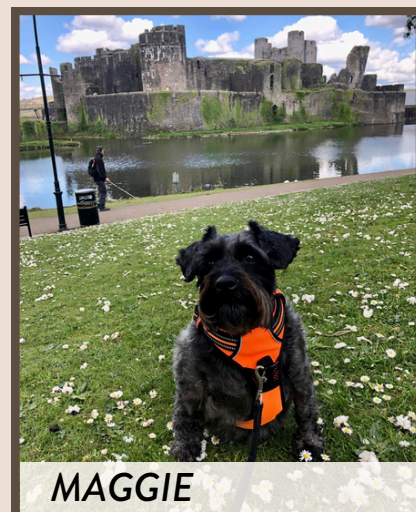
I have been walking Ben for three years now, three times a week - Monday Wednesday and Friday- which suits us both and Carole too of course. Ben is such a charmer - such a happy friendly dog, so easy to be with. Our most favourite walk is down by the beach huts in St Leonards where he can run without a lead and sniff till his heart's content!

We all get on very well and it has been a pleasure to help Carole through the most challenging and difficult time while her husband Maurice has been in a care home and subsequently passed away. Carole is so brave and cheerful through all the darkest days.

### **Volunteer Ria tells us about the dogs she has walked all around the country...**

I started volunteering with The Cinnamon Trust over 10 years ago, driven by the need to get my dog fix again after growing up with a menagerie of pets. At the time, renting a flat meant no pets allowed, so volunteering was the perfect solution. And a dog fix I certainly got! But I gained so much more than just doggy friends. Those lunchtime walks not only get me out into the fresh air after hours at my desk but also provide me with 'grandparents' too.

My journey with The Cinnamon Trust began in Hampshire with adorable Daisy, the Shih Tzu, followed by an absolute gentleman, Oscar, the Dalmatian. After moving to Wales, I was lucky enough to be matched with amazing Maggie, a Schnoodle and her parents, Anne and Jon. Shortly after meeting Maggie, I had the pleasure of walking the bouncy and full-of-life Bichon Frisé, Bella, for her parent Brenda, who lived opposite. Walking Maggie and Bella together was a





joy; Bella's boundless energy often had her running circles around Maggie and me. We had a great time exploring our local castle grounds together and meeting other dogs in the park.

Brenda and Bella moved to Ireland. However, last year I visited them in their new place whilst I was passing on holiday. It was wonderful to see them settled in with a lovely large house and garden. Maggie and I both still gaze over at their old place though, remembering the happy memories together.

Maggie is a delight to walk - she gets admiring looks from everyone who passes by, often asking what breed she is. She loves to sniff and "read the local news," as I like to call it. I enjoy checking in on Anne and Jon, especially since Jon recently moved into care accommodation due to his deteriorating health. I've helped with Maggie's vet visits, and she's such a good girl in the car - not a peep from her. Despite her small size, Maggie is mighty; she makes sure I know about every puddle nearby, by pulling me towards them!



**RIA & BELLA**

Most recently, Gaia the beautiful collie joined my list of doggy friends after her parent Paul had an accident requiring a long recovery. Gaia is full of energy and loves to give dog kisses. We spend hours exploring the local woods and nature reserve. The Welsh valleys are full of hills, but Gaia kindly helps pull me up them. My current challenge is to see if I can tire her out with a long walk, but I suspect it might never happen! She is currently helping me train to do a 50km (31mile) walking challenge in the Gower Peninsula this summer.



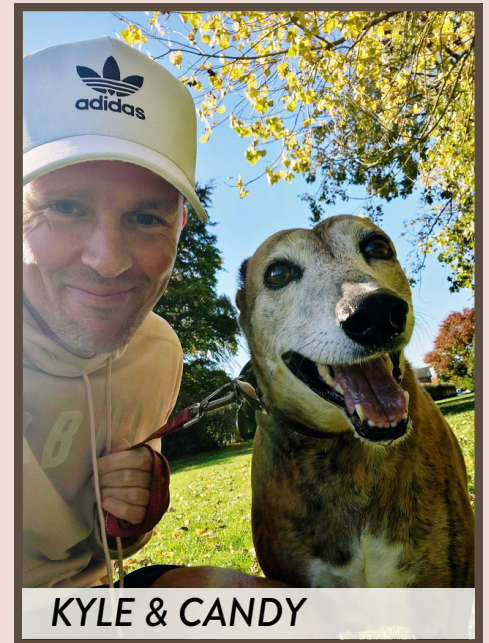
**RIA & GAIA**

I really love my doggy friends, but what I cherish just as much is knowing that I am helping make sure that their elderly or poorly parents don't have to be parted from their fluffy family members. In some cases, this is a lifesaver, as loneliness can be devastating. It makes me happy to keep them together and to gain some extra "grandparents" along the way. Volunteering with The Cinnamon Trust has enhanced my life in ways I didn't expect, and I am grateful for every wagging tail and smiling face I've encountered along the way.

### **Kyle in Essex shared his story of two years with Candy...**

I've been walking Candy, a sweet and spirited dog, once a week for the past two years. When we first met, she was quite shy - gentle and reserved, always keeping close to her home comforts. But week by week, walk by walk, Candy has truly blossomed. She's now far more confident, sociable, and visibly happier. Her tail wags a little faster these days, especially when she hears the sound of my car pulling up outside!

It's been so rewarding to see her grow - not just emotionally, but physically too. Candy has lost some weight since we started walking together, and you can see the spring in her step that comes with it.



Every visit is also a chance to catch up with her lovely owners, Rita and Les. I always enjoy hearing what they've been up to and sharing a friendly chat before we set off.

I'd love to rescue a dog of my own one day, but I'm not quite in a position to commit just yet. Volunteering with The Cinnamon Trust and spending time with Candy has been the perfect way to experience the joy of canine companionship in the meantime. It's such a small part of my week, but one that brings me, and I hope Candy, a lot of happiness.

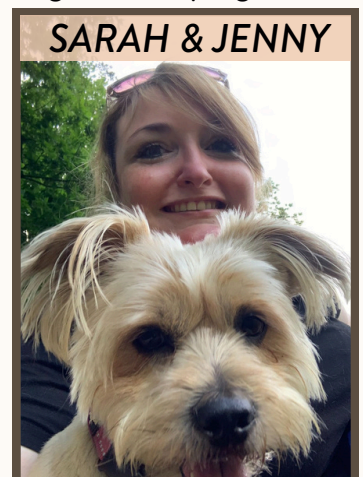
## **Emergency Fostering Stories**



### **Sarah in Suffolk talks about how volunteering for The Cinnamon Trust has led to her caring for Jenny recently...**

I decided to join The Cinnamon Trust after losing my dog Megan in August 2023. I wasn't ready to have another dog of my own but missed the company of a dog and walks, so The Cinnamon Trust seemed like an ideal charity to join. It would give me the opportunity to walk dogs and helping to provide peace of mind for the owner knowing their companion is being taken out by someone who cares as much for them as they do!

It was mainly the dog walking that I was interested in but when I completed my application, I also ticked that I might be interested in short term fostering. When I received the email about having Jenny as a short term foster as her owner Mike had been taken into hospital, I was keen to help and delighted that we would be getting a little visitor for a couple of weeks.





The process and communication with The Trust in arranging pick up of Jenny from Mike's neighbour Rachel and conducting the home check virtually was all thorough and efficient. The Cinnamon Trust checked in after Jenny's first night to make sure she had settled in ok and eaten.

Jenny was a joy to have stay. She loved her walks, her food and playing with her toys. We explored the South Norfolk countryside and had some new adventures which we both enjoyed.

Fostering is such a rewarding experience that not only provided a safe home from home for Jenny but also gave us just over two weeks of such a lovely, intelligent and gentle dog who was full of character and charm.

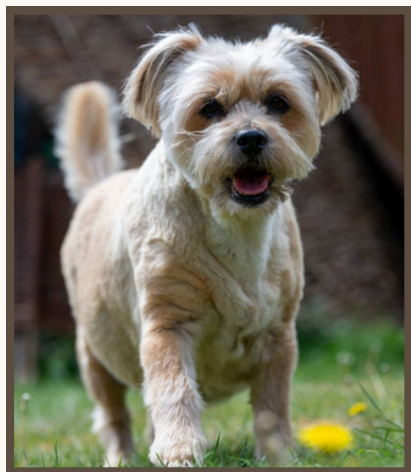


I had imagined how sad it would be part ways and to take Jenny home to her owner Mike, but it was just the opposite. It was so lovely to see Jenny recognise her surroundings when we got out of the car and run up to the front door and sniff. She nearly pulled me over trying to get to Mike and it was a time of pure joy for the both of them. It was a pleasure to meet Mike and chat about Jenny and seeing them reunited was the best feeling. Mike even said I could come and see Jenny again if I was in the area, which again is lovely.

I would recommend fostering a pet to anyone who is able to. The support that is available from The Cinnamon Trust is excellent and it is such a rewarding experience. I wish Mike and Jenny (and neighbour Rachel!) lot of happy days together and thank them for the opportunity of fostering Jenny.

### **And now we hear from Jenny's grateful owner Mike...**

I recently had to be admitted to hospital, and my first worry was for my little Jenny. Whilst I was in hospital, I spoke to the Chaplain and asked him to talk to the Big Man upstairs to ask him to help Cinnamon look after my Jenny; this gave the Chaplain a bit of a chuckle.



Thankfully, Sarah looked after my little dog for a couple of weeks and was kind enough to print me some big photos so I could see that Jenny was enjoying herself. It was reassuring to know Jenny was safe and sound with Sarah.

Jenny is back home now and I'm grateful to have help from another volunteer, John, who walks her twice a week for me. John has been helping for a while, and I count him as a friend now.

Jenny is profiled with The Trust and it is great to know that someone is there if anything happens to me. Jenny is 9 years old and has always been with me so I couldn't bear the thought of her being in a kennel. I cannot recommend The Cinnamon Trust more – they are 100% all the way.

## **Volunteers Angela & Keith in Warwickshire tell us about eight happy days with William...**

It was a normal morning start until Angela opened our emails and read one from The Cinnamon Trust with an urgent appeal for help to look after 14-year-old William as his owner Heather was in hospital. We pondered having William as each week we walk 2 dogs for their owners and visit Keith's Mum in residential care, but we decided that we could manage and so we contacted The Trust.

The next day we met William with Heather's daughter Joanne in Kenilworth Park. It was clear that the family were under pressure; Joanne was struggling to look after William as she had two cats, her Mum was in hospital and her Dad was in care. We learnt more about William and Joanne described him as Heather's baby.

We had a bit of a shock when we met William, it was hard to believe, but he was the image of Keith's childhood dog Rainer, he even had the same markings. Poor William looked a bit subdued, but we talked to him and reassured him that everything would be fine. We said goodbye to Joanne, promising her that William would be safe with us, and we walked around the park with him. William was surprisingly fit and active, given his age.



After inspecting our home and garden and finding the settee with blanket suitably comfy, William settled in well for his first night. The following day our thoughts were with his owner Heather, we knew she must be worried about her precious William, so we sent a text from William. "Hi Mum, arrived safely, had a good sniff around, and been lying in the sunshine. I think I will enjoy my holiday here. Get better soon, William"

Everywhere he could, William went with us. He especially liked the fuss he received at the care home; Keith's Mum could not believe the likeness to their old dog Rainer too. William settled into our way of life and was no trouble, but obviously he missed his Mum, so we sent regular texts to keep Heather updated. "Hi Mum, yesterday I went a walk with Boo around the local park then we went to see Keith's Mum. I received lots of love and in the afternoon, I rested on my bed in the sun."

Eventually Heather was able to return home, and as the saying goes all good things must come to an end. We still think about William; he was a lovely guest and a good boy!

