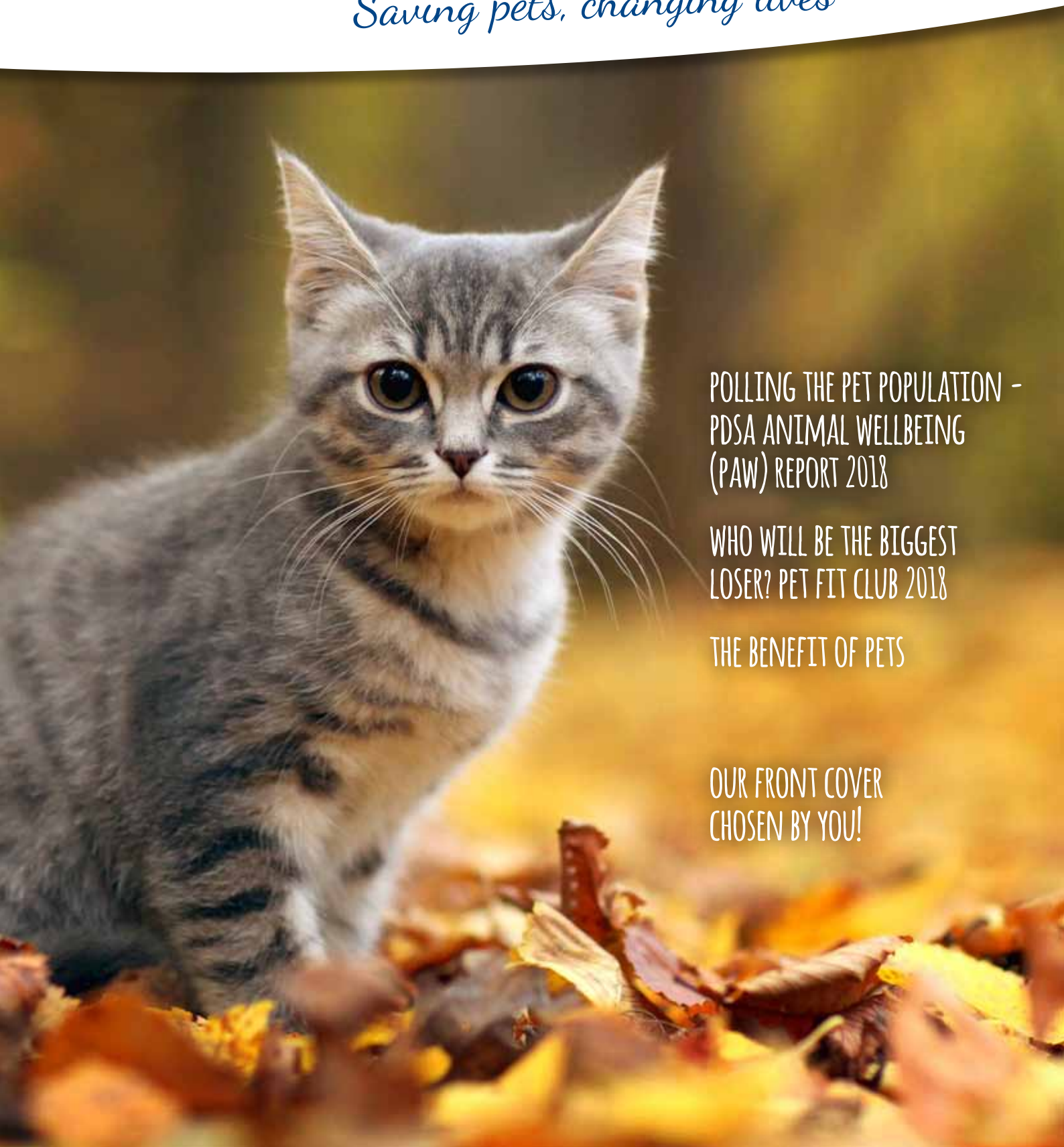


Companions

Autumn 2018 | pdsa.org.uk

SINCE 1917
pdsa
SAVING PETS CHANGING LIVES

Saving pets, changing lives



POLLING THE PET POPULATION -
PDSA ANIMAL WELLBEING
(PAW) REPORT 2018

WHO WILL BE THE BIGGEST
LOSER? PET FIT CLUB 2018

THE BENEFIT OF PETS

OUR FRONT COVER
CHOSEN BY YOU!

For the great outdoors and muddy paws

And whatever happens next

With **four lifetime*** policies to choose from, a **Defaqto 5 Star Rating****, PDSA Pet Insurance comes complete with the **reassurance** of knowing your best friend will get the **care and treatment they need** should life take an unexpected turn.

PDSA Pet Insurance
For your pet's life

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* Lifetime policies cover your Pet's treatment, for both illnesses and injuries, up to a single policy limit, for each policy year. As long as your policy remains in force, your premiums paid up to date and the insurer invites renewal, there is no limit on how long you can claim for each illness or injury. Upon renewal, the policy limit is reset and available to claim again. Policy excesses will apply per condition, per year.
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welcome

As we come to the end of our centenary year, our focus at PDSA moves from celebrating our heritage to planning for our future.

This year's *PDSA Animal Wellbeing (PAW) Report* on page 10 reveals some good news for the nation's pets, but also gives us plenty to work on. That's why we've launched The Big Pet Quiz which is a fantastic way for all owners to find out how happy and healthy their pets are. The online quiz provides lots of useful pet health advice for our furry friends and I'd really like to encourage all of our readers to have a go at pdsa.org.uk/bigpetquiz

Another important project is our fundraising appeal for a new Pet Hospital in Manchester. Our existing site is sadly past its best and we desperately need a new hospital. Read all about our £2.4 million appeal on page 28.

As the evenings draw in, we get ready for Halloween with pet-friendly pumpkin ideas and tips on how to spot those autumnal pests that bother our pets at this time of year.

Finally, we remind ourselves of warmer times by looking back at one of the highlights of the summer - our PetLife '18 festival. It was such a fantastic event and it was wonderful to see so many happy faces and wagging tails enjoying the activities, music and sunshine. See the photos on page 34.

I hope you enjoy this edition.

Jan - Jan McLoughlin
PDSA Director General



This edition's cover features the image chosen by our readers. Thank you for voting!



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The 5 Welfare Needs for pets are at the heart of everything we do

- Environment** the need for a suitable environment
- Diet** the need for a suitable diet
- Health** protection from pain, suffering, injury and disease
- Behaviour** the need to express normal behaviour
- Companionship** the need to live with, or apart from, other animals



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the news

The latest from
PDSA's newsroom

#petsneedvets



Vets aren't just there to treat poorly pets – registering with a vet and taking your furry friends along for regular visits will help make sure you and your pets have a long and happy life together.

The 2018 PDSA Animal Wellbeing (PAW) Report – featured later in this issue – finds that 16% of pet owners have not registered their pet with a vet practice. So PDSA is supporting a new campaign by the British Veterinary Association and the Royal College of Veterinary Surgeons, which gives 11 reasons why you should. The campaign uses the hashtag #petsneedvets. We're asking you to help us spread the word on social media and help get more pets registered with vets across the UK.

EMERGENCIES CAN HAPPEN AT ANY TIME. REGISTERING WITH A VET MEANS YOU'LL HAVE EASIER ACCESS WHEN YOU NEED IT.

It's showtime

We have some news hot off the press that PDSA Petsurance will be sponsoring two amazing pet events:

1 FAMILY PET SHOW 6-7 OCTOBER 2018 www.thefamilypetshow.co.uk

Play, watch, learn and have a go at loads of exciting animal activities at EventCity in Manchester. Highlights include Scruffts – the nation's favourite crossbreed competition – and a performance by *Britain's Got Talent* favourites Lucy Heath and Trip Hazard.

