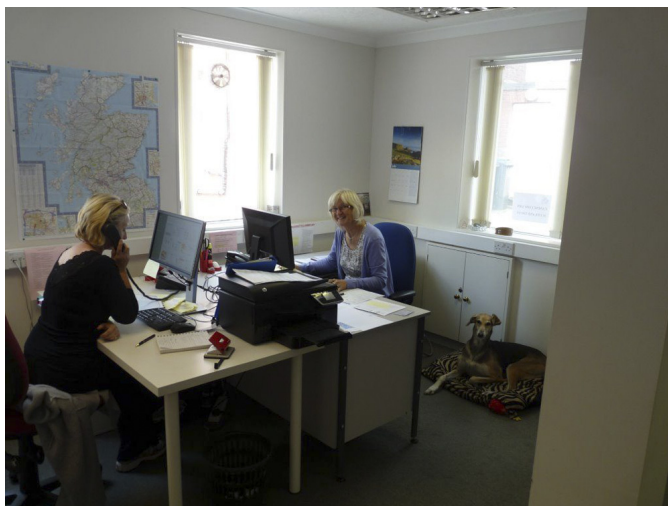




BULLETIN 81 – August 2014

Dear Members and Friends

As I write this it is exactly a year since that not only did the Trust move its location but there was a major change in its administration. In August last year we rented a small office in Leith in Edinburgh and we welcomed Lesley Bird to take over most of the non-financial administrative work of the Trust. She swiftly settled to the task of learning all the processes in connection with memberships and the expanding Therapet Service. At the beginning of this year it became clear that the work load was such that it was too much for one part-time employee to cope with and at the end of March Norma Lawson Hill joined us to job-share with Lesley. The office we rented initially was just about big enough to house one person, plus all the office equipment, storage etc. reasonably comfortably, but it was not suitable for two people. Fortunately a slightly larger office became available across the passage and we moved in on 1st July.



These developments are having a significant impact on the Trust's finances, a matter that the Trustees are addressing. More of this later in this Bulletin.

For most efficient working, now that we have sufficient space, we have decided that Lesley and Norma should be in the office at the same time rather than one in the morning and one in the afternoon. It means that both know everything that is going on which is important! The time to contact the office is from 10.00am to 1.00pm Monday to Friday. If there is an urgent matter to discuss outside these hours please contact me on 0131 312 8998.

The **PRESENTATION AWARDS LUNCH** this year will take place at the Kaim Park Hotel, Bathgate on Sunday 16th November 2014 at 1.00 pm. It is always a most enjoyable event at which we pay tribute to some very special dogs and equally special people. An application form is enclosed which should be returned to the office by 11th November at the latest. The cost this year is £17.50 per person. There is a limit of 100 on the number of people attending so please send in your application as soon as possible as it will be on the basis of first come first served!

At the lunch we present our annual awards and these comprise:-

THE IAIN WHYTE MEMORIAL AWARD to a person or organisation whose help has contributed substantially to the benefit of the Trust during the year or over a period of years.

THE SPENCER AWARD for THERAPET OF THE YEAR – an application form is enclosed and we look forward to receiving lots of nominations. **Please send your application to the office by 20th October.** This award is judged by the Trustees who judge all the applications individually and independently – always a very difficult task!

THE DR MORRIS ANDREW & DANIEL THE SPANIEL MEMORIAL AWARD is a tribute to one of our much loved and missed Trustees, donated by his family. This is made to the **THERAPET ORGANISER OF THE YEAR** and the recipient is decided by the Administrator with approval of the Trustees.

THE KI-CHU-ASHA STARS OF HOPE MEMORIAL TROPHY which is awarded to the Organiser of the sponsored event which raises the most money in the year.

THE MISS MATTY AWARD to the individual who raises the most money at the sponsored events each year.

LONG SERVICE AWARDS to those members who have given continuous service for twenty years or more, either as a Therapet Volunteer or in some other capacity such as a Trustee or Member of the Committee of Management.

