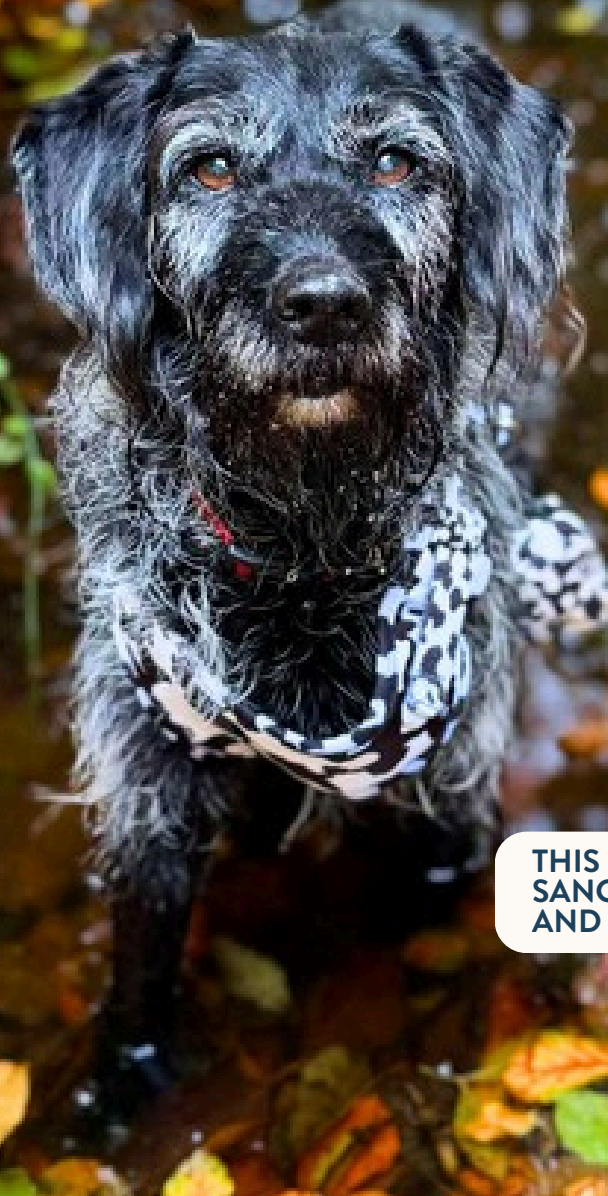




The Cinnamon Trust

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



THIS IS BETTY AT HILLSIDE FARM
SANCTUARY, READ ABOUT HER
AND HER FRIENDS ON PAGE 55!

Dear Friends,

What an incredible year our 41st year has been!



It began with the wonderful news that The Cinnamon Trust was named one of the World's Happiest Workplaces. This accolade truly belongs to every member of our Cinnamon family, as it is your kindness, dedication, and hard work that made this achievement possible.

This year's Big Walk was bigger and better than ever, with more walks, more people, and more pets taking part. We even had a cat join us - naturally leading the way! Nicola set herself the remarkable challenge of walking the entire South West Coast Path, tackling everything from wind and rain to soaring temperatures, while sharing birdsong and heartwarming dog tales along the route. South West Care Homes once again rose to the challenge of its incredible 1,000-mile fundraiser, with residents, staff and supporters all playing their part. We also had runners taking on marathons in London, Bath, Brighton and beyond. Meanwhile, our Cinnamon Trust trailer travelled far and wide, giving us the opportunity to meet many of our wonderful volunteers, supporters and beloved pets of every shape and size.

We were delighted to welcome back Summer and Verity, two of Averil's much-loved Corgis, along with their foster carers, for their annual holiday in Hayle. Our Forever Fosterers are truly extraordinary people, opening their hearts and homes to pets who have lost their owners. We are incredibly fortunate to have such compassionate and dedicated supporters.



Enclosed is our Christmas Gift Catalogue, and once again Alison Lingley has kindly created an exclusive Christmas card for us, featuring some of our friends from Hillside and Poldarves Sanctuaries. There is something for everyone this year, including puzzles, jewellery, soaps, biscuits, chocolates, and special treats for our canine and feline companions. You can find even more gifts in our online shop www.cinnamon.org.uk/shop. We hope you enjoy browsing.



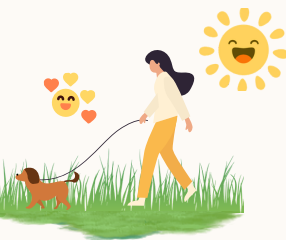
As we look forward to Christmas and the New Year, let us take a moment to remember those who are no longer with us but who remain forever in our hearts and memories.

To all our owners, supporters, volunteers, business partners, and our wonderful team, thank you for your friendship, generosity, and continued support. We simply could not do what we do without you. We wish you and your loved ones a very happy Christmas and a peaceful New Year, filled with happiness, good health, and hope for the year ahead.

Take care,

**Patrick Williams
Chief Executive**

Dog Walking Stories



Our opening story comes from Stuart in Devon who tells us about his new friend Betty and the joy being spread throughout their community...

I first became aware of The Cinnamon Trust while working for the ambulance service. We would often contact The Trust when an older person needed to be taken into hospital and lived alone with a beloved pet.

Even before my personal involvement back then, I thought it was an incredible charity. I saw first-hand the relief in owners' eyes when they learned that their cherished companion would be cared for while they were away. In many cases, knowing their pet would be safe and looked after gave them the reassurance they needed to agree to go into hospital and receive the treatment they needed.



Betty & Stuart

After leaving the ambulance service, I began working as a support worker, helping people with disabilities and neurodiversity within the community. As a lifelong dog lover, I was keen to give something back to The Cinnamon Trust so I joined as a volunteer. Unfortunately, living in a flat and working full-time means I cannot have a dog of my own, so volunteering gives me the opportunity to spend time caring for other people's much-loved pets when they need support most.

It was through The Cinnamon Trust that I met the lovely Betty and her owner, Gillian, who live in my local area. Before Gillian went into hospital for surgery, I carried out a meet and greet visit to get an understanding of Betty's character. Of course, she was adorable! Gillian's operation was going to leave her off of her feet for several weeks while she recovered, and after a successful meeting, I would go on to visit Gillian and Betty regularly to take Betty out for her walks.

The more time I spent with Betty, the more I realised what a special dog she is. She is calm, gentle, and endlessly cheerful. She truly has a gift for bringing people together. Her wagging tail, happy smile and gentle nature brighten the lives of everyone she meets. Personally, my favourite moments are watching her enjoy zoomies in the park, racing around with pure happiness and reminding us all to appreciate the simple joys in life.

Volunteering with The Cinnamon Trust has been incredibly rewarding for me. It keeps me active, connects me with wonderful people and animals, and gives me the chance to support those who need a helping hand during difficult times. I would wholeheartedly recommend volunteering to anyone who has the time. The difference you make, both to people and their beloved pets, is truly priceless.

continues on the next page...

Betty's Mum, Gillian, shares her side of this wonderful story... When I was told I needed a hip operation, my main concern was who would look after my dog, Betty, and how would I be able to walk her afterwards.

A friend who works for Age Concern told me about The Cinnamon Trust. She didn't know a great deal about the charity, but she knew it offered support to older people with pets. I contacted The Cinnamon Trust and initially spoke with a lovely chap called Jamie. What followed was more help and kindness than I could ever have hoped for.

Betty is the sweetest, most gentle soul. She didn't have the best start in life and was rescued from terrible neglect by the RSPCA when she was around four years old. They nursed her back to health, and I was lucky enough to adopt her in December 2024. From that day, I made her a promise that I would always love her and take care of her.



Stuart came to carry out an initial assessment of Betty, and then her care was put into action. While I was in hospital, Betty was fostered by Pete, a kind and caring volunteer. He sent me photos and videos showing just how settled and happy she was. I will be forever grateful for the peace of mind this gave me, and for the wonderful care and attention he gave Betty when she needed it most.

Since returning home from hospital, Betty has been walked by Stuart and Amanda, two wonderful volunteers.

Following this wonderful experience, I decided to register Betty with The Cinnamon Trust's Pet Profiling service, so that she will be cared for if anything should ever happen to me. It gives me great comfort to know that she would be in safe hands. I have complete faith that The Trust would do their very best for Betty if ever needed. Thank you to everyone at The Cinnamon Trust!

Over to Gwent now, where Anna sums up a fabulous first year as a volunteer...

I've been volunteering with Cinnamon Trust for a year now, and it is easily the best decision I've ever made. I am a nurse and I love my job, but it can be difficult. Volunteering has helped me to make my days off worthwhile, restorative and enjoyable, as animals have always brought me a sense of peace and a love that nothing else can.



I have been walking Sid since I started volunteering, and I've grown to love him just as much as I'd love a dog of my own. His wonderful owner, Jayne, is sadly unable to walk him herself, and I'm so grateful to her for trusting me with her fur baby, especially with his limitation of being born deaf. This doesn't hinder him at all, though; he's full of life and energy and such a happy dog.

I'm lucky enough to see Sid usually multiple times a week, as I have the time around shifts to do so. He is such a character, so clever, and the most affectionate boy. His reaction every time he sees me is sure to lift me from any worries I have, and he really is my best friend. I look forward to every walk I



Anna & Sid

have with him, whether it's a short walk around the block or a beach trip (his absolute favourite!). Even trips to the vet and his hydrotherapy appointments are special with him!

Volunteering with this incredible charity will change your life for the better and, in the process, you will be helping an older or terminally ill person to keep their beloved pets in their lives and the pets to keep their owners. I would encourage anyone with a love of animals, a desire to help others, or even just a little time to spare to sign up and enjoy the happiness animals bring!

Next up, Florence tells us about the great time she has had volunteering in Cambridgeshire...

This is Bobby. He's a 10-year-old retired guide dog and belongs to the lovely Rita. He has been Rita's companion and guide dog for the last eight and a half years and, thanks to the help of The Cinnamon Trust, will continue to be by her side for the years to come. Bobby is the sweetest and most attentive dog and is thoroughly enjoying his retirement. He's a super speedy walker, loves a ramble through some woods and is a big fan of a treat stop on a lakeside bench.

I first got involved with The Cinnamon Trust a few years ago following a difficult period in my life. Volunteering for The Trust gave me a sense of purpose and fulfilment, as well as getting me out of the house and into nature.

Bobby is the third dog I've walked for The Cinnamon Trust; I've loved meeting new families and learning their stories. It's a real pleasure helping to keep dogs and their owners together, I thoroughly recommend volunteering to anyone with a couple of hours a week to spare!



Florence & Bobby

Long time volunteer Val tells us how things have come full-circle, now receiving support herself...

If you had told me that one day I would be calling Cinnamon myself for support with walking my own dog, Barney Blue the Cavapoo, I would probably have shaken my head. But we never know what life has in store when we finally retire.

My long career was in housing, and for the last thirty four years I worked as a retirement scheme manager in Sussex. In 2012, I realised that many housing providers did not accept pets, meaning many people were unable to benefit from this type of accommodation while keeping the companions they loved. Determined to change that, I took on the enormous challenge of influencing the policies of several major providers. Through this work, I came across Cinnamon. With the support of the late Averil Jarvis, I championed the cause wherever I could: speaking at forums, making countless calls and even raising my voice at the House of Lords. I became a passionate advocate for Cinnamon and its mission. In 2013, I was honoured to receive an award from Averil herself, expressing her heartfelt

gratitude as several major providers updated their policies and guidance to welcome pets. Many care homes followed suit, recognising that our pets remain part of our family until the very end.



Barney

A year after retiring, I bent down to pick up my dogs' ball and, ouch, trapped my sciatic nerve. Over time, this led to further complications, leaving me permanently disabled. The worry and expense of finding a reliable dog walker soon began to take their toll. Then my son casually said, "Hey Mum, what about Cinnamon?"

That first call was a godsend. Barney now has two regular volunteers, and I know that he still gets the exercise and companionship he needs. That peace of mind means the world to me, and seeing his excitement whenever they arrive is a joy.

Barney is now 13 years old. He still looks like a puppy, trots happily down to the park and then puffs his way back home - rather like his mum used to. Today, I live happily in one of the independent living schemes whose pet-friendly policy I helped to create. It feels like a very happy ending.

If you are considering moving into care, please go to www.trustedcare.co.uk or call 01865 680331 to speak to one of their pet-friendly advisors.



Kerry takes us to Staffordshire to share a bit about her time walking a couple of fab Frenchies...

For the past six months, I've had the absolute pleasure of walking Flossie and Teddie once a week, a routine that fits perfectly around their owner's needs. Each walk lasts an hour or more, and from the moment I arrive, their excitement is impossible to miss. They greet me at the door with pure joy, practically vibrating with anticipation for their next adventure.

Being able to provide this regular support means so much, especially knowing how much their owner loves them despite facing illness. Seeing her sense of relief, and knowing her beloved Frenchies are getting the longer walks, stimulation, and care they need, is incredibly rewarding.

On the lead, they're generally very well-behaved, always eager to explore. That said, the return journey can sometimes turn into a bit of a comedy! Flossie, in particular, has a wonderfully stubborn streak and occasionally decides she's had quite enough, planting herself firmly and refusing to budge. It becomes a gentle battle of wills, but it's all part of the charm!

On shorter days, we visit a local woodland where they often meet their doggy friends. Teddie is the social butterfly, bouncing over with enthusiasm to say hello, while Flossie takes a more laid-back approach, happy to watch the world go by at her own pace. Every now and then, we head off on a longer adventure: wandering along scenic canal paths where the water shimmers in the morning



Teddie



Flossie

light, or exploring nearby woodland trails filled with the scent of damp earth and pine. Teddie is in his element, investigating every rustle and smell, while Flossie becomes a blur of happy energy, ears upright as she trots along. Covering around three miles, these walks leave them wonderfully content, tongues out and bottoms wagging, a joy to see.

Volunteering like this is something that truly matters to me. It's about more than just walking dogs, it's about supporting people, building trust, and making a small but meaningful difference in someone's daily life.

Knowing that I can help ease a worry, bring comfort, and ensure that much-loved pets are happy and cared for gives me a real sense of purpose. It's these connections, both with people and their animals, that make volunteering so special.



A touching tribute now to Misty in Worcestershire, Liz's treasured walking buddy for over eight years...

On 7th December 2017, I met a small, beautiful, incredibly friendly spaniel-shaped bundle of love called Misty. I remember being so nervous on that first walk because I wanted to make a good impression on her mum, Shirley. I quickly realised that entrusting someone with your beloved dog isn't something to be taken lightly.

As the months turned into years, I came to treasure my time with both Misty and Shirley. In those early days, if people commented on how good and well-trained Misty was, I'd explain that I was "just her dog walker". Before long, that disappeared. On our walks, she was my girl, my Pup Pup, my Moo, and I loved her dearly.

My friendship with Shirley grew alongside my bond with Misty. We'd put the world to rights and I'd always enjoy sitting with her afterwards, chatting about my week. From my badly sprained ankle ("Liz, you can't even get your shoe on! You can't limp with Misty!"), walks through COVID, snow, torrential rain, mud – oh, the mud – sharing ice cream with Pup Pup, cuddles, and so much more, our friendship blossomed.



Over the past year, I've watched Misty grow old. The spring-chicken, waggy-tailed, squirrel-chasing, ball-loving Pup Pup gradually became a gentle old lady spaniel who needed a helping hand to stand. We all knew the time was coming when Misty would make her journey across Rainbow Bridge. On the 17th of June, with her beloved mum by her side, she made that journey peacefully. Thank you, Misty, for eight and a half wonderful years. You will always be my favourite girl.

A view now from Peppi in Hampshire, who is loving his new friends from The Cinnamon Trust...



Buddy & Peppi

“Hi, I’m Peppi, (the brown one) and next to me is my brother, Buddy. We would just love to say thank you for finding us two awesome dog walkers. They are absolutely amazing; we took to them straight away, and they took to us. They never let us down, which helps our mum out as she’s awaiting a total knee replacement operation. By having these volunteers, she can rest. One of our dog walkers recently took us out when it was ‘raining cats and dogs’; that’s sheer dedication! We hate the rain, but we don’t tell her, we know that she needs our company on a walk, come rain or shine. So, a massive thank you to Emma and Sian! They even get on great with mum, and she’s nutty as a fruitcake! So a big kiss and cuddle to The Cinnamon Trust, the work you do is amazing and so very appreciated!”

Helen in Shropshire explains how her journey with The Cinnamon Trust all started with the Duke of Edinburgh award scheme...

My involvement with The Cinnamon Trust began almost by accident. My son needed volunteer hours for his Duke of Edinburgh Award, and living in a rural village meant opportunities were few and far between - and usually required me to drive him back and forth. After years of spending more time than I’d have liked waiting in car parks during football, swimming, and rugby sessions, I was keen to find something we could do together.

A small advert on the noticeboard at our local vet caught my eye: a call for Cinnamon Trust volunteers. It felt like the perfect fit. I signed up, and that summer we were introduced to Anne and her dog, Gypsy.



Cody, Arthur, Gypsy & Dora

Anne is registered blind and also has a guide dog, Dora. Gypsy, her lively Labrador, had been her pet before she lost her sight, but as her circumstances changed, Gypsy wasn’t getting the exercise she needed.

Over that summer holiday, we spent many happy hours walking Gypsy. Our dog Cody bonded immediately with her, and it was fun to watch them romping around together. I

walked Cody every day, and collecting Gypsy en route was only a small detour on the school run. One simple decision turned into something much bigger. That was almost nine years ago.

Today, I still walk Gypsy - and now Dora too, who has retired from her guide dog duties. Anne doesn't get out as much anymore, so the dogs' outings have become even more important. My husband has joined in as well, and we have another dog, Arthur, so twice a week the four of us, two humans and four enthusiastic dogs head out together.

What began as a way for my son to earn volunteer hours has become a long-standing part of our routine. The Cinnamon Trust is a fantastic charity for people like Anne who would face real challenges without this kind of support. Pets bring companionship, joy, and routine, especially for older people living alone. It has been a privilege to help Gypsy and Dora stay active and happy and to support Anne in continuing to enjoy the comfort of her beloved dogs.

Across to Essex now where we catch up with Kevin...

I've been volunteering with The Cinnamon Trust for about a year now. I retired a few years back and wanted to help a charity that not just helped animals but people too. The Cinnamon Trust therefore, seemed an obvious choice with the added advantage that it helps to keep me fit too as I also walk my own dog.

I am currently walking two dogs twice a week, the first is called Jasper, a Cavapoo. He is a real character who certainly knows his own mind and is determined to say hello to everyone and every dog he meets on our walks. He loves his walks along by the river or in the woods and, with his owner's permission, is often accompanied by my own dog who is walked by my wife. The dogs get on great together and our Australian Labradoodle acts like a big brother showing him what smells are the best to sniff out.



