



WINTER NEWSLETTER

Avoiding Christmas 'Chocotox'

We all love nothing more than a bar of chocolate - The International Cocoa Organization estimates that the average British citizen eats over 11kg of chocolate a year! Although harmless to us (apart from to our waistline) chocolate can make dogs very poorly indeed! This is due to a toxin called Theobromine, a chemical found in the plants used in chocolate manufacture. Humans are able to break down Theobromine quickly enough for it not to act as a poison. However, dogs metabolise the chemical much slower, meaning it can cause detrimental effects.

Different types of chocolate

The concentration of Theobromine varies between different types of chocolate. However, all forms of chocolate can be harmful to dogs depending on the amount eaten. Cocoa powders and beans contain the highest concentration of theobromine, and are therefore the most toxic form of chocolate a dog can ingest. Cooking chocolates can also contain very high levels of theobromine - therefore, chocolate cakes and cookies can also cause dogs to become unwell.

Symptoms of Theobromine poisoning

The poison itself takes between 4 and 24 hours to cause signs which include:

Muscle stiffness

Tremors

Vomiting

Heart arrhythmias and fitting.

The toxin stimulates the nervous system and makes muscles work much harder - this can have detrimental effects on both the heart and kidneys. Unfortunately, if left untreated, some cases of chocolate poisoning can be fatal. However, if you suspect your pet has eaten any chocolate at all, we would advise you seek veterinary advice immediately. It's sensible to keep any relevant wrappers, and try to work out the amount that you suspect or know your pet has eaten.

Not only is a case of chocolate poisoning extremely worrying for an owner, it can be very costly! Remember, lots of other ingredients found in chocolates can be poisonous too, such as raisins, peanuts or coffee beans. It's therefore vital that dogs are never ever given chocolate as a treat. Dogs enjoy sweet tastes, and so can develop a taste for chocolate, just like we can!



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If you have received this newsletter in the post, perhaps you would consider letting us know your e-mail address and we can send the next issue direct to your inbox. This saves the charity money on postage and is better for the environment.

Thank you.



CONTACT US

If you want to get in touch, send us your e-mail address, re-home one of our dogs or send us a success story you can contact us at jill@clifftopboardingkennels.com

SUCCESS STORY 1

A few weeks after sadly losing our sixteen year old Jack Russell we decided to look for a rescue dog that we could give a home and were invited to meet Lakeland terrier Fizzy. It was love at first sight and two days later she came home with us. She is an absolute delight. There have been a few hiccups but nothing that can't be overcome and we look forward to many years with her.



If you have a success story you would like to share,
please drop us a line at

jill@clifftopboardingkennels.com

We love to hear how our re-homed dogs are getting on with
their new families.



Have you a little spare time to help out at or fundraising events?

We need help in the following areas:

Bag packing in local supermarkets

Collecting tombola prizes

Manning stalls at local events

If you are able to help please call 01723 870456 or e-mail jill@clifftopboardingkennels.com

Display a Collection Tin for Us !

Contact us at the kennels on
01723 870456 if you can display a
collection tin on our behalf at your place
of work or somewhere you shop regularly.



Please Help the dogs by giving a
donation towards the care and
wellbeing of the dogs that need it
most, the dogs without homes!

Thank You for all you support



Pets at Home VIP Club

We are one of the charities chosen to benefit from this club.

This is a unique loyalty scheme that gives its members a whole host of benefits ranging from discount vouchers in store to a quarterly magazine along with expert advice and hints and tips. What makes this loyalty scheme so different is that when members swipe their loyalty cards upon making purchases in store, they collect Lifelines which can be directed to their favourite charity that is a part of the scheme.

Every three months these Lifelines are collected, turned into money and sent out to the charities in the shape of a Pets at Home store gift card for us to spend to help the dogs in our charity's care.

You can join today at your local Pets at Home store or on line at www.petsathome.com/VIP
help us to care for more dogs while you do your shopping. Don't forget when you are registering you must choose our charity from the link to ensure we receive the lifelines every time you swipe !!

Currently available for re-homing



CANDYMAN

Age: 6 years

Breed: Greyhound

Candyman is a gentle, friendly dog who loves to spend time playing with his toys. He is fully vaccinated, neutered and microchipped.

MARLEY

Age: 2½ years

Breed: Dalmation x Labrador

Marley is a friendly dog who would be best suited to a home where he is the only dog. He is fully vaccinated, microchipped and neutered.



**If you can help rehome any of our dogs please contact
Cliff Top Boarding Kennels on 01723 870456**

News on our dogs and new dogs available for re-homing are kept updated on our website: www.scarboroughdogs.org.uk

On a sunny August Bank Holiday weekend we held a fundraising tombola at the Scalby Manor. This was in addition to our regular programme of fundraising events. We had a very successful day and raised a grand total of **£500.41**.



