

# CANINE CONCERN SCOTLAND TRUST

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Scottish Charity  
No. SC014924

*Incorporating* **THERAPET**®

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## **BULLETIN 87 – August 2016**

Dear Members and Friends

I trust that you are enjoying the summer, or what there has been of it so far! As you will read in this issue CCST continues to be very active on many fronts and the office has been extremely busy. Unfortunately we have encountered problems with the installation of a replacement computer and also with the IT system in the Business Centre. As we all know when systems are down many processes cannot be carried out and backlogs of work occur. We are sorry if you have been affected by any delays. It has been very frustrating for Lesley and Norma who have been working extremely hard catching up. Hopefully the troubles are now behind us.

This year's **PRESENTATION AWARDS LUNCH** will take place at the Kaim Park Hotel, Bathgate on **Sunday 20th November 2016 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 **12th November** at the latest. The cost this year is £19.00 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!

The awards to be presented at the lunch are:

**THE SPENCER AWARD for THERAPET OF THE YEAR.** 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.

A nomination Form is enclosed and it is also available on the website. Please arrange for your Therapet to be nominated by sending the completed form to the office, along with one photograph and one press cutting if you have one, by **24th October**. Your Therapet can be nominated by you, your Area Representative or by the institution/s you visit. To give your Therapet the best possible chance of winning it is important that the nomination is well presented and your Area Representative will be able to help you with the form.

**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 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 Administrators 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 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.

We also have awards that are sent out by the office as they become due. These are the **THERAPET SERVICE AWARDS:**

- A Certificate of Appreciation when a Therapet has completed three years of regular visiting.
- The Father Jim Peat Memorial Medal for Therapets who have served for five years.
- The Marjorie Henley Price Memorial Medal which is for Therapets who have had ten years or more of service.

### **THERAPETS NO LONGER WITH US**

Since the last Bulletin we have learned of the deaths of a number of our wonderful Therapets.

- “**BRACKEN**” Evelyn & Jimmy Grant’s Golden Retriever
- “**FEN**” Jill Steele’s Labradoodle
- “**GINNY**” Edna Graham’s Labrador Cross
- “**JYNX**” Lynsey & Andrew Thomson’s Cavalier King Charles Spaniel
- “**KAPPA**” Kay Walker’s Springer Spaniel
- “**KIM**” Jennifer Parker’s Border Terrier Cross
- “**HARRIS**” Barbara Cooney’s Curly Coated Retriever
- “**MOLLY**” Maureen Thomson’s Doberman Cross
- “**PIP**” Angela Russell’s Retriever/Labrador Cross
- “**WISHA**” Matt & Edith McCabe’s Border Collie
- “**XABI**” Jacqui Bowles Rhodesian Ridgeback

We send our condolences to all of you who have lost your Therapets and we also send our sincere thanks to you for sharing them with so many people.

### **NEW THERAPETS**

So far this year we have registered 127 new Therapets. We welcome them all, along with their owners of course! We are sure that you will enjoy Therapet visiting and we look forward to hearing how you are getting on. Please keep in touch with your Area Representatives, they are there to help and advise.

## PAWS AGAINST STRESS

The demand from universities and colleges throughout Scotland continues to grow and the number of students who benefit now exceeds 5,000 a year. The feed-back has been tremendous as the following demonstrates:

**“My name is Drew and I work at Forth Valley College in the Learning Resource Centre (the library) at Falkirk campus. I have been meaning to email for some weeks now.**

**In May this year, we had Paws Against Stress events at each of our three campuses (Alloa, Falkirk, Stirling). The events were absolutely fantastic and were so well received by staff and students. They are still fondly talked about.**

**The purpose of this email is to praise your volunteers starting with Lynsey Thomson the Stirlingshire Area Representative. From the minute I contacted Lynsey she was an absolute pleasure to collaborate with. My initial worries of organising this type of event for the first time were completely put at ease. At every stage of the preparation Lynsey was pro-active and helpful. She really is a credit to your organisation. The passion she has for the project is obvious.**

**I would also like to thank and commend the dog handlers and Therapets. From June and Daisy, Brian and Shadow, Dylan, Jetta, Oscar, Scruffy and all the rest, they were absolutely perfect and were highly praised by all staff and students attending on each day.**

**I have attached a couple of photos from the events and a PDF (see overleaf) showing some statistics and the lovely feedback we received from the students who attended. The Paws Against Stress project is such a valuable, fantastic resource and has benefited our students wellbeing in a fun and innovative way. We look forward to having you visit us again in the future if you will have us! A huge thank you from all of our team to yours. Keep up the great work.**

**Kind regards**

**Drew Bain, Learning Resource Assistant, Falkirk Campus, Forth Valley College”**



## Paws Against Stress mini-survey results - All LRCs

66 booking slots filled. 160 students reached. 152 surveys completed.