THERAPET OF THE YEAR 2014

This award allows the Trust to recognise the wonderful work carried out by our Therapets, and their owners, not just by the winner but by all the Therapets whether nominated or not. We are able to gain valuable publicity for the Therapet Service at the time the award is made. The Service is a great success story and we wish to build and develop it so that as many people in Scotland as possible can benefit from Therapet visits. Please arrange for your Therapet to be nominated by sending in the form, together with, if you wish, one photograph and one press cutting, if you have one, by **20th October**. Your Area Representative will be able to help you with the form.

This year our **ANNUAL PRIZE DRAW** will again be drawn at the Awards Lunch in November. This is one of our major fund raising operations this year and accordingly we hope that as many of you as possible will buy tickets and hopefully persuade your family and friends to buy some as well! One book of tickets is enclosed (more for those of you who have indicated in the past that you can sell a number of books) but if you would like to have extra books to sell please contact Lesley and Norma in the office. We are very grateful to everyone who has donated the array of prizes.

MEMBERSHIPS

As usual this is a gentle reminder to anyone who has not renewed so far this year. We do hope that you will renew your membership. Your support is so important to us. Our modest fees remain at £4.00 single, £6.50 joint and £2.00 Senior Citizen. From the Trust's insurance point of view it is important that all active Therapet volunteers have their membership up-to-date.

AREA & THERAPET REPRESENTATIVES

As always we are eternally grateful to our Area and Therapet Representatives who do such great work in assessing potential Therapets and for placing newly registered Therapets. Many also give talks to interested groups in their areas and also engage in valuable fund raising. Details of all Representatives are given at the end of this Bulletin.

In Aberdeen we were very sorry to hear from **Clare Copland** that, because of her other increasing commitments, she would, reluctantly, have to relinquish her role. Clare has done wonderful work for the Trust over a goodly number of years both in her own dedicated Therapet visiting with **Walton** (a past Therapet of the Year) and in organising a lot of volunteers in the area. We send our very sincere thanks to Clare, and in her place we are delighted to welcome **Debi Sinclair** to the Aberdeen Team. Linda Macdonald is responsible for co-ordinating visiting to the Aberdeen Royal Infirmary, the Woodend, Cornhill, and Children's hospitals, and for looking after Therapet volunteers to the south and west of Aberdeen. Diane Wood covers north of Aberdeen and Debi is to take care of Aberdeen itself.

We are also desperately sad that **Maureen Hill** in Dumfries has had to give up being an active Area Representative because of family commitments. She has worked tirelessly for the Trust for over twelve years and during that period not only has she organised the Therapet Service in her area meticulously but also she has done a tremendous amount of fund raising. Maureen tells me that she hopes to be able to continue her fund raising efforts when possible. For her services Maureen was awarded the Iain Whyte memorial Award in 2013. Thank you Maureen for all that you have done for the Trust. For the time being Borders Representative Marion Livingston has kindly agreed to look after Therapet volunteers in Maureen's area.

We are always on the lookout for new Area Representatives, either to look after the area in which they live or to assist and share the work with existing Representatives. In particular James Macdonald in Glasgow could do with more help. If you would like to be considered please let me know.

THERAPETS

Since the April Bulletin we have learned of the deaths of a number of our wonderful Therapets. First and foremost Therapets are much loved pets and when they die they leave a void in the lives of their owners. Our sympathies go out to all of you who have lost your Therapets and at the same time we send our sincere thanks for sharing them with so many people.

“**DOLLY**” - Gillian Diplexcito’s Bedlington Terrier

“**HAL**” – Martha Brindley’s Whippet

“**HARRY**” (aka “Scoberman”) - Helen McNair’s Scottie/Doberman

“**MAC**” – Lorna Miskelly’s German Shepherd Dog/Leonberger

“**MEG**” - Siobhain Osborne’s Border Collie

“**MOJO**” – Audrey Hine’s Chow Chow

“**MUTTLEY**” – Keith Balneaves’s Labrador/Collie

“**PEBBLES**” – James Macdonald’s Old English Sheepdog

THERAPET NEWS

It is always great to hear from Therapet Visitors up and down the country about their experiences. Please keep writing, preferably by email if at all possible as this saves a lot of typing at this end!!