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## **Wendy in Hertfordshire shares with us...**

It was a typical Thursday until I read an email from Megan asking for short term care for a Cockapoo called Charlie. Charlie's owner was in hospital but due to the nature of the emergency, the length of stay couldn't be determined.

My family used to have a Labrador, who we had to say goodbye to in 2019, so we had been used to



having a dog about the house. I work from home and was able to provide a pet and child free home with a secure garden.

I replied to say that I would be able to help. Charlie was staying with Gill, one of his volunteer dog walkers and with Megan's help we arranged a time for me to collect Charlie. Gill was lovely and let me know about Charlie's quirks and habits. I took Charlie for a walk and then popped him in my car for the 30-minute drive home.

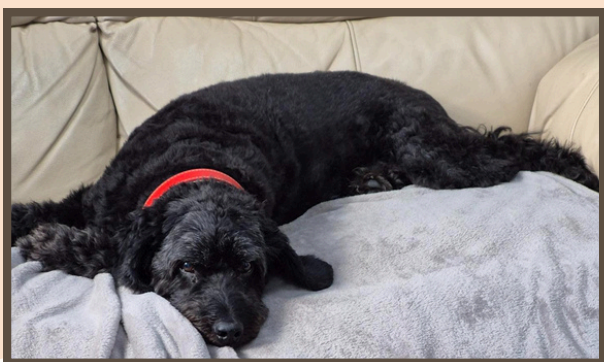
When I got home, I sent a message to his owner so that she knew that Charlie was safe with me and my family. Charlie was super chatty and liked to whine and howl, especially when we gave him lots of fuss, it was his way of telling us he was loving the cuddles!

Over the weekend, we met my friend who has very friendly dogs. Charlie didn't seem bothered about making new friends, but he did enjoy the walk. Charlie was an ideal reading buddy, cuddling into me when I was reading my book on the sofa. One day my parents popped by to meet our new guest and Charlie loved meeting them. Every day I sent Charlie's owner some photos so she could see that Charlie was relaxed and happy. This meant she could focus on getting herself well, without worrying about her beloved pet being cared for by strangers.



**JOHN, CHARLIE & WENDY**

On Sunday, Charlie's owner let me know that she was hoping to be discharged home but had no idea of what time it would be. She asked if we could keep Charlie for one more night, of course I said yes, and arranged that I would take him home when I finished work the next day. Charlie was so happy to see his owner and she of course was overjoyed to have him back.



Would I do it again? Yes, without hesitation! Although to be fair to the rest of the family, my husband and 25-year-old son, I would have the courtesy to ask them first. They really enjoyed having Charlie as well. I also think it really helped his owner to get my messages and know Charlie was perfectly safe and happy.

### **Cornish volunteer Mark tells us about his time looking after Pickle...**

I had a message from The Trust shortly before Christmas asking if I could manage an urgent foster over the holidays into the New Year for a terrier cross whose elderly owner had been admitted to hospital.

We readily agreed as we had no plans to go away. We dropped everything and after a 2 hour round trip we collected Pickle from his home.

We knew our own dog Fergus, a Romanian rescue, would welcome any newcomer into the house, but we weren't sure how Pickle would cope with living in a strange house with another dog. However, we needn't have worried. He settled in from the start and soon got his paws under the table! He and Fergus immediately formed an alliance and were happy to snuggle together on the sofa and bark at the postman in unison! They enjoyed their walks together in their little pack of two.

When it was time for Pickle to return home, we packed up his bed and toys and took him back to his owner who was overjoyed to be reunited with him. Pickle was happy to be home after his little holiday and was so pleased to see his owner.

On returning home we noticed that Fergus was a bit depressed for a while as he was missing his house guest and doggy company, so we are all looking forward to fostering again.



**PICKLE**

### **Owner Donald, upon his return home told us...**

All is well with Pickle, he enjoyed his short stay with Mark whilst I was in hospital. Pickle appreciates his weekly walks with volunteer Hilary; Hilary always lets me know what Pickle gets up to, which is nice. I'd like to say thank you to Cinnamon; it is reassuring to know that Pickle will be well cared for if anything happens to me.



**FLARE & LYNDA**

### **Now we hear from Lynda who writes from Oxfordshire...**

I was recently asked to foster Flare, an 8-year-old Welsh Border Collie, while his owner was in hospital undergoing a major operation. Flare soon settled in with my husband Andrew and I, enjoying walks around the village and park. Unfortunately, his toys were forgotten in the packing, so the first day he carried his bed around the house wanting Andrew and I to play with it with him! This was soon remedied by taking him to the local pet shop and buying him a squeaky sheep toy. Well, as I said to him, he is a sheep dog!

After getting permission from Flare's owner and The Trust, Andrew and I decided to have a few days stay in Devon. I found a dog friendly hotel (through the agent PetsPyjamas) in Eggesford. On our journey down to Devon we stopped in Weston-Super-Mare (half-way between Worcester/Devon) for a walk & lunch. Flare was welcomed into the Bistro Pierre with fresh water & biscuits awaiting. On arrival at the hotel we were told dogs were allowed in all rooms and there was 5 acres of grounds to wander around with the River Raw running at the bottom.

Over the next few days, we drove to Grey Sands Beach and estuary, it was a massive expanse of



land, ideal for dog walking. We had a nice walk in Appledore and then continued on to Westwood Ho. When we went into a cafe in Bideford, not only did the staff give Flare lots of fuss and hugs but also some of the customers! The next day we walked around Crediton and then continued to Dawlish Warren so that we could have a walk along the beach. Flare is very handsome and had lots of attention and it seemed everywhere we visited he was offered a dog biscuit. The lovely thing for us, in that part of the world, was that so many establishments welcome dogs.

Not long after we returned from Devon, Flare's owner Jeff was able to return home and was desperate to be reunited with his special friend. We completely understood this as Flare is such a gentle, happy soul and a credit to Jeff who raised him from a puppy. We drove Flare back home and it was a joyous reunion, one that we were pleased to be a part of. Flare was the perfect house guest, and it was pleasure spending time with him.

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# Pet Profiling

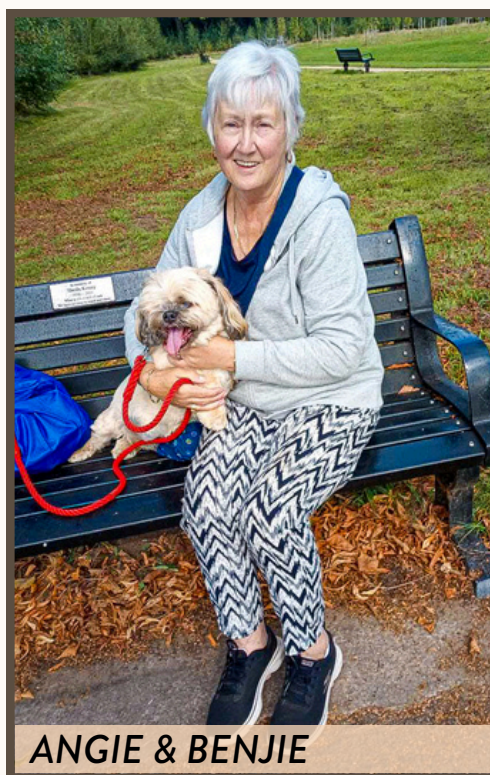
*If you are worried about the future of your pet and you have no secure forward plan, you can profile your pet with The Trust.  
Loving care when you're not there.*

## Angie tells us how The Cinnamon Trust helped her and Benji...

Twenty-two years ago, after my late husband Alfie passed way, I decided to do some voluntary work. I saw a booklet in my local doctor's surgery about The Cinnamon Trust. I hadn't heard of them before but decided I liked what they offered. Initially I didn't have many requests for help because people didn't know about the charity in Devon. So, I chose to go to local residential homes giving talks, delivering leaflets to doctor's surgeries etc. to raise awareness of this wonderful charity.

I moved back to my hometown of Coventry and continued to do a number of voluntary roles, as it gave me the opportunity to meet people and do some good. Again, I found that The Cinnamon Trust wasn't well known in Coventry, so I did a talk about the Charity on BBC Coventry & Warwickshire radio with presenter Vic Minett.

As The Trust grew I started to walk a few dogs for people but unfortunately, in 2020 I was diagnosed with a terminal illness myself. So, I found myself reaching out to The Trust for help with my own little dog Benjie. I profiled Benjie so I could have peace of mind about his future; I was so relieved that Cinnamon will love and care for him like I do.



**ANGIE & BENJIE**

Cinnamon also organised four lovely ladies, Colette, Rachel, Gina and Amanda who share the regular walking of Benji for me. These ladies have become really good friends to me and often go the extra mile. Without their help I wouldn't be able to keep my furry companion, Benjie, with me. I call them "Benjie's Angels".

Whenever I go out, I always have cards in my handbag and if I see an elderly person out with their dog, I give them a card and explain how The Cinnamon Trust have helped me. I didn't fully realise how valuable and life changing it was to walk someone's dog, until I needed the help myself. I can rest easy now, knowing Cinnamon is there when I need them.

### BEAUTIFUL BETTY



### Gillian writes in about her dear Dad and his companion Betty...

Betty was originally my Mum's dog; she'd chosen Betty as a companion for my Dad's boxer dog Zara. My mum wanted a smaller, less energetic, non-shedding dog. Betty turned out to be none of these... in fact the complete opposite of them all!

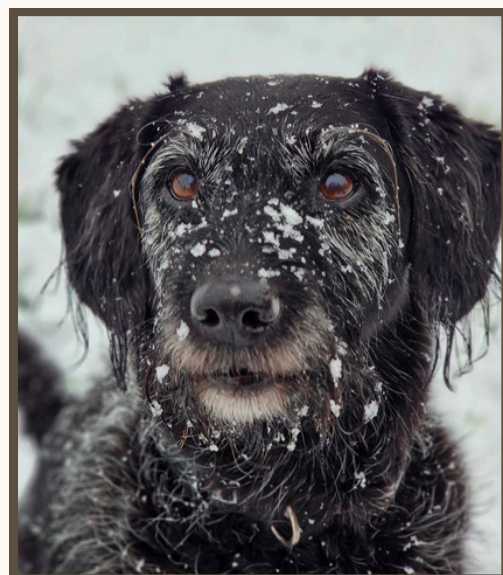
We lost my Mum just over 7 years ago which devastated Betty and not long after that she lost her boxer sister Zara which left just Betty and my Dad. Betty and my Dad became very close mainly due to my Dad's ill health and having to give up work so they spent all their days together and were devoted to each other.

I walked Betty on a regular basis to help get her out and about for exercise until I had a shoulder injury.

Betty then had regular dog walkers and mixed with lots of dogs, being very friendly and playful, and then spent the rest of her time by my Dad's side snuggling up.

As my Dad's health deteriorated, he had a number of stays in hospital. Unfortunately, Betty ended up having to stay in kennels which she soon adapted to, however she was always so pleased to see my Dad when she was collected and taken home.

One of my customers told me about The Cinnamon Trust and I encouraged my Dad to reach out. My Dad profiled Betty with The Trust but unfortunately, just two months later, he passed away. Betty very rarely left my Dad's side and was there with him when he suddenly passed; it must have been such a shock for her.





Thankfully, my Dad had made plans for Betty with The Trust and had the peace of mind knowing Betty would be loved, cared for, and homed in the best place possible. As much as I love and miss Betty, due to my work and home circumstances, we both knew it wouldn't be possible for me to take her on.

### **FRIENDS BON-BON & BETTY**



Betty moved to Hillside Sanctuary and has settled in so well; Betty is very good natured and gets on with all the other dogs there. It's lovely when I get updates about how well she is doing. In the last photos I received she almost looked like a different dog; she was so happy and healthy.

Betty's favourite thing is playing ball, and as we've been clearing our family home, we've found balls hidden in all sorts of places!

