

did your dog

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BEST-SELLING
DOG MAGAZINE
February 2022 £4.99



**STAY SAFE
ON YOUR WALKS**
— WHATEVER
THE WEATHER!

**10
TRAINING
PITFALLS...**
AND HOW
TO AVOID
THEM

**THE
'M'
WORD**
How to
introduce
a muzzle

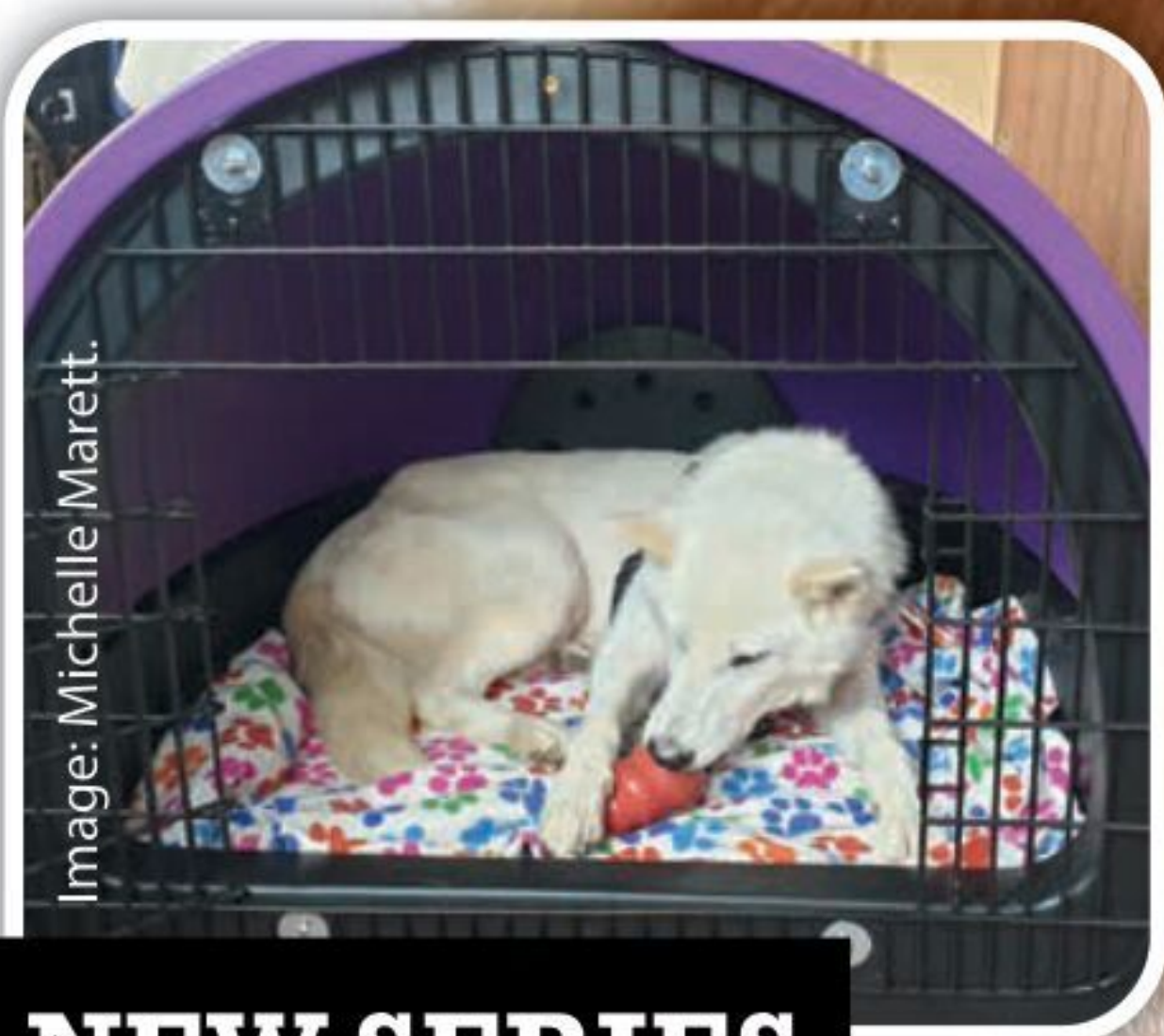


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Image: Andrew Locking.

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Editor's letter

Are you looking forward to discovering new and memorable dog walks in the new year? Then check out our pick of some of the best dog-walking routes on page 10 this issue. We've enlisted the help of walking expert and dog-lover Andrew White, Get Outside champion and host of 'Walks Around Britain', who's selected 10 wonderful walks to blow away the cobwebs and take in some of the breathtaking scenery this country has to offer. You and your dog will love them!

Of course, if you're planning to explore new territory this year, you might not be venturing out too far just yet; not only is February one of the coldest months of the year, it is also the snowiest! But part two of our mini-series 'Stay safe!' (page 28) should keep you on track — whatever the weather throws at you! There is advice on how to cope in extreme weather conditions, and tips on how to stay safe around potentially dangerous features, such as cliff tops, water, and on beaches.

It's good to know the polar research ship, the Sir David Attenborough, has been in safe paws recently. A highly skilled team of detection dogs was deployed to sniff out any

rodent stowaways on board the ship, to protect vulnerable species prior to its sailing to South Georgia in the South Atlantic. You can read the full story, and discover how these incredible dogs are trained on page 40.

Finally, the heart-warming story of refugee Arwa Omaren, and the dog she feared she might never see again, is a must-read on page 20. Separated when the war in Syria ripped their world apart, Arwa was forced to leave her Golden Retriever behind when she made a perilous journey across continents to finally reach the UK and claim asylum.

Thanks to the heroic efforts of charity War Paws, and the generosity of donors, including Your Dog readers, who learned of Arwa's plight in our April 2021 issue, the pair were reunited, and are now settled in London — a happy ending at last.

Have a good month,

Sarah Wright
Editor

QUOTE OF THE MONTH

"In times of joy, all of us wished we possessed a tail we could wag."

Poet W.H. Auden

IN THIS ISSUE

BE INSPIRED!
Our pick of the best dog walks for 2022

Make this the year you get out with your pet and discover just what amazing dog walks Britain has to offer to get you in the mood. Here are 10 of the best to inspire you.

South West Coast Path
A 1,384-mile-long path that circles the entire coastline of the South West of England, from Dorset to Devon. It's a beautiful route with stunning views and plenty of dog-friendly spots.

Monsal Trail
A 25-mile-long railway path in the heart of the Peak District, offering a mix of scenic views and historical sites.

Calderian Canal
A peaceful waterway in the Yorkshire Dales, perfect for a leisurely walk with your dog.

Grasmere to Rydal
A scenic route through the Lake District, featuring beautiful lakes and rolling hills.

PAGE 10

"HE SAT DOWN AT MY SIDE AND HASN'T LEFT ME SINCE..."

When the war in Syria ripped their world apart, Arwa Omaren thought she would never see her beloved dog, Jacko, again. But sometimes the unexpected happens. Sae Corfield reports.

PAGE 20

STAY SAFE! Part TWO

A nice walk with your dog — the perfect way to get some fresh air, stretch your legs, and spend time bonding and enjoying each other's company. What could possibly go wrong, asks Karen Bush?

SNOWY FIVE AREA
A guide to staying safe in snowy conditions with your dog.

PAPER RESP OR SPI?
A comparison of different dog breeds and their characteristics.

AVOID DANGEROUS FEATURES AND WHERE YOU CAN'T BE CAUTIOUS
Tips on how to keep your dog safe in various outdoor environments.

Beaches
A guide to dog-friendly beaches and what to watch out for.

Water
A guide to dog-friendly water activities and safety tips.

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Sniffing out the stowaways

We're more aware than ever of the need to protect our environment and avoid further climate change. Julie Hill reports on the dogs who are helping in that essential endeavour.

How the dogs are trained
A detailed look at the training process for rodent detection dogs.

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TREATMENT OPTIONS FOR CANINE CANCER

your dog BRITAIN'S BEST-SELLING DOG MAGAZINE February 2022 £4.99

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SNIFFING OUT THE STOWAWAYS
THE RODENT DETECTION DOGS ON THE SIR DAVID ATTENBOROUGH

★ WHO'S ON THE COVER THIS MONTH?

Our cover star this month is Teddy, a red Toy Poodle, who lives in Sutton, Surrey. Like most Poodles, Teddy is very clever and loves his toys and playing. He also enjoys going for walks... as long as it's not raining!

Cover pic: Toy Poodle by Mark Taylor, Warren Photographic Ltd.

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**ARWA AND JACKO REUNITED
— PAGE 20**



Image: Graham Warren.

**JOIN THE YOUR DOG
MEMBERSHIP!**

Turn to page 56 for the latest discounts and offers exclusive to our members and if you're looking for a different sort of holiday this year, check out our feature on page 26.



**WONDERFUL WALKS
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**READY FOR ANYTHING
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RESEARCH HIGHLIGHTS CONCERN OVER BRITAIN'S HOMELESS PETS

Mars Petcare's first-ever State of Pet Homelessness Index has revealed an estimated 1.1 million dogs and cats in the UK are currently living in shelters or on the street.

The research, undertaken in partnership with an advisory board of leading animal welfare experts, found that almost two thirds (61 per cent) of pet owners are

worried there will be more homeless pets post-pandemic than ever before.

Potential barriers to rehoming a dog or cat, such as prohibitive rental agreements, stigmas attached to adopting certain breeds, and negative perceptions of rescue animals and strays, are also highlighted in the report.

Based on data from more than 200 local

and global sources, the Index includes nine countries — the UK, USA, India, Mexico, Germany, Russia, South Africa, China, and Greece — and is the first methodological measure of pet homelessness.

"We've worked for years to address pet homelessness in pursuit of our purpose: 'A Better World For Pets', implementing a wide range of programmes, including responsible pet owner education, challenging misconceptions around shelter adoption, and providing shelter support," said Kim Smet, interim general manager at Mars Petcare UK, which is taking the first steps to end pet homelessness by 2030 via its Adoption Mission, championed by Pedigree and Whiskas, in which more than three million meals will be donated to UK rescue centres in 12 months.

● To find out more about the State of Pet Homelessness Index and existing programmes addressing the pet homelessness problem, visit www.endpethomelessness.com or follow the conversation on social media using #EndPetHomelessness.



Mars Petcare is working towards ending pet homelessness by 2030.

SUFFOLK YOUNGSTER HONOURED

Congratulations to schoolboy Lewis Steven Garstang for winning the prestigious Young Kennel Club (YKC) Young Person of the Year Award.

The 12-year-old from Haverhill, Suffolk, impressed the judges and the public with the strong bond he's forged with his two rescues, Rosie and Willow, after taking over their agility training when his father died in 2018.

"I feel extremely happy and shocked that I won this award as all the other nominees had such amazing stories!" said Lewis, who was presented with his trophy at the Kennel Club's Discover Dogs event at London ExCel.

The category winners were: Emily Williams (17) and 24-year-old Maria Louise Clark (Community Award); Rosie Shepherd (24) and 16-year-old Millie Youngs (Compassion Award); Lewis Steven Garstang and 15-year-old Emily Rice (Personal



Lewis receives his award.

Achievement Award); Isabel Patten (13) and 21-year-old Rebecca Colley (Creative Talent Award), and Charlotte Baker (18) and 12-year-old Danielle Wilson (Inspiring Others Award).

"Lewis is a well-deserved winner and a real inspiration to many other young dog-lovers around the UK," said Vanessa McAlpine, the Kennel Club's events and youth development executive.

"Well done to our other nine finalists and to all our other YKC members who were nominated this year."

DOG DATA

Research by specialist dog food company Butternut Box has revealed French Bulldogs are the most Instagrammable breed, with more than 33 million posts, followed by Chihuahuas (30m) and Golden Retrievers (29m).

DOG DATA

Pet insurance provider MiPet Cover has revealed its 10 most popular puppy names from 2021, with Teddy, Milo, and Buddy topping the male list, and Luna, Bella and Lola heading up the female list.



Digger ready to head home with Elizabeth — and his precious slipper!

ELDERLY DOG — AND HIS SLIPPER — FIND NEW OWNER

A canine OAP who refused to be separated from an old slipper when his owner passed away, has secured his forever home — complete with the slipper.

After arriving at Dogs Trust Shrewsbury, Yorkshire Terrier-cross Digger could always be found playing with, or snuggling up to, the unwashed slipper.

Luckily, he didn't have to wait too long before finding his perfect match. Elizabeth Stone, who's previously adopted two Border Collies,



Digger likes to have the slipper by his side at all times.

spotted the 10-year-old dog's photo on the charity's website and fell in love with him.

"When I went to meet him, the team told me about the slipper and so there was no doubt that it was coming home with him," said Elizabeth, from Shrewsbury. "Whatever makes him happy!"

Digger has quickly settled into his new home and routine, with Elizabeth adding: "He was obviously a much-loved dog and I'm so pleased that I've been able to give him, and the slipper, another loving home."

News HOUND-UP

A TALL ORDER FOR SAMSON!

IT worker Kyle Barrett searched high and low for his missing St Bernard — but not high enough, because the 32-year-old, from Lymm, Cheshire, eventually spotted 60kg Samson standing on the roof of his mum's single-storey home.

It's thought the two-year-old dog, who was eventually coaxed down to safety, climbed onto the roof via an adjoining garage.

HEARTBROKEN COUPLE APPEAL FOR RETURN OF STOLEN RESCUE DOG

A couple who'd driven 2,361 miles to adopt a dog rescued from a Swedish puppy farm were devastated when the rare Russian Bolonka was stolen from their van in Kent.

Michael Fox, 31, and Johanna Kerwien, 27, from Grays, Essex, had parked at Bluewater Shopping Centre in Dartford but returned to find thieves had smashed their way into the vehicle and snatched two-year-old Bjorn.

The pair have handed out flyers, made an emotional video, set up a dedicated Facebook page, appealed for dashcam footage, and offered a reward in an effort to track down their beloved pet, who is described as a light brown toy breed, similar to a Bolognese.

● Anyone with information can call 07426 358080 or visit www.doglost.co.uk



Keep asthma inhalers out of reach of your dog.

INHALER WARNING AFTER LABRADOR POISONED

An eight-year-old dog became seriously ill after chewing her owner's inhaler.

Pickle was rushed to vets in Suffolk by her owner Claire Banks, 41, after the chocolate Labrador's breathing deteriorated and she couldn't keep her eyes open.

It was later found that Pickle had been poisoned by salbutamol, a substance in inhalers that's toxic to pets. After emergency treatment overnight, Pickle eventually pulled through, but asthma sufferers are being reminded to store their medication safely out of their dogs' reach.

MOUNTAIN RESCUE TEAM SAVE CANINE OAP FROM STREAM

Fifteen members of North Yorkshire's Scarborough and Ryedale Mountain Rescue team took two hours to extract elderly Whippet Millie after she fell into a beck in Carlton Husthwaite, Hambleton, and couldn't get out.

After being reunited with her grateful owner, Millie has since recovered from her ordeal.

PANDEMIC PROMPTS POPULAR PET NAME CHOICES

Dog sitting and walking network Rover.com's inaugural annual pet name report has discovered a whole new breed of canine names inspired by the pandemic.

While Delta, Rona, and even Covid have proved popular, Boris has polled badly. The report revealed Luna as the UK's official number one dog name, with Bella in second, and Milo coming in third.

New PDSA pet hospital takes shape

The UK's leading vet charity is celebrating a major construction milestone after the roof of its pioneering new pet hospital has been installed.

Thanks to generous supporters, a significant donation from The Marian and Christina Ionescu Hospital, and the

People's Postcode Lottery, nearly £2.5m has already been raised towards the PDSA Nottingham Pet Wellbeing Centre.

Set to open this spring, the £3.7m hospital in Basford will replace the current ageing premises on Dunkirk Road, and will feature a larger, brighter waiting area with separate sections for dogs and cats, improved kennel facilities, a diagnostic room, digital X-ray facilities, dedicated community and pet 'MOT' rooms, and a bigger car park.

● Visit www.pdsa.org.uk/nottingham-appeal for more info.



An artist's impression of the brand new Nottingham PDSA Pet Wellbeing Centre.



The current Nottingham PDSA Pet Hospital on Dunkirk Road is too small and no longer fit for purpose.



Biscuit, whose life was saved by PDSA's Nottingham veterinary team, helped to mark the milestone.

WINTER WALK WARNING

Owners are being reminded of the dangers de-icing products pose to their dogs this winter.

The colder weather has prompted Sean McCormack, head vet at tailored dog food brand Tails.com, to warn people to be cautious of antifreeze and rock salt — a mix of sodium chloride and grit — on roads and driveways.

"Rock salt can be extremely dangerous to dogs, as it can irritate the skin, causing dryness, cracking, and even burns to the pads," said Sean.

"If dogs lick it from their paws or fur, they can ingest the chemicals, which can be toxic."

Symptoms of salt poisoning include drooling, vomiting, diarrhoea, and loss of appetite, and in severe cases, seizures and even death.

Sean advises owners to wash their dogs' paws when returning home from walks.

Another winter hazard for dogs is antifreeze, which can cause acute kidney failure, even if only a small amount is ingested.

"Many car owners use antifreeze to clear ice from their windscreens," Sean explained. "As the ice melts, the antifreeze will mix with the water, which can be harmful if your dog likes to drink from puddles."

"The dangerous chemical in antifreeze is ethylene glycol, which has a sweet taste that dogs enjoy."

Signs of antifreeze poisoning include wobbliness or falling over, pain in the back and kidney area, vomiting, dehydration, increased urination, lack of appetite, diarrhoea, drooling, halitosis, and seizures.

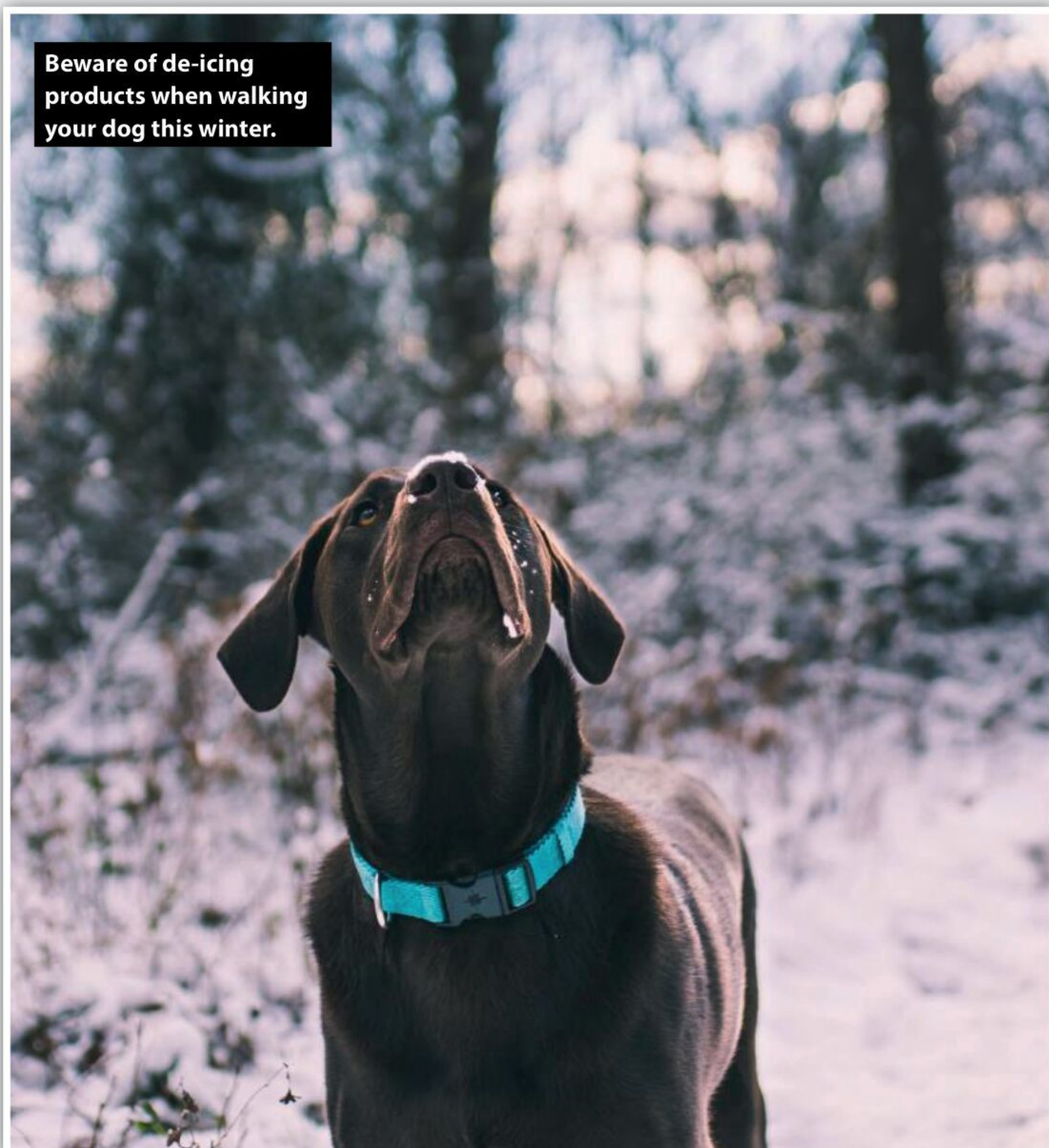


Image: Joe Leahy/Unsplash.

UK DOGS FACING FAST FOOD OVERLOAD, SAYS SURVEY

New research from pet food brand ACANA has found the nation's dogs are in danger of becoming junk food addicts, after 47 per cent of owners admitted feeding their pets takeaway leftovers, while nine per cent allow them to polish off puddings.

The study of 1,300 owners also revealed the average UK dog will eat the equivalent of four portions of cake, four slices of toast, four chunks of cheese, four spoons of Bolognese sauce, four bites of cheese toastie, three fish fingers, three slices of pizza and three rashers of bacon in an average month.

Chicken nuggets, sausages, and even scraps of the finest fillet or T-bone steak are also on the menu two or three times a month, not to mention five strawberries with cream and three bites of apple crumble!

In fact, according to the stats, dogs are consuming so much human food that 52 per cent now actually prefer it to their own.



Dogs are eating too much junk food.



● **AUSTRALIA:** A grieving owner has set up an unusual memorial to her beloved canine companion, Bruce, on a popular beach in Western Australia, so visiting dogs can borrow, play with, and return tennis balls.

The heartwarming tribute, at Mandurah, also features a photo of Bruce and a note inviting dog walkers to help themselves to a ball.

● **SIBERIA:** A stray dog found nearly frozen to death in a block of ice in -54°C in Churapcha, a village 3,150 miles east of Moscow, has been saved by kind-hearted locals. Villagers helped to dig out the distraught animal, while members of a local automobile club used crowbars to chip away at the ice.

After being freed, the dog, who amazingly wasn't seriously frostbitten, was treated by a local vet and has since been adopted by the hospital kitchen worker who first heard her cries for help.

DOG DATA

According to retirement information and research website Our Life Plan, Washington DC is the best city in the world for pet lovers to retire to, as the US capital boasts 78 parks and green spaces, and a dog-owning population of 50 per cent.

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BE INSPIRED!

Our pick of the best dog walks for 2022

Make this the year you get out with your pet and discover just what amazing dog walks Britain has to offer. To get you in the mood, here are 10 of the best to inspire you.

Taking your dog for a walk not only provides your four-legged friend with physical and mental enrichment, it can improve your own fitness, and boost your well-being. It allows you to access amazing views, and experience sights you can only see on foot. All that, and it also strengthens your bond with your dog.

Here, walking expert and dog-lover Andrew White, host of 'Walks Around

Britain', highlights 10 walks around the country that you and your dog can enjoy this year.

Andrew is a Get Outside champion, an Ordnance Survey initiative where a range of outdoor people engage with the wider community to encourage them outside. "The outdoors is there for you, and it's whatever you want to make out of it," Andrew enthused.



Andrew and his dog Mac.

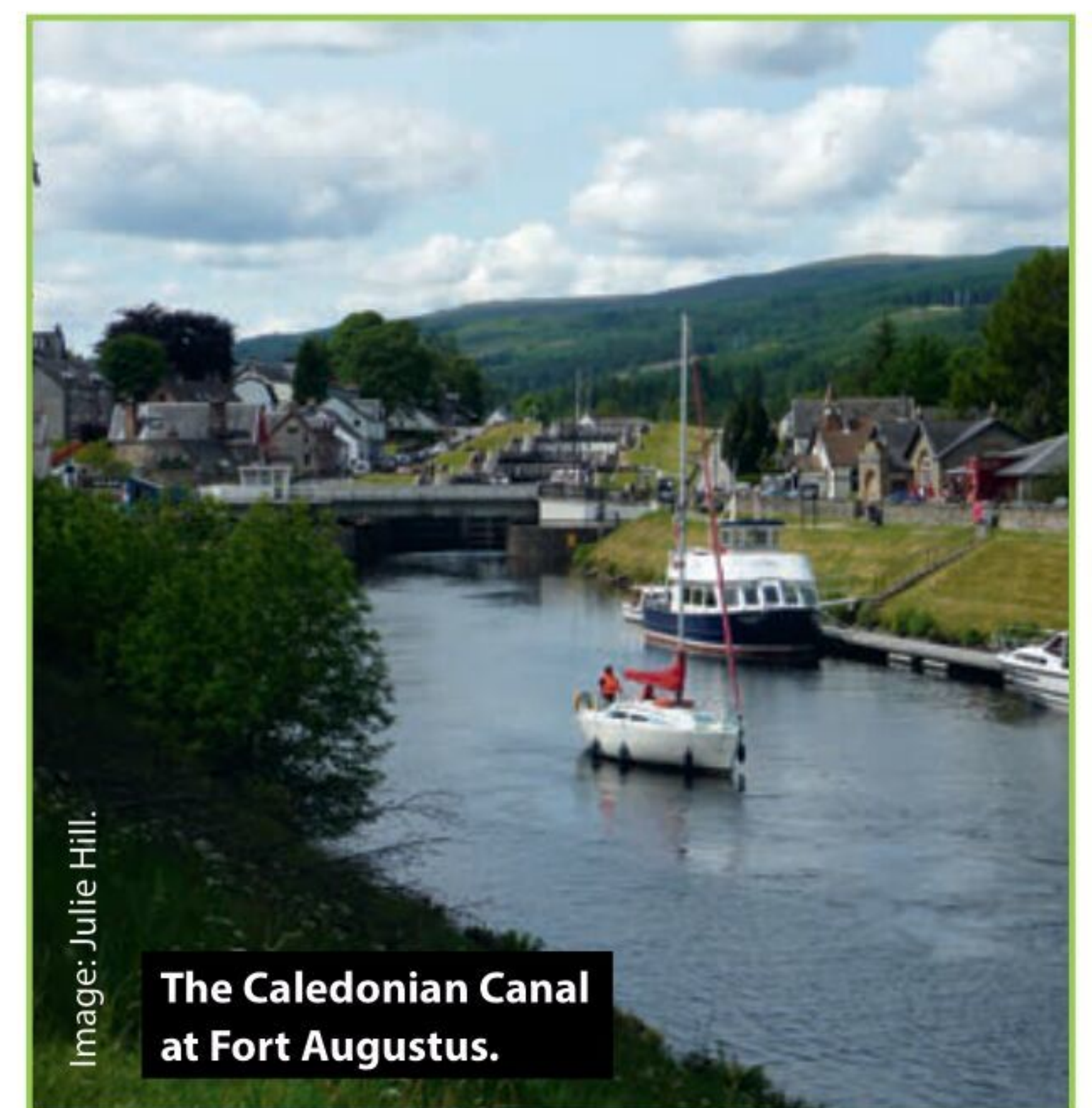


Image: Julie Hill.

The Caledonian Canal at Fort Augustus.

Get out and explore this year.

TOP TIP!

Know your limits — and your dog's — to ensure you stay safe and enjoy the walk.

Caledonian Canal, INVERNESS

Stretching from Fort William to Inverness, the canal was engineered by Thomas Telford and opened in 1822. Four lochs, including the famous Loch Ness, feed into the canal.

Andrew says: Spanning some 60 miles from the west to the east coast of Scotland, the Caledonian Canal provides some fantastic walking along the towpaths, with some magnificent scenery, amazing engineering, and wondrous wildlife along the way. The towpaths are mainly flat and are very well maintained, along with easy access for all.

SOME CHOICE SECTIONS FOR WALKING ARE:

- Corpach to Gairloch (8 miles) — starting at the famous Neptune's Staircase.
- Fort Augustus to Kytra (2 miles).
- Muirtown Basin - Clachnaharry Loop (2 miles) — at the Inverness end of the canal.
- Find out more at <https://www.scottishcanals.co.uk/canals/caledonian-canal>

South West Coast Path, BOSCASTLE, CORNWALL

You may be lucky enough to spot the world's fastest bird — the peregrine falcon — from this path, 71 per cent of which is either in a national park or an Area of Outstanding Natural Beauty. Nearly nine million people visit the path each year. **Andrew says:** With 630 miles to choose from, the South West Coast Path is one of the best long-distance coastal walks in the world. It's one of the 16 national trails in England and Wales. Running from Minehead in Somerset around the coast to Poole in Dorset, there's stunning scenery on offer all the way. My favourite part is the bit from the harbour village of Boscastle to Tintagel, which is nine miles one way.

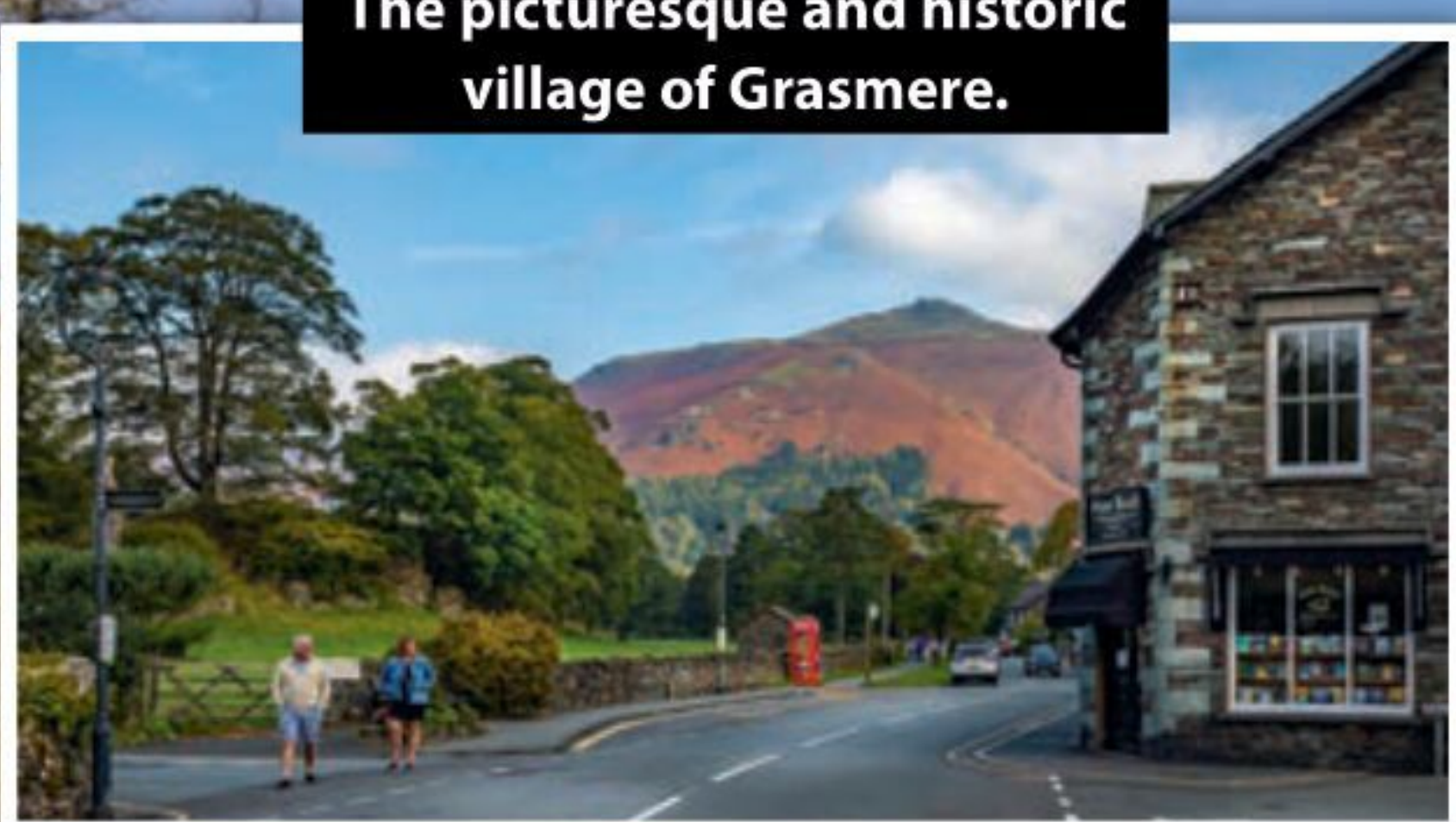
- A very useful website gives lots of information, including an interactive map of the elevation of the walk; visit <https://www.southwestcoastpath.org.uk/walksdb/36>



The South West Coast Path is one of the best long-distance coastal routes in the world.

TOP TIP!

Follow the Countryside Code at <https://www.gov.uk/government/publications/the-countryside-code>



The picturesque and historic village of Grasmere.



Enjoying the dramatic scenery of The Lakes at Rydal Water.

