

## BULLETIN 67 – January 2010

Dear Members and Friends

Happy New Year to you all. The year has certainly begun with a very cold snap. Much of the country has had a great deal of snow but here in Kintyre we have escaped most of it although we have had some severe frosts.

2009 was another successful year for the Trust and during the year we registered 108 new Therapets and the value of the Therapet Service continued to be appreciated throughout the country. To our new Members and their Therapets many thanks for becoming involved. I am sure that you will find your participation rewarding in many ways.

The arrival of the New Year means that **MEMBERSHIP SUBSCRIPTIONS** for **2010** are now due and I enclose the normal 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. Again this year the form contains a **Gift Aid Declaration**. If you are a tax payer please do sign this declaration as the Trust can then recover valuable tax from HM Revenue & Customs.

The membership subscription rates have not changed since the Trust was formed in 1988. It has been, and remains, the Trustees' policy to retain very modest fees and finance the running of the Trust from donations, legacies and various forms of fund raising. We do appreciate very much the generosity of many members who feel able to send donations with their membership fees.

The festive season always seems to be accompanied by some sad news and at this time I have to record the death of my great friend Brenda Day or **Brenda Whitelaw** as she will be remembered by most people. When the Trust was set up in 1988 Brenda, whom I first got to know over forty years ago, became a member of the Committee of Management and gave great service for a number of years. I well remember Brenda with her Boxer, Kaiser, accompanying me on school visits. Brenda moved to USA with her husband in 2008 and for the second half of 2009 she battled with cancer, a battle she finally lost on the Tuesday after Christmas.

On to happier matters, the **PRESENTATION AND AWARDS LUNCHEON 2009** took place on Sunday 15th November at the Kaim Park Hotel, Bathgate. Unfortunately I was not fit enough to attend but I understand that it was a happy and enjoyable occasion. Chairman of Trustees, George Leslie, was in charge and it was great that Patron Lesley Fitz-Simons was able to be there to make the presentations.



George and Lesley

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 Llamó, is for the organiser whose walk raised the most money. This year it has been won by our very hard working and committed Area Representative for Badenoch and Strathspey, **VIVIEN MOEN**, whose walk raised £673.



There is no end to Vivien's fund raising efforts – earlier this year she organised a Bridge Afternoon which raised a magnificent £630.50.

The Miss Matty Award, in memory of my beloved Boxer, Matty, is awarded to the top individual fund raiser at the sponsored walks. For the second year running the award goes to a husband and wife team, **JOHN & ANN MITCHELL** of Paisley who this year did their own solo walk. They raised sponsorship of £201. However the bank for which Ann worked matched the amount they raised so that the net result from their efforts was £402. A really great sum and for which we thank them most sincerely

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. This year the trophy was awarded to Fife Representative **ANN HUGHES**. They say "Ask a busy person and the job gets done!" Very much the case in this instance. Ann joined us in 2005 and she has no less than five Shelties registered as Therapets.



When, in January 2007, we learned that Christine Watt had decided that she was unable to continue acting as Area Representative for Fife we were obviously worried about finding someone to replace her. We need not have worried and, after a little persuasion from Christine and James Macdonald, Ann agreed to take on the job and was appointed at the end of January 2007 and what a success she has proved to be. Ann is a working lady, she has a husband and all those Shelties to look after and yet she finds time to carry out her Therapet organising duties with great diligence and effectiveness. There has been a very large increase in the number of Therapets in Fife and Ann organises them, or rather their volunteer owners, extremely well. Ann professes to be computer illiterate, but this is not a problem! Behind every great woman there is a great man!!!! In her husband, Clive, Ann has an excellent secretary who has good computer skills and we thank him for the work that he does in the background.

## **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 scheme, way back in 1988.

Again this year we have received great nominations in respect of Therapets all of whom do magnificent work and of whom their owners can be justifiably proud. Unfortunately there can only be one winner and the selection of the winner falls to our Trustees to decide – a very difficult task indeed! In fact only six of our Trustees vote – the seventh, the Chairman, is held in reserve for a casting vote in case of a tie for the award. Fortunately for the Chairman his vote was not required!!