**READ MORE ABOUT WHAT BETTY AND  
HER FRIENDS HAVE BEEN UP TO ON PAGE 63!**

***“Thankfully, my Dad had made plans for Betty with The Trust and had the peace of mind knowing Betty would be loved, cared for, and homed in the best place possible”  
- Gillian***

This wonderful story from Gillian shows how important it is to make arrangements for your pets if you have no forward plan. If you would like to find out more about registering your pets with The Cinnamon Trust, please write to us, email [petprofile@cinnamon.org.uk](mailto:petprofile@cinnamon.org.uk), call Wendy or Penny 01736 758706, or visit our website!



**[cinnamon.org.uk/pet-profiling](https://cinnamon.org.uk/pet-profiling)**



**[petprofile@cinnamon.org.uk](mailto:petprofile@cinnamon.org.uk)**



**01736 758706**



**10 Market Square, Hayle, Cornwall, TR27 4HE**

**Profile your pets**



# Forever Fostering Stories



## **Alice is one of our most recent Forever Fosterers to open their home to a pet in need...**

We always knew we wanted to adopt a pet, but we also knew we wanted to do it right. For over a year, we worked on creating a calm, comfortable home with the time and space a new furry family member would need. Once I became self-employed earlier this year, we finally felt ready - and in March, we applied to forever foster a cat through The Cinnamon Trust.

We'd actually discovered The Trust a couple of years earlier when a booklet came through the door of my office. As soon as I read about their mission to make sure that no one's beloved pet ever ends up in kennels, and to find the most appropriate homes when owners can no longer care for them, I was amazed - especially with the continued support they provide to the pet's new family. I brought it home and showed my partner Nile straight away. We both work in the funeral industry, so the charity's work resonated deeply with us. It was clear right then that, when the time came, we'd want to adopt through them. I even kept the booklet in my work bag for over two years, showing it to anyone I thought might be interested. It just meant that much to me.

At first, we weren't open to adopting a senior cat. The idea of falling in love only to face heartbreak sooner rather than later felt too hard. But as the months passed with no younger cats needing placement, we realised how wrong it felt to have a loving home sitting empty while older cats were waiting. We asked The Trust to amend our application to include seniors. Literally the next day, we got an email about Tessa.

A sweet 16-year-old cat whose owner had sadly passed away, Tessa was being lovingly cared for by a family friend who travelled hours each day just to feed and sit with her. The moment we saw her photo; we fell in love. I visited Tessa that weekend while the final paperwork was processed (which is when I took the photo!) and she was so brave, so gentle. She nudged me for scratches, curled up beside me, and from that moment we just knew - Tessa was our girl. The Cinnamon Trust were incredible - efficient, kind, and clearly committed to matching pets with the right homes. We brought Tessa home just a few days later.



**WHEN ALICE MET TESSA**

In the three weeks since, Tessa has settled in beautifully. Although she has free rein of the house,



she's made our conservatory her domain, particularly our big pink chair. We've angled it just right so she can lounge and watch the birds outside (we even got a bird feeder just for her viewing pleasure). Our favourite thing about Tessa so far is her meow. We think she may be nearly deaf, so when she wants to communicate - whether it's for food or attention - it's loud and proud. Sometimes she will just wander into the front room, shout a meow, then casually stroll back to the conservatory to fall asleep. It makes us laugh every time.

While she doesn't seek us out for affection yet, she meows to greet us, bumps her head against our hands for scratches, and has just started taking treats - dribbling everywhere at the sight of the Dreamies bag! Just this morning, she got onto both mine and Nile's laps for the very first time and we were over the moon! Adopting Tessa has been one of the most fulfilling experiences of our lives. She has let us in, little by little, and every small moment of trust feels like a gift. We already love her deeply and feel so honoured to be her new mum and dad.

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### **Joyce tells us about how Tibby came into her life and how The Trust helped her...**

Our story together began in 2015 when I discovered that Tibby was sleeping rough in my back garden. I made him as comfortable as possible by adapting a rabbit hutch to keep him snug and dry and gave him regular food and water. Over time he came to trust me and eventually he came inside the house where he quickly made himself at home.

A couple of years later, Tibby was totally settled in, so I made the decision to profile him with The Cinnamon Trust. Tibby was used to his home comforts, and I didn't want him to have to sleep rough again, should something happen to me. We spent five lovely years together before I realised that I needed more help and the difficult decision was made for me to move into nursing care. Unfortunately, I was unable to take Tibby with me, which caused me great concern.

A friend of mine suggested it was time to contact The Cinnamon Trust to see if they could help with the situation. From the very first phone call I was put at ease by the professionalism and genuine concern for ensuring Tibby would be found a home that was just as caring and loving as to what he was used to with me. Zoe became my main contact, and we had many conversations that put my mind at ease at this stressful time in my life.

A few weeks later I received a phone call from Zoe saying she had found a perfect home for Tibby in Cornwall with a lovely lady called Wendy. So, within a few weeks the move was arranged, and The Trust organised for Tibby to be collected to begin his long journey and his new life with Wendy in Cornwall. It was an emotional farewell, but I felt reassured that Wendy was the right choice for him. Wendy and I have kept in touch with photos and messages and it's always a joy to hear how he is getting along.



Without Cinnamon I honestly don't know what the outcome for us would have been. Everyone worked so hard finding Wendy, who loves him as much as I do. I cannot thank them enough and I'm sure if Tibby could talk, he would say the same thing.

### **Wendy lets us know how Tibby is getting on in Cornwall...**

I have always been a cat person. When I was growing up we had Felix, then Tigger, and as soon as I got my own place, I couldn't wait to get a cat. Over the years I was lucky to share my life with Bibs, Mittens, Nippy, Tinkerbelle and Thomas. The last two were a mother and son, and when they passed away aged 17 and 18, I thought it wouldn't be fair to get another cat that might possibly outlive me.

I had heard of The Cinnamon Trust from a neighbour, so volunteered to be a short term cat foster Mum. My two short term fosters had completely different characters. The first was completely chilled, straight on my lap, no worries! The second was very nervous, spending the first couple of weeks hiding out on the landing and clearly worried by the change in her life and location. Over time she settled well, and by the time she went on to her permanent home she was affectionate and enjoyed sitting on my lap for the whole evening.

Friends asked me if it was difficult handing back these short term visitors just as I got to know them and formed a friendship with them? But I didn't feel like that. I loved having them around, helping them to feel secure and settled. I felt like I was giving them a holiday until their new, loving Forever Foster home was found.

Whilst waiting for a new short-term foster friend, I was told about Tibby who needed a Forever home. It seemed so sad that he was looking for a home because his owner needed a change in accommodation; I really felt for his owner. I welcomed the opportunity to talk to his 'Mum' Joyce by phone, to find out all about him and to reassure her I would stay in touch and promise to love and care for him. Tibby came to live with me in Cornwall three years ago; I still remember the day he arrived, I opened up the basket and was met by a pair of big, beautiful, green eyes staring at me.



Tibby was a bit timid at first but soon settled as we got to know each other. Joyce and I talked on the phone quite often in the first few weeks – so that she would know he was settling in happily, and so that I could check that any of his funny little habits were normal for him. He had never used a cat flap, so it has taken a while for him to get used to that. He is definitely a home body – I have never seen him leave my garden. I was warned that he might not be a lap cat, but the opposite is true. He can't wait for me to sit down and is immediately on my lap for as long as possible – definitely fewer household jobs get done because I don't want to disturb him! Tibby is very affectionate, and I love sharing my life with him. I still send Joyce photos and updates and I am very thankful that she trusted Cinnamon and me to provide a new home for Tibby.



## **Lorraine in North Yorkshire, tells us about taking in bonded pair Truffles and Pumpkin...**

I first became involved in The Cinnamon Trust 2 years ago. We had recently lost our beloved little Terrier, Lilly, at the age of 16 ½. My husband and I are both retired and do lots of walking, we were desperately missing our companion! She had been a rescue dog but now having visiting grandchildren it was not quite so easy to find another! My friend told me The Cinnamon Trust were short of dog walkers in our area, so this seemed a good option until we found another dog.

I eagerly awaited our new friend and 2 weeks later I was contacted by The Trust to say that there were 2 dogs needing forever foster care as the owner had sadly died. A photo of the dogs duly arrived and from that moment we knew it was the right thing for us! We were so excited; Pumpkin, a 3-year-old black Havanese x Toy Poodle and Truffles, a 12-year-old Cockapoo arrived a week later having been couriered from Plymouth to our home in North Yorkshire.

They immediately made themselves at home having done a quick tour of the house and garden and seemed to approve! My grandchildren absolutely adored them and vice versa! Pumpkin is a little diva and loves the attention she attracts when out on walks. Truffles had a one-track mind... food! If it was within reach, she had it. Truffles reached the grand age of 15 but sadly left us earlier this year.

My eldest granddaughter recently entered Pumpkin into a local dog show and Pumpkin won first prize for the fanciest female- she attracted lots of praise as she strutted around in her pink dress! We consider ourselves very lucky in having Pumpkin and Truffles, and I am also delighted to be part of The Cinnamon Trust family and continue to spread the word of their good work when out on my dog walks!



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## **Jane in Shropshire shares ...**

Firstly we sending you all our best wishes for The Trusts 40<sup>th</sup> Anniversary! I just thought I would update you on Poppy and Pippin now that they have been with us here for nearly 6 months. These truly special cats would not have found their new home here with us if not for your caring founder, Averil - what an amazing legacy she has left behind.

What makes Pippin truly remarkable is the fact he provides amazing companionship and he is hugely snuggly and huggable, he just adores being cuddled and fussed. In the six short months of caring for Pippin I have found him to be a resilient, happy chirpy chatty cat whose therapeutic purr has now earned him the name of Pippin 'Purrface', he is an incredibly relaxing cat to have around, and always wants to be where you are and oozes peaceful contentment. Pippin is a self assured and confident cat.

### POPPY & PIPPIN



Poppy follows his lead and she too has now fully settled into her new home and she has grown into a mighty pocket rocket! Her true personality is now apparent for all to see! A silky, clever cat full of joy and frolics. Observant, investigating every nook and cranny with her bright big blue expressive eyes. She guards the property fiercely against mice and creepy crawlies - they don't stand a chance! A dainty fluid cat who has earned herself the name 'Pocket-Rocket Princess Poppy'. She gives affectionate meerkat-like playful head-bumps and is both captivating and soulful, full of playfulness, always demanding snuggles mid-afternoon! After cuddles it's zoomies time, zipping around and Pippin is then roped in - highly entertaining!

I would like to thank Zoe for placing Poppy & Pippin here with us, and for all your continued advice and guidance.

### Kate and Richard in Devon tell us about their Gingernuts...

We first registered with The Cinnamon Trust to be Forever Fosterer's when we realised that our lives without our beloved oldies, who we'd had since their birth, needed to move on.

Two months later, we met ginger George and it was love at first sight. Now nicknamed "Gorgeous Georgous", which he doesn't mind because he can't hear us. George had been through a lot in his six years, and luckily for us, he had known many Cinnamon volunteer walkers, so he had gotten used to meeting new people and working them out. We were amazed at how soon George settled into our way of life, he seemed to like both of us and didn't mind who he spent his day with, as long as he wasn't left alone.

It is a delight to come home to George's greeting, wriggling and wagging, showing you the shoe or toy he has picked up for you... well for himself really! We were also lucky in that we shared most of George's hobbies: playing on the beach, swimming, country walks, meeting people and enjoying a good lunch out! Too old to play in muddy puddles ourselves, George gave us the opportunity to watch this gorgeous boy on cloud nine and we soon gave in to his other hobby, to play catch with toys and balls.

