

## BULLETIN 85 – January 2016

Dear Members and Friends,

Happy New Year!

**MEMBERSHIP SUBSCRIPTIONS** for **2016** 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 **Gift Aid Declaration**. If you are a tax payer and are willing to make use of the Gift Aid system, in respect of your membership and/or donation, 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. You will also see from the form that it is possible to make payment directly to the Trust's bank account. If you decide to use this method please ensure that you instruct your bank to give your **surname and initial** as a reference. Additionally if you make direct payment please remember to send us the completed renewal form if you want Gift Aid to apply.

Also this year I am enclosing a **questionnaire** which I hope as many of you as possible will complete. There are two main reasons for asking this of you. Firstly in making applications for funding most potential funders request statistics to show information about the number of Therapets we have, the types of institutions they visit, the frequency of visits, the number of people who benefit from the service and the areas in Scotland where visits take place. Whilst we have much of this information there are some details in respect of which we can only provide rough estimates.

As the work of CCST expands and diversifies we are in increasing need of volunteers who can help with differing aspects of our operations. Accordingly the second purpose of the questionnaire is to seek out those of you who have particular skills and experience which could benefit the Trust, assuming that you have the time available!

The Trustees have now formed four Committees covering Finance, Therapet, Education and Legislation, and Fund Raising. Trustees have been appointed to each committee and it is hoped that the membership of the committees will be augmented by members being appointed. Please let me know if you would like to be considered. If deemed appropriate outside specialists may be invited to join the committees either on an ongoing basis or for specific projects.

The Chairmen of the committees are:

Finance:	Allan Sim
Therapet:	James Macdonald
Education & Legislation:	George Leslie
Fund Raising:	Simon Young

## CHANGES IN TRUSTEES

**Rita Percival**, who has served as a Trustee for fifteen years, recently decided that the time had come for her to retire from the role. Personally, I would like to thank her for all that she has done for the Trust over the years and I know that all the Trustees join me in this. I will miss her wise counsel.

I am delighted to advise you that the Trustees have appointed **Norma Murray**, our long standing Area Representative for Tayside, to replace Rita and I know that she will make a very positive contribution as the Trust moves forward.

## AWARDS LUNCHEON

Towards the end of the year this annual event took place at the Kaim Park Hotel, Bathgate on Sunday 15<sup>th</sup> November and to make the presentations of the awards we were delighted to have with us Patron **Rosemary Long**.

As usual there were two awards made to recognise fund-raising efforts in connection with sponsored events **The Ki-Chu-Asha Stars of Hope Memorial Trophy**, which is for the organiser whose walk raised the most money, and **The Miss Matty Award** which is awarded to the top individual fund-raiser at the sponsored walks. This year the top organiser was again **Vivien Moen**, our representative of Badenoch & Strathspey and she also collected the Miss Matty trophy on behalf of Rebecca Castelo who was unable to be present. Rebecca and Poppy walked the Great Glen Way and raised £434.75 for the Trust.



Rebecca and Poppy



Vivien collecting Rebecca's award from Patron Rosemary Long

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 award was made to Marion Livingstone who has made a great impact in the Borders.



Marion joined as a Therapet volunteer in 2009 with her **Whippet Benji** and they became very enthusiastic and regular Therapet visitors to St Aidans in Gattonside. In 2013 Marion was persuaded to take on the role of Area Representative and in a short space of time she has revitalised the Therapet Service in the Borders. She has steadily built a team of volunteers and Therapets, one of which has been nominated this year for Therapet of the Year. Marion is building great relationships with the various homes and hospitals in the area along with other organisations such as SWRI. She has managed to get some great publicity for the Trust and the Therapet Service.

In addition to the very large Borders area Marion has also stepped in to help with the Dumfries area where we are currently looking for someone to replace Maureen Hill who, for family reasons, had to give up her post.

A few years ago the Trustees introduced **20 YEAR SERVICE AWARDS** for members who had given 20 or more years of active participation in the Trust's work. This year we had two members who qualified. **Sharon Johnstone** of Glasgow, and **Fiona Stalker**, of Banchory. For many years **Sharon** was a member of the Committee of Management and was a brilliant organiser of the Obedience section of our annual companion dog show. She has been involved in school visits and she helps James Macdonald with the assessment of potential Therapets. Over the years she has been much involved the Kirkintilloch Dog Training Club which has given great support to the Trust. **Fiona** has been, and continues to be, one of our most loyal and regular Therapet volunteers – she visits no less than four institutions in Banchory.