Percentage positive  
(out of 152 completed surveys)

Yes	No
152	0

100% enjoyed the session

More relaxed	Feel the same
148	4

97% feel more relaxed after session

Yes	No
145	7

95% would recommend/like to see again  
*(It should be noted, that ALL people that ticked NO, all ticked that they enjoyed the session and felt more relaxed so possibly did not understand the wording of this question?)*

Did you enjoy the session?

Please indicate how your stress levels feel after this session.

Is this something you would recommend/like to see again?

Any other suggestions or feedback for the future.....

Such a good idea. Can't think of anything that could be better!  
Everyone was lovely. Very nice. Thank you!  
Just keep coming back on a regular basis.  
Lovely people, lovely dogs. fantastic! THANK YOU!  
Good thing to do, something a bit different.  
Amazing and fruitful idea. Dogs are adorable.  
Perhaps do it outside sometime if it is hot or good weather.  
Lovely way to spend an afternoon. Very nice dogs.  
Three times a year - at the start, middle & finish to help with stress.  
Please invite the therapist dogs again!  
We should have this here regularly - particularly at assessment time.  
More time. Always come back. More dogs. More.  
Amazing charity, very valuable for vulnerable people.  
Longer with the dogs! (Although I understand the needs of the dog are the most important thing!)  
The dogs are so good natured and the owners with them are super friendly. Would love to do this myself with my dogs xx  
Perhaps have 2 sessions a year & have it during exam time when students are most stressed.

Best day ever.  
Great idea - was a lovely experience.  
Do this every week!!!  
Setting was great. Really lovely.  
Younger pups.  
It was all AWESOME!! :)  
They were so cute! I loved it!  
Come more regularly, longer sessions.  
I don't like dogs but it was a lovely visit.  
Some toys to play with the dog.  
Taking outside if the weather allows it.  
Amazing!

Cat version.  
Really enjoyed the session. More please!  
Daisy was perfect, what a treat!!  
Maybe a group walk next time.  
I would love this again. It was fantastic.  
Fantastic  
Great  
Really enjoyed the session. More please!  
Have a dog room on campus.

## READING WITH DOGS

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.

We have an excellent leaflet which sets out the aims of the initiative and how to go about organising sessions. If you would like copies please let the office know.

The programme is now becoming well known and a number of schools are planning to introduce courses similar to the one piloted by Bannockburn Primary School. Already the programme has received recognition. In June Rebecca Castello was given an award at the **High Life Highland Volunteer Awards** for her work with Therapet **POPPY**, a Beagle, at the Culloden Library.



## 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!

**John Bowman of Aberdeen wrote :-**

“I have attached a copy of the report of the work which Max a Labrador and I did with Alzheimer Scotland. We both enjoyed the project and I was gratified to see how the group developed. Max was certainly a catalyst for this. The challenge was to integrate the sufferers into the group. As ever, carers seemed to want to respond on behalf of their charges but, with a dog, it's lot easier to talk direct.”

**Dog therapy sessions with adults diagnosed with dementia.**

As part of my 4th year social work placement through Alzheimer's Scotland, I decided to set up a pet therapy group for adults with diagnosed dementia. After reading some research into the benefits of it, I decided to contact John from Therapet which is part of the Canine Concern Scotland charity. John was brilliant and gave me some advice as to how we should co-facilitate the group. John brought both of his dogs along to the dementia resource centre, Max and Murphy. We decided that Max would probably be more suitable for the group. Max is a 13 year old black lab, who loves biscuits and to be petted. Max did really well in all of the sessions, introducing himself to all of the members and having the patience to wait for instructions.