Grasmere to Rydal, CUMBRIA

With a variety of walks on offer, you can choose the level of challenge that suits you. Dove Cottage, once the home of poet William Wordsworth, is in Grasmere, and is mentioned

in his 1806 poem 'The Waggoner'. **Andrew says:** Walking from the lovely village of Grasmere, home to the famous Grasmere Gingerbread, to the small village of Rydal is a pleasant four-and-a-half mile outing taking around two-and-a-half hours. This route maps part of William



Cycle hire is also available on the Monsal Trail.

Image: Wiley Media, Peak District National Park Authority



The Monsal Trail passes over the Headstone viaduct.

Monsal Trail, PEAK DISTRICT, DERBYSHIRE

Cycle hire is available, with cafes to rest in too. New for 2022 is the chance to step inside the Millers Dale Station goods shed — a former derelict structure now lovingly restored to its former glory, and featuring an interpretation of the area's railway heritage, nature, and its industrial past; visitors are free to walk in and explore.

Andrew says: Along the bed of a closed railway line, the Monsal Trail is loved by walkers and cyclists alike. It's roughly eight-and-a-half miles long, starts in Wye Dale at the Topley Pike junction, and runs to the Coombs Viaduct. The well maintained and mostly flat paths using the old railway line make for easy walking, and make it accessible to wheelchairs and pushchairs too. The recently reopened railway tunnels give the walk a great family adventure feel too — and you can start wherever you like, and turn back when you've had enough. Car parking is available along the route.

- Operated by the Peak District National Park, find out more at <https://www.peakdistrict.gov.uk/visiting/places-to-visit/trails/monsaltrail>

Wordsworth's life; at Grasmere you can see his grave; walking through Town End, you can see Dove Cottage, where he and his sister, Dorothy, lived for a time; and then on to Rydal Mount, where he lived when he became wealthy from his writing. This is also an old coffin route, where people would take the dead down to Grasmere Church to be buried.

- Find out more at https://www.walklakes.co.uk/walk_76.html



The Great Orme is a limestone headland.



Kashmiri goats on the Orme.

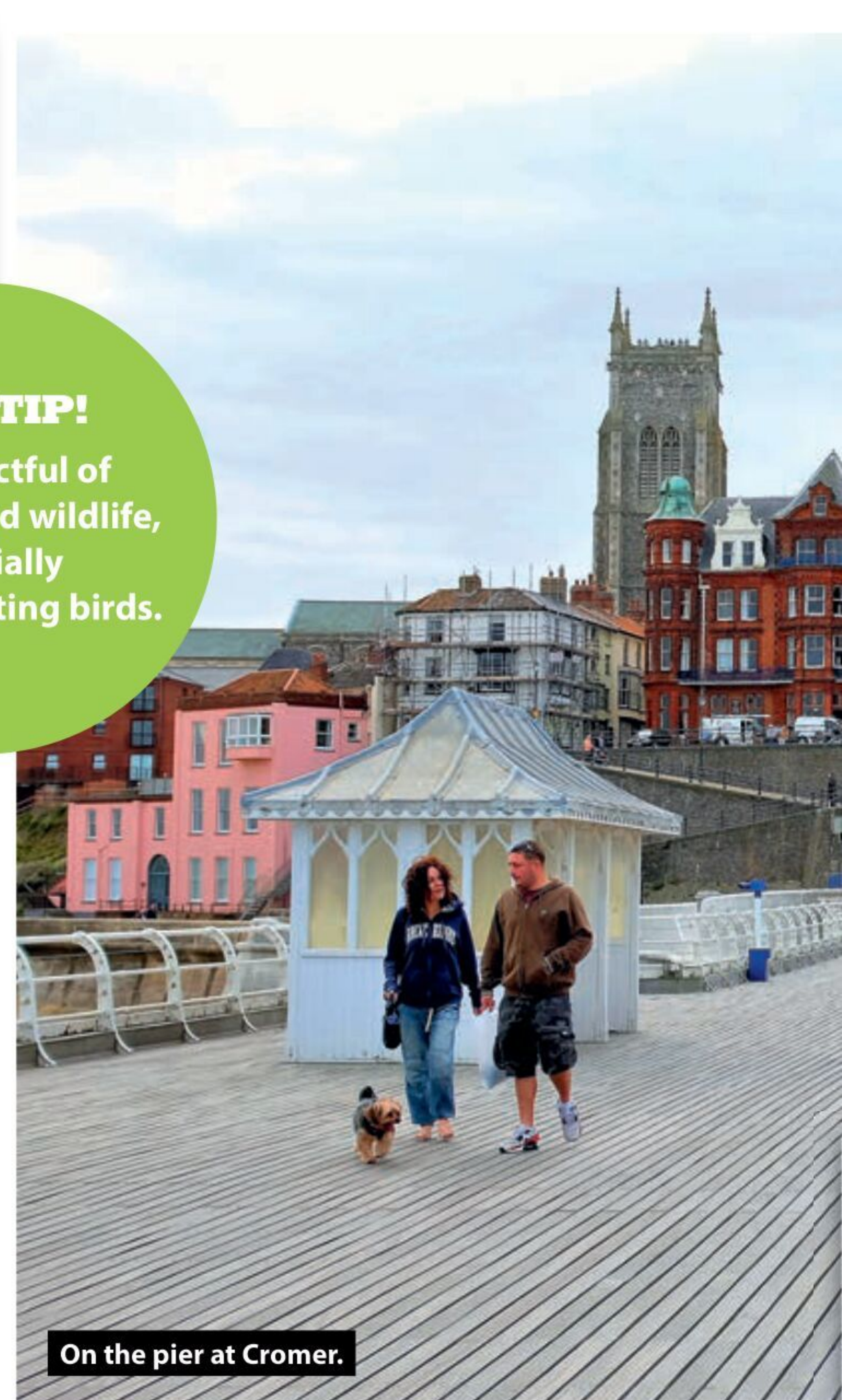
TOP TIP!
Be respectful of livestock and wildlife, especially ground-nesting birds.

Great Orme, NORTH WALES

Keep a lookout for the Kashmiri goats that roam the Orme. How and why the goats arrived on the Orme is shrouded in mystery, but they thrive there! Local weather forecasters even claim they can be used to predict flooding. **Andrew says:** From the Victorian splendour of Llandudno rises the mighty headland of the Great Orme, a huge

chunk of limestone emerging straight out of the sea next to Llandudno's pier. At 679 feet high, it's the highest point on this part of the North Wales coast, and there are several great walks to the top. On a clear day you can see Snowdonia and Anglesey, the Isle of Man, Blackpool, and The Lakes from the summit, and there's the Summit Complex, which has been at the top since the early 20th century, and has a cafe, bar, gift shop, children's playground and visitor centre.

- Find out more at <https://www.visitconwy.org.uk/explore/outdoors/great-orme-country-park>



On the pier at Cromer.

Cromer, NORFOLK

Cromer is a charming, traditional seaside town, although a modern addition in 2021 caused a stir, when Banksy created a number of artworks around Norfolk, collectively known as the 'Great British Spraycation'.

Andrew says: The walk from Cromer along the beach to Overstrand is exciting for all the family, with Overstrand Cliffs being classified as a Site of Special Scientific Interest. The village and the lighthouse are all interesting to look out for. Do check the tides to be safe walking along the beach.

- Find out more at <https://www.visitnorthnorfolk.com/places/cromer.aspx>



The Wrekin is one of the highest peaks in the Midlands.

The Wrekin, SHROPSHIRE

Local folklore has it that the Wrekin was formed by a giant dropping soil from his huge spade. In fact, the Wrekin's origins were volcanic, although the Wrekin itself was never a volcano. There is an Iron Age hill fort on the summit.

Andrew says: One of the highest peaks in the Midlands, it is also one of the most rewarding to walk up. Start from the village of Cluddery and there's a bit of road walking before you get into the woods around The Wrekin. Various footpaths show you the way to the summit, from which there are great views across Staffordshire and the Black Country. Walking up 1,335 feet to the top could take around three – four hours depending on the time of year.

- Find out more at <https://www.discoveringbritain.org/activities/west-midlands/walks/wrekin.html>

Ashdown Forest, EAST SUSSEX

In Norman times, this was a deer hunting forest. Nowadays, it is one of the largest free public-access spaces in the south east. It is situated on the highest sandy ridge-top of the High Weald Area of Outstanding Natural Beauty.

Andrew says: Famous as the setting for the 'Winnie-the-Pooh' stories, Ashdown Forest is a fantastic place for a family walk, especially if you plan the walk to take in the Poohsticks Bridge. A downloadable leaflet from the Ashdown Forest website describes two great short walks through 'Pooh' country and the longer three-and-a-quarter kilometre (two miles) walk is perfect for little explorers.

Make sure you are careful of the deer who live here.

- Find out more at <https://www.ashdownforest.org/home/index.php>



The beautiful Ashdown Forest.



Alongside the Thames in Fulham.



The beach at sunset.

TOP TIPS!

- Keep your dog on a lead until you know it's safe for him to run free.
- If you or your dog has mobility issues, look for schemes such as Miles Without Stiles in the Lake District at <https://www.lakedistrict.gov.uk/visiting/things-to-do/walking/mileswithoutstiles>

Thames Path, LONDON

If you manage to walk the whole path, there is an online certificate you can download to celebrate the achievement — it's the longest river walk in Europe. The earliest Thames bridge was built by the Romans.

Andrew says: Another of the national trails in England is the Thames Path, offering 180 miles along the banks of the Thames from Gloucestershire to the Thames Barrier.

- THE PATH IS FLAT AND IS MADE FOR EASY WALKING. SOME CHOICE SECTIONS ARE:**
- The Thames Barrier to Greenwich (4½ miles) going past the Cutty Sark and The Royal Observatory.
 - The London Eye to Putney (8 miles), past Battersea Power Station.
 - Dorchester to Abingdon (9 miles)
 - Find out more at <https://tfl.gov.uk/modes/walking/thames-path>
 - <https://petcheck.blog/2021/07/19/dog-walks-thames-path>

Bridlington, YORKSHIRE

With RSPB reserves nearby, seals often spotted in the shallows, and dolphin or porpoise sometimes spotted further out, this walk will delight nature lovers. The village of Flamborough has a rich history, and even boasts a resident ghost.

Andrew says: Starting out at the impressive cliffs at Flamborough Head, this coastal walk ventures south for six-and-a-half miles to reach the seaside town of Bridlington. Explore the two lighthouses on Flamborough Head, as well as the massive variety of sea birds which make their home in the cliffs.

- Find out more at <https://www.yorkshire.com/places/yorkshire-coast/bridlington>



One of the Flamborough Head lighthouses.

USEFUL CONTACTS

- Find out more about Andrew at <http://www.andrew-white.co.uk>
- Find out more about the GetOutside initiative at <https://getoutside.ordnancesurvey.co.uk>

YOUR **RESCUE** DOG

**New
series**

Day by day



TONI SHELBOURNE has over three decades of experience working with dogs and wild canids. She is an animal behaviourist (full member of INTODogs and ICAN), a Tellington TTouch instructor, real dog yoga instructor, and author. She lives in Oxfordshire. For more information visit www.tonishelbourne.co.uk

The first three days, three weeks, and three months are milestones in the rehoming of a rescue dog. In this new series, **Toni Shelbourne** advises on how to settle your dog in during these key periods.

We often talk about the three-day, three-week, and three-month milestones when referring to the time it takes a rescue dog to settle in a new home. It's a useful guide to understanding the emotions and challenges a newly adopted dog can experience.

As dog guardians, you can avoid many pitfalls by understanding the physical, mental, and emotional strain that occurs during rehoming. Your shiny new dog, especially if he has come from a kennel environment or travelled many miles (sometimes for days) to get to your home, will be confused, overwhelmed, and exhausted. Nothing is familiar to him; he has been cut adrift like a floating leaf with no attachment, no branch to cling to, and no roots to hold him.

Present understanding equates a dog's emotional range to that of a human toddler; one thing is for sure, your rescue will need time, patience, and compassionate handling to adjust to your family, routines, and the environment, both at home and out and about. This three-part series is all about guiding you through these rehoming milestones, helping you towards a successful and happy life together.

PREPARE AND PLAN

It is important that all is ready for him when you bring your rescue dog home. This means having his bed set up in a quiet area, and a bowl of water out ready nearby, food purchased, and some tasty high-value treats handy. Additionally, you may want to invest in a calming plug-in, like Adaptil or Pet Remedy, to help him settle, and baby gates to section off parts of the house.

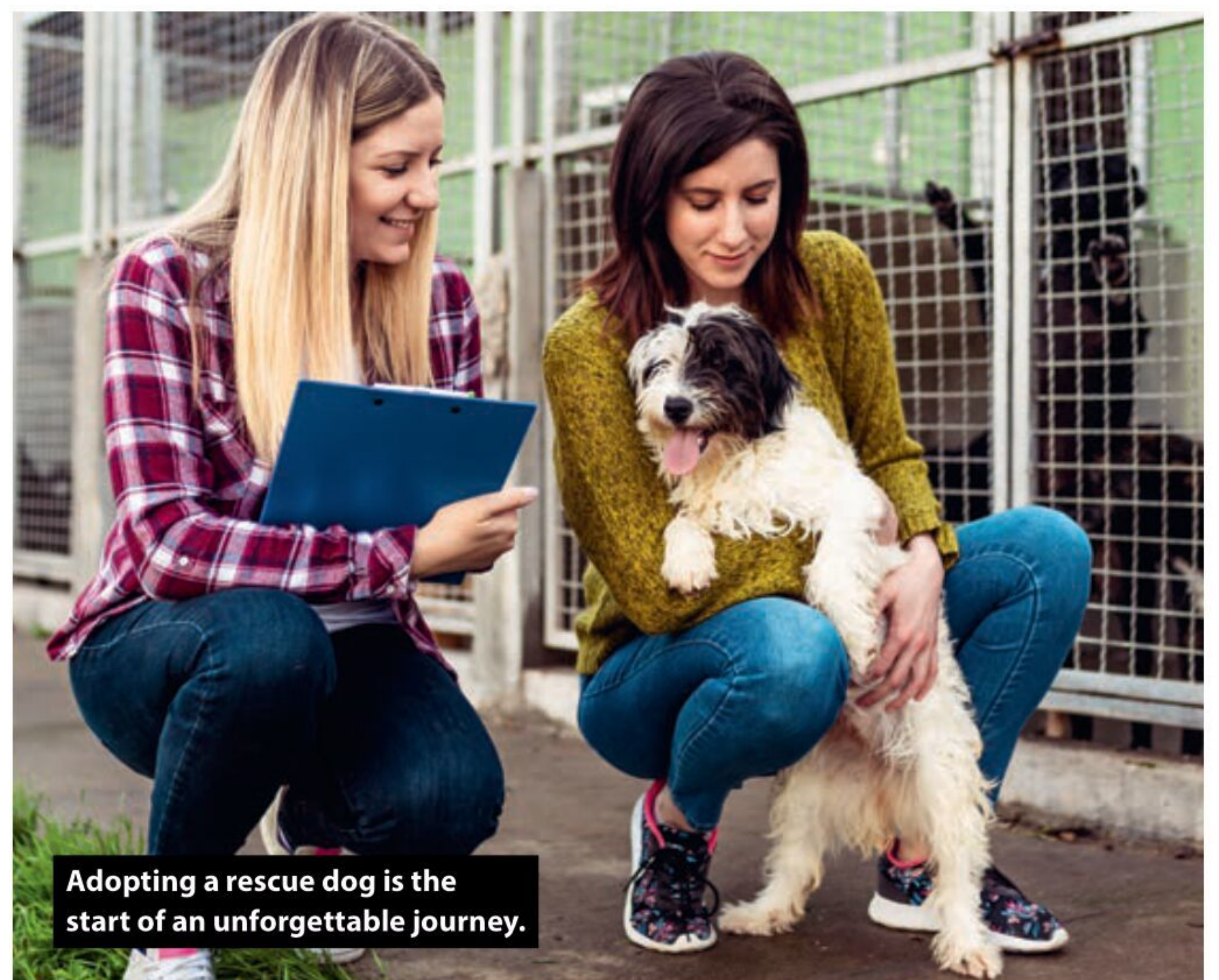
Decide how all the family will interact with him, which areas you want him to have initial access to in the house, the routine you want to introduce, the cues you will use, and any house rules:

do you want him on the sofa or upstairs?

If you are prepared, you can then devote 100 per cent of your attention into settling him in on arrival. It also means he won't get flustered with you moving things around.

BRINGING HIM HOME

On the day, double-check all doors and windows, and especially the garden fence and gate. Numerous dogs escape on their first day; they have no bond with you and will go into a panicked state, unable to listen to recall cues or even come to food; often, all they want to do is run away. Make sure someone has hold of the lead as you open the car door. It's also worth keeping your rescue on-lead as you first bring him into the garden, for added security. Let him sniff and possibly toilet; don't worry if he doesn't do either, as he may not be comfortable enough yet. You can give him plenty of opportunities throughout the day if he is willing to move around the house and garden.

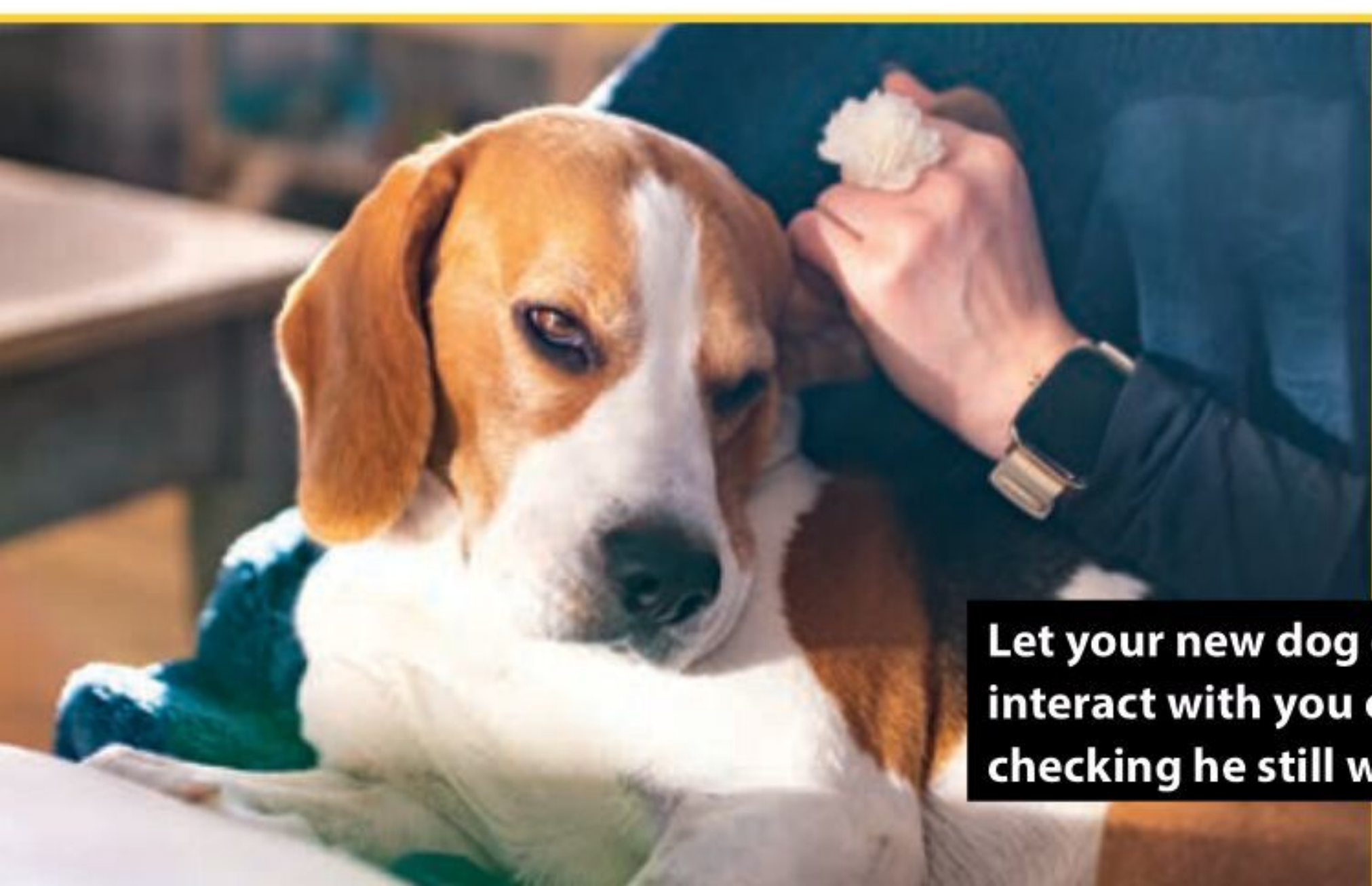


Adopting a rescue dog is the start of an unforgettable journey.

INSIDE EXPERIENCE

It is often a good plan to only allow access to a small part of the house at first. Make this an area that isn't in a main thoroughfare, where your dog can relax and have access to water. Above all, he needs time to process his surroundings and then rest and recuperate. Keep everything low-key, calm, and quiet. There will be time later to introduce him to the rest of the house, pets, and visitors.

"Keep everything low-key, calm, and quiet."



Let your new dog decide if he wants to interact with you or not. If he does, keep checking he still wants to be touched.



Be kind, patient, and give your new rescue dog plenty of time.

OTHER PETS

A common mistake is introducing your new dog to existing pets too quickly. This doesn't set anyone up for success and is too much for your new dog to cope with.

● **Dogs** — if you have an existing dog, hopefully you will have been encouraged by the rescue to allow the dogs to meet several times on neutral ground. At least then you can tell if their energies and personalities gel and you can get a sense of whether a friendship can blossom between them. If this has not been possible, keep the dogs in different parts of the house for a few days until your new dog has had time to decompress and catch up on some much-needed sleep. In the meantime, you could offer each dog the scent of the other to sniff; set up a positive association by dropping a treat on or near the scent each time he or she takes a sniff.

● **Other animals** — as well as not meeting or interacting with existing dogs for the first three days, it's best not to test your rescue with other animals either. You want time to assess his nature and reactions. The integration of all household animals may take months to achieve.

TOP TIP!

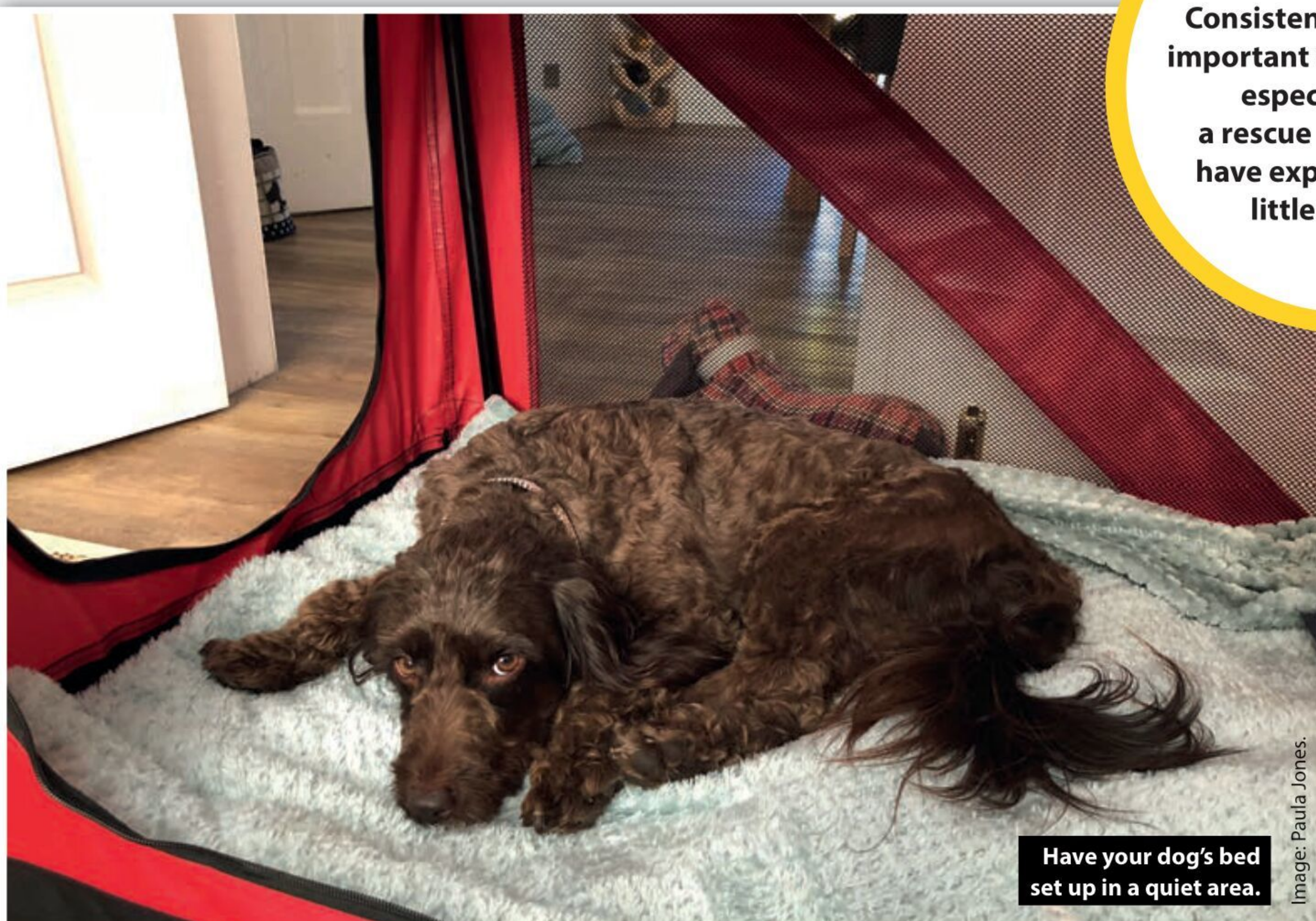
Consistency is key — it's important for any dog, but especially so for a rescue dog who may have experienced very little in his life.

SLEEP

Sleep is the most important thing in the first three days. Your rescue will be exhausted, both physically and emotionally. Sleep is as restorative for dogs as it is for humans; it boosts the immune system, which can be very suppressed through stress; helps sort through emotions; and facilitates rational thinking, all of which he will benefit from. An adult dog needs between 12 and 14 hours of sleep in a 24-hour cycle and younger dogs need even more, so make sure you enable this crucial reviving sleep to occur, and that it is undisturbed.

OBSERVE

In the first few days, it is important not to overwhelm your dog with too many experiences; instead sit back and observe. Note if he wants to engage with you; if he does in what way, and for how long? Is he ▶



Have your dog's bed set up in a quiet area.

Image: Paula Jones.

YOUR **RESCUE** DOG

Sleep and recuperation are the most important things in the first few days.

“...don't press yourself onto him or invade his space...”

eating, drinking, and toileting regularly? Does anything disturb or panic him — household noises, family members, smells? Let him come to you; don't press yourself onto him or invade his space. If he invites touch, stroke him with the back of your hand for just a few seconds and then stop and observe him again; does he walk away or nudge you for more? If he rolls on his back instantly stop touching him and move away; he could be feeling uncomfortable and adopting a submissive stance. If you continue to touch him, he may flip into defensive mode to protect himself. If you are unsure about how to read canine communication signals, learn about them before your new dog arrives. Learning just a little about the whispers of communication that occur when a dog first starts to get concerned can be enlightening, and may help avoid a dangerous situation occurring.



Observe your adopted dog and give him space.



TOP TIP!

Get as much information as you can from the rehoming centre to help prepare you for any behavioural quirks, or particular likes and dislikes, your new dog may have.



At first, your dog may feel anxious and overwhelmed.

NO WALKS

I would suggest no walks in these first few days, as it will be too much for your dog to cope with. Steer clear of high-energy games too like ball chucking as this promotes adrenaline, the very hormone you want to reduce in his system.

NO VISITORS

Likewise, avoid visitors and keep a close eye on children, ensuring they are calm and respectful. Always supervise interactions and let them know how their new dog may be feeling so they can empathise and act in an appropriate manner that keeps everyone safe.

Next issue

Introducing new sights, sounds, and environments; short, safe walks getting to know other dogs and animals — and more!

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Canine cancer

No dog owner wants to hear those words, yet what are the treatment options for patients? Vicky Payne explains.



ABOUT VICKY
Holistic vet Vicky Payne BVetMed MRCVS is based in East Sussex, and qualified from the Royal Veterinary College in 2001. She uses a range of complementary therapies alongside conventional medicine and surgery.

Every day there seem to be adverts on the TV reminding us that one in two people will get cancer in their lifetimes.

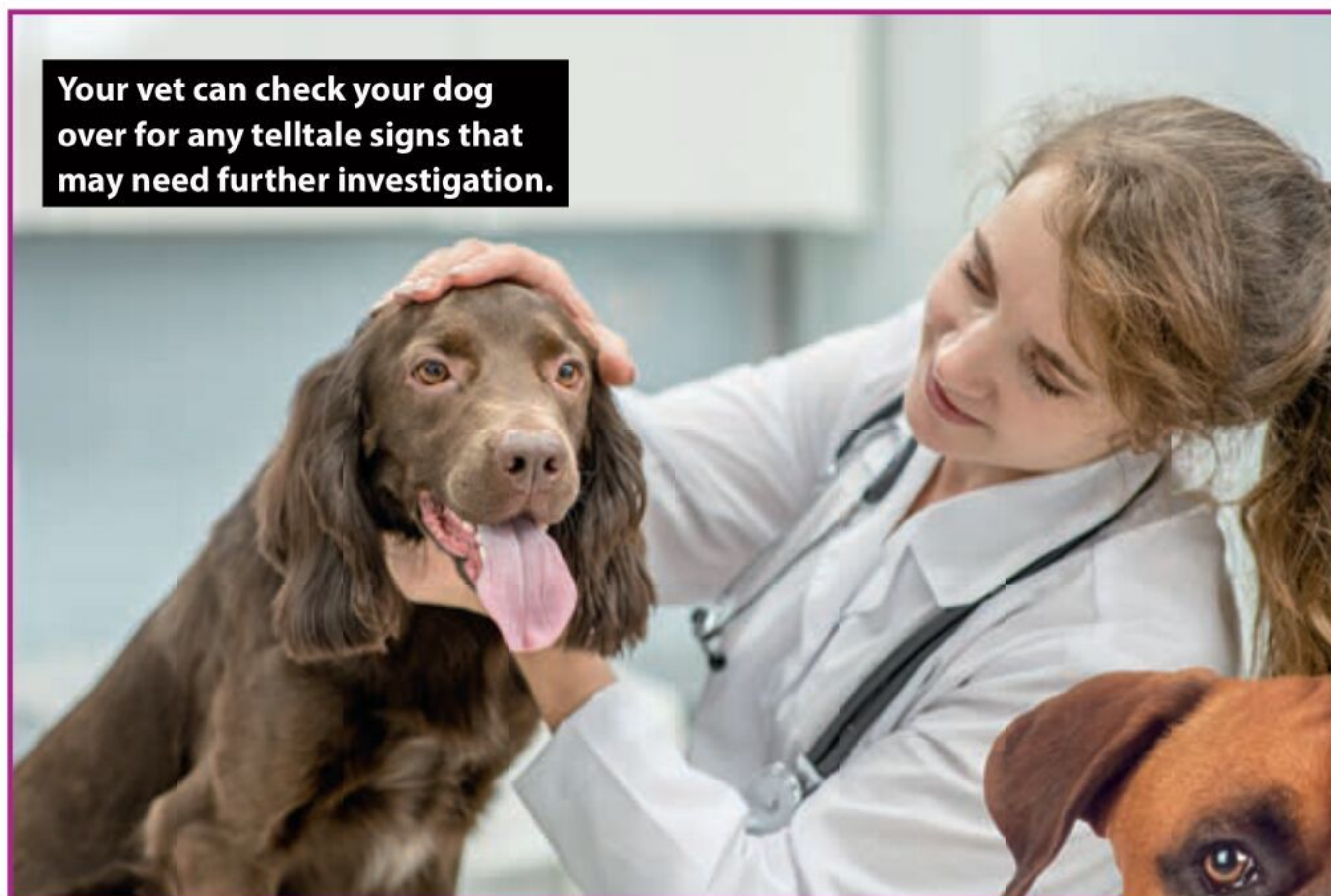
Despite vast amounts of research and fundraising, this has increased from one in three when I was a child, but this is a consequence of people living longer, and better early detection of cancers. The good news is that more people than ever before will either be cured of their cancer or be able to live with it. But what about our dogs?

Owners are always worried that lumps and mysterious symptoms in their dogs may be signs of cancer, but cancer is a less frequent diagnosis in dogs than it is in people. Accurate data on the prevalence of canine cancers seems hard to find, but it is listed as the cause of death or euthanasia in around one in four dogs.

CHECKING LUMPS

My first worried client in this diary entry came in with a young French Bulldog with a pea-sized ulcerated lump on his foreleg. My rule when faced with lumps is that they should be tested if they are over the size of a pea, or have been present for a month or more, as well as if they are painful to the dog, or rapidly changing. Unfortunately, this patient is difficult to examine so a conscious fine-needle aspirate test was out of the question. Based on the appearance of the lump and the young age of the patient, I was able to reassure the owner that this was probably a benign tumour called a histiocytoma. These tumours pose no threat to the dog's long-term health and will regress over a few months. If this lump gets bigger, then I will need to anaesthetise the dog to remove it and send samples to the lab.

The malignant big brother of the histiocytoma is the mast cell tumour (MCT), and this is never a nice diagnosis to discuss with owners. MCTs account for 7 – 21 per cent of all canine skin tumours, but can also develop in internal tissues. Any breed or cross-breed can get them, but Boxers, Labradors, Golden Retrievers and other popular breeds are more frequently affected. Grade 1 tumours can usually be removed surgically but may require large amounts of surrounding tissue to be removed. Grade 2 tumours



Your vet can check your dog over for any telltale signs that may need further investigation.

