



Chair's Report

Hello and welcome to ARC's winter newsletter. Included in this edition are stories of animals we have helped since our last newsletter and a little up-date on what we have been doing.

The last few months have been very busy for ARC, we have reorganised the rabbit rehoming along with completely overhauling the guinea pig side. Both restructures will allow ARC to help and assist more bunnies and piggies whilst providing excellent fostering accommodation and care.

Also I would like to take this opportunity to thank The Royal Star and Garter, they have very generously donated £500 to ARC.

Thank you to everyone who helps and supports ARC in the many varied ways, without you we wouldn't be able to achieve such high standards of welfare care, thank you.

Best wishes,

Rachael Bower, Chair



Tia the Dog By Donna Yerby



In August last year Rachael received a phone call from somebody reporting finding a Mastiff dog. It was late evening and Rachael and I went to assess the situation.

Unfortunately for the owners they were recognised as being local breeders of Mastiff dogs. They were not very happy when confronted with the news that we knew this was actually one of their own dogs - they denied this and said they would set the dog loose if we did not take her.

It was obvious to us that she was now too old to breed from and therefore no use to the owners anymore. Left with no choice and a panic as to what to do with her we reluctantly agreed to take her. Luckily our vet Christabel allowed Tia, as we named her, to stay at the surgery overnight. She was such a good girl and didn't make a sound. After a nights sleep we were able to start Tia on the road to her new life. She was scanned to make sure she was not pregnant then spayed

and lots of lumps removed. She was micro chipped and treated for worms and fleas. She also had lots of good food and cuddles but she was obviously very sad and worried. Bless her heart though, she was so sweet and gentle - enjoying the love she was being shown.

Rachael managed to find a lovely foster place with relatives. There was even talk of adoption but sadly after two weeks Tia and the resident dog fell out. Now we were once again left with a huge dog and nowhere to put her!

In desperation we called Rescue Remedies a local dog rescue who also use our vet. Without hesitation they agreed to take her into their kennels. We offered to pay all her kennel and vet fees whilst they, and us, looked for a home for her.

Obviously kennels are not as nice as foster homes but the alternative is far worse! And being such a sweet and gentle soul it did not take Tia long to worm her way into the staff's affections - they would take her into the staff quarters in the day and made sure she was taken on plenty of gentle walks. Tia was



thriving on the attention and gone was her sad and worried look.

But then something awful happened. Here is what the kennel manager put on Tia's blog on the Rescue Remedies forum:



Tia was found collapsed in her kennel this morning. Luckily the kennel staff acted fast and Amy carried her to her car and sped her to our vets. When I arrived things were looking bleak and the vet didn't really expect that she could pull through. After speaking to the vet I went to sit with her in her crate. She gave me a tail wag and tried to tell me all about it. Slowly as we waited she started to recover the colour in her eyes, gums and nails. When the test results came back, much to everybody's amazement, they were clear.

Something happened to lower her blood pressure to dangerous levels - perhaps a shock of some kind or perhaps poisoning of some kind, like eating a frog. She was thoroughly checked over and her spleen was fine too.

We stayed at the vets for some time to check that she wasn't going to relapse again and she even ate a whole bowl of food. On her return to the kennels she was given such a rapturous welcome

by everybody as nobody thought they would see her again and everybody who has met her just loves her to bits.

I cannot tell you how hard it was to leave her there tonight. She is crying out for a home and really needs it now. She is such a wonderful dog and many tears were shed for her today - nobody wanted to lose her. I can't put into words what it was like today.

The effort was stepped up to find a foster space for Tia and Alison came forward to offer her services! It was love at first sight for both.

Tia continued to have good and bad days but never as bad as the first collapse. It was a real mystery as the vets could find no reason. By Christmas she seemed to have got over whatever it was and it was decided that she should stay with Alison forever. Long gone was the memory of those people who used her as a money making machine and discarded her when she was no longer any use to them.

It is now over a year since Rachael took that phone call and I, for one, am so glad she did!





ARC Fun Run By Emily Hide



Photo of Twickenham Vets at the Adidas Fun Run

Here is a picture of the girls at Twickenham vets during the 5k Adidas fun run. They raised £900 for Animal Rescue and Care, and Rescue Remedies. The day was very successful and everyone at ARC thanks them for their help and contribution.



