



Scottish Charity  
No. SC014924

Incorporating **THERAPET**®

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## BULLETIN 90 – August 2017

Dear Members and Friends,

It is always good to start a Bulletin with some really great news. Trustee and retired (although he remains very busy!) Area Representative for Edinburgh **Douglas Ruthven** was awarded the British Empire Medal (BEM) in this year's Queen's Birthday Honours, for "Voluntary service to the community in Edinburgh and the Lothians." Congratulations Douglas, an award richly deserved.



Just to add to the good news, I quote from the Kennel Club Charitable Trust Kennel Club Charitable Trust: "Your charity has been nominated by the winner of the our 'Assistance Dog' category for Dog Photographer of the Year 2016/2017.



As part of the 1st place winner's prize for this category, the winner gets to nominate an assistance dog charity for a donation of £500 from the Kennel Club Charitable Trust. The winning photo was by photographer, Alasdair MacLeod who captured Therapet, Megan (owned by Linda Whitby) during a weekly Therapet visit to South Beach Care home in Saltcoats." Megan was also our Therapet of the Year in 2016 so it is fitting that she features in the winning photograph.

### Trustees:

George Leslie BVMS MRCVS, James Macdonald, Dr Valerie J Marrian MBChB FRCP FRCPE DCH,  
Norma Murray, A Douglas Ruthven CChem FRSC, I Allan Sim BSc CA, John A Stead BSc.  
Lynsey G Thomson BSc(Hons) OT, Simon W Young BA(Hons) MBA

**CEO/Secretary/Treasurer:** Nicholas P Henley Price

We are hoping that a representative of the Kennel Club Charitable Trust will present the cheque for £500 at this year's **PRESENTATION of AWARDS LUNCH** which will take place at the Kaim Park Hotel, Bathgate on **Sunday 19th November 2017 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 £20.00 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. 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 **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.

### **THERAPET OF THE YEAR PORTRAIT**

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/>.

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

It is always sad to hear of the deaths of a number of our wonderful Therapets. On this occasion I have to record the following:

“**Alfie**” Harry Greig's Boxer

“**Axl**” Gabrielle Beresford's Border Collie

“**Clover**” Honore Power's Labrador

“**Ellie**” Maureen Thomson's Labrador Cross

“**Fergus**” James Walker's Cocker Spaniel

“**Kip**” Carrie Tulloch's Border Collie

“**Millie**” Lindsay Buckley's Bichon Frise

“**Pasta**” Lovina Halliday's Working Cocker Spaniel

“**Pluto**” Lorraine Young's Labrador

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.

### **SILKIE by Tom Ellis**

Living as frugally as I,  
 she eats all her dinner  
 grateful for water  
 never wasting my store  
 nor keeps me waiting.  
 Although she is black and white  
 she never argues the opposite thereof.  
 She is the delight of children.  
 Her eager suggestions  
 are as where to throw the ball,  
 never how to arrange my furniture  
 or my life.  
 Although she doesn't wipe her feet,  
 neither does she leave the lights on  
 nor slams doors.  
 In ease and grace  
 we live together.

### **NEW THERAPETS**

So far this year, up to the end of July, we have registered 129 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

**Susan Ross**, our Area Representative who looks after the Helensburgh and Dumbarton districts, sent in the following report on a very different Therapet visit:-

“When I was asked to take a dog into the Clyde Submarine Base, something told me it may be a challenge to get in. As I arrived early I thought it would be better to drive past and turn down a side road and wait, forgetting I was parked looking into, funnily enough, the police dog section. A short time passed when a police car arrived asking if I was all right and telling me that before I continue I should remember that civilian dogs do not go into the base. I replied that my dog was a Therapet and we were going into the base at 10.30. After checking there was a dog in the back they drove to the end of the road and parked, I assume waiting for me to leave. The next bit was frankly unbelievable. The owner of Jess’s litter brother just happened to pass and noticed my car and turned into the side road. What were the police thinking now! We had a short chat and I explained where I was going and she left.

“I entered the base and the first checkpoint was quite straightforward. I then continued to the next one, where I parked ready to be checked. After I was photographed and passport checked I went to the next section. This time after being photographed and checked, including a computer screen test I felt I was getting there. Then next for checking was the car, what was the registration, I replied DOG. She liked that but still hadn’t realised I had a dog with me. When the penny dropped she said “dogs aren’t allowed in the base”. My escort replied Jess had been approved the day before by the head of the police dog section. She wasn’t happy with the answer so then phoned around for confirmation. At last, we started our visit.

