

Happy New Year

Paw Print Newsletter



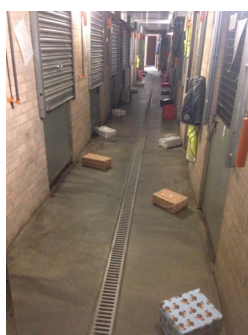
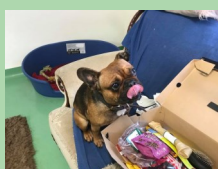
Feb 2018



Shoe box success

The charity once again ran its shoe box appeal to make sure every single one of our animals had a present to open on Christmas Day. We were amazed by the response and were donated box after box for our lucky animals.

A poem was placed on our Facebook page on Christmas Eve to thank everyone who donated.



To everyone who has amazed us with your generosity this Christmas:

It was the night before Christmas when all through the kennels not a creature was stirring not even a mouse.

The shoe boxes were placed by the doors with care.

The animals were nestled all snug in their beds

While visions of toys and treats were dancing in their heads

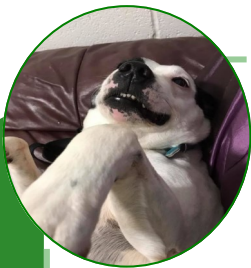
What these animals do not know is that the kindness of the public has really shown!

Waiting for them all tomorrow is a special treat with lots of things to eat and toys to squeak.

They don't yet have a home but they will never feel alone with all the love that's been shown.

If these animals could talk they would like to say thank you so much it means a lot!
Merry Christmas to you and paws crossed 2018 is lucky for us all.





Snuggles with Stella

This year we ran a new idea 'Christmas Snuggles with Stella'. It was a big success and Stella loved every snuggle she had.

This year Animal Care has decided to offer Stella's services to anyone that needs a festive snuggle.

This time of year is always sad for dogs that need a family of their own and also for humans who are feeling a bit down.

To help everyone Stella offered a cuddle to anyone who needed it over the festive season. This helped Stella too. Stella's favourite thing to do is cuddle!!! She is always here to help the staff when we have had a bad day or we feel a bit fed up. Stella seems to make everything a bit better!

Stella has a sofa in her room and a TV and was happy to cuddle up on the sofa with you and watch a film.

Dogs in particular can reduce stress, anxiety, and depression, and ease loneliness

More than any other animal, dogs have evolved to become acutely attuned to humans and our behaviour and emotions. While dogs are able to understand many of the words we use, they're even better at interpreting our tone of voice, body language, and gestures. And like any good human friend, a loyal dog will look into your eyes to gauge your emotional state and try to understand what you're thinking and feeling

Studies have also found that

Dog owners are less likely to suffer from depression than those without pets.

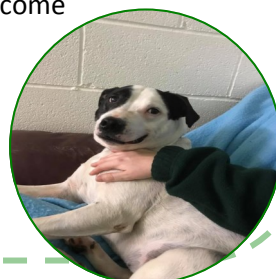
People with dogs have lower blood pressure in stressful situations than those without pets. One study even found that when people with borderline hypertension adopted dogs from a shelter, their blood pressure declined significantly within five months.

Playing with a dog or cat can elevate levels of serotonin and dopamine, which calm and relax.

Pet owners have lower triglyceride and cholesterol levels (indicators of heart disease) than those without pets.

Pet owners over age 65 make 30 percent fewer visits to their doctors than those without pets.

The companionship of a dog can offer comfort, help ease anxiety, and build self-confidence for people anxious about going out into the world. Because dogs live in the moment—they don't worry about what happened yesterday or what might happen tomorrow—they can help you become more mindful and appreciate the joy of the present.



Huge thanks to Abigail from Sedbergh School in Kirby Lonsdale who organised her own Christmas stall at her Christmas fair in aid of Animal Care. She managed to raise an amazing £343.77 with the help from her school friends and little Chihuahua Henley adopted from Animal Care. Well done Abigail and a big thank you from all the animals your money will be helping.



Fantastic news this morning!

The very gorgeous Milo has been adopted!

Milo came to Animal Care with a badly broken leg. After the generosity from the public he was able to have his leg fixed.

After 8 weeks cage rest he is feeling on top of the world and loves his new family! Thank you from Milo



SCHOOL & COMMUNITY VISITS 2018 - calling all head teachers, class teachers, teaching assistants, club leaders, adult group leaders etc! If you would like to arrange a visit with Michael you can do so via telephone on 01524 65495 or

email: michaelanimalcare@gmail.com.

We are always looking for schools, clubs and groups to visit ,or even revisit, to spread the word as far and as wide as possible!

School and out of school club visits in particular are delivered in a fun but informative way which children can respond positively to. All sessions provide opportunities for children to apply what they have learned through various engaging activities. Visits can act as a one off stand alone visit or to help enhance a class topic.

