



Scottish Charity  
No. SC014924

Incorporating **THERAPET**®

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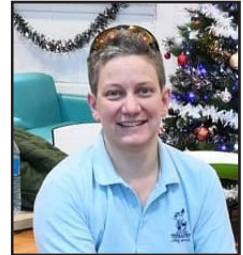
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## Bulletin No 97 – December 2019

Dear Members and Friends,

Happy New Year!

A new decade and a new CEO! At the Annual Awards Lunch Chairman Allan Sim announced that at the end of the year, as part of succession planning, Nick Henley Price would be relinquishing the Honorary CEO part of his role within the Trust and that Support and Development Officer Mel Hughes had been promoted to replace him with effect from 1 January 2020. Mel joined the staff in April 2019 and has made a considerable impact and the Trustees believe that she is an ideal person to take on the additional responsibility of leading the charity forward. For his part Nick is to continue as Honorary Secretary and Honorary Treasurer, posts that he has held since the Trust was established in 1988.



### Appointment of Life President



Douglas Ruthven joined as a volunteer in 1988. He became Area Representative for Edinburgh & the Lothians in 2000, a post he held until 2014. In 2008 he was invited to become a Trustee. In 2017 he was awarded the British Empire Medal for his voluntary work in the community. Recently Douglas has intimated his retirement as a Trustee.

The Rules of CCST permit the appointment of Honorary Life Presidents and to date just one has been appointed, the late Marjorie Henley Price who was responsible for creation of CCST in 1988. The Trustees decided to appoint Douglas an Honorary Life President in recognition of the tremendous contribution he has made to CCST over more than 20 years.

Chairman Allan Sim presented Douglas with a framed certificate and as our Patron, Rosemary Long, was not able to be at the lunch, he invited Douglas to present the awards.

Our 2019 Awards Lunch took place on Sunday 24th November at the very welcoming and dog friendly Marriott Hotel in Edinburgh. We have now nearly 'notched up' our 31st year since our inception in 1988 by Marjorie Henley Price along with four other Trustees and a small band of dedicated volunteers who started the Therapet service – which continues to go from strength to strength!

As well as an opportunity for a 'get together', the Awards Ceremony is an important part of the Trust's calendar – as both human and canine endeavour are acknowledged, celebrated and rewarded!

### Trustees:

I Allan Sim BSc CA (Chairman),

Dr Stewart G Donald BVM&S, M Litt, MRCVS, George Leslie BVMS, James Macdonald,

Dr Valerie J Marrian MBChB FRCP FRCPE DCH, A Douglas Ruthven BEM FRSC,

Lynsey G Thomson BSc(Hons) OT, Diane Wood Dip RMS, Simon W Young BA(Hons) MBA

**The Spencer Award for Therapet of the Year** was donated by **Tom and Dorothy Wilkins**, whose Cavalier King Charles Spaniel, **Spencer**, was the very first dog to be registered in the Therapet service, way back in 1988. As always, the voting was very close. The winner of **Therapet of the Year** for 2019 is last year's runner up Beagle "**Noodle**" very proudly owned by **Amy McKenzie** of Ellon, Aberdeenshire and what a star she is!

Noodle has been visiting under the Therapet banner for nearly four years. This year she has made 102 visits including her weekly visits to Pitmedden Primary and Inverurie Academy, her fortnightly visits to Auchtercrag Care Home, assemblies at Tarves Primary and Greenbrae Primary, PAWS Against Stress sessions at Robert Gordon University, Robert Gordon's College, John Lewis, Midmill Primary, Scottish Rural College Craibstone and Ellon Academy as well as being one of the 14 members of the Canine Crew at Aberdeen International Airport. She also took part in the Celebrate Aberdeen Parade.

Noodle was selected to star in the remake of our "Children and Dogs" video. The film is complete and in the coming months it will be offered to Primary Schools throughout Scotland. Urbane Media, the producers of the film wrote: "For the film we certainly had to put Noodle through her paces. We were amazed by how calm she stayed working in a variety of environments. Having to repeat actions numerous of times for the camera without getting bored or frustrated is just one of many things that impressed us. Noodle worked excellently with the pupils at Portlethen Primary School and didn't seem phased by a room full of excited children. For a different filming project at Aberdeen International Airport with all the Therapets, Noodle certainly stood out with how friendly she was with the airport guests. In the busy environment that an airport can be, it was incredible to see Noodle as relaxed as we'd ever seen her. Noodle has been a star to work with in every way and we support her fully in being put forward for Therapet of the Year 2019"

Chairman Allan Sim commented "And so say all of us - Noodle is a very worthy winner of the Therapet of the Year 2019 award."