The four sessions with John and Max and a group of roughly 6 participants went really well. It seemed to benefit some service users in different ways. One couple in particular were very grateful of the group because they had never attended any groups before, partly because the wife did not like the sound of any other groups. At the first session, this lady got quite upset remembering and almost reliving the death of her beloved dog many years ago.

Although this does not appear to be a positive experience, for individuals suffering from dementia it can be particularly difficult for them to express their feelings and emotions. So, for this lady it was a positive experience in that she allowed herself to become emotional, and in touch with the world. Being upset quickly turned around for this lady, as soon after she was laughing about a fond memory of her dog. At the end her husband could not thank me enough for setting up the group and John facilitating it with the kind, gentle and loving Max. This example of this couples experience was exactly why I wanted to set the group up. Reminiscence for people with dementia is so important for them to continue recognising their identity.

Another lady who came with her mum, told me after the group had finished that her and her mum's relationship had greatly improved over the course of the sessions. This lady said that she felt her mum was less agitated and they spoke about the group for days after the sessions. For the last session we decided to have a walk around Duthie Park and the Winter Gardens, which nearly had a full house of 10 people. Although four of the ten came to the resource centre forgetting that we were going to Duthie Park. I think that in itself gives a clear indication of how dedicated the members were to the group.

The emotional touch points were only used once during these four sessions however the feedback seemed clear that there were some improvements in the service users and carer's emotional well-being after dog therapy. Service users and carers chose the following touch points-

**Before**

Calm  
 Confused  
 Tired  
 Worried  
 Enthusiastic  
 Calm  
 Enthusiastic  
 Happy  
 Happy

**After**

Enthusiastic  
 Confused  
 Enthusiastic  
 Happy/Satisfied  
 Happy  
 Enthusiastic  
 Happy  
 Happy  
 Happy

From the emotional touch points, it is clear to see that they can be effective when working with people with dementia. It allows them to have a voice and opinion, which can sometimes be overlooked because they are deemed to lack capacity. The dog therapy as a whole was really successful, and people from the group were saying that they would love to come back again. There was really good feedback from group members to other staff at Alzheimer's Scotland too.

There were some things I would do differently if running the group again, which I suppose is a positive. Having structure for each session, although still allowing the individuals to run the group too and having some ice breakers for the first session would be helpful. Allowing the individuals to become familiar with each other was something that John did really well, we used name badges which also helped.

In January/February 2016 I will be completing my 10,000 word dissertation (research project) on how effective dog therapy is when working with people with dementia. This was just a tiny scale of the research I will be completing, which will be beneficial for anyone interested in dog therapy and older people. I would be happy to send you a copy of the findings once I have completed it, if you are interested.

**The following is taken from a recent newsletter at the Royal Infirmary of Edinburgh.**

**“Therapet Service benefits patients - and staff**

Ward 203 (acute medicine of the elderly) has the pleasure of welcoming two very special visitors each Monday, when Laura Budge, a volunteer for The Therapet Service, managed by Canine Concern Scotland Trust, brings in her dog Wilson, a loving Labradoodle with oodles of character, for a pat and chat.

Patients, relatives and staff warmly await their visits and the impact has been quite amazing. We have seen the benefits Laura and Wilson bring to the ward, with patients who can be withdrawn and disengaged becoming animated and happy when Wilson and Laura visit.

The visits can be a building block between patients and staff to engage in a more therapeutic relationship for the patient. Quite often we have seen patients who present with challenging behaviour be calmed by Wilson's presence.



Laura deals with difficult situations and conversations with patients with a huge amount of compassion and sensitivity. Our patients can often have cognitive impairment and although Laura has received no formal training, she treats our patients with dignity and respect at all times. She seems to understand holistic, patient-centred care and converses with our patients and relatives in an outgoing, lovely natured manner. She has a smile for everyone, as does Wilson the dog!

We have had many compliments from relatives about Wilson and Laura and the benefit they add. Their visits also raise staff morale. Staff are happy on a Monday afternoon and await Laura and Wilson's arrival with great anticipation. Staff feel Wilson is one of their team and are aware that with quiet and more reserved patients, he can often break down barriers and help build communication between staff and patients. Ward 203 is most definitely an enhanced ward with Laura and Wilson and there is such a happy, positive vibe when they are around.

