



BULLETIN 93 – August 2018

Dear Members and Friends

Our **AWARDS LUNCH** will take place at the **Marriott Hotel, Edinburgh** on **Sunday 25th November 2018 at 1.00 pm**. This is a new venue for us. It is situated on the A8 at the very edge of Edinburgh, close by the Edinburgh City Bypass and even closer to the new Edinburgh Gateway Railway Station and not far from the Queensferry Crossing, the M8, and the M9. The lunch is always a most enjoyable event and gives us the opportunity to pay tribute to, and thank, some very special dogs and some equally special people. As you know, we are celebrating the Trust's 30th Anniversary this year and we hope that as many of you as possible will come to the lunch to join in the celebrations. An application form is enclosed which should be returned to the office by **12th November** at the latest. The cost this year is £25.00 per person.

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. Therapet is a great success story and we wish to build and develop it so that as many as possible people in Scotland can benefit.

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 **22nd 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.

Trustees:

I Allan Sim BSc CA (Chairman) George Leslie BVMS, James Macdonald,
Dr Valerie J Marrian MBChB FRCP FRCPE DCH, Norma Murray, A Douglas Ruthven BEM FRSC,
Lydney G Thomson BSc(Hons) OT, Diane Wood Dip RMS, Simon W Young BA(Hons) MBA
CEO/Secretary/Treasurer: Nicholas P Henley Price

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 **Therapet Service Awards** that are sent out by the office as they become due.

These are:

- 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.

THERAPET OF THE YEAR PORTRAIT

Again this year, Therapet volunteer and artist Laura Frame has very kindly offered to paint, and donate to the winner, a portrait of this year's Therapet of the Year. Her work can be seen at <http://lauraframe.co.uk/pet-portraits/>. Another incentive to enter your Therapet.

THERAPETS NO LONGER WITH US

A number of our wonderful Therapets have died recently.

BRUCE - Patricia McMahon's Boxer

CHESTER – Paula Van Hemert's Flat Coated Retriever

DJ – Denise Laird's Labrador Lurcher Cross

MYA – Morven Woods' Labrador Cross

MORGAN – Julie Duguid's Labrador

SKY – Rhea Gauld's Labrador

SASHA – Robby McRobb's Jack Russell

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, up to the end of July, we have registered 150 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.

THERAPET NEWS

Jane Burleigh has kindly taken over the co-ordination of our Therapets visiting the Royal Hospital for Sick Children in Edinburgh from **Pat Howard**, who has done great work in recent years. Jane has given the following report:

“Presently there are 3 regular Therapet dogs and their handlers visiting the Sick Kids Hospital. We are assisted by volunteers, usually students, organised by Denise Claxton, the Volunteer Manager at the hospital. The Therapets are:

Islay, a Springer Spaniel and Diane Scott

Poppy, a Bearded Collie and Heather Graveson

Tigger, a Miniature Poodle and myself’

We visit the Playroom in Ward 1 to visit patients there. We then go to the Playroom in Ward 4 where children from Wards 3, 4 and 7 come to meet the Therapet. We also often visit the High Dependency Unit and Intensive Care Unit, if there are children who would benefit from a visit.

In order to always ensure that we have 'Reserve' Therapet dogs available if necessary, there are five dogs and handlers that I can call on. We have a variety of Therapets: a Pomeranian, a Cocker Spaniel, a golden Labrador and 2 Labrador Crosses. All of the dogs and handlers have been to the hospital to do an Introductory Visit. Some of them have already helped out by covering a visit when it was required.

We all find these visits very rewarding and what is an added bonus is that the visits don't just bring happiness to the children but also to the parents and the staff."

Unexpected Encounter!

Recently our Chairman **Allan Sim** was on a personal visit to the Culduthel Care home in Inverness and was delighted to meet Therapet Volunteer **Margaret Scott** from Strathpeffer, who was on her regular visit to the home with **Therapet Jimmy**.



Linda McVay in Fife sends the following account of her visiting:

“Since August of last year, my golden retriever, Shadow, and I have been visiting Barrogil House care home at Cluny in Fife, every second Monday. Shadow is a very calm, cream coloured retriever and he just had his second birthday this May. He is a people friendly dog, often preferring owners to their dogs and he is ideal for visiting the residents in the care home. We go and see people in the lounges and in their own rooms. Many of the residents like to feed him biscuits and it’s a wonder that he is not barrel shaped! We share what we have been doing and people talk about their pets and their families and their memories. I think our visits are enjoyed by residents and staff.