**The voting this year was again very close, so close in fact that two Therapets shared the Runner-Up spot.**

Carrie, an Old English Sheepdog owned by **Christine Fairgrieve** of Cumbernauld. Carrie must be one of our busiest Therapets. She is 9 years old and has been a Therapet for 4 years. She commenced fortnightly visits to Cumbernauld Care Home. She visits the Harry Walker Integrated Care Service nearly every week. During the year she has visited a number of care homes – Monklands House, Drumpellier Lodge and Rawyards House. She is a regular visitor to the Heather Ward at Wester Moffat Hospital and has visited various wards in Monklands General Hospital. Carrie has been involved in many phobia sessions with Clinical Psychologists at the CAMHS Unit in Coathill Hospital.



If that is not enough during this year Carrie has visited 14 schools. Some of the visits are a 'one off' during school Health Awareness weeks while others are for 6 weeks doing the full Reading With Dogs programme. Carrie was also a canine member of the recent Monklands' Light Opera production of 'Annie'. She also accompanies Christine to HMP Shotts where they participate in involving prisoners in some dog education and basic training.

The other **Runner Up** was **Mannie**, a Labrador Retriever, owned by **Fiona Redford** of Mintlaw, Peterhead. Mannie is 7½ years old and is another extremely busy Therapet who visits Abbey Court Sheltered Housing in Mintlaw, Allandale House Care Home in Peterhead, Grangepark Care Home in Peterhead, Peterhead Community Hospital, Faithlee Care Home in Fraserburgh, Mintlaw Primary School, where he does great work with special needs children and Pitfour Primary School in Mintlaw where he visits to help promote the Clean Dog Walking Scheme.

Chairman Allan Sim commented “We congratulate both Carrie and Mannie for the tremendous amount that they do in their communities. The commendations that we received in respect of both of them were tremendous. They are a credit to their owners, their breeds, to dogdom and of course to the Therapet Service.”

Therapets nominated who did not quite make it into the first three places were each presented with a certificate of nomination. Listed in alphabetical order:

“**Alba**”, a Lhasa Apso, owned by Lauren Hayward of Lossiemouth  
 “**Bud**”, a Labrador Retriever, owned by Carol McLean of Blairgowrie  
 “**Coco & Olaf**”, Curly Coated Retrievers, owned by Barbara Cooney of Kelty  
 “**Derek**”, a Labrador Retriever, owned by Elaine Malcolm of Aberlour  
 “**Doug**”, a Pug, owned by Kate & Sean Broadley of Aberdeen  
 “**Jilli**”, a Jack a Hua Hua, owned by Laura Mowat of Glenrothes  
 “**Millie**”, a Golden Retriever, owned by Anne Thomson of Falkirk  
 “**Murphy**”, a Springer Spaniel, owned by John & Robbie Bowman of Cults  
 “**Penny**”, a Labrador Retriever, owned by Thomas Miller of Broughty Ferry  
 “**Pippin**”, a Miniature Schnauzer, owned by Roslyn Todd of West Calder  
 “**Rhum**”, a Gordon Setter, owned by Jocelyn Ness of Edinburgh  
 “**Robbie**”, Border Collie, owned by Marilyn Killen of West Kilbride  
 “**Ruby**”, an Australian Shepherd, owned by Sam & Anne Murray of Cults  
 “**Skye**”, a German Shepherd, owned by Jacqueline & Craig Forbes of Bridge of Don  
 “**Tanya**”, a German Shepherd, owned by Ian Arnott of East Kilbride

The **Therapet Organiser of the Year** award was donated in memory of a very special gentleman and his very special dog – Dr Morris Andrew and Daniel the Spaniel! It was made by members of his family who agreed that it should go to the **Therapet Organiser of the Year** since Morris himself, as well as being a Trustee, represented Edinburgh for many years.