Rachael's grandson Harley having a nap with his cat



A Summer of Finding Forever Homes for our Bunnies

By Gill Manning

It has been a busy summer on the rabbit rehoming side - we have managed to find new and loving homes for over 50 rabbits. The process for rehoming a rabbit starts when an enquiry comes through, some people know exactly who they would like to adopt and some take our advice as to who we think might be suitable. Sometimes it's just a case of coming to view the bunnies to see who takes their eye. Once a bunny (or bunnies) is chosen, a home check is carried out. By this time we would have a good idea of what accommodation the rabbits will have (ARC has specific guidelines for this), but it is important to actually see where the rabbits will be living. For me it is also important to meet the people who are adopting, I can tell a lot by how they talk about their rabbits as to whether they are really committed to giving them the love and attention they need. Somebody once said to me, that if you would trust them with your own rabbits, then they are good enough to have an ARC rabbit, and this is always in the back of my mind when I carry out a home check. With a rabbit chosen and a successful home check completed, its now time for the rabbits to be bonded. We carry out all the bondings on a neutral territory and won't allow a couple to go home until we are pretty sure the newly weds are a happy pair.

Rabbits arrive at ARC via a number of different routes; some have had good homes and are given up reluctantly when owners maybe have to move abroad, or become allergic to them, some are removed when owners cannot cope with the numbers they have, some are rescued from terrible living conditions, others are just left in homes

when people move away and some are just dumped. One of our beautiful female bunnies, Jasmine, had to be rescued from a balcony by the fire brigade – she now has a wonderful new and loving home with her husband Harry (and has been renamed Lola), and with plenty of space to exercise. She gives her new family lots of entertainment . . . they think she has harrier jump jet genes as she regularly does vertical take-offs out of her run . . . they've had to buy them a new, higher run.

Then there were the 'Ealing Eleven', all dumped in a box in Ealing. All eleven were Dutch bunnies – four boys (Teddy, Zebedee, Freddie and Eddie), one mum (Abbie) and her 5 babies and a pregnant female (Cupcake who now has two gorgeous babies, and who will soon be looking for homes of their own). All the others have been rehomed with partners of their own and despite their poor start in life, all turned out to be very friendly bunnies.

We have a good team on the rabbit rehoming side, doing their day to day care, giving viewings, carrying out home checks and being responsible for the bondings, without whom, these 50 rabbits would still be living in unwanted homes.

We know the hard work is all worth while when we receive emails from happy adoptees, one started... "Dear Donna and all you lovely rescue angels, ..."

Over the page are a few stories of our bunnies who are happy in new and loving homes.



Just Some of the Lucky Rabbits We Have Re-Homed By Gill Manning

Bluebell

Bluebell, a beautiful and rather large French lop was left at one of our fosterers in a small 3 foot hutch with no bottom to it. She was adopted by Beth and now lives in the cutest Wendy house with her husbun, Bertie. Beth wrote, "Thanks for being brilliant in helping me adopt Bluebell and it's a delight to have her in the family".



Bluebell in her new home



Ben taking a rest

Ben

Ben was dumped at a local vets with his brother who bullied him. All the time he was with us he was very timid and hid every time anyone came near him, but he did love a cuddle. He needed a very special home and he found one with Lilly. Sharnay said, "I just wanted to let you know that little Ben is doing so well! He is just the most gorgeous little bun and growing in confidence and becoming more and more relaxed!"

Zebedee and Buttercup

Zebedee and Buttercup were both ARC bunnies, and Zebedee was one of the Ealing Eleven. Their new family said, "Just wanted to let you know that Zebedee and Buttercup have settled into their new home really well! They love exploring and hopping about from inside to outside and back again - they're both very friendly and always seem pleased to see us! The girls have had a lovely weekend with them - they have been having their breakfast in the little house with them in the morning! You're very welcome to pop in and see them whenever you want and many thanks for all your help."



Zebedee and Buttercup together

Timmy

We are also delighted that some of our longer term foster buns were rehomed this summer. Timmy had been with us for over a year – he was quite hutch territorial when he arrived, but loved being with other bunnies, he outlived two wives while with us. But he has now found love with Ginger and lives with her as a house bunny.



Timmy getting a clean from Ginger



Tiffany with Pekoe

Bruce

Bruce was bonded with three wives before he found true love with the gorgeous Womble. We had to warn his new owner that it probably wouldn't work, but he proved us wrong and fell ears over tail in love with Womble and his new mum and dad love him hugely.