In addition to this regular commitment, we also took part in a Therapet event at Carnegie College in Dunfermline in May. Students, and some staff, took the opportunity to visit the participating dogs and lots of patting took place and chatting too. Shadow found this a more exciting event as it was the first time he’d attended something along with other dogs, but we look forward to taking part in future group events.

In August we hope to be reassessed so that we can work with children as well as adults. Everyone we meet believes this interaction between pets and people is of benefit to all.”

Earlier this year **Kate Hunter** from Perthshire, who started visting Rosemount Care Home in Blairgowrie with Collie Springer Cross **Bodie** in 2015, wrote:

“Bodie and I are starting at Blairgowrie High School after Easter in the special needs department and this weekend we qualified through SARDA Scotland as an avalanche search and rescue dog.”



Congratulations to Kate and to Bodie, a multi-talented Therapet!

“Robbie The Brave” by Marilyn Killen

This is what happened in December 2017 when Robbie, in the course of his duties, was taking part in a reading scheme with a pre-school group in Prestwick. We had completed a seven week programme for Reading With Dogs. The children were aged two, three and four years old and every week asked if Robbie could please go for a walk with them, once the reading part of the visit had been completed. They were training to take part in a sponsored walk to raise money for Therapet. This was no hardship for us and Robbie seemed very happy to walk with the children. I took an extra lead and while I held the Therapet lead I provided the children with a long lead which allowed two children at a time to “walk” Robbie.

All was going well for twenty little children and ten staff members when suddenly, as we were going round a bend in the path, a dog appeared at speed. In my humble opinion it had the height and shape of a Border Terrier and the face of a Jack Russell. To my horror it fixed its gaze on the children and stood in a very threatening aggressive pose with a rigid head and neck and a stiff horizontal tail. Typically, the dog’s owner was miles ahead, totally oblivious to the threat her dog was posing, and I didn’t want to shout for her attention in case it frightened the children and provoked the dog to attack. Robbie took the matter into his own paws, he stood side on to the dog and “body blocked” it, shielding the children from its view. The two little ones “walking” Robbie were shepherded out of danger by the staff who were looking quite anxious. The dog was stopped and prevented from moving by Robbie, as he asserted his Collie authority on the situation allowing twenty little children to file past. When everyone was safely along the path Robbie turned round to face the aggressor and fixed his gaze on it, then he took two steps towards it, much as he would do if he was challenging a recalcitrant ram. The menacing dog stood still and finally looked at Robbie who was holding his ground and fortunately the aggressor decide that he had better leave. At no point in this episode did Robbie bark, growl, show his teeth or otherwise show any aggression, all he did was prevent the dog from getting any closer to the children. He made his own choice to behave in this manner and at no time did I ask him to protect anyone. He willingly faced the danger in order to protect the children.

Two staff members asked me, “Did we really just see Robbie protecting the children by stopping that nasty frightening dog?”

I had to confirm that they had seen Robbie the Brave at work. I feel so proud of his courage and am genuinely humbled by his ability to recognise what was potentially a very ugly situation and he instinctively knew what he had to do!

Fife Therapets Team Up With Fostering Compassion

CCST Therapets were invited along to one of Fostering Compassion's workshops for children from Chernobyl on Monday July 9th.



Fostering Compassion along with the Chernobyl Children's Lifeline Trust and Swiss Foster Care in Fife held a specially adapted Storytelling and Reading with Dogs workshop, with the help of an interpreter. It was a huge success and wonderful to hear the children re-tell the story they had heard, to the dogs - in Russian!

Fife Area representative June Hutton organised a small group of Therapets in Fife to attend which included; Therapets Cody, Ralph and Jill.

Canine Concern Scotland Trust regularly works with Lesley from Fostering Compassion, with her workshops throughout Scotland. We provide suitably assessed Therapets to come along to meet the children and their parents.

