


EASE NEWS



ENVIRONMENTAL ANIMAL SANCTUARY AND EDUCATION
THE NEWSLETTER FOR THE **FRIENDS OF EASE**

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Editorial

Happy New Year to our Friends and welcome to another issue of EASE News. In this newsletter you'll find our regular mix of news about EASE services, fascinating animal-related news stories, and articles and information about pet care.

I hope you enjoy this edition, and that 2008 brings you and your pets much happiness.

MELINDA HILL
EASE PROJECT MANAGER

EASE Pet Bereavement Support

Angela Garner reports

It's interesting how over the last year or so there has been an increase in the number of people who request email support rather than to talk over the telephone.

This way of supporting people works well from my point of view as, with limited time at my disposal, it is easier to find the space to sit quietly at the computer than it is to get hold of people to arrange to talk things through on the phone.

From the service users' point of view, I believe it is really helpful for them to have the freedom to tap away on their keyboards whenever they find the need. One aspect of bereavement is that emotion can well up suddenly and can be quite overwhelming; it is important to have an outlet at the point, and writing an email can offer the users much-needed relief. Some people keep in contact for over a year, whilst others email a few times until they reach a point where they begin to feel more settled.

It's always heartening to hear that a person is beginning to cope and to have more 'up' than

'down' times. The main thing is that it is comforting for people to know that there is someone there for them, whether on the end of a computer or a phone.

When a new client contacts me I reply as promptly as possible, usually on the same day. For those who are in regular contact I aim to respond within a couple of days, but my priority is for those who are newly bereaved as they will be in the greatest distress, wondering how to cope with the sudden sadness, shock and loss.

I am pleased to be able to report that people continue to give very positive feedback, confirming that this EASE service offers much comfort in what can be an extremely challenging time.



Amazing Animal Facts

We all know that dogs have a terrific sense of smell, but perhaps we didn't know that dogs have nearly 220 million smell-sensitive cells over an area about the size of a pocket handkerchief, compared to 5 million over an area the size of a postage stamp for humans.



Some breeds have been selectively bred for their excellence in detecting scents even when compared with their canine brethren. What information a dog actually detects when he is scenting is not perfectly understood; although it now seems to be well established that dogs can distinguish two different types of scents when trailing – an air scent from a person or thing that has recently passed by, as well as a ground scent that remains detectable for a much longer period.

The Two Wolves

One evening an old Cherokee told his grandson about a battle that goes on inside people.

He said "My son, the battle is between two 'wolves' inside each of us. One is Evil; it is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego. The other is Good; it is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith."

The grandson thought about it for a minute and then asked his grandfather "Which wolf wins?"

The old Cherokee simply replied "The one you feed."



"There are two means of refuge from the miseries of life: music and cats."

ALBERT SCHWEITZER

I Remember

*I stood by your bed last night, I came to have a peep.
I could see that you were crying. You found it hard to sleep.
I whined to you softly as you brushed away a tear,
"It's me, I haven't left you, I'm well, I'm fine, I'm here."
I was close to you at breakfast, I watched you pour the tea,
You were thinking of the many times your hands reached down to me.
I was with you at the shops today. Your arms were getting sore.
I longed to take your parcels, I wish I could do more.
I was with you at my grave today, You tend it with such care.
I want to reassure you that I'm not lying there.
I walked with you towards the house, as you fumbled for your key.
I gently put my paw on you, I smiled and said "It's me."
You looked so very tired, and sank into a chair.
I tried so hard to let you know that I was standing there.
It's possible for me to be so near you every day.
To say to you with certainty "I never went away."
You sat there very quietly, then smiled, I think you knew...
In the stillness of that evening, I was very close to you.
The day is over... I smile and watch you yawning
And say "Good night, God bless, I'll see you in the morning."
And when the time is right for you to cross the brief divide,
I'll rush across to greet you and we'll stand there, side by side.
I have so many things to show you, there is so much for you to see.
Be patient, live your journey out... then come home to be with me.*

Author unknown



Flower Remedy Therapy for Pets

By Angela Garner (DipFEA)

Dr Edward Bach (1886-1936) is the most widely-recognised pioneer of flower remedies. Dr Bach, who worked as a Harley Street physician, became acutely aware of the impact a person's emotional and psychological state had on their overall well-being and constitution. He spent his latter years researching and establishing a safe, gentle and totally natural method of healing, using flower remedies to rebalance specific negative states of mind. These later became known as the Bach Flower Remedies.

Flower remedies for animals

More recent times have seen further research and development of flower remedies, including their effective use with animals. It is thought that flower remedies help to restore psychological and emotional well-being, thereby assisting the animal to regain its natural and normal behaviour. This type of therapy is totally safe and natural, working on the subtle energy fields of the animal, rebalancing and realigning any previous traumas and disturbances.

Having gained a Diploma in Flower Remedy Therapy for Animals, I have been able to successfully help some of my own pets through difficulties, as well as being able to offer help to other people and their pets. Generally flower remedies work best when used alongside simple behavioural or training advice as this creates a good all-round approach. However, when working with other people, I always advocate that if a pet's behaviour has changed, the owner should seek the advice of a vet as there may be an underlying medical cause. Here is an example of one owner who did take her dog to the vet when it started to behave differently:

"Since we moved to Devon a few weeks ago, our 10-year-old Westie has seemed reluctant to go out on her walks and generally a bit out of sorts. I assumed that this was because of moving, and her perhaps not liking the change. Anyway, when I took her to get registered at our new vet, I mentioned this and the vet checked her over. It turned out that she had developed arthritis. Now she is on medication for this and she is back to her normal self, enjoying her walks in this lovely countryside."