2 NATIONAL PET SHOW 3-4 NOVEMBER 2018 www.thenationalpetshow.com

Get down to Birmingham's NEC and discover the exciting pet villages where you can find out all about dogs, cats and small furies. Enjoy family-friendly talks, shows and workshops and shop 'til you drop with more than 200 exhibitors showcasing the latest products to pamper your pets.

WIN TICKETS

NATIONAL PET SHOW

Proudly sponsored by **pdsa PETSURANCE**



We have tickets for the National Pet Show up for grabs. To be in with the chance of winning tickets, see the back of the letter you received with your *Companions Magazine*.

Who will be the next Pet Survivor?



Do you know a fortunate feline who nearly lost all nine lives? Or a plucky pooch who dodged a doggy disaster? If so, your brave pet could be crowned PDSA Pet Survivor 2018.

We're looking for the nation's most courageous pets who have battled against the odds and lived to tell the tale. Only the most extraordinary stories will make it through, and then it will be up to the public to decide the winner, who will receive a luxury pet hamper and the title of 'PDSA Pet Survivor of the Year 2018'. The competition is open to any pet treated in the UK by a vet for a life-threatening illness or injury between 1 January 2017 and 31 August 2018.



Above: Ziggy's miraculous recovery made him a worthy winner in 2015

Check out pdsa.org.uk/petsurvivor for details of how to enter

PAST PDSA PET SURVIVORS OF THE YEAR...

2015

ZIGGY

Loveable Staffie, Ziggy, survived being shot in the head with a crossbow. Miraculously, the 20-inch bolt missed all his vital blood vessels, nerves, his eyes and ear canal, but he still had to endure a delicate operation to remove the bolt.

Ziggy's recovery was nothing short of astonishing. He was discharged just a few days after surgery, and within a couple of weeks he was fully recovered.

2016

DARCY

Cocker Spaniel, Darcy, suffered multiple life-threatening injuries when she fell down a 60-foot dam. After emergency surgery to save her life, she required three operations and months of specialist care and rehab.

At first it wasn't clear if Darcy would ever be able to walk again, but her recovery has been described as 'miraculous' by vets.

"THE PDSA PET SURVIVOR AWARDS RECOGNISE THOSE EXTRAORDINARY STORIES WHICH CAPTURE A PET'S FIGHTING SPIRIT, THEIR OWNER'S LOVE AND DEVOTION AND THE SKILLS OF THE VET TEAMS WHO SAVED THEIR LIVES."

Olivia Anderson-Nathan
PDSA Vet and Pet Survivor Judge

Volunteer of the Year 2017



Darren received his award at the PetLife Festival

We're delighted to announce that Darren McGarrigle, a volunteer at our Stoke Pet Hospital, has been voted 'Volunteer of the Year 2017'. Congratulations to Darren and all of our volunteers who do such an amazing job every day.

Pet Fit Club 2018

This year, 13 porky pets from across the UK have joined our Pet Fit Club to lose weight and enjoy a happier, healthier life.

Weighing a total of 201kg (31st 7lb) – that’s more than the World’s Strongest Man, Hafþór Júlíus Björnsson – the participating dogs, cats and even a jumbo rat need to lose a combined total of 75kg (11st 12lb) to reach their ideal weights.

Pet Fit Club is a strict six-month diet and exercise programme, tailored for each pet’s needs and overseen by PDSA vets and vet nurses. Last year’s winner, Alfie the Beagle, from Middlesbrough, successfully shed an astonishing 34% of his bodyweight.

To help them with their weight loss, participants receive free diet pet food for the duration of the competition, courtesy of Dechra. The overall Pet Fit Club Champ, crowned at the end of 2018, will win a year’s free diet food, a pet friendly holiday courtesy of Sykes Cottages (www.sykescottages.co.uk/pdsa), and a pet hamper.

For more information about this year’s finalists and to follow their progress visit pdsa.org.uk/petfitclub

THE BATTLE IS ON!

This September we’re challenging feline fans and dog devotees to do 10,000 steps a day for either #TeamCat or #TeamDog – the team that racks up the most steps wins the battle – then we’ll know, once and for all, who’s the best. It’s a great way to get fit, have fun, and help raise money for all kinds of four-legged friends.

Sign up for #TeamCat or #TeamDog at www.thebattleison.co.uk

WHO WILL BE THE BIGGEST LOSER?



SADIE
Like many Labradors, eight-year-old Sadie eats anything. She’s so unfit, the only time she runs is if she sees a squirrel. After ballooning to over 42kg, Sadie has to drop 12.2kg to be lean and healthy again.

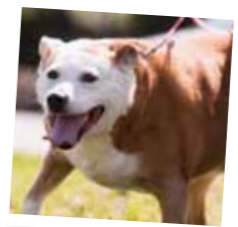
ELVIS
Nine-year-old Burmese cat Elvis enjoys his food as much as his namesake. Before starting his diet he never had an empty bowl and needs to lose 3.18kg to get back to a healthy weight.



BENJI
At 61% overweight, five-year-old Benji is so fat his cat flap had to be changed to ‘small dog’ size so he could get in. He needs to lose 4.3kg to reach his ideal healthy weight.



CHESTER
No more naughty cheesecake or dangerous chocolate ‘treats’ for chubby Chester, who is 52% over his ideal weight. A healthier diet should help him lose the 2.6kg he needs.



SASHA
Nine-year-old Sasha piled on the pounds after enjoying too many doughnut ‘treats’ – she even pinched half a birthday cake during a party! The sweet-toothed Staffy cross needs to shed 7.7kg.

MRT
This roly-poly rat weighs nearly twice as much as he should due to his diet of pasta and porridge. At 95% overweight he needs a few less carbs and a bit more exercise.



BILLY
Bulging Billy is more than twice his ideal weight after being treated to extras like cheese on toast. The Shih Tzu cross needs to lose around 6.3kg.



TIA
Cheese-loving Tia, a four-year-old Chihuahua Jack Russell cross, weighs in at 10.65kg. This is a whopping 78% overweight, and means she can’t climb the stairs or run.



PEPSI COLA
Massive moggie Pepsi Cola can no longer make it over the garden fence! The tuna-chomping cat needs to shed 3.3kg to get her fizz back.



BORRIS
Cavalier King Charles Spaniel Borris once ate a set of false teeth. At 80% overweight, the pork chop-loving pooch now has to get his teeth into a healthy diet.



BELLA
Bella the Beagle once stole a whole joint of beef cooked for Sunday lunch. At 24kg she is 9kg over her ideal weight.



PEN
Tipping the scales at over 10kg, portly puss Pen can’t even jump because of her weight. The flabby feline needs to lose more than half her bodyweight.



POLLYANNA
Podgy Pug Pollyanna loves cheese but, at 47% overweight, she now has to say cheerio to the cheddar to lose 3.5kg. Being a flat-faced breed, with their associated breathing problems, it is especially important she slims down.

Super-Ted saves tot from tumble dryer terror

Teddy, a three-year-old Cockapoo from Belfast, has been awarded the PDSA Gold Medal – the animal equivalent of the George Cross – for saving a child trapped in a tumble dryer.

In November 2016, five-year-old Riley Gedge-Duffy, managed to climb into the tumble dryer and pull the door shut, setting off the drying cycle.

Riley's mum, Gillian, was upstairs when Teddy's frantic barking alerted her that something was wrong.