The **IAIN WHYTE MEMORIAL AWARD** was donated by Betty Lawson-Whyte in memory of her first husband who was a great admirer of the work carried out by Canine Concern Scotland Trust. We were sad to record that Betty died in September. The award is made to a person or organisation whose work has been of special benefit to the Trust over the past year or over a period of years. Over the years the award has been made to some very special people and organisations. This year the award was made to the Edinburgh the Volunteer Centre's Volunteering Hub within the Royal Edinburgh Hospital and Kat Kane was with us to accept the award from Rosemary Long.



The Hub is responsible for co-ordinating all volunteer services within the hospital. An excellent working relationship has been established between Trustee and Area Representative Douglas Ruthven and the Hub. We have a great team of Therapet volunteers allocated to the Hospital and the Hub organises them and arranges their placements within the hospital. This is a great help to Douglas as all he has to do is to introduce new Therapet Volunteers to the Hub and the Hub does the rest. It all works extremely well, those working within the Hub have been extremely positive and the Therapet Service is a significant part of the overall volunteering services within the hospital.

The inscription on the award reads:

**With gratitude and in recognition of the work carried out in connection with the establishment, expansion and promotion of the Therapet Service within the Hospital.**



The **SPENCER AWARD for THERAPET OF THE YEAR** 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. This year we received 10 nominations in respect of Therapets all of whom do magnificent work and of whom their owners can be justifiably proud. Deciding on a winner is one of the hardest tasks the Trustees have to undertake each year!

The winner of **THERAPET OF THE YEAR FOR 2015** was Boxer "**BRUCE**" very proudly owned by **Patricia McMahon** of Bellshill, Glasgow.



Bruce was nominated by staff in:-

- Ward 3 Wishaw General Hospital,
- the Glen Orchy and Glen Nevis Ward of Coathill Hospital in Coatbridge and
- the Dementia Club in Ward 10 of Wishaw General Hospital.

Bruce was first registered as a Therapet in May 2013 and has proved to be a highly adaptable and reliable Therapet. In addition to the three institutions that have nominated him Bruce also:-

- visits a secure unit called “Beckford Lodge” ~ this is a forensic unit in Hamilton,
- attended numerous Paws Against Stress events in Glasgow,
- worked with children with special needs
- and recently attended the “Time to Shine” event in Glasgow with disadvantage children.

Among the commendations on the nomination forms were:-

**From Ward 3 Wishaw General Hospital:**

“Patients, especially ones who have had pets throughout their lives, gain a great deal of comfort and joy at having close contact with the dog and therapist in this service. The therapist is always willing to engage in conversation with the patients re the dog and hear their stories of the patients’ pets from the past.”

**From the Coathill hospital:**

“Bruce has been visiting Glen Orchy and Glen Nevis Ward for approximately 3 years. The patients look forward to him visiting the ward. He is very patient and friendly, enjoying staff and patients petting him and making him welcome in the ward. Bruce has a good temperament, he brings comfort and companionship to the patients, he is calm and he brings happiness to the ward environment.”

**From the Dementia Club:**

Bruce attends “the Club” at Wishaw General Hospital every second Wednesday afternoon. The patients love him visiting and look forward to seeing him especially if they have been in a few weeks or have had dogs or have dogs at home. Patricia is very good and very accommodating. If we phone her and ask her if she can come in on an extra day she will if she can. If we have an event she and Bruce will attend if they can. They helped out at the Dementia Awareness week by coming and sitting with us at our stall at the front door. The Club were finalists in Dementia Scotland 2015. It is always a pleasure having Patricia and Bruce come to our activity group known as “the Club”. Bruce is also on NHS Facebook page.

The very close **RUNNER-UP** for **Therapist of the Year**, was “**HARRIS**” a Curly Coated Retriever who is owned by **Barbara Cooney** of Kelty in Fife.



Harris is 10 ½ and has just retired after six years as a regular visitor to Benarty View Care Home in Kelty, Fife – he is handing over to his young protégé Coco. Harris was nominated by Kerry Lynch of the home and by Catherine Miller whose mother is a resident in the home.