The second dog is Harley, a Staffie/Border Collie cross that looks more Staffie than Border Collie. If I'm honest, I was a little unsure when we first met as to how well we would get on, I didn't have any experience with Staffies and I was probably a bit wary, however I needn't have worried. You couldn't hope to meet a friendlier dog than Harley, the noises he makes when he greets me are amazing accompanied by a fantastic bum wiggle. We have had great fun exploring new paths together that I didn't even know existed.

Walking both these dogs is really satisfying, however meeting the owners and having a chat with them is also a great part of volunteering for The Cinnamon Trust. I know how I would feel if I could no longer walk my own dog and to be in a position where I might have to give him up, so being privileged to help someone else out in this way is truly rewarding.



Barbara writes to us from Cornwall and highlights how important The Cinnamon Trust became when her life suddenly changed due to injury...

When my husband and I retired a few years ago, we looked forward to spending our days doing the things we loved most – tending to our garden and taking our little dog, Willow, on long walks together. Willow is a Bedlington Whippet and a much-loved member of our family. She has a lovely nature, and we absolutely adore her. Sadly, life changed quite suddenly for us. My husband became housebound, and then I suffered a fall and broke my hip.

As you can imagine, one of our biggest worries was Willow. She still needed her daily walks and exercise, and while friends kindly helped for a time, we knew we needed a more reliable solution. We contacted The Cinnamon Trust to see if they might be able to help, and we were so grateful for the support they gave us. Within a very short time, they had put us in touch with three volunteer dog walkers in our area. The volunteers contacted me, and we arranged for them to come and meet us.

From the very beginning, it was a huge success. Willow took to them right away and was delighted to go out with them. The moment she sees them, she runs to the gate with her tail wagging. They always make such a fuss of her, and she goes happily without a second glance. I affectionately call them “my girls”, and they are wonderful. They are always reliable, always on time, and they take such good care of Willow. Knowing she is in safe hands gives me complete peace of mind.



I would like to thank The Cinnamon Trust from the bottom of my heart for all their help and support. Without them, I honestly don't know what we would have done.

Heather fondly looks back on five and a half wonderful years helping out Snowy in Essex...

My daughter Rachel and I first met Snowy and her owner Maureen in June 2020, when we were still in the depths of Covid restrictions. With more free time than usual, having been given the all-clear by Snowy that we would be suitable walking companions, we walked her three times a week, although our schedule had to drop to twice a week when things got “back to normal”!



Snowy was a 5-year-old Maltese with a quirky personality. She was always VERY keen to go off on our walk, so we were allowed no time to chat with Maureen until our return! I always phoned Maureen to let her know that we were on our way, and Snowy seemed to intuitively know that it was me before I even spoke - she must have known her days of the week and the time very well and was always ready and waiting with her harness and lead on by the time we arrived. We are lucky enough to live near a wonderful park by an estuary, and Snowy loved to have a good run in the park, which kept my daughter and me very fit – a good job Snowy has short legs, otherwise I would never have kept up! Snowy was a

creature of habit and liked to lead the way, but we would sometimes switch things up and have a walk along the river promenade to blow the cobwebs away.

We, of course, met lots of other dog walkers in the park, which was always quite exciting. Snowy was a bit choosy about which dogs she wanted to converse with, dependent on her mood that day, so we never quite knew how each encounter was going to turn out, but it was always fun. It was also quite amusing how everyone commented on how white she was, even when it was muddy – luckily the mud always seemed to brush out fairly easily when we guiltily returned to Maureen with a happy dog but with very muddy paws and undercarriage! Being a creature of habit, Snowy always knew when it was time for her treats near the end of her walk – so much so that if anyone else walked her, she would stop at the designated spots and wait, not very patiently, for her treats!



We became good friends with Maureen over the years that we walked Snowy and were very sad when she made the sensible decision to up sticks and move closer to her family. We gave Snowy her final walk with more than a few tears shed all around, but we still keep in touch with Maureen. It is very strange to walk familiar routes without Snowy, although we get there in about half the time now, as we don't need to stop every few yards for a sniff. Someone once told me that dogs sniffing everywhere was like humans reading the newspaper – if so, Snowy was a very well-read dog.

Volunteering for The Cinnamon Trust has been a brilliant experience. As a charity, they do such great work by allowing owners to keep their very important companions in their lives while keeping the dogs happy and exercised, not to mention the walkers – it has certainly helped me to keep my steps up! What a fantastic way to look after not only the well-being of our four-legged friends and their owners, but also ourselves. We look forward to a call offering us a new dog to walk and new adventures to begin.

Up we go to Tyne and Wear to hear from Margaret...

In 2017, I was living in Tunbridge Wells with my beautiful black Labrador, Bracken. Having lost my husband two years earlier, Bracken was so much more than a pet – he was my constant companion, my comfort, and a great source of strength during a very difficult time. Just four days before his 13th birthday, it was time to say goodbye to him. Although it broke my heart, I knew it was the right time.

The house felt unbearably empty without him, so I decided to return to Tynemouth, where I grew up, and rented a property there. Not long after I moved back, something rather special happened. While out for a walk on the beach, I happened to meet a lady who told me about The Cinnamon Trust. I got in touch, and within just a few days they matched me with Irene, a blind lady, and her



guide dog, Breeze – who just happened to be a black Labrador too. Irene wanted Breeze to enjoy some walks where he could simply be a dog rather than a working guide dog. We met, and from that day a lovely friendship began. Beautiful Breeze became a very special part of my life for the next eight years.

Volunteering with The Cinnamon Trust has given me so much. It helped fill the space that Bracken left behind, introduced me to lifelong friendships, and allowed me to make a real difference to both Irene and Breeze. I am now looking forward to being matched with another dog whenever the time is right, and I can't wait to begin that journey again.

Six years of walking has lead Liz to make a number of new furry friends around Somerset. All unique in their size, breed and character - she wanted to introduce some of them to us...

Bunty: When the time came to hang up my hat and settle into retirement, I decided it was a great chance to give something back to the community. I came across an advertisement in a local post office, looking for volunteers for The Cinnamon Trust. It sounded ideal. After applying to be a dog walker, I was quickly matched with a dog and arranged to meet her and her owner, Jenny. After a cup of tea and a chat, Jenny asked, "Do you think you can manage this hound!?" This made me laugh as Bunty isn't any bigger than my cat.



She may be small, but Bunty knows how to put the brakes on, which she demonstrated while we were getting to know each other. But three weeks later, she was climbing up my leg, hurrying me to take her on a walk again. After six years, I still walk Bunty every Thursday. I can always hear her barking happily and jumping up to get to the door before Jenny has had time to blink. Jenny has several health and mobility problems but has a great sense of humour and enjoys a good natter. She looks forward to seeing me and her other volunteer walkers as she can't get out easily on her own.

Four years ago, I met my partner, Nick. He has a Golden Retriever called Hector. He suggested we take Hector and Bunty out together. I wasn't sure as Bunty can be nervous with larger dogs, but they were as thick as thieves from the start. They'd run along the wet sand on the beach together like two excitable puppies. She doesn't even like the beach when Hector's not around! When a large dog did come towards her, Hector stood over her like a protective big brother, it was very sweet.

Holly and Drake: I started walking Holly and Drake, brother and sister Springer Spaniels in 2020. They would walk for miles in the woods, with no sign of breaking a sweat. Holly was incredible, she could smell a pheasant a mile off! I could always tell when she'd sniffed a pheasantry scent, as her nose and tail would wiggle wildly. Drake, the more sensible of the two, would wait patiently by his sister wondering what all the fuss was about. Sadly Drake passed away in 2022 and Holly followed him across the Rainbow Bridge in 2023; they are both greatly missed.

Millie & Ruby: Fridays are for the girls, Millie and Ruby. Their owners, Molly and Charles are in their late eighties. They have various health issues and struggle to walk. Millie is a Yorkshire Terrier Cavalier Spaniel cross. She's a friendly girl, taking a particular shine towards men. When Nick comes with us, she's all over him, and if she spots a man sitting on a bench, she'll make a B-line and sit on his feet! Ruby is a Cockerpoo and was rehomed from a breeding farm. At first, she was far more nervous going out than Millie and liked to be able to see her way back. But now she's used to me, she greets me with open paws. Her owners are very grateful and say I have made a big difference to Ruby's confidence. When they see my car pulling up outside the house, they get so excited.



Kody: Then there's Kody, a lovely working Cocker Spaniel that I've been walking recently. He's the most obedient and bright boy...until he went in my car. He wasn't very keen on his sling but thankfully he has gotten used to it and we are getting to know each other, but I know I have once again made a friend for life in Kody. There's never a dull day when dogs are involved!

I hope to continue helping dogs and owners that are struggling and promoting The Cinnamon Trust wherever I go, all while enjoying Somerset's beautiful nature, for many years to come!

A family view now from Laura, in Pembrokeshire who shares with us the value volunteering had on her and her two lovely children...



I decided to become a volunteer for The Cinnamon Trust after losing our much-loved Parsons Jack Russell, Clive. My favourite part of our day was always the daily walk, being out in the fresh air and watching how much he adored being outside. We took the loss hard, and we were desperate for another companion, but it felt too soon. That's when our dog sitter suggested The Cinnamon Trust.

I work as a community nurse and have had a few situations where patients needed to go into hospital and there wasn't anyone to look after their adored pets. It broke my heart, so after reading about what The Cinnamon Trust does, it felt like the perfect fit. I joined, and a couple months, we were lucky enough to walk our first furry new friends. My 4-year-old daughter (who missed Clive even more than I did) was so excited.

We now walk Scooby and Pip every weekend, and it's a highlight for us. We go on adventures we wouldn't ordinarily do without a dog, and we have become firm friends with their owner. It's just so lovely.

We also looked after a Forever Foster dog, Bracken, whilst her owner was on holiday. Being a part of The Cinnamon Trust and helping people and pets in our community has been wonderful. We feel very lucky to get our doggy fix and be able to help people along the way. It has certainly helped to heal our hearts a little.



A different perspective now from Lesley in Hampshire who highlights the value of having a calm-headed 'canine volunteer' with her...

When I signed up as a volunteer dog walker with The Cinnamon Trust, I didn't realise I was unknowingly signing up my dog too, but it happened that she has a gift for this role that I could never hope to match. Her name is Molly, and neither of us quite expected to have our hearts stolen.

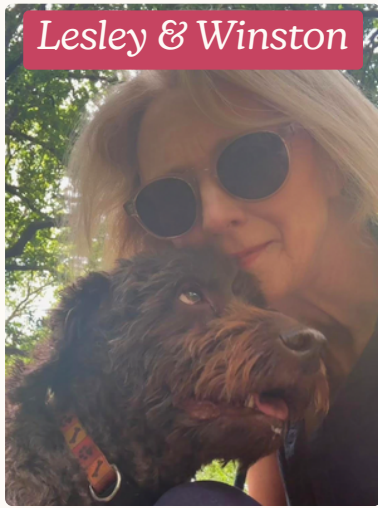


Delphi came first. A beautiful black whippet, sleek and elegant, whose owner was recovering from a serious knee injury. The first time I arrived solo, to take Delphi out, she made her feelings absolutely clear. As I led her away from her owner, she screamed - a sound so dramatic that anyone passing would have wondered what was going on! We kept that first walk short, and I admit it was a little daunting.

But something shifted on the second walk. And by the third, I think I understood why. My own dog, Molly, had worked her quiet magic. There's a calmness to Molly that seems to say, 'Everything is fine; follow me' -

and Delphi, sharp and sensitive as whippets are, seemed to read that message loud and clear. Before long, the two of them were inseparable. Molly could never hope to match Delphi's breathtaking speed, but what she lacked in pace, she more than made up for in cunning - darting behind trees, disappearing beneath the bracken, then launching ambushes on an unsuspecting Delphi with tremendous self-satisfaction. Delphi loved every second of it. Delphi's owner healed and returned to walking - but by then, they so looked forward to their time together that we simply kept going. Those weekly walks became a fixture for all of us. Now, months on, Delphi's owner and I are firm friends too. Two dogs brought two humans together. The Cinnamon Trust quietly made all of it possible.

Then came Winston. A 12-year-old Cockerpoo and quite possibly the most chilled dog I have ever met. Winston may be a senior, but he easily manages our three-to-five mile walks, off lead and never more than a couple of steps away from my side. His owner has also had knee surgery, and we expect we will be walking Winston for some time yet. Honestly? That suits us perfectly.



I've gained so much from volunteering with The Cinnamon Trust. I've met wonderful dogs and the equally wonderful people who love them. I've felt that I'm doing something that matters because I understand that dogs are our family and their health and happiness are so important.

And yet I'm still surprised by how many people have never heard of the charity. It's perfect for people who would love a dog but worry that a pet would tie them down too much. Here is what I want them to know: befriending a dog who needs you, even just for a few walks a week, is one of the most quietly joyful things you can do. You gain a canine companion. Very often, you gain a human one too. You get outside, into the fresh air, moving and breathing and remembering how wonderful it feels to walk beside a dog who is delighted to be out and about.



Before I finish, I want to pay a special tribute to Molly. None of this story would have unfolded quite the same way without her. She has shared her space in the car and attention from me with Delphi and Winston without a flicker of jealousy or possessiveness. She has surrendered the occasional dog treat and given up a beloved ball with what I can only describe as grace. And I believe she offers something even more valuable than companionship: reassurance. When a dog is uncertain, or when things feel a little different and unsettling, Molly seems to communicate in some wordless, canine way that all is well. As if to say "You can trust this. Come along. Have fun!"

She is, in the very best sense, a natural Cinnamon Trust volunteer. The photos of Molly and Delphi were taken at last year's Big Walk - a joyful celebration of The Cinnamon Trust's 40th anniversary. The Cinnamon Trust has spent forty years keeping pets and their owners together through illness, injury, and the challenges that life brings. Seeing so many dogs, owners, and volunteers gathered in that spirit made me enormously proud to be even a small part of it.

I have been a volunteer now for around 27 years, and I have walked 28 dogs altogether! I am still enjoying it as much now as when I first started all those years ago. Some dogs I have walked for years and some not so long, but I would like to think I will be walking dogs for The Cinnamon Trust for a few more years yet.

- Christine Harrison, West Midlands

GS
GLENDASUE

Dear Friends at The Cinnamon Trust,

My name is Glenda Sue, and I am writing to you from my favourite spot in the garden, where the sun warms my old bones and the breeze ruffles what remains of my once-glorious show coat. I may be 16 now, a little slower and my mind a little fuzzier, but I have lived a life full of love, mischief, and won more rosettes than I care to count. Yes - I was quite the star in my younger days. I still am, really. Just... in a more horizontal way!

I wanted to write to you because you, The Cinnamon Trust, have been part of my life for many years now, and I thought you deserved to hear my story from me directly - not filtered through the humans, who tend to leave out the important details, like how fabulous I am.

I have had several lovely volunteer walkers over the years, each one kind and patient in their own way. I appreciate them all, even if I pretended not to. My longest serving human is Auntie Ali. She has walked me twice a week, sometimes more, since 2020 through sunshine, rain, and the occasional Welsh Terrier protest. She knows my favourite sniffing spots, and the difference between my 'I'm tired' face and my 'I'm pretending to be tired so I can get a treat' face. Auntie Ali loves me and she says I am her teddy bear.

Over the years, our walks have changed quite a lot. In the beginning, we used to walk a fair way, going on different walks in the famous village of Frampton on Severn. We live near the canal and these were one of my favourite walks back then. If the weather was nice, we used to sit on the bench and watch the ducks and the boats go by. Recently, as my legs cannot carry me far, Auntie Ali suggested maybe to try a buggy, so we can go a bit further and spend more time outside. So I travel mostly in my buggy - a splendid chariot that allows me to glide through the world like the retired queen I am. Auntie Ali helps me in and out for essential business, of course: and so I can check my pee-mails, sniff the same blade of grass for at least forty seven minutes, and attempt (unsuccessfully) to eat things I shouldn't.

What she doesn't tell people is how much I've helped her, too. A few months ago, she lost her own beloved dog, and her heart was/is very heavy. I could feel it. So I gave her what I could: routine, patience, presence, and the quiet comfort of an old dog who lives entirely in the moment. She says I'm helping her to heal. I say that's what friends do.

My mum, Wendy, is nearly 90 now, and she is my whole world. She has been through so much - losing mobility, losing my dad, learning to live life from a wheelchair - but she is still fierce, funny, and determined. We are soulmates. We keep each other going. And because of The Cinnamon Trust, she has been able to keep me at home, where I belong, surrounded by love and familiar smells and the garden where I love to sunbathe. That is a gift beyond measure.

So I want to thank you - not just for the walks, or the volunteers, or the buggy rides, but for keeping families like ours together. For giving older dogs like me dignity in our final years. For giving humans like my mum and Auntie Ali the support they need to keep loving us the way we deserve.

I may be old. I may be stubborn but I know when I am loved. And because of you, I am able to live out my life at home where I belong.

With affection, gratitude, and a little bit (ok a lot) of attitude,

Glenda Sue



Short Term Fostering Stories



Guy in foster

Our first story comes to us from Hayley in Norfolk, where Guy joined their family for a few weeks...

I've been a volunteer with The Cinnamon Trust for several years, mainly as a dog walker, with the occasional fundraising event along the way. Although I'd often thought about fostering, I'd never had the opportunity to do it.

That changed when Rosemary, whose lovely dog Guy I regularly walk, was due to go into hospital for planned surgery. She needed someone to care for Guy while she recovered, and I was delighted to help. As Guy already knew and trusted me, it felt like the best possible arrangement - not just for him, but for Rosemary too, giving her one less thing to worry about at an already stressful time.



Once the necessary checks had been completed and I was approved as a fosterer, I collected Guy the day before Rosemary's operation. Like many dogs would be, he was a little unsure at first, but it didn't take long for him to settle into life with me, my husband, our two children, and our rather exuberant spaniel, Ringo.

Guy was an absolute joy to have around. He slotted into family life beautifully, loved his daily walks, and made the most of all the attention and affection he received. Over the following weeks, he became very much part of the family while Rosemary concentrated on recovering.

The day Guy went home was a happy one. Seeing him so excited to be reunited with Rosemary was incredibly heartwarming, and it was clear just how much they had missed one another.

Fostering Guy was a truly rewarding experience. It was wonderful to know that, in a small way, we had helped both a much-loved dog and his owner through a difficult time. We wouldn't hesitate to foster Guy again and would be delighted to open our home to any other Cinnamon Trust dog who needed a temporary place to stay.

Also in Norfolk, we hear how Rex was provided the perfect home-from-home by Gemma...

