

BULLETIN 76 – January 2013

Dear Members and Friends

Happy New Year everyone! Hopefully you have had a good festive season. I am a bit ahead of myself this year, for reasons that will become clear, and am writing this bulletin before Christmas! To start with:-

MEMBERSHIP SUBSCRIPTIONS for 2013 are now due and I attach a renewal form. We do hope that you will continue your membership and of course it is very important, from the insurance point of view, that Therapet Volunteers keep their membership up to date. The form contains a new **Gift Aid Declaration**. If you are a tax payer and wish to make use of the Gift Aid system please read the declaration carefully. If you are certain that you qualify please do sign the declaration as the Trust can then recover valuable tax from HM Revenue & Customs.

If at all possible I would be very grateful if you would return the renewal form to me before the end of January. If you are not able send it by then please delay sending it until the middle of March. The reason for this is that I am having an early holiday and will be away for four weeks from the 11th of February. I am off to Australia and New Zealand. The office will therefore be closed although arrangements will be in hand so that urgent mail will be attended to and James Macdonald has very kindly agreed to check the Trust's email inbox and deal with as many of the emails as possible. If you need any help during the period I am away please contact your Area Representative or, alternatively, contact James on 0141 632 4893.

The annual **PRESENTATION AND AWARDS LUNCHEON** for 2012 took place at the Kaim Park Hotel, Bathgate on Sunday 18th November. As always it was a most enjoyable event with Chairman of Trustees, George Leslie acting as both the master of ceremonies and the presenter of the awards.

There were two awards made to recognise fund raising efforts in connection with sponsored walks.

The Ki-Chu-Asha Stars of Hope Memorial Trophy, which was donated by Jean Llamo, is for the organiser whose walk raised the most money. It was won for the second year running by **VIVIEN MOEN**, our Area Representative for Badenoch & Strathspey, whose walk raised £711.50.

The Miss Matty Award, in memory of our beloved Boxer, Matty, is awarded to the top individual fund raiser at the sponsored walks. This year the award went to **Esther Davidson** and her grand-daughter **Molly Shepherd** who between them raised sponsorship of £240.50. The trophy is of course in the form of a BOXER!!

Unfortunately Vivien, Esther and Molly were all unable to be with us and their awards were collected on their behalf by Mary Innes.

The **Dr Morris Andrew and Daniel the Spaniel Trophy** is awarded to the Therapet Organiser of the Year. Dr Andrew was a Trustee and also the Area Representative for Edinburgh and the Lothians for a number of years. The trophy was donated by members of Dr Andrew's family.

The Award is not voted on. The **ADMINISTRATOR** (me!) decides on the recipient. He knows all about our Area Representatives – at least all about the work they do for the Trust! – so who better to make the decision! It is not easy of course. We have so many wonderful people around Scotland who give of their valuable time and do magnificent work for the Trust and have made the Therapet Service the success it is. We thank them all.

Little did this year's recipient know, back in 2004, when she agreed to do a Therapet Assessment, what she was letting herself in for! She lives in an area of Scotland in which we had had little active representation for a number of years. However, one Therapet assessment led to another and finally in 2008 **LINDA WHITBY** agreed to become our Area Representative for Ayrshire and what an impact she has made! We now have a very active team of Therapet volunteers in her area. Linda has built excellent connections with the Ayrshire Hospice and with care homes and special needs institutions throughout the county to such an extent that she is always asking for more volunteers to come forward. Through her dog training and church involvement Linda has a wide range of contacts which are relevant not only to Therapet but the educational work of the Trust.



Not only does Linda do a great deal of Therapet organising she also leads by example and is a very committed Therapet Visitor with **GREYHOUND MEGAN**. They visit:-

- Ayrshire General Hospital every Thursday
- Two Special Needs Schools
- The Dirrans Head Injury Unit in Kilwinning
- Greenbank and Fullerton Care Homes every fortnight.

Just to complete the picture, in her role of Lay Reader in the Scottish Episcopal Church she recently held a very successful Blessing of the Animals Service.