**The SECOND RUNNER-UP for Therapet of the Year was “POPPY”** a Tri-Colour Collie owned by **Fiona Stalker** from Banchory in Aberdeenshire. Poppy, who was registered in 2009, was nominated by Janis Wemyss, Activities Team Leader at Inchmarlo House, Banchory. Poppy visits there every week. She also visits the Scolty Day Care Centre, Bellfield Nursing Home and Glen O’Dee Hospital. A very busy Therapet with a dedicated owner.

The other Therapets nominated were:-

- “**Bill**” Gillian Diplexcito’s Bedlington Terrier from Fife
- “**Bud**” Carol Mclean’s Labrador from Perthshire
- “**Daisy**” Wilma Hutchison’s Sprocker from Perthshire
- “**Frankie**” Julie Grieve’s American Cocker Spaniel from the Borders
- “**Guy**” Susan Morrison’s Labrador from Inverness
- “**Nell**” Jan Haigh’s Border Collie from Perthshire
- “**JJ**” John Kerr’s Crossbreed from East Kilbride

### **IN MEMORIAM**

Since the August Bulletin we have learned of the deaths of the following much loved pets and Therapets:-

- “**Bazil**” Doreen McCreadie’s Airedale Terrier
- “**Bear**” Frances Kane’s German Shepherd Dog
- “**Bo**” Kathie Engleman’s Staffordshire Bull Terrier Cross
- “**Bracken**” Alan Williams’s Border Terrier
- “**Chloe**” Pamela Roxburgh’s Flat Coated Retriever
- “**Daisy**” Ronella MacInnes’s Crossbreed
- “**Hamish**” Lucy Neish’s Collie Cross
- “**Honey**” Angela Mulvie’s Crossbreed
- “**Jem**” John & Moira Paterson’s Border Collie
- “**Maggie**” Alexis Fleming’s Bullmastiff
- “**Mitzy**” Pamela Yeaman’s Cavalier King Charles Spaniel
- “**Mollie**” Elizabeth Craik’s Collie Cross
- “**Naz**” Kelly Folan’s Staffordshire Bull Terrier
- “**Poppy**” Brian McMeeken’s Labrador Cross
- “**Rhanna**” Alexandra Cain’s Border Collie
- “**Shep**” Susan Ross’s Border Collie
- “**Snoopy**” Allan & Anna Sim’s Greyhound
- “**Talullah**” Anne Marie Osterloch’s Yorkshire Terrier

As always we send sincere condolences to all of you who have lost your pets and I do hope than I have not missed any but if I have please let the office know.

## **THERAPET NEWS**

The success of the Therapet service continues and at the time of writing 170 new Therapets have been registered in 2015. This year we have received well over 700 enquiries from people wishing to consider volunteering with us. As you can imagine Lesley and Norma in the office are kept extremely busy and I am sure that all of us appreciate their dedication and hard work.

### **PAWS AGAINST STRESS**

More and more universities (and also a school) are requesting sessions and we have received great media coverage. We need as much help as we can get to meet this growing demand so if you are interested in taking part please contact your Area Representative.

The following email received by Douglas Ruthven demonstrates the success of this initiative.

**“From: CRAGO Lindsay  
Sent: Wednesday, December 16, 2015 10:39 AM  
To: Douglas Ruthven  
Subject: Paws Against Stress Dec 2015**

Hi Douglas,

Just a quick note to thank you and your human and canine team for, once again, making our events possible and so successful. We had a total of 229 students over the two afternoons, which is an incredible turnout!

With respect to feedback, once again the overall consensus was very positive, with the primary themes being:

1. Longer sessions/more time ;
2. Enjoyed it all ;
3. The owners were lovely.

I've offered a few snippets below of feedback from students that you and your volunteer's may find affirming.

1. "The calm demeanour of the dogs passes on to us" (F, Masters)
2. "It was all just absolutely lovely!! Thank you!!" (F,4Y,UG)
3. "Completely removes you from your stream of stressed thoughts" ( F, 4Yr, UG)
4. "It was very emotional...It made my day" (F, 3Yr, UG)
5. "...Very nice to sit down with the dogs and the owners not think about exams for 15 minutes!" (F, 3Yr, UG)
6. "Having the chance to do something different" (F, 1Yr, Masters)
7. "Being around animals was incredibly calming and really cheered me up...I feel so much calmer, and better and less homesick" (F, 2Yr, UG)



8. "BEST. THING. EVER." (F, PG)
9. "The relaxing nature of the whole process" (F, 4yr, UG)
10. "I miss my dog so much at home. This really helped!" (M, 4Yr, UG)
11. " Loved it all. The owners were so wonderful to talk to." (F, 2Yr, UG)
12. "Could have stayed chatting to the handlers all day!" (F, 4yr, PG)