Sarah Hibbard sent in the following:-

“A few weeks ago my registered Therapet Poppi (a Labradoodle/Whippet) visited Strathdearn Primary School in Tomatin where I work as a Pupil Support Assistant. All the children are involved in Citizenship groups - Eco, Gardening, Pupil Council and Animal Welfare. I work with the Animal Welfare group and this term we’ve been looking at how we can help animals and how they can help us. Poppi came to visit, accompanied by Mrs Vivien Moen our area representative and Mrs Sheena Kelman our assessor. The children were all able to greet Poppi and they learnt valuable lessons about how to approach a dog and what to do if a strange dog came running up to them. It was a delight to see the children’s faces as Poppi walked in and settled down. When asked the question How is Poppi different from other dogs? , the children immediately answered She’s very calm and gentle! I’m sure Poppi enjoyed herself just as much as we did and she got plenty of treats too so I’m sure she would happily visit again if asked! I really enjoy my voluntary work with Therapet. We usually visit residential care homes but Poppi quickly adapted to a younger audience.”

From **Irene Taylor**:-

“ Just a note about **China**.

The Susan Carnegie Centre is now the new name of Sunnyside Royal Hospital. China comes with me when it is my turn for the club afternoon “the Friends” have on a Wednesday. We have just started (4 weeks) going to Fondmill Nursing Home, Montrose on Thursday mornings. China is quite large for a female Golden Retriever but she still manages to cuddle up to the clients. No one asks how I am, it’s always how is China! We visited a lady who had had a stroke and wanted to see a dog, we were the only ones available. The lady had only small dogs in the past so I thought that my big girl might be too much for her. It was love at first sight for both of them. Sadly the lady died not long ago but I know that China gave her comfort.”

Frances Sutton recently sent in some money to the office saying:-

“The money was given to me after a hospital visit. The donor – a complete stranger – queried the dogs presence in the hospital. When I explained who we were and the purpose of our visits he promptly handed me the money with the words “If your doggies bring a smile to peoples’ faces they deserve extra treats.”

Isabel Atkinson has been taking part in filming with Therapet **Kerri**, a Shih Tzu for the forthcoming series for the BBC children’s channel CBBC

Kerri had a busy three days filming with the BBC TV crew at Robin House, Balloch, Dunbartonshire and everyone agreed she was a little star. Isabel was completely unaware just how involved Kerri would be in the filming and had thought it would be a walk on and walk off part. But instead Kerri was in every scene. During the three days filming the TV crew were very good and allowed Kerri plenty of rest periods during all the different takes. A few of them stated they would like to take her home with them as she was such a good natured little dog!

Isabel said “it was an enlightening experience to see how hard the crews work, and I will no longer complain about the Licence Fee!!”

The programme series of 20 episodes is called “My Pet and Me” and this episode will last approximately twenty minutes. It will be aired early in the New Year of 2015. Once aired the BBC will send Isabel a much earned and treasured copy on DVD of all Kerri’s hard work on the programme.

Isabel and Kerri have been visiting at Robin House since December 2013. Their Therapet duties also include fortnightly visits to Castleview Care home in Dumbarton.

THERAPET PUBLICITY

News items about Therapets in newspapers, on radio and television are the best publicity we can get. If you are able to interest the media, in your area, about the Therapet Service, please let me know and I will be able to supply you, and the media, with backup information.

Our website www.canineconcernscotland.org.uk is constantly being updated by James Macdonald. You will see that there is now a Press Reports section. Please send in your news items so that James can include them.

THERAPET MATTERS

This is just a reminder that, generally, Therapet coats are for wearing on the way to and from Therapet visits but not during visits it is far better for residents to stroke the Therapet and not the coat!

