



Corrie

Do YOU own a friendly, outgoing, though not too boisterous dog who loves to have a fuss made of him? Then perhaps you might like to think about registering him in our THERAPET visiting service. You haven't heard of it? Let me tell you about it.

For some years now it has been recognised, more and more, that pets are good for us! Indeed it has been scientifically proved that the mere action of stroking a dog, or cat, slows down the heartbeat, reduces blood pressure, and makes someone who has already suffered a heart attack much less likely to have another.

Through no fault of their own, many people find themselves deprived of the companionship of a much loved dog. It may be they have had to go into sheltered housing, residential accommodation, a long-stay geriatric ward etc. Or perhaps they are simply no longer able to care properly for a pet. The same applies to children and adults who have additional support needs and those suffering from a terminal illness.

THERAPETS come in all breeds, cross-breeds, or 57-variety mongrels! They can be small, medium or large! The only really vital statistic is a steady and happy temperament. The dogs are approved for temperament and general suitability before being accepted and are not considered until at least one year old.

Volunteer owners must become actual members of CANINE CONCERN SCOTLAND TRUST - mainly so that we can be sure of insurance cover - although happily so far we only know of one, very minor accident, a happy dog's tail sweeping a vase from a low table!

Volunteers must be willing to make a regular commitment to visit, it need not be very often, once a fortnight, once a month or whenever, but the visits must be regular because the residents and patients look forward to them so much and are disappointed if they suddenly cease.

Sometimes small miracles occur - people who have never spoken, turned their faces to the wall in fact - magically come to life at the first appearance of a dog in a ward! This to the surprise and delight of the nursing staff; in many cases the dogs and owners provide some light relief for them, too. Sadly, it has to be said that for some of the residents or patients the THERAPETS are their only visitors. We like to encourage them to regard the doggy visitor as their very own. There is no charge for this service which is organised and carried out entirely by volunteers. We fund raise in various ways to keep it going.

More than anything else, we need **MORE VOLUNTEERS!** The service has proved so popular that the demand has overtaken the supply. So, if you think this might be for you, or more importantly, for your dog, please do contact us for more details and perhaps an application form to register your dog.



CANINE CONCERN SCOTLAND TRUST

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Scottish Charity No. SC014924

Our aim of these events is to encourage young readers who lack confidence with reading to come along to a prearranged session and instead of reading to a person they have the opportunity to read to a dog instead. CCST has developed and refined guidance for managing this type of session and our aim is to give all readers the same helpful experience no matter what level they are reading at.

Are you interested in finding out more about the Therapet Service, and to see if your pet could be registered with Canine Concern Scotland?

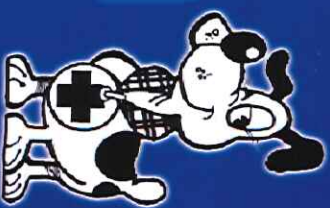
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www.canineconcernscotland.org.uk
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www.canineconcernscotland.org.uk
This Banner was Sponsored by Burns Pet Nutrition Ltd

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My Therapet



Managed by

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My Therapet!

Comments from some of our volunteers (and their dogs!), and from institutions, on visits made throughout Scotland.

All Therapets depicted in this leaflet were elected "Therapet of the Year"



Miller

"Being a Therapet means being a friend to a lovely old lady named Rose. Being a Therapet means helping another lady called Bessie to remember the dogs she used to have. Being a Therapet means a lot of biscuit! I go first to the lounge where most of the residents are sitting watching television, but Terry Wogan can't compete with me for the attention! I think they know that I want to be their friend and even the people who were a bit unsure about a dog coming to see them call me "nice doggie" Judy".



Jetta

"RED and I still do our weekly visits to Ardui and Willox Park. The former is very rewarding – a little girl who yells like mad if she is made to walk – if she has RED's lead she will walk, supported, down and back along the school corridor with a smile on her face and RED gets a cuddle at the end!"



Grookie

"I'm enjoying visiting the Vale of Leven Hospital with BENSON and he adores getting plenty of attention, not to mention the treats they give him! It's great to see the patients smiling and asking lots of questions about BENSON and it amazes me that although their memories aren't too good they always remember his name whenever he visits."

"Just a little update on Bullmastiffs Kira and her son Hogan. They are both doing very well on their prison visits and are very highly thought of by both prison officers and prisoners. We think so far the visits have been very successful and beneficial. We have been told by the staff that prisoners eagerly await their arrival. Many are at their cell windows waving to the dogs on their arrival and departure. They have bonded well with many of the prisoners and get thoroughly spoiled by them. On many of the visits they go out into the yard and play "fetch" and a great time is had by all. We have had a very successful time with some of the prisoners who were afraid of dogs due to past experiences and they are now able to pat the dogs and even give them treats. Officers and prisoners have shown a great interest in the Bullmastiff breed and are amazed by their gentle but fun loving nature. The prisoners have told us they find getting the dogs has a calming effect on them and always ask when we will be back for another visit, they even share their weekly biscuit and crisp ration with them (we will shortly have two very overweight dogs!). As you can see we are all enjoying our experience and I hope this gives you a little insight to the progress of this project."

"On my first visit to the Haining I went to an old lady and touched her hand with my nose, she looked at me and pulled my ear. Then Dad

asked the lady "Do you like my dog Cher?" She said she really liked me, which I was really chuffed about. It transpired that she had a stroke about 18 months ago and that her first real reaction since then was to speak to me and my Dad. The lady's daughter was there and she was over the moon with me helping her. Boy, did I get a biscuit for that!"

"I first contacted your association over six years ago. They helped us find a Therapet and this is an excellent idea for the elderly. They look forward to the visits every fortnight. First we had "Amy" who is a Rotweiler and who was a big softy, and then along came "Cheney" who is a Lurcher and a lovely dog. Some residents who do not interact with other residents respond so well to the dogs. This service is a winner with our residents."

"Bonnie loves all the patients and many are extremely fond of her, even people who originally said that they didn't like animals! Some often want us to stay much longer and even ask us to come more often and insist that Bonnie knows them personally now."

"Can I just say on behalf of the Board, staff and children a huge appreciative, heartfelt thank you to your organisation for all the fun and pleasure you have brought to our children and staff alike. Your visits with "Simba" (and Mrs



Alicia



Frost



Mega, Jack with Glen and Spot

Murray) were a massive success and generated much enthusiasm and talk amongst our children, even those with limited communication abilities expressed themselves clearly to their parents and carers. Your professionalism, understanding and continued support are a big asset to us and the children are already looking forward to your next visits. Once again with much appreciation of the superb service you offer. You are worth your weight in gold!"

"I am finding the Therapet scheme extremely rewarding and satisfying. The impact of the visits is startling as you can really see that the patients gain a great deal of joy from it (one lady even tried to give me money!) and most of them are eager to at least pet her. Sarah has done brilliantly so far by being very friendly, docile and tolerant especially during the hot days! This week I will be going back to school so hopefully I can still find time to go every week. I could maybe go during a free block or something because this year my afternoons will be very busy."