“The visit was a success. We went into the offices and meetings were stopped to meet Jess. She posed for photographs with staff and I gave a talk on the work of a Therapet. I was tempted to say we usually enter through the front door. Today, I have been through three security checks the car has been checked and Jess nearly didn’t pass security. After all they don’t allow civilian dogs in the base! Leaving the base was simple, we just drove out! The things I do for Canine Concern!”

**Moira MacPherson** from Fife sent in this account:

“Since October 2016, Jessie has been attending Roselea Nursing Home in Cowdentbeath, fortnightly on a Monday afternoon. Roselea is a dementia care home.

“Although a fairly young dog, she settled into her role quickly. When in the presence of my young grandchildren, Jessie is an energetic and lively dog, however, on her visits to Roselea she instinctively matches the low energy of the residents. Not all the residents enjoy the company of dogs but Jessie quickly sussed out those people who are pleased to see, and make a fuss of her. It is satisfying to see an individual who may appear sleeping and unresponsive, sit up and interact with Jessie, some like to have her on their knee, and she is happy to oblige.

“I have recently returned from a visit to Canada for 5 weeks, and during that time there were no visits made to the home. On my return I considered not going back to the home because I wasn’t sure how much the residents were actually getting from her visits.

“However, on my first visit back to the home I was delighted to see a number of the residents keen to meet Jessie again. I usually take some cheese cut into small cubes for the residents to feed Jessie and I was surprised and delighted to see a couple of the residents had remembered this and ask for the cheese for Jessie. The staff at the home have told me that our visits have given them another topic to encourage conversation with the residents, e.g. had they had dogs, types or dogs etc. That was all the confirmation I needed that her visits are enjoyed.

“In addition to visiting Roselea I also visit a relative who has dementia and is a resident of the Benarty View Home in Kelty. I have made regular visits to my relative there and Jessie has become a popular visitor to the other residents there too.

“My hope is that Jessie will eventually do some work with children, but until then she is making me a very proud owner by her performance as a Therapet.”

The following is from **Morag Irvine, Pupil Support Teacher at Letham Primary** in Perth

“I would like to inform you about how successful it has been having the Therapets Dogs at Letham primary. We first got in touch with Wilma Hutchison around 2 years ago to ask if it was possible to organise some sessions with specific children in the school with Social Communication difficulties. This was particularly successful and the kids just loved having Daisy and Mya, Wilma’s two lovely spaniels in. In fact we noticed how so many of our children related to the dogs and looked forward to even briefly seeing the dogs at break times. This led to us increasing the time Wilma came in to the school with the dogs so that more of our children were able to enjoy sessions playing and learning with the dogs. Wilma and the dogs now come in to school for 4 sessions with different groups of children during the week for which we are so grateful. We have had the dogs in our Nurture class, intervention groups, and in small groups with our most vulnerable pupils.

“We are a school with a significant number of children with multiple needs and Therapets has been an exceptional success. It has become a regular part of our intervention programme and we have a waiting list of children identified as would benefit from this experience. The children love Wilma and the dogs and ask daily when Wilma is coming, or when it will be their turn. Many of our socially vulnerable pupils have gained confidence to talk and share their thoughts and experiences through working with the dogs, and are now more ready to learn, and are relating to and cooperating with more adults and other children.

“All our teachers, staff and Senior Management Team are delighted at the success of this programme and regularly comment on how much the children gain from this. A huge Thank you to Wilma, Mya and Daisy.”

**Elaine Gray from Peterhead writes:**

“Just to give you an update on how Marnie, my Cocker Spaniel, is doing with his Therapet duties.

“We started visiting the local care home in Cruden Bay (Sunnybank) the end of last year and this has been well received by the residents and staff. We visit every 2 weeks and have got to know the residents quite well, we aim to visit about 2.00pm as just before 3 the tea and cakes come out and this proves a distraction for Marnie plus the residents like to share their fine pieces with him.

It’s great to see their faces as we walk in and even a couple of them who were nervous of dogs will happily stroke Marnie now, also good to hear their stories of dogs they have owned, a few of them were farmers so had working dogs.

Will keep you updated.”