As always, our thanks goes to everyone who visited the stall to buy tickets, chat to us and share 'doggy' stories. A huge 'thank you' is also due to the Scalby Manor for not only allowing us to use their premises to host the event, but for providing prizes to supplement our tombola and also giving us publicity through their social media sites on the day.



A seasonal reminder of why we love our rescue dogs so much . .



This summer we once again had a stall at the Rotary Club Community Fair in the Town Centre.

It was lovely to meet so many supporters of our work and we thank everyone who came along and donated in any way.

We raised £245.85



Cliff Top Kennels Re-Homing Centre AGM
Date & Time: Monday 3rd February at 7.30pm
Venue: Cliff Top Boarding Kennels
All very welcome!

It's the easiest way to help raise money for Cliff Top Kennels Rehoming Centre. If you already shop online with retailers such as Amazon, Argos, John Lewis, Comet, iTunes, eBay or HMV, then we need you to sign up for free to raise money while you shop!

Help us raise more!
Register to support Cliff Top Kennels
Re-homing Centre at:
easyfundraising.org.uk
Register us as your charity to support then
simply follow the steps to shop and raise.
Happy fundraising!

How it works



SUCCESS STORY 2

Saffy (no, we never changed her name), is doing just great. She is loved by everyone who visits, not a bad bone in her body and despite an unknown past she has gone from strength to strength. You did say on that very first day of meeting her that she can be scared when trying to stroke her head we are way past overcoming that now. She was initially scared when we walked in with post in our hands, paper/magazines. Again, we can now walk in with the post and she never gives either of us a second look. She loves the garden, mostly for the grass though she has on two occasions found the pond. It is all contained and she does come back in when called.



Training has been going well. Basic commands, putting a treat or toy down and getting her to ignore it until told she can eat/play. She still wants to play with every dog out there and although she does have good days where she will ignore (when told), I doubt we could ever let her run unleashed on the beach.

One of her favourite games is hide and seek and this seems to be a daily thing - early evening she will come running into the annex with a rope and invite me to chase her back through the house. She will sprint away while I hide behind a door, a wall, inside the downstairs shower and she will return investigating every area and when she has found me, off she sprints again. She always finishes with a drink from her bowl and a tickle. As I work early shifts, she will often go upstairs and sit on the end of my bed for an hour before I go to bed. Though she returns downstairs to her own bed when called. On my day off, if my wife gets up early, she will say to Saffy, "go see your dad" and Saffy will run up the stairs and jump on the bed with both feet and snuggle up.



We have had a few rescue dogs before Saffy but the changes we have seen in her in the relatively short time she has been with us are just amazing. She is so happy and has a new found confidence. Her tail wags so hard we think she is going to vertically take off. On a final note, she is no longer scared of trips out in the car which is a huge breakthrough. Now she will jump in to the car and I am sure recognises the word "beach".

We cannot thank you all Cliff Top Kennels Re-Homing Centre enough.

LOOKING AFTER A 'SENIOR' DOG

Sadly, a dog's lifespan is relatively short compared to our own, and dogs are often referred to as "senior" after the tender age of seven! In very large breeds, such as Great Danes, it is even earlier. Many dogs will however still be perfectly sprightly until much later than this, even into their teens. The important thing is to recognise what you can do as an owner to keep your dog fit, happy and healthy for as long as possible. In addition to this it is useful to be able to spot the signs of age-related problems, both behavioural and disease related.



What you can do to keep your dog healthy right through into old age

Just like in humans, many factors are going to influence your dog's health throughout their life. A lot of these will be down to genetics, the breed, and the individual. You can do little to change this. There are however some important things that you can do to help your dog to feel good and from ageing prematurely.

Avoid obesity. Weight gain can happen at any age in a dog. It is often a sequel to neutering, as the neutered pet requires less food than before the op. It often happens gradually, and pet owners don't notice or just don't think it matters. The problem is that as time goes on, carrying excess weight puts additional stress on musculoskeletal and cardiorespiratory systems. This can make any clinical condition worse. For example, if your pet develops arthritis when they are older, being overweight will make this a lot worse. Keeping a dog at an ideal body weight during its life, can increase lifespan by 18 months and delay the onset of age-related conditions by 2 years. If you are worried your dog is overweight, do get help from your veterinary practice who will be happy to advise you.

Look after your dogs' teeth. Dental disease causes pain and difficulty eating. In addition, the presence of bacteria in the mouth can spread to other organs in the body causing disease and even death. Keeping dogs' teeth clean by brushing is highly recommended if your dog will let you. If you cannot do this, don't give up or use this as an excuse not to clean your dog's teeth. Talk to your vet or veterinary nursing team who can advise if your dog needs to have a scale and polish under an anaesthetic.