LANCASTER GUARDIAN

A Cosy place to call home for abandoned animals in Lancaster

Animal Care, on Blea Tarn Road, has an enviable position on top of a steep hill with a beautiful panoramic view of Lancaster, Morecambe and Morecambe Bay. The charity has built a tearoom and small charity shop near the entrance to the animal centre which brings in much needed funds to help all the animals. A short drive up a steep road takes you up to Animal Care itself, and before you turn the corner to enter the car park, you can hear the dogs barking in the kennels. I was greeted by a cheery Abi Sadler, manager at the charity, who has worked at the centre ever since she volunteered there after leaving college with an Animal Care diploma.

A steady flow of visitors trickle into the reception area, some wanting to enquire about looking at a particular dog or cat with a view to adoption, others to donate much needed bedding or food. Abi said: "Every day we get donations of blankets, towels and so on and the basket is emptied six times a day.

"We get hundreds of bags of food a day as well. Unfortunately, every week we get animals abandoned here as well. "

Just recently, a little Jack Russell was thrown out of a car window into the car park here and injured his leg. He has now been rehomed.

"We've had a cat box with a cat in left on the floor, kittens in binbags left by the bins. We've had dogs tied to a gate and some even tie their dogs to the nearby motorway bridge. We have had rabbits left in hutches as well.

In some ways at least people are coming and dumping them on my doorstep rather than in the middle of a field."

Recently a dog called Milo was handed over to Animal Care. He had a broken leg and his owner wanted him put to sleep. But Abi agreed to take him on and treat him. She said "Animal Care has a very strict no kill policy and a pet will stay with us until a new home can be found for it. His broken leg needed fixing so we are trying to raise £1,500 on justgiving. I'd rather help the dog than have him put to sleep. Last month we had a staffie called Max who came to us with cancer and an appeal raised over £1k in just a day. Previously we had a cat that came into us with burns after children had put the animal in an oven. She was treated for her burns and we rehomed her."

The centre goes through 15kg of food per day and that is just for the dogs. It relies heavily on donations of food and legacies in wills which are always gratefully received. Vets fees are the main expense, with a bill of between £4-£6k every month for treatment for the animals. As well as the tearoom and charity shop on the site, there is also an Animal Care stall at the nearby GB Antiques Centre and a charity shop on Market Street in Lancaster, which all bring in much needed funds. At the centre as well as Abi there are eight animal staff and a dog behaviourist called Kathyrn Jones.

People will foster kittens before they are rehomed or elderly dogs over 15 which are difficult to find homes for. Puppies go to foster homes. They need to learn socialisation, because you can't hand rear a puppy at the centre. "Every day the dogs get walked three or four times said Abi. "I'm lucky to have a fantastic team of staff who have a real passion for animals. No-one wants to leave! People go above and beyond their duty a lot of the time." The centre currently has 34 dogs, 26 cats, 20 rabbits, two gerbils, two rats, 12 guinea pigs and one hamster ready for rehoming. It costs £90 to adopt a dog and £60 to adopt a cat which is for vaccinations, worming, fleaing, microchipping and a voucher for neutering if it hasn't already been done. There is also four weeks free pet insurance. The centre also has a groom room for members of the public to come and get their dog groomed. Abi said: "In the last 12 months, we have had 60 adoptions, always more cats than other animals. We have a special unit for dogs who have been here long term, with sofas and a television. We applied for a grant a few years ago to have a unit all done up for dogs like Stella, a staffie, who'll be with us for a while. I want them to have as nice a life as possible" added Abi.



"We make it like a home, it's nice and quiet. With cats, its older cats that struggle to find a home. With dogs its their aggression. Stella, one of our long term guests, needs to be muzzled all the time but with people she is soft as muck and gentle." Over recent years Abi has seen an increase in animals having to be handed over when people move house. She said: "I've seen a huge increase in people with animals moving house into rented accommodation and having to give up their animals. It's shame people have to give up their pets."

"Many landlords don't allow pets now." There has also been a big increase in elderly people having to go into homes and not being allowed to take their cat or dog with them. It is devastating for them. Sadly with the growth of social media, more pets are being offered free online. Abi said: "Social media presents huge problems with people offering pets free to a good home. Some people are just breeding to make a buck. We work with the RSPCA and have done a few house clearances. We have been working with a woman who had 36 cats, which we are taking in in groups. There was also one lady who had 100 guinea pigs, I took 30 home with me! They were just breeding. Some people can't afford to get pets neutered."

A lot of people think that brother and sister cats won't breed but they do and this can produce kittens with health problems."