*Cat Lawrie, Deputy Charge Nurse and Kathryn Holmes, Staff Nurse, Ward 203*

**Elaine Pritchett** who visits Belhaven Hospital, and takes part in PAWS sessions, with Therapet **WOODY**, a Saluki, wrote in earlier in the year:-

“My mother in law has just died peacefully in the Victoria Hospital in Glasgow. She had the best of care by a great team of staff, the best we have come across in various hospitals, PLUS 2 Therapets called Troy and Yardley. Unfortunately I didn't meet them but it was so obvious from patients, relatives and staff how valued they are.

Woody spent lots of time on the ward too over Christmas and New Year with everyone making a fuss of him.

It confirms my belief that Therapets do make a big difference to the life in an institution!”



The following from **Tom Lawson** appeared in the newsletter of Galashiels Trinity Church in the Spring:-

“I first discovered that **COIRE**, our 7 year old Border Terrier, was a natural THERAPET when I started to take him on my eldership visits to Gala Nursing Home. In the course of these visits I came to appreciate how important he was in breaking down barriers and loosening tongues! Merely stroking or holding a dog or cat can slow down a person’s heartbeat, making heart attacks less likely, as well as decreasing stress, blood pressure and even blood glucose in diabetic cases. Therapets come in all sizes and some of the best are mongrels. We recently had the pleasure of being in the company of two Bernese Mountain Dogs (mother and daughter) and a Whippet at a session with students at the Heriot Watt campus in Galashiels. Currently Coire and I also visit two day centres for the elderly, the local Chest and Heart Group and Balmoral Primary School.”

In a letter earlier this year **Fiona Stalker** of Banchory wrote:-

“**POPPY** is well and working hard. She really enjoys herself on her visits. One lady last week said “Oh Poppy, you’ve made my day!” She (the client) had had a January Blues day. Others have a laugh at Poppy as she lies down and rolls onto her back to get her tummy rubbed. At Bellfield all these elderly ladies and gents bend over for a chat to Poppy. Last week she did something rather wonderful. At a local surgery she wanted to speak to a young woman who was weeping quietly near us. She just wanted to give comfort and did so. Her magic worked, and the woman (who I know) was able to respond, Poppy helped to cheer her and dry the tears. It was quite a lovely moment. In the past I have been told “Poppy, you are better for me than any tablets!””

A recent issue of the newsletter of the **Abbeyfield Care Home in Ballachulish**, Fort William, reported:-

“Residents in Abbeyfield have had the benefit, over many years, of the Therapet Visiting Scheme under which Mrs Jean Coke and her two Labrador Retrievers, Cassie and Trudy, visit the establishment on a fortnightly basis, although she only takes one dog with her on each visit!

The Therapet Visiting Scheme is administered by Canine Concern Scotland Trust, a charity based in Edinburgh, and seeks volunteers with suitable pets to visit regularly hospitals, residential homes, day centres and special needs schools. The prison system in Scotland also benefits from the scheme; and there have been two recent initiatives – namely helping students to relax and reduce stress around exam times, and also helping children who lack confidence with learning to read.

Jean has been a member of the scheme for over 20 years, visiting both Abbeyfield Ballachulish and Glencoe hospital with six different dogs during that time – five Labradors and one Collie. Her current Labradors are six years old Cassie – a black beauty whose speciality is offering “paws”, and Trudy who, at eight years old, charms the residents by putting her head on their knees, making herself available for patting! Jean comments that the pleasure demonstrated by the residents is palpable.

Jean visits the bedroom visitors first, and hears their stories about their own pet memories; she then takes the dog to the lounge where she visits the residents who are keen to pat the dog. The dog is on a lead throughout the visit and Jean tries to avoid tea and coffee times, as the cakes, biscuits and crumbs prove very attractive to even well-behaved Labradors! There can be no doubt about the benefits of the scheme; “once a dog-lover, always a dog-lover” and we thank Jean and other Therapet owners for the pleasure they give us, when we can no longer care for our own pets.”



### **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 the office know and we will be able to supply you, and the media, with backup information.

Our website [www.canineconcernscotland.org.uk](http://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 as 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** 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.**

## MEMBERSHIPS

As usual this is a gentle reminder to anyone who has not renewed so far this year. We do hope that you will continue your membership. Your support is so important to us and from the Trust's insurance point of view it is essential that all active Therapet volunteers have their membership up-to-date.