At the end of last year, I received a call from Cinnamon Trust asking if I could foster Rex while his mum was in hospital. I had been walking this little chap for over two years, so we already knew each other well. I was only too happy to help. His mum, Sheila, is a lovely lady, and I hoped that knowing Rex was with someone he knew and trusted would give her some much-needed peace of mind.

We collected Rex early one Friday evening, and although everything was new for both of us, he settled in remarkably quickly and soon made himself completely at home. Before long, he had established himself as my work-from-home companion. He took his supervisory role very seriously, all he was missing was a pair of doggy spectacles!

During the weeks Rex stayed with us, we packed in plenty of adventures together. We enjoyed snowy walks, muddy walks, runs on the beach, and even met some much larger four-legged neighbours along the way. As it was Christmas, there were presents too, which Rex thoroughly appreciated.



Rex loved to follow me from room to room and was always ready for a cuddle or a fuss. He is such wonderful company that it was easy to understand just how much Sheila would be missing him while they were apart.

In mid-January, Rex was finally reunited with Sheila, and it was a joy to see them back together. He seemed to sense that she was still recovering and instinctively adapted to her slower pace. Sheila had been a little apprehensive about how things would go after her procedure and during her recovery, but she needn't have worried. Rex is a gentle, affectionate little soul who seemed to take on the role of nurse from the moment he got home.

Fostering Rex was an incredibly rewarding experience. It was a privilege to care for him while Sheila recovered, and knowing that we could help keep them together through a challenging time made it all the more worthwhile.

Some photos just show that 'dogs are man's (or boy's) best friend! Lisa and her grandson Charlie had a blast looking after Yogi...

I registered with The Cinnamon Trust last year and was soon matched with Yogi, a very handsome Chow Chow whose owner has mobility difficulties and needed a little help with his walks. I volunteer just three mornings a week, so it's not a huge commitment, but it has brought so much joy to my life. Having recently retired and sadly lost my own dog, it felt like the perfect fit.





Yogi isn't one for long hikes, but that suits us both just fine. Instead, we enjoy gentle, unhurried "sniffy" strolls around the village, taking in all the interesting sights and smells along the way. He's a bit of a local celebrity, and it's rare that we can go anywhere without someone stopping to say hello to him.

More recently, Yogi's owner needed knee surgery, so he came to stay with us for a short while as a foster dog while she recovered. It was an absolute pleasure to have a dog in the house again. Our daily walks introduced me to even more neighbours, and my grandson absolutely adored spending time with him. Looking after Yogi during his stay made me appreciate even more how important The Cinnamon Trust's support is for both pets and their owners. It was lovely to know that his owner could focus on her recovery, reassured that he was safe, happy, and well cared for.

Hand on heart, I can honestly say that volunteering for The Cinnamon Trust gives me just as much as I give in return. Whether it's the companionship, the sense of purpose, or the friendships I've made along the way, it's been an incredibly rewarding experience. The Cinnamon Trust team has been wonderful throughout. They checked in every week while Yogi was staying with us, and every member of staff I've spoken to has been professional, friendly, and genuinely supportive. It's reassuring to know they're always there if I ever need advice or help.

I feel really fortunate to be part of such a caring organisation, and I would wholeheartedly encourage anyone who is considering volunteering to give it a try. You really can make a difference - not only to a much-loved pet and their owner, but to your own life too.

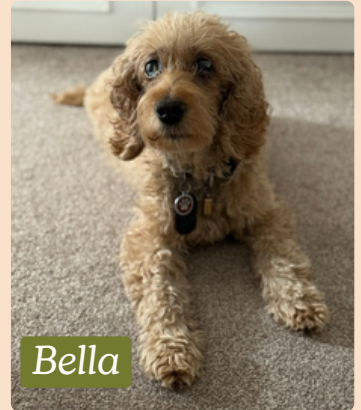
Owner Eileen kindly wrote to us following her time in hospital to share her thoughts on Bella's Short Term Foster...

The Cinnamon Trust is a really great, supportive charity and a true live saver! I have always been very independent, but now with several health issues I was finding that I often delayed calling 111 for help as I could not leave my poor 13-year-old Cockerpoo Bella all on her own. I could get somebody to pop in now and again but what if I never returned?

I could think of nobody that could give her the one-to-one attention that I can. She also needs ointment in her eyes every few hours. She is a passive, sweet soul that has supported me all these past few years.

Somebody mentioned The Cinnamon Trust, so I looked up the details and called for more info. The weight on my mind was instantly lifted, and it was amazing! I could allow myself to be ill after all! My best friend can now be cared for a few days, weeks or even permanently should the need arise. The charity's foster parents are thoroughly checked and supported during the foster so a great match can be sought.

I spent more than a week in the hospital and the young couple that cared for Bella were outstanding. They sent me lovely photos of Bella and gave me regular updates. I felt very reassured that Bella would be well looked after. It made being in hospital so much easier. Thank you so much for everyone that provided great help and support.



Bella's foster volunteer Rachel tells her side of the story...

I have been registered with The Cinnamon Trust for a long time; I used to walk a couple of dogs many years ago before I had my own. My husband and I had a wonderful Shih Tzu called Casper who we had from the age of 7 and who passed away last year, age 15. We haven't felt ready to get another dog yet but hoped to help someone out with a foster.



When we heard that Bella needed a short-term home and wasn't too far from us, we jumped at the opportunity. Bella was an absolute sweetheart; we were very used to having an older dog with some medical needs and have a quiet house where we work from home for her to relax. She followed us around for the first two days but then found her happy place - on the sofa. We had beautiful short evening walks in the countryside as the sun set, and lots of time in the garden. My husband and I enjoyed all the cuddles, walks and having a dog in the house again.

Bella was with us for ten days until her owner Eileen was well enough to have her back home. It was very nice to talk about Bella with Eileen and see her so happy to be home. Bella's time with us fell over the one-year anniversary of losing our old dog, and it was lovely to have a dog in the house over that sad time. We hope we can help out again soon.



Share Your Story!

Our newsletter couldn't exist without you, so please, if you love our newsletters, write to us!



If you have a story to tell or photos to share, please email them to joy@cinnamon.org.uk or post them to The Cinnamon Trust, 10 Market Square, Hayle, Cornwall, TR27 4HE.

Pioneering Pawsitivity

Cinnamon's Regional Event Coordinator, Mandy, has been working hard since our last newsletter talking to our Regional Representatives. This is a new era for The Trust and will help us spread the word about our vital work more effectively. Our representatives are looking forward to next year's Big Walk and Mandy is in talks about them being our Champions in Bedfordshire, Cambridgeshire, Derbyshire, Devon, London, Norfolk, North Humberside, Nottingham, Somerset and West Lancashire.

Already our representatives are busy, attending local events, fundraising, hosting informational talks, raising awareness and playing a huge part in growing The Cinnamon Trust within their communities.

Of course, we aspire to have at least a couple of representatives in each county if we can, but what a brilliant start we have made! If you are interested in hearing more about being a Regional Representative, speak to Mandy on 01736 758 701 or email mandys@cinnamon.org.uk.



London Big Walk



Paws on the Pier



Beau, Dotty & Uncle Albert



SPREAD
THE WORD



Bark at Staunton
Country Park

The Cinnamon Trust
The National Charity for older people,
the terminally ill and their pets.

A Wonderful Big Walk!

Our 4th Big Walk was a huge success thanks to YOU, our incredible community! We had over fifty walks - more than ever! Not only that, we saw more attendees than previous years which helped to spread the Cinnamon joy further than ever before.

Thank you to everyone who helped to make our big day so special. Whether you walked, cheered, donated, or simply wished us luck, we are wholeheartedly grateful for your support!

Over £12,000 raised

50+ walks across the UK

More than 1500 attendees



Felixstowe

“ Fabulous to see all ages come together for a community event. Some had driven from different counties to attend. It really was heartwarming chatting to so many lovely people, and my Cinnamon doggie - Mr. Bentley, had the best time making new friends.
- Deborah, Faversham ”



Chislehurst

Thank you to our Big Walk Partners



Gateshead

Natures Menu



PETS LARDER



Bournemouth



Tadcaster



Worthing



Olney



Battersea



Beverley



Diss



**May 3rd 2027 will be
our 5th annual Big Walk!**

Worthing



Hayle



Minehead



Stalham



Newark



Penarth



**If you want to lock in your 2027 Big Walk, please contact our events team and let us know!
It's never too early to pencil in plans for the best day of the year!**

✉ bigwalk@cinnamon.org.uk

Fantastic Fundraising

GP Vets Take on Snowdon!

The team at GP Vets swapped their usual day-to-day work with animals for a very different challenge: taking on the climb up Mount Snowdon to raise money for The Cinnamon Trust.

Led by student vet nurse Shania, the team spent months preparing before setting off together, with practice dog Lola joining them for the adventure.

As a veterinary team, they see every day how much pets mean to the people who love them, which is why they chose to support The Trust. The money raised will help us continue providing the practical support that keeps pets and their owners together during difficult times.

The team's efforts raising an incredible £2,110. We're so grateful for the enthusiasm, teamwork and the kindness they've shown in supporting our work.



Shania said: "Climbing Snowdon together was such a memorable experience. It was amazing to see everyone come together, and knowing we were doing it for a cause that means so much to us made it even more special. We're really proud of what we achieved."

Thank you to everyone at GP Vets for going above and beyond for people and pets that need our support.

Power of the Paws

When volunteer Alison suggested we try a local community stall, we thought it was well worth a go. Selling everything from dog treats to Cinnamon Trust Christmas cards, the event may have been small, but it had a big impact. It was where Alison met fellow volunteer Lucy, and the pair have since become a fantastic team, supporting several events across the Maldon area. They're now taking their community spirit one step further by organising a charity quiz night at a local club.



Charlotte's Fun Fun Fundraising Stall

Dedicated volunteer Mandy and her daughter Charlotte walk Lenny and Ollie in Kent every week, so when the opportunity came to raise funds at Charlotte's school fair, they knew exactly which charity they wanted to support. Aptly named the Fun Fun Fundraising Stall, Charlotte came up with some brilliantly creative ideas that helped raise an amazing £419.48, split evenly between her school and The Cinnamon Trust. What a star!



A Delightful Dog Show at The Lamb

A huge thank you to fundraising volunteers Sandie and Joanne, who regularly organise dog walks from The Lamb Inn in Hindon, Wiltshire. Their walks bring together local dog lovers, who also support The Cinnamon Trust by donating to the collection box at the pub.

In June, they organised a larger summer event, with a dog show and raffle at The Lamb. The sun shone, the dogs were on their best behaviour, and the event was enjoyed by everyone who came along. Thanks to the generosity of those who attended, the day raised the fantastic amount of £402 for The Cinnamon Trust.

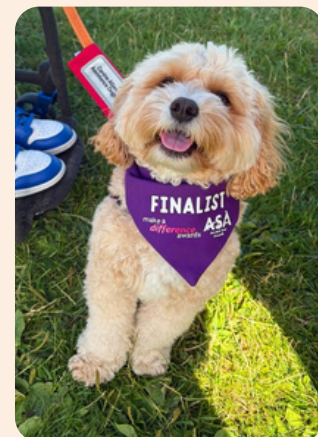


Hornet RFC Charity Dog Show

The Hornet RFC Charity Dog Show was a fantastic day, bringing together animal-lovers, their four-legged friends and the local community in Somerset. Despite a rather windy day, there was a brilliant turnout and a lovely atmosphere throughout.



A big thank you to our volunteer Robin, whose hard work helped make the day such a triumph, raising £195.70. It was such a success the venue is already booked to do it all again next year!



Double Locks Dog Fest

Volunteer Becky had a lovely day representing The Cinnamon Trust at Double Locks Dog Fest in Exeter, chatting to visitors and sharing information about volunteering. Several people took away information, with particular interest in dog walking. In addition to this, Becky raised an amazing £124.25.

Thanks also go to the team at Double Locks for looking after Becky so well throughout the day. Pictured is Tara, Becky's Saturday Cinnamon dog, who waited patiently for her usual visit while Becky was supporting the event.



BECKY'S TOP FUNDRAISING TIPS

- Keep an eye on local Facebook groups, especially those linked to pets and the community, to find out about upcoming events.
- Look out for Community Builders, Connectors, or similar local roles that help bring people together - their updates can be a great source of opportunities.
- Offering something a little different can really help you stand out. At an event full of treats and toys, we did surprisingly well with puzzles aimed at the humans!
- Everyone loves a raffle. A small prize gives people a fun way to donate, and taking entries by email or form means people don't have to wait until the end of the event to find out if they've won.
- Bring a friend if you can. Having someone to chat with, share the day, or give you a break keeps your energy up - and a friendly, welcoming stall is much easier for people to approach!



Charity of the Year

We are delighted to have been chosen by the following businesses as their Charity of the Year for 2026...

Nimlok

The Ripple Effect

Belleveue Mortlakes

The Insurance Institute of Luton and Hertfordshire

Peabody Later Living

Peabody Later Living got in touch with us and have been astounding us with their creative ideas for fundraising. So far there has been a karaoke and bingo night, an afternoon garden party and a walking challenge to cross ten bridges over the River Thames. We can't wait to see what their next idea is!

South West Care Homes

South West Care Homes have once again kindly chosen The Cinnamon Trust as the recipient of their annual fundraising event. The final walk was completed on 2nd August in Haldon Forest, Devon. Our team from Hillside and some local volunteers joined them for the final mile and had a fabulous time.



Dorwest

Amy, the Digital Marketing Lead from Dorwest met some of the residents who call Hillside home, each with their own personality and daily routine. Through the Dorwest Foundation, they are proudly supporting our charity with a kind donation of £5,000.



From the London Tube Lines to the Coast Path: Nicola's 630-mile Adventure for Pets and Their People



When Nicola moved back to Devon after years of working in London, she rediscovered her love of the outdoors. The sea, the countryside and long-distance walking soon became a big part of her life again.

This summer, Nicola turned that passion into an incredible fundraising challenge for The Cinnamon Trust. Setting off from the start of the South West Coast Path, she walked the entire 630-mile route, carrying her tent and supplies on her back.

A former London Underground driver, Nicola has always enjoyed a challenge. While living in the city, she and her colleagues would walk tube lines above ground in their spare time. After returning to Devon, she went on to tackle walks including the Three Peaks before setting her sights on the South West Coast Path.

Having completed sections of the route before, Nicola decided it was finally time to take on the whole thing. She spent weeks planning her adventure before setting off for what would be a month of walking. "I'm not daunted by the walk," she said before leaving. "I'm excited to see where it takes me!"



Nicola had also previously visited our Hillside Farm Sanctuary and was deeply moved by what she saw. So when friends offered to sponsor her walk, supporting The Cinnamon Trust felt like the obvious choice.

There was plenty to enjoy along the way. Rather than filling every moment with music, Nicola preferred to take in the world around her.

One of her highlights was seeing dolphins in the bay by The Minack Theatre in Porthcurno.

"I like listening to the birds, catching snippets of conversations with strangers and their dogs, and noticing the smells changing as the landscape shifts," she says. The journey also brought plenty of friendly faces, with other walkers and friends joining her for parts of the route.

The challenge wasn't without its difficulties. Walking for ten to fourteen hours most days, Nicola battled howling winds, torrential rain and record-breaking summer heat, taking a few rest days towards the end to escape the soaring temperatures.



On 16th July, Nicola completed the final leg of her remarkable 630-mile challenge, raising an incredible £1,140 for The Trust. Every pound will help us continue supporting people and their beloved pets, so they can stay together when they need each other most.

Thank you, Nicola, for taking on this amazing challenge and becoming the first fundraiser on our platform!

A Platform to Be Proud Of!

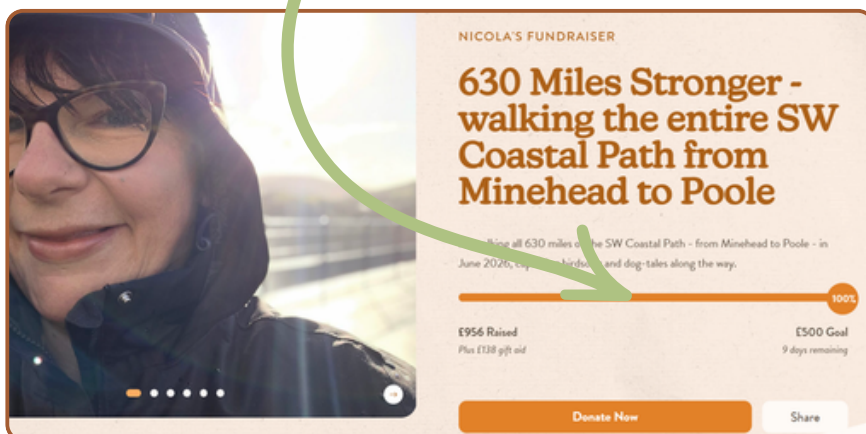
We are delighted to let you know that we have created our own fundraising platform. This is a big step for us as a charity and it has allowed us to be in control of making it quick and easy for anyone to set up a fundraiser. Unlike many other platforms, we don't get charged any fees, so every single penny you raise comes straight to The Cinnamon Trust immediately for the people and pets we support.

It's Easy, Peasy, Lemon Squeezy



Your event will be amongst our list of fundraisers for people to view

See the progress of your fundraiser and share it with friends, family and beyond!



In four simple steps, you'll be ready to go!

- 1 Create an account in just a few clicks.
- 2 Set your target, let us know what you're doing and when - don't forget photos!
- 3 We will review and approve your fundraiser and post it on our website.
- 4 Start fundraising! Share your page and watch the donations roll in.

Once your event is live on our platform, you'll be able to see how close you are to your target, keep track of your wonderful supporters, send them a thank you message, post updates and share your event with your community.



Nicola's challenge is a lovely reminder that fundraising can take so many different forms. Whether it's a bake sale, craft fair, community dog show, or taking on a personal challenge like Nicola, every effort helps us continue supporting older and terminally ill people, and the pets they love.

So if you are interested in finding out more, or want to start your fundraising journey today, please go to our website to get started.

cinnamon.org.uk/fundraising



Running With Heart



A huge round of applause to all of our incredible runners who have supported The Cinnamon Trust this year. From months of training and running through all weathers to crossing the finish line on tired legs and sore feet, they've shown such determination. We're so proud of every single one of them!

'What an experience! It was hard work but so much fun. I'm so so pleased I was able to run for The Cinnamon Trust and have raised £2,450 for a cause that's so close to my heart.'