**Therapets help Monifieth High School Pupils**

CCST was contacted by Monifieth High School head teacher Mrs McNally to help pupils come to terms with the loss of a pupil who died suddenly. Trustee and Area Representative Norma Murray arranged for four volunteers and their Therapets to go the school to help the pupils. The Therapets (left to right) are Border Collie “Dora” with volunteer Kerry Roberts, Bearded Collie “Molly” with June Dickson, Labrador “Penny” with Tom Miller and Labradoodle “Clova” with Caroline Hipplesley.

Norma was invited to talk to the pupils at assembly about the work CCST undertakes before the pupils met the Therapets and volunteers.

**Pauline Fraser** of Glenrothes who visits Warout Primary School with Labrador Brewster recently sent the following:

“We have had a good year so far at Warout and Brewster is adored by staff and pupils alike !

“We have visited every week on Tuesdays and Thursdays when possible. The children have responded well to Brewster, sending him get well cards when he had an ear infection , sending him valentine cards and presenting me with an Easter egg!

The staff do a remarkable job in the support unit and I have nothing but admiration for them all . Brewster and I were invited to the open day as special guests and Brewster is mentioned and pictured in the unit’s newsletter.

“We were invited along yesterday and presented with a thank you card- Brewster received treats and I was presented with a lovely bouquet. So I think you can see that the visits are being enjoyed by us all.”



From Fort William **Lynne Young** sent the following account of her visiting:

“I thought I would send this article to you to let you see what Simba my Cavalier King Charles Spaniel and I have been up to in the last year since becoming Registered Therapet Visitors. We have now developed a fantastic routine and a very good visiting schedule with one of our local Care Homes for the Elderly, which also homes dementia sufferers, called Moss Park in Caol, Fort William. We regularly visit every four weeks from anything from 1 hour to our longest visit of 1hour 40mins letting the residents have some time with Simba. Due to mobility issues some residents cannot bend down to clap him so they ask for him to come up on their lap or we sit beside them on a chair.



“I take in a bag of his favourite treats and the residents love being able to give him some treats and interact a bit more with him and he will do basic tricks for them. It is truly humbling when I leave a resident to move onto the next person that they thank us for bringing Simba into see them and can he come again. I try my best to double back and see most people twice on a visit so Simba gets a chance to say hi the first time and if they want him again we go back to say goodbye.

“The care home recently made a newsletter for their residents and friends and I was given a copy last Friday when we were in visiting and have attached “our” page so that you can see some of the lovely people we get to meet each month. The home now has a big poster with accompanying photos in the main reception with craft therapy, music therapy, dance therapy and pet therapy with more photos of Simba with some of the other residents on it, so staff and visitors know it is something that is offered to any residents.”

### **Therapets Attend Volunteer Tea Party in Grampian**



NHS Grampian invited CCST volunteers and their Therapets to their Afternoon Tea Party for volunteers on 16th May 2017. All volunteer groups across NHS Grampian were represented including Meeters & Greeters, WVS, Library, Visitors and other Helpers. All our Therapets behaved impeccably and were well loved by everyone in the room. The CCST volunteers and their Therapets were the only ones named in person during the ceremony!

## READING WITH DOGS

Our Reading With Dogs programme is expanding all the time. 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 update Members' PVG registrations to 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.

The feedback that we are getting from the schools where sessions have been held, and from our volunteers, is very positive, for example:

**Brian and Geraldine Robertson** wrote to the office enclosing a donation from a primary school in Newton Mearns, East Renfrewshire, as a mark of the school's appreciation for their taking part in Reading With Dogs over a six week period. In their letter they said *"We, together with our Golden Retriever Libby, found the whole experience richly rewarding and the school expressed its full satisfaction with the response and progression of the P2 pupils involved."*

**Ronnie MacInnes**, our Area Representative for Orkney, sent the following:

*"We started our 6 sessions at Papdale Primary School on 26 May 2018. The sessions were held in the school library for 1 hour for 1 girl and 2 boys. A session for 1 hour suited the schools curriculum. Their P5 teacher was in attendance. I went for the first 2 sessions to support the volunteers Margaret Pratt with her dog Kara and Evelyn Grant and her dog Brodie as this was a new venture for all. They did alternate sessions because of other commitments. This was a very positive experience for all. Caro Stockan the P5 teacher has produced an evaluation / report which you will find attached. I have discussed the report with the volunteers which has given them great feedback. They are very keen to do more sessions. The following is the last paragraph of the report:*

*"I have spoken to the Head teacher Jane Bruce and she is extremely keen to continue and further the partnership between Therapet and Papdale School. Through feedback given from Miss Stockan, the P5 teacher, and her awareness of its benefits, she is keen to set up 2 blocks of 6 weeks in term 3 and/or 4 so that 3 pupils from both P5 classes could benefit from the programme next year."*



## BREADALBANE ACADEMY, ABERFELDY WINS YPI



As I reported in the January Bulletin a team of pupils at Breadalbane Academy were successful in winning their school's Youth & Philanthropy Initiative competition with their presentations on the Therapet Service.