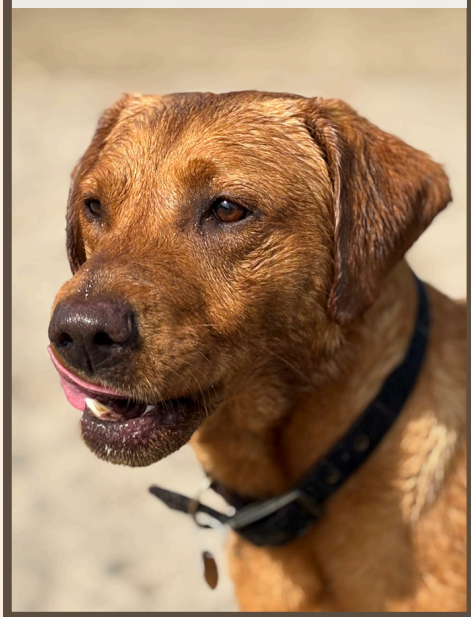
Our only concern about him was that he had come to us without a dial to control his confidence, as a deaf dog we were worried this could lead to trouble as he has no recall and spends nearly all his walking time with his nose to the ground so we weren't getting very far with sign language. A seed was sown when we thought about how much more we saw of him on walks when out with my step-daughter and her lab, Ernie, thanks

### GORGEOUS GEORGE





## BARNEY



to his recall. Once sure that George knew we were his forever home, we contacted The Trust to suggest he might like a friend.

Enter Barney, another gingernut. Taller than George, nearly half his age and a lot more anxious to be too far from his foster carer, we all agreed Barney would be a wonderful addition to the family. Barney has not even been with us for two months, and already he and George are forever brothers. I'm not going to say best friends because that would be denying that George has the occasional need to do what big brother's do... win every game, instigate rough play and be the one to choose which toys are his... all of which Barney takes in his stride.

Barney and George share all the same hobbies, and to be honest, Barney takes the lead when it comes to intellect and has superb recall, we now see much more of George when out walking. All in all, we know that we are very privileged to be the boys forever fosterer's and they have brought the spring back in our steps, they fill us with joy and never a day goes by when they don't make us smile.

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## Forever Fosterers Kevin and Alison tell us about Maisie's retirement to Cornwall...

Maisie came to live with us in July 2015, travelling all the way from Yorkshire to Kent, in a carrier perched on the passenger seat of a sports car belonging to a Cinnamon Trust volunteer.

We had been missing a cat, and at that time a dog was not possible due to me working from home as a therapist, meaning lots of strangers coming to the house every day. Being able to take care of an animal, making their lives better, is such a worthwhile thing to do and there are so many animals in need. We jumped at the chance to support a charity like Cinnamon.

The lady who had given Maisie into the care of The Cinnamon Trust wrote us a note thanking us and we sent her some photos of Maisie settling in. We also spoke to her on the phone and were able to reassure her that Maisie was doing fine, that we wouldn't change the name she'd chosen and promised that we wouldn't let Maisie be alone when her time came.

We had no idea what to expect, as we had only seen a photo and it's true to say that there have been dramas and a lot of ups and downs along the way. Maisie was with us for 6 whole years before we discovered that Maisie was in fact, a boy. Went into the vets for some tests as a girl, mid-way through they discovered some unexpected anatomy, came home a boy. We didn't change his name, as we promised. We couldn't think of a suitable alternative anyway. Shouting "in you come Maisie, there's a good boy" does tend to amuse the neighbours too.

Maisie has a reputation. He has broken the spirit of several vet nurses, earning himself the label "Spicy". He's done the "wall of death" in the vet room, broken their scales by kicking them off the table, and memorably emptied his anal glands over the vet who was at that moment checking them. He is a literal cat burglar, using a neighbours' conservatory roof to access their bedroom window. He's terrified a bulldog into crossing the road on his daily walk. He likes to do what he knows you don't want him to do, but only when he has full eye contact with you whilst doing it.



**MAISIE GIVING THE EYES**

He has learned that if he goes to the French doors, and squeaks, or stands on his hind legs and taps the handle, one of us will get up and let him out. He exploits that by getting you up and then running to what he actually wants. Who has who trained?

Maisie's favourite things are Dreamies, cardboard, cosy fur blankets, Dreamies, his pink toy mouse and more Dreamies. He likes to steal your seat when you get up. He likes to sunbathe outside, preferably in a cardboard box. He used to sneak over to a neighbours' garden and bask in the morning sun on their garden bench. So, we bought him a bench for his own garden. For three summers straight he lay under it, next to it, but never on it.

He gets up as soon as it gets light and is incredibly vocal until you are up too. He has a whole routine of squeaking, chirruping and shouting, coupled with face biting, hair chewing and just straight-out violence until he gets his way. We did try shutting him out of the bedroom, but it was worse. He's grumpy, he's very nosey, and food fussy. In the last few months, he's discovered human food but only apricot yoghurt, grilled sausage, spring water from the tuna can (but not the actual tuna) and chicken but not chicken breast.

Maisie likes a lap cuddle but only on his terms. Woe betides you if you deign to move before he has finished. He snores louder than the TV. If you stroke him when he's not receptive, he will turn around and place his body exactly out of arm's reach.

There have been lots of medical dramas and vet visits – he is on medication twice a day for pain and seizures. When he first came to us, even at a year old he needed a dental, his first of many, and he was treated for toxoplasmosis.

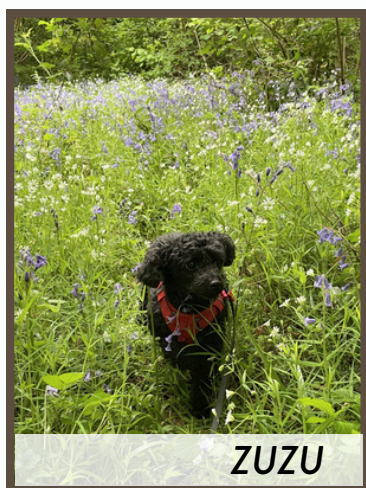
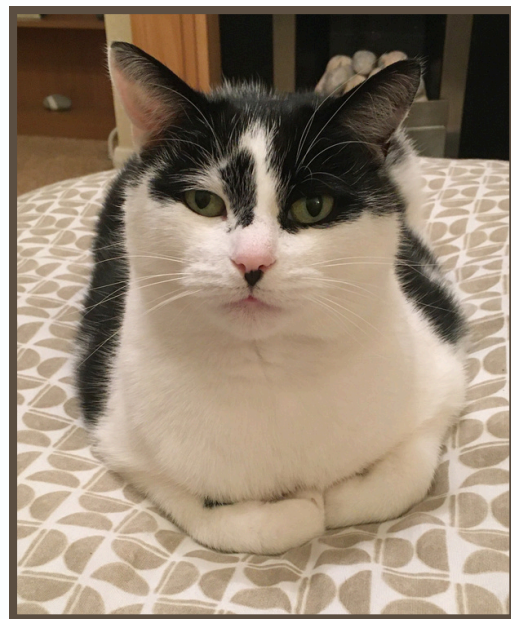
Maisie has become one of the most important parts of our life. When we made our move to Cornwall the house search was as much about how the house would work for him as for us. We



discounted many properties due to the close proximity of a main road or lack of secure outside access. We planned as much for his transition as for the move itself, as he is very sensitive to change and easily stressed. In the end we put him in a cattery before the packing started and he stayed there for a week whilst we packed, moved, unpacked, and drove the 7 hours back for him.

Since the move to Cornwall, Maisie has started to settle into Cornish life, with a slow, structured introduction to his new outdoor surroundings. He adapted to inside quite quickly, as we tried very hard to replicate familiar things – food bowls, water fountain, litter tray all in similar places, blankets covered in his fur draped everywhere. He soon found the best observation points and is currently obsessed with the garden behind ours, more specifically, accessing it over the fence.

Like every animal carer we have so many stories and hundreds of photos. Way too many to write here. Every animal deserves to have a warm, safe home, and crucially one that can meet their individual needs. We are determined to keep our promise to his first owner, to look after him the best we can and to be with him to the very end. Being Forever foster carers for Maisie is one of the most challenging and rewarding things we have ever done. Thank you, Cinnamon Trust. 10/10 would recommend.



### **Forever Fosterer Caroline in Hampshire tells about her little friend Zuzu...**

My partner Andy and I are lucky enough to be able to call Zuzu our little princess, mummy's best doggie (spoiler: there is only one!), Zulina, and so on and so on, you get the drift.

Zuzu came into our lives around September 2019. I cannot quite remember how I learnt about The Cinnamon Trust, but I am pretty sure it was word of mouth. Having been used to having big dogs in our past, when asked to walk a Toy Poodle, I thought this will be very different!

How right I was! Very different in size but she stole our hearts with her personality from the get-go!

I walked Zuzu for about 6 weeks before her owner sadly passed away. We were then lucky enough to become her Forever Foster home. In a drawer, we have kept the collar and tag her owner bought for her, for sentimental reasons I suppose. He clearly loved her so much and it was very sad.

We love Zuzu so much, she is the apple of both our eyes. She is so loving, so much fun and everyone who meets her just adores her! My favorite thing is to walk her, and we go out twice a day and sometimes more on the weekends. She gets so much love and attention and smiles at

passersby, and I know for a fact she lightens the days of others in this way. I have had someone stop their car on a road to shout “oh my goodness what a lovely dog!” She is so well behaved and adjusted immediately, she seems a very resilient little soul considering the massive life change she had.

The Cinnamon Trust is a truly incredible charity, not just in terms of what they do but how they support volunteers and fosterers and the animal itself through the rest of their days. The staff have been there for us at every step of the way, whether its medical advice or finding cover if we go on holiday and I love sending them pictures every now and then to update on how Zuzu is. They care so much, and this is evident in everything they do.

Whenever I have an opportunity, I talk about The Cinnamon Trust, share social media posts, and put up posters in my local area. It’s a small part each person who knows about them can play but it can have the biggest impact in someone’s life where this kind of support is needed. I hope that anyone who knows about The Cinnamon Trust will do the same: share, share, share wherever you can to get the message out. You may never know the positive impact this will have on someone, but it will feel good to think you might be able to help someone else and an animal.

Thank you so much to The Cinnamon Trust for everything and bringing Zuzu into our lives. We all landed on our feet and paws with this perfect match!

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### **Smokey Bear Whitechin gives us his Norfolk Base Report - 18 weeks since his arrival...**

So far, so good. The hooman has proved amenable to training and has made good progress, I expect I will have ironed out any minor glitches before long. I no longer have to shout; a mere squeak will cause her to attend to my needs. She has learned very quickly how and what I want to eat and has been sharing her roast beef sandwiches quite generously (I don’t touch bread, of course).

We have a large and explorable garden here, with trees, long and short grassy areas, hidey-places galore, and good spots for sun and shade work. There are also a reasonable number of small furry squeaky things which are new to me, and when I provide one for my hooman she is always pleased to see it.

There are few visitors, and those who come are respectful in all manners, not tending to demand attention beyond the occasional bit of distant admiration. The lawns are ideal for mad-rushing-about, so I am maintaining good fitness and have kept my speeds up nicely. The house is also





satisfactory, with comfortable armchair and bed spaces, (while I would prefer a sofa to share, there really isn't enough room for one, so we have to accommodate each other politely at TV time) and has a good many interesting corners to explore. I have to inspect all the cupboards at intervals to make sure they are up to standard, and the hooman opens doors for me to assess these as required.

In conclusion, I am well pleased with the placement so far, and will let you know if there are any problems in future...

Blessings, purrrrr S-B Whitechin.

### **Missive sent as follow up to the report...**

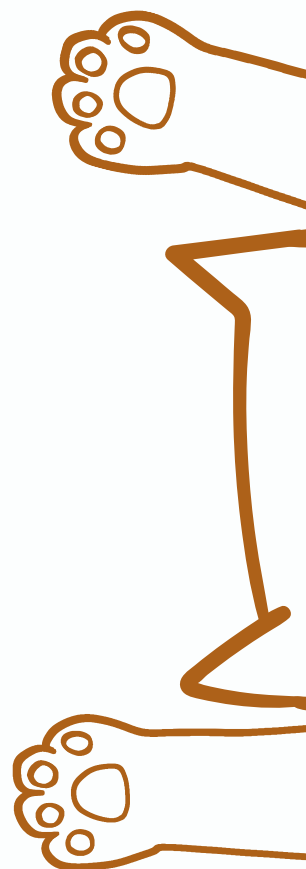
Dear Smokey Bear Whitechin,

Thank you for your detailed and insightful 18-week report. I'm very pleased to hear that your placement is meeting expectations and that I, your hooman, am responding well to training.