The Award is not voted on. The Administration Team, decides on the recipient. It is not an easy choice. We have so many wonderful people around Scotland who give of their valuable time and do magnificent work for the Trust and have made the Therapet Service the success it is. We thank them all. The winner this year was one of our **Area Representatives for Edinburgh & the Lothians, Barry Williamson**. The Admin Team commented: “Barry has been a very committed, efficient and enthusiastic Area Rep and Volunteer. He joined Canine Concern in 2014 as a Therapet Volunteer and in 2016 he willingly became an Area Representative when a team was being formed to cover Edinburgh and the Lothians.

Barry has two Therapets – Willow who was registered in 2014 and Fern who joined us in 2018. Both have visited many different places with Barry, and helped bring comfort to people in differing situations. He went the extra mile when due to health problems, he could not drive for a substantial amount of time, by using public transport to fulfil all his commitments. Barry also took on a much bigger area than he originally covered to help out when we were struggling for Area Reps in Edinburgh.



He visits the office regularly to keep us up to date with what is happening in his area, and never complains about anything. We have had lots of nice feedback from people who have had visits from him or his volunteers”. A recent quote from a newly registered volunteer, “Can I please also just say what a great support Barry has been, in helping to get us started as Therapet volunteers. Barry, thank you.” We are very grateful to Barry for his dedication over many years, and he most richly deserves this award.

Chairman, Allan Sim commented “We are very sorry that Barry is having to relinquish his role as Area Representative at the end of this year but we greatly appreciate everything that he has done in Edinburgh, and we are glad that he feels able to continue be a Therapet Volunteer. He is a very worthy winner of the Therapet Organiser of the Year Award 2019.”

**The Iain Whyte Memorial Award** was donated by the late Betty Lawson-Whyte in memory of her first husband who was a great admirer of the work carried out by Canine Concern Scotland Trust.

The award is made to a person, or organisation, whose work has been of special benefit to the Trust over the past year or over a period of years. Over the years some very special people and organisations have been given the award. This year the award went to an organisation with which we have co-operated in creating a “first” in the UK, **Aberdeen International Airport** and the Chairman welcomed **Airport Duty Manager, Fraser Bain**.

Members and volunteers will have read, in the August edition of our Bulletin, about the highly successful creation of a Canine Crew at the airport. The ‘Canine Crew’ comprises 14 volunteers and their Therapets. They attend both airside (within the airport building) and landside, the volunteers in their instantly recognisable uniforms of blue jackets and polo or tee shirts, and the Therapets wearing their Therapet bandanas and lead flashes. In rotation, two members of the Crew work a two hour slot each week. The dogs have a ‘mission’ - to calm passengers and staff and alleviate stress wherever it is most wanted! Meticulous planning, between Fraser, and his team, and our Area Representatives for Aberdeen, was necessary before the initiative could get off the ground and we are extremely grateful to everyone involved. The publicity that the Canine Crew has received has been extraordinary, not just in the UK but worldwide.

The Trustees were delighted to make this award to Aberdeen International Airport, the inscription reads “With gratitude and in recognition of the Airport’s co-operation in organising and welcoming the team of Therapets known as the “Canine Crew” for the benefit of passengers. The first such initiative in the United Kingdom.”

## 20 Year Service Awards

A few years ago the Trustees introduced 20 year Service Awards for members who had given 20 or more years of active participation in the Trust’s work. At that point we presented awards to 15 members and we have made a number of similar awards since. This year two members have qualified. **Linda Macdonald** of Stonehaven who has been a regular Therapet Volunteer over the years and was a very active member of the Aberdeen team of Area Representatives from 2004 until the end of 2017. **Caroline McDermott** of Chirnside in the Borders was also a regular Therapet Volunteer and was Area Representative for the Borders for many years and still assists Marion Livingston by carrying out assessments in her part of the Borders. Both Linda and Caroline were unable to attend the lunch but their vases have been delivered to them. We thank them both for their long and dedicated service.



The **Ki-Chu-Asha Stars of Hope Memorial Trophy**, which was donated by Jean Llamo, is for the organiser whose walk raised the most money. This year it was won once again by Area Representative for Badenoch & Strathspey, **Margaret Ewing**.