Gillian noticed Riley, who has Down's Syndrome, had disappeared and immediately started searching for him. Gillian explained: "My eldest son Freddie spotted Riley in the tumble dryer through the glass door. I quickly opened it and dragged Riley out."

Gillian put Riley straight into a cool shower, to reduce any burns, while her husband, Aaron, called 999.

Riley was taken to Ulster Hospital where he received treatment for bruises and burns. He has since made a full recovery.

Aaron said: "Teddy has always been a special dog but I am totally in awe of how she acted that day. I hate to imagine what might have happened if Teddy hadn't have done what she did. We owe her everything and I'm so proud of her."

Teddy was presented with her PDSA Gold Medal during a special ceremony at PDSA's Pet Clinic in Belfast. She was accompanied by Aaron and Gillian and their four children, Sophie, Sasha, Freddie and, of course, Riley.

My hero! Teddy with his grateful friend after receiving his award

THE PDSA GOLD MEDAL IS PART OF PDSA'S WORLD-RENOWNED ANIMAL AWARDS PROGRAMME, SET UP BY THE CHARITY'S FOUNDER, MARIA DICKIN, IN 1943. TEDDY IS THE 27TH DOG TO RECEIVE THE PDSA GOLD MEDAL.



Polling the pet population



49%
of UK households own a pet

This year we surveyed:
2,080 dog owners
2,076 cat owners
483 rabbit owners



The PDSA Animal Wellbeing (PAW) Report is the biggest survey of pet ownership in Britain. Every year we ask the nation's cat, dog and rabbit owners how they are looking after their furry friends so that we can track the health and wellbeing of pets across the UK.

The PAW Report helps us identify areas where we can work together with owners and vets to make sure that all five of our pets' Welfare Needs are being met.

Since the first Report in 2011, some things are improving for pets in the UK: more pets are registered with a vet, more dogs are attending training courses and getting daily walks, fewer rabbits are being fed inappropriate diets and more cats are being microchipped than ever before – all of which is really encouraging.

The good news is that these key measures of pet wellbeing are up again this year. But unfortunately, the PAW Report 2018 also shows that there is still much to do to give all our pets the happy and healthy lives they deserve.

While nearly a quarter of owners feel very informed about all of the 5 Welfare Needs, only 13% correctly identified all of the needs, with companionship – living with, or without, friends of

their own species – the least well-recognised welfare need. As in previous years, lack of research before buying a pet, knowledge of the cost of pet ownership, dog obesity and appropriate companionship and preventive care for all pets continue to be major concerns. These are the areas that PDSA will be focusing on in our future campaigns.



As the UK's leading veterinary charity we want everyone to understand the 5 Welfare Needs for pets, and how to make sure they are happy and healthy.

HOW DO YOU RATE AS A PET OWNER?

Are you the purrfect pet parent or do you need a few Pointers?

TAKE OUR FUN QUIZ AND FIND OUT!

This year's PAW Report reveals lots of fascinating facts about our pet-owning habits. There's no doubt that we're a nation of pet lovers, but there's always room to improve how we care for our four-legged companions.

So if you keep a pet, why not find out how you rate as an owner? Simply take the quiz and you'll get your score – along with some handy tips to keep your loved one healthy and happy.

GOOD LUCK

And don't forget to share how you get on with all your family and friends and get them involved too!

TAKE THE QUIZ AT [PDSA.ORG.UK/BIGPETQUIZ](https://pdsa.org.uk/bigpetquiz)

Stay safe and healthy this autumn

ALABAMA ROT SEEMS TO BE SEASONAL – MOST CASES OCCUR BETWEEN NOVEMBER AND MAY EACH YEAR.



Autumn is a lovely time of year for owners and pets. The weather's cooler so there's no need to worry about your best friend getting too hot or thirsty. But it's still nice enough to take a walk with your dog in the falling leaves or play with your pet in the garden. However, this time of year also brings some seasonal health problems that can affect your pets – and maybe you too.

ALABAMA ROT – WHAT IS IT?

Alabama Rot is a potentially fatal disease that affects dogs. It causes tiny blood clots to form in the skin and kidneys, which can cause organ failure. Some cases have been confirmed across the UK but, at the moment, vets are still not sure what causes the disease or how to prevent it. Alabama Rot seems to be seasonal – most cases occur between November and May each year.

WHAT DOES IT LOOK LIKE?

It appears as unexplained ulcerated areas or sores on the skin. It's important to note that not all dogs with skin sores will develop kidney problems, and skin sores can be caused by problems other than Alabama Rot.

WHAT ARE THE SYMPTOMS?

Signs of kidney failure include tiredness (lethargy), vomiting and a loss of appetite. If your dog is displaying any of these symptoms, seek immediate help from a vet.

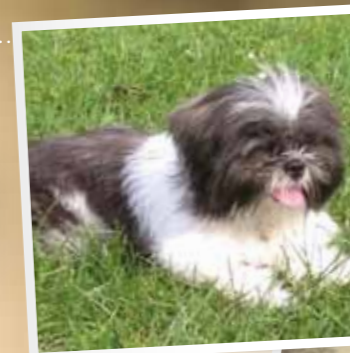
WHAT CAN YOU DO?

Unfortunately, as the cause is unknown there's no specific advice on how to avoid it. Washing your dog after every wet or muddy walk may help, but this hasn't been proven. The most important thing is to check your dog regularly for any unexplained redness or sores on the skin, particularly on their paws, legs, tummy or face.

In many cases, sores will not turn out to be Alabama Rot, but it's important for a vet to examine your dog so they can start any treatment early.

Alabama Rot cannot spread to humans or other pets – it only affects dogs.

IF YOU HAVE ANY CONCERNS ABOUT YOUR DOG SEE YOUR VET



A photo of Paris out and about and a close up of Paris's infected paw after she contracted the potentially deadly disease



ALABAMA ROT CLAIMS MANCHESTER'S DOG'S LIFE

Four-year-old Shih Tzu, Paris, developed mysterious wounds on her paw a few days after a walk in Farnworth, Manchester. Within a week, the area became inflamed and swollen, she developed sickness and lost her appetite. Blood tests taken by PDSA vets revealed her kidneys had failed and, sadly, Paris became a victim of the devastating and little-known disease, Alabama Rot. Paris was put to sleep just two weeks after first showing symptoms of the disease. Now her owners are keen to share her story to raise awareness amongst other dog owners.

OTHER AUTUMNAL PESTS YOU 'MITE' NOT HAVE HEARD OF ...

BERRY BUGS/ HARVEST MITES/ CHIGGERS



Trombicula autumnalis, to give them their proper name, are bright orange mites that infest pets from July to November. These tiny pests can be found in woodlands and in long grass. They can be seen with the naked eye (just) and look like tiny orange dots.

AFFECTS
Dogs, cats, rabbits; can also bite humans

SYMPTOMS
Intense itching, particularly between toes; scratching and licking can cause bacterial infection

TREATMENT
Anti-parasitic medication or shampoo from a vet; antibiotics if a bacterial infection

Black cats & pumpkins



Halloween is nearly here, so why not include your pets in the spooky fun? Discover why Halloween is a black day for black cats. Share a pumpkin feast with your furry friends and create a cute kitty lantern.

THE BLACK CAT BLUES

Black cats and Halloween go hand-in-paw and their image can be seen everywhere at this time of year, from cat fancy dress costumes to spooky cat-shaped biscuits. While the black cat can be a symbol of good luck, real black cats are not so fortunate. Sadly, around 70% of cats in rescue shelters are black or black and white and they are notoriously difficult to rehome.