With good wishes to all of you for the season ahead,

**Lindsay Crago**  
Counsellor, Student Counselling Services, University of Edinburgh”

Area Representative for Fife, Christine Grist, recently arranged a session in St Andrews University which was attended by over 300 students and she received the following email:-

**From:** Peter Adamson  
**Date:** 4 December 2015 20:51:36 GMT  
**To:** "Christine Grist  
**Subject:** Therapy  
Hello Christine,

As a photo journalist, I cover a huge range of subject matter, but I found my visit this afternoon to the Student's Union unusually interesting and delightful. I was really so intrigued by the whole situation, such a super thing to do for the students. There must be so many students who miss their dogs, many having lived a good part of their lives with them, the sort of thing many of us would not realize. It is important I send you the actual picture I have just sent to the paper, as the reproduction will lose 80% of its quality. Kind regards, Peter”



## **THERAPETS IN THE EXTREMITIES**

I have already mentioned the number of new Therapets registered in 2015 but it is good to note that they come from all over Scotland. Whilst most are in the heavily populated areas recently we have had what I think is the first ever Therapet on South Uist in the Western Isles and we have a new recruit in Wick. In Orkney we have a small team which is looked after by Area Representative Ronella MacInnes. We have Therapets in Kintyre, Wester Ross, north Argyll, Skye and Margaret MacRae cares for a team in Cowal & Bute.

## **THERAPET BLOG**

Hello, my name is Mac.

I am almost 5 years old and live in Aberdeenshire with my owner, Jude Scott, and my sister Jess who is also a Therapet.

I had my first day on a ward at Aberdeen Royal Infirmary on Tuesday 6<sup>th</sup> October 2015. I was very excited to be going to the hospital as I had never been there before. I also got to wear a lovely yellow coat which made me feel really proud and special. My owner and I met Linda our Canine Concern Representative at the main door of the hospital. We all walked to the ward together. There were lots of people looking at me as I passed by in my yellow coat. Some people even stopped to speak to me in the corridor and patted me. I love being patted and cuddled. When we got to the ward I met a man, my owner said he was a doctor, he asked if he could say hello to me and I gave him a lick. I also got to meet lots of people in the offices. I liked it there as they had chocolate wrappers in their bins. Yum. My owner took me to see some people who were in bed. They were patients and their families. My owner told them my name was Mac and that it was my first day on the ward. They all wanted to speak to me and called my name. There were lots and lots of new smells in the ward. It was a very interesting place for me to visit.

My owner let some of the patients give me one of my treats which I loved. I'm always hungry. A nurse asked my owner if I could go and visit a patient who had just woken up. The patient was sitting in a chair and was wearing lots of blankets. I had a good sniff of the blankets and found the patient's hands. The hands rubbed my face on both sides and as I looked up, the patient's nose was just an inch away from my nose. I think the patient wanted a kiss!

Before I left the ward, my owner gave me a drink of water from my dish. It was just what I needed as I was thirsty and it was warm in the ward but I liked getting lots of attention, pats and treats.

My owner said I was a very good boy and that I can go back and visit the ward in a few weeks time.

I'd like to go back again!

## **THERAPET GOODS**

Please remember that we have the following goods available for purchase from the office:-

- Therapet Coats
- Replacement Lead Flashes (each newly registered Therapet receives one)
- Therapet Bandanas
- Sweat Shirts
- Polo Shirts and T-Shirts

## **AREA REPRESENTATIVES**

An up-to-date list of our Area Representatives and their contact details is included at the end of this bulletin. We are delighted that John Kerr has come on board to give much needed help to James Macdonald. John is now responsible for East Kilbride and South Lanarkshire. James could do with help in other parts of Glasgow and Strathclyde – if you would

## **WEBSITE**

We now have a **FACEBOOK** page the objective of which is simply to give information about the Trust, and future events, and direct the reader to our website for further information about the work that the Trust undertakes.

With best wishes to you all and all your pets.

Yours sincerely,

## **Nick Henley Price**

- Please renew membership!
- Visit our website for more news!
- Keep sending reports and stories about your Therapet visiting!
- If 'phoning the office please call between 10.00am and 1.00p, Monday to Friday.
- Make sure your dogs are micro-chipped before April 2016

## **TRUSTEES**

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