Animal Care stops all rehoming of animals over the Christmas period to discourage people from getting an animal for a Christmas present. Abi said: "We tend to see a slight increase in puppies being handed over to us the first few weeks in January which sadly have been given as Christmas presents. To be honest this time of year is always worse for some reason the run up to Christmas we always have a high amount of adult dogs being handed over. However, I feel I'm making a difference. These dogs are coming in in a terrible state and there is nothing better than seeing them go to a good home."

Animal Care has been a registered charity helping animals since 1978. They take unwanted and abandoned animals in from all over the North West and look after them until they can find them loving new homes. They save predominantly dogs, cats, rabbits, guinea pigs, rodents and birds. They rehome over 1000 animals every year. Animal Care are the only rescue in this area which can help dogs, cats and small animals so they are always very busy and always very full. Animal Care also rehome ex-battery hens, and have three resident goats which they saved from slaughter.

Animal Care works very hard every day to help as many animals as they can. Each day they are asked to help pets from homes where the owners can no longer care for them for many different reasons. They also help dog pounds across the North West with dogs on death row. They help the RSPCA with cruelty cases, puppy farms and abandoned animals. They also support the work of the Romanian Street Dog Rescue.

Last year Animal Care started its own education programme with staff member Michael, who travels to schools and groups all over the North West to help educate children about responsible pet ownership. It has been a huge success and he has already been to over 150 schools. Buster's story is a sad one that is all too common. Buster the Jack Russell was sold over Facebook to the wrong people, said Animal Care. Unfortunately he was then thrown out of a car window and dumped in the car park at the animal centre. He suffered an injury to his back leg as a result of being thrown from the window. Animal Care made contact with his owner and Buster has now been signed over to the charity. Abi Sadler, manager, said: "We will never really know what happened to Buster but the most important thing is he is now safe and happy. Buster has now found a new home and he is now very happy and getting the love he deserves."

Ask for help

As a busy rescue centre we see many dogs come into us that have behaviour issues, the owners have often tried a few things but have not seek profession advice which could in most cases help and make a significant difference to dogs being surrendered to animal charity's each year. Animal Care has been working alongside Kathryn for just over a year and has already seen a huge improvement in both the dogs in our kennels and those who have already been homed.

The most common issues Animal Care and Kathryn encounter are dogs pulling on the lead, dog to dog aggression and separation anxiety. All very different behaviours, but the most common reasons for dog owners finding it difficult to cope.

Dogs pull on the lead for many reasons, to get to somewhere faster, to greet another dog, to get away from something. All pulling can be remedied with enough training, and commitment of time. Pulling on the lead can be solved with a few tweaks of training. One of the biggest things that needs to be commitment, if you are going to work on your dog walking nicely, you need to commit to working on it every walk, no matter how you feel. The first thing I recommend owners to do is stop as soon as their dogs start pulling, don't call them back to heel. Stop dead. Make it as boring as possible. Once they finally stop pulling, and you gain some attention then reward that. Reward them looking at you, and wanting to engage, then walk forward, maintaining that attention. You should be the most exciting thing on the walk. Each dog is different, they need an individual method.



Dog to dog aggression is very common, and often mislabelled. True aggression is rarer than most people think. Most dog to dog issues is based on frustration. Barking at another dog to get their attention, to release the pent-up energy, or to let their owner know they want to play. This comes across as "aggressive" as not all owners, or other dogs understand this behaviour. Whether it is true aggression or not, the main tip I can pass on to dog owners is to find what motivates your dog, is it food, toys or your attention. Whatever this is, add a command do it. E.g. if it is a toy, every time you play with it say something like "Ballie", so they associate it with the toy. This over time will give you a tool for helping to reduce your dog's frustration, and a reason to focus on you. It is a long road to get your dog to focus on you over something exciting or scary, but it is a step in the right direction.



Separation anxiety is one of the hardest behaviours to work with, it is literally where your dog cannot cope with being without you. It is both lovely, and awful for you as an owner. Don't make the mistake most people make by suddenly turning the radio on when you leave, or only ever leaving them with a Kong when you go. They will end up serving as triggers you are going to leave to your dog, rather than providing comfort. Separation anxiety issues needs careful management of your time leaving them, and finding something that makes your dog happy that isn't you.

Providing a safe space for your dog to feel comfortable can help enormously, first teaching your dog to got to this area with rewards makes it exciting and an area you will interact with you dog. A bed, or crate work best. Teaching your dog to stay on here for longer periods of time, while being distracted by food dispensing toys or chewy toys helps keep them here. Start to move around the area, and work at a distance



to reassure your dog you are coming back, keep returning to them to reward them. Build up the time they are there, over days and weeks. This area will become a place where your dog knows you will return to, no matter how long you are gone, providing them with some predictability. Never rush this kind of training. If your dog's separation issues are mild, it will aid them feeling more comfortable.