So, why are monochrome moggies so unpopular? Perhaps they don't photograph very well so get overlooked on rehoming websites? Maybe people think they'll get lost easily because they are harder to identify than cats with distinctive markings? Or could it be simple superstition?

Whatever the reason, thousands of black cats are missing out on a loving family and a happy life. If you're thinking of adopting a feline friend, why not give an amazing black cat the lucky break they deserve.

WHY ARE BLACK CATS ASSOCIATED WITH HALLOWEEN?

The link between black cats and witchcraft goes back to the Middle Ages when it was believed that the devil gave witches a black cat as a servant. In the 15th and 16th centuries, people became obsessed with rooting out 'witches' in their communities and those who favoured black cats came under suspicion. With their dark fur and glowing eyes, these unfortunate moggies certainly looked the part and have been a staple of eerie Halloween tales ever since.



CAN PETS EAT PUMPKINS?

Whether we're turning them into lanterns or lunch, pumpkins are a big part of Halloween. Packed full of good stuff like fibre, vitamins, minerals and antioxidants, and low in calories, this autumnal favourite is great for us to eat – but is it safe for our pets, too?

The short answer is that for some pets, yes, it is okay to feed in small amounts, so read on for more advice. Giving your furry friend a small amount of cooked pumpkin is a great alternative to fatty treats. The high fibre content can also help with digestive health.

Many rabbits and dogs will enjoy a simple spoonful of pureed cooked pumpkin, but you can also mix it in with their dry food or make your own pet treats with it. A small amount of pumpkin is okay for cats too.



THE ZERO WASTE PUMPKIN

Pumpkins are the ultimate eco-friendly food. You and your furry friends can enjoy every bit of this amazing superfood – with no leftovers.



SEEDS

Don't chuck them out! Pumpkin seeds are chock-full of goodness and, with a bit of preparation, can be fed to many pets. Shelled, roasted and ground seeds can be given to rabbits and dogs, while hamsters and gerbils love their seeds raw. Don't feed raw or cooked seeds to rabbits or guinea pigs as they can choke on them or get them stuck in their teeth.

FLESH

Almost all pets will enjoy the leftovers from carving a pumpkin – but in small amounts, as pumpkin flesh is high in sugar. Cook it first for dogs and cats, but keep it raw for small pets. Remember to stick to a small amount as an occasional treat, especially in small pets as too much can give them stomach ache.

SKIN

Rabbits and guinea pigs might like to nibble on the occasional bit of pumpkin skin or rind – although don't be surprised if they turn their noses up at this. If you leave your used pumpkin lanterns in the garden (minus the candle) you will also give the local wildlife a tasty autumnal treat.

While being nutritious and delicious for your pets, there are a couple of things to remember about feeding pumpkin to your four-legged friends:

- Cooked pumpkin is better than raw as it's easier to digest and is free from harmful bacteria or chemicals. Boil in plain water, avoiding added oil or salt.
- Feed either fresh pumpkin or canned puree with no additives, avoiding extras like sugar or potentially toxic sweeteners.
- Remove the leaves and stem – not only could your pet choke on them, they are tough, covered in tiny sharp hairs and hard to digest.
- Feed in moderation. Pumpkins are a source of vitamin A, which can be harmful in large quantities.

Speak to your vet first if you want to introduce pumpkin into your pet's diet regularly and ensure this is fed alongside a nutritionally complete diet.



MAKE AN IMPRESSION THIS HALLOWEEN



Why not download a pumpkin carving template from our website at pdsa.org.uk/halloween and create your own spooky cat lantern. We also have dogs and rabbits if you prefer.

Please email your pictures! You can send them to companions@pdsa.org.uk



Ask the vet

Our Pet Health Team is here to answer any questions you have about your pet.

If you have a question about your pet please email companions@pdsa.org.uk Please type 'Ask the vet' into the subject header.

Shaking with fear?

My dog sometimes shakes when fireworks are going off, but in the last week she's suddenly started to shake lots, and there have been no fireworks. She's being a little fussy about her food as well, and I'm very worried about what may be causing this.

There are quite a few different things that can cause a dog to shiver or shake, so you need to take her to your vet for a check-up. If possible, film the shaking to show to your vet as this can help them distinguish shivering from something else like a partial seizure or 'Shaker syndrome' – a disorder which causes a dog's entire body to shake.

If your vet rules out a medical reason for the shaking, then it could be a sign of anxiety. This could also cause her to go off her food.

Think of what may be triggering her anxiety by being aware of any changes in her environment or things that happen around the times she shakes.

Your vet can help you to build a tailored plan to help her if it's interfering with her life, including behavioural training.

If she shows signs of anxiety, then only comfort her if she normally comes to you for comfort. Otherwise it's important to let her settle by herself.



Entertaining Frank

It's really hard to keep our rabbit, Frank, entertained during the day, as I'm at work and the kids are at school. How can I stop him from being bored?

All pets will get bored if they can't occupy their time appropriately. So it's good you are thinking about how your rabbit can keep himself amused while you are out.

Rabbits really need rabbit company and the best way to keep Frank occupied will be to get him a bunny friend. A neutered female is usually easiest to introduce to a neutered male – you can find eligible candidates at your local

rabbit rescue and they'll be able to give you advice on the introduction and bonding process. This can take time, but seeing your bunnies snuggled up happily together is worth the patience.

Make sure that your rabbits have plenty of space, hiding places and toys to keep them entertained. You could fill a planter with potting compost for Frank and his new friend to dig in, or hide food around their hutch so they have to work to find it. Offer different toys at different times to keep them interested. It's important to offer activities that allow them to behave naturally.

Stop the spraying

I got my cat, Archie, from a local rescue centre earlier this year and he constantly sprays everywhere.

How can we stop him doing this?

Urine territory spraying is most commonly associated with unneutered male cats, so if Archie isn't neutered, then it's a good idea to get this arranged. Neutering will reduce his desire to spray and has lots of other benefits, such as cancer prevention and reducing roaming and fighting. Your vet can also check Archie over to make sure there's no medical reason for his behaviour. If everything is OK, it's likely that Archie is feeling stressed. Make sure he's happy using his litter tray – ask the vet for tips if he shows any reluctance.

It could also be that he is insecure and having his territory encroached upon. In these cases, cats may spray new objects like freshly-washed bedding, as they don't have familiar smells on them, or near windows

and doors to try to show any intruders who's boss. Archie needs to feel that his home is 'secure' to break the spraying habit. Cats can also smell any trace of a previous spray and will be more inclined to do it again on these areas. Thoroughly clean all sprayed items with a cleaner containing enzymes. Try using a pheromone product to help Archie feel secure in the home.

Another possible influence is if you have more than one cat, which can cause tension as cats are generally quite solitary animals and like their own space. If you have other cats you might need to look at your house set-up and make sure there's enough space and resources (food bowls, litter trays, scratching posts, etc.) for all your cats, plus one spare. If Archie is an only cat it's also worth checking if there's a new cat on the block. If so, speak to your neighbours and arrange a garden 'time share' to help reduce Archie's stress.



From cuddly cats to friendly ferrets, our furry – and feathery and scaly – friends bring us fun and happiness every day. But did you know that owning a pet can have lots of other benefits too? Whether you're very young or still young-at-heart, sharing your life with a pet can be great for body, mind and soul.

The benefits of pets

KEEPING US FIT AND HEALTHY

With obesity on the rise, particularly in children, getting more exercise is really important. Dogs need at least one good walk every day, so a pooch is the perfect pet to get you out and about. Dog walking is great 'accidental exercise' for people who don't fancy the gym; it's free, easy and brings increased health benefits for dog owners of any age. Running with a dog is good exercise for both of you, and can help you feel safer if you're running solo. You can even buy special running dog leads that go round your waist to keep your hands free and give you better balance.