DID YOU KNOW?

Fine needle aspiration (FNA) is a simple way to investigate lumps, where the vet pops a needle into the lump to collect some cells or fluids, which can then be evaluated.

The Boxer is among the breeds more commonly affected by mast cell tumours.



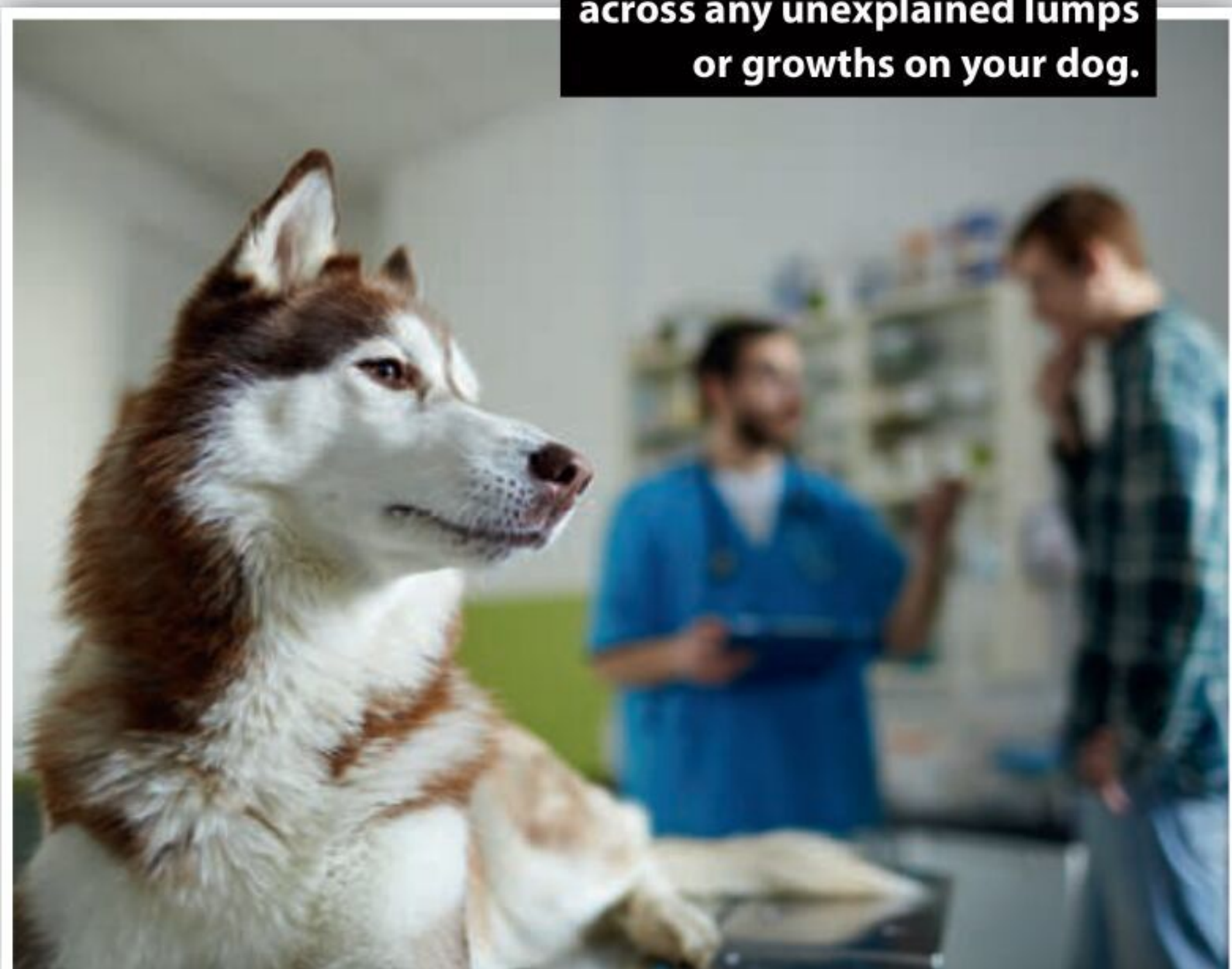


The English Springer Spaniel is in the higher-risk breed group for lymphoma.

“I was able to reassure the owner...”

are unpredictable and additional testing is advised to get a better prognosis. Grade 3 MCTs are the most aggressive and chemo or radiotherapy may be suggested to extend survival time. Recently, a new treatment has been developed for MCTs in difficult surgical positions such as on the lower limbs. An injection is given into the tumour, which then causes the tumour tissue to die. This leaves an open wound which quickly heals. So far we have used this treatment on one case and things have gone well. It isn't without risks, and multiple revisits are required, as well as drugs, to control pain and the risk of infection.

Speak to your vet if you come across any unexplained lumps or growths on your dog.



● Treatment options

● Lymphoma is another common cancer that I see in the clinic. My favourite breed, the English Springer Spaniel, is in the higher-risk group, but it can affect any breed or cross-breed. The first symptom owners notice is usually enlarged lymph nodes under the neck. Although one lymph node can be enlarged with a tooth or ear infection, multiple enlarged lymph nodes raise a suspicion of lymphoma. I am currently waiting for results from the lab on samples taken from an older cross-breed rescue dog. If he does have lymphoma, there are several treatment options to discuss. Some types of lymphoma affect dogs very slowly and he may live for 18 months or more with no treatment; other types are very aggressive and even chemotherapy won't help him live more than a few months. Yet another type of lymphoma responds well to chemotherapy, which could extend life expectancy from a few months to over 18 months. Many dog owners are reluctant to use chemotherapy as they will have seen the effects of it on their human friends and family members, but it is important to realise that chemotherapy for animals is given at much lower doses to minimise side effects. This also means we rarely cure a cancer with chemotherapy, but we can often send it into remission giving you more time with your pet.

NO MIRACLE CURE

My holistic practice gets a substantial number of enquiries from the desperate owners of dogs with cancer. Some are interested in diets to help their dogs. There is minimal evidence that a restricted carbohydrate diet can help to 'starve' cancer cells, although dogs struggling to take in enough food due to their cancer may enjoy a high fat, high protein diet. Omega 3 fatty acids from fish oil (DHA and EPA) may be helpful in some cancers due to their anti-inflammatory properties, although many commercial diets already contain enough. Antioxidants are controversial for pets undergoing cancer therapy as there is a concern that they may help protect cancer cells from radiotherapy or chemotherapy; however, supplementing with natural fruit and vegetable sources is unlikely to have a negative impact on these treatments.

There is always interest in herbal medicines to help with cancer, but I do not have the miracle cure. Various herbs have antioxidant actions, and some have been shown to inhibit the growth of cancer cell lines in laboratory tests. Some herbs can reduce the negative side effects of chemotherapy, or reduce the effects of the tumour itself, but owners should be wary of any herbal product that makes claims to prevent or cure cancer. When using herbal medicines in cancer patients, maintaining quality of life is my aim rather than trying to cure the cancer.



Arwa dreamed of being reunited with Jacko — and eventually her dream came true.



Jacko still remembered some of the tricks Arwa had taught him as a puppy.

“HE SAT DOWN AT MY SIDE AND HASN’T LEFT ME SINCE...”

When the war in Syria ripped their world apart, Arwa Omaren thought she would never see her beloved dog, Jacko, again. But sometimes the unexpected happens. **Sue Corfield** reports.

As a refugee without any financial backing, Arwa’s dreams of getting her dog to the UK seemed unlikely to be fulfilled.

But then War Paws — a charity that helps reunite soldiers with dogs they rescue overseas — got involved, and three years later, Jacko, a five-year-old Golden Retriever, has been reunited with Arwa.

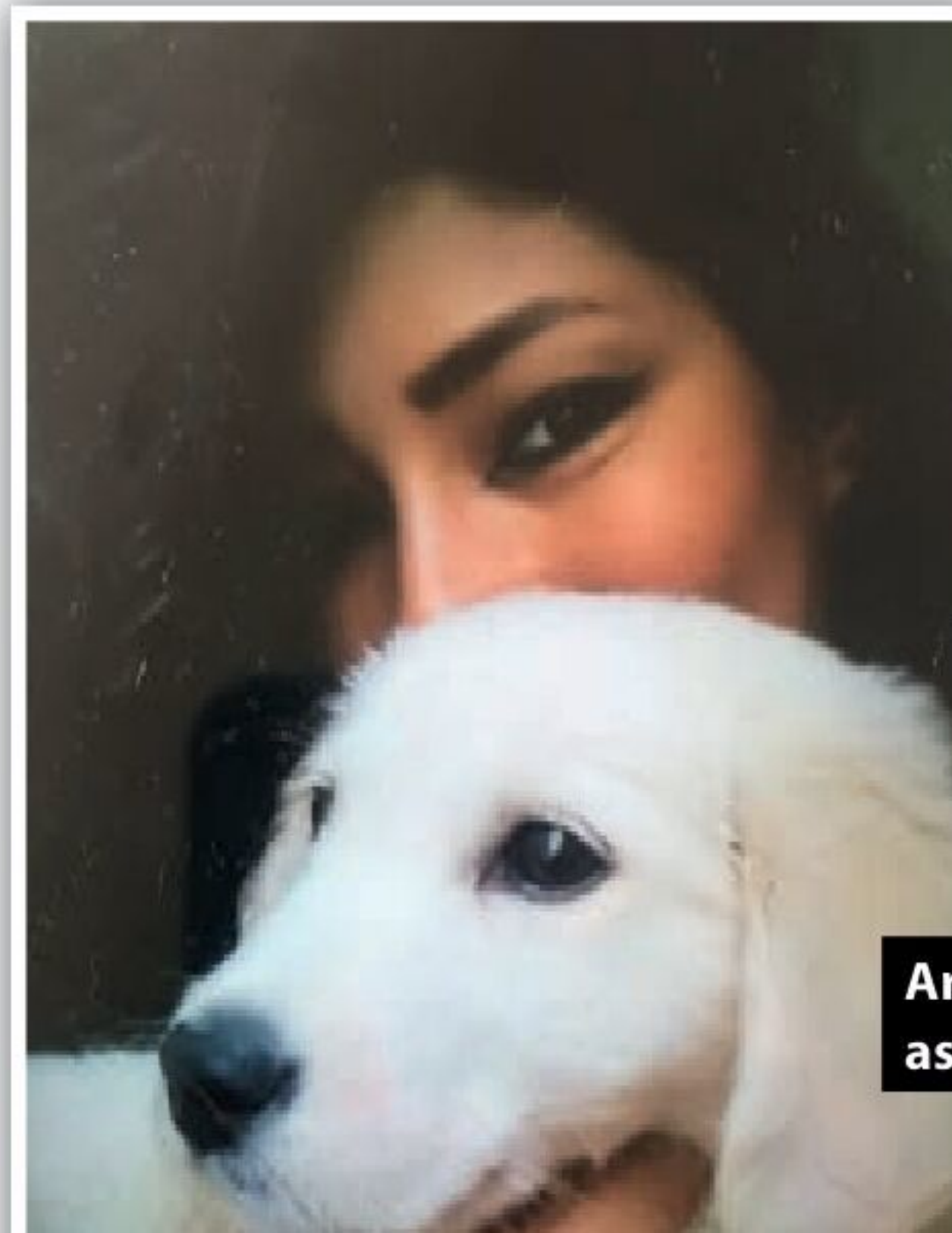
And this is, in part, thanks to the kindness of Your Dog’s readers who donated towards the cost of his passage to the UK.

Readers may recall the article on War Paws featured in the April 2021

issue of Your Dog, which highlighted the plight of refugee Arwa and Jacko, the dog she had to leave behind when she left her war-torn country.

Thirty-five-year-old Arwa had studied to become an actress in Damascus, but the war brought her career to an abrupt end, and her life was turned upside down.

Arwa had to leave Syria when her home was bombed. She went with other refugees to Lebanon, leaving Jacko behind with her family. Arwa endured a dreadful journey and experienced the treachery of people smugglers



Arwa with Jacko as a puppy.

before finally reaching the UK and claiming asylum.

After her family headed to Turkey, War Paws found temporary shelter for Jacko with an animal rescue in Lebanon while his vaccinations and travel arrangements were made, and War Paws fundraised to cover these costs.

A NEW START FOR ARWA

Arwa has been getting her life back on track in the UK. She is living in London, speaks excellent English, and has been doing work experience in a dental clinic and is hoping to qualify and work there.

She was lonely and desperate for Jacko to join her in the UK. Louise Hastie, who heads War Paws, fundraised tirelessly to help cover Jacko's kennelling, veterinary treatment, and travel, which amounted to around £3,000.

She said: "Jacko was taken to Beirut to one of our rescue partners — Beirut for the Ethical Treatment of Animals. At least we knew he would be safe and cared for there while we arranged for all of his vaccinations and castration.

"We had five other dogs also coming over and two friends to escort them.

"They flew into France and then the Dogbus charity collected them and brought them overland to Many Tears Animal Rescue in Wales."

Arwa then drove from London to collect Jacko and take him back to her home in Ealing.

"I was so excited on the journey, but also a little anxious as we had been separated for so long. I was worried he might not remember me," Arwa explained.

Her concerns were groundless, as Jacko was clearly delighted to see her and even remembered some of the tricks she had taught him as a puppy. It was an emotional reunion.

"It was the happiest day ever for me. He was really excited to see me and brought his ball over to me, and then he calmed right down and sat down at my side and hasn't left me since," Arwa recalled.

It was a very difficult separation for both of them. "I felt so guilty for leaving him and never gave up hope that one day we would be reunited. He is like my child and I couldn't imagine life without him."

JACKO'S LONG JOURNEY

Life was hard for Jacko when Arwa left. Initially in Syria, her family kept him safe but that involved keeping him inside for over eight months, as the government was putting poison down in the area to get rid of stray dogs who were eating human remains.

Although life improved for him once he reached Beirut, he was then in the rescue kennels with other anxious and stressed dogs. The COVID-19 pandemic meant that it took a lot longer for Jacko to continue his journey on to the UK because so many flights were cancelled. His transportation was booked and cancelled on several occasions. This was a roller-coaster ride for Arwa, whose hopes would soar only to be dashed when the flights were cancelled.

So many of her hopes for a new life were invested in being reunited with Jacko. She said: "In Syria before the war, I had a great career ahead of me as an actress. Now, in the UK, I have had to start over, which is

fine, but with the refugee applications and the journey over here, it has been a traumatic time, and I felt with Jacko coming over I would have some part of my life back. That was definitely the case. I am exhilarated to have him back in my life. I have a garden here in Ealing and we have parks on our doorstep. I have established a walking routine with him and I get to meet and speak to lots of other dog owners; he is a great ice-breaker!

"He has settled so well into his new life here. He is really good off the lead and very friendly, but he is also smart and clever and understands so much. I talk to him all the time and my life has improved so much now that he is here with me. I am so grateful to Louise and War Paws and to everyone who donated to help bring him over to the UK."



Arwa couldn't imagine life without Jacko.

War Paws brings hope in the form of food and veterinary care to many unwanted and forgotten Iraqi and Syrian dogs (and cats) who suffer injury, starvation, and fear on a daily basis.

In July 2016 War Paws obtained official UK charity status. Since then it has grown steadily and has gone from rescuing just a couple of dogs a year to rescuing multiple dogs.

The charity now has a permanent shelter, and provides a lifeline to animals in need, together with a rehoming service. It also partners Iraq's first ever, purpose-built shelter.

● To find out more, visit warpaws.org

● You can follow Arwa's journey on YouTube at https://youtu.be/VNN_yRUAXxM

The film is part of the Syrian Voices project, supported by The Oxford Research Centre in the Humanities (TORCH). This new community history and documentary film project focuses on the Syrian crisis from the unique perspectives of refugees now settled in the UK.



The pair are enjoying life in Ealing and have parks on their doorstep.

10 training PITFALLS...

And how to avoid them

Nobody said training your dog was going to be plain sailing — and we all make mistakes sometimes. Top trainer and behaviourist **Jackie Drakeford** looks at some of the most common errors.

The basics of training are straightforward — know what you want, make it clear to your dog what that is, make it worth his while to do it, and proof the successful result with rewards.

But, as ever, the devil is in the detail. Different dogs, categorised by breed type, individual character, and life experience, need training that matches their specific nature, and what works for one may leave you wrong-footed by another's lack of engagement.

Some dogs love to learn new skills, and your time together is blessed with 'What are WE going to do next?' Others prefer only to obey when they can see a clear advantage to doing what you want, and their mantra is: 'What's in it for me?' Although you can train most dogs to do most things, you cannot train an attitude that isn't already part of the individual breed type or mix. You could well create resentment and disengagement if you push a dog too hard to do something that goes totally against his genetic programming. So, let's have a look at some common stumbling blocks.



Some dogs love to learn new skills.

1 MAKE YOUR REWARDS REWARDING!

Not all dogs are motivated by food (yes, really!); some prefer a game, a retrieve, or a good snuggle, while others are indifferent or positively horrified at the suggestion of anything but the subtlest control. Many dogs would rather down tools than do something they wouldn't normally choose to do, for a human who offers rewards they don't enjoy, which by definition aren't rewards at all! For those who are unenthusiastic about food, sometimes a really delicious treat will cut the mustard, but more often a game of tug or chase will be much more appealing. Others will work their hearts out for anything edible, however dull. Find out what makes your dog's heart sing.

Discover which rewards work for your dog.



Be realistic about your dog's ability to ignore distractions such as other dogs.

2 Environment

Are there lots of distractions such as other dogs, wildlife, exciting scents, uncomfortable weather, noise? There comes a time to 'proof' training in a variety of different and more testing circumstances, but don't expect PhD responses from a kindergarten dog. Move up the levels of challenge subtly, and secure each level in your dog's mind before you trade up. Never get so fixated on 'doing training' that you override common sense if a situation unfolds that could cause your dog to respond in a way that may undo the trust between you. If, for instance, an unruly off-lead dog is

running at yours, don't try to make your dog sit and watch you, because that puts him at risk. Instead, be proactive and take control of the situation before it escalates. Step in front of your dog so that he is on the furthest side of you away from the other dog, and move to increase the distance between the dog and you, using your body to block its approach. It is permissible to use a firm 'voice of doom' to tell the other dog to back off, as long as you will not spook yours by doing so.

Your own dog will be so appreciative of you taking charge in a positive manner, and will soon be happy to let you deal with such situations.

3 MISTAKES

We all make them! It's so easy to ask too much, too soon, especially by asking for one more repeat of an exercise when the dog has had enough. The solution here is to step back to an earlier exercise that the dog can do easily and willingly, reward lavishly, then stop so you can finish the session on a successful note. Remember, there will always be another day.



When things go wrong, go back to practising something your dog can do easily and willingly.



Hand signals are often effective.

4 Don't blether

Give the precise command once, a hand signal if you use them, then be quiet. It's nice to chat with our dogs, but when training, cut the cackle. Body language works well with dogs, and they use it all the time with each other. A change in your posture and facial expression will tell them a lot more than a torrent of words.

Let your dog run off any early excitement.



5 CAPTURE THE MOOD

If your dog is being skittish, do some running around exercises with him first, such as fetch, recall, or 'Find it' until he has run off his early excitement and is ready to settle into more controlled work. If he takes a while to warm up into training mode, concentrate on more static exercises such as stay and wait. Never confuse these two: stay means 'remain where you are — I will come back to you' while wait means 'another command is coming'.

6 KNOW WHAT YOU CAN'T TRAIN

Nobody can make a dog 'be friends with' another dog, eat what he doesn't enjoy, or be affectionate with people he doesn't trust. Accepting his viewpoint, no matter what other people say he should be doing, will secure his confidence in you. After all, we don't like everyone we meet or eat food we dislike either.

7 Train the dog in front of you

Not an 'ideal world' dog, any of your previous dogs, or a dog belonging to someone else. What one dog has off pat at six months of age might take another much longer to master. Every dog is different, but all dogs will communicate with us if we only stop and listen to them. If something isn't working, find out why. I once saw someone attempting to make her dog sit in a patch of nettles, and recollect another who hadn't noticed that her dog was standing in a puddle.

"I once saw someone attempting to make her dog sit in a patch of nettles, and recollect another who hadn't noticed that her dog was standing in a puddle."

8 MATCH YOUR DOG'S TRAINING TO YOUR OWN REQUIREMENTS

If you like him to walk a little in front of you so you can watch his take on the world, or behind you so you don't fall over him if he stops suddenly, rather than to field-trial competition heel standards, that's perfectly fine. Coming straight back to you is what you need for recall; he doesn't have to do an obedience competition style finish, unless of course that is your aim. If he pulls like a freight train when on-lead, or runs away directly you take the lead off, that isn't acceptable, and so needs work.



Don't be surprised if your terrier starts digging a hole.

9 Know when to train and when to manage

Training is never 100 per cent although it can come very close, but management always works. Put the lead on him, shut the door, bolt the gate. Avoid risking foreseeable accidents and be proactive rather than reactive. Be aware of breed traits. Even if your dog is a non-working pet, sometimes temptation touches base with genetics and something that shouldn't have happened does. There is no shame in avoiding potentially dodgy situations. Dogs will always be dogs, no matter what or how well we have trained them to do or not do something, and the call of powerful inborn urges can unravel the best training. Keep terriers away from holes in the ground, herding breeds away from groups of animals, poultry, and children, gundogs away from gamebirds, and sight hounds away from wildlife. Avoid being that person who says, in the wake of a horrible mishap: "He's never done that before." So often the combined pressures of working instinct, circumstance, and the presence of another dog or dogs creates a maelstrom of temptation that shows beyond doubt that even the best training is not always certain proof against an unwanted incident.



Older dogs may develop problems with sight and hearing.

10 CONSIDER PHYSICAL AND MENTAL CIRCUMSTANCES

These manifest at different times in a dog's life. Adolescent dogs, like adolescent people, have their minds all over the place, and with many, it's best to 'tread water' in training until they have evolved into a more cooperative mindset. This is a true, unavoidable developmental phase, and cannot be rushed.

Very young puppies have the concentration span of gnats, and so this is a time for bonding, and establishing your role as a 'safe place' rather than formal training.

Bitches who are close to coming into season as well as actually being in season, or undergoing the

subsequent false pregnancy, are all hormones and attitude, and with most, this is no time for learning new skills.

Male dogs, whether castrated or not, have their minds on natural desires when in the proximity of in-season bitches or their beguiling scent, even if they don't have a clue what it is all about.

Elderly dogs can suffer from mental changes, ranging from gentle battiness to full-blown dementia, plus may well suffer from physical aches and pains which make some exercises very uncomfortable. Additionally, they may develop issues with sight and hearing, which many can hide so well that it takes owners quite some time to appreciate the extent of their sensory deterioration. And certain extreme breeds, whose appearance has resulted in unnatural shapes or restricted breathing, will find some exercises difficult, uncomfortable, or almost impossible.

Enjoy your training!



There will be good days...

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HOLIDAYS WITH A DIFFERENCE

If you're looking for somewhere a little different to stay with your dog in 2022, then look no further! We've put together a guide to some of the UK's more unusual dog-friendly accommodation, from cottages to hotels and beyond...



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**CRAIG Y NOS CASTLE,
BRECON BEACONS**

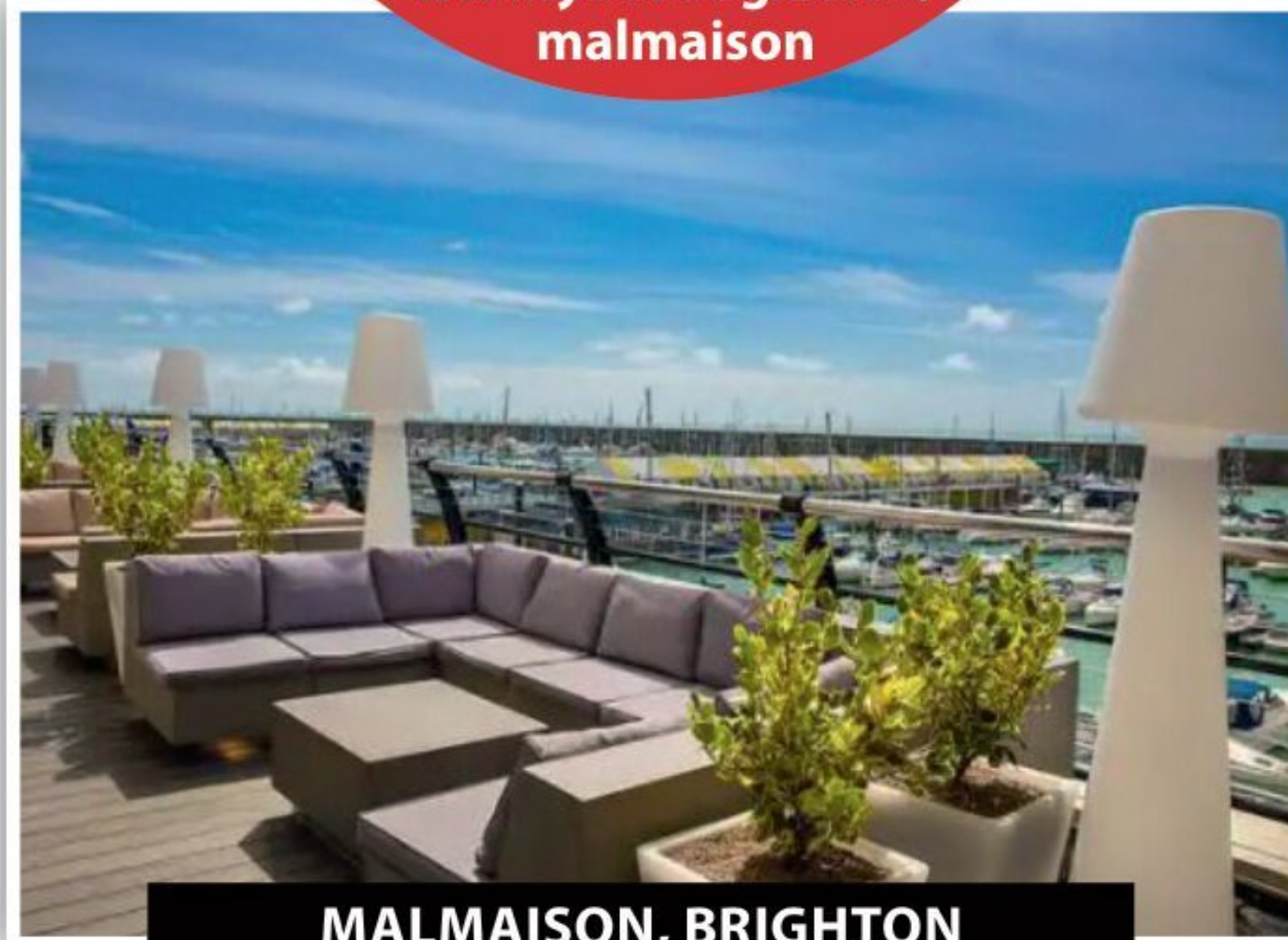
For a luxury stay with your dog, look no further than this stunning Welsh castle. Located between Brecon and Swansea in South Wales, Craig Y Nos Castle offers a truly dog-friendly experience, with dogs allowed everywhere on site, including in the bar for drinks and food, and in a variety of dog-friendly rooms.

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MALMAISON, BRIGHTON

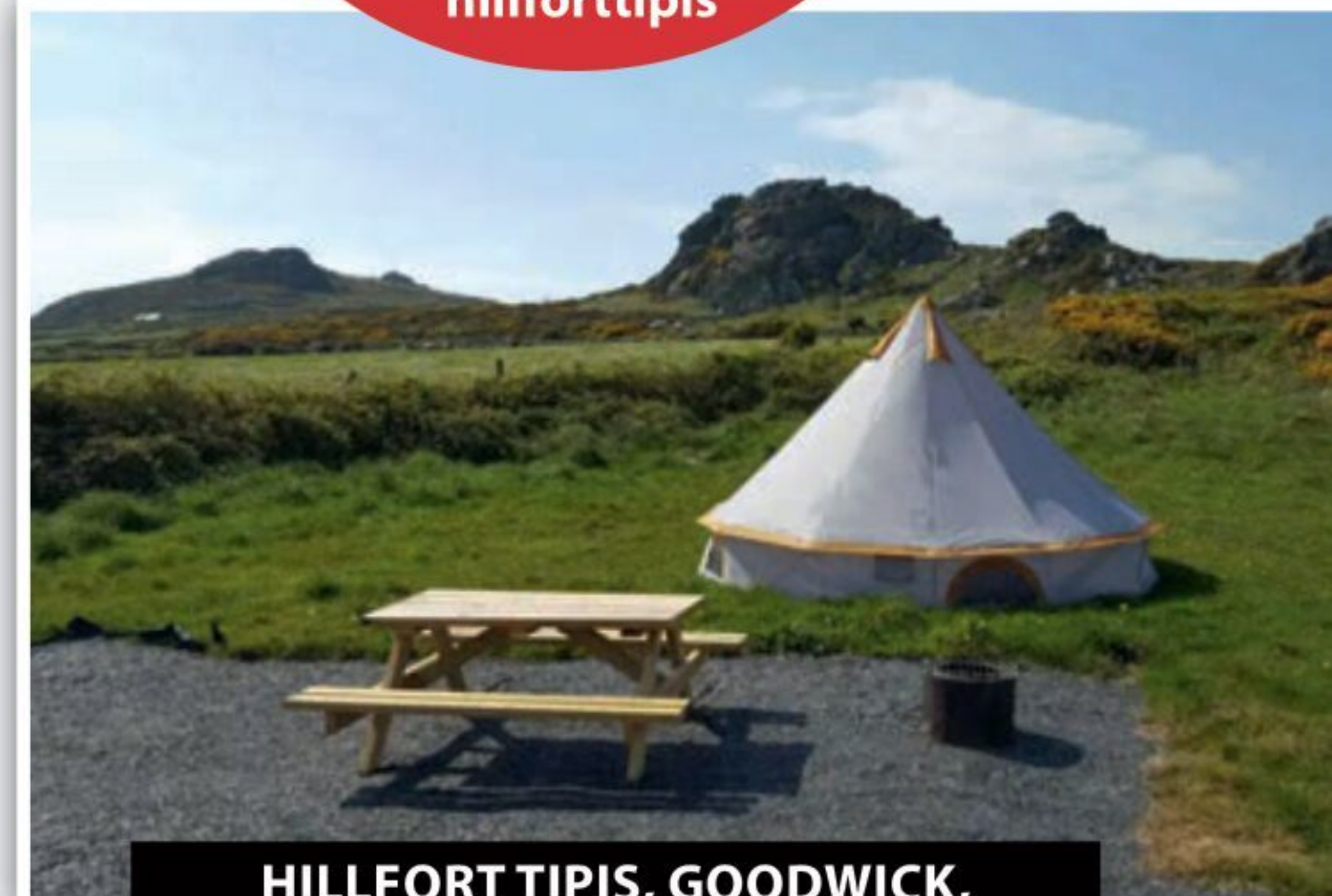
If you enjoy being on the seafront, a hotel right on Brighton's marina might be the perfect choice. The four-star Malmaison has a dog-friendly bar and lounge area and there are many stunning walks into Brighton, Rottingdean, The South Downs, or around the marina.

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**HILLFORT TIPIS, GOODWICK,
PEMBROKESHIRE**

Hillfort's family and dog-friendly site offers yurts discreetly sited below the spectacular outcrop of Garn Fawr in the Pembrokeshire countryside. Each yurt has its own camp fire, and there is plenty of fresh milk, eggs, local smoked fish, and meat available on request.

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free (usually £20). Find
out more at
[www.yourdog.co.uk/
theGlobe](http://www.yourdog.co.uk/theGlobe)

THE GLOBE, WARWICK

Show buffs will love staying in a former theatre! In the early 1800s, this Grade II listed building became a theatre, hosting pantomimes and plays, and until the 1960s was accessible via an iron bridge spanning a ravine-like street called The Holloway.



Don't forget your map.

TOP TIP!

Unsure what to wear and take with you on a hike? The GetOutside website (see right) has lots of tips and advice.

STAY SAFE!

Part TWO

A nice walk with your dog — the perfect way to get some fresh air, stretch your legs, and spend time bonding and enjoying each other's company. What could possibly go wrong, asks Karen Bush?

KNOW THE AREA

If you're exploring a new area, study maps and use the internet to research it, and take local advice about any potential hazards. Look for short cuts you can take along the way should you get tired or the weather starts to close in.

PAPER MAP OR GPS?

Both! GPS devices and map apps you can download to your smartphone will help you plan and navigate your route, but take a paper map as back-up in case your expensive technology gets lost, damaged, runs out of power, or fails for some reason. The most helpful maps are the OS Explorer series: visit getoutside.ordnancesurvey.co.uk/guides for paper maps, map apps, advice on choosing GPS devices, and map-reading tips.

WATCH THE WEATHER

Even if the weather looks lovely, check local weather forecasts before setting out; in some areas conditions change rapidly, so keep an eye on the sky. If necessary, alter your plans and head home via a shorter, quicker route.

Find local forecasts, warnings, and also tide times at www.metoffice.gov.uk You can download the Met Office weather app to your mobile, so there's no excuse for getting caught out!

AVOID DANGEROUS FEATURES...

...AND WHERE YOU CAN'T, BE CAUTIOUS

● **CLIFF EDGES:** Keep away from the edge, and keep your dog on a lead; many fall over, not realising there's a sheer drop. The foot of cliffs can be as perilous as the tops; rockfalls, ranging from a few small rocks tumbling down to substantial cliff collapses, can happen without warning. Advice from HM Coastguard is to keep the same distance away from the base as the height of the cliff.