In addition to Therapet lead flashes and coats we now have **BANDANAS** which come in a standard size, which is suitable for all but very small dogs, and a small size. They are available from the office at £3.50.

It is important to remember that Therapets are not Guide Dogs nor Assistance Dogs and are therefore not entitled to special entry to places such as shops, restaurants and other places that normally exclude dogs.

STV Filming Ben (Therapet) at Aberdeen Royal Infirmary for RBS: Finding Scotland's Real Heroes – Report by Alison Mundie

“On 2 July you would not have been mistaken if you saw a STV film crew and Ron Donachie (actor, recently known for his role in Game of Thrones [Rodrick Cassel]) on Ward 204 (Stroke Ward) at Aberdeen Royal Infirmary.

They were filming Ben, the ward's Therapet at work and at home, as he has been shortlisted for the award “Hero Animal of the Year” with “RBS: Finding Scotland's Real Heroes 2014” by a dedicated jury.



Ben was kindly nominated by Carole Ledingham, Unit Operational Manager in recognition for all his work as a Therapet since 2011.

Ben, myself and my husband, Alan, undertook a 6 month pilot study within Ward 204, to evaluate the feasibility of allowing a dog to enter into a hospital environment to visit patients. The pilot study allowed us to streamline the process before other Therapet dogs could visit other hospitals within NHS Grampian.

To allow us to undertake this pilot several meetings took place with Eleanor Murray, Unit Nurse Manager and Carole Ledingham, who have been pivotal in taking this forward and gaining agreement from Senior Management to allow Ben to visit Ward 204. It was identified that the Stoke Ward would be an ideal Ward to undertake and evaluate the pilot study demonstrating to patients/relatives/medical staff the benefits of Therapet dog visits.

Thanks to Sheena Paterson, Charge Nurse, and all the staff within Ward 204, the pilot study proved extremely successful, with the results showing the presence and contact with Ben led to a decrease in anxiety for patients as well as an increase in emotional and physical wellbeing.

“Ben has continued to visit the ward, since completing the pilot study, every fortnight to the delight of patients, relatives and staff who all look forward to his visits as does Ben, whose tail never stops wagging from the moment he enters the hospital until the time he leaves. The medical and nursing staff have all seen the extraordinary results Ben has had on patients and their relatives.

Due to the success of the pilot study, ARI now have numerous Therapet dogs visiting throughout NHS Grampian hospitals.

Ben has now reached the grand old age of 10 and we had to make the difficult decision to retire him from visiting Ward 204. On a positive note Ben has a younger brother, Kobe, who is now 11 months old, who we hope will carry on where Ben has left off and will start visiting Ward 204 within the next few months.



Please look out for Ben during the months of August/September when STV will be broadcasting a series of five programmes entitled “RBS: Finding Scotland’s Real Heroes”. Ben will appear in episode 3 at 8.00pm on 29th August under the category “Hero Animal of the Year”. The programme will include details on how to vote for your “Hero”. When you see Ben you only have seven days to vote for him.

BEN SAYS YOUR VOTES WILL BE GRATEFULLY RECEIVED!

Ben has also been asked to a star studded ceremony at the end of September which will be broadcast on STV later this year. Please look out for an update on how it all went in the NHS Grampian Upfront Magazine in the November/December edition.”

THE TRUST. ITS FUTURE AND ITS FINANCES

At the start of this Bulletin I described the significant changes that have taken place during the last year. Whilst they were, to a large extent, caused by developments in my personal life I believe that the changes are very positive developments which place the administration of the Trust on a much sounder footing. Rather than having all administrative and financial functions being handled by me from my private house in a remote part of the West of Scotland we now have:-

- An established office base in Edinburgh;
- Two part-time administrators carrying out the main administrative functions;
- My continuing role as Treasurer and Secretary, currently in an honorary capacity;
- Greater scope for the Trustees to become more directly involved.