I must say, your communication skills are remarkably effective. It's a relief to know the roast beef sandwich protocol has been established and I'm glad the garden meets your high standards for exploration, sunbathing, and mad dashes.

Your generosity in sharing small squeaky gifts is, as always, appreciated—though perhaps not quite in the way you imagine. I'm also grateful for your patience regarding the sofa situation. Your willingness to compromise at TV time is noted!

Thank you again for your continued cooperation and for allowing us the honour of your company. Should any issues arise—such as insufficient cupboard inspections or delays in roast beef delivery -please don't hesitate to raise them. With admiration and a gentle head scratch (if permitted)...



### **Not to be outdone by cheeky cats, clever Monty has sent us a letter about his Forever Foster home in Dorset...**

Hi, I am Monty, a Lancashire Heeler. Quite a rare breed, experts in herding cattle by nipping at their heels. As you might notice, my tail is blurry in my photo because it is wagging so hard almost all of the time.

I have 2 humans in my pack, Tora and David. If I need something I sit in front of them and put my left paw on their knee. If that doesn't work, I grasp an elbow in my jaws and tug... the second time a bit firmer... the third time always succeeds.



**MONTY**

The Lyme Regis area is great for walking; there is lots to sniff, many friendly dogs and gardens of friends to run about in. I would love to eat disgusting things (even if they make me sick), but I am always stopped which is really annoying.

I am a very proud guard dog, and I use my magnificent bark to warn of snoopers passing the house now and then. When it is time to go out, I can't stop barking and jumping about at the prospect of a walk and playing dodge until my big blue collar is on.

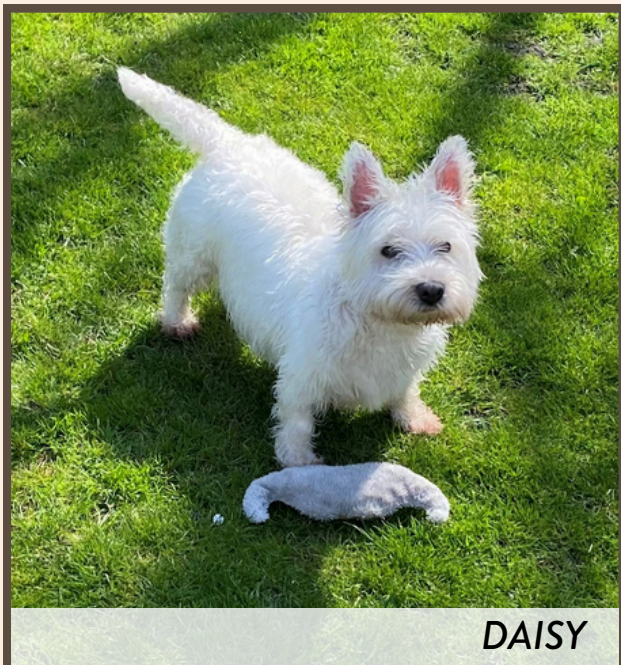
Nobody can believe I am nearly 17 years old. I have no white hairs and I'm as bouncy as a puppy and can walk for miles. The vet said I was very healthy with good teeth and then he gave me a vaccination, but I didn't mind as he also gave me treats.

After a busy day I go upstairs to sleep on the end of the bed.  
Lots of love, Monty.



### **Maureen in Kent lives with sweet Daisy and shares her experience with The Trust...**

I have had Daisy for 6 years now and loved every minute of having her. She is totally adorable and almost human, sometimes seeming to burst with frustration when she thinks I am not understanding her. I can honestly say after 6 years I now understand her very well, and she makes me smile with her antics every day!



**DAISY**

You will gather how precious she is to me, how she absolutely enhances my life and wellbeing. Daisy is 11 years old now and during our time together, if ever I have needed help and support The Cinnamon Trust have been there for us. Whether they have helped sort out Holiday Cover, given me advice about supplements, second opinions on Veterinary decisions, they have been wonderful.

My current experience when I needed them the most, as Daisy has been diagnosed with quite severe skeletal problems and is likely to need ongoing veterinary care has been outstanding and heartwarming. A couple of

days ago, as Daisy was unable to walk on one leg, I dropped her at the vets for a series of x-rays. I was so upset and worried about her, I came home in despair.

I then got a call from Sarah, The Cinnamon Trust Veterinary Nurse, who called to say my vets had been in touch. She completely reassured me and told me they would be there to support Daisy and myself through these health issues. They have agreed to Daisy having monthly injections and will



review any other treatment she might need to make her more comfortable, including complementary treatments like massage, Hydro-therapy, and Pulsed Electromagnetic Field Therapy (which I had to look up!). I feel so very lucky that my little friend will have access to the best possible care available to her.

I now feel confident that Daisy will have the best possible outcome supported by the wonderful organisation, and my local vets have been wonderful too. The working together of my vets and The Cinnamon Trust has been seamless. Thank you Cinnamon and everyone who works there.

***“Being a Forever Fosterer for The Cinnamon Trust is nothing but joy.”***  
- Kyle L.

If you would like to welcome a Forever Foster pet into your heart and home, please give us a call or visit our website!

 [cinnamon.org.uk/forever-fostering](https://cinnamon.org.uk/forever-fostering)

 **01736 757900**

Forever Foster



# Cinnamon Pet Hero



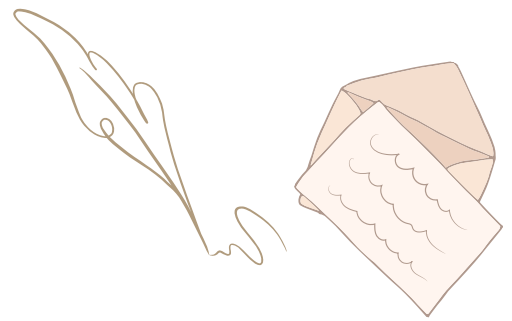
This is Charlie who sat like this with his Grandad everyday whilst he was poorly, until he sadly passed away. They were great pals and loved each other dearly. It's a reminder of the comfort and joy pets bring everyone but especially elderly and unwell people. Charlie is a Cinnamon Pet and a very special boy; he continues to be a source of great joy to his Forever Fosterer Rachel and her Mum even during these hardest of days.

We think Charlie deserves a special award for exceptional service and we are sure you will all agree! Sending a huge Cinnamon Hug to Rachel, her Mum and Charlie.



**CHARLIE & HIS GRANDAD**

# Cinnamon Pet Updates



*Sometimes great stories have sequels, and our newsletters are no different! Here are some of the lovely updates on Cinnamon Pets who have been featured in past editions of our newsletters.*

## MINKIE & IAN ATOP THE PASS



### **We last heard from Ian and Minkie in 2023...**

For a very little lady Minkie has clocked up a lot of miles. When I first wrote about fostering her, I mentioned her long haul from South Africa with late owner Chris.

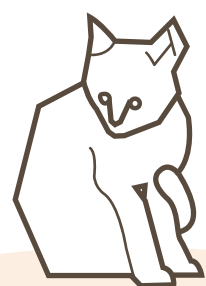
And since fostering her permanently, after Chris passed, her travels, though somewhat less exotic, haven't stopped.

We have been on several UK road trips together in our little campervan, ironically converted from a dog walker's van. We've been everywhere from Mersea Island on the Essex coast and the New Forest to the Outer Hebrides and Snowdonia. Although not a natural traveller, she is fine when the going is smooth and steady but gets a wee bit jumpy if we go over cattle grids!

Like all breeds of her type (Miniature Pinscher) she has a very territorial disposition, even when travelling, and is as vocally protective of the van when we're pitched up as she is at home when someone comes to the door!

She's a stately but still sprightly 14-year-old now but loves a change of scene and sniff every now and then. Her favourite place is our beloved Glebe Cliffs at Tintagel in beautiful North Cornwall where we are frequent visitors.

We'll go on hitting the road whilst both of us still can and will keep looking for new, interesting and doggy friendly places to visit (any suggestions gratefully received). The Outer Hebrides must have been quite a contrast to Durban for this well-travelled little lady, but I am truly blessed to have such a charming travelling companion.





## Nicky in Cornwall updates us on Gorko and Minstrel – 6 successful years on...

Our two Cinnamon Trust cats, Gorko and Minstrel came to live with me and my husband at the beginning of March 2019 when their owner had sadly passed away.

We had been without a cat for around five years (too long) and had been living in our first home for almost two years, so things felt settled sufficiently to finally consider having another cat. Our home and our lives were perfect for sharing with cats but the main concern preventing us from getting one was the risk of potential veterinary fees. We have had experience of large veterinary fees in the past and were fearful of how we would manage if it were to happen again.

I had heard of The Cinnamon Trust and loved the idea of the amazing work they do, and I had already been thinking that I would want to give a home to a rescue cat if I was going to have one. So, it was absolutely amazing when I realised that The Cinnamon Trust provide all their fosterers



with a strong support framework that also includes the safety net of paying for any veterinary fees if you need them to. At long last my dream of having another cat to share my life with and give my love to could finally happen. And as the veterinary fees were not an issue there was no reason that we couldn't give two cats a loving home. A bonded pair even, who shouldn't be split up due to losing their owner. So, I got in contact with The Cinnamon Trust to register with them as a Forever fosterer for cats.... And we were blessed with Gorko and Minstrel.

Gorko and Minstrel have been in our lives for six years now, and every single day that they have been sharing our home has been filled with love, cuddles and pleasure because of them.

Gorko and Minstrel are very different from each other, and have completely different personalities, habits and likes. There is quite an age gap between them. Gorko is our beautiful, magical black cat, he is nearly eight years old and loves to be picked up and cuddled like a baby. Minstrel, our handsome black and white cat has just turned fifteen years old, and he prefers not to be picked up, but instead he likes to sit on the lap of someone who is sitting still. Each of them has carved out their own way of doing things including where they like to sleep and what they want to do. They both have the same food to eat, but Gorko particularly enjoys his biscuits, whilst Minstrel enjoys their meat meals best. Gorko spends most of his day out and about gallivanting in the fields around our home, whilst Minstrel spends the day going around his favourite sleep spots in our home and garden. They have a cat flap so that they can come in and out as they please.

As I can be a bit of a busy and sometimes stressed kind of a person, for my wellbeing I make myself sit down at the start of each day with a cup of tea and try to think of nothing for five whole minutes. I call them my five golden minutes. But I now call them my five golden Minzies! This is because Minstrel always, without fail comes to sit on my lap for those five minutes, and he purrs and massages my legs in the way that cats do. It's absolutely blissful, and it really makes those five minutes of my day even more calm and golden.

When I go to wake up my husband Mark with a cup of tea in the mornings Gorko is always waiting to come into the bedroom with me, because he loves to jump up on the bed and cuddle into Mark's chest and rub his head all over Mark's beard. In the evenings there are even more cuddle routines to be had. When my husband sits down to watch television Minstrel immediately gets on his lap and doesn't move all evening, then as soon as I come to sit down, Gorko is instantly there curling himself up on my lap, and will quite often harass me throughout the evening to finally come and sit down so that he can have my lap. It is such a heavenly way to spend an evening, all of us together on the settee.

Mine and Mark's lives are so enriched by having Gorko and Minstrel to share it all with, and we love them very much. I couldn't imagine life without them. I cannot thank The Cinnamon Trust enough for enabling this to happen, and I think that the work they do for people and their pets is vital and invaluable. Cinnamon Trust, I applaud you and thank you, thank you, thank you for all that you do.