It would have been easy for this lady to simply assume her dog was having difficulty adjusting to her new home, but thankfully she got her checked out by a vet. However, there are times when flower remedies can help pets adjust to changes, such as moving home. Whilst dogs tend to accept moving house fairly easily, it can be much more upsetting for some small animals, such as cats that prefer to stay in their own established territory. Bach's Walnut is a good remedy to give prior to and after the move, as it is particularly useful in helping to settle the emotional upset and stress associated with change.

Another example where flower remedies can help:

"One of my beloved cats died two weeks ago, and of course I am very upset as she was such a dear. However, I'm very worried about her brother who is off his food, and who keeps looking for her, meowing all the time. I worry that he will run off looking for his sister. I'm sure he is missing Mitzi too."

Many owners, including myself, have witnessed distress in animals following the loss of either another pet or an owner. Obviously in this situation, if Mitzi's brother continued to pine and remained off his food, it would be advisable to get him checked by the vet.

There are three flower remedies that may be helpful here: Rescue Remedy to help with the shock, as bereavement always causes a certain amount of shock; Honeysuckle which has been found to help pining pets; and Walnut to assist him in adjusting to the fact that his sister was no longer there. In addition it would help to maintain the cat's normal routine as much as possible, at the same time as keeping a close eye to make sure he didn't wander outside of his normal territory looking for Mitzi.

Using flower remedies

For flower remedies to have the best chance to be effective, they need to be used regularly for at least one month, and often longer. The ideal dose is either 8 drops twice a day or 4 drops four times a day. The drops can be put onto the pet's paw for it to be licked off or dropped directly onto its coat.

For very frightened animals, the remedies can be mixed with drinking water in a new, small, clean spray bottle and gently misted around the body, avoiding the face.

Although the drops can be put into food or water, there is no guarantee that they will be taken. Rescue Remedy, which is used in situations of acute stress, can be given every few minutes in an emergency.

Important Advice On Giving Flower Remedies

- 🐾 Never give drops direct from the glass bottle into the mouth of the animal, as the bottle could be bitten and shatter.
- 🐾 Most flower remedies are preserved in brandy and contained in a glass bottle so it is important to keep this out of the animal's reach.
- 🐾 Never try to administer drops on the face.

remedies4pets
helping you to help your pet
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Animal Champions

This year the local charity that EASE has chosen to support is The Scratching Post, a cat rescue shelter based in Cheshunt, Hertfordshire. The Scratching Post is an organisation which takes in stray and unwanted cats, and was set up by Susan Delaney, who has many years' experience from volunteering with the local Cats Protection branch.

The rescued cats are cared for in a refurbished cattery near Cheshunt, run entirely by volunteer carers, and funded by donations and the proceeds of two local charity shops in Enfield set up to raise funds for the charity. Initially cats have to be kept isolated in cages while they are given the necessary health treatment (including neutering and vaccination), but once they have been given the all-clear they can move into the

shared feline accommodation, complete with sofas, armchairs and cat beds galore.

The Scratching Post is the only cat charity in the area that also takes in feral cats, and while a minority of these feral cats can be domesticated – if they were originally domestic cats that have ‘gone wild’ or if they are very young when taken into care – the majority need to have homes found for them on farms and smallholdings where they are free to roam as they have been used to doing.

Finding homes for the rescued cats is always a challenge, particularly for those that have minor long-term health problems or specific needs, those that are older, or the cats that are black or black-and-white. The team of dedicated volunteers carry out sterling work in caring for the cats, raising funds for the shelter, and finding new homes for The Scratching Post inhabitants. So we were delighted to be able to give the charity £250 from EASE towards its running costs.

For more information tel: 01992 626110 or visit: www.scratchingpost.co.uk



Susan Delaney with one of the rescued cats



World Watch

A recent news story from China told of a dog which swam more than 4 km every day to nurse her newborn puppies who were stranded on an island.

The dog became a celebrity in Chongqing city, and is called Huahua by local people. She gave birth to four pups at Shanhuba, which then became an island in the Changjiang River due to the heavy rains this summer.

Huahua swam 1.2 km to the island every day to nurse her four babies. Then she would return to the Changjiang River, following the flow of the water, to swim another 1.1 km to another part of the city to feed herself. Each day Huahua made the whole journey twice, once in the morning, around 7 am, and again at 7 pm, at which point she would stay with her pups on the island and then return to the city the next morning.



Huang Pingren, a pensioner who swims to the island every day, tells of how he discovered the amazing dog. "I was resting on the island, and found the unprotected litter of dogs. Then in the evening, around 7 pm, I saw a dog swimming to the bank and then running to the newborns." Huang published the story on the internet, describing the great deeds of the dog mother, leading to an outpouring of enthusiasm from readers. "Many citizens found me and said they wanted to do something, like contribute food or money, but I told them not to since I was afraid too many visitors may scare the mum away."

What an amazing story of the power of the maternal bond in animals!

"ONE REASON A DOG CAN BE SUCH A COMFORT WHEN YOU'RE FEELING BLUE IS THAT HE DOESN'T TRY TO FIND OUT WHY"

ANON



Change in care of stray dogs in UK

The current situation with regard to stray or lost dogs is that during office hours the local authority are responsible for taking in strays, but out-of-hours is covered by those police stations which have kennel facilities. As from 6 April 2008 full responsibility for the collection and receipt of strays will transfer to the local authorities, and the police will no longer accept stray dogs into the stations.

The RSPCA is working closely with local authorities to try to ensure that the service and welfare of stray dogs is not compromised by this transfer.



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