From the financial standpoint it is very much a leap of faith in that the annual cost of running the Trust has increased dramatically with no compensating significant increase in income. Fortunately the Trust, largely as a result of a number of legacies received over the years, has reserves that enable us to meet the increase in costs in the short term. However these reserves are finite and we have to consider how best to achieve future funding. In this connection the Trustees are investigating possible new sources of income. It may be that you can help if you know of possible avenues that we can explore, if you have fund raising experience and skills, or know of someone who has such skills who will be willing to help.

On occasions over the years, people have expressed the view that our membership and Therapet registration fees are very low and asked why they have not been increased. We have always taken the view that the Therapet Service is reliant on a steady flow of volunteers and that we do not want to put potential volunteers off because of the costs involved. Additionally experience has shown that a great number of you, when renewing your memberships, include additional donations. Each year we receive over 300 individual donations ranging from small amounts to many hundreds of pounds. My personal view is that people will give what they can afford and that this approach is preferable to increasing fees which may prove counter-productive. However I would be interested to receive your views.

Last year we received 263 memberships and/or donations under the Gift Aid system which enabled us to claim a valuable sum from HMRC.

How else can you help?

If you are able to make a donation, you may like spread it over a year by making payment by a monthly standing order. Please ask the office for a suitable form and, if appropriate, a Gift Aid Declaration form.

I have mentioned how legacies have contributed greatly towards the Trust's reserves. Legacies in favour of charities are exempt from Inheritance Tax. If your circumstances permit please remember the Trust in your Will.

PAWS AGAINST STRESS - 2014/2015

This initiative, which started in Edinburgh in early 2013 following an approach from Edinburgh University, where Therapets visit groups of students to help to counter stress in the period before examinations continues to be in great demand and has extended beyond Edinburgh to Glasgow and Stirling Universities.

During the academic year 2013/2014 eleven stress reduction sessions were organised in five separate universities across Scotland and thirty-five Therapets took part in one or more sessions and more than one thousand students took time to meet and enjoy a brief time with the dogs. The responses gained from feedback questionnaires were almost 100% very positive, and the interest and enthusiasm of the volunteers who participated in the sessions has been very important in helping to assure the future of this collaboration.

Edinburgh University has already booked eight sessions between November 2014 and May 2015 and Queen Margaret University will start the ball rolling with a session during Fresher's Week on 9th September 2014. We are in early discussions with other universities about suitable dates and expect to see the programme expand further this year.

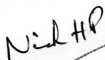
Keep an eye on the events page on our website for more information as the arrangements progress over the next few weeks. If you would like an opportunity to participate in one or more of the sessions please contact:-

Douglas Ruthven for universities in Edinburgh;
James Macdonald for universities in Glasgow and the West of Scotland;
Lynsey Thomson for Stirling University.

I hope that you enjoy the rest of the summer. Please call the office, or contact your Area Representative, if you need any more information, literature or help.

With best wishes

Yours sincerely



Nick HP

Nick Henley Price

PS Please remember:-

- a) The Awards Lunch on 16th November
- b) Nominations for Therapet of the Year to be in by 20th October
- c) Renew your membership, if you have not already done so!
- d) Contact the office if you want additional books of Prize Draw tickets

AREA REPRESENTATIVES

ABERDEEN

Mrs Linda Macdonald, Bogfechil", Bridge of Muchalls, Stonehaven, AB39 3RR

Tel: 01569 731244

Mrs Debra Sinclair, 24 Grove Crescent, Aberdeen AB16 5DW

Tel: 07762 704772

Email: debrasinclair54@hotmail.com

Mrs Diane Wood 15 Benview Gardens, Oldmeldrum, Aberdeenshire, AB51 0FY

Tel: 01651 872953

Email: dianeasw@aol.com

AYRSHIRE

Mrs Linda Whitby, 2 Hight Gardens, Irvine KA12 8RQ.