The **IAIN WHYTE MEMORIAL AWARD** is made to a person or organisation whose work has been of special benefit to the Trust over the past year or a period of years. Over the years some very special people and organisations have been given the award and this year we were delighted to make the award to another very special person.

ANNE MACDONALD has been a most brilliant Therapet visitor for 16 years with her Springer Spaniels. EILIDH, was registered as a Therapet in May 1996 and was awarded Therapet of the Year in 2001. Poppy was registered in November 2005

Over all these years Anne and her Therapets have been regular visitors at the Southern General Hospital in Glasgow at both the Physically Disabled Rehabilitation unit and the Queen Elizabeth National Spinal Injuries Unit – she became almost like a member of staff there!!



Also, and arguably most importantly, Anne has done wonderful work at the Royal Hospital for Sick Children in Yorkhill, Glasgow. Through determination and sound argument Anne managed to persuade the hospital of the therapeutic value to children, and their parents, of a dog visiting them whilst in hospital. That Anne gained

acceptance is a tribute to her and, at that time, Eilidh. It has also had a significant beneficial effect for the Trust in other parts of the country. The Yorkhill experience has been passed to other Children's hospitals and helped acceptance of the Therapet Service in the Aberdeen and Edinburgh hospitals.

As well as all her Therapet visiting Anne has been to the forefront of work assisting psychologists in their treatment of people, primarily children, with phobias about dogs, with tremendous results.

Anne's Therapet work has led to her receiving other diverse appointments within the NHS, most recently she was invited to join the Regional Services Directorate Clinical Governance Board.

The sad news is that Anne has decided to step down from her Therapet work and to retire Poppy from active service. Anne has promised to remain a member of the Trust and to lend support whenever she can. She is very conscious of the need for a smooth transfer to other Therapet volunteers and to this end she has written detailed guidance notes for her successors. As one of our Trustees commented "Anne's comments are really worthwhile, showing the value of not only experience but great insight."

The Trustees decided that they could not let Anne's stepping down pass without honouring her and thanking her for her devoted and ground breaking work over a 16 year period. Accordingly they are delighted to present the Iain Whyte Memorial Award to Anne Macdonald – the inscription reads:-

With gratitude and in recognition of her dedicated work in connection with the Therapet Service within the National Health Service.

SPENCER AWARD for THERAPET OF THE YEAR.

This award was donated by **Tom and Dorothy Wilkins**, whose Cavalier King Charles Spaniel, **SPENCER**, was the very first dog to be registered in the Therapet service, way back in 1988. Again this year we had a very good number of excellent nominations.

SECOND RUNNER-UP for Therapet of the Year was **CARA** who does wonderful work in Tayside. Cara is owned by Maureen Harrow of Angus. As well as regular visits to Monkbarns Nursing Home in Arbroath Cara and Maureen provide great help to our Tayside Area Representative, Norma Murray, in a range of visits to special needs playschemes, to Arbroath Academy, to two adult special needs clubs and they regularly help Norma with visits to Guilds and groups for the elderly. A magnificent record of service.

RUNNER-UP for Therapet of the Year was Clare Copland's **WALTON** who is no stranger to receiving awards as he was Therapet of the Year in 2008.

Walton was nominated by many individual residents and staff members at Tor-na-Dee Care Centre in Milltimber, Aberdeen who wrote a lot of very touching testimonials. In support of his nomination Clare wrote:-

“Walton has been a Therapet since 2003 and has visited various places during his time. He is now 12 years old but still enjoys our visits. At the moment he spends time with the residents at Tor na Dee Care Home where he not only has his routine visits he is also invited to all of the social functions as “care home resident dog”. He has been to various craft fairs, Christmas socials and he is always welcomed with open arms by the residents many who have his picture in their rooms and treats to give him.