Give your dog the right level of exercise every day. Exercise is essential for maintaining both the musculoskeletal system and mental well-being. As your dog ages, they may not need the same length of walkies as they once did. However, being out and about and having a good sniff around is all part of a healthy lifestyle for dogs and should not be underestimated. Several short 10-15-minute walks may be all your older dog needs, but supplement that with interactive "playtime" at home. This doesn't need to be strenuous but can involve finding food from a treat ball or playing with some other motivational toy!

Maintain vaccinations and treat regularly for worms, fleas and ticks. There is a common myth that older pets do not need to be vaccinated regularly. This is not true. As your dog ages, its immune system becomes less able to fight infections, so it is very important to keep your senior dog protected.

Symptoms you should not ignore

Here is a short list of things that you should not ignore:

Any new lumps and bumps however small.

Lameness. Normal if your dog has arthritis, but any sudden worsening warrants a check-up.

The development of incontinence - loss of control when urinating or defecation.

Drinking and/or urinating more than usual.

Sudden weight loss or gain - without trying!

Sudden onset of extreme tiredness or lethargy.

Obvious pain or discomfort.

The development or worsening of a cough. Any breathing difficulty.

Sudden deterioration in tolerating exercise.

Decrease or loss of appetite.

If you notice any of the above, or any other symptom which is out of the ordinary for your pet, don't hesitate to give your veterinary practice a call, or pop into make an appointment.



Make a tasty **HOMEMADE TREAT** for your dog this Christmas!

Do not let your pet over indulge or give your pet too many treats. Putting on weight over the festive season can happen to pets too! Pet treats should be factored in as part of your pet's daily food allowance, so other meals should be reduced accordingly. Check with your vet first if you have any concerns about giving home-made treats to your pet. Treats may not be suitable for pets on specialised diets.

Liver cake

This recipe will make around 12 treats -
you can halve or quarter the recipe to make less treats.

Ingredients

450 g of lamb or ox liver
450g self raising flour
3 eggs
Milk or water

Method

Crack the eggs into a measuring jug
Add an equal volume of milk/water to the measuring jug and whisk
Blend the raw liver in a food processor
Add the egg mixture and flour.
Empty the contents into a greased baking tray. Bake at 180 degrees (160 fan) for approximately 30 minutes
Allow to cool and cut into treat sized pieces.

Due to the meat content, these treats must be stored in the fridge, no longer than a week. Once cooled, you can also freeze these treats. Please remember that liver is a very rich food and should only be fed in very limited quantities.

This treat is a real winner and is used by trainers as a "high-value" reward. This means it is so extra yummy that dogs will do almost anything for it! It is also recommended that liver cake treats should not be given to puppies under 6 months of age.



A new way to help us raise vital funds

amazonsmile
You shop. Amazon gives.

You can help us raise money for the charity while shopping from the comfort of your own home with Amazon Smile. AmazonSmile is a website operated by Amazon with the same products, prices, and shopping features as Amazon.com. The difference is that when you shop on AmazonSmile, the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to the charitable organization of your choice. Every item available for purchase on www.amazon.com is also available on AmazonSmile (smile.amazon.co.uk) at the same price. You will see eligible products marked "Eligible for AmazonSmile donation" on their product detail pages. The first time you log on to Amazon Smile you will be asked to choose the charity you would like to support. Just choose Cliff Top Kennels Re-Homing Centre and then start shopping. Then all you need to do is remember to use AmazonSmile at smile.amazon.com when you want to shop through Amazon and they will do the rest!

HAPPY CHRISTMAS

from everyone at
Cliff Top Kennels Re-Homing Centre





JOIN US!

www.scarboroughdogs.org.uk
01723 870456

Registered Charity No 1110716

Cliff Top Kennels Re-homing Centre is able to continue re-homing abandoned dogs due to the donations and support of it's members. Dogs come to the Charity having been abandoned by their owners in the Scarborough, Filey and Whitby areas. These dogs are often traumatised by their experience and need special care and attention.

You can help these dogs by becoming a member of the charity. For a donation of £6 we will send you a regular newsletter keeping you up to date with our fund-raising activities.

If you would like to become a member, renew your membership or just make a donation please complete the form below. The form together with your payment should be sent to:

The Membership Secretary

Cliff Top Re-homing Centre, Rocks Lane, Burniston, Scarborough, YO13 0HX

(Cheques should be made payable to Cliff Top Kennels Re-homing Centre)

Membership donation: £6

Additional donation: £

TOTAL DONATION: £

Title:		Signature:	
First Name:			
Surname:			
Address:			
Postcode:		Date:	
Telephone No:	H: M:		
E-mail address:			

Gift Aid your donation

We can claim back the basic rate of tax on any donation received from UK taxpayers. All you have to do is tick the box below.

☐

Yes I am a UK taxpayer and wish Cliff Top Kennels Re-homing Centre to accept my donation as a gift aid donation. *(Tick box to agree.)*