Tel: 01294 276838

Email: lindawhitby@btoopenworld.com

BADENOCH & STRATHSPEY

Mrs Vivien Moen, Pen Dinas, South Street, Grantown-on-Spey, PH26 3JA

Tel: 01479 872589

Email: vivelfmoe@talktalk.net

BORDERS

Mrs Marion Livingston, Bewlie House, by Lilliesleaf, Melrose. TD6 9ER

Text 07503 153 825

Email: marionjanelivingston@yahoo.co.uk

COWAL & BUTE

Mrs Margaret McRae, 49 Alexandra Parade, Dunoon. PA23 8AG

Tel:- 01369 704455

Email: margaretmcrae@hotmail.co.uk

EDINBURGH & LOTHIANS

Mr Douglas Ruthven, 5 Frogston Grove, Edinburgh, EH10 7AG.

Tel: 0131 445 3678

Email: douglasruthven@blueyonder.co.uk

Mr Simon Young, 9 The Green, Pencaitland, Tranent, EH34 5HE

Tel: 07881 943100

Email: youngpencaitland@aol.com

FIFE

Mrs Claire Grubb, 225 Green Loanings, Kirkcaldy KY2 6NW

Tel: 01592 264092

Email: cgrubb74@tiscali.co.uk

GLASGOW & STRATHCLYDE

Mr James Macdonald, 18 Mannering Rd., Shawlands, G41 3SW.

Tel: 0141 632 4893

Email: James@bramlynn.freesevice.co.uk

Mrs Susan Ross, 9 Macleod Crescent, Helensburgh, G84 9QX.

Tel: 01436 678 712

Email: susanross@tiscali.co.uk

Mrs Valerie Burns, 3 Birchlea Drive, Giffnock, Glasgow G46 6BP

Tel: 0141 585 7507

Email: valerieburns@hotmail.com

INVERNESS & NAIRN

Miss Susan Rae, 9 Union Road, Crown, Inverness IV2 3JY

Tel: 01463 221208

Email: suzrae@sky.com

MORAY

Mrs Maureen Thomson, South Lodge, Linkwood Rd., Elgin IV30 6RE

Tel: 01343 209 533

Email: Hollythom@aol.com

ORKNEY

Dr Ronella MacInnes, Orka Howe, Holm, Orkney KW17 2RZ

Tel: 01856 781282

Email: macinnesronella@yahoo.co.uk

PERTHSHIRE

Mr Harry Greig, Ballo View, 27 Precinct Street, Coupar Angus, Perthshire PH13 9DG

Tel: 01828 627757

Email: hgreig@btinternet.com

STIRLINGSHIRE

Mrs Lynsey Thomson, 21 Culbowie Crescent, Buchlyvie, Stirlingshire FK8 3NH

Tel: 01360 850078

Email: w33lgt@googlemail.com

TAYSIDE

Mrs Norma Murray, Dunella, 5 Gordon Place, Friockheim, Angus, DD11 4SS.

Tel: 01241 828 451

Email: norma@friockheim1.plus.com

TRUSTEES

Mr George Leslie(Chairman)
North Glassock
By Fenwick
Kilmarnock
KA3 6ER
01560 600246
MACTALLA3@aol.com

Mr James Macdonald
18 Mannering Road
Shawlands
Glasgow
G41 3SW
0141 632 4893
James@bramlynn.freemove.co.uk

Dr Valerie Marrian
An Teallach
25 Hamilton Place
Perth
PH1 1BD
01738 621018
marrval@btinternet.com

Mrs Rita Percival
Bowstead Cottage
42 Main Street
Chryston
Glasgow G69 9DH
0141 779 3092
permac.rita@btinternet.com

Mr Allan Sim
Lomond House
34/1 York Road
Edinburgh
EH5 3EQ
0131 552 9254
allansim@blueyonder.co.uk

Mr John Stead
9 Duncan Road
Helensburgh
Dunbartonshire
G84 9DJ
01436 675381
john.stead@tiscali.co.uk

Mr Douglas Ruthven
5 Frogston Grove
Edinburgh
EH10 7AG
0131 445 3678
douglasruthven@blueyonder.co.uk