Pictures with kind permission of Fostering Compassion

Cathkin Primary Raises Funds For CCST



Cathkin Primary wished to show their appreciation in CCST's "Reading With Dogs" programme and they have been very busy fundraising for CCST.

Mr McCaddam and the ASN department organised a fantastic charity cafe and jumble sale and made a superb amount of money. They contacted Area Representative James Macdonald to say that they would like to donate some money towards the charity. CCST volunteer Diana Roger with Therapet Paddy, who are involved with Cathkin Primary in the Reading With Dogs programme, went along to their afternoon school assembly on Thursday 22nd of March to be presented with a fabulous cheque for £437.00p.

Well done to all the pupils and teachers at Cathkin Primary for raising this terrific amount for CCST.

Picture: CCST Volunteer Diana Roger with Therapet Paddy and Teacher Support Worker Fiona O'Donnell

Pets are good for us!

As a Speech and Language Therapist in Acute Medicine at the Western General Hospital (WGH), I am always looking for new ways to stimulate and encourage patients to engage and participate in the therapeutic process. This can be easier said than done sometimes, but I think if I could bottle what my wee dog Pippin does on his weekly Therapet visit to the stroke Unit on Ward 50, I'd be very successful Therapist indeed.

Pippin is a young Miniature Schnauzer and along with his Canine Colleague, Isla the Black Labrador who visits Ward 55, they bring a ridiculous amount of pleasure, stimulate a lot of conversation and interaction, and have even helped the odd person with their mobility and upper limb movement (via lots of patting and cuddling). Dealing with a new illness or coping with a long term condition is challenging for all of our patients, and the few moments of joy, diversion and stimulation these dogs provide, often helps to alleviate symptoms associated with low mood and lack of motivation too. Stroking and interacting with dogs has also been shown to release endorphins, lower blood pressure and distract from pain and discomfort. And if that wasn't enough, staff members and visitors also love meeting them and feedback from them has been hugely positive.



Left to right: Ceirwan Wharry (Dep Charge Nurse, Ward 55), Therapet Isla with CCST volunteer Martyn Wright, Therapet Pippin and CCST volunteer Ros Todd, Eilidh Hannah (Staff Nurse Ward 50)". Ceirwan and Eilidh are the nurses responsible for supporting the Therapets on their wards.

Written by
Ros Todd
Speech and Language Therapist
Western General Hospital

*This article appeared in Connections - NHS Lothian's regular newspaper July 2018. And permission for use authorised by NHS Lothian media
Written by Ros Todd*

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PAWS AGAINST STRESS

Demand for PAWS AGAINST STRESS sessions continues to grow and in some areas is stretching our resources. However, it is really great to receive formal recognition as evidenced by **The Students Association University of the West of Scotland (SAUWS) Awards evening on May 11, 2018.**



Every year SAUWS gives out special awards to recognise all the hard work that both staff and students have done in the last year.

“The Outstanding Achievement Award Category

This award will recognise a student or staff member (support or teaching staff) who has made an outstanding contribution to the Student Experience and education at UWS.

In the year 2017-18 Canine Concern Scotland Trust is awarded the Outstanding Achievement Award.”

CCST has organised “Paws Against Stress” events at three UWS campuses - Ayr, Hamilton and Paisley since 2014, in collaboration with the Students Association. The events have been very well attended at these twice yearly events on each campus to help with exam stress leading up to or during exam time. Up to six Therapets attend each two hour session and the students come and visit the dogs for twenty minutes. This allows approximately 150 students to benefit from each session. Over the years, in excess of 1500 students have attended and benefited from these sessions at UWS.

Area Representative for East Kilbride and South Lanarkshire, **John Kerr**, represented CCST at the ceremony to collect this fabulous award.

Many thanks to the Students Association from University of the West of Scotland for thinking of us as worthy recipients and acknowledging the value of “Paws Against Stress” events.

Dean's of Huntly Fund Raiser in Aberdeenshire



Trustee Diane Wood (centre) with her Therapet Breagh

After a busy year of fundraising our staff were delighted to hand over two cheques this morning, each for £2,500, to two very worthwhile charities.

The first cheque went to The Butterfly Trust, a charity offering support to people living with cystic fibrosis in Scotland.

The other was presented to Canine Concern Scotland Trust who manage the Therapets service.