Pets are also excellent exercise buddies for kids. Playing with a willing dog or cat companion can help children burn off calories (and energy!) and a regular dog walk is brilliant for getting them off their devices and enjoying some precious family time in the fresh air and sunshine.

BEING A FRIEND

They're not called 'companion animals' for nothing! Many of us feel that our pets are more than just animals; we love them, talk to them and often value them as much as our human friends.

The companionship of a cat or dog can be particularly beneficial for children or older people. Some elderly pet owners say their pet is their only friend and feel a bond equal to a human friendship.

Dogs can also improve our social life. Dog walkers often strike up doggy small talk with everyone they meet, turning 'walkies' for your friend into 'talkies' for you! It can be hard to meet new people, or get talking to a complete stranger, but having a dog by your side breaks the ice and can lead to regular chats and even new friendships.



SOME ELDERLY PET OWNERS SAY THEIR PET IS THEIR ONLY FRIEND AND FEEL A BOND EQUAL TO A HUMAN FRIENDSHIP.

DOG WALKING IS GREAT 'ACCIDENTAL EXERCISE' FOR PEOPLE WHO DON'T FANCY THE GYM; IT'S FREE, EASY AND BRINGS INCREASED HEALTH BENEFITS FOR DOG OWNERS OF ANY AGE.



LOOKING AFTER OUR MENTAL HEALTH

In the PDSA Animal Wellbeing (PAW) Report 2018, 94% of owners said that owning a pet makes them happy. It's clear that our four-legged friends have a positive effect on our wellbeing. But as well as the simple joy of having a pet around, dogs and cats have been shown to help us through times of change or emotional stress, like bereavement or recovery from serious illness.

Children too can benefit emotionally from having a pet and will seek them out when they are feeling upset, which may be helpful during

stressful life events. Many people say their pet can sense when they're upset. But perhaps it's us who are seeking comfort and reassurance from them? Just by being there, pets may unknowingly provide support to their owners and increase their resilience.

TOO MUCH LOVE?

While pets may be good for our physical and mental health, we need to be careful how we show our love and gratitude to them. Pet obesity is a massive problem, with obesity in dogs being consistently reported as a top concern by vets.

Too many treats can cause our furry friends to pile on the pounds. The PAW Report 2018 revealed 42% of owners give their pet a treat because they think it makes their pet feel happy. It can be hard when they give you those puppy dog eyes but we have to make sure that tasty treats don't lead to overweight pets.

There are lots of other ways we can show our pets we appreciate them. Interacting with playful pets or stroking those that enjoy the attention provides your companions with appropriate affection. As well as being a great reward this will ensure bonds stay strong, enabling you to benefit from each other's company for years to come.

OUR VETS SAY...

GET THE RIGHT PET FOR YOU

It's important to get the right pet for your lifestyle, otherwise you may find that pet ownership brings more problems than benefits for both of you.

Many pets end up in homes that are far from a perfect fit. Here are some examples;

- **Busy people and dogs.** Our PAW Report found that 24% of dog owners leave their dog alone for more than the recommended four hours at a time. This can lead to anxiety and unwanted behaviour like barking, chewing or toileting in the house.
- **Cats in multi-cat households.** Cats are generally solitary and can become stressed living in a house with other cats. Our PAW Report showed 2.1 million cats (19%) are living with other cats they don't get along with.
- **Rabbits living alone.** Rabbits are social creatures and need the company of at least one other rabbit. Sadly, a massive 54% of rabbits live alone, according to the PAW Report.

Nearly a quarter of owners did no research at all before getting their pet. A good place to start would be pdsa.org.uk/choosing-a-pet and we'd like to see more people speaking to a vet before deciding on a pet to make sure they get the perfect companion.

BECAUSE OUR PETS GIVES US SO MUCH, WE OWE IT TO THEM TO PROVIDE FOR THEIR 5 WELFARE NEEDS.



Unbreakable bond

Charlotte, who has autism, wouldn't be without her beloved Perci. But their unique bond was threatened when the two-year-old tabby was hit by a car and suffered catastrophic injuries.

Perci was rushed to Leicester PDSA Pet Hospital for emergency veterinary treatment. He was given pain relief and made comfortable before being X-rayed. Our veterinary staff then had to inform Charlotte that he'd broken three of his legs.

After a few days, recovering from his ordeal and building up his strength he had three major operations in a bid to save his life and repair his broken limbs. Thankfully, he's since made a slow but steady recovery and now Charlotte and Perci still enjoy their close relationship.

Charlotte said: "It would have been unthinkable to put Perci down, he's my world. I have autism so I bond better with animals than I do people. PDSA did everything they could to save him. I'm so glad, and so thankful.

Pets that go **bump** in the night...

Most people know that hamsters are nocturnal, but did you know that many other pets are 'crepuscular' - a fancy word meaning most active at dawn and dusk? Understanding your pet's natural sleep habits - and helping them fit into yours - can help both of you get a good night's kip and enjoy a happy and harmonious life together.

CATS

Cats' crepuscular behaviour can lead to many sleepless nights. Wanting to play, meowing for food or attention, or prowling about the house are all signs that your pet's natural body clock is set to 'active' during those twilight hours - and this is no fun for tired cat owners.

FORTUNATELY, WE'VE GOT FIVE TOP TIPS TO MANAGE YOUR CAT'S NIGHT-TIME ANTICS:

- 1 **Have a rigorous 20-30 minute play session** in the early evening to help burn off all the energy your moggy has stored up catnapping in the day - you might need another one just before bed too.
- 2 **Leave the curtains open** in an unoccupied room so your cat can watch the neighbourhood wildlife while you're sleeping.
- 3 **Put away any toys that rattle or jingle.**
- 4 **Feed your cat** just before bedtime so you don't get woken up for a midnight meal.

And most importantly...

- 5 **Ignore unwanted behaviours.** Hopefully, your friend will get the message and wander off to find other entertainment, leaving you to sleep in peace.

Ultimately, the best way to ensure an undisturbed night is to be consistent with your cat from day one. Keeping your kitten close to you at night and giving them night-time attention when you first bring them home might feel like the best thing to do, but you're beginning a habit that will be very hard to break.

Putting your kitten to bed in a cosy, warm and secure environment (like a kitten cage, or another room) until you wake in the morning, will help them learn to adapt to your night-time routine. Make sure their bed has high sides to keep out draughts, a low front for easy access and a thick, cosy lining to keep them warm and stress-free.

HAMSTERS

Night-time is playtime for hamsters so you need to think about reducing how much you can hear, rather than trying to stop their natural behaviour. Placing their home away from your bedroom and buying them a special silent exercise wheel will all minimise nocturnal noise. Make sure they have a spacious cage and plenty of sawdust to burrow in, which will keep them entertained all night long.

RABBITS

Rabbits are crepuscular creatures so if you have house rabbits they could keep you awake at night. Most do learn to settle down when you do, but using the same noise-minimising tricks as for hamsters can stop your bunnies' late night and early morning racket disturbing you. Make sure they always have access to space in the evenings to burn off all that energy!

WHETHER THEY'RE LIVELY IN THE DAY OR ACTIVE AT NIGHT, IT'S REALLY IMPORTANT TO PICK THE RIGHT PET FOR YOUR LIFESTYLE. VETS CAN OFFER GREAT ADVICE ON HOW TO CHOOSE A PET, SO THAT YOU AND YOUR NEW FRIEND ARE A PERFECT FIT.