The **Miss Matty Award** award is for the top individual fund raiser at sponsored events. This year it has been won by **Elizabeth Kay** of Kingussie who, unfortunately, was not able to attend the lunch her award was picked up by Area Representative Margaret Ewing on the day.

Some of us will remember Muttley, the famous cartoon villain Dick Dastardly's sniggering hound, who was always muttering... 'medal! ... medal!' under his breath, while pointing to his chest (for placement of said medal) whenever he felt he'd done something praiseworthy! Well, Rhum, Jocelyn Ness's eleven and a half year old Gordon Setter, is far too modest for such antics, but has earned himself a medal nonetheless! This year, Rhum has achieved **10 years** as a visiting Therapet and we congratulate both Jocelyn and Rhum for this splendid achievement and the attainment of the **Father Jim Peat Memorial Medal**.



Rhum is only one in a line of seven of Jocelyn's Gordon Setter Therapets, and visits Strachan House Nursing Home and Moray House in Edinburgh. As one of our longest serving volunteers Jocelyn says of Rhum's achievement. '[Rhum] is, as all Therapets are, a most enthusiastic and welcome visitor and I am extremely proud of him'. A sentiment we are sure is shared by all volunteers for their own more bashful 'Muttley' Therapets!

### Membership Subscriptions

Membership subscriptions for **2020** are now due and we attach a renewal form. We do hope that you will continue your membership, and, of course, it is very important from the insurance point of view that Therapet Volunteers keep their membership up to date. For new members who joined after 1 October 2019 the subscription you paid covers you until 31 December 2020. The form contains a **Gift Aid Declaration**. If you are a tax-payer and are willing to make use of the Gift Aid system, in respect of your membership and/or donation, please read the declaration carefully. If you are certain that you qualify please do sign the declaration as the Trust can then recover valuable tax from HM Revenue & Customs. Please complete the form and send it to the office along with a cheque made payable to Canine Concern Scotland Trust.

You will see from the form that it is possible to make payment directly to the Trust's bank account. If you decide to use this method, please ensure that you instruct your bank to give your **surname and initial** as a reference. Additionally, if you make direct payment please remember to send us the completed renewal form if you want Gift Aid to apply.

### In Memoriam

Since the August Bulletin was prepared we have been informed that the following Therapets have died:

<b>Aero</b>	Alain Connon's German Pointer
<b>Annie</b>	Liz Craik's Lurcher
<b>Benji</b>	Marion Livingston's Whippet
<b>Bella</b>	Cynthia Jeffries' English Pointer
<b>Clova</b>	Caroline Hippisley's Black Labradoodle
<b>Hana</b>	Marie Morrison's Labrador/Retriever
<b>Molly</b>	Gill McHattie's Springer Spaniel
<b>Nikki</b>	Margaret Cowie's Greyhound
<b>Rocky</b>	Nicola Stephenson's Cocker/King Charles
<b>Ruby</b>	Sarah Henderson's Greyhound
<b>Tanya</b>	Ian Arnott's Rottweiler Cross

We send our sympathies to you all, along with our sincere thanks for sharing your pets with so many people by your participation in the Therapet Service. If we have not mentioned any Therapets that have died recently please let the office know.



## Area Representatives

We have had a few changes with the Area Representatives and Coordinators this year, mostly because of representatives having to scale back their contributions due to family or work commitments. If you are unsure who your nearest Area Representative is, please do check on our website <https://www.canineconcernscotland.org.uk/copy-of-area-representatives> or ring the office. In Ayrshire, Iris Syme is now undertaking assessments on the island of Arran. Annette Adair is our new Area Representative in Dumfries. Annette is covering the area within an approximate 18-mile radius of **Dumfries** and we are still looking for volunteers to assist with parts of Dumfries and Galloway outside of this.

In Edinburgh & the Lothians, Allison Aspinall is the new **Edinburgh South** Representative. Allison's team has been busy and is embarking on a research project with Edinburgh University in January. Barry Williamson, **Edinburgh West** Representative will be stepping down from January and we are currently looking for volunteers to replace him. Also in Edinburgh, Ruth Davis is now coordinating our volunteers at St. Columba's Hospice. In **East Lothian**, Simon Young will be stepping down from his Area Representative role to focus on his Trustee duties and we welcome June Forson who will assist with East Lothian Therapet Assessments and Kirsten Baird who will oversee our Paws against Stress sessions at Queen Margaret University.