“Next door to Tor-na-Dee he visits Craig Court which is a brain injury rehab unit serving both long and short term patients who are recovering from strokes, brain haemorrhages and tumours. Quite often he has to deal with strange loud speech noises because of these injuries. This is where he shows his gentle side as he seems to know just what is needed in order to get the best out of the visits. The more able can take him for walks around the garden.

“Over the last three or four years he has also been working closely with the child and mental health unit at the children’s hospital dealing with dog phobic youngsters ranging from 5 years of age to 14. He has successfully helped all of these children to get over the fears they have through patience and understanding. They can then start to lead much more normal lives. This can mean family outings to parks, beaches and country walks which were never possible beforehand. These are children who, when we start, cannot be in the same room as a dog and they progress to walking Walton up and down the corridors, quite an achievement!

“With his gentle nature he is perfect for this role and we have both enjoyed our time as Therapet and visitor! At the age of 12 he is starting to slow a little and is getting a bit stiff so I am not sure how long we will keep going at the moment but we have no plans to retire so hopefully he can keep the residents smiling and the children happy.”

The WINNER of THERAPET OF THE YEAR FOR 2012 was **PEPPER** the Boxer. Pepper is owned and loved by Willie and Alyson Raworth of Glasgow.

We received two very separate nominations for Pepper:-

Firstly from **Iain Ballantyne** who is the Care Home Manager at Lambhill Court Care Home, which is in Kinning Park, Glasgow. Iain wrote:-

“Pepper has been a highlight of the week at Lambhill Court for several years and throughout this time has been inspirational, loving and tender. The staff, visitors and people living in the home really do look forward to Pepper’s visits and miss her terribly when she is on holiday.

“There is one particular lady who really does respond very well to Pepper and she transforms when Pepper arrives. She becomes much more animated and really loves to pet Pepper and starts to chat away. She is clearly in love with Pepper who also appears to have the same feelings and shows her affections back.

“The visitors really do appreciate the work that Pepper does and the family of the lady mentioned above really do notice when Pepper has been in.

“Pepper and her owners are now part of our extended family and we treat them as such. No one has to ask Pepper’s name. We just have to stop and say hello and ask when you are coming back.

“If we could bottle the effect that she has then we would be cutting down on some of the medications we use to lift peoples’ mood. She is just loved by all.”



Secondly from **Gary McKechnie** who is Co-ordinator of Day Care Services at HMP Barlinnie in Glasgow. Gary’s nomination was:-

“The prison has recognised how much people miss their pets when they have to go into prison for extended periods or have to go into hospital. Regular visits from Therapet Pepper have worked wonders for patients and prisoners and the staff in the prison appreciate the break in routine.

“Pepper has been visiting the Day Care Services within HMP Barlinnie for 4 years now, each visit lasting about 2 hours. During this time Pepper has visited in excess of 3,500 clients of ours.

“This is no mean feat, believe me, to see that many people within the prison environment is outstanding to say the least. In our area we have people with mental health problems, learning difficulties, head injuries, alcohol and substance abuse. To get and hold a captive audience from this group is a huge achievement and Pepper does it week in week out.

“It is one of the few things that go on in my area that has a waiting list, not only from the prisoners but the staff as well. Without fail every time Pepper visits the prison new members of staff appear in the area asking about her and can they clap her. This is an added bonus as it lets our prisoners see and bond with the prison officers in a relaxed atmosphere.

“Pepper is such a calming influence on our clients that we have noticed a marked change in their attitudes after each visit. Some of our guys have been put on report (discipline charges) on numerous occasions but after seeing Pepper these have reduced and we have only had three reports since Pepper came to visit.

“We are so lucky to have two dedicated owners and a superb dog to visit us, it has been a pleasure to work, and hopefully continue to work, with them for a long time to come.”



VINCENT GUNN and GARY MCKECHNIE from HMP Barlinnie with Pepper

Just a few days after our Awards Lunch Willie and Alyson Raworth attended a ceremony at Barlinnie during which they were awarded “Volunteers of the Year” by the prison, the first time such an award has been made. I was also delighted to learn that the Scottish Boxer Club is going to recognise Pepper’s work. So quite a time for both owners and Therapet!