- Holly, The London Marathon 2026

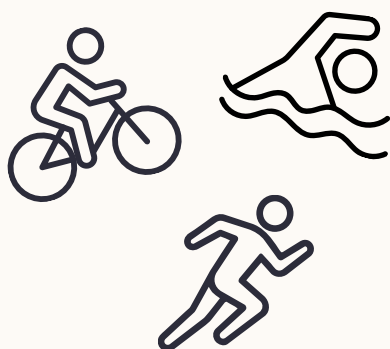


'I want to say a huge thank you to The Cinnamon Trust for all of your help and for making it possible for me to be able to run The Bath Half! It was a great success and I'm so proud that I managed to achieve my personal best - running a half marathon in under two hours! And of course of how much money I raised for people and their pets that count on these funds.'

- Sarah, The Bath Half 2026

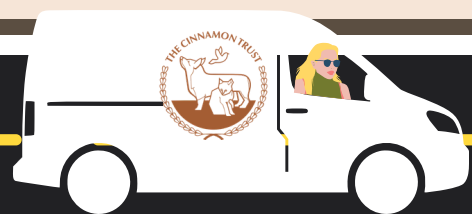


For those looking to set themselves a physical goal, we have a bank of handy resources to help you get started with some of the most popular fundraising challenges. Whether it's your first physical challenge or you're a seasoned pro, you'll find helpful guides, training tips and plenty of materials to delve into on our website!



cinnamon.org.uk/fundraising
events@cinnamon.org.uk





Izzy on the Road



Travelling the UK with The Cinnamon Trust trailer is one of my favourite parts of my role. Every event is an opportunity to share the work we do, raise vital funds and of course, meet plenty of wonderful dogs along the way.



Dogstival

What makes these weekends so special is the people. We're always fortunate to have volunteers come forward to join us at the events. I love meeting them and hearing how much they enjoy being part of The Cinnamon Trust.

We meet members who help make our work possible and owners whose lives have been touched by The Cinnamon Trust. Hearing owner's stories and seeing the difference

we've made is a constant reminder of why our work matters. It is also a joy meeting those discovering us for the first time and being able to explain how we can help.

Although event weekends are often long, busy and exhausting, I always come away feeling grounded and incredibly proud to be part of The Cinnamon Trust. They reignite my passion every single time. There's something so special about stepping away from emails and phone calls and meeting the people behind the stories, face to face.

All About Dogs Newark



Seeing the impact of our work firsthand reminds me just how important it is that no one has to choose between their own wellbeing and the companionship of their beloved pet.



Twins!

Keep an eye on our socials and website to see if we are at an event near you!



Woofstock



Izzy & Sully



@cinnamontrust



The Cinnamon Trust

Gold Awards



And the winners are...

These volunteers have received a Gold Award for their exceptional service:

Karen Bain (Hertfordshire), **Sian Chinsen** (Hampshire), **Rebecca Dawe** (Bedfordshire), **Caroline Dunn** (Gwynedd), **Deborah Elliott** (Kent), **Ann Eckersley** (Dorset), **Deborah Georgiou** (West Sussex), **Della Hopkins** (Leicestershire), **Katharine Hurst** (Dorset), **Cheryl Leack** (West Yorkshire), **Sarah Markey** (Gwent), **Holly May** (Somerset), **Jean Roll & Joe Mordy** (Tyne & Wear), **Melanie Sainsbury** (Norfolk), **Naomi Sayers** (Essex), **Anna Scott** (West Midlands), **Gemma Shields** (South Yorkshire), **Chris & Catherine Tideswell** (Leicestershire), **Hilary Tilmouth** (Cheshire), **Alison Wilkerson** (Bedfordshire)

"What a surprise when I opened the post this morning to discover I had received a Cinnamon Trust Gold Award. I feel very honoured and touched by your recognition. I really enjoy volunteering and have made many friends both human and animal over the years; some now passed away or as in the case of our Forever Foster Barney whose Mum is in a care home. We still visit regularly even though her dementia means she recognises us less and less each time - but she still adores the contact of Barney snuggling up to her.

I'm a great believer that pets make such a difference to people's lives and that what goes around comes around! So I certainly aim to volunteer as long as possible, as long as I'm needed." - Linda, Suffolk

Owner Nominated Awards

The following volunteers have been nominated for a special Owner Nominated Award:

Yvonne Allison (Ayrshire), **Claire Jones** (Surrey), **Liz Wood** (Worcestershire)



Long Service Awards

The volunteers listed below have received a Long Service Award for actively volunteering with us for over 10 years:

Sarah Ambridge (Somerset), **Rachel Ashley-Caunt** (Cambridgeshire), **Rosie Bartlett** (Gloucestershire), **Maureen Bones** (Cornwall), **Anne Brennand** (North Yorkshire), **Sheila Brickell** (Oxfordshire), **Christine Brown** (Sussex), **Marion Butler** (Surrey), **Eva Chesswas** (London), **Graham Clark** (County Durham), **Sue Clark** (London), **Valerie Clark** (Somerset), **Michael Clift** (Essex), **Louise Cobham** (Somerset), **Yvonne Cooper** (East Sussex), **Helen Coxon** (Nottinghamshire), **Adele Crann** (Yorkshire), **Mark Cyhanchuk** (Leicestershire), **Josephine Darling** (Berkshire), **Rebecca Davies** (Glamorgan), **Rhian Davies** (London), **Judith Dawson** (Gloucestershire), **Graeme Denman** (Devon), **Verity Dods** (Bedfordshire), **Kaye Doonan** (Bedfordshire), **Bob Douglas** (Cheshire), **Peter Duffy** (Lancashire), **Jennifer Duncan** (Middlesex), **Catherine Elcomb** (Kent), **Caroline Elphick** (Sussex), **Alison Emony** (Devon), **Amy Evans** (Warwickshire), **Sarahlee Evans** (Devon), **Laura Faller** (Lincolnshire), **Clare Fallows** (Kent), **Cheryl Farmer** (Hampshire), **Clare Farrimond-Waring** (Lancashire), **Carole Anne Fulker** (Hampshire), **Gillian Fisher** (Devon), **Sandra Gaskin** (Isle of Wight), **Caroline Gee** (Cheshire), **Jackie Gomme** (Hertfordshire), **Liz Graham** (Dumfries & Galloway), **Emily Grainger-Trott** (Somerset), **Caroline Haley** (Dyfed), **Michelle Hall** (Cheshire), **Philip and Debbie Handley** (Conwy), **Timothy Hare** (London), **Alice Harman** (Derbyshire), **Lily Hart** (Northumberland),

continued on the next page...

Long Service Awards continued... Kelly Harrison-Ellis (Berkshire), Caroline Hendra (Lancashire), Ania Hill (Dorset), Emma Hodkinson (Greater Manchester), Ruth Hollingsworth (Devon), Maggie Hougham (Angus), Helen Howard (Lincolnshire), Gaynor Hoyle (Cornwall), Kitty Huthwaite (Dorset), Tony Ison (Warwickshire), Anne Jackson (Yorkshire), Liz Jeavans (Sussex), Alison King (London), Diane King (West Sussex), Sue King (Hampshire), Pauline Kirby (Surrey), Jenny Larkin (Wiltshire), Stephanie Llewellyn (Dorset), Sue Lloyd (Shropshire), Brinny Lyster (Oxfordshire), Nicola Marsh (Merseyside), Leo Martin (Cheshire), Kate McLachlan (Sussex), Maggie McNulty (Ayrshire), David Messenger (Norfolk), Janet Morgan (Worcestershire), Jackie Murrall (Worcestershire), Tash Nelson (Isle of Wight), Natalie Newell (Hertfordshire), Chris Newton (Hampshire), Sue Nicholls (Cornwall), Caroline Nunns (Devon), Sue Ostler (Devon), Anna Pertoldi (Hertfordshire), Liz Phillips (Devon), Sally Pierce (Cambridgeshire), Pamela Quinn (Lancashire), Geoffrey Radford (Cheshire), Alan Richardson (North Yorkshire), Eleanor Rose (South Yorkshire), Judy Ross (Warwickshire), Katie Rowland (Derbyshire), Vicky Salter (Hampshire), Darrell Saunders (Gloucestershire), Audrey Schoellhammer (London), Mandy Scott (Cornwall), Ghazala Shabbir (Middlesex), Maddie Shaul (Norfolk), David Smailes (Northamptonshire), Jane Smith (Kent), Frances Sore (Lincolnshire), Susan Squire (London), Mary Stevens (Cornwall), Joanna Steward (Norfolk), Isabell Sullivan (Lancashire), Julie Taylor (Somerset), Kate Taylor (Lancashire), Diane Turner (West Midlands), Diane Warburton (Devon), Claire Warner-Blackman (Somerset), Norma Warrick (Wiltshire), Gillian Watt (Gwent), Alison Webb (Essex), Janet Whitewright (Cheshire), Richard Williams (Hertfordshire), Judith Williamson (Surrey)

Paul from North Yorkshire has been a volunteer for the last 13 years and, in that time, has walked several lovely dogs. He received his Long Service Award in the spring and shares his story...

The Cinnamon Trust started for me as a compromise. Too busy working to have pets, not a lot of spare money and a split household of one cat lover and one dog lover. My partner Alison said, "Why not help out and hopefully have a bit of dog owning experience?" I think she hoped it would end my ownership plans.

You folks kindly found me some local dogs to walk and off we went. I didn't realise it at the time, but it did me the world of good. Certain lunchtimes and evenings in the week had a new focus and a reason to be away from the desk. Yes, it wasn't always sunny, but somehow that didn't really matter, it was about someone's best friend getting what they needed (if they'd brave the weather!)



The role comes with responsibility and sometimes great sadness, losing pets and people, but it's a good life lesson and I found it provided me with a more balanced view - work couldn't take over - I'd a furry friend to go see and walk, sometimes ball and stick play too.



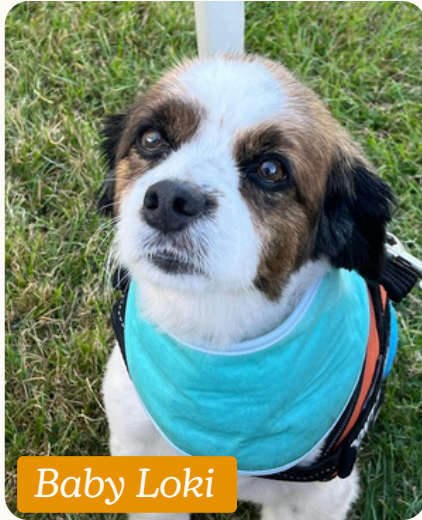
I've had the odd embarrassing moment! I remember once when an elderly dog was happy to go downhill in the woods, but then not back up! Especially once the treats were gone. Lesson learnt!

Long may The Cinnamon Trust continue, we all need to de-stress and help each other more than ever these days. The photos are of my current pal Juno, at one of The Cinnamon Trust's Big Walk events.

Pet Profiling



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



Baby Loki

Loki came to me in February 2019 aged nine months. I hadn't long lost one of my Jack Russells and was thinking of getting another dog, then my friend Lesley phoned me and said she had seen a dog needing a good home on the internet. She had arranged for us to go and see the dog and so off we went, with Tilly (my other Jack Russell) in tow. Loki was introduced to us as a Cavalier/Pomeranian cross, but he had a frightened and confused look in his eyes. He wasn't living in good circumstances. Initially I wasn't too sure, but Lesley said we just had to take him; we couldn't leave him behind. So that's how he came to live with me and Tilly.

Loki had no confidence; he hadn't been socialised with other dogs or people, and he was scared of everything, particularly bicycles, people with walking sticks and people dressed in black wearing zipped up hoodies. But he adored Tilly. She gave him so much confidence but taught him one or two naughty things like hating cats and people with metal ladders.

He soon settled in, and we developed a good routine of walks and runs in the park. My dear sweet Tilly died in 2023, and Loki and I missed her terribly. Soon after, we were on a walk in a local park when I had a mishap and fell on tarmac and fractured my hip. As I am on my own, my friend took over and arranged for Loki to go to a dog sitter. He was there for a full five weeks until I eventually came home. Within a couple of days Loki and I were re-united, and what a reunion it was! We haven't been separated since.



Now we have various days out - he loves train travel and likes watching people come and go. We go to markets, the seaside and sometimes drive over to Delamere Forest for a tramp round the woods. We particularly like going to county shows and game fairs, and this year we went to the Southport Flower Show for the first time. We've had several short holidays - one in Anglesey with Tilly and two more recently in the Lake District where Loki happily went round Windermere on a boat. Loki is a good traveller and is such good company, I never feel alone with him around even when we are on our own away from home.





We have joined two walking groups, and luckily, both accept dogs. Loki loves all the walkers and they love him. They all think he's such a character. He's a healthy pup as he loves his greens with carrots, sugar snap peas and cucumber being his favourites.

Sometimes I think about how Loki came to me and wonder where he might have ended up if I hadn't taken him home. It doesn't bear thinking about.

After such a dreadful start, I wanted to make provisions for Loki. I am a very active retiree, but things can change so quickly, no one knows. That's why I have profiled Loki with The Cinnamon Trust. If anything happens to me, they will place him in a home similar to the one he has come from. I just love him so much and want the very best for him.



Loki is my very best and most faithful friend, and I know The Trust can be relied upon to take care of him if I'm not around. It's all in my Will now and I feel so relieved. However, I do hope that I'll be around for a long time yet, so Loki and I can share our lives for many years to come!

Make Provision Now!

Loving care when you're not there



"Knowing that my beloved dogs have a future plan brings me such relief. They are my world and if I am no longer here, I know The Cinnamon Trust will love and care for them until we meet at The Rainbow Bridge."
- Barbara, Ayrshire

If you would like to find out more about registering your pets with The Cinnamon Trust, please call on 01736 758 706, email petprofile@cinnamon.org.uk, write to us or visit our website!



cinnamon.org.uk/pet-profiling



petprofile@cinnamon.org.uk



01736 758706



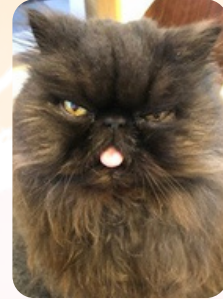
10 Market Square, Hayle, Cornwall, TR27 4HE



Love Goes On...

Our Forever Fosterer Fiona starts this story: "It was 2018 and our much-loved Persian cat Mimi had died at the grand old age of 19. I received a text from my friend Jane saying, 'Too soon?' followed by a Facebook link. It led to a Cinnamon Trust page looking for a Forever Foster for three Persian siblings.

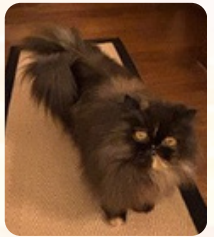
Sadly, their owner Isobel had died, but she had made sure they would stay together by registering them with The Cinnamon Trust, who would oversee their care. How could I resist? I was sold immediately and so was our daughter, followed soon after by my husband. Once our home was approved, we arranged to collect them.



Affectionately known throughout The Cinnamon Trust as 'The Royal Family' having names of Kings of England.

Alfred, Harold and Ethel were still living in Isobel's home, cared for by the next-door neighbour and Isobel's carer, Julie, who were there to meet us. Harold immediately came to investigate as he is the friendliest one. Ethel overcame her shyness and sat on the stairs while we admired her, while Alfred disappeared beneath a desk.

Julie settled them into their carriers while I loaded the car with their belongings. I still remember their wide-eyed faces as they left the only home they had known for six years. At home, they spent about 24 hours in a quiet room before exploring the rest of the house. Surrounded by countryside, there was plenty of interesting cat TV from every window. Harold and Ethel quickly settled into family life, while Alfred preferred his own company and accepted only a little fuss. Harold and Ethel soon felt at home, happily playing, eating and being groomed. Alfred was different. He was the biggest and definitely the boss, prowling around like the king he was named after. He formed a wonderful bond with Ian, insisting on a proper hug every day, always on his own terms. Underneath it all, he was simply a big softy who loved cuddles and having his paws held.



We have since moved house and, very sadly, said goodbye to Alfred last November after he suddenly became ill. It was a huge loss because he was such a character. Harold and Ethel are now enjoying our new home with us. They were noticeably quieter for a while and clearly missed their big brother. As I type, Ethel is asleep beside me, producing the most earth-shaking snores. She may be the smallest of the three, but she certainly makes the most noise, asleep or awake. Harold is a big cuddle bear with an almost silent meow. He loves curling up with me on the sofa, or really any time I sit down. I hope Isobel is looking down on them, happy knowing they are loved and well cared for.

Isobel generously left a one-third share of her estate for the benefit of charities including The Cinnamon Trust. Every gift left to The Cinnamon Trust has a story behind it and highlights why thoughtful planning can make such a difference. Isobel, your legacy will live on and will help ensure people and pets receive the support they need. Thank you.

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.

Our Free Will Service

The Cinnamon Trust works with trusted partners across the UK to offer a Free Will service, offering you the opportunity to write your Will at no cost. To give yourself and your loved ones peace of mind, please get in touch with our Legacy Team.



legacy@cinnamon.org.uk

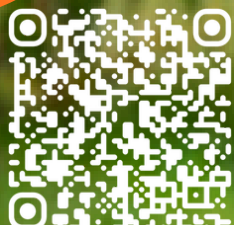


cinnamon.org.uk/wills-legacies



01736 809722

Scan the QR code
to find out more



Registered Charity No.1134680

Forever Foster Stories

Every Forever Foster story is unique, but each one shows the lasting impact a loving home can make. Here are a few stories from our wonderful Forever Fosterers and the pets they've welcomed into their lives.

We first hear from Helen in Gwent, who tells us about her two lovely boys...

After losing both our Border Collie, Max, and our cat, Mr Darcy, within a few weeks of each other, we were heartbroken. The Cinnamon Trust rang to ask if we would foster a 7-year-old greyhound called Lucky. We knew very little about the breed, but we knew there was a dog who needed a loving home.



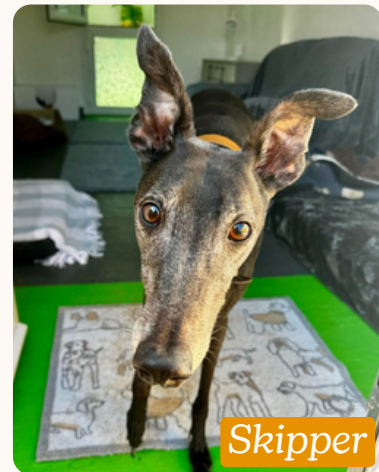
Lucky

We fell in love with Lucky the moment he stepped out of The Cinnamon Trust van and leaned against our legs. He settled in immediately and quickly showed us what brilliant pets Greyhounds make. Gentle, affectionate and wonderfully laid-back, Lucky loves nothing more than cuddles from us and our animal-loving grandchildren. He also makes us laugh with his favourite sleeping position - flat on his back with all four legs in the air, known in greyhound circles as "roaching"!

A few years later, The Cinnamon Trust asked whether we would consider fostering another Greyhound. We agreed, provided Lucky approved. Thankfully, he did.