Unlike hamsters, gerbils are not strictly nocturnal - they sleep on and off through the day and night. Rats are naturally nocturnal to avoid predators, but pet rats will adapt to our schedule, making them great companions for sleep-lovers.

£20 Challenge

A PDSA Shop for any occasion

Before 'splashing out' on the high street, why not visit one of our charity shops and discover how being frugal can be fun – whilst helping poorly pets.

We sent two PDSA colleagues, Holly and Carl, off on an exciting challenge... to spend £20 each on a full outfit from our PDSA Charity shop in Stafford.

HERE'S WHAT THEY FOUND...

Holly's outfit

- Blue and white spotted dress **£3.99**
- Grey cardigan **£3.99**
- White lace ballet shoes **£1.99**
- Sunglasses **£1.99**
- Costume bracelet **£2.49**
- Costume necklace **£1.99**

Carl's outfit

- Brown trousers **£3.99**
- Blazer **£9.49**
- Shirt **£1.99**
- Brown shoes **£4.49**

GRAND TOTAL
£16.44

GRAND TOTAL
£19.96

Carl and Holly looking great after their visit to Stafford's PDSA Shop



"IT'S A GREAT FEELING GETTING A LOVELY OUTFIT FOR AMAZING VALUE AND ALL WHILST HELPING SICK AND INJURED PETS."



When we asked Holly about her experience she said, "I've shopped in charity shops before and the best bit is never knowing what you might find! It's a great feeling getting a lovely outfit for amazing value and all whilst helping sick and injured pets. I think the range of accessories are great as these can really charge up an outfit and keep it fresh."

Carl added, "It was so easy to find a nice outfit. It can be quite hard with men's clothing to find the correct fit the first time so I was impressed with the range and quality of the clothes! My favourite items were the jacket and shoes as these are usually one of the more expensive items in my wardrobe at home."

THEY DID IT!
WHY NOT TAKE ON
YOUR OWN £20
CHALLENGE?

If you think you can do it, remember our shops are full of quality pre-loved items including womenswear, menswear, childrenswear, accessories, bric-a-brac and so much more! Let us know how you get on.

Find your nearest shop
at pdsa.org.uk/near-me



WE ARE CURRENTLY FUNDRAISING TO BUILD A BRAND NEW PET WELLBEING CENTRE IN MANCHESTER AS THE CURRENT HOSPITAL IS NO LONGER FIT FOR PURPOSE.

From emergency operations to routine check-ups, life for our dedicated vets and nurses is never dull. We took a trip to Manchester to see what a typical day is like in one of our busiest Pet Hospitals.

9AM

Saving lives starts early when much-loved moggy Marley is brought in after being in a suspected traffic accident. X-rays show such a badly broken leg that Marley is rushed off for emergency surgery to amputate it. Vets are confident that he will make a full recovery and learn to enjoy life on three legs.



EVERY SINGLE DAY WE DELIVER EMERGENCY CARE TO POORLY PETS.



11AM

More emergency surgery is needed for Sky the Staffie, who has a severely swollen stomach that turns out to be a potentially fatal womb infection called pyometra. Despite her heart rate dropping dangerously low twice during the operation, Sky beats the odds and survives.



1PM

It's lunchtime but we've already seen scores of poorly pets and their worried owners. Next up is Lucy, a regular doggy patient, who needs constant care for her eye problems. Without the Manchester team, her owner says she would have had to rehome her precious companion.

3PM

Flearoy the unlucky black cat is admitted with serious injuries, caused by a fall from a high window. Our skilful surgeons carry out a complex operation to fix his fractured leg, and Flearoy will be able to go home tonight – with eight of his nine lives still intact.



5PM

Shih Tzu Susie arrives with a sore eye. Our vets diagnose an ulcer and prescribe Susie some eye drops to help heal it. After being made redundant, Susie's owner, John, relies on PDSA to keep his faithful companion by his side.

6PM

The hospital closes for another day but our out-of-hours service carries on, helping Manchester's pets into the night... until it all starts again in the morning.



PDSA VetCare



At PDSA, the health and wellbeing of pets is important to us. So to help your pet stay happy and healthy, we've developed the PDSA Vet Care range.

Selected using our veterinary expertise, the range includes a variety of effective, easy-to-use products to suit your pet's health and wellbeing needs. Proceeds from the sale of these products help our vets to help sick and injured pets nationwide.



SHOP NOW AT PDSAPETSTORE.ORG.UK

New hope for Manchester pets

Our Manchester Pet Hospital is one of the UK's busiest pet A&E services. It has provided life-saving care for Mancunian pets – and peace of mind for their owners – for more than 90 years. But our existing site is past its best and a brand new PDSA Pet Wellbeing Centre for Manchester is on the horizon. *Coronation Street* star, Lisa George, gets behind our campaign to raise £2.4 million to make it a reality.



Left: Lisa George heralds our vision for a new Pet Hospital. Top and bottom right: Lisa sees some of the current out-dated facilities for herself.

Best known for striding the cobbles as Beth Sutherland in *Coronation Street*, Lisa George is a lifelong animal lover and also a big supporter of PDSA. After visiting the current Manchester Pet Hospital, she was moved to support our campaign to build a brand new, state-of-the-art pet wellbeing facility for poorly pets in her home city. The new hospital will contain our first ever dedicated 'wellbeing' facilities to help the local community provide everything their pets need to be happy and healthy.

HOW DID YOU FIRST HEAR ABOUT PDSA?

I first heard about PDSA via my neighbour, who was suffering from an illness at the time. When their dog fell sick I took him to PDSA for them. I'd never heard of PDSA before this and I know how grateful they were for the help.

WHAT WAS YOUR FIRST IMPRESSION WHEN YOU VISITED THE MANCHESTER PET HOSPITAL?

It was busy and very cramped! The veterinary team were incredible and it was very humbling to see how passionate they are about their work. It was also frustrating to see the conditions they have to work in and how dated the equipment is. The sonography machine is at least 40 years old. I think it's really important people get on-board to help raise funds.

WHY DO YOU FEEL PETS ARE SO IMPORTANT?

I've lived with dogs all my life and I couldn't imagine a life where animals were not involved. I feel that they fulfil my life. They also help communication for those with disabilities, have a huge and positive impact on individuals who suffer with mental health and are a great companion for the elderly. How gorgeous is it to give unconditional love to an animal?

HAVE YOU EVER HAD A PET THAT'S BEEN EXTRA SPECIAL TO YOU?

All my pets have played an enormous part in my life. The saddest moment for me was when my dog died when I was at Drama School. He was only seven and had cancer. I was completely traumatised. All our dogs have been rescue dogs and have been beautiful with wonderful temperaments. I adored them all.

WHAT WOULD YOU SAY TO PEOPLE CONSIDERING SUPPORTING THE MANCHESTER APPEAL?

Most people care for a pet or know somebody who does. Think how wonderful it is to know that you are supporting all those people should they ever need to use PDSA.

Your donations are helping to provide vital medical equipment, to build walls to a new surgery and vital space for pets in need. Wouldn't this lift your own spirits? Or even having a cuddle or a lick from an animal to say thank you! I don't think you can beat that.



CASE STUDY

Fiona Buchan
PDSA Vet, Manchester Pet Hospital

On a typical day, Fiona sees 35 pets in a single 8-hour shift. In total, over 800 pets will arrive for treatment at our Manchester Pet Hospital's noisy and cramped waiting room every week.

"The stress on those animals can be immense," says Fiona. "We have cats sitting next to dogs, sitting next to rabbits. They're all getting agitated, and it can be so loud that reception staff and vets can't be heard. Many people end up waiting outside the hospital."