Our Heriot-Watt, Napier Universities and The Royal Edinburgh Hospital Paws Against Stress Co-ordinator Jan Ramsay is now stepping down from her role so we are looking for a replacement here. Many thanks to everyone who has worked so tirelessly in these roles over the years and good luck for the future.

In **Stirlingshire**, Marion Reddie is now assisting Lynsey Thomson by coordinating Paws against Stress sessions in the Forth Valley. Marion has assisted us for some time and we are pleased that she is continuing.

## Therapet News

During 2019 another record number of new Therapets were registered. At the time of writing at the end of December the total was approximately 350. A big welcome to them all and to their owners! We hope that you are enjoying participating in the Therapet Service and that you will keep in touch with your Area Representatives and with Lesley, Norma and Carole in the office. They are all there to give whatever assistance and advice you need.

**Four Deerhounds and a Jack Russell** describes the canine life of Aberdeen volunteers Carole (Area Representative Aberdeenshire South West & South) and husband Bill Ledingham, who together with Deerhounds, Michael, Grace, Vincent, Victor and Jack Russell Dorothy, form a well behaved 'pack' of Volunteers and Therapets. Their Therapet engagements range from Reading with Dogs with Michael to covering a shift with the Canine Crew at Aberdeen Airport with Grace and a monthly visit to HMP Grampian by any pack member. Vincent and Victor are two of the 'new boys on the block' having only recently been registered as Therapets, and will no doubt be spreading cheer and raising smiles wherever they visit in the near future! We are assured that Dorothy is the matriarch leader of all the boys in her pack!



### ‘How I became a Therapet Volunteer’ by Drostie Tame and Teal

“My Springer Spaniel Teal and I have been regularly attending an Alzheimer’s Day Care group, organised by Alzheimer Scotland every Thursday since May 2018 at St Andrews & St Cuthbert’s Church Hall, Kirkcudbright. The aim of this group is to offer respite to the spouses/carers of those diagnosed as having Alzheimers. The group is fairly small with a maximum of 12 folk attending. We have various activities ranging from arts and crafts, jigsaws, keep fit, bingo, wordsearch and board games. All attendees enjoy Teal’s gentle nature and how she sits quietly at their knee waiting for them to stroke her. They may not always remember her name or whose dog she is, but they certainly feel the affection and love that Teal has for them. Teal is always enthusiastic about going and most definitely enjoys the day spent with her friends. Prior to that we attended a monthly Alzheimer Carer Support Group at Greyfriars House, Kirkcudbright, which was for the spouses/carers themselves. This group came to my attention as I had supported my mother-in-law for 11 years, in caring for my father-in-law who had Alzheimers. It was by chance that the organiser of this group, Jill met Teal on the 25th May 2017, as I walked her just before going into Greyfriars House where the group was held. “Bring her in with you”, Jill said. It quickly became apparent that Teal was very therapeutic and had a calming effect on those present. Jill asked if I was aware of the Therapet scheme, I wasn’t but it wasn’t long before we were assessed and Teal and I officially began our work with Canine Concern Scotland Trust.”

What a lovely personal story of caring, a route which leads so many people to volunteer with the Trust.

Ever wondered what our Therapets get up to in their spare time? Therapet Bodie and owner Kate Hunter train with **SARDA (Search And Rescue Dogs Association Scotland)**. “We have a training weekend every month around various mountain areas of Scotland. Mostly it is search areas (about 5 over the weekend) with assessors watching and training us in search techniques, in my case the human needs more training than Bodie.



There is nothing better than seeing your dog get the scent (a strike) checking that you have noticed and charging into the waiting body (live) and barking to let you know and all for a smelly old Buff (her favourite toy). So this weekend we had helicopter training, one of the new Coastguard Search and Rescue helicopters were on hand, the dogs put on a full body harness and with first the engines off we went in and out of cabin repeating with engines on. We were told how to hitch up for winching in the order of “bag Dog then self “ The helicopter then hovered about 20 feet above the ground and Bodie and I were winched up, I strapped into seat and the process reversed.