Requirements and Guidelines for Therapets and their Volunteer Owners before they will be considered by CCST for visiting Children

Broadly Therapets visit children for two distinct purposes:-

- For therapeutic purposes in children's hospitals, hospices, homes and special needs institutions.
- For educational purposes in schools and youth groups

Before a Volunteer is permitted to visit children with a Therapet in either category the following conditions must be met:-

- All Therapets must have been visiting adults regularly for at least one year
- All Therapets must have been re-assessed by an Area Representative and passed suitable for visiting children
- All Volunteers must be PVG Scheme Members and registered for doing regulated work with Children, and Protected Adults
- All volunteers must be good communicators with children

Visiting for Therapeutic Purposes

Volunteers wishing to visit children will already be experienced in visiting adults. However when visiting children they will find that considerably stricter conditions will apply in the institutions being visited. It is vitally important that before visiting commences the volunteer, preferably accompanied by their Area Representative, visits the institution and meets with the officers in charge to discuss all aspects of the proposed visits and agree guidelines which must be followed at all times. A fundamental is that there must always be at least one member of the institution's staff present at all times throughout each visit. Volunteers must comply with all the hygiene regulations of the institution being visited.

Visiting for Educational Purposes

CCST has devised a standard format for visits to schools and all kinds of youth groups. The following are the guidelines which should be followed as closely as possible. However before you start visits of this sort please contact the office for approval and to obtain essential items that you will need to ensure that your visiting is successful. In particular you will need:-

- A copy of the Children & Dogs film which is available in video or DVD format
- The Teacher's Pack which contains:
 1. The Children & Dogs leaflet
 2. Copies of three educational posters
 3. Notes for teachers
 4. Educational Quiz
 5. Children & Dogs stickers
 6. CCST rosette
- Hints on School Visiting
- Guidance Notes

THE PROTECTING VULNERABLE GROUPS (“PVG”) SCHEME

The PVG Scheme, which is administered by Disclosure Scotland, came into being on 28th February 2011. Unlike the old Disclosure system the PVG Scheme is a living system in that members’ records are kept up-to-date. The following is an extract from the Guidance Notes from the Central Registered Body in Scotland (“CRBS”)

“When you sign the application form to apply to join the PVG Scheme, you are confirming that-

- 1. you are not barred from the type(s) of regulated work to which your application relates (it is a criminal offence to seek to do regulated work while barred); and**
- 2. you are applying to join the PVG Scheme for lawful purposes, usually that you are seeking to do the type(s) of regulated work to which the application relates.**

“Once you become a member of the PVG Scheme –

- 1. Disclosure Scotland will continuously update the records they hold about you so that any new vetting information (e.g. convictions) will be added to your record as it becomes available.**
- 2. Disclosure Scotland will notify all organisations for whom you are doing regulated work if you are placed under consideration for listing or become barred.**
- 3. You must notify Disclosure Scotland of any change in your name or gender within three months of the change taking place.**
- 4. You should notify Disclosure Scotland when you cease to do regulated work for an organisation. Failure to do so may lead to that organisation receiving notifications of any future consideration for listing or barring to which you may become subject.**
- 5. You should take due care of your PVG Scheme membership number and any disclosure records or other documentation issued to you by Disclosure Scotland.”**

Since the introduction of the PVG Scheme all our new Therapet volunteers have been enrolled as members of the Scheme in respect of regulated work with Protected Adults but **not** Children. If, after visiting with their Therapets regularly for at least a year, a volunteer wishes to be considered for visiting children we then apply to the PVG Scheme for a new Scheme Record this time to record that the volunteer is to work with children. If you wish to visit children please get in touch with your Area Representative or me to start the process.