Skipper arrived and immediately made an impression by jumping straight into our pond! Unlike easy-going Lucky, Skipper is a lively character whose tail never seems to stop wagging. He loves his toys, adores his snuffle rug and gets very excited whenever visitors arrive.

We are fortunate to live near lots of beautiful walking routes, and both dogs enjoy exploring the local area. Their favourite outings, however, are trips to the beach near Swansea, where they love racing across the sand together.



Skipper



Lucky and Skipper have brought so much joy to our lives, and we are incredibly grateful to The Cinnamon Trust for entrusting us with these two gorgeous dogs. Becoming their Forever Foster family has been a privilege, and we can't imagine life without them.

And now we hear from Eddie and Billie in Edinburgh...

Woof! We'd like to tell you a little bit about our journey and say a very special thank you to some amazing people who changed our lives. Not too long ago, our future felt uncertain as our mum was not well enough to look after us anymore. Like many dogs who find themselves needing a helping paw, we didn't know where we would end up or who would be there to help us along the way. Thankfully, some very special human beans stepped in. Those human beans are the amazing Cinnamon Trust.



From the moment they became part of our story, they gave us something every dog deserves: hope. They cared about us, looked out for us, and made sure we had the support we needed. And something wonderful happened; we found our Forever Foster home.

Now we have comfy places to snooze, bowls that magically refill, familiar walks, kind voices, and people who love us just as we are. We wake up each day knowing we are safe, cared for, and exactly where we're meant to be. Sometimes the humans use the phrase "Forever Foster," but to us it simply means family.

Most days are very busy. We usually go to the park where we chase our balls with great enthusiasm and athletic skill (according to us). Afterwards, we meet up with our doggy friends to discuss important matters such as squirrels, smells, and who has the best treats. Today, however, our normal schedule was cruelly interrupted. Instead of going straight to the park, Mum announced that we had to go shopping. Apparently, "new raincoats were absolutely necessary." We tried explaining that we already have perfectly good fur coats, but our concerns were ignored.

We had a great idea though; on our way we thought we would pop in and ask Paddington where he got his very smart duffle coat. As you can see from the photo, we sat politely beside him in the garden and waited for his recommendation. Unfortunately, he wouldn't tell us. We suspect he was far too busy enjoying his marmalade sandwich to discuss fashion.

We know that this wonderful life would not have been possible without the dedication, kindness, and compassion of everyone at The Cinnamon Trust. They work tirelessly behind the scenes, helping animals like us find security and happiness when it's needed most.

We may only be two dogs, but we represent so many animals whose lives have been transformed because someone cared enough to help. So, from the bottom of our wagging tails and our grateful little hearts, thank you. Thank you for supporting us on our journey. Thank you for helping us find a place to call home. And thank you to all the volunteers, supporters, foster carers, and especially the wonderful staff members who make this work possible every single day.



Lots of love, Eddie & Billie

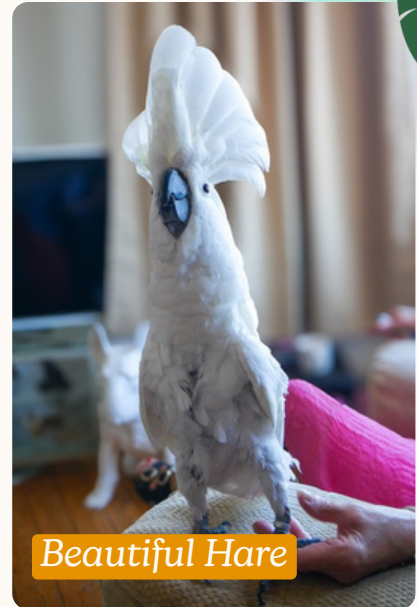
We recently had the privilege of popping in to visit Forever Fosterer Tina, who lives in Penzance and shares her home with with an unlikely duo – a cockatoo and a Bull Terrier...

For Tina, caring for animals has always been a way of life. Her home is a place where all animals feel welcome, whether they are much-loved pets or local wildlife in need of a little kindness. Two seagulls, who Tina has named Val and Cecil, visit her garden every day have become familiar faces, while the wild peacocks that live in the village also stop by from time to time, with as many as twelve gathering in her garden on one occasion.

Tina feeds her visitors, keeps an eye on their wellbeing and has even taken some of her feathered visitors to the vets when they've needed help. So, when she saw Hare, a beautiful cockatoo looking for a Forever Foster home, she knew she would love to welcome her into her family.

Having previously owned Golly, a gorgeous Blue-fronted Amazon parrot, Tina was over the moon when she was chosen to become Hare's Forever Foster mum.

"Hare settled in so quickly," says Tina. "She definitely rules the roost!"



Beautiful Hare

And that includes making sure Gus, Tina's 5-and-a-half-year-old Bull Terrier, knows who is boss. Despite his size and strength, Gus is far more cautious around Hare than she is around him.



Hare & Gus

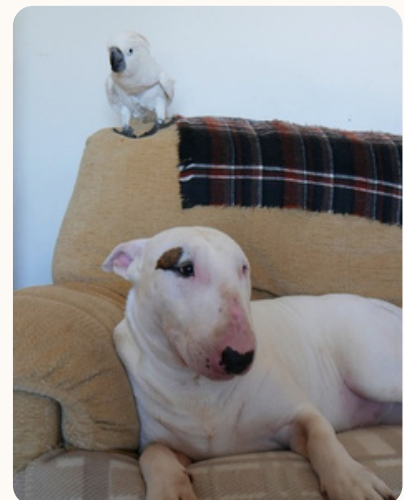
"He's definitely more scared of her than she is of him," laughs Tina.

The pair have found their own happy way of living together. They can often be found sharing a favourite spot by the window, keeping an eye on what is happening outside.

Gus and Hare adore Tina and regularly compete for her attention. Gus shows off with his spins, while Hare dances, fans out her beautiful white crest and proudly declares, "Love you!"

"They both sit on my lap together and often fall asleep with me on the sofa in the evenings," says Tina.

Hare is a very affectionate bird. She loves cuddles, snuggling into Tina's arms like a baby and giving her kisses. She's also very sociable and always wants to be involved in whatever is happening around the house.



Music is a big part of Hare's life, and her favourite song is 'Jolene' by Dolly Parton which she loves to dance along to. She also enjoys sunny days and soaking up the warmth, a reminder of her exotic origins.



Cuddles with Tina

Although Hare can't fly because her wings were clipped years before she came to live with Tina, she still makes the most of every adventure. She enjoys exploring the house, visiting quiet gardens and, when the weather is nice, joining Tina for walks around the village perched safely on her shoulder.



One of the funniest things about Hare is that her previous owners thought she was a boy, so she comes out with phrases like "Good boy" and "I love you little boy". Hare has also formed a special bond with Tina's daughter, Eva, and loves spending time nestled up to her on the sofa.

For Tina, becoming a Forever Foster mum has brought another wonderful animal into her life.



We are always on the lookout for more loving Forever Foster homes for gorgeous pets. If you have space in your home and heart for a special friend, please do get in touch.

"Being a Forever Fosterer is a win win - they have brought so much joy and happiness into our home."
- Jeanette S, Cornwall

If you would like to learn more about Forever Fostering please give us a call, visit our website or scan the QR code!

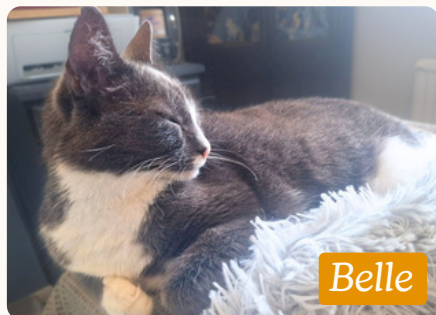
 cinnamon.org.uk/forever-fostering

 **01736 757900**



It was a match made in heaven (well, Derbyshire) for Bethany, Ricky and their Forever Foster, beautiful Belle...

When Charlotte from The Cinnamon Trust got in touch about Belle, we were immediately excited. Reading about how shy she was around people, we felt a connection with her. We kept in regular contact with Charlotte while a home check was arranged and discussed the next steps. The whole process was straightforward, and we always felt comfortable asking questions. While we waited, my partner and I prepared a space we thought would be perfect for Belle.



When the day finally came to collect her, we drove straight from work. Despite being described as a bit of a “scaredy cat”, Belle walked straight over to us when we arrived. She softly meowed all the way home while we played cat relaxation music, and once we arrived, she began exploring her new surroundings, with her favourite blanket waiting for her.

Belle settled in much quicker than we expected. Within just a couple of days, she was making herself at home - curling up on our laps, sleeping on our bed, watching the world go by from the windows, and enjoying plenty of playtime. Before long, she was demanding treats with little meows and treating us to bursts of zoomies, which has been amazing to see.

More recently, we’ve had a catio fitted, and Belle is beginning to explore it with growing confidence. We’re also planning to add more climbing areas and cat trees for her to enjoy.

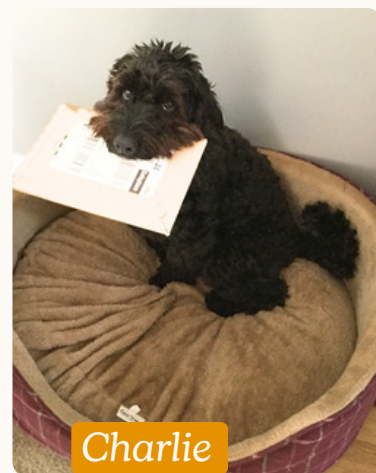
Having Belle in our lives has been such a wonderful experience and has given us an even greater appreciation for the work The Cinnamon Trust does. We feel incredibly lucky to have her. She is the loveliest, cheekiest cat, and we’re so excited for everything still to come as our adventure together continues.

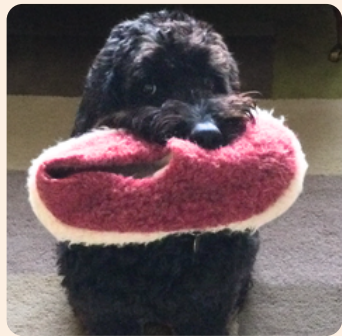
Forever Foster parents, Marion and Paul from sunny Dorset, pass on a few words from the ever so helpful, Charlie...

Hello, Charlie here! I’m very much enjoying life in Dorset with my Forever Fosterers, Marion and Paul. I really don’t know how they would manage without me! I help around the house by collecting the post and carrying washing to the machine – for all of which, of course, I expect payment.

I enjoy my walks and love to play ball. I’ve become quite famous in our village for collecting sticks (the bigger the better!) and carrying them home.

I have a best friend called Martha. She often comes to visit me and joins me on walks. Martha especially loves coming to the beach with me, where we have a wonderful time chasing each other around.





Not too long ago, I had to have some tests to check a few lumps on my body. The vet was very kind, and I was very brave. My friends at The Cinnamon Trust were very supportive and, thankfully, the lumps turned out to be nothing to worry about. It's reassuring to know they are always there for me.

David and Floretta from West Sussex tell us about their 'Dearest Lewis'...

In early 2023, we lost Merlin and Hardy, our beloved Norwegian Forest cats, leaving Bear, our 17-year-old Scottish Fold, very lonely. We spoke to our vet, who recommended finding an older cat as a companion. We were anxious to find the right match.

Somehow, we came across The Cinnamon Trust. It felt like a miracle. We saw photos of Lewis, a Norwegian Forest cat who had sadly been orphaned when his owner passed away.



Lovely Lewis

We were naturally a little nervous about introducing the two cats, but the team at The Cinnamon Trust gave us complete confidence, reassuring us that, although a little bit shy, Lewis was good with other cats. We quickly learned he was a timid boy with a huge heart. But with Bear's brotherly guidance, Lewis settled into his new home and quickly found plenty of hiding places. Before long, we discovered that food was the way to both his heart and his attention!

As he grew more comfortable, Lewis soon let us know exactly how he liked things done. Today, he is at the centre of our family, a great friend and foster brother to Bear, and one of the most loving cats we have ever had. He is all heart and soul.

Lewis is now a boisterous, playful boy who loves attention and is never shy about letting us know when it's time for his grooming session.

The Trust has been wonderful, providing advice, support and help with Lewis's veterinary care whenever needed. We would not be without our boys and are so grateful to The Trust for everything they have done, and for giving Lewis the opportunity to become such a cherished part of our family.

South to Somerset where Robert and Beth share their story from dog walking volunteers to becoming Forever Fosterers...

Our journey with The Cinnamon Trust began after we heard a volunteer speak about the charity at a church meeting. Inspired by what we heard, we started as dog walkers and discovered the joy of helping people and their pets. Before long, we began short-term fostering before becoming a Forever Foster family. Our first Forever Foster was Scamp.



Scamp

Scamp was a Cairn Terrier with a huge personality. He settled into our home straight away and quickly became part of the family. He loved his walks, enjoyed learning new things and even joined me at obedience classes, where he won a prize in the "pre-beginners" class -his first show!

Scamp brought so much happiness into our lives and became a wonderful companion. He also welcomed other foster dogs into our home, taking every new arrival in his stride. When we sadly lost Scamp, we knew that, when the time was right, we wanted to open our home to another Cinnamon Trust dog who needed us.



That dog was Madge, an American Cockerpoo who arrived feeling very unsure of the world around her. At first, walks were short and new experiences were overwhelming, but with patience and reassurance, Madge is slowly building her confidence.

She now enjoys exploring and is becoming more comfortable around other dogs and has discovered new adventures with her family, including travelling by boat and train and staying overnight somewhere new. Madge still has her own personality and little quirks, but she is very much part of our family. We are excited to see her continue to grow in confidence.



We now travel up to Cumbria to hear from Beth about life with one very pampered prince...

From the moment Shadow Bear arrived, it was clear that he was a confident boy with a big personality. It didn't take long for him to settle in and make himself completely at home.

He's a handsome boy and he knows it. If we tell him off (for sharpening his claws on the wall instead of his scratch post), he stares balefully up at us with his big yellow eyes and melts our hearts. I often feel that cats like this should come with a Taylor Swift-style contract listing their demands: "I will deign to live here, but only if I receive cuddles on demand and have a cupboard stocked with lick-e-licks and Creamy Dreamies."

I'm not joking, he arrived with his own Fortnum & Mason wicker hamper full of favourite toys and treats. Shadow Bear is far classier than we will ever be. This is very much a Co-op carrier bag household, but what we lack in expensive tastes we make up for with cuddles, attention, and a complete inability to resist a cute kitty.



He's a house cat who loves spending time with his humans, but he's also endlessly curious and determined to investigate every drawer, cupboard, bookcase and hidden corner he can find. And I mean all of them. He has explored the inside of the dishwasher, the cupboard under the sink and even the pots-and-pans drawer in the kitchen.

I think he may have been a librarian in a previous life because he has taken exception to my bookshelves and merrily pulls books off to make room for himself. Naturally, I stop what I'm doing, clear a space and rearrange everything so he can settle comfortably, only for him never to use that spot again. As I write this, he has just hurled a few more books onto the floor and is attempting to curl up on my documents. To be fair, there are worse uses for them.

For all his fancy tastes, Shadow Bear is a cat who shuns comfort. Our home is full of squishy sofas, cosy beds and absolutely no rules about where the cat can go, yet he chooses to sleep on the hardest surfaces imaginable: windowsills, kitchen counters, dining tables and, his personal favourite, the top of a bookcase in the lounge. This one houses board games rather than books, which I suspect meets his approval.



These days, we still find ourselves wondering what he's up to whenever the house falls suspiciously quiet. Equally, a sudden crash from another room usually signals that Shadow Bear is in the middle of another adventure. He's not the sort of cat who deliberately pushes things off surfaces; he's simply a wonderfully clumsy cat with no real understanding of his own size or the turning circle required to navigate tight spaces.

Our previous Cinnamon Trust cats lived long and happy lives – the last one left us just before her 20th birthday – and we hope to enjoy many years with Shadow Bear too. I only hope our bookshelves can cope...

Karen, who lives in Devon, reflects on her time with lovely, Chilli...

Six years ago, Chilli came into my life as a dog I was lucky enough to walk twice a week; it didn't take long for our bond to grow. A couple of years later, when his mum moved into a care home permanently, I welcomed him into my home through The Cinnamon Trust's Forever Fostering service – a decision I have never regretted.



As Chilli has got older, he has needed a little extra care and support. Being a 15-year-old boy and with a known heart murmur, any treatment needed careful consideration. The Cinnamon Trust supported us throughout, helping arrange the right checks and making sure Chilli could receive the care he needed.

After his surgery, Chilli was feeling rather sorry for himself, spending a couple of days on the sofa enjoying plenty of cuddles. But within ten days, he was back to his happy self and enjoying his walks again.

Giving an older dog an anaesthetic came with risks, but seeing Chilli enjoying life today shows it was the right decision. I'm incredibly grateful for the care and support shown to us by The Cinnamon Trust team, who helped give this lovely old boy the comfort and happiness he deserves.

Terri from South Glamorgan tells us about her pawesome pal, Alf...

I first heard of The Cinnamon Trust through my work in a community hospice. Many of the patients I met worried deeply about what would happen to their beloved pets as their illness progressed. The Cinnamon Trust provided invaluable support, from dog walking to short-term fostering during hospital stays, helping pets remain with their owners for as long as possible while ensuring they would be cared for in the future. I was so impressed by the charity's work that I became a volunteer dog walker myself. I currently walk a lovely dog called Shilo, whose owner is incredibly grateful for the support she receives.

When I saw an urgent appeal for a Forever Foster placement for Alf, a 9-year-old English Springer Spaniel, I immediately expressed my interest. Shortly afterwards, I received a call to say that his situation had become more urgent and asking whether we could take him in. It was an easy decision to say yes.



I have always had dogs from puppies, but never an older dog who had experienced such a significant change in circumstances. From the very beginning, the support we received from The Cinnamon Trust was exceptional. Alf arrived with several health and mobility issues that needed careful management, and the charity has been there every step of the way. Their Animal Welfare Team provided invaluable advice, worked closely with our vet, and ensured Alf received the treatment and care he needed.



The Cinnamon Trust has covered all of Alf's veterinary care, allowing him access to the best possible treatment without delay. They have also arranged specialist support, including physiotherapy and hydrotherapy, which have made a real difference to his mobility, comfort and overall quality of life. Thanks to this ongoing care, Alf is more active, happier and able to enjoy life to the fullest in his senior years.

Alf loves the beach, especially a paddle in the sea, and enjoys leisurely strolls through the woodland trails near our home. He has travelled to London to visit family and never turns down a trip to the local pub, particularly when treats are involved. He is not an early riser and is well known among our neighbours for his slow-motion morning walks if taken out too soon. He is also very fond of stealing shoes, slippers and socks (usually my partner's!). One of his favourite pastimes is people-watching, either from the window or by the garden gate on warmer days. Everyone who meets Alf falls in love with him, and the feeling is usually mutual, especially if they happen to have a biscuit in their pocket.