Bodie was amazing not even shaking and quite unnerved about sitting looking out. She makes me so proud in her new skills late on in years and in her enjoyment of SARDA and her Therapet visits to Blairgowrie High School Health and Well-Being department.”

### Children and Dogs

The remake of our ‘Children and Dogs’ film was completed this year and is now available for viewing on our website <https://www.canineconcernscotland.org.uk/schools-and-education>. This is aimed at Primary School children and informs them about how to look after their own dog, as well as how to behave safely around dogs they meet out and about. There is a quiz and posters for schools to use alongside this as well as our ‘Children and Dogs’ information leaflet. The film was made with our Aberdeenshire Therapets, volunteers and friends and was kindly sponsored by The RS Macdonald Charitable Trust and The Tillyloss Trust.



## Fundraising

Like all charities we rely on donations, legacies and grants to meet our operating costs. As in previous years, in 2019 we received many donations from a wide range of sources. All are acknowledged individually but we would like to make a public “thank you” to everyone who has contributed.



A big thank you to **Braes High School Falkirk** who presented us with a donation of £166.37 collected at the school's recent musical presentation. Volunteer, Janette Kean and her Therapet Whippet Jamie, (Braes Buddies), are pictured together with Head Teacher Iain Livingstone receiving the cheque from one of the pupils. Janette and Jamie attend Braes High School on Fridays to support pupils with their reading. Photo of Jeanette Kean, Jamie, Head Teacher Iain Livingstone, and some pupils from the school.

Volunteer Christine Scott and her Labrador Therapet Storm are regular welcome visitors to **Moorpark Place, Ayrshire**, a Care Home for residents with Autism. Getting busy on the bike for a sponsored cycle, residents from House 14, including Kyle Adams (pictured here), pedalled their way over approximately 22 laps of Moorpark and completed it in just over an hour! Wow, what an achievement – raising £300 in total for charity and a very much appreciated £50.00 for the Trust!



Donations by UK tax-payers whose donations made under the **Gift Aid** system are particularly valuable in that the Trust is able to reclaim tax of 25p for every £1 donated. For higher rate tax-payers there is the added advantage that they can claim higher rate tax relief through their annual tax return.

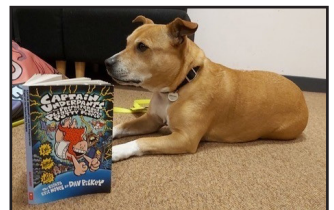
Donations by cheque may be sent to the office or made direct to the Trust's bank account (details of which are shown on the membership renewal slip). These also include a Gift Aid declaration. Donations can also be made via our account with JustGiving which can be accessed by clicking on the donate button on our website home page. If you are considering organising or participating in a sponsored event for the benefit of the Trust you can set up your own account for the event with JustGiving.

## What is in store for 2020?

This is our last Bulletin that will be printed and posted out to each of our members. We will be emailing future newsletters and bulletins to all members from January 2020 which will help reduce our carbon footprint. Members who do not find it easy to access online materials will be able to request a paper copy by ticking the box on the membership renewal form.

## Reading with Dogs

Our 'Reading with Dogs' programme has continued to expand this year. The aim of this project is to try to encourage young readers who lack confidence with reading to come along to a library/school and, instead of reading to a person, read to a dog. The idea being that the dog will listen to them and not judge, allowing them to relax and gain confidence in reading out-loud. Our leaflet sets out the aims of the initiative, and the important guidelines for organising sessions. Of particular importance is the section dealing with those who must be present at sessions. If you would like copies of the leaflet, please let the office know. To be eligible to participate in this programme, Therapets must have been visiting adults regularly for a year before they can be considered for visiting with children. A new assessment as regards their suitability must be carried out. Additionally, we must ensure that Members' PVG registrations include work with children for CCST.





To meet demand, we do need more Therapets to be available in all areas of Scotland. If you are interested in participating in the programme with your Therapet please get in touch with your Area Representative or the office. Please bear in mind that there is an increased level of commitment in that typically a series of six sessions will be held at a school over a period of six weeks. Naturally individual schools will have their own requirements, and these will be discussed at the outset. Sessions are for up to two hours as explained in the leaflet but more typically last between an hour and an hour and a half.