Winner of **THERAPET OF THE YEAR FOR 2009** is Golden Retriever “**KYLE**” who is owned by **ELIZABETH HUGHES** of Edinburgh. Kyle was nominated by Beth Thomson, Voluntary Services Manager at the Royal Edinburgh Hospital. In her nomination of Kyle, Beth wrote:-

*“In the short time Kyle has been visiting Hermitage Ward he has made an enormous impression. His calm nature helps patients, who are anxious or agitated, to relax and his presence becomes a focal point for conversation, drawing people together. Even after Kyle has gone , patients talk about his visit and it gives them added interest.*

*Patients have said:-*

*While cuddling Kyle – “this is the first thing to make me smile today”*

*“He doesn’t care about us being in hospital, he just likes us”*

*“Kyle is becoming a friend to everyone on the ward”*

*“He has such a happy face it makes me feel better too”*

*“Stroking and cuddling him is lovely, it feels so nice”*





In support of Kyle's nomination **Douglas Ruthven**, Trustee and Area Representative for Edinburgh and the Lothians wrote:-

*“Kyle has been an active Therapet for the past 7 years and has been a visitor to a wide range of care homes and hospitals.*

*Recently he has been asked to take on a variety of Therapet duties and tasks including occasional visits to the Royal Hospital for Sick Children, one-to-one visits to a patient in a psychiatric hospital, assistance with therapy for adults and children with severe dog phobias, presence at the Trust's stand at Scottish Kennel Club shows etc. He is now a regular visitor to hermitage Ward, an acute psychiatric in the Royal Edinburgh Hospital and is a popular and welcome addition to therapy there”.*

First runner up for **THERAPET OF THE YEAR** was **BARBARA WHITING'S BORDER COLLIE “KIZZI”**. Our Tayside Representative, Norma Murray wrote in support of Kizzi's nomination:-

*“Kizzi has been volunteering at Seven Arches Special unit in Monifiethfoe 3 years. This is a unit which specialises in clients with severe disabilities, both mental and physical. From day one she was a hit and has become a much loved Therapet. She had pups earlier this year and the residents could not wait to see photos of them. She is very receptive to each individual's needs and staff and clients love her.*



*I was asked in August to take a dog along to a Barnardo's summer playscheme in Janet Bougham House, Dundee and Barbara brought Kizzi. She was amazing. Her gentleness and sensitivity with the mostly young adults was a pleasure to see and of course her ball skills kept them entertained.*

*What many people do not know is that Kizzi won the Junior Flyball Championship at Crufts with Barbara's daughter Chrisa in 2008. Many members of the team cannot believe that such a manic and exciting dog would ever be calm enough to do Therapet work. Kizzi has proved them wrong!"*

Second runner up for THERAPET OF THE YEAR was Isobel Cameron's Cavalier King Charles Spaniel "MHAIRI". Mhairi and Isobel are members of Vivien Moen's team in Badenoch and Strathspey and they visit Grand View Nursing Home and the Ian Charles, Mount Barker and Grant House residential Care Homes. In her nomination Vivien wrote:-

*"Mhairi has been giving the residents of the four places she's been visiting, with her owner, a great deal of affection over the seven years she has been a Therapet. She and her owner, Isobel have been warmly welcomed by the residents, as well as staff. The latter often taking a few minutes off for a cuddle. Mhairi was a particular favourite of a bed-ridden patient at Grand View, where permission was given for the wee dog to curl up on the bed, giving great comfort and stimulation to the gentleman concerned. She also has been a great asset at any fund raising event where a raffle is taking place, as she sits on Isobel's lap and "sells" with aid of the most appealing eye, loads of raffle tickets."*

We also received letters in support of Mhairi's nomination from the Grand View Nursing Home and the widow of the gentleman referred to by Vivien. We thank both Mhairi and Isobel for their dedicated work over such a long period.

## **IAIN WHYTE MEMORIAL AWARD**

The IAIN WHYTE MEMORIAL AWARD which 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 was no exception!

As our Representative for Edinburgh & the Lothians **DOUGLAS RUTHVEN** has done magnificent work over many years. He first joined the Trust in 1998 when he registered his Border Collie "CASSIE" as a Therapet. In 2000 he registered Border Collie "HOLLY". Cassie died in 2005 but Holly continues to be an exceptionally busy Therapet.

When he first started visiting Douglas was under the wing of Dr Morris Andrew. Morris was a very astute man and quickly recognised Douglas' potential. In due course Douglas became an assistant to Morris along with Lesley Connor. Following the death of Morris in September 2000 Douglas and Lesley became joint Area Representatives and in January 2002 when Lesley retired from her post Douglas took over sole responsibility for the area.