● **MOD LAND:** Keep your dog under close control when walking on MOD sites. Public rights of way are closed sometimes when military exercises are taking place; if you see a red flag or light do not attempt to enter. If you have a noise-sensitive dog you might also decide to walk elsewhere, well out of earshot at times when firing will be taking place. Find out where and when at www.gov.uk/guidance/public-access-to-military-areas

● **LEVEL CROSSINGS:** Put your dog on the lead and always obey signs and instructions

Keep a close eye on your dog on the beach; putting him on a lead might be a good idea if he's a serial scavenger.



Keep your dog on a lead on cliff-top walks.

Beaches

Even a relaxing stroll along the beach can have its hazards. Keep an eye on your dog to prevent him scoffing things he shouldn't, whether rotting fish, fatbergs, or other nasties that may wash up. Sometimes jellyfish get stranded and even if they look dead, can still sting, so if you spot one, put your dog on the lead. If he does get stung, thoroughly rinse the area with seawater to remove stingers; prevent him licking at sore areas and seek veterinary advice.

A paddle's OK but discourage your dog from going too far into the sea.



Water

Water, in one form or another, is one of the most common hazards you're likely to meet on a walk.

HEAVY RAIN:

Driving rain can cause poor visibility, and intense rainfall can lead to flash floods. Keep out of dry streambeds and gullies, and don't attempt to wade across streams swollen by flood water, even if they look shallow. The flow can be strong enough to knock you both off your feet, ►

and you might be hit by debris carried on or below the surface. Detour to find a safe crossing instead.

TIDES:

Getting cut off by the tide accounts for a significant number of RNLi rescues each year. Tide times and heights vary throughout the month — a beach clear at 5pm one day might be covered at the same time the following day. Don't get caught out; always check before setting off and keep an eye on your watch so you don't stay out too long.

BLUE-GREEN ALGAE:

Blue-green algae may form in ponds, lakes, reservoirs, estuaries, and slow-moving streams during warm weather. It can contain harmful, possibly life-threatening, toxins so don't allow your dog to swim, paddle, or drink from any body of water you suspect is contaminated with it. If you think he's been poisoned by it, seek veterinary attention as quickly as possible.

CANALS:

Canals can be popular walking spots, but keep your dog on a lead if he's likely to jump into the water. Apart from risking injury from passing water traffic, he'll be unable to get out again up the sheer sides. A wet dog is heavy and awkward to pull out and it may be hard to reach him safely. It can be especially difficult and dangerous to get dogs out of locks, so practise prevention!

RIP CURRENTS:

Playing in the sea can have dangers too. If it's calm, allow your dog to paddle, provided he'll come back to you when called, and discourage him from going too far in. Rip currents can happen in calm water and be difficult to spot, carrying even strong swimmers out to sea. If your dog gets into difficulties never enter the water after him as you could get into trouble too; dial 999 and ask for the coastguard.

Watch out for blue-green algae.



TOP TIP!

Make sure you're both properly suited and booted in the winter months; some dogs may appreciate a jacket.

Foggy conditions make you less visible, so invest in some high-vis gear for you and your dog.

EXTREME WEATHER

● **SNOW:** Romping in the snow can be fun, but if there's a good covering can be tiring to walk through and lead to sprains and strains. Tread carefully as it can conceal uneven ground, and in urban areas it's easy to misstep when pavement kerbs aren't quite where you thought they were.

If snow starts falling heavily while you're out, head home; tracks quickly become covered and it's easy to get turned around, even on familiar walks. Snow can be disorientating for your dog too; pop him on the lead so he doesn't become separated from you and get lost.

● **ICE:** Slippery icy patches aren't always easy to spot, so walk slowly, encouraging your dog to do the same on a slack lead so you don't interfere with each other's balance.

Avoid frozen ponds and rivers; slipping on icy surfaces can cause strains, joint injuries, and falls, and the ice may give way. Every year there's another tragic story of someone dying trying to rescue a dog who has gone through thin ice; take no chances and keep him on a lead near frozen bodies of water.

● **FOG:** Think twice about going out in fog; it can make you miss paths and landmarks, muffles sound, and makes you less visible to others. If you're out and fog closes in, keep your dog on the lead and head home or somewhere close where it's safe to stay until it clears. In isolated spots with dangers such as cliff edges nearby, it may be best to stay put rather than risk stumbling into danger.

● **HIGH WINDS:** Walking on windy days can be exhilarating — up to a point. Gusting winds can push you off balance, be hard work to walk



Romping in the snow can be fun, but watch where you tread.

against, and there may be danger from falling tree branches and debris blowing around. Wind chill (where it feels colder than the actual air temperature) makes it difficult for you and your dog to stay warm, even more so on damp or cold, wet days.

● **THUNDER AND LIGHTNING:** Thunder is always accompanied by lightning; if you hear a rumble put your dog on the lead so he can't bolt if he becomes scared. Find shelter, preferably a fully enclosed, four-sided building (or your car, avoiding contact with metal panels), remaining there until 30 minutes after the last thunderclap. If you get caught in the open, keep away from water, telephone and power lines, and metal objects that conduct electricity such as wire fencing, and move to low ground. Squat close to the ground, but don't lie down; touch as little of it as possible with your body.

● **HOT WEATHER:** During the summer avoid walking your dog between 8am and 8pm when the heat is at its peak. Up to 16 – 19°C it's generally fine to go out (although keep a careful eye on overweight, large, or short-nosed breeds), but once temperatures hit 20°C he can be at risk of heatstroke on walks.

Soothe your dog's sensitive tummy

Any change, such as new home or new food, can cause your pup to have a funny tummy. With **Beaphar IntestoPro**, soothe even the most sensitive tummies, simply. Suitable from 4 weeks of age and over 1kg, this easy-to-use paste restores normal bowel movements, so that they can get back to being the bouncy pup that they are.



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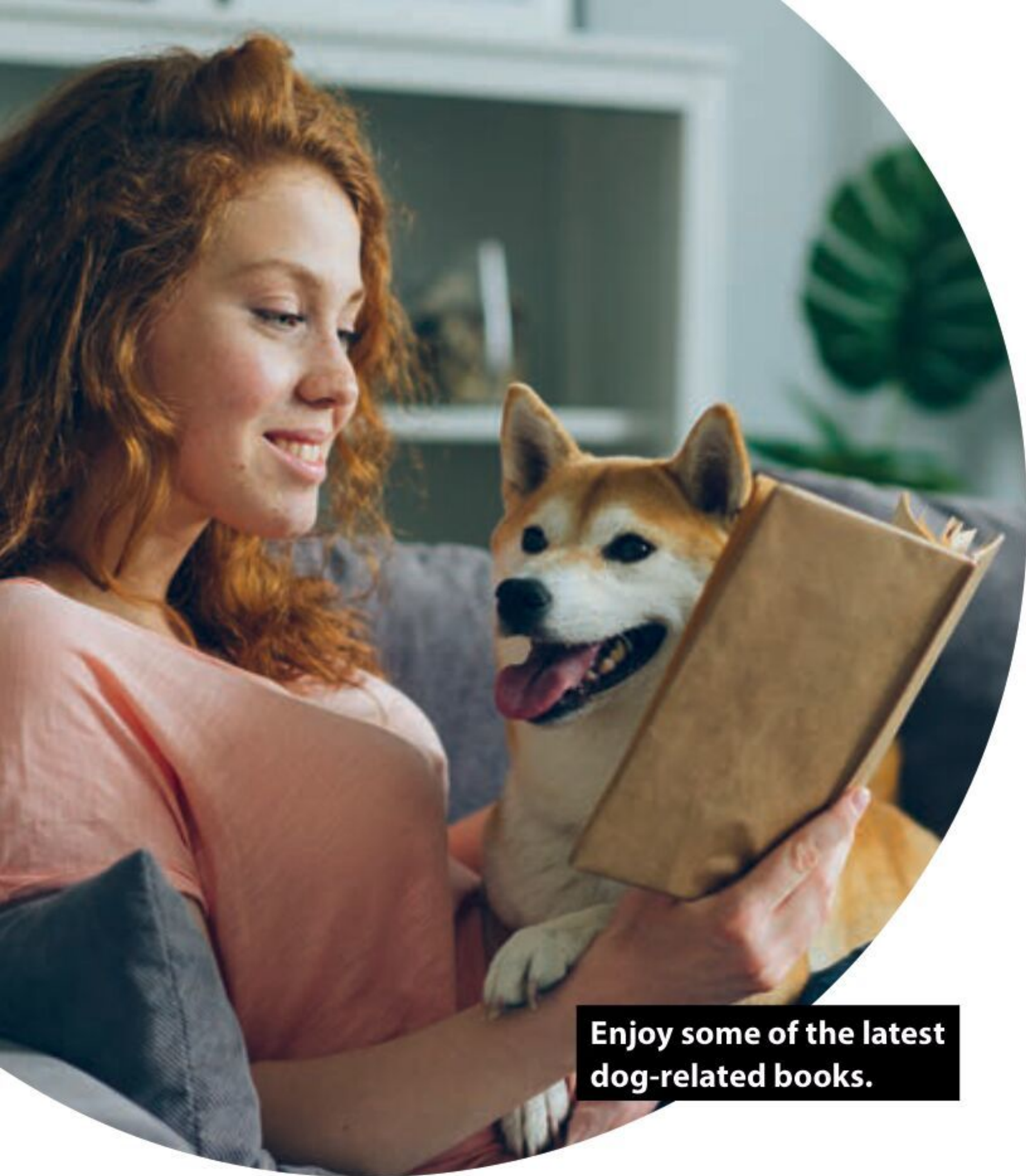
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Our Defaqto 5 Star Rating applies to Lifetime Gold Pet Insurance policies.

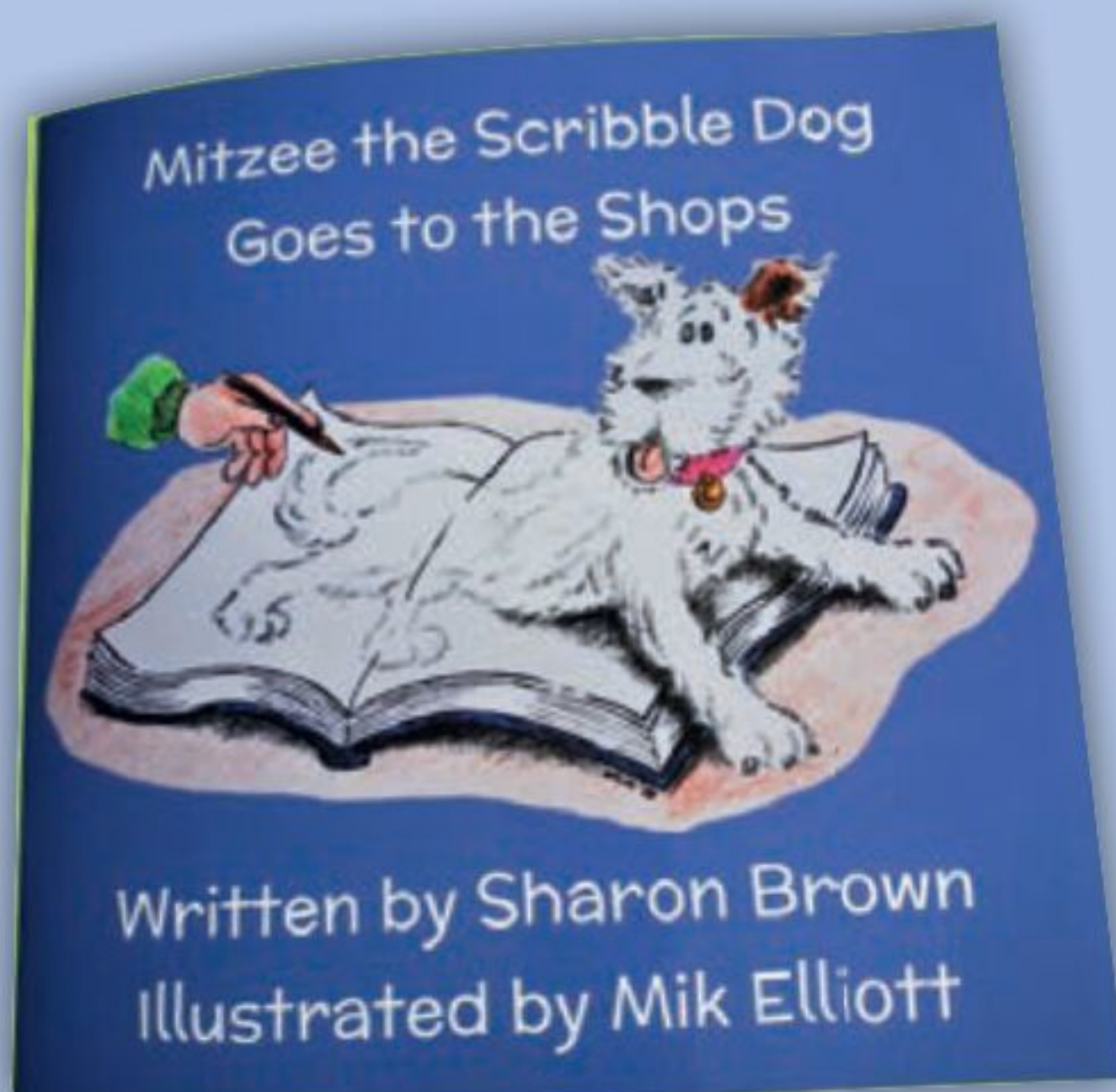


Enjoy some of the latest dog-related books.

A GOOD READ

Winter evenings are perfect for curling up with a book. Check out these new releases.

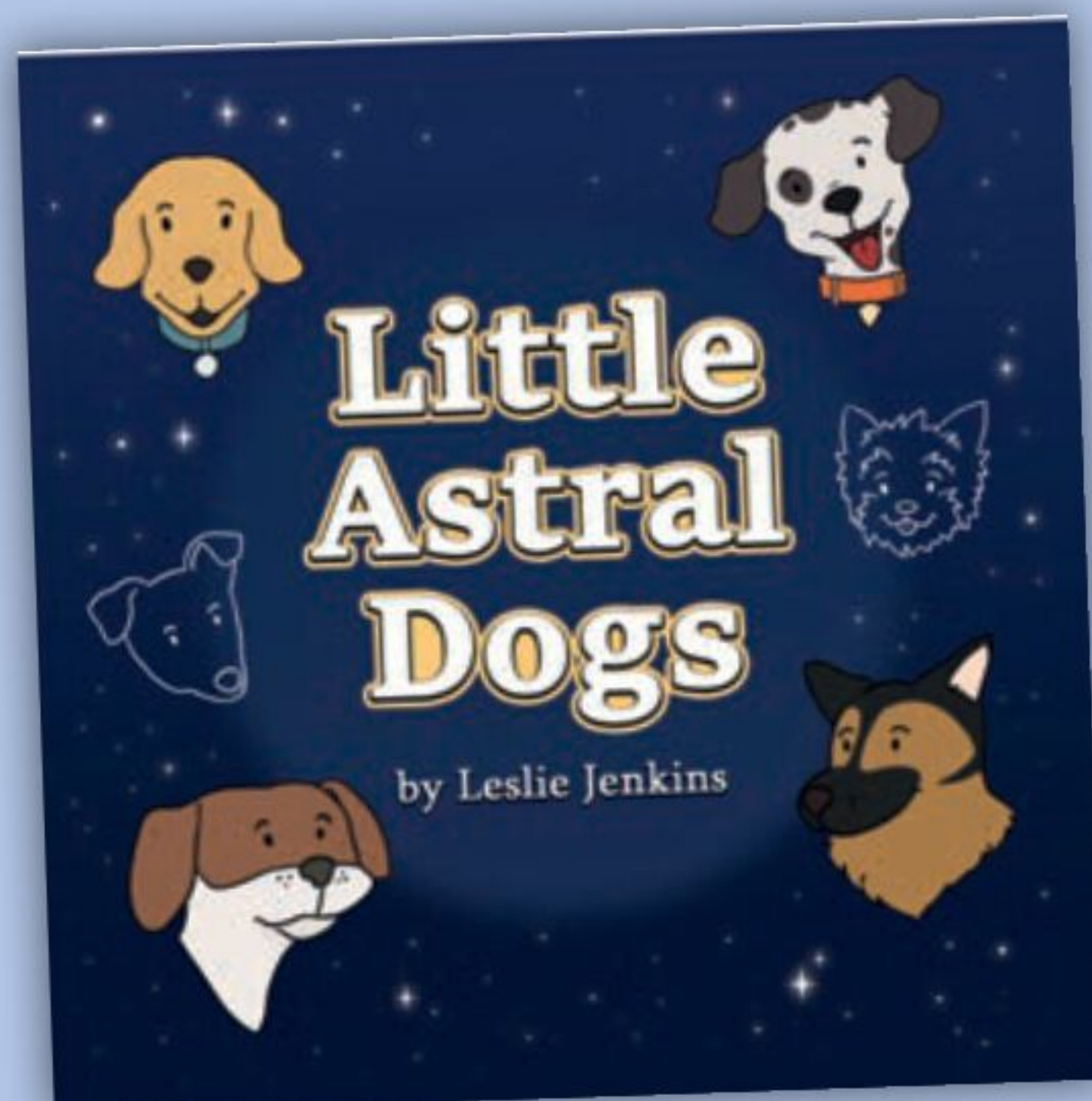
CHILDREN'S CORNER



MITZEE THE SCRIBBLE DOG GOES TO THE SHOPS BY SHARON BROWN, ILLUSTRATED BY MIK ELLIOTT.

Adults will enjoy reading this short story to very young children, while slightly older children will be able to read the text for themselves. Based on the author's own dog Mitzee, this self-published story follows the adventures of a lively little dog who comes to life through the pages of a young girl's scribbled artwork. It will certainly fire the imagination and encourage children to draw. Beautifully illustrated with coloured drawings and large print.

- **Price: £5.99 plus £2 p&p (£1 from each book sold goes to Dogs Trust).**
- **Available from: email sharonbrown200@btinternet.com or text 07941 491470.**



LITTLE ASTRAL DOGS BY LESLIE JENKINS, ILLUSTRATED BY JEANELLE TABARANZA. PUBLISHED BY BLOSSOM SPRING PUBLISHING.

This is a beautifully illustrated little book of rhymes, describing the adventures of several very different dogs. It also includes a rather lovely poem called 'Doggies in the Sky', inspired by the loss of Judy, the author's much-loved childhood pet.

Judy's story is recounted in more detail at the end of the book, and together with the poems, makes this a sweet little book that will be a favourite with adults and children.

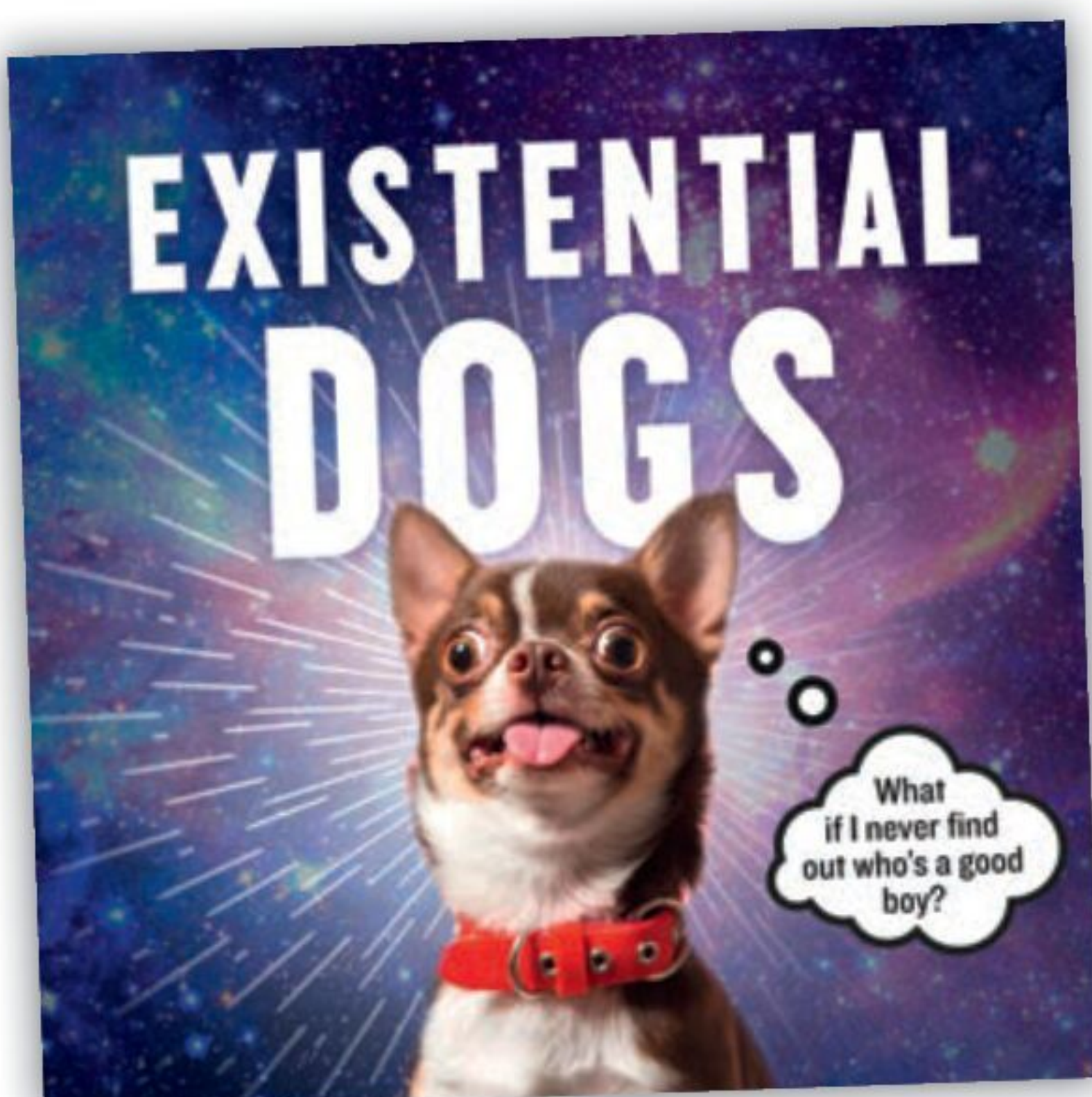
- **Price: £5.25.**
- **Available from: All major book shops, and online.**



MORE SAUSAGES: EVERY DOG'S DREAM BY ARABELLA BUMFUZZLE, ILLUSTRATED BY MARZENA MILOWSKA. PUBLISHED BY BUMFUZZLE BOOKS.

Rescue dogs go through a whole range of experiences as they wait to find their forever homes, and this children's story explores their feelings in a fun and informative way. The author (with the unforgettable pseudonym of Arabella Bumfuzzle!) spent many years volunteering at a rescue centre and her experiences inspired her to create Carter, a dog who finds himself in a shelter. The book follows his escapades as he plans his escape and eventually finds a new home. Suitable for children aged 6 – 9 years.

- **Price: £7.99.**
- **Available from: Online; a portion of all sales go to Blue Cross.**



EXISTENTIAL DOGS

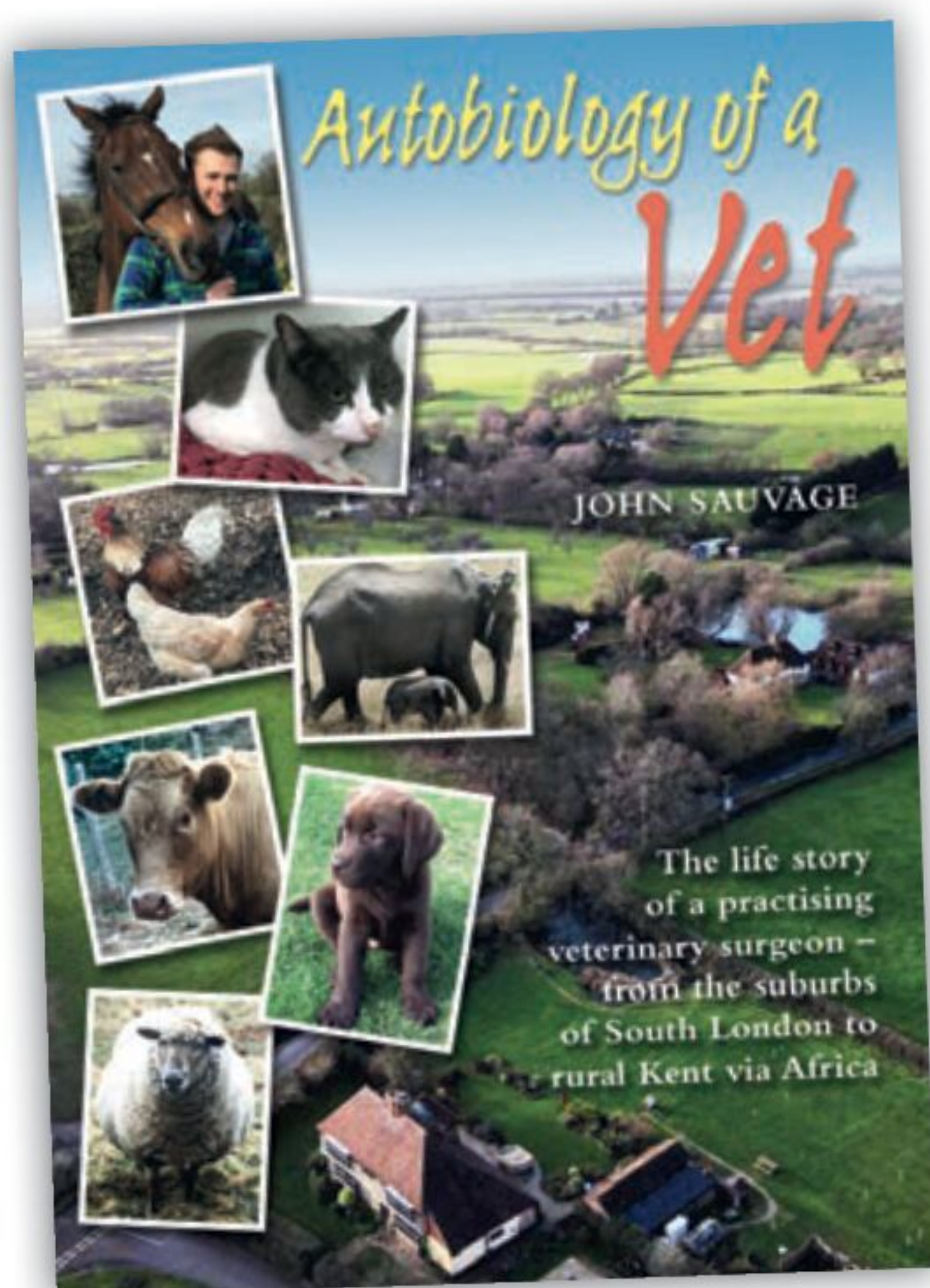
BY PESALA BANDARA. PUBLISHED BY HARPER COLLINS.

This is a funny, charming book that is perfect for dipping in and out of whenever you feel the need for a dose of mood-lifting canine philosophy. Filled with beautiful photographs of a wide range of breeds, its captions ponder the big questions in

life. Some of this existential angst will make you smile, some will make you laugh out loud, and some will provide food for thought and the potential for great conversations. There are certainly topics that every dog lover will identify with, such as

the Labrador asking: 'Is it better to have eaten something and thrown it up, and then eaten it again, than never to have eaten it at all?'

- **Price: £7.32 hardback.**
- **Available from: Major book shops, and online.**



INSPIRATION AND ADVENTURE

AUTOBIOLOGY OF A VET
BY JOHN SAUVAGE.
PUBLISHED BY GB PUBLISHING.

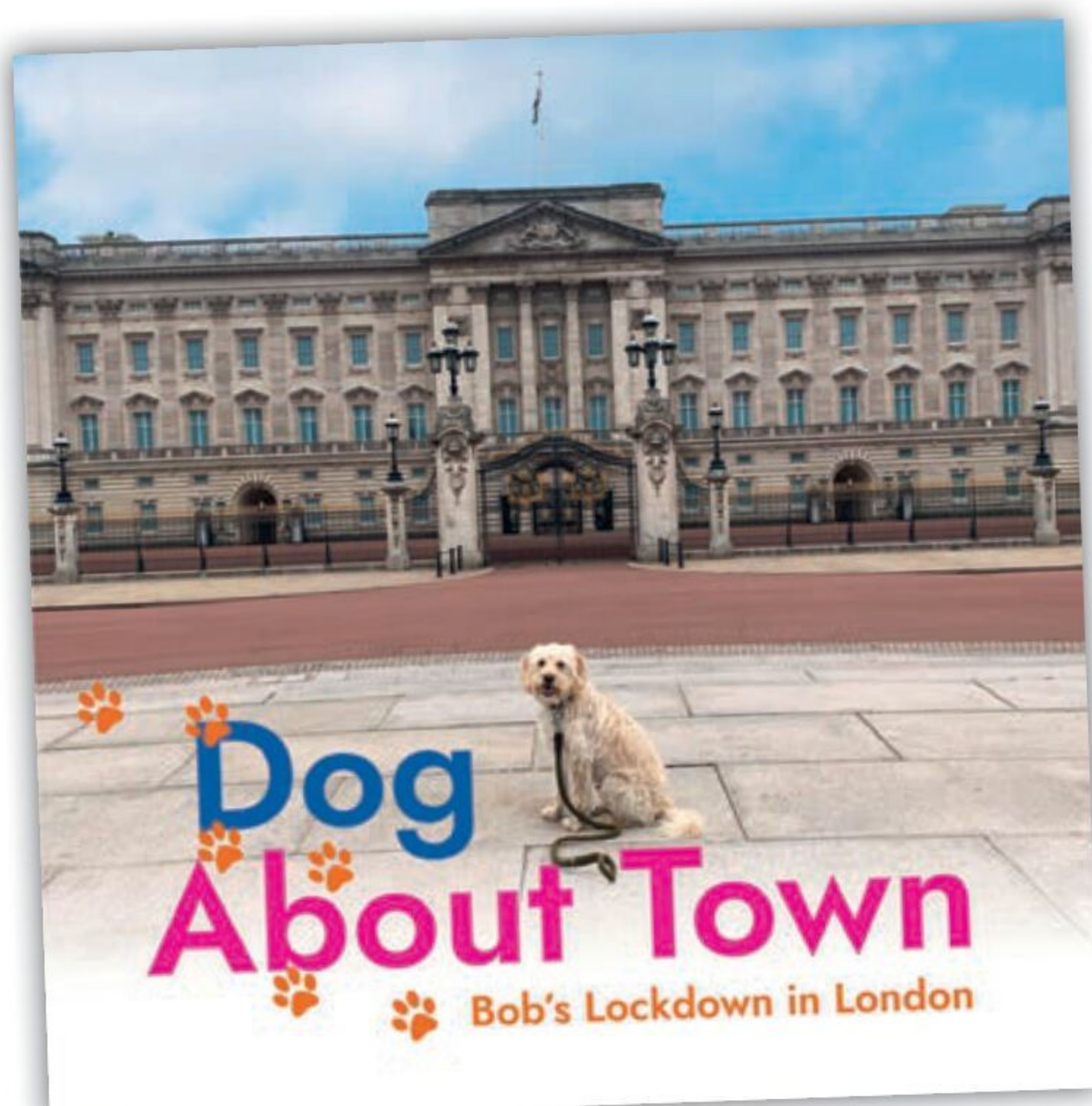
Autobiology is a word made up by the author, as a play on the word autobiography, describing his journey from schooldays to becoming the owner of a veterinary hospital, with many adventures in between. Now 72 years old, and still not fully retired, John's story takes the reader on a rollercoaster

of fascinating anecdotes that shed light on the many different aspects of the life of a practising vet. His career began over 50 years ago, and there are stories that will have you shaking your head in disbelief, from the harrowing era of foot and mouth disease, through to incidents like the cigarette-smoking vet who accidentally blew up the operating theatre! John narrowly avoided being shot in Uganda on a research trip, but armed guards

contented themselves with stealing his money and a stash of Weetabix! Divorce led John into a dark place, but six years later he met his second wife, Sandra, and now has a lovely new family who are clearly the apple of his eye. This was an interesting read, recounting a long and fulfilling career.

● Price: £15.99 hardback; £8.99 paperback.

● Available from: All major book shops, and online.