Bruce with his wife Womble

Billy and Barney

Billy and Barney always seemed to be overlooked, until a lovely family from Kew came along and felt they were the bunnies for them. Billy & Barney now have a great life with a family who give them all the care and attention they need . . . and they get to come and play and explore in the house.



Cupcake and her babies

Despite all our hard work, we still have a long waiting list of rabbits waiting to come in to ARC, but eventually we will find loving homes for them too.



Dumped Cats By Karen Hide

2010 has been a very difficult year for all rescues with a marked increase in the number of cats being handed in or reported as strays. From the late spring onwards all the rescues in the area were full and we had a huge waiting list of cats needing our help. Due to the lack of rescue spaces people began to dump their cats and ARC sadly had its share of dumped cats.

In early June I took a call from a colleague in a dog rescue who had been contacted by Pets at Home in Feltham. When a staff member arrived at work to open the store she found a brand new carrier in which were crammed two adult cats and five kittens of about 5 weeks old. The staff at the store had kindly taken the cats in to their staff room and set up a large pen so that the cats could stretch their legs, play and they also gave them some much needed food and water.

Although all the ARC foster homes were full I agreed to take the cats as the cat house in my garden was free. We do not like to keep cats with kittens in the cat house, preferring to have them in foster homes so that we can make sure that the kittens are well socialised before re-homing, but there was nowhere else for them to go. When I arrived at the store, I was taken through to the staffroom where I was presented with two beautiful dilute tortoiseshell mummy cats and a litter of adorable kittens. I took the little family home and settled them in the cat house.

The next day I took Storm and Whisper, as I named the mummy cats, and their kittens to the vet to be checked over. The two adult cats were probably less than a year and it

was confirmed that the kittens were about 5 weeks old. Both cats and their kittens were given a health check, wormed and Frontlined and photos taken for the website. Once I was sure that the kittens were eating well Storm and Whisper were neutered and microchipped. When the kittens were eight weeks old they all went to lovely new homes and we were absolutely delighted a week or two later when Storm and Whisper were adopted together by a lovely family from Hampton Hill.

As the saying goes, 'It never rains but it pours' and only two days after I collected Storm, Whisper and their kittens I had a call late on the Sunday night from a lady reporting that her neighbour had just found a cardboard box in which there was a tiny kitten. When she arrived she was carrying a large computer printer box which had holes punched in the top and 'live animal' written in red felt pen on the top of the box. Inside was a little black kitten with the most lovely nature. As soon as I lifted her out of the box she purred like a train and cuddled up. I named the kitten Tessa and we made her comfortable in my daughter Emily's bedroom. As with all ARC cats, she was also taken to the vet for a health check and to be wormed, treated with Frontline and microchipped. Tessa proved to be the perfect houseguest and loved nothing more than to sleep cuddled up to Emily in Emily's bed!

Once Tessa was old enough she went to live with the Deputy Head of a local school and his family who live just down the road from me. I was asked by Rachael to carry out the home check and suggested Tessa as I thought she would make a fantastic family pet. Luckily the whole family fell in love with Tessa and she is now a much loved member of their family.



Alternative Healing for Animals

By Lynn Blackmer, Whispering Touch LLC, Alternative Healing Service

There are many types of alternative healing available to assist animals if one takes the time to do a little research. Some of the alternative modalities my animal family members have experienced include Reiki, animal communication, Flower essences, acupuncture and chiropractic adjustments just to name a few.

Reiki (pronounced Ray-key) is a subtle and effective form of energy healing using spiritually guided life force energy. Reiki is the life energy that flows through all living things. It is believed an animal's "ki" or energy should be strong and free flowing. When this is true, the animal's body is in a positive state of health. When the energy becomes weak or blocked, it could lead to symptoms of physical or emotional imbalance. A Reiki session can help ease tension and stress and can help support the body to facilitate healing on all levels - physical, mental, emotional and spiritual. An animal will decide how close a Reiki practitioner gets to them and how much Reiki it needs and will show signs of restlessness or even move away when it has had enough Reiki.