Douglas has worked tirelessly in many roles and for the benefit of many. Firstly as a dedicated Therapet volunteer in his own right at many institutions and particularly the

Royal Edinburgh Hospital and the Royal Hospital for Sick Children. In addition to the more conventional visiting he and Holly have given great assistance to psychologists in helping phobic patients



In terms of numbers of Therapets, Edinburgh and the Lothians is by far the largest of our areas. He may have retired from his professional career but Douglas has certainly not retired!!!! He carries out all the assessments of potential Therapets and arranges for their placements. He accompanies new volunteers on their first visits. He has built great relationships with the personnel at the hospitals and homes that Therapets visit in the area.

Douglas is a member of the Committee of Management and assists at the Companion Dog Show in Glasgow every year as well as helping to man the Trust's stand at the Scottish Kennel Club's shows. Increasingly Douglas is being invited by various organisations to talk about the Therapet Service and the work of the Trust. In 2008 Douglas accepted an invitation to join the Board of Trustees of Canine Concern Scotland Trust.

In September of this year Douglas was one of the major contributors to a BBC Radio Scotland programme Medical Matters which looked at all aspects of pet therapy.

I am sure that you all agree that Douglas is a most worthy recipient of the Iain Whyte Memorial Award for 2009.

## THERAPETS

As always I have the sad task of recording that we have heard that, since the last Bulletin, a number of wonderful Therapets have died:-

Allan Baillie's Spinoni "Purdie"  
Jane Carson's Jack Russell Terrier "Kyle"  
Rebecca Chambers' Dalmatian "Tache"  
Judith Hamlett's Labrador/Retriever "Miller"  
Jean McEdward's Cavalier King Charles Spaniel "Kyle"  
Hilde Partenheimer's Rough Collie "Tobi"  
Elizabeth Poole's Labrador "Lucy"  
Isabel Riddell's Cross Breed "Suki"  
Heather Ritchie's Golden Retriever "Kate"  
Linda Whitby's Standard Poodle "Gaby"

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

## THERAPET NEWS & PUBLICITY

**RUTH FINDLAY** and her Irish Setter "**Maeve**" are regular visitors to Beech Hill in Forfar. A few months ago Ruth entered a photograph of Maeve in a photo competition organised for their customers by pet food company Fish4Dogs. In December Ruth was informed that Maeve was the winner and that her picture would be on the bottle of a new Shampoo with Marine Extracts. Well done Maeve!! See her at [www.fish4dogs.com/Products/marine-essentials.aspx](http://www.fish4dogs.com/Products/marine-essentials.aspx)

**KAREN BROWN** from Dalkeith joined us in May 2009 with Therapet "**Bailey**" and sent us this progress report:-

**"I started visiting a local residential home in Eskbank called "Highbank" in early June with my dog "Bailey", who is a greyhound. I got Bailey from a greyhound rescue where he was handed in after his owner sadly died. Douglas Ruthven has been really helpful and came along with me on my first visit which was great. The home cares for older people with a variety of care needs but its not a nursing home as such, and most of the people are really mobile. The visits with Bailey I think are going well he is a quiet but friendly dog but not in boisterous way and normally stands to be petted (for any length of time!); often he lies down at the persons feet but being quite a large dog they are still able to stroke him. We visit weekly for 1-1½ hours and visit the two main lounges; often the nursing staff will bring someone out to see the dog if they know he has arrived. Everyone seems to have got to know him now and he is really getting to know them too, he gets quite excited (as excited as greyhounds get!) when we go into the complex! He is now able to identify handbags as a potential source of food as most people have something for him, but I do try to suggest they give him a dog biscuit instead of their own scones or cakes. I am really enjoying the visits and have found it to be such a rewarding experience doing the visits and getting to meet everyone I am so pleased to be involved with your charity."**



**LORNA REID** of Oldmeldrum in Aberdeenshire sent in a super picture of her Yellow Labrador “Cally”. Lorna wrote “We visit sheltered housing residents every fortnight in our village and feel our service is especially appreciated by those who are housebound. Cally is always made welcome.

**Which reminds me – please send in pictures of your Therapets, preferably as email attachments. We want to build up a bank of pictures that can be used in future on our new website, which is still under development. The pictures may be of the Therapets themselves or of them at work. However, if at work please remember that it is essential to obtain the approval of both the home being visited and the residents being photographed. Nick can provide you with a suitable form to be signed.**

**ANNE STUART** of Aberdour in Fife has been a member and Therapet Volunteer since 1988 and has been visiting with Shetland Sheepdog “Thruppence” since 2003. In her letter Anne said “I love when at the Marie Curie a patient says “I knew her as a puppy”, which is their way of saying that, in spite of cancer, they are still here!”