My partner and I absolutely adore Alf and his smiley face. We feel extremely lucky to have been chosen as his Forever Foster family and to play a part in giving him the happy, comfortable retirement he deserves.

Now over to Trevor and Rachel from Sussex who share fun times spent with their two lovely, mucky pups...

We had long known about the wonderful work of The Cinnamon Trust through a family member who volunteers. When we felt ready to welcome some paws into our lives, we got in touch with The Trust and began our journey as Forever Fosterers.

From the first email about Buddy and Dooley, we felt an instant connection and hoped they would fit into our family. Just a few weeks later, they arrived with everything imaginable (just short of the kitchen sink!). It was clear they had been incredibly loved, and that certainly wasn't about to change.

We were nervous about how they might settle, but within ten minutes they had made themselves completely at home. Three months on, they couldn't be happier. Dooley is never far from my side, while Buddy enjoys his independence and plenty of cuddles with Trev.



Buddy & Dooley

The boys have embraced their new 'careers' too - joining Trev at work three days a week, where they greet visitors, enjoy the doggy playground and perfect the art of napping. On work-from-home days, Dooley joins Teams calls as the perfect lap dog, while both make the most of sunny lunch breaks.

Weekends are filled with countryside walks, doggy friends, pub visits and plenty of adventures. Dooley once spotted a hare and took off across a muddy field, returning proudly covered from head to paw. Buddy has his own love of puddles, regularly turning a simple walk into a full mud bath experience.

Everyone who meets Buddy and Dooley assumes they've been part of our family for years, and honestly, it feels that way. They have brought so much joy into our lives, and we couldn't be more grateful to The Cinnamon Trust for the support and reassurance they've given us. Thank you for helping complete our family.



James, Tilly & Laura

Laura and James from Leicester share their happily ever after Forever Foster story...

Tilly has been part of our lives since 2019, when a colleague recommended I look into volunteering with The Cinnamon Trust. I was looking for a way to have a dog in my life, and becoming a volunteer seemed like the perfect fit.

That's how I met Pat and Tilly. I started walking Tilly once a week and spending time chatting with Pat afterwards. Tilly was Pat's whole world, so it felt incredibly special to know I was helping them both - giving Tilly her walks while providing Pat with some company too.



When Pat's health began to decline, she asked if we would take Tilly if she was no longer able to care for her. With the support of The Trust, we didn't hesitate to give Pat peace of mind that we would take Tilly. Sadly, that day came sooner than expected when Pat passed away in 2022, and Tilly became a permanent part of our family through The Cinnamon Trust.

Since then, life with Tilly has been full of adventures. She moved with us into a new home with a big garden, quickly claimed her favourite spots, and appointed herself head of pigeon patrol. She has even enjoyed trips into my dog-friendly workplace, where she became a firm favourite.

Now 10 years old, Tilly is still full of personality and doesn't act her age. She has had her share of health challenges, including knee problems and ongoing back issues, but she continues to surprise us with her determination. Her physio and pain management have helped her keep enjoying the things she loves most: walks, cuddles and being the centre of attention!

Tilly's perfect day involves a walk followed by a full day of sofa cuddles (with regular reminders if the cuddles stop). She loves riding in the car with her nose out the window, visiting the local pub quiz, seeing family and spending time with her doggy cousin Barney.



She also recently had a very important role as Dog of Honour at our wedding. We knew Tilly had to be part of the day, and after finding a dog-friendly venue in Rutland, she spent the morning getting ready with me before stealing the show in her outfit. She even made an appearance in both of our vows, because she truly is part of our family.



We can't imagine our lives without Tilly. While The Cinnamon Trust may see us as supporting them, we feel they have given us so much more - a loving, funny and determined little dog who has completely changed our lives. We are incredibly grateful for the support they have provided and honoured that Pat trusted us to give Tilly the happy life she deserves.

I'm sure Pat would be delighted to see Tilly now living her best life as queen of our house.



Next up, we head to Hampshire to hear Patricia talk about her adventures with Coco...

Our journey with The Cinnamon Trust began after the loss of our beloved dog, Ruspur. Volunteering with the charity gave us a way to stay connected to dogs while helping others, and over the years we have walked, fostered and cared for several wonderful Cinnamon Trust dogs.

Then Coco came into our lives.

When Coco's owner sadly passed away, The Cinnamon Trust stepped in to make sure she was cared for. From the moment she arrived, it was clear Coco was a character all of her own. She absolutely loves people and charms everyone she meets, especially the carers at my Mum's care home and the friends she visits at the pub with my husband John. Dogs, however, are a different story! There are a select few who have earned Coco's approval, including Buddy the Cockapoo, Jeffrey the Romanian rescue, who we jokingly call her boyfriend, and Frankie the Border Collie who she greets whenever she passes his garden.



Coco is happiest when she is out exploring. She loves making her presence known, whether she is arriving somewhere by car or setting off on a new adventure. While she enjoys quiet time at home with John, she is my adventure companion and has joined me on countless walks, holidays and trips, always ready to explore somewhere new.

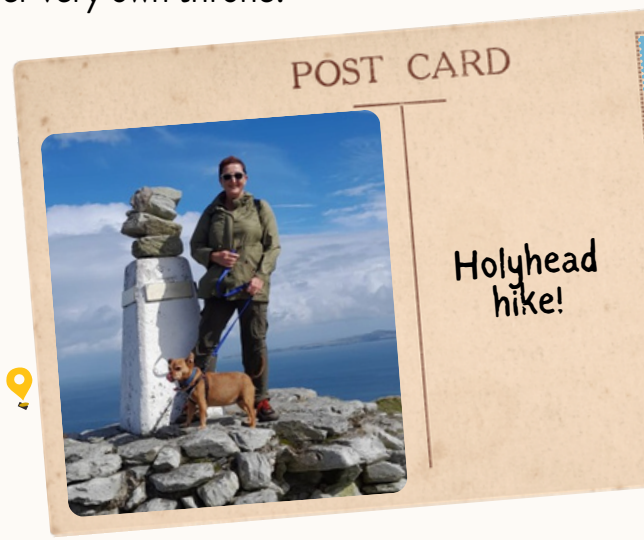


From long countryside walks to discovering new places together, Coco takes everything in her stride and brings so much fun and personality to every outing.

One of our biggest challenges came when Coco needed cruciate surgery. The Cinnamon Trust supported us throughout and funded the operation, even providing a dog buggy during her recovery so she could still enjoy getting out and about. Coco took to it rather well, happily being pushed around like royalty from her very own throne!

Thankfully, she made a fantastic recovery and is back to enjoying life to the full. Coco makes us laugh every day and continues to prove that age is no barrier to adventure.

TRAVEL
DIARIES



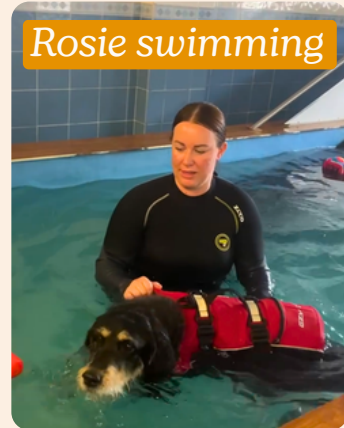
Philippa takes us on a journey through France with her lovely tale of sun, scenery and a seafaring sidekick...

Rosie came to live with me through The Cinnamon Trust three years ago when she was 7 years old, and since then we've shared some wonderful adventures together.



I have always loved to travel and last September I decided that Rosie and I would go on a seven-week road trip to the south of France. I'd always fancied visiting some of the beautiful French river gorges, where you can swim, kayak and enjoy spectacular scenery. The Trust were delighted to hear of my plan and keen to support Rosie joining me.

Having never done a trip like this before, there was quite a lot of preparation involved. Not only did I need to organise Rosie's rabies vaccination and Animal Health Certificate to a careful timetable before departure, but I also had to find a French vet who could provide the tapeworm treatment required before returning to the UK. Fortunately, a very helpful Facebook group pointed me in the right direction.



Another important job was helping Rosie gain confidence in the water, as this is a prerequisite for kayaking with dogs in France. Rosie had always enjoyed a paddle but had never ventured out of her depth. With a bit of research, I found a local dog swimming pool that offered confidence-building sessions. Wearing a life jacket and with plenty of encouragement from a very patient instructor, Rosie eventually swam the length of the pool and back. After a few more lessons, I hoped she was ready for our adventure.

So off to France we went, heading first to the Ardeche and Gardon river gorges before travelling on to the Camargue. Rosie loved splashing around in the rivers and gradually grew more confident in the water. I started throwing her ball a little further each time until she was happily swimming out to retrieve it. Eventually she even swam out to join me when I was in the water. I was so proud!



Then came the kayaking. I sat at the front, my friend at the back and Rosie in the middle. She didn't quite understand the importance of sitting still and the kayak lurched from side to side as she shuffled about. For a while I was convinced we would all end up in the river! Thankfully Rosie eventually settled down and we spent a wonderful morning paddling together.

This trip proved that you really can teach an old dog new tricks. Watching Rosie embrace new experiences and grow in confidence was one of the highlights of the adventure.

I am so grateful to The Cinnamon Trust for bringing Rosie into my life. Through Forever Fostering, I gained not only a wonderful companion but also an enthusiastic travel buddy who is always ready for the next adventure. Where to next, Rosie...?

Next, Sali shares how a once shy little cat has found her stride...

Having moved from central London to East Devon last September, I knew the time was right to bring a cat back into our lives. We wanted to rehome a cat, and a friend who volunteers as a dog walker told me about The Cinnamon Trust. I applied and waited hopefully. Last December, we were lucky enough to Forever Foster Penny, and she really is quite a character!

Settling in took a little time. During her first week, Penny seemed determined to find a way back out again and spent much of her time hiding behind the sofa. Gradually, though, she became more trusting and started sitting near us. Food certainly helped her make up her mind. Once she realised that meals arrived regularly and treats were occasionally included, she seemed to decide that life here wasn't so bad after all.



Her eagerness to escape made her reluctance to go outside all the more ironic. Even now, she'll happily spend a few minutes outside by herself, but she much prefers it when I accompany her around the garden. Climbing trees is one of her favourite activities, and fortunately we have a couple that are perfect for her.



These days, Penny is far more sociable and happily allows people to stroke her. She has met my granddaughter, Lily, several times and has been wonderfully tolerant. Lily's mum has been teaching her how to gently pat and stroke cats, and she is always very careful with Penny.



Penny also enjoys three dedicated play sessions every day. Her favourite toy is a bee on a stick. Although the bee has long since lost its wings, it remains a firm favourite! During the day, Penny loves sleeping in the sunny spare bedroom. In the evenings, you'll often find her curled up near the wood-burning stove or stretched out on the sofa, usually in the exact spot I was planning to sit.

She eventually joins me upstairs at bedtime and likes to sleep on top of me. It's lovely, although she can feel a little heavy after a while! Yesterday, she climbed onto my shoulder for the very first time because she wanted a cuddle, which felt like a real milestone. We love Penny very much, and I think she has grown to love us too.



Animal Welfare



We hope you will join with us in welcoming Natalie to our team of vet nurses who make up our Animal Welfare team.



I joined The Cinnamon Trust as an Animal Welfare Consultant, bringing with me a varied veterinary nursing background. My career began in the charity and rescue sector before moving into night, emergency and critical care work and later oncology patients.

Having always had a passion for animal welfare, I am delighted to have returned to charity work and to be helping pets and their owners through my role at The Cinnamon Trust.

My particular passion is cats – I currently share my home with seven oldies of my own! I have also achieved the ISFM Diploma in Feline Friendly Nursing, which has given me a deeper understanding of feline health, behaviour and welfare. Cats can be wonderfully complex creatures, so one of the parts I enjoy most about my role is supporting our fosterers with cat-related queries.

When I'm not working, I also rescue ex-battery hens. I have settled into life at The Cinnamon Trust extremely well and feel very privileged to work alongside such an amazing, knowledgeable and supportive team. It is wonderful to be part of an organisation where everyone shares the same ethos and commitment to improving the lives of people and their pets.

DID YOU KNOW?

-  Cats can sleep 12-18 hours per day!
-  15% of cats eat more in winter
-  10-25°C is the comfortable range for cats



Natalie's Tips for Winter Wellness

Winter is often a time when pets enjoy a little extra fuss and companionship. A warm bed, a cosy blanket and some quality time with their favourite people can be just as important as food and exercise.

 Keep them cosy. Older pets, especially those with arthritis or mobility issues, may feel the cold more keenly. Make sure beds are positioned away from draughts and provide extra blankets for warmth. Providing ramps to reach higher places more easily can also help.



★ Watch their weight. Some pets are less active during winter, while others may need extra calories to stay warm. Keep an eye on body condition and adjust feeding as needed.

★ Don't forget water. Even in cold weather, pets need plenty of fresh water. Indoor heating can be surprisingly dehydrating.

★ Paw care. After walks, wipe paws clean to remove mud, rock salt and grit, and check for any soreness or cracks.

Snack Time

1. Mix all of your ingredients into a blender until you have a smooth, thick dough texture. You can whisk by hand, but this will take a lot longer.
2. Once you've formed a dough, break it into 25 small balls and place them on a baking tray. We suggest no bigger than 6cm.
3. Place your baking tray in the oven at 180°C (fan) or 200°C. Bake for about 30 minutes or until they look crisp.
4. Once they have cooled, you can store these in an airtight container for up to 3 days or if you want them to last longer, put them in the freezer and they can last for up to a month.

TASTY TUNA & CATNIP BISCUITS

145g Tuna Chunks in Spring Water

120g Oat Flour

1 tbsp Dried Catnip

1 Egg



SPICED APPLE DOG BISCUITS

240g Oat Flour

½ tsp Cinnamon

122g Unsweetened Apple Sauce

65g Peanut Butter (xylitol-free)

60ml Water (as needed)

1 Egg

1. Preheat oven to gas mark 4/ 350°F (175°C) and line a baking sheet with parchment paper.
2. Add the oat flour and cinnamon to a mixing bowl. Add the applesauce, peanut butter, and egg. Mix well.
3. Gradually add water (if needed) to form a dough that is easy to roll out. Roll out the dough to about ½ cm thick and cut into shapes using a cutter.
4. Place on the baking sheet and bake for 20-25 minutes, or until golden brown. Allow to cool completely before serving.
5. Store in an airtight container for up to 5-7 days. They will keep in the fridge for up to 2 weeks or 3 months in the freezer. Thaw at room temperature before serving.

Please remember... treats should be given in moderation and only as a small part of your pet's diet.

Founder's Tree

A leaf that will never wilt, for those for whom our love will never waiver...

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



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10 Market Square, Hayle, Cornwall,
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Birch



Beech



Oak



"Thank you for the photo of Buddy's memorial leaf. It looks lovely and now that it will be placed on the Founder's Tree at Hillside, I know he will always be remembered." - Anne-Marie, Devon



In Loving Memory of Jean McCluskey who was a dedicated supporter of The Trust.

"The engraved leaf certainly does look beautiful and is a very fitting tribute to the memory of our beloved mum. Thank you for arranging this for us and my sister and I very much hope that one day we will be able to visit your Poldarves sanctuary ourselves.

I know she would be very happy to think that she has helped you to continue your amazing work." - Kim, London

"Last year, we arranged for an oak Memory Leaf to be placed on your Founder's Tree at Poldarves, in memory of our dog, Beau who had died in 2022. You may be aware that we recently lost our subsequent Cinnamon Trust dog, Buster. We would like to have another leaf engraved in memory of 'Buster Dent, 2013 - 2026'.

One day, on our next visit to the West Country, we will make sure we call in and visit the Founder's Tree." - Graham & Sue, Sussex

Both Beau & Buster's leaves are on the tree at Poldarves. The leaves have been placed so that they will remain together.



A Legacy of a Leaf

We would like to introduce to the artist behind our engraved Memory Leaves...

Hello, my name is Colin and I am an artist based in Hayle, Cornwall. I have been a volunteer with The Cinnamon Trust for 10 years and was delighted when they asked if I would help engrave the Memory Leaves and position them on The Founders Trees at their Hillside and Poldarves sanctuaries.

The leaves are beautiful and so are the trees. I take great care with each leaf; I make sure that the name is well positioned and placed clearly so that everyone who visits the tree can read and celebrate the pet or person's life. Everyone who purchases a leaf wants to show their love and make a lasting tribute and I think this is a lovely thing for someone to do. It is hard to lose a loved one and remembering them is a way of keeping them alive in your heart, knowing that their names will be in a beautiful, safe place is a special gift to be able to give.



Colin at Poldarves

I visited Poldarves Farm recently to place a special leaf. We lost our dog Newton two months ago; it was very sudden. We had enjoyed a lovely family holiday, and he seemed fit and well. Looking back, I am so pleased that we had that holiday.

We had no idea he'd been coping with liver tumours and he went downhill rapidly, from diagnosis to final rest was two weeks. It was difficult for our family to process him

being gone and it has been especially hard for our other dog Nala, who misses him so much. Even our cat Rothko, who had an incredibly special bond has been looking for him.

He was such a beautiful dog, a Saluki Lurcher who had the looks and characteristics of a royal prince. He could be very vocal about what he wanted and would often sing to let us know we were late for dinner, if there was no room on the sofa or if he was too lazy to pick up a treat he had dropped and Nala had run off with it. He also sang to the clock on Countdown, no idea why but it always made us laugh.

I look forward to visiting both sanctuaries, it is so peaceful and surrounded by nature. Our family take great comfort knowing he is joining all the other people and pets on the tree. It will also be nice to see his name whenever I visit and spend some time remembering all the happy times we had together as a family.



Newton

A Day in the Life at Hillside Farm Sanctuary

Arriving at Hillside Farm Sanctuary, the first thing you notice is the view – rolling green hills stretching as far as the eye can see. The air feels different here, encouraging you to slow down and take a deeper breath. Every so often, rays of golden sunlight break through the soft blanket of cloud, lighting up the landscape below.

"It's a little slice of heaven," smiles Julie. As Sanctuary Manager, she has called Hillside home for the past seven years.

We pass the chickens, clucking and bustling about in the hope that Julie might have a few treats tucked away in her pocket. As we make our way towards the house, the patter of paws grows louder. Before long, half a dozen eager residents come trotting down the path to greet us, a well-rehearsed welcome reserved for anyone arriving at Hillside. Baz, a German Shepherd and true gentle giant, leads the pack, generously showering us with kisses.