Until the end of October this year we were not permitted to submit PVG applications for volunteers who started before 28th February 2011. However we are now able to commence submitting applications for these volunteers although we are restricted to the number that we are allowed to submit each month. It is anticipated that these **“Retrospective Checks”** will take up to three years to complete. In the middle of 2013 I will start sending out PVG Scheme application forms for completion. The objective is to ensure that all our many hundreds of Therapet Volunteers are registered with the PVG Scheme. A mammoth task so please be patient!

THERAPETS NO LONGER WITH US

Since the last Bulletin I have learned that the following Therapets have died:-

“Blue”, Margaret Byers’ Greyhound
“Maisie”, Anne Pearson’s Cavalier King Charles Spaniel
“Rosie”, Jackie Wilson’s Collie Cross
“Simba”, Norma & Charlie Murray’s Llaso Apso
“Sweep”, Fionna Keiller’s Cavalier King Charles Spaniel
“Tara”, Karen & Fergus George’s Labrador

First and foremost our Therapets are our pets and members of our families and when they die they leave a big gap in our lives, but they also leave wonderful memories. We send our sympathies to you all and also our thanks for your participation in the Therapet Service with your beloved pets. They have given great pleasure to very many people.

I hope that I have not missed anyone but if I have please let me know.

THERAPET NEWS

This year we have had some great publicity for the Therapet Service. Please go to our website www.canineconcernscotland.org.uk and click on Press Reports

Pam Foster reports:- “Springer Spaniel Kim and I are still visiting the ladies in Loch Broom House in Ullapool. The ladies are still enjoying throwing the ball for Kim, even some of the less physically able ladies always seem to manage to bend down a bit further to pick up the ball for her. She seems to know which ones would like the ball on their lap, and which will bend down and pick it up off of the floor.”

Isabel Atkinson of Alexandria wrote in about a talk she gave at her parish church:-
“Just a note to let you know my talk at the above went very well. Approximately 45 people attended - men and women. Most had never heard of the Therapet Service but were delighted that such good work was being done. It was poignant too when I gave out the leaflets which you very kindly sent, and one of the ladies saw her late mum in one of the pictures. It was taken at Clydeview Nursing Home in Helensburgh where her mum had been a resident. She also told the meeting of the great pleasure her mum derived from the Therapet visits.

“I am glad to say that Kerri(a Shih Tzu) was on her best behaviour, playing to the gallery as usual. The Club presented her with a Xmas snowball squeaky toy and while we were having our tea, she played ball with the members. It really was a very successful night.”

Kirsty Hard sent the following:- “I thought that I would drop you a wee email to say how much Millie and I enjoyed our first visit to Ward 36 at the RAH in Paisley. Everyone made us very welcome and Millie settled into her "job" extremely well. Tail a wagging and treat munching off she went along with a support worker and myself as we visited the patients. One gentleman told us all about his labrador that he used to have and one lady was telling Millie she has tickly whiskers while she was taking her treat. It was lovely to see the patients smile. We have our next visit booked in already. Hope all is well and thank you for letting us join our wonderful organisation.”

Ian McKim and Julie Jackson from Glasgow wrote:- “We started our visits, with our retired 6 year old ex-racing greyhound Jasper to our local stroke rehabilitation ward, in November last year. From the start, Jasper seemed to relish the extra attention and affection he received from the patients and staff, and was extremely interested in his new environment where he was the only doggy-scent present. Each fortnightly visit is met with enthusiasm and excitement, when he realises he is ‘going to work’, a walk with us, without his constant companion, another ex-racing greyhound, Suki, means it’s visiting time.

“One of the best compliments we received was from a non-nursing staff member who cheekily commented that some patients were far fonder of Jasper than some of the staff. We couldn’t possibly comment on the accuracy of that remark! We find the visit is far more rewarding for all concerned when the staff have the time, to identify those patients who would most benefit from Jasper’s visit, and if there are bed rails up or tables in the way, to assist in lowering or moving them to allow the patient to properly meet the dog, as he’s a bit wary of them.