## Cat forever homes wanted!

*Please spread the word to any feline friends, we are always looking for special cat homes. For more information please contact our resident cat lady Zoe at [zoec@cinnamon.org.uk](mailto:zoec@cinnamon.org.uk) or call 01736 757900 EXT: 207*

## Fosterers Emily & Samuel in Clackmannanshire share their story a couple of years on...

My partner and I are the Forever Fosterers for Cody the saluki, who has been with us now for 2 years. We have really noticed how settled and secure he has become as time goes on. Having initially been rescued from dog fighting as a bait dog, it's been very rewarding to see him become more secure and confident the longer we've had him.

As with any dog it's his little ways which we find the sweetest- the way he has his favourite spot on the sofa, perfectly positioned so he can see the road outside but also have the perfect back rest; a recent habit he's created where he jumps up under the duvet for a morning cuddle after his dental chew; and his love of sunbathing out on the patio when the weather allows! He is a typical sighthound and can either be super enthusiastic or not even remotely interested when you bring a toy out for him to play with!



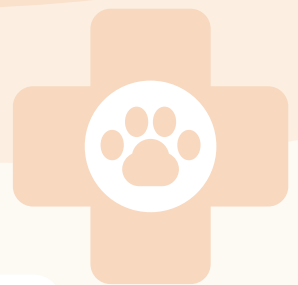




We love to take him on adventures with us and highlights over the last year include introducing him to camping which he loves, hiking part of the Fife coastal path, taking him up plenty of hills including some Munros, and also finding a dog friend who could actually outrun him when they were off lead together in a dog park! We are continuing to work on his reactive behaviour and have been introducing him to some local dogs, some pairings of which work but not all the time! It's helped to improve our dog handling skills and learn more about caring for a reactive dog. When he does find a dog, he gets on with and begins to trust it is very rewarding.

The Cinnamon Trust have been a great support; we have used the welfare team a couple of times for their advice and it's always great to know we have the vet advice on hand if we need it. Cody has been a great addition to our family, and we are very grateful we heard about him through The Cinnamon Trust!

# Meet Our Animal Welfare Team



*We have a team of highly qualified, kind, and caring vet nurses who are always on hand to help and offer advice for our Cinnamon Pets. We would like to introduce them to you and shine a light on the vital work they do for The Trust.*

## **Hello, I'm Sarah**

I am a qualified Veterinary Nurse and The Animal Welfare Manager for The Cinnamon Trust. I have been working for The Cinnamon Trust since January 2016, and I worked directly under Averil which was a huge honour and more than a little terrifying! I was promoted to Animal Welfare Manager in 2022, and my team has now grown to include 3 other vet nurses and our Animal Welfare Admin Assistant Laura. Between us we look after all of our Forever Foster pets and their Fosterers, we assist our Sanctuary Managers with the care of Sanctuary residents and staff training, and we also provide support and advice for Volunteers caring for pets on a short-term basis.

I was always aware of The Cinnamon Trust during my time in practice and we displayed posters in several vets I worked at. I come from a family of animal lovers and at that time both of my

Grandmothers were bereaved following the loss of my lovely Grandads and both had dogs who were incredibly precious to them and provided them with a sense of purpose and routine at a difficult time. Pets are family pure and simple to us; I was very touched by the ethos of The Cinnamon Trust and had seen firsthand how important pets are to their elderly owners. They bring so much joy and comfort and often a well needed chuckle on a difficult day.

My Dad was a Herdsman for several Dairy farms, so I grew up in the countryside surrounded by animals of all shapes and sizes. I loved being with the animals and caring for them and our Aga was always surrounded by piles of various furry bodies, often with a rather pungent aroma! The writing was on the wall for me, and I knew I wanted to be a Vet Nurse from an early age. I went straight from school into Practice via a Modern Apprenticeship as they were then. That was in 1997, and I qualified as a Vet Nurse in 2003.

I worked at several different practices over almost 18 years ranging from a small one-man mixed practice in rural Shropshire to a busy Hospital in Chippenham. I have been lucky enough to work with Birds of Prey, exotic animals ranging from reptiles to Meerkats and Marmosets, Alpacas and various wildlife. I was reaching a point in my Veterinary career where I felt the need for change, and by chance after a crazy morning in theatre and quickly grabbing a stale donut and a cold cup of tea for lunch I came across an advert in the Vet Times for the job at The Cinnamon Trust and BOOM! I just knew in my soul this was where I should be and the rest, as they say, was history.

The past 9 years have flown by, I've learned so much from Averil, other members of our amazing team and the wider veterinary community. It's a privilege to be a part of such an incredible charity and so refreshing that we are able to put our pets needs first, regardless of cost (although that must always be considered responsibly). I have been involved in the lives of so many gorgeous pets and people, there have been many, many highs and a few lows. It can be stressful at times and making decisions can be incredibly tough.

I am currently owned by my elderly, demanding Border Terrier Edie May. I absolutely adore Terriers, the naughtier the better! I love their tenacity and sense of fun. I am also a big fan of Labradors and Springers. I've had six dogs of my own over the years, my first dog was Lucy, a football mad Lab x Jack Russell who was my best pal and lived until she was 16 years old. She was a fabulous friend and always looked out for me. My Labrador Dodger came next, he was an ex-Gundog who had been badly treated, he taught me so much and cemented my love of Labs. My next dog was a Patterdale x Schnauzer called Max, now he was some boy! He was ball crazy, an absolute comedian with a heart of gold and very polite and gentlemanly to all creatures. Edie May was my first dog as an adult living away from home and she is my little soul mate. Grumpy, opinionated, and hilarious. A prolific hunter in her youth which led to many embarrassing situations but in her latter years a great lover of the finer things in life.

When I met my Husband, he came with a rescue Springer Spaniel called Dylan. The most



handsome spotty dog you ever did see but my goodness he was hard work and challenged everything I thought I knew about dogs. I realised then that sometimes love is not enough, understanding is incredibly important, and Dylan inspired me to be better and learn more about dog behaviour and emotional wellbeing. As he aged, he mellowed into a loyal friend and was the most snuggly cuddler. I've also been blessed to live with some beautiful cats, Felix, Phoebe, Joey, Jessie, Amber, Lily and Elmo. All have been precious family members and the purring heart of our home.

For me animals are my life and The Cinnamon Trust's welfare standards and values match my own. Every animal is equally important, they deserve the very best care we can give them and for their unique personalities to shine. I have long been interested in a holistic approach to animal care, and I recognise the importance of excellent nutrition, exercise, and freedom to express themselves and channel their natural instincts in a constructive way. I am a fan of the use of herbs and nutraceuticals, and I was lucky enough to run a Canine Hydrotherapy centre for several years which gave me invaluable firsthand experience on the difference such approaches can make to a pet's life and welfare. This was another area where the values of The Cinnamon Trust resonated deeply with my own and is especially true of our Sanctuaries. They are wonderful places and epitomise the word Sanctuary, with all of the beauty, peace and loving care you would associate with such a place. I plan to stay here as long as they will have me!



**LYNSEY, KATHERINE, SARAH, EDIE-MAY & LAURA**

### **Hi, my name is Lynsey**

I have been a Vet Nurse for over 30 years, narrowly missing the dinosaur years! I have worked in large animal, equine and small animal practices over the years. I have spent the last few years as Practice Manager of a very busy small animal clinic in Truro. I joined The Trust in September 2024 to cover for a 2-week holiday and never left!

This is a truly unique position, and I have found it heartwarming every day. I love speaking to our fosterers and getting to know and help their superstar pets every day.

At home I have a young family, and we are all ruled by our cheeky Boston Terrier Lulu. In my spare time I have always been a keen horse rider, and I love to walk the stunning Cornish Coast. Fun fact - I love to sing, especially Country music.

## **Hello, I'm Kathryn**

I grew up on a 300-acre farm in North Devon so animals, large and small, have dictated my life from day 1. My childhood was spent riding my beautiful horse, Bramble, with Bobby the sheep-dog at our heels!

I qualified as a vet nurse in 2003 and have spent the past 22 years juggling working with raising our 3 children. I love living in Cornwall and in my spare time, my favourite thing is to take Jasper, our lovely lurcher, out for a run on the coast path with a scenic café stop midway or at the end or, even better, both!

I recently joined the team and am loving the chance to use my years of veterinary nursing knowledge to offer support to the amazing supporters and volunteers. I feel very fortunate to work with such a wonderful, caring team and to be part of such a worthwhile charity.

## **Hi, I'm Natalie**

I have been a Veterinary Nurse for 29 years, I have worked in many Veterinary practices in that time, and I also had the opportunity to work within a Rescue Centre for 6 years in Somerset.

I have had dogs, cats and horses throughout my life, and currently have one little cat called Indie who is 9 years old and beautiful.

I came to The Cinnamon Trust after many years of knowing the Charity through my work, I admired the work of founder Averil Jarvis and all that she achieved. I saw the position come up and decided to take a leap of faith and courage to apply for the job.

Within this role I have been able to offer my knowledge and experience to all our lovely Fosterer's and start building some wonderful connections. My passion is Alternative Therapies and Medicine of which I try to bring into my everyday life.

## **Hi, I'm Laura**

I'm the Animal Welfare Administrator. I am a qualified dog groomer, which was my job for 6 years prior to coming to The Trust.

I have lots of experience with different breeds of dogs and am always happy to chat about any



grooming queries or anything else with our fosterers. I always wanted to work for The Cinnamon Trust and when I could no longer work as a groomer, after breaking my back, I jumped at the opportunity to work with the Animal Welfare team and our brilliant vet nurses.

I have three cockapoos at home - Noodle, Cupid and Cherub - and a horse, a Welsh D called Tarka.



## We support pets for life!

*One of the Cinnamon Pets that the team have been working with recently is Thomas in Wiltshire. Being a Forever Fosterer means you have access to our teams wealth of knowledge and experience. We work directly with vets to ensure that our Cinnamon Pets have the best care; this is the promise we make to each owner that profiles their pet with us.*

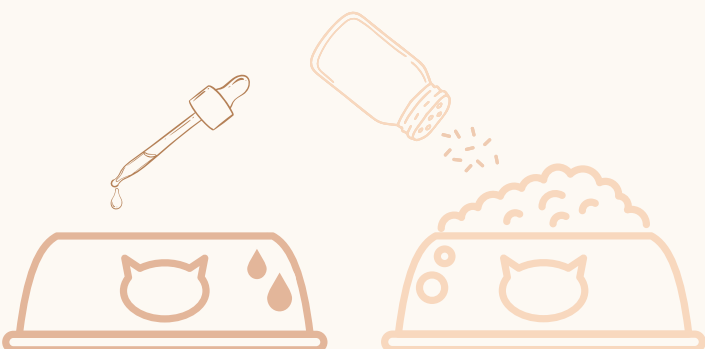
Thomas is a very beautiful boy, as I am sure you will agree, he is also a sensitive chap. His sensitivity and the anxiety that comes with that sometimes has a detrimental effect on his bladder. Cats are very prone to stress cystitis and for male cats this can become serious.

Thomas always sees the vet for medicine when he has a flare, but by using both a plug-in pheromone diffuser at home to reduce his stress, and by giving him a supplement than helps the lining of the bladder be as heathy as possible, we are minimising the flares and the severity.

This is a win-win for all, Thomas stays feeling as well as he can for longer and we can minimise associated trips and costs to the vets for him. Natural supplements can be a gentle yet powerful way to support your pet's health.



THOMAS



## Some of the key benefits:

**Joint Support** – Ingredients like glucosamine, chondroitin, and green-lipped mussel can help maintain mobility and ease stiffness, especially in aging pets.