PICTURE PERFECT

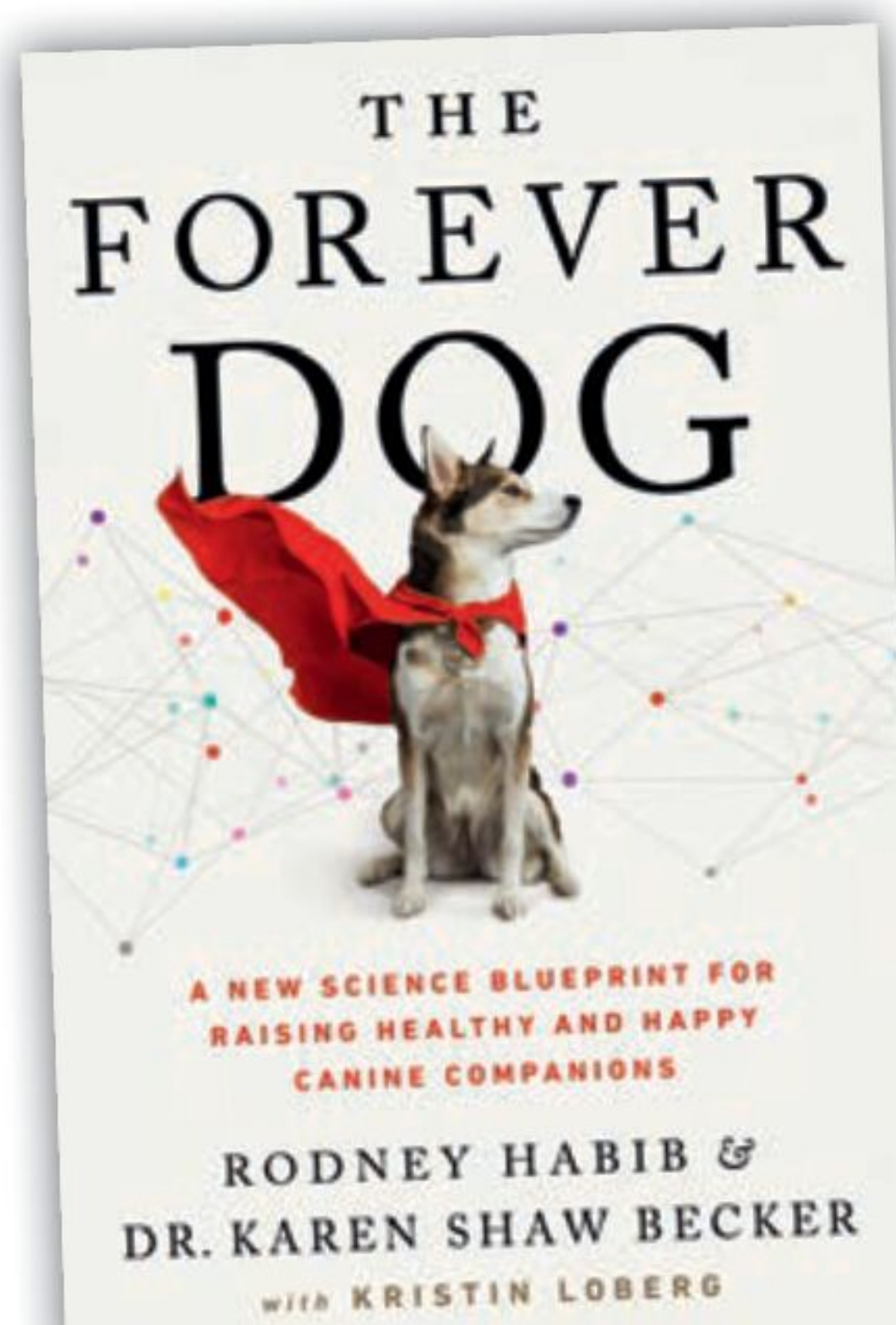
DOG ABOUT TOWN, BOB'S LOCKDOWN IN LONDON
BY BOB. PUBLISHED BY IMPRINT DIGITAL.

Like so many towns and cities, London fell silent during lockdown, and this coffee table book marks that unique moment in time. With very few words and lots of photos, this lovely book is written as if by Labradoodle Bob, who happily accompanied his owners on their daily exercise across the streets of London and posed in front of some of the capital's most iconic landmarks. The family were able to enjoy having the streets pretty much to themselves, and the resulting photos will probably never be repeated, giving a fascinating and humorous insight into the emptiness of London during this extraordinary period of history.

A contribution from every sale of the book will go to All Dogs Matter Rescue and Rehoming.

● Price: £15 hardback.

● Available from: <https://www.dogabouttown.london>



SCIENCE ANYONE?

THE FOREVER DOG
BY KAREN SHAW BECKER AND RODNEY HABIB.
PUBLISHED BY HARPER COLLINS.

We all want our dogs to live for as long as possible, so any book that investigates longevity, with advice on how to achieve this, is onto a winner from the start. The book is written by Rodney Habib, a social media influencer and founder of the Facebook group Planet Paws, and veterinary surgeon Dr Karen Becker. The authors' main conclusion seems to be for dogs to eat less, eat fresher (with much emphasis on the benefits of raw food), improve stress management, and provide more exercise. This is a long, in-depth read covering a multitude of subjects. It is also the result of many interviews with top geneticists, microbiologists, oncologists, infectious disease doctors, immunologists, dieticians and nutritionists, dog historians, and clinicians, as well as the owners of dogs who have lived for a record number of years. If you enjoy getting your teeth into a science book, this is a read for you.

● Price: £14.99 paperback.

● Available from: Major book shops, and online.



DOGVENTURES
BY JESSICA KNOWLES.
PUBLISHED BY GREAT NORTHERN BOOKS.

Written during lockdown and described as 'how to live a life less ordinary', this book describes the author's many adventures, and her desire to encourage more women to dare to try something new. Primary school teacher Jessica finds both solace and excitement in being outdoors and trying different activities, many of them with her partner Tim and their dog, Hungarian Vizsla Pepper. Sadly, Pepper was put to sleep just before her fourth birthday, but her life was jam-packed with fun experiences including kayaking, paddle boarding, hiking, climbing the Three Peaks, and travelling across Europe. The couple now have a new Vizsla puppy and are planning new adventures. It's an inspirational book that will make you want to make the most of every day.

● Price: £14.99.

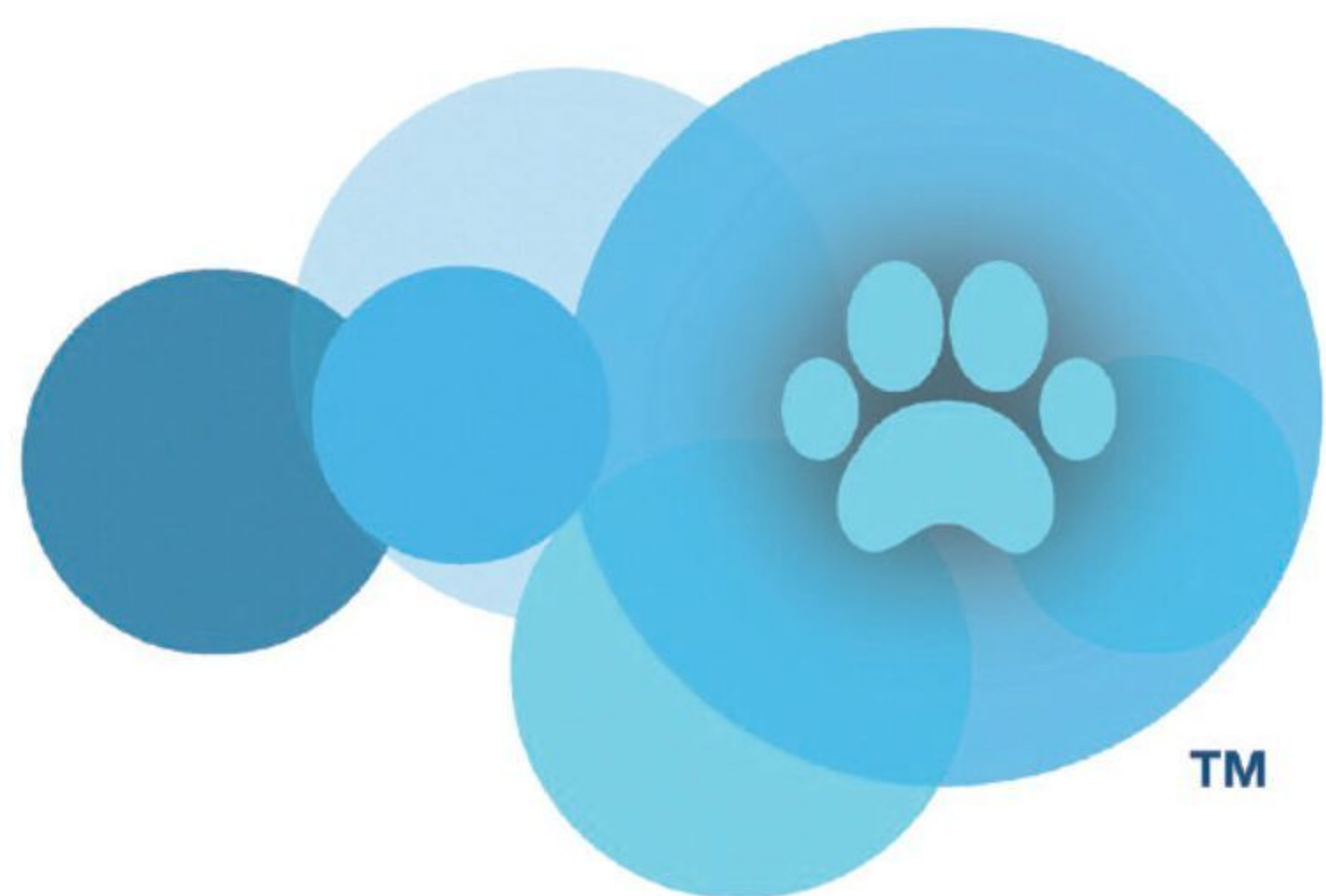
● Available from: Great Northern Books, call 01274 735056 or visit www.gnbooks.co.uk

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Check out our freebies this month — your chance to win some fabulous prizes!

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For your chance to win these fabulous prizes, enter online by visiting www.yourdog.co.uk/freebies, quote the code AJB73BJA, and follow the instructions on screen.

The closing date for entries is February 15, 2022 (uk only). Please note, you can enter online from January 7, 2022.

For full competition terms and conditions, visit www.warnersgroup.co.uk/competition-terms

Image: flick.digital and the Kennel Club.



PAIRS OF CRUFTS TICKETS

Crufts, the world's greatest celebration of dogs, is returning to the NEC in Birmingham, from March 10 – 13, 2022, and we have four pairs of tickets to give away.

The four-day event will see over 200 breeds competing for the coveted title of Best in Show, as well as the finale of the Kennel Club Hero

Dog Award (formerly Friends for Life), which recognises unsung canine heroes, and the search for the nation's favourite cross-breed with the Scruffts final. There will also be the opportunity to meet hundreds of different breeds, shop for doggy delights, and enjoy the full arena show with all its displays and competitions.

● For more information, visit www.crufts.org.uk

4 TO GIVE AWAY

PASS THE PUGS GAMES

The classic game of Pass the Pigs, a long-standing family favourite and much-loved brand for over 50 years, has been 'dogified' — with Pugs replacing pigs! Throw the Pugs and get points for the positions they land in, with the first player to reach 100 points named top dog.

Pass the Pugs is perfect family fun for all ages, and each game comes with two Pugs, a score pad, and pencil, all stored in a portable, plastic case making it great for on-the-go.

We have 25 Pass the Pugs games to give away to readers.

● For more information, visit www.winningmoves.co.uk



25 TO GIVE AWAY

DOG FOOD HAMPERS

We've teamed up with leading pet food brand Webbox Naturals to offer five lucky readers the chance to win a delicious £50 hamper of pet food for their dog from its all-natural range. Connoisseur, fussy eater, or sensitive tum, Webbox Naturals has something for all pets, with a range of over 50 foods containing none of the wheat, gluten, or artificial nasties that can affect digestion and well-being.

Webbox Naturals products are derived from natural ingredients and feature no artificial colours, flavours, or preservatives.

● For more information, visit www.webbox.co.uk/naturals



5 TO GIVE AWAY

HAMPERS OF DOG TREATS

We have seven hampers of award-winning Pet Munchies natural, premium, gourmet treats to give away. Each hamper contains one packet of the following: Chicken with Carrot Sticks, Wild Salmon Strips, Buffalo Dental Chew Small, Chicken and Cheese, Beef Liver Crunch, Duck Breast Fillets, Chicken Chips, Duck & Sweet Potato, Venison Strips, and Ocean White Fish, plus three packets of training treats, used and recommended by world

champions, including a new addition to the range, Wild Salmon Training Treats.

● For more information, visit www.pet-munchies.com

7 TO GIVE AWAY



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**NO MORE PULLING • NO MORE RIDING UP • NO MORE RUBBING
NO MORE COMING OFF • NO MORE DISCOMFORT**

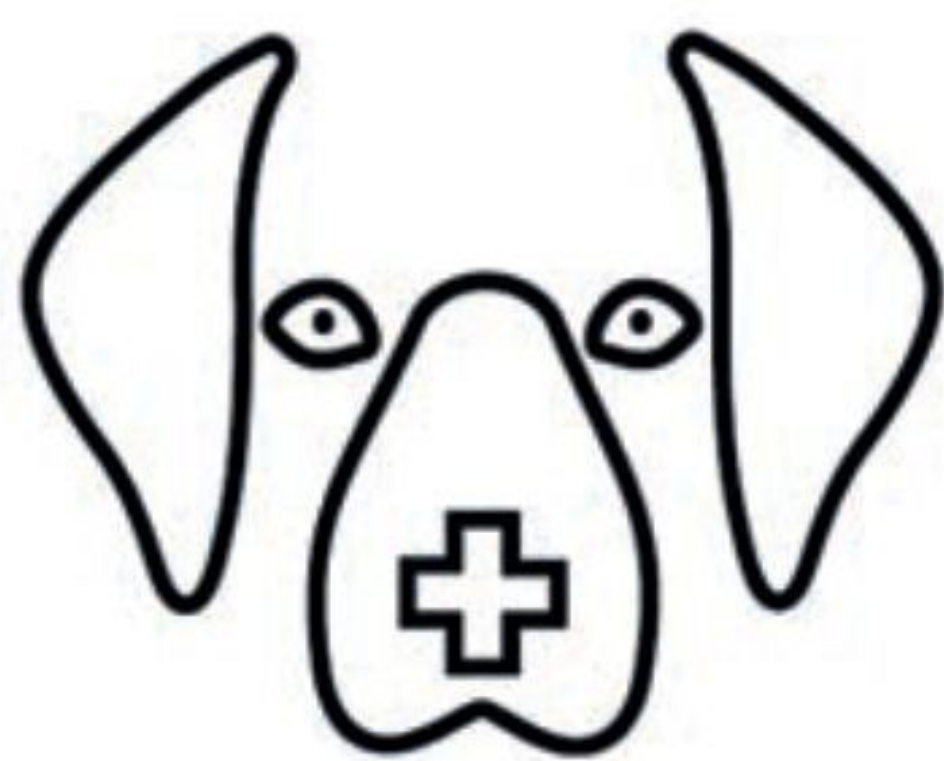


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LETTERS

GET IN TOUCH...

Email your letters to sarah.wright@warnersgroup.co.uk
Alternatively, write to: Sarah Wright, Letters, Your Dog Magazine, Warners Group Publications, The Maltings, West Street, Bourne, Lincolnshire PE10 9PH. Please include your full name, home address, and daytime telephone number with your correspondence. The editor reserves the right to abridge and edit letters submitted. You can also pass your comments and views to Sarah through Twitter (@yourdog) or Facebook (www.facebook.com/yourdogmagazine).

SHE'S MISSING BILLY

As a subscriber to Your Dog and reading through the readers' letters, I just thought I'd ask if any readers could offer me some advice on my 13-year-old rescue dog, Phoebe, who I think is grieving, like us, following the death of my other rescue dog, Billy, six weeks ago. Billy developed terminal pancreatitis, and within a week he was taken ill and then gone.

I've had Phoebe since she was two years old. She was not treated very well before we got her, so she has never been good with lots of other dogs or men. It took about 18 months to get her to trust us. I had Billy from 12 weeks old and I was his fifth owner. He was born in a puppy farm in Ireland.

Billy was a big Rhodesian Ridgeback-cross, but the biggest softie you could ever meet. Phoebe would go and wash his face and ears and he would just patiently sit and let her do it.

We always thought Phoebe was the boss as sometimes she would snap at Billy and he would run over to me with such a hurt look on his face. Now we wonder if it was the other way round.

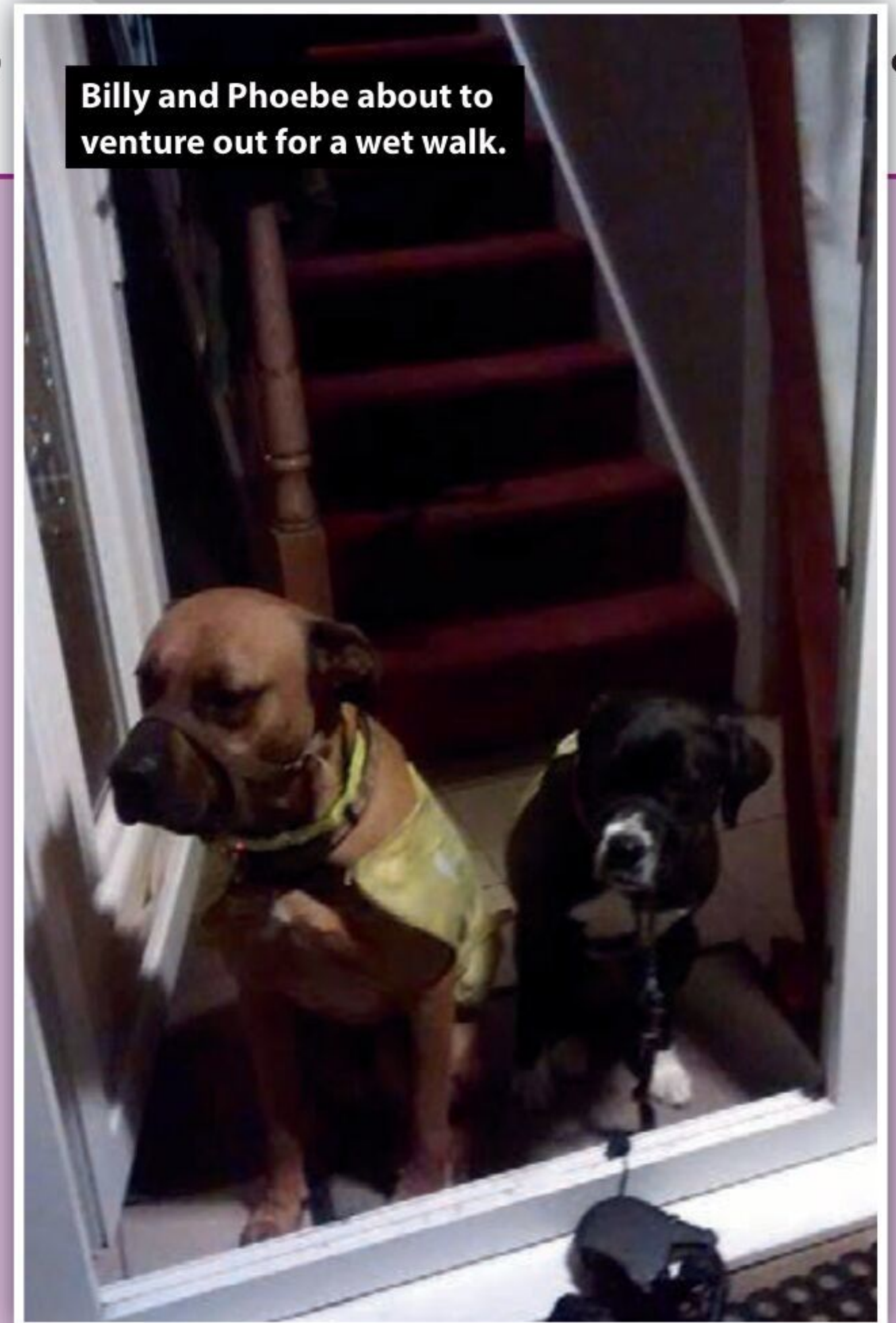
Phoebe has reacted in a very different way to what we expected. My partner and I cannot go out without her howling or barking, and she will not leave my side and wants to be with me all the time.

I have been heartbroken at losing Billy and I did wonder if she was picking up on that grief. When I get upset, she looks the other way as if she doesn't know where to look or what to do. So, I'm trying not to be upset when she is around. I give her as much love and attention as I can to try to comfort her.

I don't know if getting another dog would help her, but I don't want to stress her out any more.

I would be grateful if other readers could share their advice and experiences.

Tracie Charles, via email.



Billy and Phoebe about to venture out for a wet walk.

Ed's note: A more detailed version of this letter has been sent to our Dog Answers experts for their advice, but it would be interesting to hear from other readers about their experiences of dog grief. Send in your emails to the above address and we can forward them to Tracie.



Talula.

TALULA'S A CHALLENGE!

I found Carol Price's article on dogs' personalities really interesting (*'Insecure or easy going?'*, December 2021 issue). I have always had two or three

dogs throughout my life and I am now 64. I have never really had any behaviour issues and have done obedience training and agility, and just generally loved and enjoyed my dogs.

As my circumstances have changed, almost five years ago I bought a Jackahuahua puppy — my first small dog and first terrier — what a challenge! I have

struggled to understand Talula, but as soon as I read personality number 3 (insecure/controlling/reactive), it all fell into place.

Every so often, I realise that I have let the boundaries slip and she will do things like sit up on our laps like a meerkat so that we cannot see each other to talk, or just look at my daughter's rescue Golden Retriever in such a way that he



From our December 2021 issue.

LETTERS



is frightened to come into the room!

This article made me realise that I need to look out for the signals more. I know when I keep on top of her, her behaviour with other dogs improves and she is much more attentive to me. As I say though, it's a challenge!

Linda Barratt, via email.

KEEP AT IT!

I, too, found Carol Price's article fascinating. My dog definitely emerged as a personality 5 — independent. I actually found the article quite reassuring. I have spent many years thinking I was just

a bit useless when it came to training my dog. I love him dearly, but I always wondered why teaching him anything always requires such effort and takes so much longer for me than it does for my training class colleagues!

Carol's wise words inspired me to accept that things will take longer, but to keep at it, and that his total disinterest in a ball has nothing to do with my poor throwing action!

Keep up the good work Your Dog. There is always something new and thought-provoking to read every month.

Louise Fielding, Dorset.

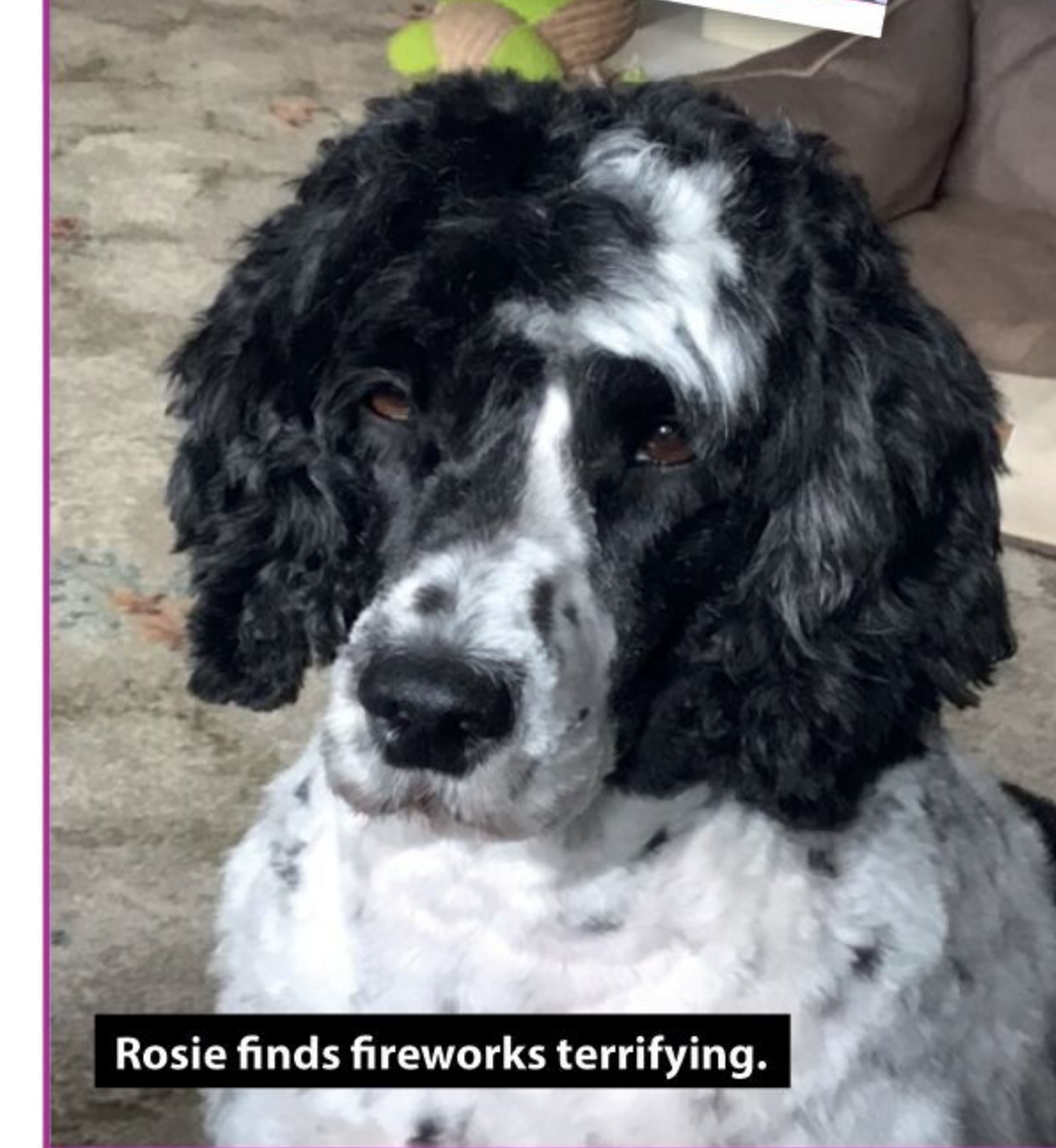
FIREWORKS FURY

I was so sorry to read in Letters (*January issue*) of the untimely death of Lara-Beau due to fireworks. My dog, Cockerpoo Rosie, is also terrified of fireworks, and nothing we can do will pacify her; last year she shook until the early hours. My vet has given us tranquillisers for her, but we never know on which days someone around here will let off these huge 'bombs', which frighten me too, and I refuse to tranquillise her for a whole week.

It is totally unnecessary for these loud fireworks to be sold to the general public. I would



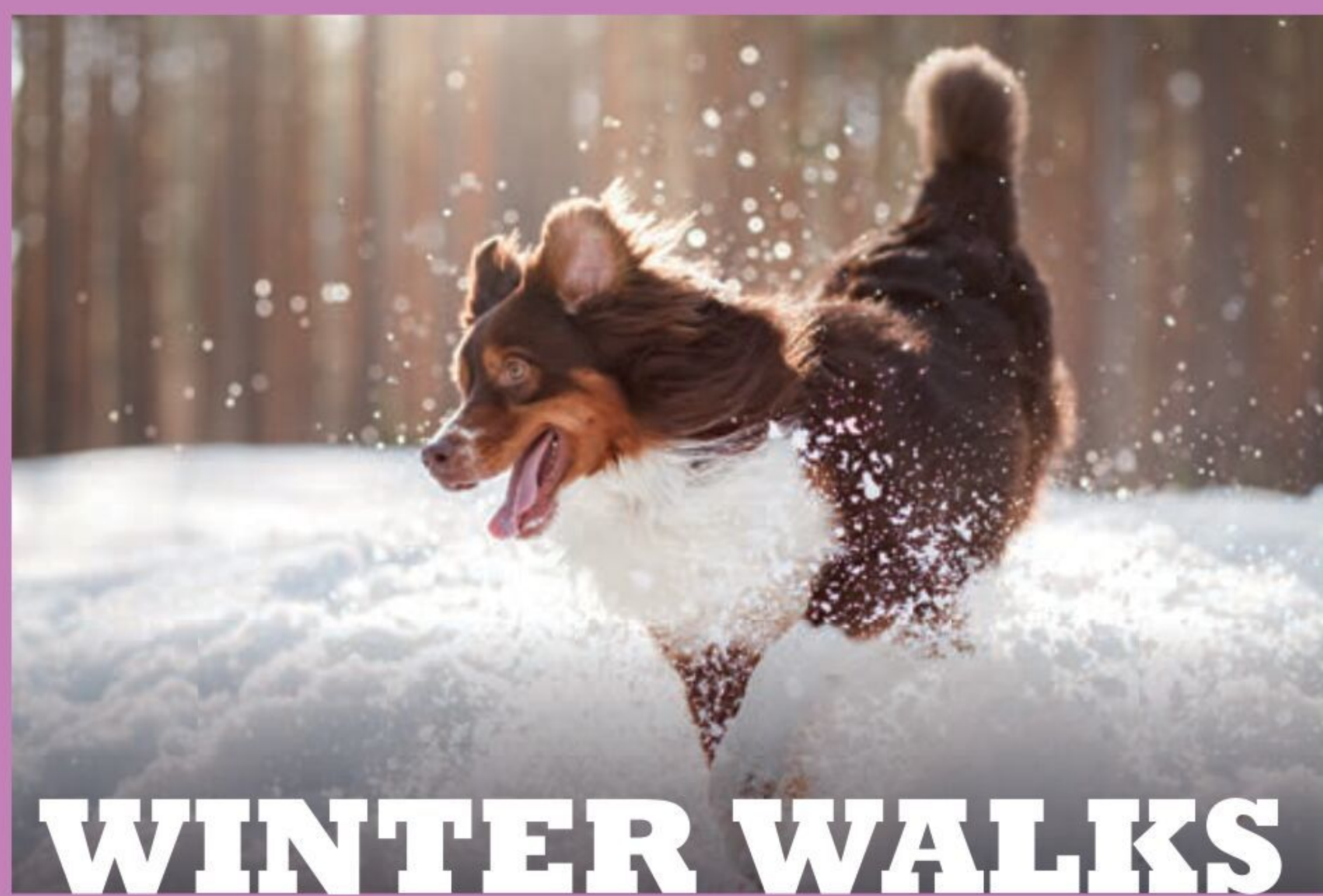
Last month's letter about Lara-Beau.



Rosie finds fireworks terrifying.

happily join forces with other dog owners to sign a petition or write to my MP.

Avalon Eastman, via email.

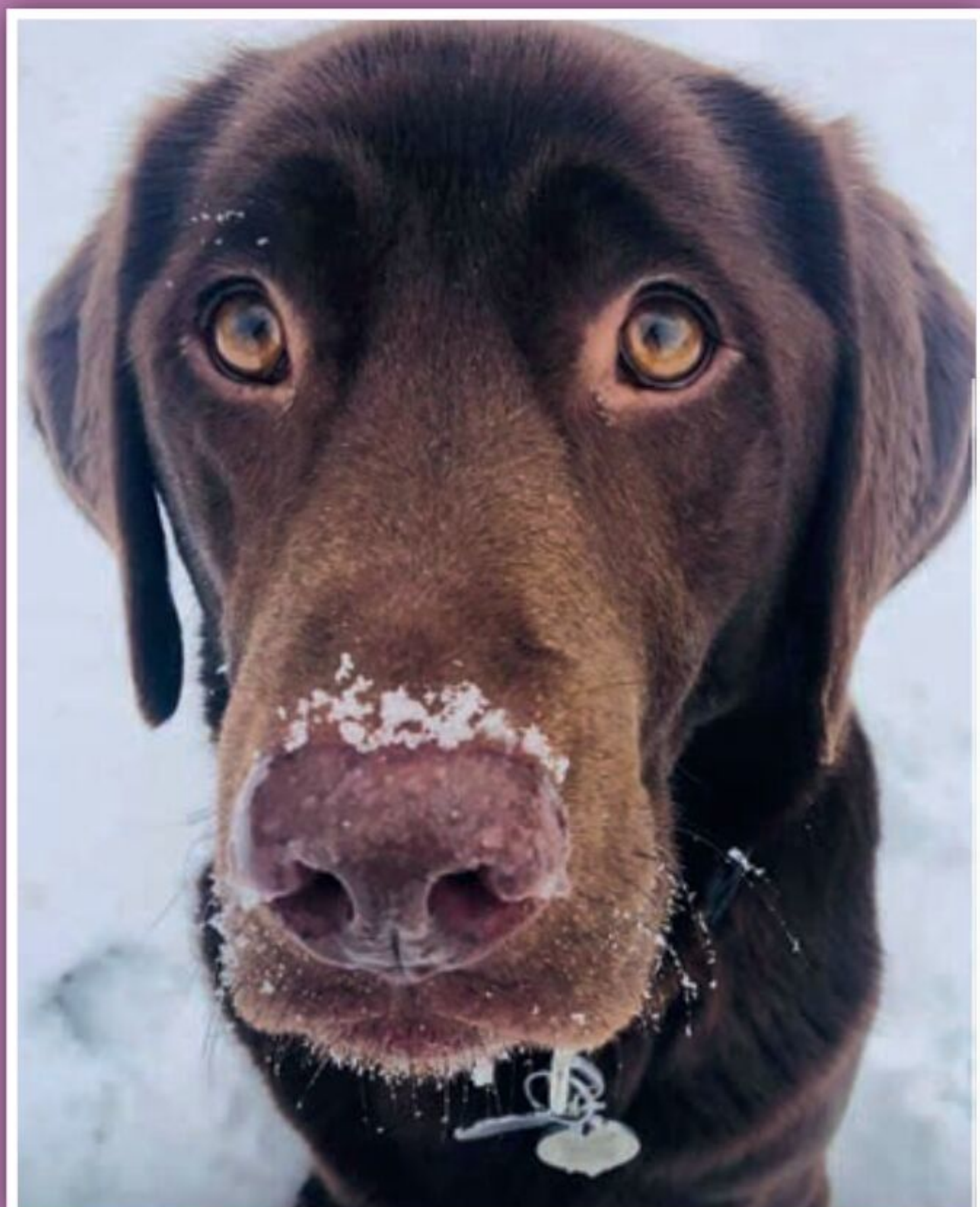


WINTER WALKS

As we head into the new year and look forward to spring, we asked our Facebook fans to share some of their pics of memorable winter walks. Here are just a few...