“The large number of patients who have had some close contact with dogs over their lifetime is surprising, and for those meeting a gentle dog like Jasper for the first time, it can be a very happy experience, one which we are delighted to provide on our regular visits. Over the weeks, as he has become well known to many long-term patients, we have found that despite significant difficulties with co-ordination and communication, some patients have indicated to us on our arrival their wish to see him again. Unfortunately, being an ex-racer, Jasper’s attention is sometime a little distracted when he sees cuddly toys or very furry slippers, but he has behaved impeccably. We intend to carry on for as long as Jasper enjoys it, and wholly support the aims and benefits of the Therapet Scheme.”

**From the newsletter of the Tyneholm Stables Nursing Home in Pentcaitland:-
“Pet Therapy**

Hamish the Beagle has been bringing his owner every Saturday morning to visit our Home and we are always happy to see him. We like to pat him, brush him and spoil him with little treats. Hamish seems to enjoy all the attention he gets and his owner David McDonald says he gets very excited when he brings him out of the car and he sees the nursing home. Keep up the good work Hamish, we are always happy to see you.”

Alice and Austin Gallacher of Kilsyth sent in the following report on their first year of visiting Carrickstone Nursing Home with Honey the Chihuahua:-

“The residents all love Honey to bits and some who were a bit wary to start with have now, through the months, come round to her and even have her sitting on the knees.

“We have had letters and cards from residents’ families letting us know how much they appreciate what Honey does for their loved ones. One family said that all they talk about is their “Honey visits”. It is so nice to see their faces light up when Honey appears, we take a blanket with us and she is allowed to sit on their laps or on the bed to let them stroke her and give her cuddles.

“We were at the nursing home open day and met some of the relatives including a lady whose mother had passed away recently and she could not thank us enough for the pleasure Honey had given her mum in her last few weeks.”

Andrene Kerr of East Saltoun, who has just retired fifteen year old Chihuahua Winnie from Therapet visiting, wrote:- "I've always enjoyed the visits and felt we made a difference. I wish Therapet all the very best for the futures. It is a great service and gives a lot of happiness to people who may never receive a visit or, in Winnie's case, chief mourner at a funeral. Sad the lady had no one but if she had had a choice she would have wanted Winnie above all else. Winnie was her only visitor in life."

Shirley Duckett recently commenced visiting with Boxers Jago and Lucca (not at the same time!!) and commented: "They have each done one visit and both behaved impeccably. One thing I found enlightening was how a blind resident who I had previously visited with Jago knew straight away on my next visit to him that I had a different dog – amazing really."

2013 DIARY DATES

2013 sees the 25th anniversary of the establishment of Canine Concern Scotland Trust and a number of events are in the planning by way of celebration. We hope that as many members as possible will participate. The following are the events arranged so far and details of more will be given in the April Bulletin and listed on the website under Events "Come and Meet Us! 2013"

- Saturday 30th March – a 25th Anniversary Car Treasure Hunt is being arranged by James Macdonald, starting from the car park at the Showcase Cinema, Bargeddie, Glasgow G69 7TZ, commencing at 11.00am.
- In May (date and detail to be confirmed) – a 25th Anniversary Sponsored Walk, followed by refreshments and then some fun/novelty classes, is being arranged as a joint effort by Vivien Moen and Susan Rae of the Badenoch & Strathspey and the Inverness areas.
- Sunday 17th November – 25th Anniversary Presentation and Awards Luncheon at the Kaim Park Hotel, Bathgate

If you feel that you would like to organise an event please do get in touch with me.

CONTACTS

I enclose contact details for all of our Area and Therapet Representatives. We really appreciate all that they do for the Therapet Service – without them the Service could not operate. Many of them go further and organise fund raising events, and attend other events to promote the work of the Trust. This year particular thanks go to Maureen Hill (Dumfries), Vivien Moen (Badenoch & Strathspey), Lynsey Thomson (Stirlingshire) and Linda Whitby (Ayrshire) for their wonderful efforts.

With best wishes to you all and your Therapets.

Yours sincerely

Nick Henley Price

PS Please remember your membership!
PPS Visit our Website!