Inside, the soundtrack is one of laughter, chatter and friendly barking. While some of the team are preparing breakfast and tidying the living room, another is attempting to enjoy five minutes with a cup of tea before being gently reminded that cuddles always take priority.



The day begins early here. Before 9am, every resident has been checked over, let out for a toilet break, and is eagerly awaiting breakfast. Food bowls are filled, medications sorted, blankets brushed down, and someone inevitably draws the short straw for poop duty. It's a busy start to the day: a whirl of wagging tails and the happy chaos that comes with sharing your home with lots of animals.

Over with the cats, the morning follows much the same pattern, but at a gentler pace... though a few particularly vocal residents are never shy about reminding everyone when breakfast is due.

It's clear how devoted the team is. Every animal is greeted, every little quirk is known, and every decision, however small, is made with their welfare in mind. The atmosphere is warm and welcoming, reflected in the beautiful portraits of residents that adorn the walls. Kath, Hillside's Deputy Manager and a talented artist, lovingly paints each portrait as a celebration of the sanctuary's residents, both past and present, capturing the personalities that make each pet so special.



Comfy sofas invite weary legs to rest, warm lighting softens the rooms, and the radio hums gently in the background. The residents sometimes enjoy watching television too, although wildlife programmes are best avoided when Tilly the Labrador is in the room. She takes far too much interest, usually blocking the screen while enthusiastically howling at the animals.

Charlie, the Corgi-German Shepherd cross, affectionately nicknamed "the sheriff" (he even wears a smart blue cowboy neckerchief), makes sure business runs accordingly. If there's something to investigate, he's first on the scene. Throughout the day, staff rotate between different areas. Some stay with the dogs and tortoises (there are eight in total, from 12-year-old Teddy to Totty, who's 84!), while others care for the cats. Someone is always making the rounds of the fields to check on the birds, sheep, horses and alpacas.



"The mid-morning walk is my favourite time of day," says Danielle, one of the Animal Care Assistants. It's when most of the staff and the dogs head out together, depending on fitness levels and how the residents are feeling that day. They usually stroll across the sanctuary's fields and through 27 acres of peaceful woodland. In spring, birdsong echoes through the trees as Autumn transforms the landscape into a patchwork of gold, amber and russet, with crisp leaves crunching underfoot, and that unmistakable earthy scent carried on the breeze.



Sometimes the adventures stretch a little further afield and the team take the dogs out in our new van. Living in Devon means Dartmoor National Park, tranquil lakes and beautiful countryside are all within easy reach, so there's never a shortage of places to explore. Of course, not everyone always fancies a hike. For some of the more leisurely residents, a relaxed trip to a local garden centre and café is the preferred outing, proving you're never too old to enjoy a spot of lunch with friends.



Ellie's puppuccino

In the cat building, Stumpy, a sweet little blue-grey Domestic Shorthair is first to welcome us, beckoning us inside with gentle nudges and quiet meows. It's noticeably calmer here, with soft purrs replacing excited barks.



Stumpy



Each room opens onto its own secure garden, all linked together so the cats can wander between them as they please. Smooth Radio drifts quietly through the building, providing a fitting soundtrack to life for these older felines, now settling into their golden years.

Next door, three freshly shorn alpacas with brilliant toothy grins wander over to investigate. Roman, Jacob and Chester arrived at Hillside with Charlie the horse several years ago.



"We call them Charlie and the Alpacas — it's the perfect name for a band!" laughs Julie.

The four are firm friends, often stopping to exchange whispers and little kisses across the fence. Nearby, Jericha and Kerry, two elderly sheep, peer over to see what all the fuss is about, never ones to miss out on the latest goings-on.



The alpacas

Lunchtime is another highlight of the day. For the dogs, it's usually rice or pasta with a protein of some kind, normally sardines in tomato sauce, tuna, mackerel or eggs - freshly laid by the sanctuary chickens. Favourite meals change daily, though. Zach and Ellie are particularly fussy customers; one day they'll happily tuck into sardines, the next they'll turn their noses up and decide tuna is the only acceptable option. Around here, no one minds – they've earned the right to be a little picky in their old age.



The rest of the sanctuary enjoys a menu just as carefully prepared. The cats enjoy fish mixed with specialist cat food adapted to their dietary needs, while the tortoises feast on fresh vegetables, dandelions, buttercups and other edible plants grown or foraged from the gardens. Grain and seeds keep the chickens and pigeons content, while the horses, alpacas and sheep happily graze on hay, grasses and leafy plants, with the occasional apple or carrot as a well-earned treat. They especially love it when the team go out and cut some willow for them to munch on!

By the afternoon, the pace slows. With full bellies, many of the residents settle down for a cuddle or an afternoon snooze, while the team gets on with medications, grooming and individual care. Lily, one of the Senior Animal Carers, gently carries out laser therapy on a resident with sore joints, following guidance from physiotherapist Jill, who visits every fortnight and has trained the team in the exercises and treatments best suited to each resident.



Foraging in the polytunnel

"I've got an amazing team here," says Julie. "They know the routines so well, I can always count on them to get everything done."

It's easy to see what she means. There's a real sense of togetherness, with everyone quietly looking out for one another as much as they do the animals. That same care extends beyond the daily routines and into the sanctuary itself.



Between caring for the residents, green-fingered team members spend time tending the gardens and polytunnel, where herbs and edible plants such as lavender, peppermint, valerian and comfrey are grown for the animals to enjoy. Comfrey is especially popular with the dogs, known for helping to soothe swelling and aid healing. Two members of the team have even completed training in Zoopharmacognosy (the study of how animals use plants to support their own wellbeing), helping them grow exactly what the residents need. It's just one example of Hillside's approach to care: creating an environment where every animal can thrive, surrounded by nature and the people who love them.



Herb garden

That same philosophy shapes life at Hillside beyond day-to-day care. From birthdays to the annual summer sports day, the team always finds reasons to celebrate and create lasting memories with the residents. This year, they're planning a mini festival with flower arranging, painting, games, dog shows, a barbecue and live music. "I'm going to make a band and we'll perform at the festival. It'll probably just be me and the dogs!" laughs Amy, one of the Animal Care Assistants.

Alongside the celebrations, it's often the quieter moments that stay with the team. In autumn, as a low mist settles across the valley and the day comes to an end, the landscape takes on a peaceful stillness. Wrapped up in warm jumpers, team members often pause to take in the view, breathing in the crisp evening air while the animals settle down for the night. It's a chance to appreciate the beauty of the surroundings and reflect on the day.

As darkness falls and the rest of the team heads home, Julie carries out one final routine. She makes her way around the sanctuary, wishing every resident goodnight and sweet dreams before stopping at the memorial garden, where former residents are laid to rest. It's a simple ritual that reflects the same care and compassion shown throughout every stage of an animal's life.

Kath puts it beautifully: "Watching the sun set over the memorial garden is always very special and knowing how many beautiful souls we have cared for and laid to rest there is very rewarding. To have been allowed to get to know each and every one of them and then to see them safely and lovingly into the next part of their soul's journey helps you connect with the circle of life."



Poldarves Farm Sanctuary



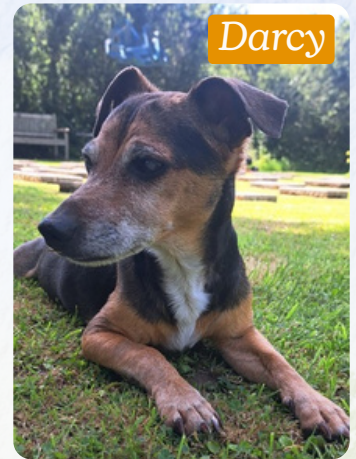
We have welcomed some lovely new faces to Poldarves that we'd like you to meet!

Buddy is a very loving little old man. He is such a calm, quiet little dog that loves to slowly potter about until mealtimes; then he is always first in line! Buddy loves to be cuddled and gives the best kisses and snuggles.



Buddy

Darcy is a little firecracker, so much energy and fun loving, you certainly wouldn't be able to miss her. She jumps up to greet anyone passing by and although she is an older lady you would never be able to tell. Darcy loves to lie on her back and have a tummy rub then will happily jump into the toy box and grab a toy; which she will then rip it to shreds with glee!



Darcy

Poppy is Darcy's sister and is just as big a character. Poppy is a bright little lady who is the first to greet anyone coming through the door with a waggy tail and big smile.

Tilly is the sanctuary security guard and will bark at the top of her voice, shouting at anyone who isn't supposed to be there, builders, postmen, gardeners, people walking past, she will run around, wagging her tail and shouting to her gang of buddies to join in and let everyone know they are there! Luckily, it's only for a short spurt before she decides everyone is safe then it's all quiet again. She loves a zoomie on her last walk of the day just, enough to tire her out before bedtime and her favourite treat.



Poppy & Tilly



Teddy

Although a miniature poodle, **Teddy** is rather tall for his breed, with his beautiful long legs he floats around the sanctuary like a fluffy white cloud. Teddy is quite energetic and likes to join Tilly's gang of security guards, we don't really think he knows what he is barking at but just finds it fun!



Freddie

Freddie has very limited vision but manages to find his way around his outdoor enclosure with ease and sniffs out his favourite dandelion flowers and leaves. He loves it when the team feed him his tortoise - friendly salad bowl and opens his mouth wide to get his first mouthful. Freddie enjoys having his shell scratched and a little tickle under his chin.

Intrepid Explorers



Although many of our residents are in their senior years, age is no barrier and we have had plenty of adventures already this year. We have had visits to the woods to investigate all the fantastic smells and cool dips in the river on a hot summer day. Trips to our local beaches and wonderful exploring trips onto the National Trust's Godolphin Hill that backs onto the Sanctuary.



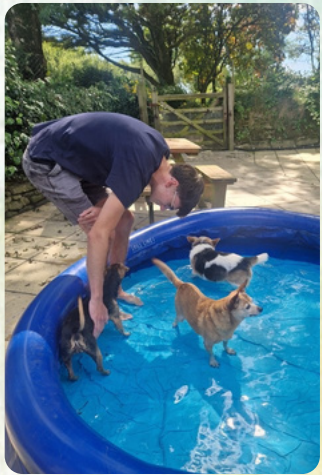
I had a wonderful holiday in Cornwall and my visit to Poldarves was one of my cherished experiences. Seeing all the animals in such a lovely homely environment was so good. It was lovely to sit with Eddie, watch the chihuahua sisters, listen to Chloe chatting away, enjoy Oscar sitting on my lap and just be amidst all the beautiful doggies and cats. Thank you so much for allowing me to visit. I wish I lived near and could be part of Poldarves, such a good place. - Michelle, Somerset

Hot Pet Summer

On the very hot days we have our beautiful gardens that we sit in under the shade of the big old trees, lounging around and when it gets too hot, the residents (and team) have a dip in the paddling pool or walk under the sprinkler. 

It's not just the dogs that like their paddling pool, **Pepper** the Pig loves to sit in hers and loves a good old wallow. She also likes to have her ice lollies made from fruit and veg. A particular favourite is frozen vine ripened tomatoes, which sometimes only last seconds as she is so keen to gobble them up.

Our cats can't quite decide the best way to beat the heat. **Coco** insists that getting into her ball basket is most effective, while **Ming** prefer to snooze inside on a comfy chair until the early evening. Meanwhile **Sandy** loves the sunshine and enjoys sunbathing, with the team keeping a careful eye so that he doesn't overheat.



Pepper





Bridget, our Shetland Pony, celebrated her 38th birthday on the 1st of May. We made her a special cake made from carrot and horse food. She enjoyed her birthday out in the long grass with her friends. Our Ponies have sprinklers in the hot weather and when they come into their shaded stables, we give them enrichment treat balls and they quite like a bit of apple bobbing.



We recently had a movie night, watching *The Sheep Detectives*. Freddie growled when he saw the sheep, perhaps he was rounding the sheep up in his head. Oscar was absolutely enthralled and watched the movie from start to finish with great concentration. We wondered if, like the sheep in the film, our flock would like to be read a story? Michelle took them the latest newsletter and read passages to them about all their friends on the farm. Did they like it? To our surprise, they certainly did and were very interested in what Michelle had to say!



Dedicated Care & Love

Staying on the subject of sheep, Zack from Towan vets came and did a sheep husbandry course for the team. This was very informative and everyone really enjoyed it. We feel it is important that we keep learning and making sure we are always giving our Sanctuary family the very best care and attention.

Pepper has been treated to her very own solarium, she has her breakfast under it every morning and it has really helped her arthritis as the soothing heat penetrates into her muscles, relieves joint stiffness and chronic inflammation, this together with her laser therapy helps her maintain her mobility and enjoy her grazing around her fields.



Dandy, one of our Exmoor ponies, has an arthritic knee and has injections from the vet, he has physio twice per day and laser treatment, this is allowing him to enjoy his normal happy horsey life in the fields with his friends.



Dandy's laser treatment

We also have regular visits from local massage therapist Rachael, from Kernow K9 Massage who comes and tends to some of our pets. As you can tell from the photo **Tilly** is very relaxed while Rachael uses her healing hands.



Our new cat home is coming along nicely. Thanks to the generosity of the kind supporters who have donated, we broke ground in April. We have all been watching the progress eagerly, including our flock of geese.



Breaking ground



♦.Thank You.♦

As the summer draws to an end and autumn slides in with her beautiful gold and browns we will be walking in the woods, kicking the leaves around and running along the miles of golden sands that are a stone's throw away from the Sanctuary.

Wild mushrooms are slowly appearing and **Elizabeth** the squirrel will have some wonderful feasts from them with berries, sloes, fruits and nuts.



There are some wonderful days coming up and we are looking forward to frosty mornings, cool crisp days with blue skies and hopefully breezes rather than the strong winds of last winter. There are lots of holidays to celebrate and fun to have with our friends, whether they have four legs, two or otherwise!



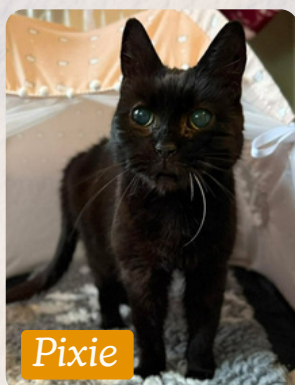


Hillside Farm Sanctuary

We've had the pleasure of welcoming four new felines to our family. They have stolen our hearts already and we're sure you'll see why as you read on and meet them...

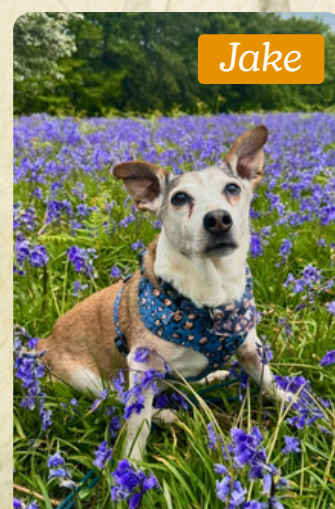
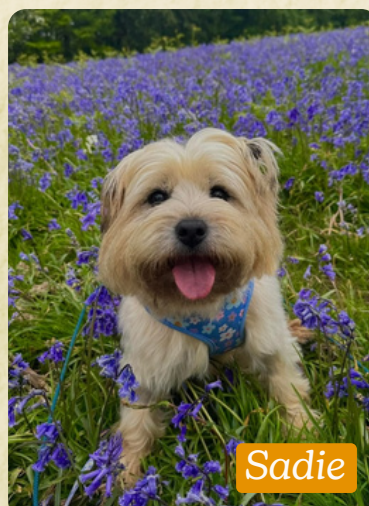
When first arriving at Hillside, **Millie** was a tad unsure, but once she realised there were three full course meals per day, grooming and breakfast in bed she settled right in. **Pixie** made herself at home instantly, bossing the other cats and team around making sure she gets the best bits of chicken.

Tabitha is a sweet little girl who came to us as a shy little thing, but with the help of our dedicated team she has now started to come out of her shell. She can often be seen having a little cuddle in the evening with one of the team or encouraging the older cats to come out in the garden to play. You can usually tell which garden she is playing in by the jingle of her little bell. Distinguished older gentleman **Kash** needs some extra grooming for all that lush fur, which he kindly allows the team to care for. He is very settled and can be found lounging on the sofa in the sun.



Strolls Through the Bluebells

Hillside is fortunataly situated very close to moors and woodlands, and during spring and summer they come alive. With such a beautiful landscape it seemed silly not to explore the beautiful bluebells. The dogs had a trip up to a woodland coated in beautiful blue, they had a careful explore with the team guiding them along the narrow path to avoid squishing any of the beautiful flowers. It was a truly magical experience.

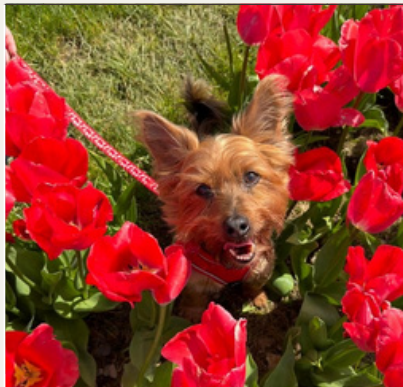


Tulip Fest 2026

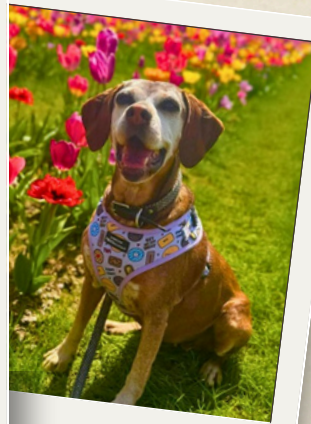
In the opposite direction to the woodland is Strawberry Fields. Organised by one of our senior carers Kate, the dogs had a day trip out to Tulip Fest at Strawberry Fields in Lifton, Devon. They struck a pose and had some lovely photos taken amongst the tulips.