**Digestive Health** – Probiotics and digestive enzymes promote a healthy gut, improving nutrient absorption and reducing issues like bloating or constipation, and can replace healthy gut flora lost through illness such as vomiting and diarrhoea.

**Skin and Coat Care** – Omega-3 fatty acids from fish oil or flaxseed can reduce dryness and itching, giving your pet a shinier, healthier coat.

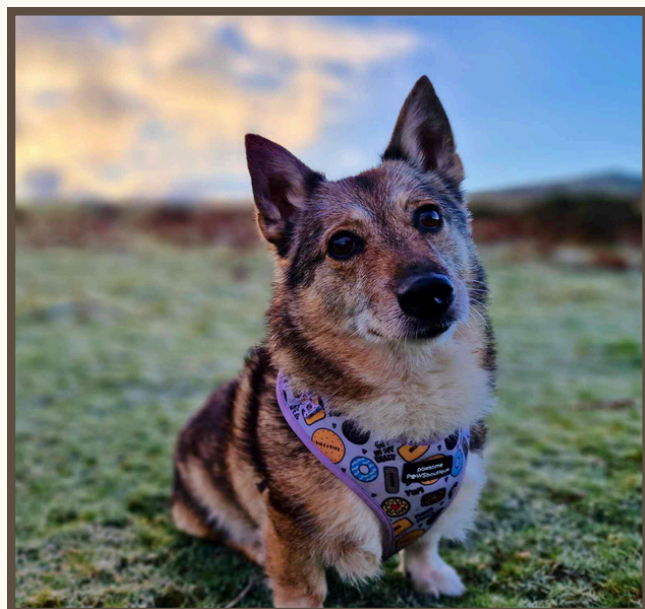
**Immune System Boost** – Natural antioxidants and herbs can strengthen your pet's immune response, helping them fight off illness more effectively.

**Fewer Side Effects** – Compared to synthetic medications, natural supplements are often gentler on the body and may be less likely to cause adverse reactions.

**Holistic Wellness** – Many natural remedies support not just physical health but also emotional well-being, helping with anxiety or stress through calming herbs like chamomile or amino acids such as L-Tryptophan.

Harnessing the power of appropriate supplements, at the right time, can be beneficial in minimising both discomfort of a condition, and could have the potential to slow down the progression of a disease process before stronger medications are required or symptoms become more prevalent.

Here within the Animal Welfare team, we try to approach the pet as a whole and will often use supplements to support a pet either before, or, in addition to the prescribed medication. We provide this to our Cinnamon Pets at no cost to their Forever Fosterers as part of our very generous support package.





# A loving future made possible by your heartfelt gift

For 40 years, we've been a beacon  
of hope for countless pets and their  
owners nationwide.

But our work wouldn't be possible  
without the ongoing generosity of  
others.

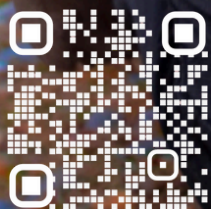
With your support, we can  
continue to provide hands-on  
assistance and lifelong pet care to  
those who rely on us.

By leaving a gift in your Will, you  
are ensuring that our mission can  
live on for generations to come.

✉ [legacy@cinnamon.org.uk](mailto:legacy@cinnamon.org.uk)

🌐 [cinnamon.org.uk/wills-legacies](http://cinnamon.org.uk/wills-legacies)

☎ 01736 809722



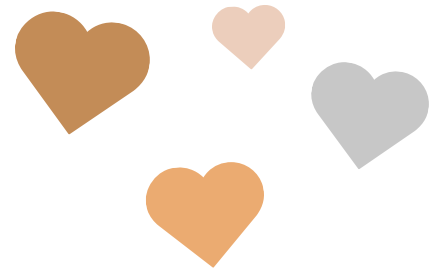
Scan the QR code  
to find out more

Registered Charity No.1134680





# Poldarves Farm Sanctuary



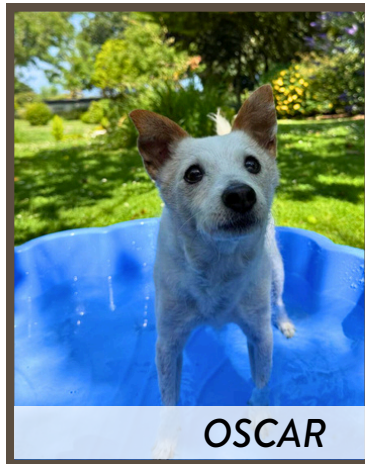
We are delighted that our Poldarves family has grown. Jack Russell siblings **Badger** and **Cara** have fitted in very well. Badger loves his food and is always the first to greet you each morning. Sweet Cara is blind yet is such a confident little lady. Cara loves Badger but happily snuggles up with anyone; she loves joining Jonty and the poodles for a cuddle in our large dog beds. We also have had **Jaffa** join us, a small but mighty character. Nobody has told Jaffa he is tiny, so he actually thinks he is a lion! **Teddy** is a real foodie and gets very excited at mealtimes. He's a bit of a flirt with the ladies, two and four-legged, and has had several girlfriends. **Oscar** is a complete superstar; he brightens any room with his big personality and exuberant nature. He loves his walks and would win any waggiest tail competition! Feline siblings **Coco** and **Poggie**, have settled in well. Coco loves to sit in the catnip tub in the garden watching the birds in the trees. Poggie is very beautiful and is partial to Dreamies – he is very dreamy himself as he likes to nap until it is playtime. Cornish boy **Felix** is our most recent resident and has the softest, plush coat. Felix is always the first in the queue for cuddles with the team.



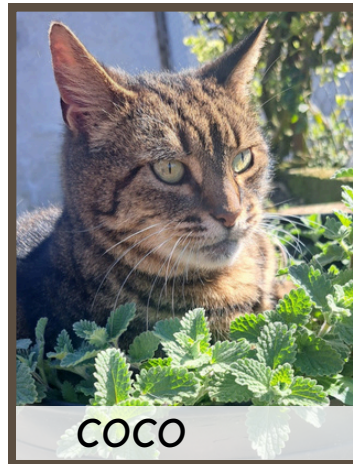
**BADGER**



**JAFFA**



**OSCAR**



**COCO**



**CARA**



**TEDDY**

The arrival of Spring brought lovely, warmer weather which made for a glorious Easter treat hunt for the residents. The sheep were shorn and were very grateful, but didn't recognise each other, so kept baa-ing until they got close enough to sniff each other!



**POGGIE**



**FELIX**

The tortoises went to the vets for a check-up after coming out of hibernation and Sammy had a beak trim from Laura the vet nurse. We revamped the tortoise outdoor enclosure ready for the summer. The tortoises have been enjoying the paddling pool and the homegrown cornflowers as snacks.





Simba the goose gave us a fright when he jumped off a wall and didn't land well! Thankfully there were no broken bones, but the vet advised to restrict his exercise but allow him hydrotherapy in his pond each day. After a few weeks he had the all-clear and was quick to visit his friends including Pepper Pig; Pepper greeted him with a happy snort and Simba settled down with his rather large friend.



We had a conservation report done at the sanctuary and it confirmed that Poldarves is a haven for wildlife; a passing vixen brought her cubs to visit, bats fly in abundance as the sun sets, and the swallows are nesting in our stables and barns. We have planted wildflowers to encourage pollinators and planted more trees in suitable places. We found a massive Dryad's Saddle mushroom which the squirrels have enjoyed feasting on.



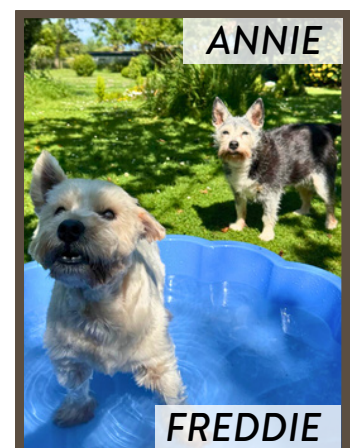
We are enjoying spending the longer summer days with the residents, having picnics, pamper sessions and lots of play and fun. The paddling pools are out, and the fruit lollies are in the freezer.

Pepper has been enjoying the warmer days and savouring the cooler evenings and has started getting friendly with the dogs when they come to visit. The dogs have been out and about on various adventures including dog led sniff safaris.

It's always heartbreaking for the team when we lose our beloved residents, each one of them holds a special place in our hearts and we will never forget them. Rossi, 17y Staffie was the biggest, gentlest giant you could meet, he loved everyone. Ollie, 11y Daschund, was a shy boy who melted everyone's hearts. Molly, 16y Tibetan Terrier, was such a pretty, serene girl with an aura of peace and tranquillity. Suzie, 16y Toy Poodle, was a massive character, full of energy and love. Baby, 17y Shorthorn Cow, the calendar girl of the Sanctuary, she loved being scratched and patted. Bailey, 16y Jack Russell, was a very happy boy, he had so much love to give and was a joy to be around. Patch, 17y Jack Russell, another big character who absolutely loved his cuddles and snuggles.



As always, Sanctuary life is well lived and loved by all our residents.



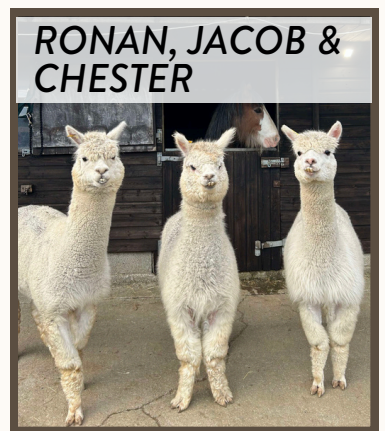


# Hillside Farm Sanctuary

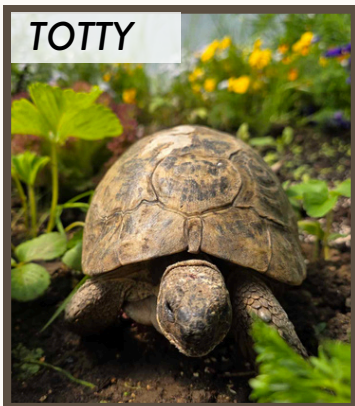
We have added some new members to our Hillside family; **Charlie** is a real sweetie, an 18-year-old Cob, our very own miniature Clydesdale, he stole our hearts at first sight. A terrific trio of Alpaca brothers; **Ronan**, **Chester** and **Jacob** have become firm favorites, many an hour has been spent down at the stables staring into their doleful eyes and with a flutter of their eye lashes they had us all entranced. **Tilly** our beautiful, retired guide dog, now guides the team into belly rubs, treat jars and sloppy kisses. She has settled in so well it's as if she has always been here, and she has her favorite spot on the sofa at break time, from where she can sample the team's lunches (quality control is Tilly's top priority!). **Totty** the tortoise ambled into our lives with a knowing eye and discerning taste, well at 75yrs old what can you expect! He has inspected our home-grown salad in the polytunnel and the tortoise garden and everything has come up to his high standards. However, before he agreed to sign it all off he had a conference meeting with the other tortoises and asked for an increase in their strawberry rations.



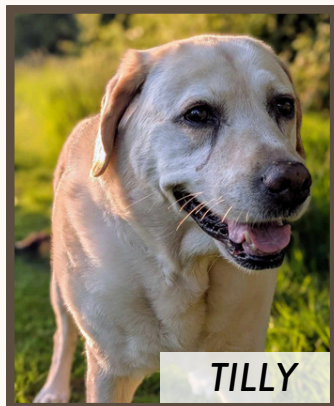
**CHARLIE**



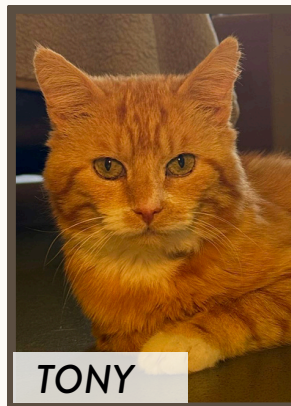
**RONAN, JACOB & CHESTER**



**TOTTY**



**TILLY**



**TONY**



**TIGGY**

**PEBBLES**

Our very own 15-year-old ginger ninja, **Tony** came to us as a street wise older gent who was ready to pull over and move into the slow lane. Though initially a little shy Tony can be persuaded to allow us an audience for some chicken and a tickle under the chin. He has settled into sanctuary life well; his favorite pastime is patrolling the borders of his new kingdom.