Thanks to John Wink, and Trustee Diane Wood with Therapet Breagh, for coming along for the photocall.

Many thanks to the staff and management at Dean's for their generous donation to Canine Concern Scotland Trust.

PAWS AGAINST STRESS

Requests for PAWS sessions continue to come in from Scotland's universities and other educational institutions. In 2017, 99 sessions were held in a total of 47 institutions and we estimate that over 9,000 students benefitted. Generally, sessions are held during exam time to help students de-stress, although we also get requests to hold sessions for "Freshers" to help the students who may be away from home for the first time and are missing their pets as well as their families. We do need more volunteers to help meet the demand and if you would like to become involved please speak with your Area Representative, or in Edinburgh, one of the PAWS Co-ordinators. They do like to have a pool of volunteers to call on when planning sessions.

Unlike our normal Therapet visiting, where you and your Therapet usually visit on an individual basis, teams of four to six Therapets and their owners participate in PAWS sessions and accordingly it is essential that the Therapets are friendly towards each other. These sessions have the additional beneficial effect of enabling our volunteers to get to know each other.

READING WITH DOGS

Our Reading With Dogs programme is expanding all the time. In 2017, sessions were held in 77 schools, with just under 1,000 children benefiting and 65 Therapets took part. 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.

We point out when new Therapets are registered, that they 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 have to 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.

Also, at all times, a teacher or classroom assistant or other person appointed by the school must be present. If a school is not prepared to guarantee this then sessions must not go ahead. This is for the protection of all concerned; the children, the school and, from our point of view, the volunteer and the Therapet.

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 and tote bags available from the office.

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.

Please remember that when carrying out Therapet visits the norm is **one Therapet per handler** unless otherwise agreed with your Area Representative, or the office. This is to ensure that Therapets are kept safe, and incidents are avoided. If the unexpected happens, it is far easier to control one dog than two.

AREA REPRESENTATIVES

We are very fortunate in having so many members who are prepared to act as Area Representatives on a completely voluntary basis. They do so much for the Trust in assessing potential Therapets, arranging placements, organising PAWS and Reading With Dogs sessions and much more, quite apart from their own Therapet visiting.

The sad news is that **Susan Ross** in Helensburgh and West Dunbartonshire has decided to retire from her post, at the end of August and **Norma Murray**, in Dundee and Angus will be retiring at the end of the year. Both have been Area Representatives for very many years and we thank them both for all that they have done in promoting the Therapet Service and managing the Therapets and their owners in their areas.

On the much brighter note we welcome **Shona Sneddon** as Area Representative for Dumfries and Galloway, a post that has been vacant since Maureen Hill retired. We are very grateful to Borders Representative **Marion Livingston** for looking after Dumfries and Galloway on a temporary basis during the interim period.

As you can imagine, we are always looking out for more members to become involved, either by assisting existing Area Representatives or by becoming one in an area where we do not have representation. In particular, we are looking for Area Representatives in Perthshire, East Fife and now Dundee and Angus. Our ideal is to have more than one in each area so that the work can be shared and no one becomes overcommitted. If you are interested, please let your Area Representative, the office or me know.

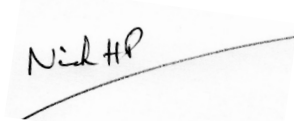
Each year, in June, the Trustees and the Area Representatives meet in Perth for a getting to know you and training day. This is an invaluable event which keeps our Area Representatives up-to-date on all aspects of the Trust and provides important feed-back to the Trustees.

MONEY MATTERS

As with all charities, CCST needs money to fund its administration and activities. We really do appreciate all the donations you send, very many of which are under the Gift Aid system which enables us to reclaim tax from HMRC. We also want to thank those of you who organise or participate in fund raising activities. If your circumstances permit, one way of helping the Trust in the long term is to remember it in your Will. Donations and legacies in favour of charities are exempt from Inheritance Tax.

Finally, a gentle reminder to anyone who has not renewed their membership 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.

With best wishes
Yours sincerely



Nick Henley Price

PS Please remember:-

- a) The Awards Lunch on 25th November
- b) Nominations for Therapet of the Year to be in by 22nd October
- c) Renew your membership, if you have not already done so!