The 'Paws Against Stress' programme is mainly aimed at students in universities and other institutions of further education at exam time to give them relaxation with interaction with our Therapets and our volunteers. Due to the number of students involved we have a team of Therapets at each session. In addition to being outgoing and friendly towards the students, the Therapets must also get along with each other! We also provide occasional Corporate PAWS sessions where volunteer availability permits and the company is prepared to make a donation.



The sessions are useful occasions for volunteers to get to know each other and any volunteer is eligible to attend one of these sessions. It is not always your Area Rep that organises these but get in touch with them if you are interested in participating in such sessions and they will pass on your interest to the PAWS Coordinators as necessary.

We are currently collating statistics from our Area Representatives regarding the activity in both programmes in 2019. If you are in an area where we do not have an Area Representative at present and you have participated in the 'Paws against Stress' and 'Reading with Dogs' programmes, please let the office have the following information:

#### **PAWS against Stress**

- Name of University, college or school
- The number of sessions attended
- The number of Volunteers involved
- The number of Therapets involved
- An approximation of the number of students who attended each session

#### **Reading with Dogs**

- Name of School
- The number of weeks each session lasted
- The breed of the Therapet
- The number of pupils supported

The information will be of great interest to the Trustees of other Charitable Trusts and Foundations who have kindly provided CCST with financial support and will assist us with future funding.

## Website & Social Media

Our website, Facebook and Twitter accounts are regularly updated with current information about the Trust and events, for which many thanks go to Trustee James Macdonald, our incredibly hardworking Area Representative for Glasgow and Strathclyde. Many news stories are included, and you can view copies of the Bulletin along with the most recent Annual Report and Accounts on the website under the News/Events column. Please do continue to send us in information to include on these platforms. As it is our policy not to take photographs of anyone we visit, any photographs that we use are either of the Therapets themselves or permission has been granted by the people/ organisations we visit to use their own materials.

## Therapet Goods

The following Therapet Goods are for sale from the Office and we're able to maintain the price on most of them...with only the bandana and Therapet coats increasing from £3.50 to £4.00 and £14.00 to £15.00 respectively, due solely to manufacturing and postage increases. Please note that we do not make any profits from the sale of goods.

Therapet Coats	£15.00	Replacement Lead Flash	£5.00
Therapet Bandanas	£4.00	Sweat Shirts	£21.00
Polo Shirts	£15.00	T-Shirts	£8.50
Tote Bags	£3.50		

Payment can be made by cheque made payable to:

**CANINE CONCERN SCOTLAND TRUST** and posted to: 81-85 Portland Street, Edinburgh EH6 4AY

Alternatively please pay direct to the Trust's bank account details of which are:

**Royal Bank of Scotland, Sort Code 83-17-39, A/C No. 00127889**

**Account Name: Canine Concern Scotland Trust**

Please ensure that you put your name as a reference so we know who the payment is from.

Please keep sending us reports and stories about your Therapet visiting to include online and in future newsletters.

With best wishes to you and your Therapets for a successful and fulfilling 2020.

Yours sincerely,

Nick, Mel, Lesley, Norma and Carole

P.S. Please remember to renew your membership and update on the form where you are visiting!



## KEEPING YOUR THERAPET HEALTHY – DOGS

The Therapet is almost by definition going to meet and bring comfort and happiness to people who are not in the best of health, and whose immune systems may be weak either through disease or in some cases because of the treatments which they are receiving.

It is the duty of every Therapet owner to ensure that their Therapet is in the best of health, and not going to take germs into the environment of those we are visiting. We must be able to convince the authorities in charge of hospitals, homes or schools that we have taken every precaution to ensure that our Therapet is safe and can only bring benefits to those whom we visit.

CANINE CONCERN SCOTLAND TRUST ask all Therapet owners to take the following health precautions.