We also had some friends join us temporarily in Gethin's Place. **Pebbles** and **Tiggy**, beautiful Terrier girls settled in and stole the team's hearts with their tiny paws before moving to their Forever Foster family. Next came the fun-loving duo of **Logan** and **Chester**, Labrador brothers, who barreled joyfully into Sanctuary life. The foster team found their Forever seaside home and they have settled in beautifully.



**LOGAN & CHESTER**





**BON-BON**

Our polytunnel is up and running with lots of plants and vegetables for the residents at Hillside. Everything is springing up; we have mangetout peas, a variety of salad, pansies, catnip, broccoli, tomatoes and lots more! The dogs are enjoying browsing on the veg and the tortoises love taking a snack stroll through the tunnel. The tunnel is definitely a learning curve for us all here, but it's been a lot of fun getting the plants in and watching the animals reap the rewards.

The team went on a fantastic Easter egg hunt on Easter Monday this year collecting eggs and following Alice down the rabbit hole for the tea party. The cats helped hide the eggs with one or two not even found - those clever kitties! We held a 'Best Bunny

Ears' competition, the dogs partook in a cucumber sandwich or two, it was great fun!

Hillside hosted a Big Walk at Roadford Lake, and the sun stayed with all day, with a nice breeze to keep the dogs cool. Nearly all the residents joined us for either a short or long stroll, taking some fabulous photos near the lake. Lots of volunteers joined us and we all enjoyed some doggy cuddles.



**HILLSIDE'S BIG WALK**

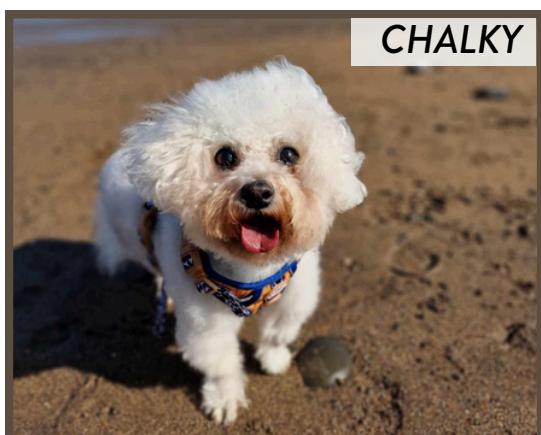
What can be better than a pool party too cool off on a hot day, with a heatwave hitting Hillside we embraced the sun and the heat throwing multiple pool parties. The dogs cooled their paws in our paddling pool whilst partaking in the odd ice lollies and homemade frozen yoghurt ices. We also cooled down by visiting our local beach in Bude. Several of the residents have trundled over the golden sands and pebble paths to have a dip in the cool ocean.



**SADIE**



**MONTY**



**CHALKY**



**BUDDY**



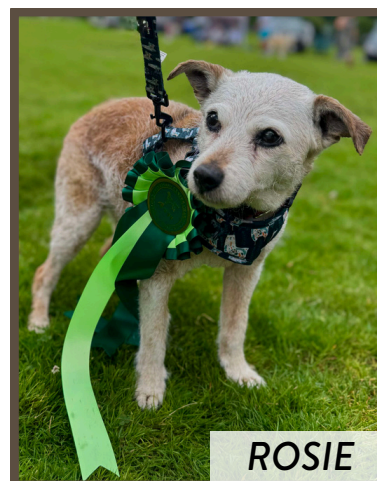
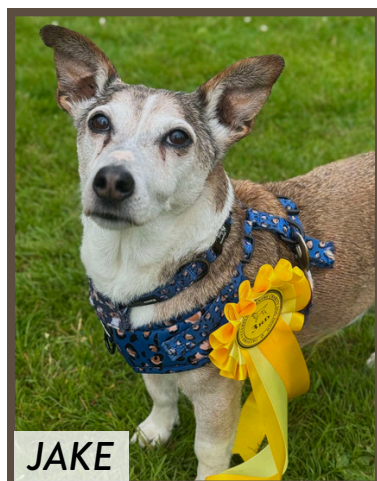
**GEMMA**



**Zoe**, who absolutely adores teddy bears, turned 14 and had a special birthday excursion to Build a Bear. The kind staff at Exeter allowed her to come in and experience some VIP (very important pup) time to build the bear of her dreams; fittingly named Boey Bear. Boey now has pride of place at Hillside and Zoe loves showing him off to visitors, and taking him for tours around the sanctuary.



The team all went out to support our local dog show in Okeford; Julie and Kath ran our stand and tombola, while the dogs of Hillside strutted their stuff in the ring. **Jake** entered handsomest dog coming a well-deserved third. Bramley won best rescued/rehomed, and he was very chuffed with this result. **Rosie** got a fourth in best veteran - she's such a sprightly old lady! Zoe won third in dog judge would most like to take home, of course! Who wouldn't want a Zoe in their life! Betty then went on to get a second in a Bonus class with Bonnie getting a third and Sadie fifth.



We have enjoyed the company of many lovely visitors over the last few months, many of them are volunteers of ours coming to see the Sanctuary first hand. We have had family and friends of some of the residents visit, which is lovely as we can hear more about them and their previous lives and the antics that they used to get up to. We also hosted a visit from our local WI, the lovely ladies had a tour of Hillside and then stopped for refreshments and cuddles with some of the residents, a lovely afternoon was enjoyed by us all.

Over the last few months, we have been busy fencing a new paddock for the horses, Alpacas and sheep, which included a new field shelter, so there is more grazing and shelter for them all to enjoy. And we have been fortunate enough to have an outside shower fitted in the dog garden, which has been a fantastic addition especially when having to deal with the fox poo that several of the dog just love to roll in!

Some of our Hillside companions have crossed the Rainbow Bridge; each was unique and special and will always be remembered with the greatest love. Pickle, 13y Cocker Spaniel, was the softest, sweetest spaniel with such a happy personality. Andy, 16y Westie, was our main man, he stole our



hearts and kept them safe with his lion-like personality. Meg, 16y Jack Russell, was a lady of luxury and enjoyed the finer things each was unique and special and will always be remembered with the greatest love. Romy, 18y Cornish Rex, was the sweetest of souls and a fun-loving older lady.

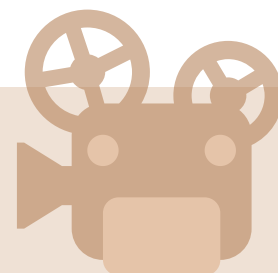
Buddy, 14y Golden Retriever, the most loyal and friendly boy, he greeted each team member every morning with a bark and a cuddle. Loulou, 18y Tortoiseshell, had a calm, regal presence and was extremely lady-like. Zia, 14y German Shephard, the only thing bigger than her heart was her bark. Zia was full of love and cheer and greeted all the team each and every morning. Sweet Bella, 17y Welsh Collie, had a calm personality and loved playing fetch and going on walks patrolling the grounds of Hillside. Chalkie, 12y Bichon Frise, loved going on afternoon strolls to the herb garden to take in the scents and to sunbathe.

Our thoughts turn towards Autumn and the lovely shades that colour the trees in our wood at Hillside. Christmas is round the corner and we look forward to letting you know what winter fun we have been up to in the next newsletter.



**Coming Soon...**

## **The Cinnamon Trust Documentary**



For the past 18 months, we have been filming a documentary about The Cinnamon Trust. There is some wonderful footage and interviews with the teams at both Sanctuaries. Some of you may remember the film Averil made in the early 2000s when we sent out the Cinnamon DVD for talks and events. Well, DVDs have been gone for some time, and we thought it was time to make a film about the work we do and the wonderful people who help us.

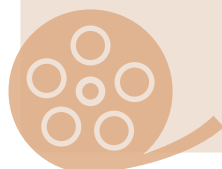
We expect the documentary to be available in the new year and would love to hear from you if you belong to a club or organisation that gives talks, or if you'd like to host a talk and show our documentary. Please let us know by emailing [events@cinnamon.org.uk](mailto:events@cinnamon.org.uk). We will then send you a link or memory stick - oh how times have changed!



**[events@cinnamon.org.uk](mailto:events@cinnamon.org.uk)**



**01736 758701**



# Founder's Tree

We have been delighted with the response to our Founder's Tree and Memory Leaves that we showcased in our last newsletter. Devoted owners Elaine and Vivian sent in a kind donation and touching poem honouring their beloved Tiggy.



**Birch**



**Beech**



**Oak**

If you would like to memorialise a two or four legged loved one, do get in touch. Our memorial leaves are available for a suggested donation of £100, all you have to do is chose a leaf and we will engrave your loved one's name and date of passing on the leaf. The leaf will then be added to one of the Founder's Tree in the tranquil memorial gardens at either Poldarves or Hillside sanctuary.

Please contact [hello@cinnamon.org.uk](mailto:hello@cinnamon.org.uk) for more information.



Do not think of me and cry.  
I am the rainbow in the sky.  
I am the birdsong after dawn,  
And the frosted winter lawn.  
I am the lovely flowers you see,  
And the buzzing of the bee.  
I am the shining sunset rays  
And the gold of Autumn days.  
I am the gentle Summer breeze  
And the rustling of the trees.  
I am the many birds in flight,  
And the twinkling stars at night.  
I am the stormy winds that blow,  
And the silent falling snow.  
I am the sunrise vivid gleam  
And the rippling of the stream  
I am the rushing waterfall,  
And the ancient trees so tall.  
I am the cheerful daffodils,  
And the rolling wooded hills.  
I am the mountains and the lake,  
And the white-capped waves that break  
I am the blossoms in the Spring,  
And the diamond in the ring.  
I am all these things to you,  
And the warmth and cuddles too.  
I went right-pawed up the stairs,  
And filled the house with hairs.  
I brought you love and light and joy  
As I raced around with a toy.  
When you think of me just smile,  
For I am with you all the while.  
I am your precious furry friend,  
Who is beside you to the end.



# Poetry Corner

Owner Carol felt inspired to write a poem about her cherished companion Jack and the kindness of our Cinnamon Trust volunteers. Read more about Carol and Jack on page 23.

## Jack

*I sit and watch my lovely boy  
Tail a wagging and filled with joy  
He came into our lives as a helpless pup  
A handsome Jack Russell, couldn't believe our luck*

*We called him Jack, Mr Russell to you  
No other name could give him his due  
He grew happy and healthy, feisty and fun  
Wore us out with his energy until he was done*

*My cancer was a bitter pill  
It stole my leg and almost broke my will  
But Jack he came with a healing touch  
Helped us cope, we owe him so much*

*We tried to give him the life he needed  
But his cries for walkies went unheeded  
His Dad did his best but it wasn't enough  
Should we rehome him to show him our love?*

*Then we heard about The Cinnamon Trust  
Helping dogs and their owners trying to adjust  
To unforeseen crises in their lives  
Suffering and despair until help arrives*

*Now we are in a better place  
We have walkers for Jack which gives us some space  
Two lovely ladies with kindness in heart  
Jack is here with his family and we don't have to part*

*In my heart I always believe  
That to give is as joyous as to receive  
The Trust has given help to us through our strife  
And Jack is living his very best life*

**THANK YOU CINNAMON TRUST!**



**CAROL, JACK & SUSAN**







HOLLY AND ZOE AT HILLSIDE  
FARM SANCTUARY

# The Cinnamon Trust

The national charity for older people,  
the terminally ill and their pets

REGISTERED CHARITY  
NO. 1134680

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