The problem, Fiona says, is a 'perfect storm' of record need for PDSA in Manchester and an out-dated building that's at breaking point.

WHAT'S FIONA'S MESSAGE TO PDSA SUPPORTERS?

"The pets of Manchester really need a new hospital," she says. "I've worked here for four years, and I've seen the difference this charity can make to people's lives – it's truly amazing. But we can do so much more."



HELP US HELP MORE PETS

Our current Manchester Pet Hospital is too small for all of the pets in need around the city. We'll start building a brand new, state-of-the-art pet wellbeing centre before the end of 2018, opening in 2019. That means we can transform many more lives – and you can help. To donate visit pdsa.org.uk/manchester

Find us [instagram.com/teampdsa](https://www.instagram.com/teampdsa) | 29

CORRIE'S LISA GEORGE
LENDING SOME CELEBRITY
SUPPORT TO OUR APPEAL.

To find out more about the new hospital or donate to our Manchester Appeal, please visit pdsa.org.uk/manchester

In memory

Memorial donations made to PDSA are a wonderful way to honour the life of someone who loved animals or a much missed pet companion. Our supporters tell us their stories...

Norma and Jim



NORMA'S STORY

"I'm passionate about animals and simply want to be able to help those less fortunate than myself. Luckily, when I had a dog, I had a choice about being able to go to a vet but I understand how concerning it must be when you know you can't take your pet because of the cost.

I know from experience what fantastic company dogs can be for those living alone and with illnesses, after losing my lovely Staffie, Gemma, in 2003.

I have visited the current Manchester Pet Hospital and seen the need for a new hospital. I wanted the money I raised from a Rock N Roll evening, arranged with my friend Jim, to go to the Manchester appeal."

JIM'S STORY

"My late wife, Doreen, and I supported PDSA and I want to continue with that support in her memory.

Our connection with PDSA came many years ago when we had to take our Basset Hound, Fred, to the Manchester PDSA Pet Hospital on Christmas day for emergency treatment. We were so grateful for the care the veterinary team gave our dog, we have been supporting and fundraising for PDSA ever since."

Elsie Purry



ELSIE'S STORY TOLD BY HER DAUGHTER

"Mummy started supporting PDSA's work in the late 1940's when her dog, Larry, had to be rushed to the Pet Hospital in Ilford after he was involved in a car accident. The vets saved Larry's sight and she was eternally grateful. Mummy supported PDSA throughout her life to say 'thank you' and even insisted that half of the donations at her funeral be given to PDSA. She gave homes to several rescue dogs and cats, including Bob, who was laid to rest in the Ilford PDSA Pet Cemetery.

My brother and I continue to support PDSA in her memory and make donations to PDSA each year on her birthday and at Christmas time. I have visited the Stoke PDSA Pet Hospital, seen behind the scenes, met the vets and nurses and seen what a difference their work makes to so many lives, both animal and human. I am also supporting the build of the new Manchester Pet Hospital."

These donations are greatly appreciated and are used towards the care of sick and injured pets seen in our Pet Hospitals nationwide every day. To find out more about giving in memory please visit pdsa.org.uk/inmemory

At PDSA, we help thousands of pets each year – we're there when they need us most. Every donation directly helps our vets treat sick and injured pets. But did you know that funding for two out of every three pets we treat comes from gifts made in Wills?

It's such an important lifeline for our work. Without these legacy gifts our supporters leave in their Wills, we just wouldn't be able to carry on.

.....
Geoffrey (pictured with his dog, Patch) was so moved by the care he received from PDSA that he has decided to leave a gift in his Will.

You'll be there... Let your love of pets live on

Geoffrey, owner of six-year-old dog Patch, is a real friend to PDSA. He has been ever since Patch needed help with a skin condition a few years ago. The condition means that Patch needs regular treatment to keep him comfortable.

Geoffrey is so grateful for the support he and Patch receive that he is passionate about helping PDSA help as many pets, and their owners, as possible. He holds an annual fundraising raffle, but perhaps one of his most important acts of generosity has been to include a gift to PDSA in his Will.

He said: "Patch is my best friend, we just love to spend time together, having a walk or cuddled on the sofa to watch TV together. The help I've received from PDSA has helped me and Patch so much, I can't imagine how I'd have coped without them. And so I wanted to make sure I can continue to support PDSA long after I've gone.

I want people to know what's possible. I've decided to leave a percentage of my estate to PDSA. It doesn't matter how much you can leave, whether your donation will be big or small, it will make such a difference."

Thanks, Geoffrey! Could you leave a gift in your Will to PDSA?



To find out more talk to us on 0800 591 248, email us on legacies@pdsa.org.uk or visit pdsa.org.uk/giftsinwills

reflecting with our supporters

Fundraising for Busy Bees over 50 years ago



Busy Bees was a PDSA Club founded in the late 50's to encourage children to build a future of caring for animals and pets... One of our readers, Hilary Howatt, a former Busy Bee tells us about her experiences.

I was a Busy Bee in the early 1960s. I was ten years old. I held sales to raise money for PDSA, and its clinic which was on George IV Bridge in Edinburgh.

The vet was Mr Leyton-Bodger. We took our pets there to be treated and vaccinated – the dog, cat, rabbit, guinea pig and budgies. I had quite a menagerie, 36 in total at one point, from mammal to reptile.

My friends and I made items and we had sales in my parent's dining room – selling felt egg and tea cosies, oven gloves and bric-a-brac (mainly unwanted presents). We raised £6 on one occasion (apparently over £120 in today's money). There were smaller sums from Bob-a-Job week with the Brownies as I liked to contribute on a regular basis. I have never lost the link with the PDSA since then and still donate on a monthly basis.

I wanted to be a vet and Mr Leyton-Bodger was a great source of encouragement. I did veterinary studies at Edinburgh University's old Dick Vet School in Newington for my Bronze and Silver Duke of Edinburgh Awards. Although I had a very different career path in the end, I think the fact that I remember those days and the fundraising so vividly says a lot about the power and success of PDSA to encourage and support young people interested in helping sick animals. Funding mechanisms have gone through many revolutions over the years but a copy of one of the PDSA receipts given to me in 1962 shows lots of detail about who was who in the charity. I have been the proud owner of Beagles for over 20 years. A challenging but very lovable breed!

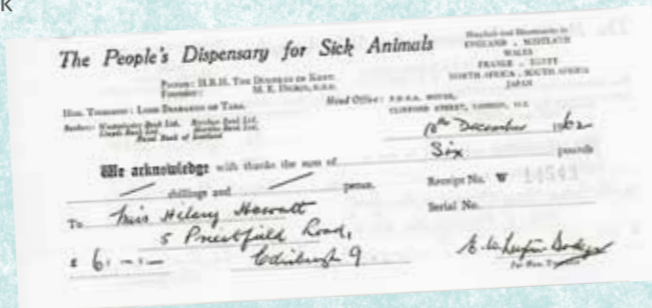
Hilary Howatt, Former Busy Bee

A loyal supporter gets in touch

Mr Ian Burdekin and his partner have been supporters of PDSA since 1998.

He is a committed fundraiser, who enjoys playing the raffle and has taken on many charity swims for PDSA and other charities.

As a pet owner himself he understands our vital work and the importance of spreading the word about what we do. Ian loves to keep in touch with our team at the National Customer Service Centre and writes to them every other week to let them know what he has been up to recently! Pictured below is his beloved dog, Mitzy.



A receipt for the £6 Hilary raised in 1962. Worth £120 in today's money, efforts from our supporters, young and old has kept us helping pets for the last 100 years.