- Annual Health Check. All Therapets must have an annual health check-up by your own veterinary surgeon. You must inform your vet that your dog is a Therapet and will be visiting people who may be in poor health and whose immune system may be compromised either by disease or therapy. Ask your vet's advice as to what vaccinations your Therapet would require. If it is decided that no vaccine should be given then we would ask that your Therapet is tested every three years to assess your Therapet's level of immunity against the major dog infections. We would advise you to consider including a Kennel Cough Vaccination into the programme of vaccination. You should in particular ask your vet to check for any signs of ear, eye, nose or mouth infections (including dental disease) and ensure that the coat is clear of any signs of skin disease. Remember these are the parts of your Therapet with which the people you are visiting will make direct contact.
- Deworming against both round and tape worms must be undertaken at least every three months, and monthly if your Therapet is visiting schools or youth groups.
- Skin Parasites. You must protect your dog against fleas and ticks.
- Passport Dogs. If your Therapet has been abroad in the past 12 months it may require a special treatment for ticks and worms – check with your vet.
- Regular dental checks to stop smelly breath and the risk of spreading infections through saliva.
- Regular ear checks. Ear infections can be painful if someone pats your dog's head and infection could be passed to a human
- All Therapets who are unwell should be withdrawn from duties until back to normal, or until professionally cleared if veterinary treatment was required. Therapet owners should not visit if they are unwell.
- Raw Meat Diets. In the light of recent scientific evidence that Raw Meat Based Diets may contain pathogenic bacteria and parasites which could infect dogs and possibly in rare circumstances pass to those in contact with the dog, Canine Concern Scotland have decided that Therapets should not be fed a raw meat based diet. We shall keep this matter under review and if scientific evidence states that RMBD are safe and free from risk of causing infection we shall reconsider our decision.

**June 2018**

## KEEPING YOUR THERAPET HEALTHY - CATS

The Therapet is almost by definition going to meet and bring comfort and happiness to people who are not in the best of health and whose immune systems may be weak either through disease or in some cases because of the treatments which they are receiving.

It is the duty of every Therapet owner to ensure that their Therapet is in the best of health and not going to take germs into the environment of those we are visiting. We must also be able to convince the authorities in charge of hospitals, homes or schools that we have taken every precaution to ensure that our Therapet is safe and can only bring benefits to those whom we visit. Canine Concern Scotland would like to ask all Therapet owners to take the following health precautions.

- Annual Health Check. We would like all Therapets to have an annual check-up by your local vet. Be sure to tell your vet that your cat is a Therapet and ask your vet's advice as to what vaccinations your Therapet would require and what precautions your vet would advise considering that your Therapet would be in contact with vulnerable patients. We would recommend that all cats should be vaccinated against Feline Upper Respiratory Infections (Cat Flu). It would also be advisable to consider Feline Panleucopenia (Enteritis) and Feline Leukaemia.
- You should in particular ask your vet to check for any signs of ear, eye, nose or mouth infections and ensure that the coat is clear of any signs of skin disease. Remember these are the parts of your Therapet which the patients you are visiting will make direct contact with.
- Deworming every 3 months for both Tapeworms and Roundworms. When Therapets are visiting situations where they are in contact with children deworming should be undertaken monthly.
- Skin Parasites. We would recommend topical applications (Spot Ons) to control fleas and any other common skin parasites. The more comprehensive the better. All pet owners must ensure that their Therapet is free of fleas. Cats should be groomed before each visit and nails should be kept short. Ask your vet to advise a suitable length for nails and how often they should be trimmed or filed.
- Regular dental checks to stop smelly breath, and to reduce the chance of infection spreading from an infected cat's mouth to a human patient.
- Regular ear checks since even a mild, early ear infection can be painful if someone pats the head or rubs the ears. Some chronic ear infections can contain bacteria which might spread to humans. If your Therapet has had an ear infection ask your vet to give you an assurance that there is no risk of an infection being left after the ear inflammation has cleared up.
- All Therapets who are unwell should be withdrawn from duties until back to normal, or until professionally cleared if veterinary treatment was required. Therapet owners should not visit if they are unwell.
- Raw Meat Diets. Volunteers should be aware that diets which include uncooked bones or raw meat may rarely contain bacteria or parasites which might pass to your Therapet and even more rarely to the people you are visiting. For this reason the policy of the Trust is that Therapets should not be fed on diets containing raw meat.
- Also cats who are hunters when outdoors would not be deemed suitable as we must assume that they will eat their prey.

**July 2018**