I first learned about Reiki and animal communication with my dogs. A friend who was and still is an animal communicator was able to assist a senior Golden Retriever we adopted in understanding why he was surrendered to a shelter and helped him understand we would be his forever home until he was ready to leave this earth. That same friend was also a Reiki practitioner and was able to help that same dog with pain and stiffness from arthritis. I saw how she could

assist him in healing and wanted to learn Reiki and animal communication so I could help animals.

After studying Reiki and learning about vibrational energy, I learned about Flower essences. Flower essences are liquid drops made from flower blossoms of plants whose vibrational energies or essences are transferred to water by infusion. They contain electrically charged water and preservative (usually brandy). Drops can be taken internally, applied topically or just sprayed into the air around the animal being treated to help them restore energetic balance. When the Flower essence is released into the system, the animal has the ability to release past and present fears, anxieties and trauma resulting in them becoming more balanced. There are several lines and brands of Flower essences available today.

My present dog developed immune mediated arthritis resulting from Lyme and became very sore and stiff. At five years old, she acted as if she was a senior dog. I was able to find a vet nearby who was a chiropractor and acupuncturist to assist her. By the dog's second visit, she became quite addicted to the acupuncture and would jump in the truck when it came time for her visit. She was kept symptom free with a monthly visit.

Alternative healing is of great benefit to my animal family members and we have been fortunate to have found a veterinarian who uses both alternative and conventional medicine.

www.whisperingtouch.com



Fundraising By Lorraine Want

ARC felt hard times as the recession grew and we found ourselves taking in more animals than we were homing. With rising vets costs we found ourselves spending more and more of our funds until we had to face the harsh reality that without drastic measures we might be forced to close as a charity.

But ARC has been built up over the years by a group of dedicated and determined women and we weren't prepared to give up on helping animals just yet. So instead we messaged our members and volunteers for ideas, held a meeting and from that our fundraising team began. This was headed by Gill and Lorraine with the objective to raise both money and awareness.

It all began in April with the St Georges Day Parade in Whitton High Street. With help from our volunteers and the sun beating down we had a great day on our stall selling cakes, bric-a-brac and even had a short interview on the local radio. As a result of a hard day's work we raised over £400. Success continued with the Richmond May Fair where we made a staggering £957. At the Twickenham Hands Fair we pulled out all the stops as there was a competition for the best dressed stall. Again with an array of lovely cakes and posters of animals needing homes and ARC information, we were proud as punch when we won first prize, had our photo taken with the mayor and managed to raise £319. We were on a roll and by the end of the season we had raised an amazing £2,347.97. Not only that, we were also lucky enough to have a charity box in both the Richmond and Twickenham Waitrose and

thanks to the generous donations from the public we made £545.

In a final effort to raise funds and say thank you to our members and volunteers we held a charity meal at the Sheesh Mahal in Twickenham. For £15 a head with £10 of that going directly to ARC we had a fabulous night and got to meet many of our fosterers and supporters and raised £410.

All in all it's been a successful year for the fundraising team and ARC have managed to raise their funds back up to a healthy balance.

Gill and Lorraine would like to thank all those who worked so hard either manning the stalls or baking cakes, donating bric-a-brac, doing the tombola, driving, printing posters or simply just visiting us for moral support. We'll be doing more fairs and fundraising next year and welcome all ideas and newcomers. You can also find us on Facebook Animal Rescue and Care – Twickenham, where you can keep up with all our future events.

So on behalf of Gill, Lorraine, all the trustees and of course our animals, we would like to say thank you.



Meeting the Mayor

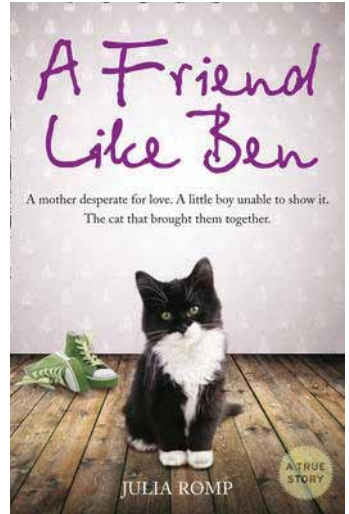


A Friend Like Ben: The Cat That Came Home For Christmas By Julia Romp

An inspirational true story of the extraordinary bond between a little boy with autism and his cat.