● My rescue girl Meg, playing in the snow.
Canis Scotia, on Facebook.

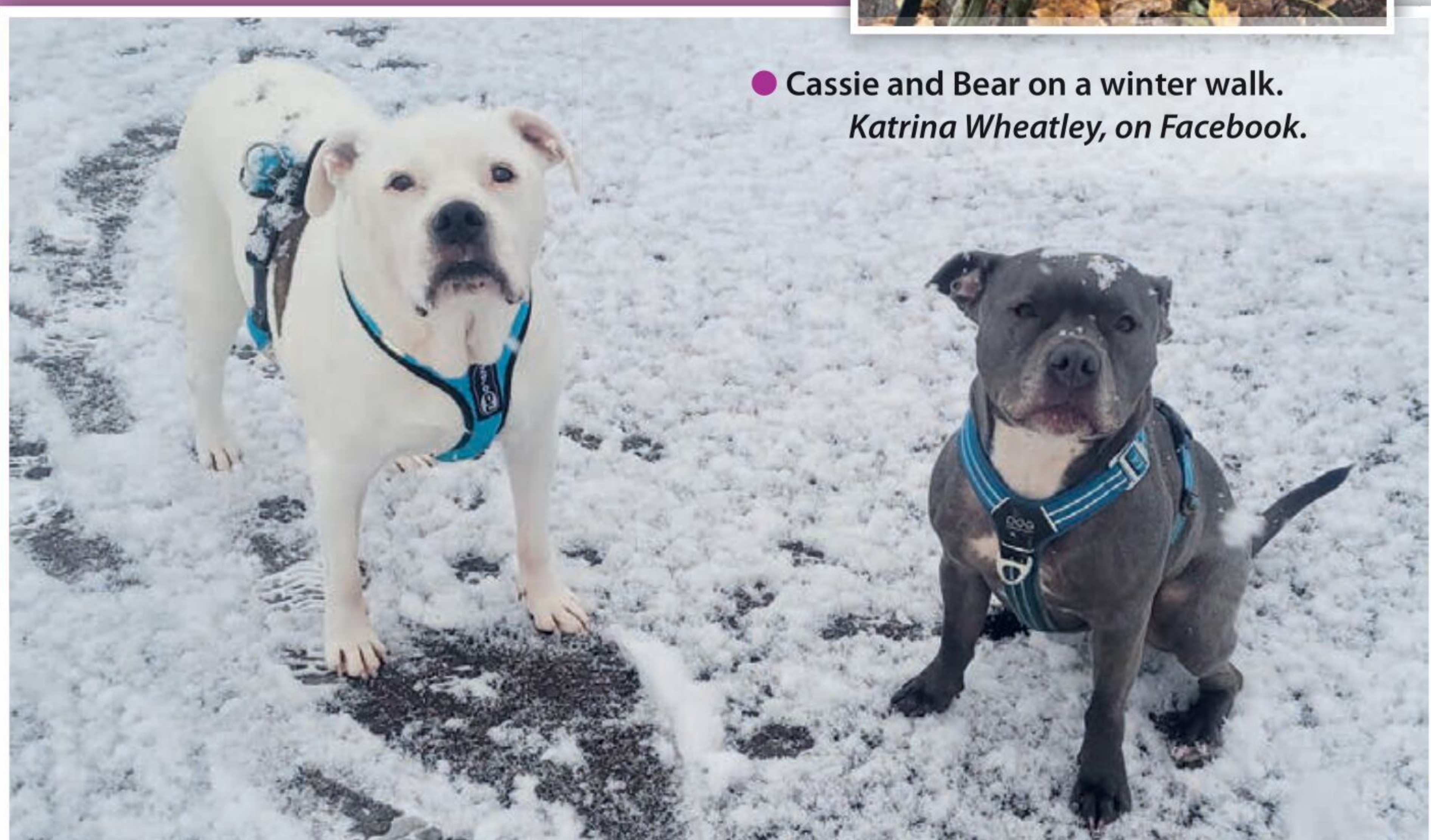


● Lolly looking very wintry.
Liz Baker, on Facebook.

● Our gorgeous Cavapoo, Dougie, who loves nothing more than eating leaves.
Helen Ridley, on Facebook.



● Cassie and Bear on a winter walk.
Katrina Wheatley, on Facebook.



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The Conservation K9 Consultancy dogs are helping to ensure South Georgia is kept rodent-free.



Sniffing out the stowaways

We're more aware than ever of the need to protect our environment and avoid further climate change. **Julie Hill** reports on the dogs who are helping in that essential endeavour.

The Royal Research Ship (RRS) Sir David Attenborough is at the forefront of British polar research, and it is a huge ship.

This state-of-the-art vessel is 129 metres long and 24 metres wide, weighing in at 15,000 tonnes. It can stay at sea for 60 days, has a crew of 30, with accommodation for up to 60 scientists and support staff. Able

to break through up to one-metre-thick ice, it can also launch and recover aerial and ocean robotic systems.

With many facilities never before seen on a British ship, the craft will allow scientists to study the ocean, sea floor, ice, and atmosphere, and carries with it the hope and expectations of many.

However, just one tiny mouse on board this vast vessel could scupper its vital mission. With such an array of hiding places for tiny creatures, finding vermin on board is like looking for a needle in a haystack, so how do you find them? Turn to another creature, of course, to sniff them out! A team of highly trained detection dogs and handlers stand between the cutting edge craft and potential ecological disaster.

Rodent stowaways arrived in South Georgia (the Sir David Attenborough's first destination as it carries out important scientific research with the British Antarctic Survey) aboard whaling and seal hunting ships, and had a detrimental effect on

DID YOU KNOW?
Eradicating rodents on South Georgia took 10 years and cost £10 million.

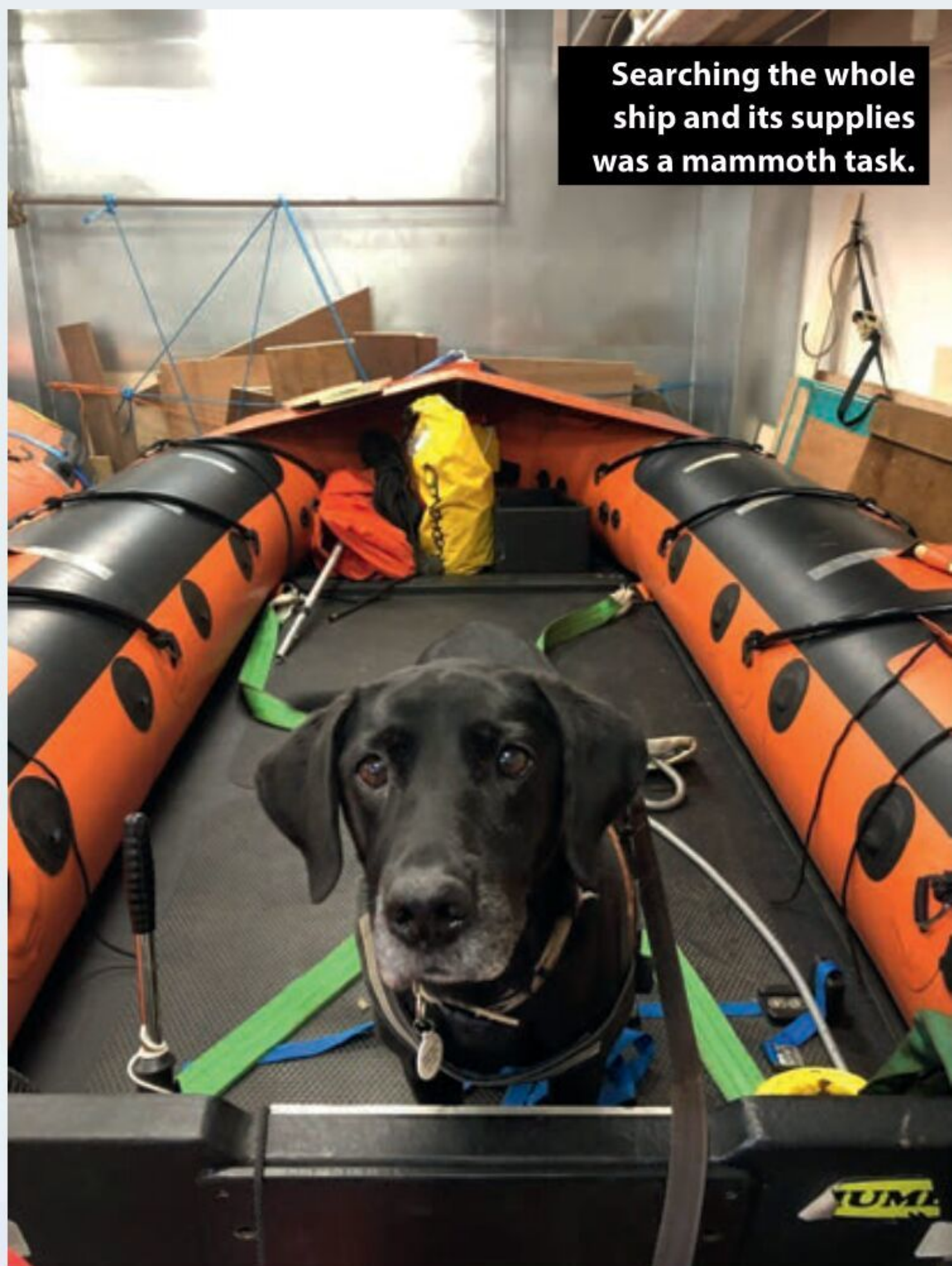


South Georgia is home to seals, penguins, and many species of birds.

Image: Ian Fairbrother, Alamy Stock Photo; www.alamy.com



The Sir David Attenborough is a huge polar research ship.



Searching the whole ship and its supplies was a mammoth task.



Louise trains all her dogs using kind, reward-based methods.

Images: Louise Wilson.

“The birds’ future must be safeguarded.”

land-nesting birds on the island. After a huge campaign, South Georgia has been declared rodent-free. The birds are returning, and their future must be safeguarded.

Louise Wilson, founder of Conservation K9 Consultancy, was the woman tasked with ensuring the Sir David Attenborough was rodent-free before it left for the southern Atlantic Ocean; the team spent two weeks on board the ship.

“We’ve been working with Working Dogs for Conservation for over two years, and



Usually the items the dogs are searching for remain stationary, so sniffing out rats is very different.

ours are the only dogs certified by them in the UK,” explained Louise. “We were given the project of training bio-security detection dogs for vermin detection on any vessels that head into South Georgia, and we were the first detection dogs ever on the Sir David Attenborough.”

The task was a complex one as the dogs must only react to fresh odour. Some of the cargo has been in storage for two years, and rats may have accessed it during that time. Rather than reacting to this vintage odour, Louise’s dogs must only fully indicate to fresh odour, as this is the only way to know ▶

How the dogs are trained

It takes 12 weeks to train a dog to sniff out a target odour, which involves the dog making a positive association between the specific scent and a reward. However, to train a conservation dog can take up to a year or more.

The training process is just as important for the handler, as they must learn to read their dog’s reactions. Louise explained: “You’re not always just asking for an indication; it’s all the subtle behaviour changes a dog gives you as they’re searching.”

There is an extra dimension when searching for an animal. “When you’re searching for drugs and explosives, which are stationary items, that scent picture stays stationary,” said Louise. “A rat moves around, defecating and urinating as it’s moving, and creating a huge scent picture; disturbance, distraction, movement. We need to make sure our dogs are aware of that, and in training we prepare the dogs for that movement aspect. It’s really complex, which is why the handler needs to be expertly trained to deal with these kinds of searches.”



DID YOU KNOW?
Thirty three species of birds nest on South Georgia, whose waters are also home to penguins, seals, and whales.

whether rats are actually on board the ship.

"We've got three lovely trained dogs, Labradors Luna and Fidget, and Cocker Spaniel Gem, and we're probably going to train more because we're getting enquiries about doing other island searches to make sure they're free of vermin. People are definitely realising it is an important requirement," said Louise.

Searching and sniffing is demanding for dogs, and Louise makes their welfare a priority. "We've got a very strict working directive. We like to work on a rotation of 20 minutes on, and at least 20 minutes off. It's not just physical fatigue the dog goes through, it's nasal fatigue — sniffing can take a lot of energy. That's why we've got

multiple dog teams; one dog works while the other two rest. This ensures the dogs' efficacy, as well as their well-being."

Louise and her team must be aware of the dog's emotional state as they search, because sniffing can become too arousing for them. "If you let a dog become over-aroused, it can take five or six days for them to get back down to base level."

Each handler must be expertly trained to read the dog they are working with, to be able to interpret their body language and know what the dog is sniffing. "During our discrimination trials, if the dog goes to old odour and shows interest, we don't discourage that. We don't do a non-reward marker, but we mark in our heads that that's

"We've got a very strict working directive."

the dog's reaction to very old odour. That gives us a real understanding of our dogs. When we're searching, the dog might show interest in an area so we know at some point there have been rats there. But we don't want a full-blown indication from our dogs there; we only want a full indication from our dogs on the purest, freshest odour," Louise explained.

Amazingly, Louise's dogs can each carry out the same amount of work it would otherwise take 10 people to do. Luckily, dogs find sniffing a very rewarding activity, so the work is not a chore for them. Scent

Louise and her team train dogs for vermin detection on any vessels heading for South Georgia.

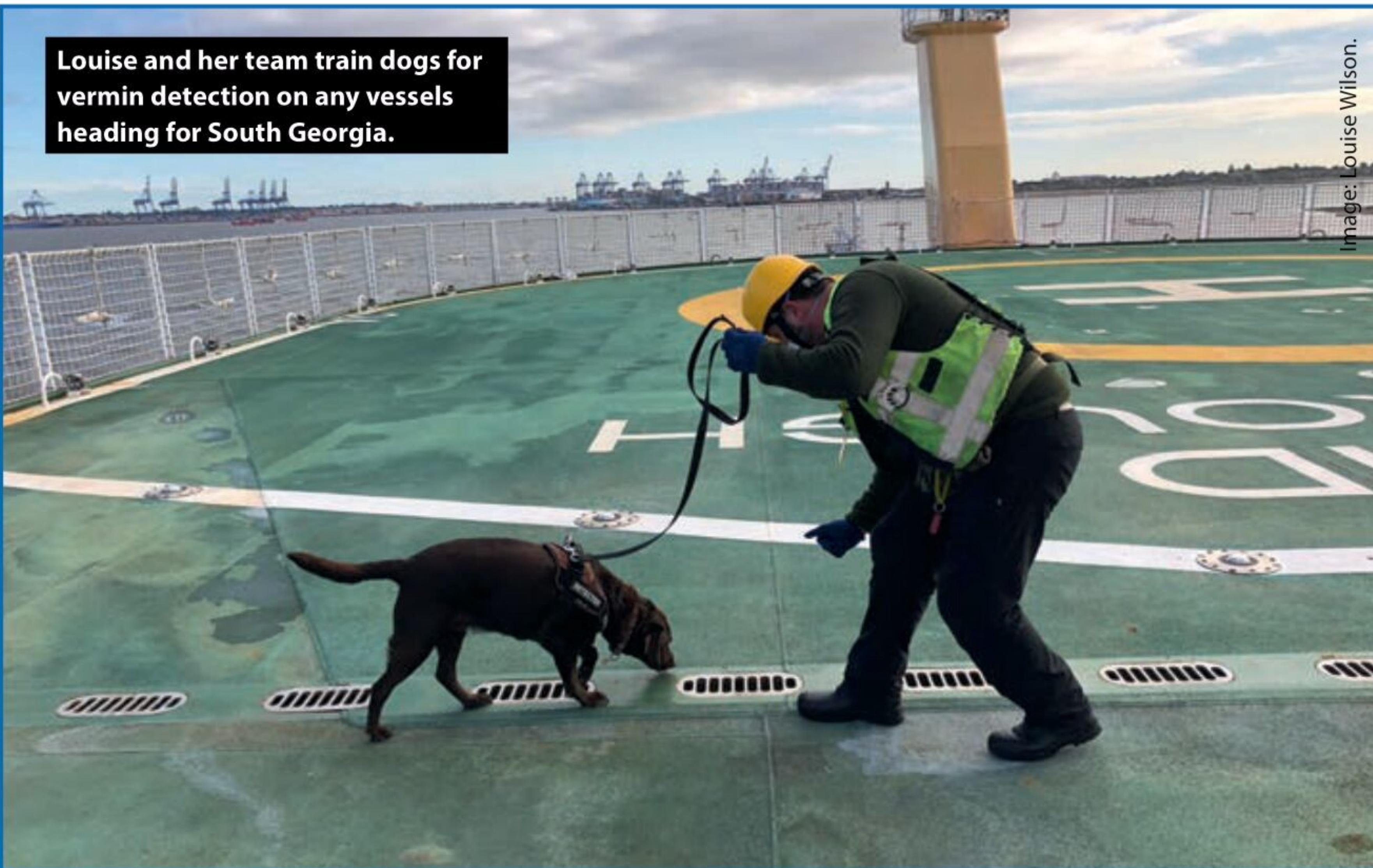


Image: Louise Wilson.

A ship heads into Stromness on South Georgia.

work causes lots of 'feel good' chemicals to be released in the canine brain.

Although Louise's dogs are spearheading efforts to ensure vessels are rodent-free, there is absolutely no predatory response involved. "At no point are we training them to hunt down or kill rats. We're talking about dogs who are trained specifically to detect the live presence of rats within the last two weeks," she explained.

Although the dogs are simply following their instincts, and enjoying themselves as they do, their role is vital. Louise emphasised: "We're talking about making sure animals don't go extinct." With so much at stake, it's good to know that such an important aspect of conservation work is in safe hands — and paws.

DID YOU KNOW?

The long-extinct dodo was wiped out by invasive species, including rats, taken to its island home of Mauritius by ships.



What makes a detection dog?

All Louise's dogs are rescues, and she usually asks the shelter for the dogs who would not make 'good' pets. This is to avoid taking a dog who would fit well into pet life; conservation dogs need drive and determination, qualities which can cause issues in a family pet. Louise's dogs also need to adapt to a fairly unusual way of life. Whereas many dogs like routine, a detection dog's life can be unpredictable. They may have to wake up in the middle of the night and perform searches in the dark. "They have to get used to travelling a lot, going into different environments and places. Our dogs have to be happy with spontaneity," confirmed Louise.

Searching on the RRS Sir David

Attenborough came with additional challenges, and Louise works hard to ensure her dogs are comfortable with these.

"They need to get used to the water's edge, and being craned into the hull. A lot of the floor surfaces are grids which their feet will go through, so the dogs have to wear booties to protect their paws.

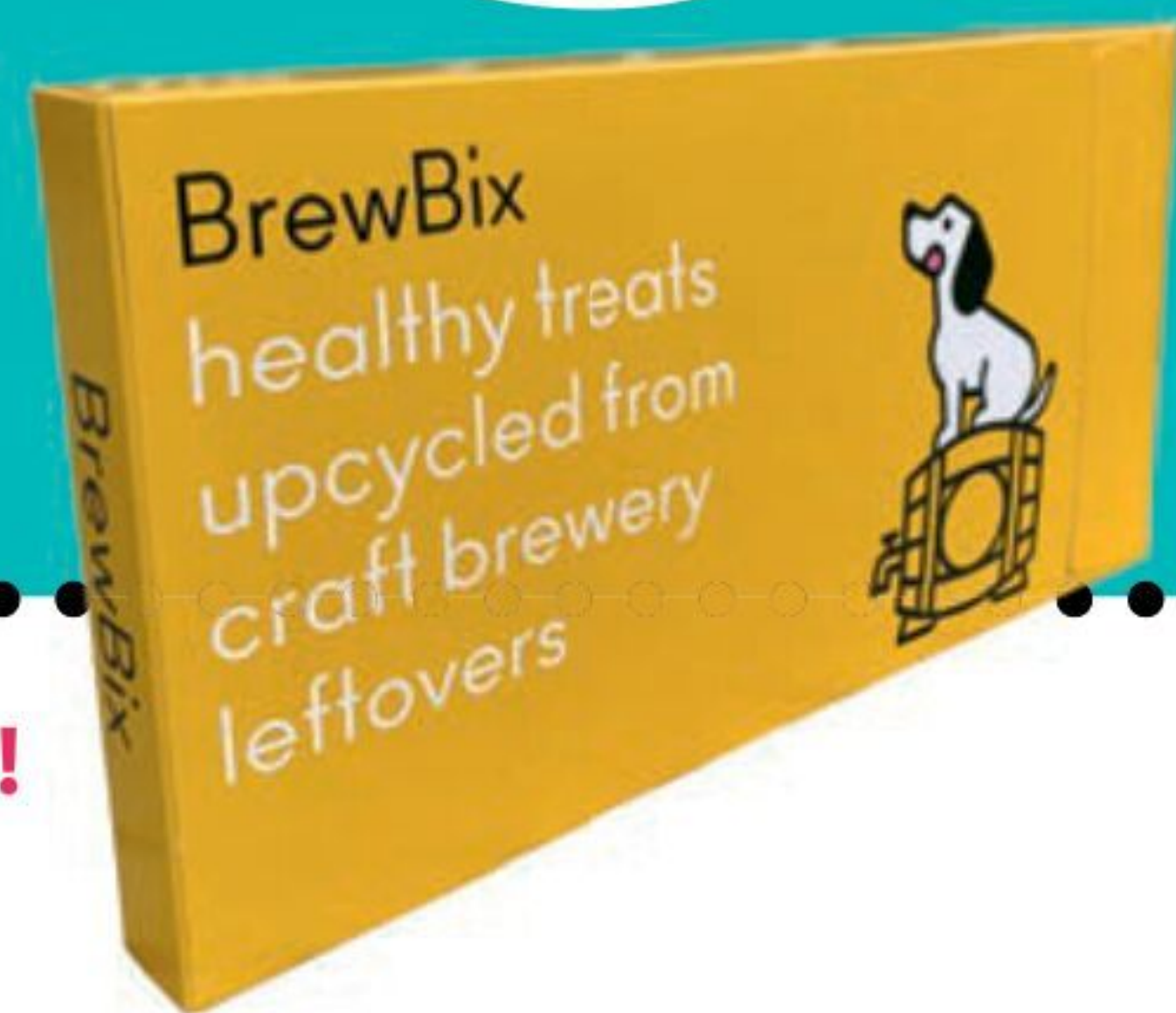
"They have to be able to climb around the vessel without running around crazily, and to be controlled without becoming demoralised. This is such a big ship — there are helipads, helicopter hangars, and so many different decks to it. It's not always just about the odour with detection dogs, it's about everything else in their environment too."

Find out more at:

- Conservation K9 Consultancy; <https://www.conservationk9consultancy.com>
- Working Dogs for Conservation; <https://wd4c.org>
- You can keep track of the RRS Sir David Attenborough at <https://www.rmg.co.uk/stories/topics/rrs-sir-david-attenborough/current-location-ship-tracking>

Dog SHOPPING

Forget gloomy February and focus on these awesome shopping suggestions instead.



PLANT-POWERED AND PLANET-FRIENDLY

It'll be hard for your dog to keep his paws off these award-winning ethical and tasty Hemp Wellness Treats from plant-powered pioneers HOWND.

Boasting 100 per cent natural hypo-allergenic ingredients, and packed with goodness, these cruelty-free, certified treats come in five flavours, each offering a different taste and health benefit.

Keep Calm contains camomile

— known to aid stress and anxiety — and is ideal before bedtime, a car journey, or vet visit.

Got An Itch? features the antioxidant properties of turmeric; Yup You Stink! includes dried mint and parsley to aid digestion and tackle smelly breath; Golden Oldies helps to ease and support stiff joints, thanks to the inclusion of chondroitin and glucosamine; and packed with calcium and antioxidants, Playful Pup promotes healthy bone development.

● **Key feature:** Gluten-free, all flavours include hemp protein and minerals to help tackle common canine health issues.

● **Price:** £4.50 (130g).

● **Available from:**

www.dogslovehownd.com

BREWING NICELY!

For healthy, tasty dog treats with a twist, look no further than BrewBix.

Good for the planet as well as your dog's digestion, skin, and coat, these carbon negative treats boast just five natural ingredients — two of which are upcycled from craft brewery leftovers.

As well as brewers' yeast and brewers' spent grain, which is high in fibre and promotes gut health, these vegan treats contain linseed, flour, and peanut butter and are approved by a canine nutritionist.

● **Key feature:** Working with a sustainability consultant, BrewBix has lowered its carbon pawprint by using nutritious waste materials, wood-fired carbon neutral ovens, and minimal, widely-recycled letterbox-sized cardboard packaging.

● **Price:** BrewBix subscription box (175g): £6; BrewBix dog treats (500g pouch): £15; Beer & Bix gift bundle: £18.

● **Available from:** www.brewbix.com



TOY STORIES

Beco's revolutionary Rough & Tough toys mean you can have fun with your dog while helping to reduce the amount of plastic in our oceans.

Capable of withstanding even the strongest of dogs, each hard-wearing toy is made from a mix of recycled materials, and reuses up to six plastic bottles.

The UK's leading sustainable pet brand has 11 toys in its new range: spider, octopus, koala, kangaroo, shark, puffin, dolphin, starfish, crab, crocodile, and narwhal.

● **Key feature:** Beco's eco-friendly toys have panels woven together with double stitching and reinforced by two layers of cloth to ensure durability.

● **Price:** £8.99 – £11.99.

● **Available from:** www.becopets.com and independent pet stores across the country.



BE SAFE, BE SEEN

Ensure your dog is more visible this winter, and help an animal charity at the same time, by investing in a Red Dingo reflective dog collar from the PDSA.

These sturdy, durable, and attractive collars are super-comfortable, adjustable, and feature a stainless steel D-ring that won't rust or discolour your pet's fur.

● **Key feature:** Red Dingo's collars boast the trademark Bucklebone clip — the strongest side-release buckle on the market.

● **Sizes:** Extra small, small, medium, large.

● **Colours:** Red, purple, turquoise, and black.

● **Price:** £4.99 – £9.99.

● **Available from:**

www.pdsapetstore.org.uk



TOEING THE LINE!

Brush up on your dog's training and recall, courtesy of MyLine by Anna Webb.

The behaviour expert, 'A Dog's Life' podcast host, and Your Dog contributor has designed this five-metre long line to help owners — particularly those with lockdown dogs lacking in training and/or socialisation — who are becoming increasingly stressed with off-lead walking.

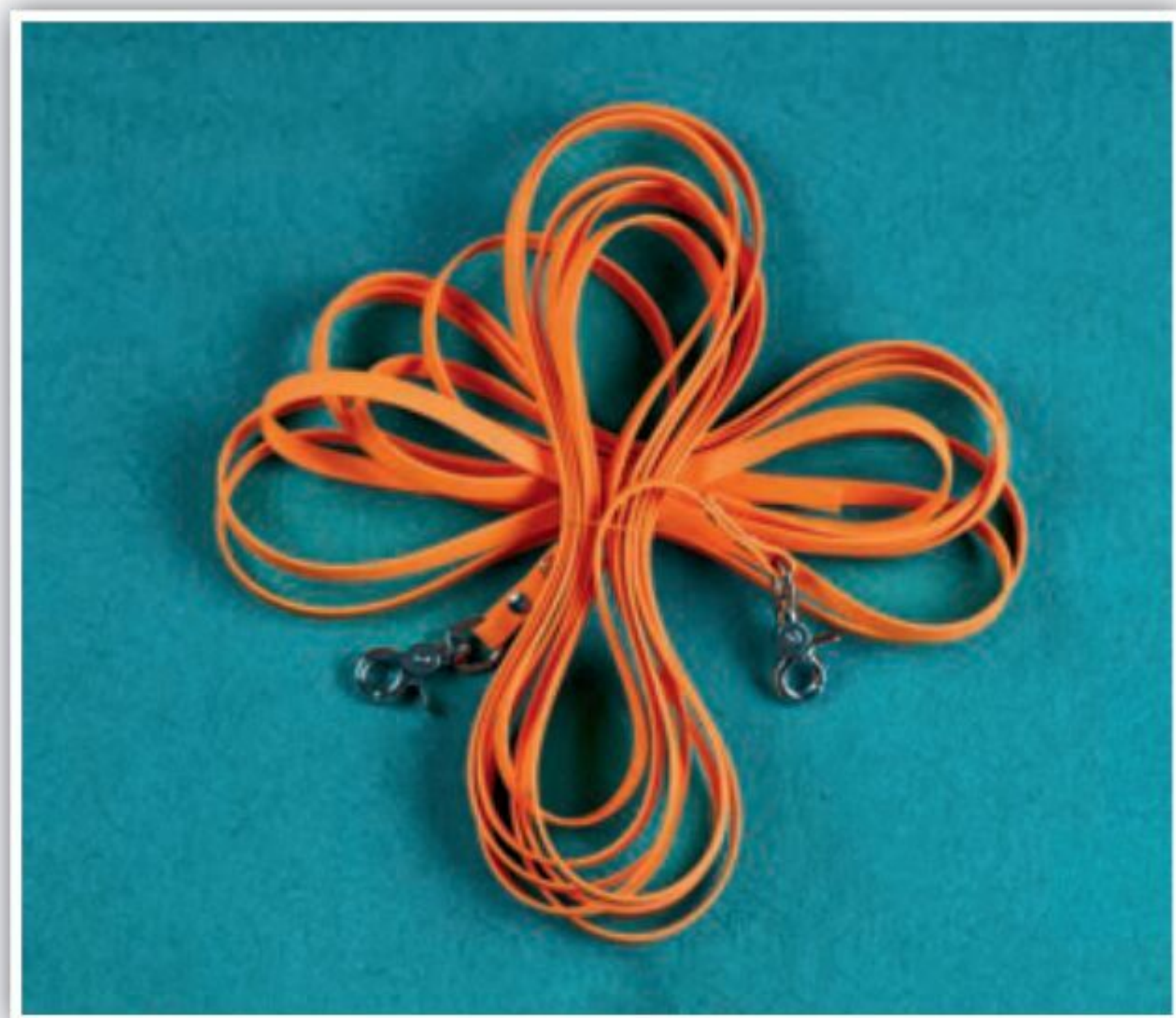
Made in London using high-vis orange Biothane rubber, the ultra-lightweight line enables owners to teach their dogs recall in the local park, away from distractions such as joggers, footballs, picnickers, prams, cyclists, and scooters.

Unlike many other fabric versions, MyLine doesn't absorb mud or moisture and remains light, so once your recall is perfected, your dog doesn't know it's there.

● **Key feature:** A simple, positive, and consistent solution to training outdoors and in the home, MyLine will keep you and your dog visible and safe.

● **Price:** £35.

● **Available from:** www.annawebb.co.uk



JOINT BENEFITS

Natural animal health manufacturer nutravet has launched a sample pack of its fast-acting, high-strength joint support nutraquin+.

Containing ingredients such as boswellia extract, which support the natural systems that control inflammation, nutraquin+ helps to maintain healthy joint function in dogs and cats. The benefits of this 100 per cent natural supplement can be seen on average within seven days.

● **Key feature:** The sample pack allows pet owners to trial nutraquin+ at a lower cost, with 70 per cent off the recommended retail price.

● **Price:** £4.99 (30 capsules) plus free delivery when bought online.

● **Available from:** www.nutraquin.co.uk

CLEANING UP!

Banish everyday household dirt, stains, spills, and allergens, with the new BISSELL PowerClean 2X Carpet & Upholstery Cleaner.

The floor-cleaning expert's latest model eliminates more than 90 per cent of odour-causing bacteria, and is suitable for use on carpets, stairs, rugs, upholstery, furniture, and other hard-to-reach places.

The compact and lightweight upright cleaner boasts a DeepReach motorised PowerBrush with four rows of bristles that provide a deep clean by washing away the dirt and grime that a vacuum can't.

It also features a convenient three-inch Tough Stain Tool, a 2-in-1 Crevice Tool, two tanks separating clean and dirty water, 45-minute Express Mode drying, a 2.4m hose for above-the-floor cleaning, and a long 7.9m cable.

● **Key feature:** Weighing just 8kg, the BISSELL PowerClean 2X Carpet & Upholstery Cleaner is easy to maintain and comes with a sample of Bissell Wash & Protect Pro Formula as well as a two-year guarantee.

● **Price:** £219.99.

● **Available from:** www.bisselldirect.co.uk and major electrical retailers nationwide.



HEALTHY TREATS

Made from just five simple ingredients, these new ACANA High-Protein Dog Treats are the perfect, guilt-free way of rewarding your canine companion.

Boasting 85 per cent of total protein from animal ingredients, they are grain-free with no added artificial preservatives.

All four recipes include fibre-rich sweet potato to support healthy digestion and overall gut health.

● **Key feature:** These crunchy heart-shaped treats are ideal for all life stages and breeds.

● **Flavours:** Turkey liver, pork liver, chicken liver, and beef liver.

● **Price:** £3.49 (100g).

● **Available from:** www.acanapetfoods.co.uk

CALMING TREATS

A new product from animal health company TVM UK claims to break the cycle of stress and anxiety in pets.

Alphazium TT is a once-daily palatable treat boasting TVM's patented Tasty Tech technology, which features a unique combination of ingredients that have a triple-action effect, targeting the three main neurological pathways involved in the regulation of mood and emotional balance.

● **Key feature:** With a proven high palatability, Alphazium TT is super-easy to administer, meaning less stress for both you and your dog.

● **Sizes:** Small, medium, and large.

● **Prices:** Pack of 30: £15.99 (for small cats and dogs); £25.50 (for medium dogs); £41.40 (for large dogs).