The Dundee Courier published a really good article featuring **BARBARA WHITING** and Therapet of the Year runner-up “**Kizzi**” and Tayside Representative **NORMA MURRAY**. Pictured with all three was a resident at the Seven Arches home and Norma was able to get an appeal for more volunteers included in the article.

Also as a result of her placing in Therapet of the Year The Strathspey and Badenoch Herald pictured Mhairi and Isobel Cameron with the Award Certificate along with Area Representative Vivien Moen with her trophy. The picture was taken at the Grandview Nursing Home and the accompanying article described Mhairi’s work as a Therapet and also Vivien’s fund raising success.

**GWYNNE STEWART** along with Therapet “Misti”, a Bicho Frise, recently commenced visiting the Clashfarquhar Care Home in Stonehaven and the local press was there. In an excellent article, which included a lovely picture, the manager of the home was quoted as saying “There are residents who would like us to have a dog here full-time but not all of the staff and residents like the idea so the next best thing is to have a visiting dog. I am very much pro-dogs and all animals. But the initiative depends on the attitude of the managers of homes. A lot of people here had animals when they lived in their own homes so it is really nice for them to see dogs like Misti come into the home for a visit.”

Articles such as these, especially if accompanied by photographs, in local papers are the best possible publicity for the Therapet Service and often inspire more prospective volunteers to make contact.

### **FUND RAISING**

Since the last bulletin there has been much magnificent fund raising. Walks have been organised by Norma Murray, Vivien Moen, Eleanor Redmond and John & Ann Mitchell. In Dumfries Maureen Hill has been as busy as ever attending six Christmas Fayres, as well as arranging a quiz. Thank you all for everything you do for the Trust.

## 2010 Diary Dates

Please put the following in your diaries:-

- Companion Dog Show at Queens Park, Glasgow on Sunday 6<sup>th</sup> June
- Meeting of Trustees and Area and Therapet Representatives at the Salutation Hotel, Perth on Saturday 17<sup>th</sup> July
- Presentation and Awards Luncheon at the Kaim Park Hotel, Bathgate on Sunday 14<sup>th</sup> November

## **TRUSTEES, AREA AND THERAPET REPRESENTATIVES**

Between them our Trustees have a very wide range of experience in matters relating to dogs and they are always available to members. They will be more than happy to hear from you and their contact details are below.

Our Area and Therapet Representatives do wonderful work and are always willing to help, please do not hesitate to contact them. Lists are enclosed are on the pages that follow.

With best wishes to you all and your dogs.

Yours sincerely

## **Marjorie Henley Price**

## **TRUSTEES**

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

Mr James Macdonald  
18 Mannering Road  
Shawlands  
Glasgow  
G41 3SW  
0141 632 4893  
[James@bramlynn.freeserve.co.uk](mailto:James@bramlynn.freeserve.co.uk)

Dr Valerie Marrian  
An Teallach  
25 Hamilton Place  
Perth  
PH1 1BD  
01738 621018  
[ValMarrian1@aol.com](mailto:ValMarrian1@aol.com)

Mrs Rita Percival  
Bowstead Cottage  
42 Main Street  
Chryston  
Glasgow  
G69 9DH  
0141 779 3092  
[permac.rita@btinternet.com](mailto:permac.rita@btinternet.com)

Mr Allan Sim  
Lomond House  
34/1 York Road  
Edinburgh  
EH5 3EQ  
0131 552 9254  
[allansim@blueyonder.co.uk](mailto:allansim@blueyonder.co.uk)

Mr John Stead  
9 Duncan Road  
Helensburgh  
Dunbartonshire  
G84 9DJ  
01436 675381  
[john.stead@tiscali.co.uk](mailto:john.stead@tiscali.co.uk)

Mr Douglas Ruthven  
5 Frogston Grove  
Edinburgh  
EH10 7AG  
0131 445 3678  
[douglasruthven@blueyonder.co.uk](mailto:douglasruthven@blueyonder.co.uk)

## **AREA REPRESENTATIVES**

### **AYRSHIRE**

Mrs Linda Whitby, 2 Hight Gardens, Irvine KA12 8RQ.  
Tel: 01294 276838 e-mail: [lindawhitby@btopenworld.com](mailto:lindawhitby@btopenworld.com)