Captivating and genuinely touching, *A Friend Like Ben* tells the story of how 12-year-old George's cat, Ben, became the key to the door that unlocked his autism. But when Ben went missing, and George began to retreat into himself once more, his mother Julia refused to stand by and do nothing, and a desperate search ensued to bring Ben home to George in time for Christmas.

Amazingly, intrepid cat Ben was found 3 months after he went missing, 80 miles away in Brighton. But what makes this story so remarkable is the empathy between George and his cat, and the love of a mother who never gave up in her hope and determination to reunite them. Filled with moments both funny and sad, the happy ending can't fail to make you smile.



Available at Waterstones

Hate at First Bite By Linda Flynn



Available on Amazon.co.uk

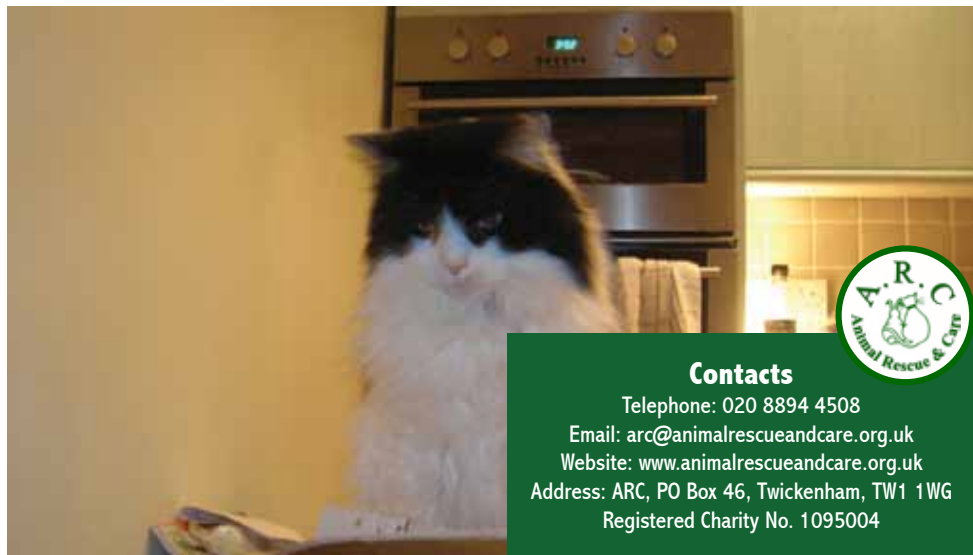
Hate at First Bite is narrated by Dude, a rescue dog who is proud of his unique intermingling of breeds. He is scared of sticks, but he can't resist shoes, especially sleek, soft shiny ones with looping laces. Dude is happy that his owner, Robin has responded so well to his training. Then Droopy Daisy drapes herself into their lives like a soggy sock, only not nearly as tasty. It doesn't get any better when she introduces her cat with its superior grin, the sort that makes Dude want to chase it up a tree. Events encourage the cat and dog to strike up a shaky alliance, which takes them on an adventurous journey. They both need Robin to see through Daisy's simpering smiles in time.

Julia Romp and Linda Flynn will be generously donating 5% of the royalties for 'A Friend Like Ben' and 'Hate at First Bite' to Animal Rescue and Care.

Thank You's

ARC would like to thank the following people for their help and support over the past year. We could not do the work we do without you!

- Lucy Alboni for running the dog side of ARC
- Pat Alboni for managing our membership database and day-to-day administration
- Stuart for maintaining the website and helping with all things techie
- Gill, Lorraine and everyone on the new Fundraising Team
- Liz Edwards for compiling our newsletter
- Holly Spice of Spiced Media for designing our newsletter
- Lucy and Becky for the calendar and Christmas card designs
- Jonathan Bower of Kall Kwik for printing all our stationery and supplies
- Christabel and her team at Twickenham Veterinary Surgery
- Tim and his team at Richmond Veterinary Surgery
- Gill Tose at Windlesham Village vets
- Charlie and his team at Companion Care in Raynes Park
- Jaya Bishop for donating 12 large sacks of cat food
- All our cat, rabbit, dog and small animal fosterers
- All our supporters, volunteers and members
- All the people who help clean rabbits regularly each week
- All the people who take time to home check potential new homes
- Everyone who has taken part in fundraising events for ARC
- Everyone who has helped and continues to support ARC
- And finally a big thank you to Janice for her many years of support, we wish her well with all of her new projects



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