They won £3,000 for the Trust.

Area Representative Harry Greig is seen here with the winning team of Bethan Macdonald, Alice Nicoll and Georgina Holmes.

## JANE ROSS WALKS COAST TO COAST

This year Edinburgh member, Jane Ross, decided to do this walk across the North of England. She opened a JustGiving account for sponsorship donation and on her page wrote:

"The Coast to Coast is an amazing walk! Stitching two coasts, three national parks and 200 miles of footpath together. I start this classic walk in 20 June and will complete it alone in just 13 days.

"My chosen charity to hopefully raise some funds for is Canine Concern Scotland which co-ordinates the amazing Therapet service that Luke, our lovely retriever, Billy and I are all involved with.

"Volunteering with Luke and the Therapet service is a real privilege. We've seen people smile, laugh and even cry at sessions. Though life is a little tough when Luke or other dogs woof...put their head on a hand, in a lap or paw out to be patted... it lifts the mood! Therapets makes the world go round!

"Every penny count in supporting the teams, training volunteers and assessing the dogs. So please give even a £1...every penny counts!

"Let's try and get a Therapet in every school, hospital and university we can!"



**Jane raised a magnificent sum of £1,770.73** and with Gift Aid the total comes to over £2,000. Thank you very much Jane and I hope that your feet have recovered!

## **MORE FUNDRAISING**

- In Badenoch & Strathspey Vivien Moen arranged another very successful Bridge Afternoon which raised £648.50.
- Lochaber and District Canine Society sent us a cheque for £583.73 from the monies they raised at their 2016 show and walks.
- Former Area Representative for Dumfries Maureen Hill sent us £300 as a result of funds raised at pre Christmas fayres.
- Pupils at Inverurie Academy raised £365 for the Trust.
- A raffle at Ward 203 Edinburgh Royal Infirmary raised £400 for the Trust.
- Bannockburn Primary School had a no uniform day and raised £415.
- George Heriot's School sent £675 collected from S6 pupils end of term show.
- Claire Hayward's employer BP sent £364.38 from their Employee Matched Funding Scheme
- Lucy McAra Meish did a 5K run in memory of Hamish and raised £325.

These are just some examples of the great efforts made on behalf of the Trust. We thank everyone who raises funds for, or makes donations to, the Trust.

## **PAWS AGAINST STRESS**

Requests for PAWS sessions continue to come in from Scotland's universities and other educational institutions. Generally they 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.

## **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.

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.

## **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. Please send in your news items so that James can include them.

## 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. We are always looking out for more members becoming involved, either by assisting existing Area Representatives or by becoming one in an area where we do not have representation. If you are interested please let your Area Representative or the office know.

At present we have vacancies in the **Inverness and Dumfries & Galloway** areas. In Fife, for family and personal reasons, **Christine Grist** has found it necessary to relinquish her post although she will continue with her own Therapet visiting. We thank her for the wonderful work she has done over the last few years. **June Hutton**, who has been a member since 2010, has agreed to become Area Representative for **West Fife**. We hope that some members in **Central and East Fife** will be willing to become Representatives in their areas.

Each year 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.

## OFFICE STAFF

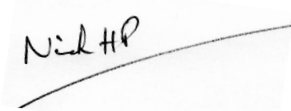
As I have mentioned in previous bulletins the office is increasingly busy and Lesley and Norma have worked tremendously hard in dealing with all the work. However the time has now come for us to add an additional Administrator to ensure that we can provide a good level of service to our members, volunteers and Area Representatives. I am pleased to report that Carole Dryburgh will be commencing part-time employment with us on 4th September. Carole has done some administration work for us on a voluntary basis so she knows the ropes and will a great asset to the Team.

## 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.

With best wishes

Yours sincerely



**Nick Henley Price**

PS Please remember:-

- a) The P Awards Lunch on 19th 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!