● **Available from:** www.animeddirect.co.uk/alphazium-tt-for-cats-and-dogs

● **More info:** www.tvm-uk.com/alphaziumtt



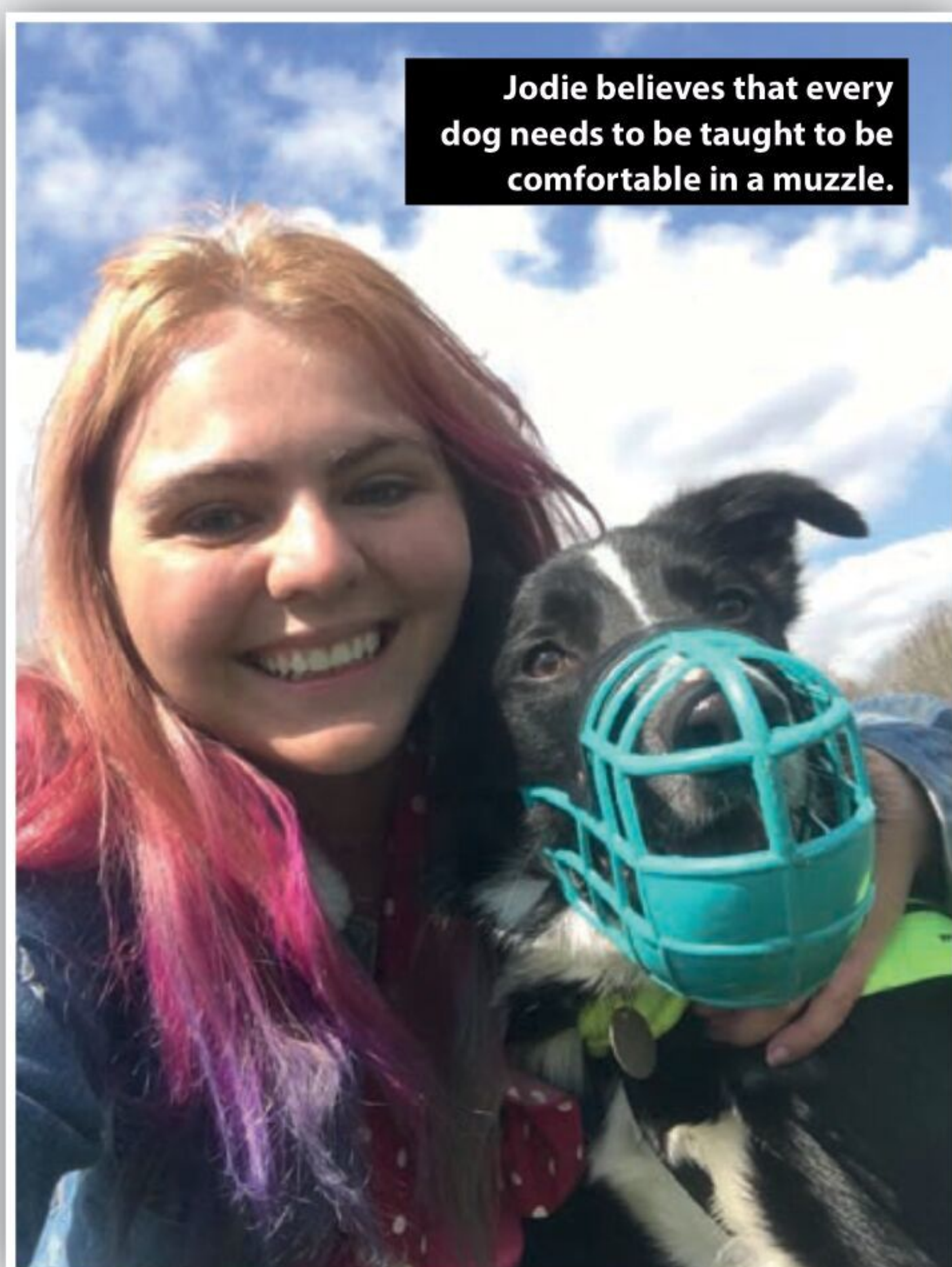
TOP TIP!

There should be plenty of air flow in the muzzle — think how uncomfortable humans are if a covid mask becomes soggy!



All Jodie's dogs are comfortable in their muzzles and it's a skill she teaches all the dogs in her classes.

THE 'M' WORD!



Jodie believes that every dog needs to be taught to be comfortable in a muzzle.

When you see a dog wearing a muzzle, what assumptions do you make? Yet a muzzle is just a training tool, and has many potential uses, as **Julie Hill** discovers.

When I say in class: 'Today, we're going to do muzzle training!' I see people's faces drop because they have that preconditioned response to muzzles," said Jodie Forbes, of CrazePup Dog Training in Dorset.

"Then I ask: 'Why might a dog need a muzzle?' And everyone starts off with the bite risk! That's the obvious one — but actually there are numerous reasons why a dog might need a muzzle."

While muzzles can help with reactive dogs, they can also prevent a dog eating harmful or disgusting items, help break habitual licking, prevent self-damage, aid in wound management, and ensure a dog is comfortable in holiday destinations that require a muzzle.

If you think that none of this applies to you, there's one more category of use that, unfortunately, might become relevant — emergency use.

For that reason alone, it makes sense to

“When dogs are in pain, they’re far more likely to bite.”

TOP TIP!

Seek expert advice if you’re unsure about fitting a muzzle correctly. You want one that allows your dog to pant and yawn without being stifled. Check the measurement you need by popping a tennis ball in your dog’s mouth and then measuring the circumference.

accustom your dog to wearing a muzzle.

“When dogs are in pain, they’re far more likely to bite,” warned Jodie. “Even if a dog is super friendly, if they have a broken leg, they could become a bite risk and need to wear a muzzle. You don’t want to have to fight them to put a muzzle on, and stress them further.”

Thankfully, muzzle training your dog is easy and can become part of your training routine. Jodie advised that you don’t actually need to use a muzzle initially. “I get a small flowerpot, cone, or plastic cup — something that’s replaceable,” she explained. “That way, if you accidentally mess up, you can get another flowerpot for 50p, whereas if you start with a muzzle and mess up, that’s £10 – £50 (or more) worth of equipment you need to replace, because you don’t want to have any negative emotional conditioned responses towards the muzzle.”

Jodie recommends putting a treat in the pot. “Let the dog see the treat, and if he then puts his nose into the pot to try to get that treat, use the marker word, and ‘pour’ the treat onto the ground,” she explained. ‘Pouring’ the treat onto the ground is



Ghyl and Fionn in their muzzles.

Case study

“The muzzle made everyone safe...”

Sarah Hancox, from the Peak District, Derbyshire, accustomed both her dogs, nine-year-old Lurcher Ghyl, and eight-year-old Greyhound Fionn, to wearing muzzles as part of her management routine.

“We’ve got quite a snappy Lurcher, who doesn’t like other dogs coming up to him; a lot of our issues have been off-lead dogs,” said Sarah. “I was a bit worried about introducing Fionn, so I muzzle trained Ghyl so I could reduce my anxiety, because I would get really panicky about them interacting badly.”

The muzzle really came into its own when Fionn was bitten by an adder. “The skin on his leg was decaying.



Fionn wore a muzzle during treatment and recovery from an adder bite.

We were at the vet’s every day for three months, and then every other day to get it dressed. The muzzle made everyone safe and me much calmer. It also made an excellent ‘cone of shame’ replacement as he started to heal.

“I would 100 per cent encourage everyone to get their dog accustomed to wearing one in case of emergencies. I always keep one handy.”

● You can read Fionn’s story here: <https://moorlandcanine.com/surviving-an-adder-bite>

important as if the dog can’t reach it, he may try to use his paws, which could encourage him to scratch at the muzzle later. Another vital point is that this process involves the dog choosing to put their nose in the pot; the owner shouldn’t chase the dog with the pot.

“Next, don’t put the treat in the cup, but pretend to,” said Jodie. “When the dog puts his nose in, use the marker word, and give him the treat with the other hand. Now he’s learning to put his nose in without luring him, so he’s thinking for himself, you can gradually build up the duration. Instead of marking straight away when he puts his nose in, count to five, then mark and reward.”

When the dog is comfortable with this, you should add in stroking the back of his head to accustom him to having the buckle fastened. “This is a really important step that’s often missed out,” Jodie added.

Then introduce the muzzle. Put the small pot you’ve been using inside the muzzle initially, then just use the muzzle, and the already learned behaviour will be transferred onto it.

“Then it’s about building up duration; pop the muzzle on, clip it, unclip it, then



Give a dog in a muzzle plenty of space.

reward the dog," said Jodie. "Repeat this, then clip the muzzle on and ask the dog to do a trick, and reward. Get him used to moving around wearing a muzzle, because there's a difference between just being able to put his nose in a muzzle and being able to go for a walk in one."

Take the time to teach your dog how to take treats while wearing the muzzle, as this will avoid frustration.

"It's all about building it up," advised Jodie. "You want dogs to be comfortable wearing a muzzle for an extended period of time, and to be able to do tricks and be lured around the house before you take them out and about and use it in a real-life context."

"You want the dog to fully understand the muzzle, and think of it as a fun thing, before you then start introducing the potentially scary things that he's wearing the muzzle for."

There are a variety of muzzles available, or you can have one custom-made. Comfort and fit become more important if the dog is required to wear the muzzle for long periods of time.

"Every single dog who does life skills classes with me is muzzle trained," said Jodie. "From a tiny Cavapoo to a massive Rottweiler, every dog will benefit from it."

More info:

● Find out more about **Crazelpup Dog Training** at <https://www.crazelpup.com>

Colin and Buddy, happy in their muzzles.



Case study

"A muzzle stops us getting into trouble."

Laura Foster, from Wellingborough, Northamptonshire, chose to use a muzzle with her dogs because her four-year-old Parson Russell Terrier, Colin, needs space, and Lurcher Buddy, who's since passed away, was an ex-hunting dog.

"I can relax a little and still enjoy everything we want to do without worrying that people will ignore me telling them to give us space, or about bouncy, off-lead, out-of-control 'he's friendly' dogs being rude. Although I will do everything I can to avoid putting Colin in situations where he is worried, I cannot predict every eventuality, and

a muzzle stops us getting into trouble.

"Muzzled, Buddy could enjoy off-lead running with no fear of him mistaking any animal as prey.

"Colin was measured carefully; we tried a couple of styles, and eventually found a nice, lightweight muzzle that allowed him to take treats, drink, and pant fully.

"Colin saw muzzle training as just another game and more trick training. Muzzles are now associated with doing fun stuff, so he loves them.

"Some people actively avoid us when they see us with 'a dangerous dog'; but we don't actually mind!"

Jodie with her dogs Tulip, Bramble, Hazel, and Willow.

"You want the dog to think of the muzzle as a fun thing..."



TOP TIP!

Stool guards can be slotted into the front of the muzzle to prevent coprophagia or other scavenging.

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Me and my dog

Clare with the dog she describes as the "perfect family pet".



SAVING ZIGGY

A "miracle" dog who suffered catastrophic injuries in a road accident has made a full recovery, thanks to the expertise of vets and her devoted family. **Joanne Bednall** reports.

Normally, a dog with injuries as severe as Ziggy's simply shouldn't have survived.

Yet despite presenting with a crushed liver lobe, punctured lung, fractured ribs, internal bleeding, and blood clots in her heart, the Cocker Spaniel bravely clung to life as the team at Farnham Veterinary Hospital pulled out all the stops to save her.

Faced with their most serious case since the £1.4m practice — Surrey's largest first-opinion veterinary hospital — opened last April (2021), three vets and five vet nurses whisked the eight-year-old dog straight into theatre for an emergency six-hour operation.

Meanwhile, the spaniel's distressed owner, Clare Saunders, sat trembling in the waiting room, while reception staff brought her cups of tea and sweet treats to help

combat the shock of events of that late September morning.

Shaking and sobbing, the mum-of-four couldn't get the horrifying images of Ziggy's accident out of her head.

After dropping her children at school, Clare and Ziggy started walking to a mums' coffee morning at a pub in Frensham, a village near Farnham to where the family had moved from London just three weeks earlier.

En route, Clare let Ziggy off her lead in woodland on a local common, without realising the main road through the village ran just the other side.

"I was still familiarising myself with the area, and had been used to walking Ziggy in Hyde Park, where everywhere is fenced,"



Clare's devoted family, including children Sonny, Cooper, Amber, and Rosie, were willing Ziggy to get better.

explained Clare, who grew up with dogs and described Ziggy as "an angel of an animal and the most gorgeous, kindest soul ever."

Suddenly, the liver and white spaniel



Vet Fiona Walker and animal nurse assistant and trainee nurse Charlotte Seaton of Farnham Veterinary Hospital with Clare and Ziggy.

spied a squirrel, darted through the trees, and ran across the road in hot pursuit.

"I didn't realise where the boundary was," continued Clare. "The road isn't usually busy but that morning we were unlucky and a car hit my dog.

"It was terrifying. I heard a bang, then a scream — a human-like sound I'll never forget."

Clare's memory of what happened next is sketchy, but she clearly remembers the car slowing down without stopping before driving off, and a woman, alerted by the commotion, coming out of her house to help.

INTERNAL INJURIES

The next thing she recalls is the woman holding Ziggy on the other side of the common, offering Clare a lift home, and pointing her in the direction of Farnham Veterinary Hospital.

"It was the best advice she could have given me," said Clare, who cradled the broken dog in her arms during the 15-minute drive back to her house.

"There was some blood in Ziggy's mouth but her face showed how much pain she was in. Her tummy kept getting bigger and bigger and I knew she had serious internal injuries."

Clare was in such a panic that she doesn't know how she managed to navigate her way to the hospital in East Street.

But as soon as she arrived, the team came running out, prising Ziggy from her grasp and prepping the poorly dog for surgery.

"They were amazing — it was just like A&E for human beings," said Clare.

First, lead vet Fiona Walker focused on repairing Ziggy's fractured ribs and trying to stop the internal bleeding. Her injuries were among the worst the vet had seen sustained in a road accident in her 12-year career.

During the operation, Ziggy was given artificial respiration for four hours to keep her alive, while she also needed an emergency blood transfusion.

Eventually, a tired and emotional Clare was sent home with the promise of regular updates.

Although the lengthy operation was a success, Ziggy was still critically ill and faced a long, arduous road to recovery, as well as round-the-clock care for 10 days.

"She was in intensive care in an induced coma on a drip with pulse pads on her paws to monitor her heartbeat," continued Clare, who initially feared her beloved "perfect family pet" wouldn't survive.

Although she visited Ziggy every day, Clare admitted it was hard to stay positive at first.

"The second time I saw her, she didn't respond to me at all and just kept whimpering the whole time," said Clare. "I was so upset and worried but all our friends and family just prayed for her and we tried our best to be positive. All the staff at the hospital were so loving and always asked how she was. Everyone who knew us — and many who didn't — just willed Ziggy to get better."

For the first five days, the spaniel was so poorly that she couldn't stand up, eat, or even go to the toilet by herself and was fed through a tube.

As well as supportive care and pain relief medication, Ziggy received massage therapy and physiotherapy to help resolve some neurological issues and enable her to walk again.

Each day, the team was rewarded by a little bit of progress, and every baby step was celebrated.

In fact, the moment Ziggy stood up and took her first few wobbly steps was the highlight of Fiona's veterinary career.

"On day 10, Fiona called to say that Ziggy

"...the care they gave Ziggy was incredible..."

had eaten, and managed to stand, walk outside, and have a wee on the grass," said Clare, who was amazed and relieved when she was told her special spaniel could go home.

The team showed Clare how to practise physio — gently rubbing Ziggy's back and muscles — and she responded well. Soon, she was able to manage little walks around the garden, which increased gradually each day and she slowly grew stronger.

Clare continued: "When Ziggy came home, she looked like Scar from 'The Lion King', with areas of her fur shaved. Her hearing was distorted, she was blind in her right eye, and was dragging her right hind leg. But now, just 11 weeks after the accident, not only have all these neurological issues resolved, but she is like a puppy again.

"At first, the vets were unsure whether she would make a full recovery, and even then it was likely to take at least six months. But she is already at that stage in half the time. The staff at Farnham Veterinary Hospital are truly wonderful — the care they gave Ziggy was absolutely incredible, and without their skill and expertise she wouldn't be with us today.

"They were so dedicated to helping her recover. When I went to bring Ziggy home, the whole team lined up and clapped — it was very emotional. Ziggy really is a miracle dog and has been through so much — it's been a real roller coaster for everyone!"



Brave Ziggy has made a remarkable recovery.

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DOG Answers

HEALTH CONNECTIVE TISSUE DISORDER

Q My Golden Retriever has sadly been diagnosed with Ehlers-Danlos syndrome. Can you tell me more about this condition and what I can expect in terms of my dog's health?

Terry Fulmer, Oxfordshire.



Vicky says:

Ehlers-Danlos Syndrome (ED) is an inherited

connective tissue disorder, which leads to excessively stretchy and fragile skin.

Hypermobility joints, eye disorders, and problems with the heart, blood vessels, and muscles may also be seen.

The condition can cause skin folds, which may be prone to infection, and the skin is more easily damaged than it would be in a normal dog.

Wound healing may take longer in ED patients and scarring can be more pronounced.

Although there is no treatment, mildly affected dogs can have a normal lifespan.

Affected dogs must not be bred from.

TRAINING

COMPETING FOR ATTENTION

Q When we meet people with dogs on walks, our six-year-old Lhasa Apso goes to the owner for a stroke or fuss, and if that person's dog comes back, she will snap at it. Also, if I give attention to another dog, she'll come over and push between us. What is the reason for this behaviour and how can I train her not to react in this way?

Fiona Packer, Bedfordshire.



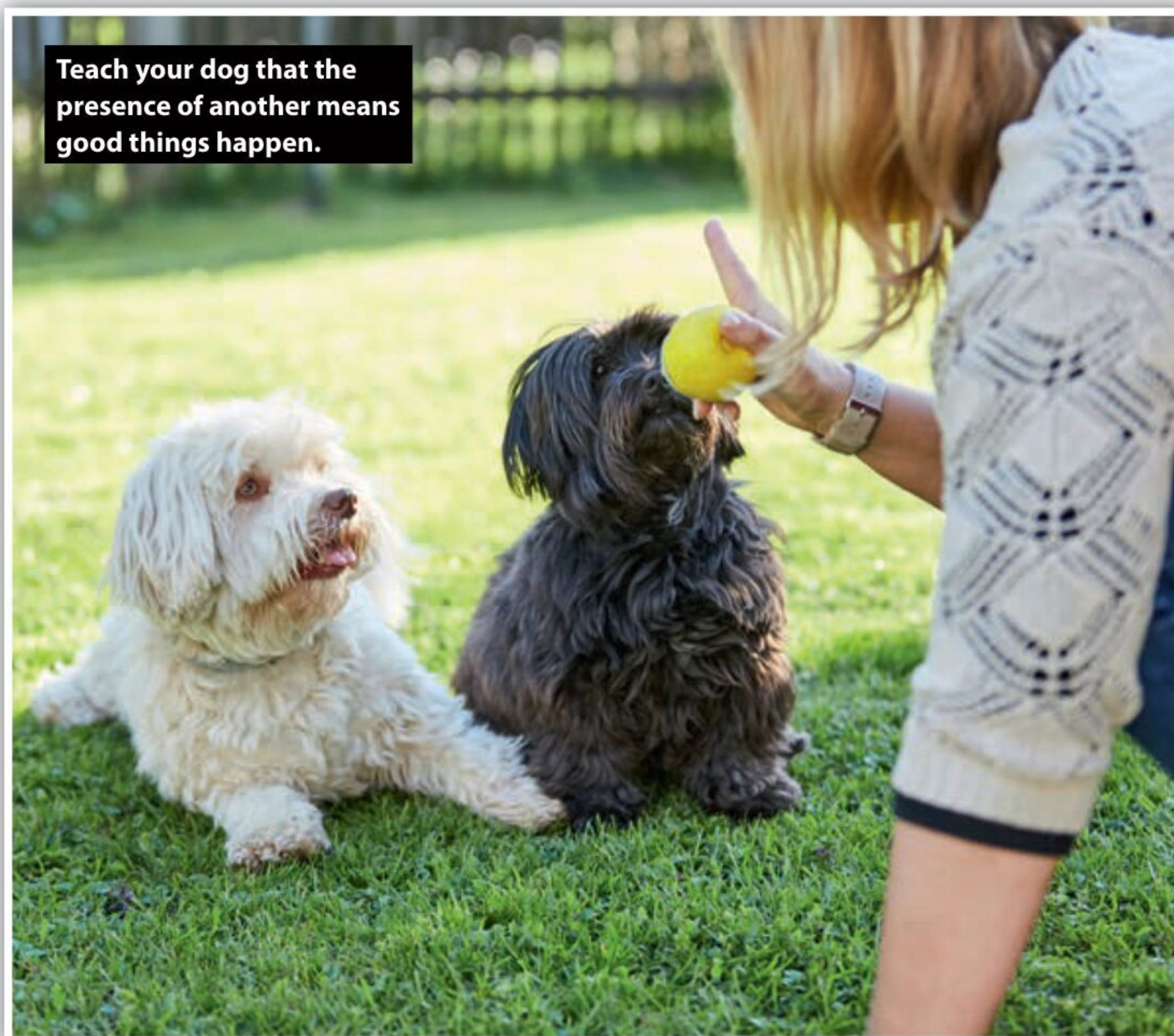
Tony says:

Some people would call this jealousy, but the concept of jealousy is complex, especially in animals. I would simply describe the behaviour as competing for attention.

You can teach your dog that she only gets praise and attention when the other dog is present and always after the other dog has a fuss. This way, the other dog receiving attention predicts good things for her over time.

To start this learning, ensure both dogs are on-lead. Briefly

Teach your dog that the presence of another means good things happen.



fuss the other dog, stop, and instantly fuss your dog, always in that order so one event starts to predict the other.

You can boost this training by giving her a treat after giving the other dog attention, although be careful not to drop it. You could even toss the treat in the opposite direction to the dog

so that she also moves away. Similarly, if she is receiving attention from the other dog's owner, call your dog to you and give her a treat as soon as the other dog returns. The other dog returning soon reliably predicts a treat from you, not an opportunity to compete for attention.

THE EXPERT PANEL



TAMSIN DURSTON is a canine behaviour officer in Dogs Trust's canine behaviour and research team.



TONY CRUSE is a member of the Association of Pet Dog Trainers and the Institute of Modern Dog Trainers.



VICKY PAYNE BVetMed, MRCVS is a holistic vet based in East Sussex.



HOLLY MASH BVSc, MRCVS specialises in herbal medicine, acupuncture, and nutrition.



JOANNE ANGUS LCGI is a founder member of the Guild of Master Groomers.



JOHN BURNS BVMS, MRCVS is a vet, and founder of feed company Burns Pet Nutrition.



STEPHEN JENKINSON is access adviser to Your Dog, the Kennel Club, and local councils.

Quick-fire questions

WILL MY EXISTING PET HAPPILY ACCEPT A NEW PUPPY?

Some people assume that their dogs would love a new friend, and while this may often be true, it is not always the case.

Many people choose to get a puppy when their original dog is older, as they do not want to have a dogless house if something happens to the older pet.

However, some senior pets are more set in their ways and bringing a puppy into their world can be really upsetting and distressing for them.

Before making a decision, think about your current dog and seriously consider whether he would really appreciate sharing his home and life with another dog.

Ask yourself these questions:

- Is my dog sociable with other dogs?
- How does my dog react when other dogs come into the home?
- Is there a way of introducing the puppy before I commit to buying/rescuing him?
- How compatible are the dogs' personalities?

BEHAVIOUR

Noise sensitivity

Q Why does my dog hate loud bangs so much, including noises on the TV?

Liam Walters, South Yorkshire.



Tamsin says: Your

dog is not alone. Research suggests many dogs show signs of fear in response to loud noise. This may be down to dogs' hearing being more sensitive than ours — almost four times more in fact! They can hear different frequencies so may pick up on things that we can't sense.

When it comes to loud

noises, if sufficiently close and high-volume, these may cause pain — in the same way your ears might hurt if you were standing next to a big speaker. Alternatively, your dog may associate a particular loud noise



with something scary.

It is also important to consider that sensitivity to noise can be a sign of pain or discomfort in dogs. If you notice a sensitivity to noise, your first port of call should be a check at your vet's. If your pet is pain-free, but you are concerned about his behaviour, ask your vet for a referral to an accredited behaviourist who can help explore and treat the problem.

In the meantime, avoid walking your dog in areas in which you know loud noises may occur, mute the TV during loud scenes, or provide a sound-proofed den in your home (a crate covered by a duvet works well). These measures can help while you get in touch with a behaviourist.

HEALTH

DISTURBED NIGHTS

Q My cross-breed dog is 14 years old. She seems healthy, eats well, and enjoys gentle exercise twice a day. However, she asks to go outside at least twice during the night, either to eat grass or to toilet. Is this normal for a 14-year-old? What might be the problem?

Sue Farmer, Wiltshire.



Vicky says: There

could be a number of reasons why your older dog is unsettled at night. She may be woken from her sleep by joint discomfort, grass eating could suggest that she feels sick, or she may have canine cognitive dysfunction, which can affect



behaviour and sleep patterns. I'd recommend a visit to your vet to check for underlying conditions which may be causing this.

DOG Answers

BEHAVIOUR

FEAR OR FRUSTRATION?

Q My dog is fine with dogs he met as a puppy, but aggressive towards dogs he doesn't know. What should I do about this? Is there any way I can help him to feel happier about encountering strange dogs when out on our walks?

Mary Aslett, Lancashire.



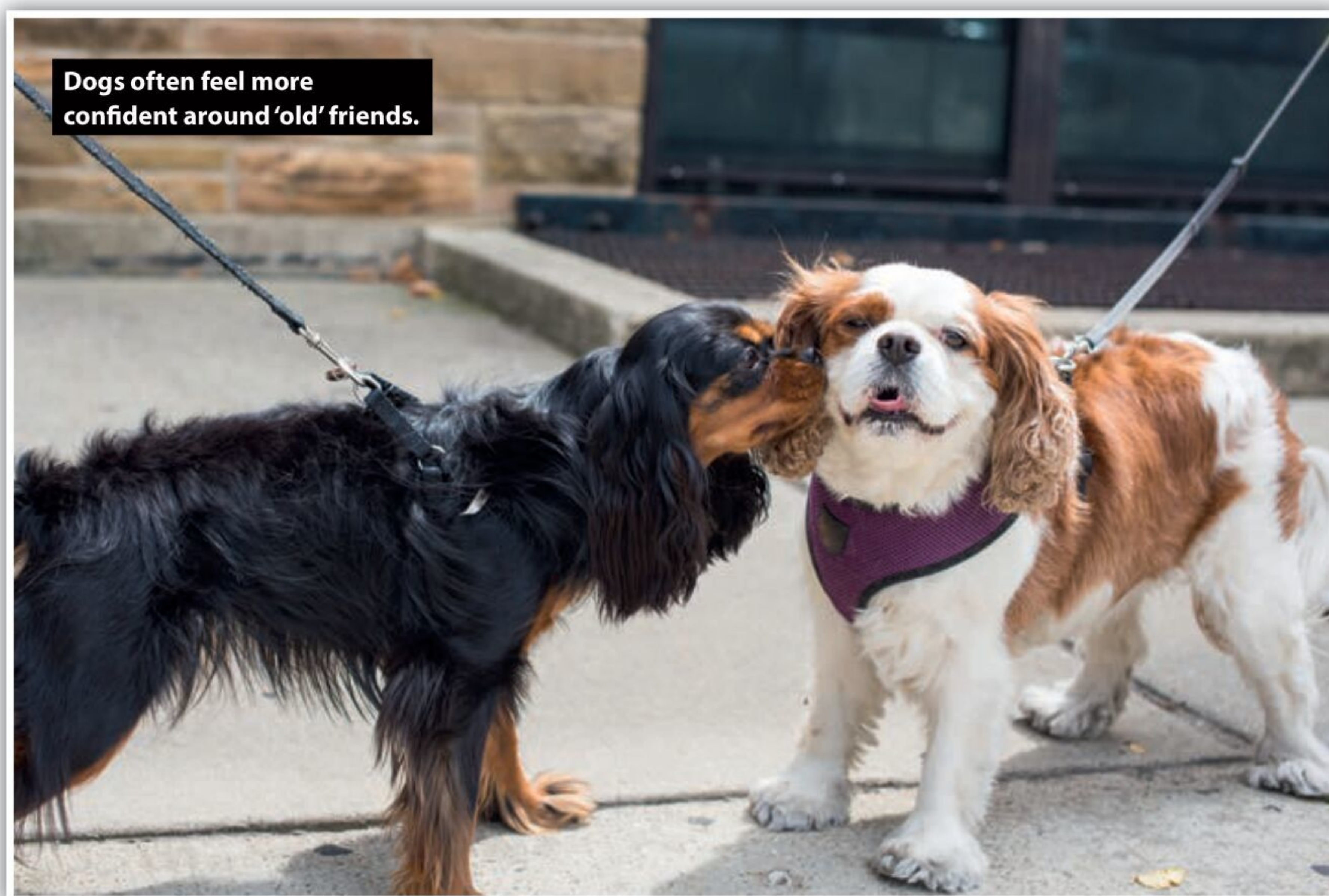
Tamsin says: Dogs are generally social animals, but that doesn't mean they're always happy to interact, and they might feel less confident around unfamiliar dogs because they can't be sure they'll behave how their oldest friends do. Dogs can behave aggressively to communicate "please leave

DID YOU KNOW?

Fear or anxiety-related aggression is probably the most common form of aggression seen in dogs.

me alone!". This doesn't mean they're 'bad dogs' — there's no such thing — just that they need our help in situations they find challenging. It's worth having your dog checked by a vet to rule out any hidden pain or underlying medical condition, which might be making him feel vulnerable around new dogs he doesn't know well enough to feel safe with.

Dogs might also behave aggressively when they're frustrated. For example, a friendly dog might lunge and bark at another dog they want to play with but can't because they're on-lead. It can be difficult to tell the difference between fear and frustration, but your vet can refer you to an accredited behaviourist to identify what's motivating your dog. Meanwhile, keep your distance from unfamiliar dogs and use his favourite treats and toys to distract and reward him for interacting with you whenever new dogs are around. Practise calling him to you for fun rewards, and be ready to do so in the park when other dogs appear. If he tenses, or shows any aggression, stay calm, quiet, and turn away from the other dog. Lead him calmly away, rewarding him for relaxing. Scattering treats can help to redirect focus away from the other dog too.



Dogs often feel more confident around 'old' friends.

OUT & ABOUT

What does it mean?

Q I came across this sign (pictured right) when walking in Perthshire and I'm not sure if it's correct in terms of dogs being on a lead all the time. I've seen other signs like this elsewhere in Scotland. I'm very happy to have my dog on a lead around sheep or where there's sensitive wildlife, but this seems vague and excessive.

Your Dog reader, Fife.



Stephen says: Given the welcoming language, I can imagine this was erected with good intent, but in practical terms it doesn't help walkers or the estate. If there's ever cattle here, it can put

the landowner at risk of being sued or prosecuted under health and safety laws. Any general on-lead advice should always say to release your dog if threatened by cattle, given the growing number of people killed, or suffering life-changing injuries, after being trampled.

Access laws in Scotland require dogs to be kept under 'proper control' and the Scottish Outdoor Access Code (www.jessthe dog.org.uk) explains leads must be used at sensitive times and places for livestock and wildlife. But there's no general 'on lead all the time, all year round' rule as this sign suggests.

The best way to get all dogs on leads when it's truly needed is to clearly explain when and where this does, and does not, apply; otherwise signs like this get ignored. In this case it's not clear where the suggested on-lead rule ends, nor if it applies to both paths indicated, heading away from the sign.

Signs like: 'Please keep your dog on a lead in the next two fields as they currently contain sheep' have much more credibility;



Image: Ramblers Scotland.

research shows they are far more likely to be complied with.

Access staff at Perth and Kinross Council (www.pkc.gov.uk) may be willing to speak to the estate and help them produce better signs to reduce conflict and uncertainty for everyone.

TRAINING

LEAD WALKING HEADACHES

Q My six-month-old cross-breed constantly bites, pulls, and lunges on his lead. Why does he do this and what can I do about it?

Lee Stafford, Greater Manchester.



Tony says: A lead is the management tool that helps keep a dog safe and out of trouble. However, it certainly isn't natural for a dog to be immediately comfortable with this piece of equipment.

Dogs love to roam and explore, and the lead prevents this. Frustration can then build, often seen as biting at the lead and lunging. As owners, we need to make being on the lead a good experience for our dogs. Start in the house or garden by clipping the lead on and rewarding your dog when he is next to you. Stand still and ignore any lunging or pulling. He soon learns that good things happen when he is on a lead

and is close to you. Unclip the lead, session over! This is an exercise you can do many times before progressing to loose lead walking and rewarding him on the move. When the lead is slack... treat! If the lead goes tight, be calm and just stop walking. Wait for him to return to your side, then carry on and treat.

Try to keep the lead loose at all times; a tight lead can resemble a tug toy that encourages mouthing and biting of the lead. If this happens, a little tip is to fit two leads. When he grabs one, drop it, and use the other one; repeat this. It soon stops being fun if the lead goes limp and you don't engage.

Damage to the neck vertebrae and the throat can occur if the dog frequently hits the end of a tight lead. Therefore, consider a body harness for your dog. A harness takes the pressure off the dog's neck area and contributes to a stress-free walk.

Constant pulling on the lead can cause damage to the neck and throat.



HEALTH

EFFECTIVE WORMING

Q Can my dog still get worms even though she's been given a worming treatment that was recommended by the vet?

Peter Hemmings, County Durham.