## FUND RAISING

It is a fact of life that charities have to fund raise to survive and we are no exception. We derive our funds from a range of sources including **Memberships, Therapet Registration Fees, Donations, Legacies, Gift Aid Tax on Memberships and Donations, Events, including sponsored events.** Here are three examples of how money has been raised for the Trust this year:

**Wilma Hutchieson's** work as a Therapet Volunteer has not gone unnoticed. Along with her daughter Rachel and their two Therapets Daisy and Mya they visit different places and love visiting the 1st Auchterarder Rainbows where CCST volunteer Rachel explains the work that Daisy and Mya do for CCST. One of the mums, who's daughter attends the Rainbows, Catriona Glen, has a shop called Child After Child. After the dogs being at Rainbows she decided to raise money through the 5p bag tax money and from the sale of items donated to her shop for the CCST. The proceeds from both enabled Catriona to present a cheque for £330 to the Rainbows group leader Wilma Hutchieson for Canine Concern Scotland Trust. Whoever said do not work with children and animals has clearly never met these two amazing Therapets Daisy and Mya!

**Amanda Hughes** a second year student veterinary nurse at the College of Animal Welfare in Edinburgh wrote "My classmates and I participated in Gung-Ho Edinburgh on Saturday 11th June in aid of Canine Concern Scotland and Therapet. We chose your charity as it is close to the heart of one of the girls in class who volunteers (Gayle with Rocky) as well as being a such a worthwhile cause." Amanda and her fellow students have raised £410 this sum being bolstered by £47 of Gift Aid Tax.

**Scott Cairns** created a Just Giving page and wrote:-

"Myself & John Irvine are taking on the West Highland Way, walking the 96 miles to raise funds for our Charities of choice through Cathedral House Hotel & Just Giving.

The 154Km (96miles) Route starts at Milngavie passes through Mugdock Country Park, follows the shores of Loch Lomond, passing Ben Lomond, through Glen Falloch and Strathfillan, crossing Rannoch Moor, past Buachaille Etive Mor to the head of Glencoe, climbing the Devil's Staircase, descending to the Loch Leven before entering Lairigmor and Glen Nevis and finishes at Gordon Square in Fort William.

Finally boarding the Great Iron Horse for a triumphant journey home to Glasgow & Cathedral House to regale the rank & file with our tales before collapsing.

Canine Concern Scotland Trust & Therapet are my chosen charity and deserve every penny that can be raised to benefit such a worthy cause." Scott was sponsored for a magnificent £715 and Gift Aid Tax will increase this by a further £150.

These and all other fund raising efforts and the many donations we receive each year are very much appreciated.

## AREA REPRESENTATIVES

The Trust is very fortunate that so many people are so willing to give freely of their time to the Trust in so many ways. In particular the commitment of our Area Representatives is extraordinary as without them the Therapet Service could not be managed effectively. That four of them (five if we include Douglas Ruthven who has recently retired from his Area Representative role) are also Trustees means that we have a Trustee Board which is very hands on and is extremely experienced.

Each year in June the Trustees and the Area Representatives meet in Perth for a getting to know you and training day. This is an invaluable event which keeps our Area Representatives up-to-date on all aspects of the Trust and provides important feed-back to the Trustees. Below is the 2016 meeting in session with apologies to Chairman George Leslie for only managing to get half of him in the picture!



I am sorry to report that, due to health issues, Debra Sinclair of the Aberdeen Team has decided to relinquish her role and we thank her for her past efforts and we are delighted that that she feels able to continue as a Therapet volunteer. We hope to have a new Representative in her place soon. Also we are sad to lose Margaret McRae in Dunoon due to a change in her personal circumstances. In Edinburgh our new team is settling in and I am confident that, with Douglas on hand to give guidance, the team will provide an excellent service. A full list of Representatives is enclosed with this Bulletin.

With best wishes  
Yours sincerely

*Nick Henley*

**Nick Henley Price**

PS Please remember:-

- a) The Awards Lunch on 20th November
- b) Nominations for Therapet of the Year to be in by 24th October
- c) Renew your membership, if you have not already done so!