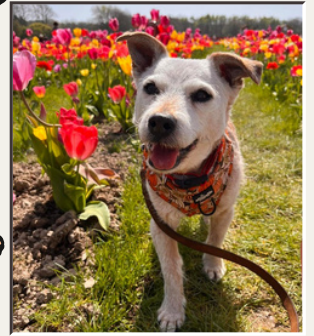
Ella & Ellie



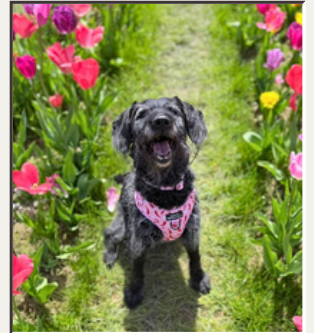
Ben



Adele



Rosie



Betty



Charlie

Hot Pet Summer



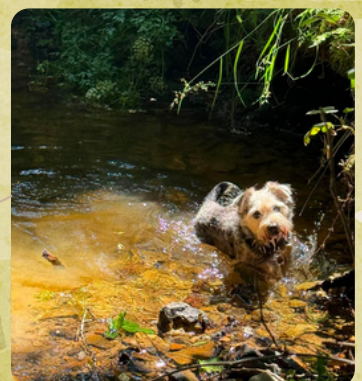
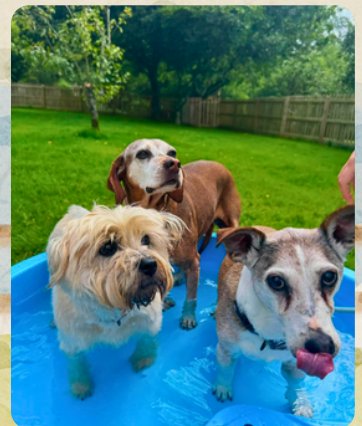
Wow, what an extra warm summer we've had this year! The paddling pools have been out, pet friendly frozen treats have been a firm favourite and we have been taking advantage of walks in the cooler mornings and evenings. Our alpaca brothers **Roman**, **Jacob** and **Chester** have been using the shade of the stables to cool off before heading out on their adventures in our fields.



Charlie with Braids



Hillside once again hosted a Big Walk, this year, at Roadford Lake. We attended the Royal Devon Show and Okeford Vet Day, so we have really felt alive in the community these past few months! We have loved every second of it, especially meeting people and pets from The Cinnamon Trust community, so we hope to do more of the same next year.



Jamie's Journey

When pets move into our sanctuaries, they do so to live out their twilight years in peace and comfort, surrounded by love. We would like to share Jamie's story that led to him becoming part of our Hillside family.

Hilary, Faith's daughter, tells us about her Mum and her beloved Prince Jamie...

For fourteen years, my Mum, Faith, was devoted to Jamie. He was my Mum and Dad's 'little boy' and when Dad passed away, Jamie continued to be the much loved link between them. My husband and I have been supporters of The Cinnamon Trust for almost twenty years and I always passed the lovely newsletter to Mum. A few years ago she decided to profile Jamie; the fact that Jamie would be looked after brought Mum peace of mind because whilst we all loved him, all of the rest of the family have dogs and Jamie is not a fan of anyone with a bark!

At 94, Mum needed to go into a home and try as I could, I could not find somewhere near me that would take them both. The manager came to meet us at Mum's home and Jamie was charming. However the rule was a rule, there was to be no exception. To cheer Mum up the lady explained that each resident could have one wish, which they would try to make happen and Mum chose to dance with Anton du Becke! Mum moved into the home for her trial period and I visited her and Jamie (who was still at home) several times a day. Mum was sad, she liked the home, but she missed Jamie terribly.

After a week there, Mum hatched a plan; remembering the offer of a wish to be granted, she hurried down to the office having decided that Anton was not a patch on Jamie! I was called to the care home and asked if instead of visiting Mum at the care home and Jamie at his home, would I be prepared to visit them both to help look after Jamie, of course I said yes. So many of the residents and staff loved Jamie, he settled in really well and he stayed with Mum for the rest of her life.

Faith & Jamie at the Care Home



I contacted The Cinnamon Trust and my husband, and I were invited to visit Hillside Sanctuary. Nothing can prepare you for the truly special place it is; it was so lovely I couldn't stop the tears! We'd imagined the sanctuary to be like a glorified cattery with sofas; we were completely wrong. This is home, a perfect home, filled with love, comfort and the utmost care for the cats fortunate to be living there. The staff and the charity are completely humbling, the word compassion does not come close. They knew each cat so well and the respect they showed for each furry individual's needs was astonishing.

For those readers interested in the home for the dogs, on our 'grand tour', we were both completely lost for words at being welcomed by a 'meet and greet team' comprised of dogs! With the wonderful staff, they seemed keen to show us everything. We walked through a normal day in a special home; past dogs who were apparently asleep on their favorite sofa but still managing a casual wag of their tail, and those who had come in from a few minutes in the garden. We went past the kitchen area to meet



those dogs interested in what was being prepared for their supper, right through to the far end of the large open bungalow type home, to where there was an open bedroom for the carer on night duty. I exclaimed how big the bed was, only to be told it needed to be for all the dogs who had always slept on their loved one's bed and still do.... more tears and for my husband too!

When it was time, we took Jamie to the sanctuary. The team had prepared a beautiful quiet 'room' for him, with toys and kind staff to welcome him, a choice of sofas and hidey places and access to the secure garden for when he was ready. We stayed for a while with him purring on my lap. The team promised to keep me up updated, (which they have) and invited us to visit whenever we wanted to. We left, knowing that Jamie was going to be happy and that Mum could rest, because her little boy is almost in heaven too!

Thank You for Going Paperless!

In an ongoing effort to make The Cinnamon Trust more sustainable, we have encouraged those of you who can to go paperless. This is not just a step towards reducing the impact we have on our planet, but is a step that allows us to focus our spending on the people and pets who need our support. Thank you to the thousands of you who have already chosen to go digital!

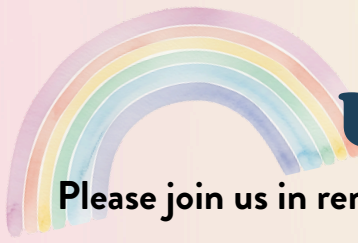


If you would like to continue to enjoy our newsletters but don't mind it being in a digital format, then please let us know! Scan the QR Code or visit forms.cinnamon.org.uk/paperless.

Go paperless!



forms.cinnamon.org.uk/paperless



Until We Meet Again

Please join us in remembering our sanctuary family who crossed the Rainbow Bridge.

Poldarves Farm Sanctuary: Sweet **Daisy May**, 16y Chihuahua, who just adored being cuddled and loved to be tucked up in her bed with her bottom sticking out. **Benji**, 9y Bichon Frise, was a super friendly gentleman. Although this young man wasn't with us for very long his poorly heart left us with a big hole in ours. **Pickle**, 19y cat, was a very shy little man who liked to watch the world go by at his own pace. He loved a Pickle tickle when he was under his tent. **Lulu**, 22y cat, was the matriarch of our feline family and although small was very mighty. You will never be forgotten, and we still think of you every time we see your chair. **Charlie**, 19y cat, a lovely quiet distinguished gentleman, we hope you're young and free and bounding over that rainbow bridge. We will the lovely face of **Independence**, 12y sheep - sleep tight, sweet girl. Our little warrior and guard dog **Maisie**, 16y Shih Tzu, a sassy, gentle, fun loving girl, we all miss you so much. **Kera**, 16y Poodle, you were a real miracle, we thought you wouldn't be here long due to your condition but you proved us all wrong. You've left a big impression for such a little girl. **Lucy**, 18y Jack Russell, with such a beautiful spirit. May that spirit carry you up to heaven where you belong. Fly high beautiful girl.

Hillside Farm Sanctuary: **Tinsel**, 17y cat, like her namesake brought joy and sparkle to Hillside, she will forever be our Christmas cat. **Merlin**, 18y cat, could never quite work out the cat flaps and would sit there boxing them until he would suddenly dart through, it would make us all smile. Let's hope there are no cat flaps in Heaven. Queen **Olive**, 21½y cat, reigned over us for many years, she was a queen to be worshipped, brushed and loved. **Hattie**, 17y Lurcher, came to us with her sister **Abbie**, 13y Whippet. They were an inseparable pair, and although they were fighting heart issues and cancer respectively they both thrived after arriving at the sanctuary. We will miss both beautiful sisters who touched our hearts in so many ways. **Bonnie**, 12y Corgi, could be found most often following Kath up to the garden or Julie around the house, paw tapping for fuss or bit of her toast. We know she is looking down on us, keeping an eye out for the odd dropped snack. **Bella**, 17y cat, was sleek, black and soulful, she watched the world with quiet contemplation, and we will miss her presence. Sadly **Lola**, 18y cat, was fighting many health issues, though her time with us was brief we gave her cuddles, a safe space and so much love. We will miss our bossy little old lady **Muffet**, 15y cat. Hillside will be much more quiet without her demanding meow. Little **Toby** toe beans, 14y Jack Russell, was the light of the sanctuary. He was our cuddly boy who would fall asleep in our arms, we love and miss him dearly. 16y Westie **Toby**, was a beautiful soul. He was always happy to see you and have a good play. Our main man **Darkie**, 19y cat, loved everyone from feline to human, he could charm them all. Sweet and kind **Ella**, 15y Labrador, was a quiet loving presence in our lives at Hillside, and we were honored to have met and got to know her. Sweet carefree little **Monty**, 10y Japanese Chin, we will miss his cheeky face and his beg where he would stand on his hind legs and pray with his front paws. **Vanja**, 16y Swedish Vallhund, filled every space she entered with noise, warmth and character. She made people laugh, demanded affection, offered devotion in return and left behind countless fond memories.

While they may be at peace in their forever sleep and no longer with us, they will remain in our hearts and cherished in our fondest memories.

Book Reviews

The Tabby in Black

by Mandy Morton



The Tabby in Black is the 16th novel in the No. 2 Feline Detective Agency series but it reads 'purrrfectly' as a standalone novel; there are hints of previous cases, but these do not detract from the engaging 'tail' in hand.

At first, you wonder how a world inhabited by cats without no humans in sight would work. However, within just a few pages you are completely immersed in the lives of Hettie Bagshot and Tilly Jenkins, the captivating feline protagonists.

The story begins with the discovery of bodies at the local chocolate factory, but the investigation soon uncovers more skeletons lurking within the history of the famous Catberry family. Hidden secrets, rivalries and jealousies gradually come to light before the mystery reaches a satisfying conclusion.

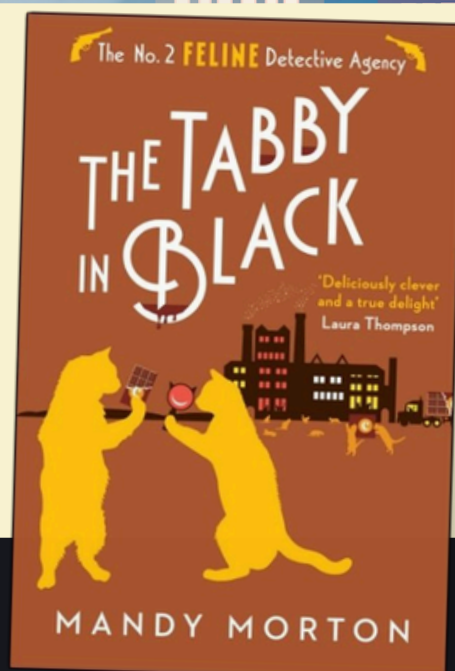
We found this to be a hugely enjoyable read, packed with witty cat-themed puns and charming humour. It's light-hearted with a well-paced plot that will keep you engaged right up until the end. We thoroughly recommend curling up in a cozy spot with a cuppa and a tasty treat or two as the descriptions of the food throughout are sure to get your mouth watering!

The publishers at Duckworth Books have kindly offered 5 of our readers the chance to win a copy of The Tabby in Black.

Our draw will be held at the start of December so you will receive your book in time for Christmas! To place your name in the draw please contact us on:

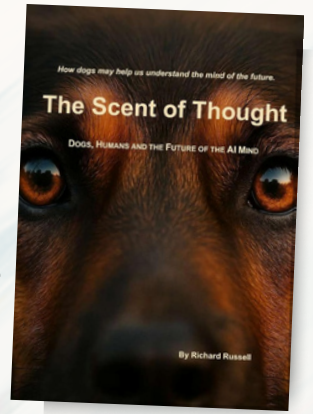
✉ joy@cinnamon.org.uk

☎ 01736 757 900



The Scent of Thought

by Richard Russell



The Scent of Thought encourages you to step into your dog's mindset and imagine how they perceive the world. As you read, you become deeply aware of the love Richard has for his companion, Max. The chapters take us from puppyhood to Max's final days, making for a touching and engaging journey.

We found it a fascinating book, exploring how our relationship with dogs has evolved over the centuries and considering how our bond with our pets may shape future advances in technology, including how we interact with AI.

This isn't a book to rush through. It prompted us to pause and reflect throughout, making it a rewarding read for anyone interested in dogs, the human-animal bond, and the ways technology might deepen our understanding of both.

Poetry Corner

Steady as the seasons

*Love like this arrives as weather
Morning mist that never leaves.
It settles softly in the silence,
Threads itself through roots and
leaves.
Like old oak trees that bend with
seasons,
Or rivers carving stone with grace,
A horse will love without announcing,
And leave forever in its place.*

- Iris, Hereford

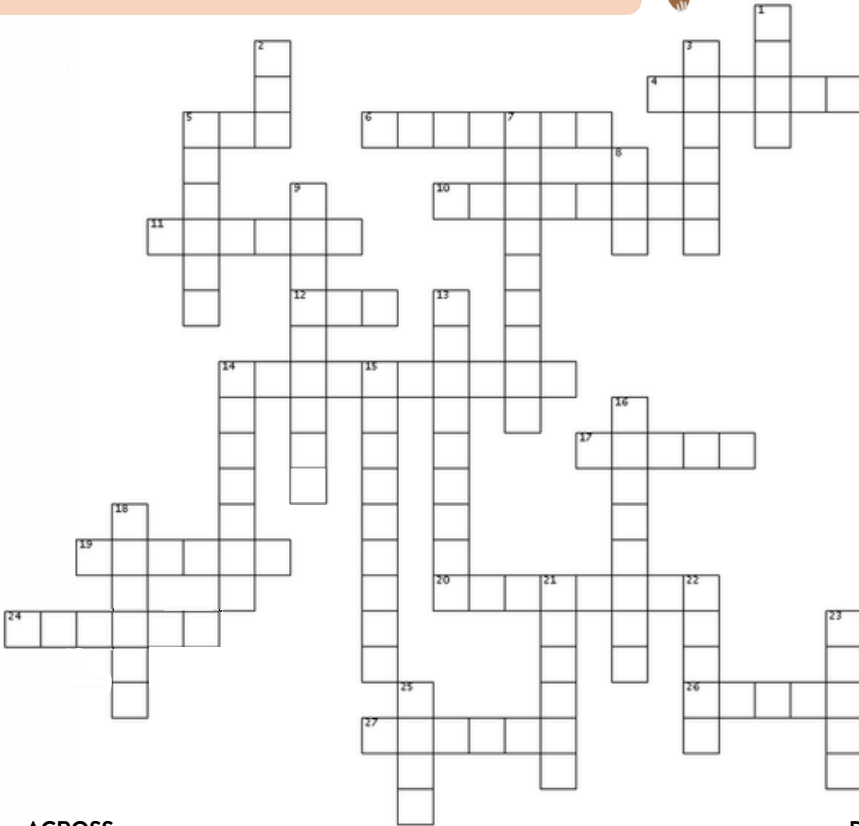
Send your poems to:
joy@cinnamon.org.uk

Puzzle Page



Wilbur's Wordsearch

Kevin's Crossword



V	F	U	L	Y	E	H	F	Z	C	C	A	R	E
S	L	X	O	T	C	H	H	O	V	E	J	G	P
R	Q	J	R	J	H	Z	O	Z	S	L	W	H	U
E	R	U	L	G	X	T	A	E	E	T	C	Z	B
E	S	C	H	L	N	Y	S	I	S	O	E	B	C
T	Y	I	E	A	R	I	N	U	M	R	X	R	O
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V	N	O	A	T	K	Y	E	N	Q	Y	F	Y	T
T	Q	N	Y	A	N	O	I	N	A	P	M	O	C
H	Q	S	T	E	P	D	B	E	M	M	L	H	G
H	F	X	C	B	A	L	Q	C	X	M	K	V	T

COMMUNITY
COMPANION
VOLUNTEER
CINNAMON

TRUST
SMILE
CARE
PETS

SUPPORT
SPANIEL
FOSTER
LOVING

ACROSS

- Cold-blooded reptile that relies on external heat sources to regulate body temperature.
- Agile household hunter known for nocturnal activity and retractable claws.
- Tiny nocturnal pet that commonly stores food in cheek pouches.
- Slow-moving reptile protected by a sturdy shell and noted for longevity.
- Colourful bird capable of mimicking sounds and human speech.
- Domesticated companion often trained to follow commands and guard homes.
- Soft-furred rodent adapted to cool climates and agile jumping.
- Tiny cheese loving rodent with keen hearing and remarkable agility.
- Curious slender pet known for squeezing through narrow space and exploring relentlessly.
- Freshwater pet often kept in tanks and known for constant foraging. (Not silver).
- Small herbivore capable of powerful leaps and constantly growing incisors.
- Grazing livestock raised for a fleece that continues growing throughout life.
- Abbreviated name of a small parrot species capable of learning words and simple sounds.

DOWN

- Sure-footed farm animal famous for browsing a wide variety of vegetation.
- Intelligent pet capable of problem-solving and recognising familiar individuals. Some may call them a pest, not pet.
- Young feline recognised for playful behaviour and developing hunting skills.
- Small songbird historically valued for its distinctive vocalisations.
- Large hairy spider that detects vibrations through sensitive hairs on its body.
- Highly intelligent livestock species possessing an exceptional sense of smell.
- Small song bird species renowned for its flash of yellow and a bright red face.
- Social rodent with poor sight that communicates through a variety of squeaks and whistles.
- Ground-dwelling clucky bird that establishes social rankings within groups.
- Crest-headed companion bird recognized for whistling and social behaviour.
- Social parrot species known for forming strong pair bonds and singing.
- Small desert rodent adapted to dry environments and active burrowing.
- Hardy working animal valued for endurance and cautious decision-making.
- Hoofed animal bred for transport, sport, and agricultural work.
- Young canine often undergoing training while rapidly learning social behaviours.
- Waterfowl equipped with specialised feathers that repel moisture.

Suki's Sudoku



7	2						5	
9	3	6						2
					8			
			8				4	
	6			2	7			
	8	9					2	
6					2	3		7
		3						
	5		7	8		4		

10. Chicken
11. Parrot
12. Dog
13. Guinea pig
14. Chinilla
15. Cat
16. Hamster
17. Mouse
18. Rabbit
19. Ferret
20. Goldfish
21. Donkey
22. Horse
23. Puppy
24. Duck

Rotate for
answers

1. Lizard
2. Rat
3. Kitten
4. Snake
5. Canary
6. Pig
7. Tarantula
8. Spider
9. Goldfinch
10. Guinea pig
11. Parrot
12. Dog
13. Chinilla
14. Cat
15. Hamster
16. Mouse
17. Rabbit
18. Goldfish
19. Ferret
20. Donkey
21. Horse
22. Puppy
23. Duck



Thank you for being a part of The Cinnamon Trust

CHARLIE AT HILLSIDE
FARM SANCTUARY

Let's have a chat!

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