Vicky says: Most worming products are metabolised and out of the body in a short period of time. It is possible for the treatment to kill all

susceptible worms one day, only for the dog to re-infect himself a few days later. Worming schedules are based on the length of time it would take for a new infection to become potentially problematic for the dog (around three months) or cause a risk of shedding worm eggs into the environment where they could infect children (one month). There are spot-on treatments that have a longer period of action and can kill worms throughout the treatment period. Some worms can't be killed at all stages

Discuss your dog's worming treatment with your vet.



of their life cycle so dead and dying worms may be passed in the faeces over a few weeks.

Not all worming tablets will cover all species of worm, and symptoms such as a ravenous appetite or anal irritation may be symptoms of problems other than worms.

As there is now a broad range of different worming products available I'd recommend talking to your vet or a practice nurse for information on how the product you use works, and how frequently to use it.

Quick-fire questions

I MAY BE GETTING AN OVERSEAS RESCUE. DO YOU HAVE ANY GENERAL ADVICE?

- Think carefully about your ability to deal with potential behaviour and training problems. These dogs will need help and support as well as time.
- Find an organisation that assesses dogs and rehomes responsibly, matching dogs to new owners.
- Meet the dog before you commit to giving him a home. There is a big difference between this and agreeing to take on a dog you have never met.
- If you really think you can rescue 'unseen', make sure you have professional back-up if needed.
- Ensure your garden is secure — many former street dogs are escape artists.
- Look at things realistically through your dog's eyes. Restraint, restrictions, unexpected touch — all can be issues if you don't recognise that your dog — to start with anyway — is a product of his past.
- Take your time — good, strong relationships don't happen overnight.

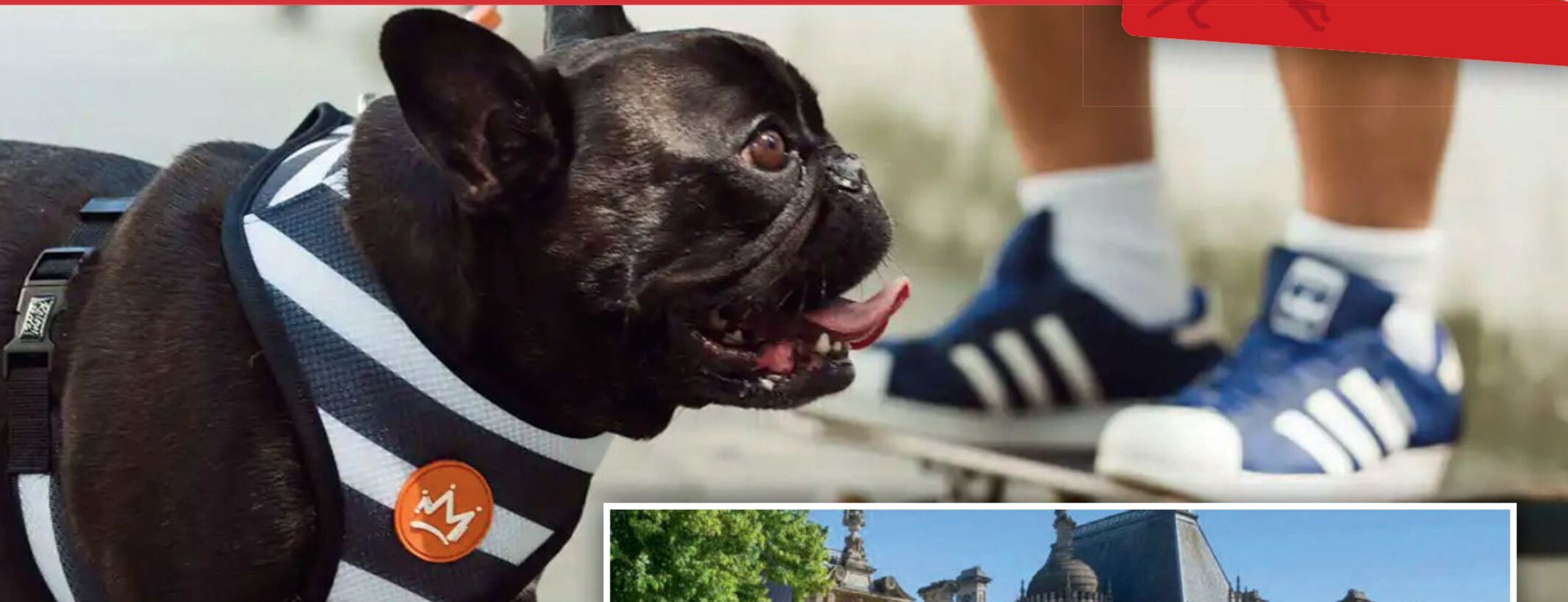
GIVE ME SOME REASONS FOR HAVING A DOG IN THE OFFICE

- Boosting morale, team cooperation, and job satisfaction.
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- Increasing productivity.
- Inspiring activity.
- Encouraging socialisation and interaction between colleagues.

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The Gallery

Give your dog his five minutes of fame.



To be included in our gallery, email your photos to gallery@yourdog.co.uk or post traditional prints to the address on page 4. Include your name, address, and daytime telephone number, plus your dog's name and breed.

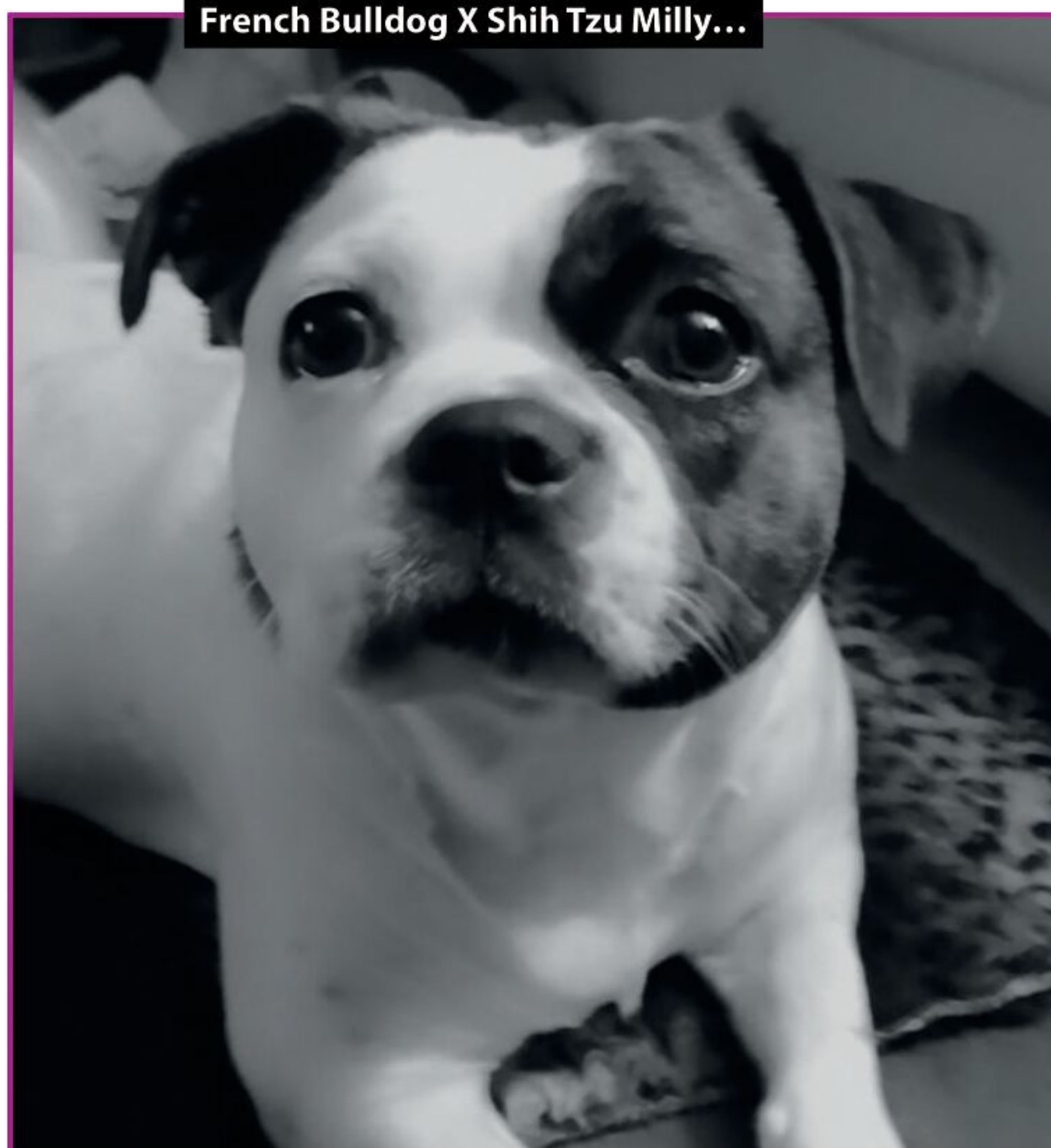
Alternatively, you can share your images on social media at www.facebook.com/yourdogmagazine Twitter @yourdog. Please, no images of dogs playing with sticks or wearing extreme clothing!

Shihpoo (Shih Tzu X Poodle) Leo, from Broughty Ferry, Dundee.



Cockerpoo Kiki, from Luton, Bedfordshire.

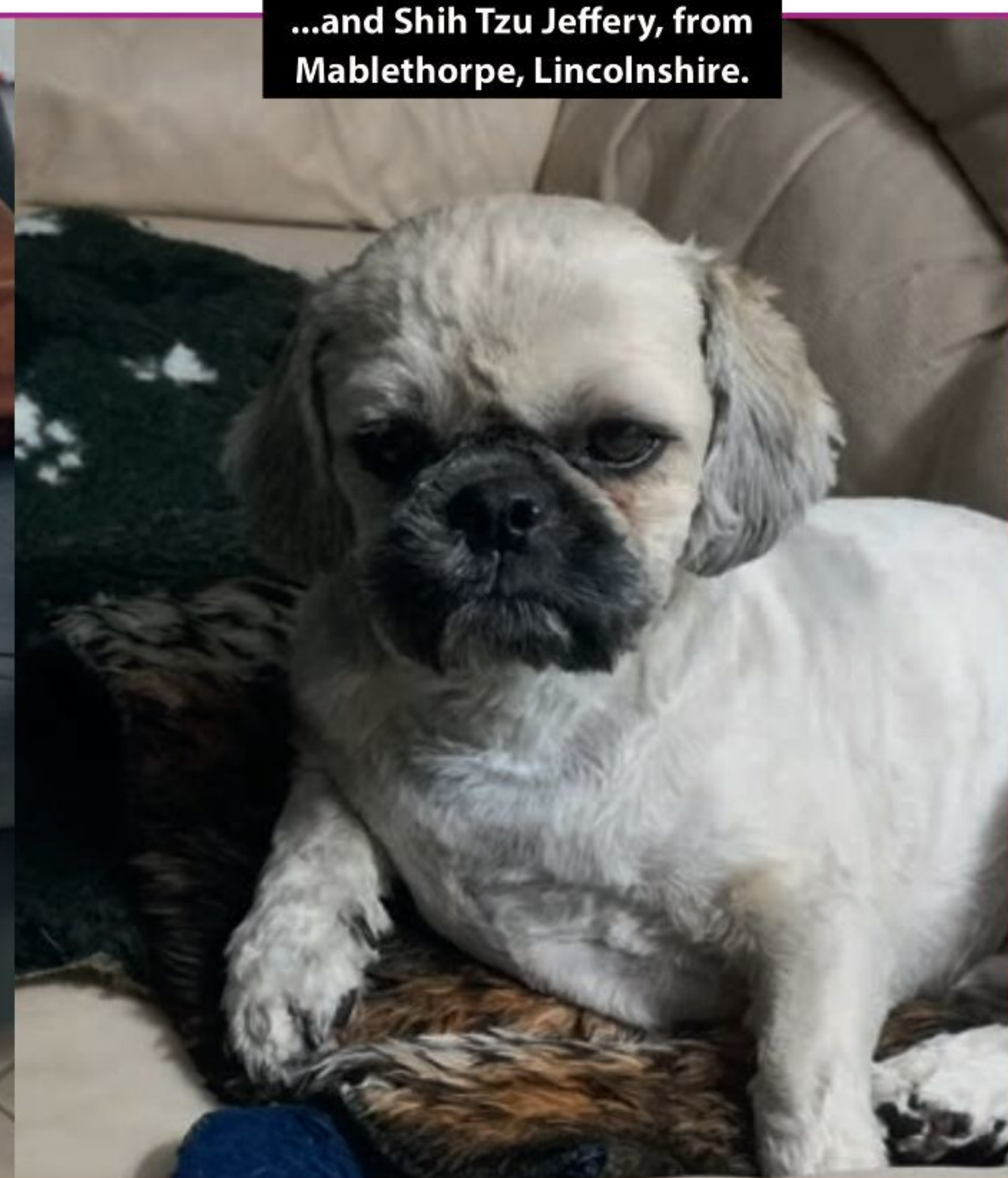
French Bulldog X Shih Tzu Milly...



Shih Tzu Charlie...

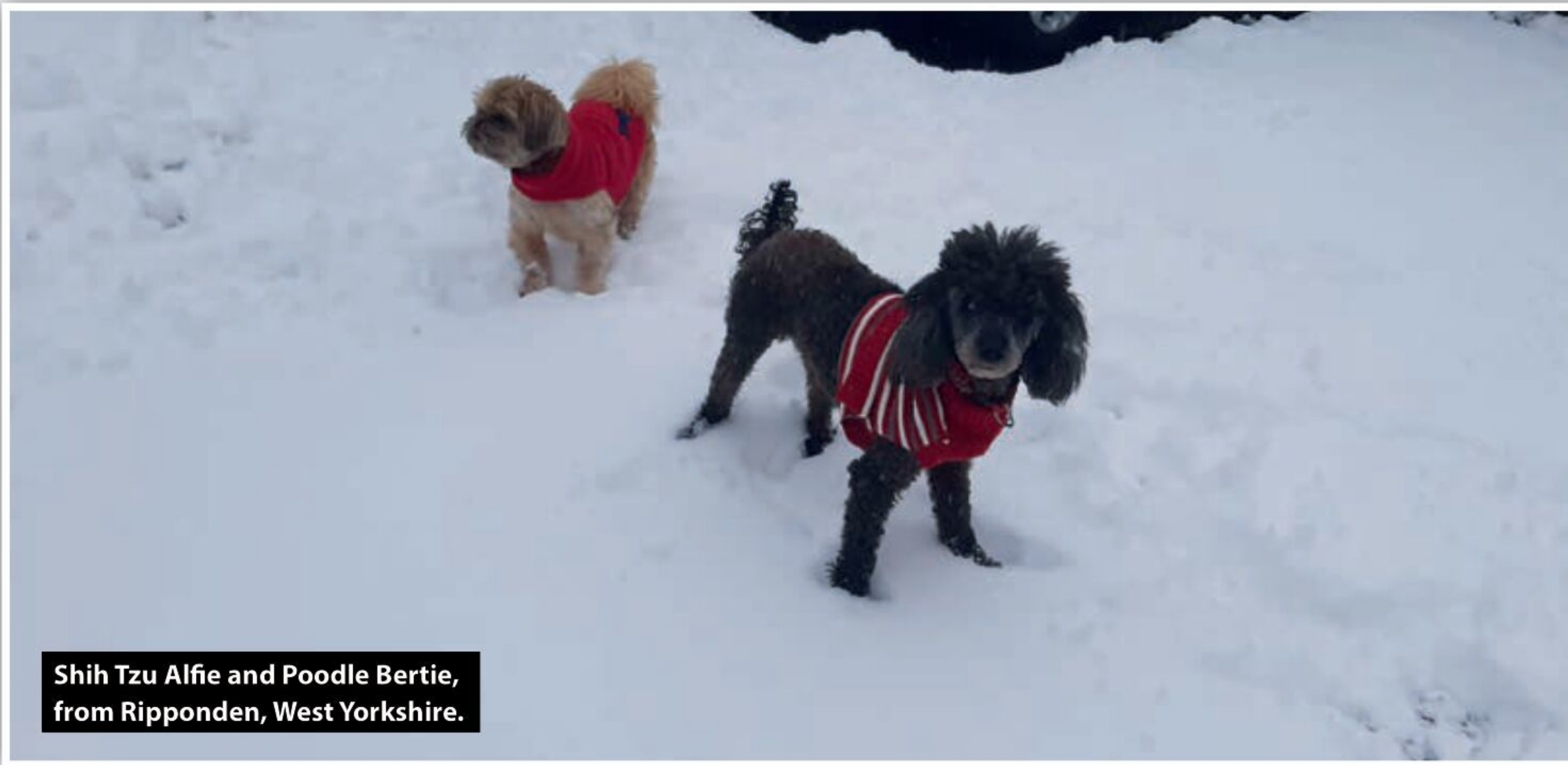


...and Shih Tzu Jeffery, from Mablethorpe, Lincolnshire.





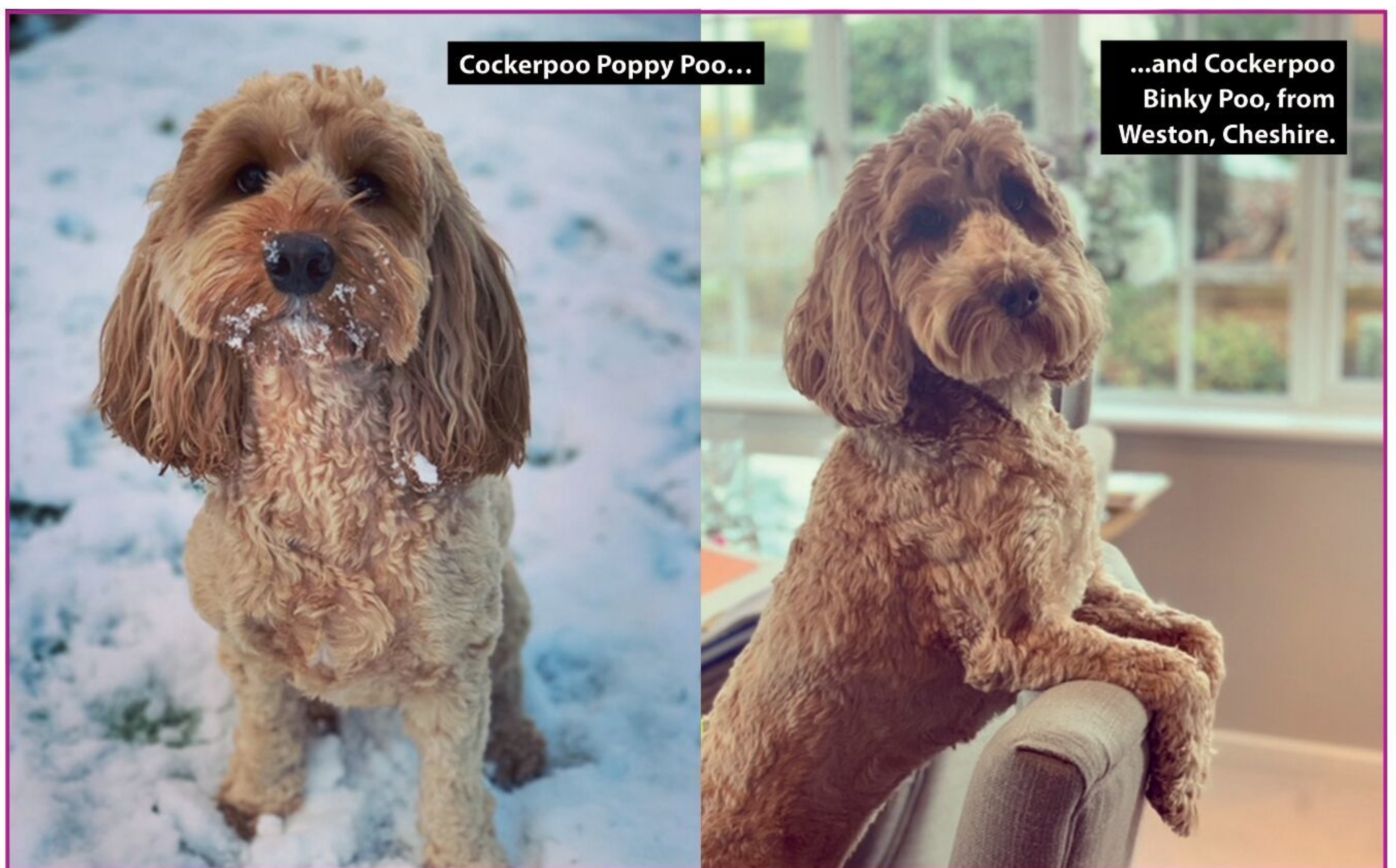
Labrador Bob, from Bramley, Hampshire.



Shih Tzu Alfie and Poodle Bertie, from Ripponden, West Yorkshire.

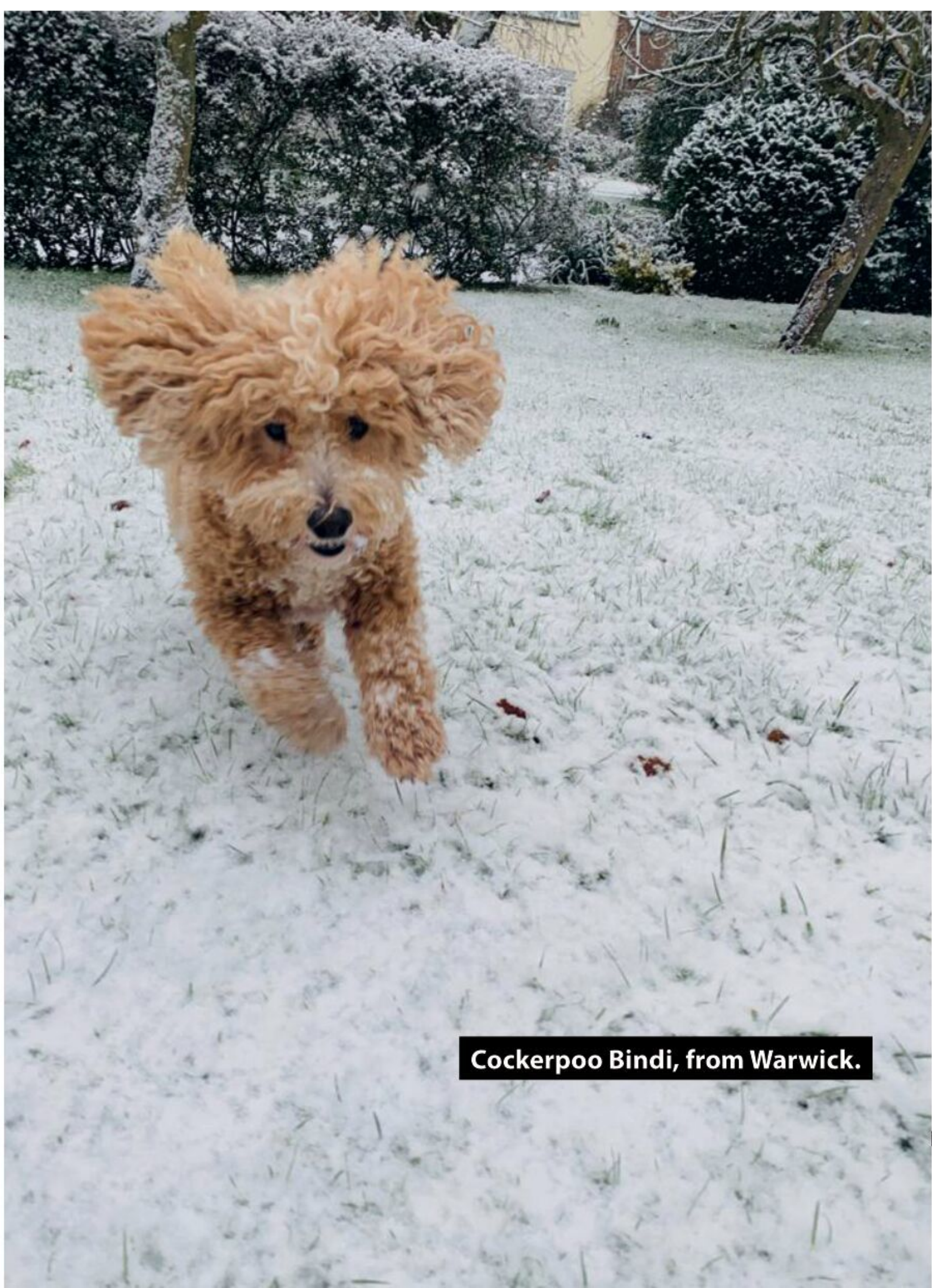


Yorkshire Terrier Wiggles, from Prestwich, Greater Manchester.



Cockerpoo Poppy Poo...

...and Cockerpoo Binky Poo, from Weston, Cheshire.



Cockerpoo Bindi, from Warwick.



Jack Russell Terrier Titch, from Cardiff.

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Don't disturb a sleeping dog.

MAN'S BEST FRIEND

Dogs have been our close companions for centuries, so it's not surprising that they feature in so many of our proverbs and sayings.

OLDEST PROVERB

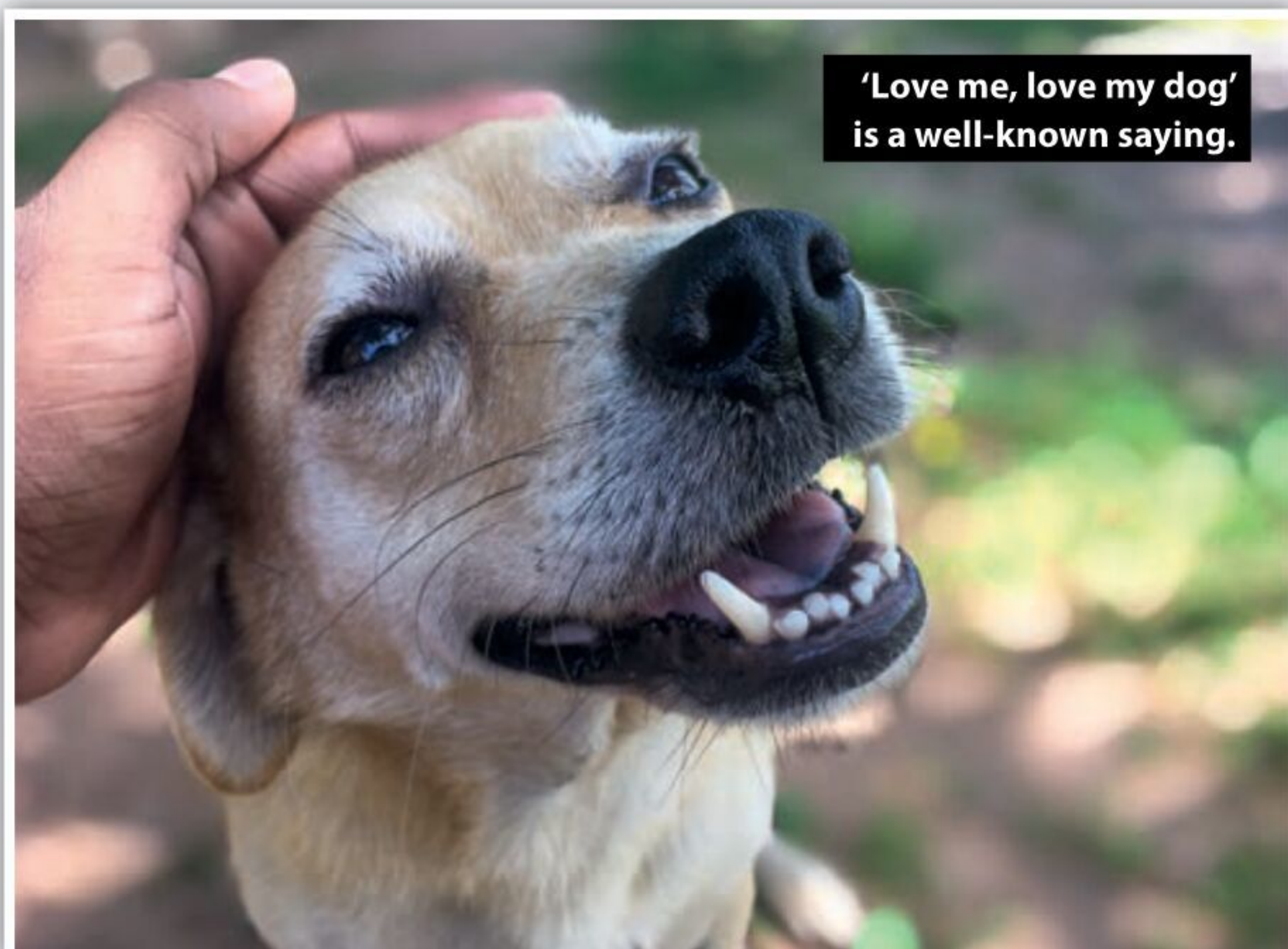
Some of the oldest proverbs (and the first known recorded one) are about dogs. Dating back 4,000 years to the days of ancient Sumer and Assyria they offer such gems of wisdom as: 'A dog which is played with turns into a puppy', 'In the city with no dogs, the fox is boss', and more bafflingly 'The bitch in her hurry whelps blind pups'.

The latter makes less sense to us with the distance of time, but was popular and well enough understood to spread around the world, eventually making it as far east as Pakistan, south to Ethiopia, and north and west to Europe and Britain.

LOVE ME, LOVE MY DOG

Many common proverbs are uncomplimentary about dogs. When Bernard of Clairvaux declared 'Love me, love my dog' during a sermon in 1150, it's unlikely he was thinking of a real dog, but alluding to the

fact that you should embrace someone's faults as well as their good points. Since then it's been attributed to many people, and it's probable that it wasn't even originated by St Bernard (no relation to the St Bernard the breed of dogs are associated with), but that he was simply quoting an already well-known saying. In later years the proverb inspired a picture painted by Sir Joshua Reynolds, a story by humourist PG Wodehouse, and was a hit in the 1975 UK pop charts for Alvin Stardust.



'Love me, love my dog' is a well-known saying.

LET SLEEPING DOGS LIE

Often attributed to 18th century British politician and first prime minister Sir Robert Walpole, this proverb is actually much older, making its first appearance in print around 1380 in Geoffrey Chaucer's epic poem 'Troilus and Criseyde'. 'It is nought good a slepyng hound to wake' he observed, evidently having noted that dogs may behave unpredictably if suddenly disturbed from their slumber. By the mid-1500s the saying had become sufficiently established that John Heywood included it in his definitive collection of proverbs, carrying the metaphorical interpretation of 'leave well alone' as well as its more literal sense.

MAN'S BEST FRIEND

Nowadays 'man's best friend' is a common colloquialism, but dogs weren't always held to be so. Until the 19th century, when attitudes began to change and they became regarded as cherished companions who possessed feelings and personalities, many lived a miserable existence, leading to sayings such as 'dog poor', 'to lead a dog's life', 'not fit for a dog', and of course 'dog sick' — more usually phrased nowadays as being 'sick as a dog'.

That great lover of Italian Greyhounds, Frederick the Great of Prussia (1712 – 1786) was the first to coin the phrase 'Dog is man's best friend', but it was Missouri lawyer George Graham Vest who made it famous. ▶

He gave a tear-jerking speech known as the 'Eulogy to a dog' during a court case in 1870 over the shooting of a neighbour's dog by a farmer. In 1947 the unlucky hound was commemorated in his home town by a memorial funded by dog lovers who donated money and sent small rocks from all over the world, including pieces of the Great Wall of China and the white cliffs of Dover, to be incorporated into the base. A bronze statue of Old Drum was also erected in 1958 in the grounds of the courthouse, with a plaque bearing Vest's famous words.

YOU CAN'T TEACH AN OLD DOG NEW TRICKS

Not all originators of proverbs were such astute canine observers as Chaucer; this one was first recorded in 1534 by John Fitzherbert, the medieval author of a manual on husbandry, but may have been in existence much earlier. It refers to someone unwilling to change their ways, although as any dog owner will know, it doesn't hold any weight when taken literally. Old dogs can be perfectly capable of learning new things, although it may take a little more time, patience, and repetition. It could equally be said that 'There's life in the old dog yet'...

Similarly, Roman historian Quintus Curtius Rufus clearly wasn't a keen student of canine behaviour either when he created the idiom in 40 AD about barking dogs never biting, although it has changed a little over the years and is now better known today as someone's 'bark being worse than their bite'.

HAIR OF THE DOG THAT BIT YOU

Most people know of this phrase today in connection with drinking — the idea being that if you have a hangover, it can be remedied by taking a little more of the alcohol that caused it. This 'cure' was in vogue by 1546, but then — as now — was no more true than the 2,000-year-old belief it sprang from that someone bitten by a rabid dog could be cured by applying a hair from the same dog to the wound. This belief persisted until well into the 18th century.



Is a dog's bark worse than their bite?

EVERY DOG HAS ITS DAY

The origins of many proverbs are often hazy, but the medieval Dutch scholar Erasmus suggested that this one may have stemmed from as far back as 405 BC when the Greek playwright Euripides was killed by dogs set on him by a rival. Consequently, in the first century Plutarch wrote 'Even a dog gets his revenge' but with the passage of time the phrasing changed and, reflecting the lowly status of dogs, came instead to imply that everyone will be successful at something at some point in their lives. In Britain, the future Queen Elizabeth I seems to have been one of the first to have actually written it down, in a letter to her brother in 1547, although it had most likely been in circulation in this form for some time already. Shakespeare was certainly familiar with it, as the expression pops up in 'Hamlet', written around 1599, and Victorian social reformer, supporter of Darwin, and author Charles Kingsley followed suit, using it to effect in his poem 'Young and Old' in 'The Water Babies'.



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