### **BADENOCH & STRATHSPEY**

Mrs Vivien Moen, Pen Dinas, South Street, Grantown-on-Spey, PH26 3JA  
Tel 01479 872589 e-mail: [yivelfmoe@talktalk.com](mailto:yivelfmoe@talktalk.com)

### **BORDERS**

Mrs Caroline McDermott, Elda Neuk, Croshill, Chirnside, Berwickshire TD11 3UF  
Tel:01890 818416 e-mail [caro.mcdermott@btopenworld.com](mailto:caro.mcdermott@btopenworld.com)

### **DUMFRIES**

Mrs Maureen Hill, Dunesslin, Quarry Road, Locharbriggs, Dumfries. DG1 1QG Tel:  
Tel: 01387 711847

### **EDINBURGH & LOTHIAN**

Mr Douglas Ruthven, 5 Frogston Grove, Edinburgh, EH10 7AG.  
Tel: 0131 445 3678 e-mail: [douglasruthven@blueyonder.co.uk](mailto:douglasruthven@blueyonder.co.uk)

### **FIFE**

Mrs Ann Hughes, Chy-Kembro, Craighend Farm Cottages, Kinglassie, Lochgelly  
KY5 0UE  
Tel: 01592 882178 e-mail: [clanvineshelties@tiscali.co.uk](mailto:clanvineshelties@tiscali.co.uk)

### **FORT WILLIAM**

Miss Irene Alderson, Monadhliath, Mossgiel, Spean Bridge, PH34 4EX.  
Tel: 01397 712 482

### **GLASGOW & STRATHCLYDE**

Mrs Jean Connor, 43 Easter Wood Crescent, Viewpark, Uddingston, G715NX  
Tel: 01698 329 980 e-mail: [INCHLEE@blueyonder.co.uk](mailto:INCHLEE@blueyonder.co.uk)  
Mr James Macdonald, 18 Mannering Rd., Shawlands, G41 3SW.  
Tel: 0141 632 4893 e-mail: [James@bramlynn.freerserve.co.uk](mailto:James@bramlynn.freerserve.co.uk)  
Mrs Susan Ross, 9 Macleod Crescent, Helensburgh, G84 9QX.  
Tel: 01436 678 712 e-mail: [susanross@tiscali.co.uk](mailto:susanross@tiscali.co.uk)

### **INVERNESS & NAIRN**

Refer to Office

### **MORAY**

Mrs Maureen Thomson, South Lodge, Linkwood Rd., Elgin.  
Tel: 01343 549 760 e-mail: [Hollythom@aol.com](mailto:Hollythom@aol.com)

### **STIRLINGSHIRE**

Mrs Lynsey Thomson, 21 Culbowie Crescent, Buchlyvie, Stirlingshire FK8 3NH  
Tel: 01360 850078 e-mail: [lynsey.wybar@virgin.net](mailto:lynsey.wybar@virgin.net)

### **TAYSIDE**

Mrs Norma Murray, 5 Gordon Place, Friockheim, Angus, DD11 4SS.  
Tel: 01241 828 451 e-mail: [Friockheim1@homecall.co.uk](mailto:Friockheim1@homecall.co.uk)

## **ABERDEEN THERAPET REPRESENTATIVES**

Mrs Clare Copland  
The Steading  
Newton of Countesswells Farm  
By Kingswells  
Aberdeen  
AB15 8QB

Tel: 01224 275706  
E-Mail: [cgcop@btinternet.com](mailto:cgcop@btinternet.com)

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

Tel: 01569 731244

Mr Bruce McKenzie  
96 Kingsgate  
Aberdeen  
AB15 4EP

Tel: 01224 313811  
E-mail: [brucemck@talktalk.net](mailto:brucemck@talktalk.net)

Mr Hamish Munro  
37 Springfield Avenue  
Aberdeen  
AB15 8JJ

Tel: 01224 319774

Mrs Inez Wood  
1 Glen Drive  
Dyce  
Aberdeenshire  
AB21 7EN

Tel: 01224 722543  
[james@jamesinez.plus.com](mailto:james@jamesinez.plus.com)

Mrs Diane Wood  
15 Benview Gardens  
Oldmeldrum  
Aberdeenshire  
AB51 0FY

Tel 01651 872953  
E-mail: [DianeASW@aol.com](mailto:DianeASW@aol.com)