Go Team PDSA!

IN THE TIME IT TAKES TO RUN THE MARATHON, PDSA TREATS 3,000 SICK PETS.

This year, more than 40,000 brave runners took part in the 38th London Marathon. With temperatures reaching a strength-sapping 24°C, the 26.2-mile race was officially the hottest on record, but that didn't stop our PDSA heroes – including our very own Director General, Jan McCloughlin, – from reaching the finishing line and raising thousands of pounds to help sick and injured pets get back up and running.

The team also included Chris Sherwood, a vet at Leicester's PDSA Pet Hospital. A veteran of 21 marathons, Chris has now completed the iconic race across the capital ten times!

Rosie Gibbons, Fundraising Manager at PDSA, said: "Team PDSA's efforts mean that some of the most vulnerable pets in the country will get the vital veterinary care they need. On behalf of poorly pets, I'd like to say thank you and well done to all of them. It's so important PDSA takes part in the UK's biggest fundraising event and the world's most iconic marathon. It helps spread the word about our great work and raise vital funds."

If you've entered the ballot and are lucky in getting a place – please think about running for us and join #TeamPDSA



This year, our team of amazing marathon runners also included PDSA supporters Anthony Smith from Chester and Clapham's Deirdre Hogan, who raised nearly £2,000 between them. They joined vet surgeons Oliver Croft from Hendon PDSA Pet Hospital, William Chadwick from Sunderland PDSA Pet Hospital, The Reay Hudson Centre, and Matt Forshaw and Caroline Price who work at Kirkdale, PDSA Pet Hospital, the Jeanne Marchig Centre, and the Huyton PDSA Pet Hospital, The Thomas Williams Centre.



JOIN US IN 2019

Like a challenge? If you'd love to run the London Marathon and think you could raise at least £2,000 for PDSA, why not apply for one of our golden bond charity places in 2019? Places are limited so apply via our website at pdsa.org.uk/londonmarathon now to be entered into the ballot. Successful applicants will be announced in October. Good luck!

fundraising

"EXCELLENT DAY,
GREAT LINE-UP AND REALLY
GOOD VALUE FOR MONEY!"

Walter



pdsa PETLIFE Festival '18

STARS LIGHT
UP THE STAGE
AT PETLIFE



The sun shone on PDSA's first PetLife Festival and smiles filled Cheltenham racecourse as everybody, young, old and furry, enjoyed the day.

"FANTASTIC FAMILY DAY OUT,
AMAZING ATMOSPHERE,
BRILLIANT MUSIC.
COULDN'T ASK FOR MORE!"

Melina

FUN FOR ALL THE FAMILY,
ESPECIALLY THE DOGGY ACTIVITIES!

Claire

Kaiser Chiefs, Jessie J and The Vamps got the audience – and their pets – dancing in the Bank Holiday sunshine at our pet friendly festival - PetLife '18.

Thousands of two and four-legged festival-goers flocked to the one-day PDSA PetLife '18 event on Sunday 6 May, in Cheltenham. Before the fantastic headline acts took to the stage, visitors enjoyed a jam-packed programme of entertainment, including dog agility shows, a display from the British Transport Police Dogs and a special paw-formance from PDSA's own choir, Pitch Pawfect.

PDSA vets and vet nurses were on hand to provide free pet health checks and educate visitors about the 5 Welfare Needs and canine companions cooled off in special doggy pools.

An unforgettable highlight was the celebration for Police Dog Finn (pictured below) who received his PDSA Gold Medal on the Main Stage for his heroic deeds in protecting handler PC Dave Wardell from a knife-wielding attacker.



Thank you to everyone who came to PetLife 2018 – your ticket didn't just pay for a great day out, it helps us to provide vital care for the 470,000 pets we treat each year.





Our wonderful gift and home products are now available online. Discover these, and so much more at pdsapetstore.org.uk

- Our online shop is where shopping makes a difference, with every purchase, for you or your pet, helping to save pets and change lives.
- Products for your pet are also available online, from leads and pet toys to our very own Vetcare range (see page 27).



- 1 Elephant Ornament – £9.99 2 Angels Ornament – £9.99 3 Fabric Gnome – £7.99
 4 Toiletry Bag – £4.99 5 Flamingo Ornament – £6.99 6 Mule Slippers – £6.99
 7 China Mug – £5.50 8 Doorstop – £12.00

10% OFF
 YOUR FIRST ORDER
 Use code
COMPANION10*



BEST FRIENDS

Colleen and Inca
A timely doggy diagnosis
saves Colleen



Above left: Inca pictured with her PDSA Commendation and (right) in her new role as a Recovery Assistance Dog

"INCA WENT FROM A FUN-LOVING YOUNG DOG TO VERY QUIET, ALMOST OVERNIGHT. SHE ALSO BECAME EXTREMELY INTERESTED IN MY MOUTH."

Spirited German Shepherd puppy, Inca, bounded into owner Colleen Ferguson's life in December 2012. Colleen had plans to obedience train her loveable ball of fluff, but Inca had other ideas.

Colleen recalls: "Inca found heel work so boring, but when we started playing scent-based games, she absolutely flourished."

Inca's drive to sniff out toys and play with Colleen brought them both so much joy, but in January 2015 Inca's behaviour changed suddenly. Colleen explains: "Inca went from a fun-loving young dog to being very quiet, almost overnight. She also became extremely interested in my mouth."

In March 2015, Colleen caught a chest infection that left her needing a chest x-ray in hospital, which gave her a clean bill of health. Still, Inca continued her sniffing of Colleen's mouth. Colleen was too embarrassed to ask her doctor to check her over when she had no symptoms, except Inca behaving strangely around her. She decided to

take action and paid for a 'life scan', which involved a full body scan and intensive blood tests. The medical team called Colleen's doctor within three days of the test to say that they had found a golf-ball sized lump in her left lung. It was cancer.

Colleen was admitted to hospital for surgery to remove the tumour, half of her lung and her lymph nodes. When Colleen's surgeon gave her the all-clear she noted that this type of lung cancer is virtually never detected at stage one. It is known as the silent killer and is often not detected until the patient is at stage four, when it is too late.

Colleen says: "Inca pestered me from the first stage of this killer disease and now she has returned to her usual active, playful self. She is completely uninterested in my mouth now. Not only did Inca save my life, but she gave me huge emotional support through my recovery, helping me regain my confidence. She accompanies me wherever I go."

Inca received a PDSA Commendation in February 2016, for her outstanding devotion to Colleen and for helping to detect Colleen's cancer.

Inca has now qualified as a Recovery Assistance Dog and continues to support Colleen through her recovery. Colleen said: "Inca helps me travel to new places, keeping me safe and calming my panic attacks which developed after my illness."

It is rare for German Shepherds to be accepted into the scheme, which underscores just how special my lovely girl is. I wouldn't be here without her. I can't thank her enough."

"NOT ONLY DID INCA SAVE MY LIFE, BUT SHE GAVE ME HUGE EMOTIONAL SUPPORT THROUGH MY RECOVERY"



WIN UP TO
£1,000 EVERY
SINGLE WEEK

Just £1 a week to enter



PLAYING WEEKLY LOTTERY WILL ENABLE US TO CONTINUE OUR VITAL WORK

up to
50 Prizes
to be won
every week

Good Luck!

1ST PRIZE
£1,000

2ND PRIZE
£250*

3RD PRIZE
£100

4TH PRIZE
£10 (x47)

* (Rollover of up to £10,000)



PLUS
a chance
to win up to
£10,000
in our
rollover.



To enter go to lottery.pdsa.org.uk



BeGambleAware.org



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