



Reconnection Weekly



W E L C O M E !

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Welcome to Issue #2 of Reconnection Weekly!

We had an amazing response to our first addition and would like to send a huge thank you to our contributors, our readers and amazing team members for producing such an outstanding resource. Without you all it wouldn't be possible!

We are here to support you and keep our community together in spirit during this time of adjustment and uncertainty.

We are working together to offer useful resources, uplifting stories and fun, creative ideas to try out whilst we stay at home. Please get involved by sharing with us the things that are helping to keep you well right now and the seemingly "little things" that make a difference to your day. Maybe you've rekindled an old hobby, read a gripping book or reached out to a resource that made a difference. Connect with us and let us know!

This week's issue is dedicated to celebrating all of our furry (and fur-less) friends! Read about the power of having pets as therapy, the brilliant and inspiring work of Guide Dogs UK and get to meet some of our treasured Pets in Paws for Thought! If you would like to feature your animals in our Pet Profiles please email us with a Picture of your beloved and tell us a little bit about them.



If you would like to get involved, please send your ideas, suggestions and photos to any of the following –

Tracy.Thompson@cgl.org.uk

Bex.Poyser@cgl.org.uk

Emma.William@cgl.org.uk

Reconnection Weekly is sent out on a Thursday and we ask that contributions are sent in no later than the Monday in order to be featured in that weeks newsletter. Thank you!



**Change
Grow
Live**





The Power of Pets as Therapy

Pets as Therapy, known formally as Animal-assisted therapy, is a holistic approach that builds on the human-pet connection. I'm sure the pet owners reading this will agree that the pure joy and love that a pet brings into their life, be it a dog, cat, fish or any other animal is hard to compare!

Scientific studies have recently begun to explore our relationships with our pets and the benefits of that nurturing bond. Our therapeutic relationships with our pets impact positively on our wellbeing in so many ways, including lowering blood pressure, reducing stress and anxiety, increasing our calm and contentedness by releasing serotonin and endorphins leading to a more positive outlook and experience of life.

They often encourage us to get out in nature, getting us moving and socialising with other pet owners. The companionship of a pet can lessen our feelings of loneliness and isolation at any age, providing us with a nonjudgmental listening ear and unconditional affection. Our pets become attuned to our language, emotions and behaviour, understanding the changes in our body language, tone of voice and our gestures. This is how our pets can sense when we are feeling sad, anxious or happy, sometimes before we notice.

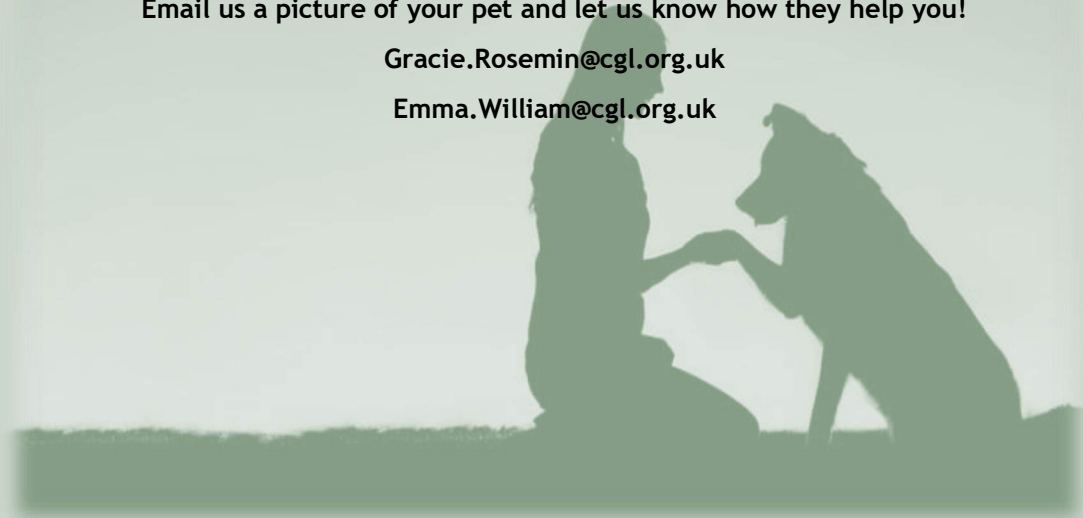
Caring for an animal not only brings structure and routine to our days, but it makes us accountable to someone other than ourselves. When we are needed by our pets we increase our ability to nurture and be empathic to the needs of others. It can move our attention away from life's problems and we are able to focus on the bigger picture of what is important to us, experience connectedness, increase our self-worth and self-confidence. Taking care of our pets helps us to care for ourselves too.

If you don't own a pet, there are still many ways to experience these health boosting benefits of being around animals. You could volunteer to walk or take care of a pet for a neighbour, friend or family member (still maintaining social distancing guidance during the Covid-19 outbreak) or sponsor a pet with Dogs Trust, Blue Cross, Wood Green Animal Shelter or Pet Adoption UK.

Email us a picture of your pet and let us know how they help you!

Gracie.Rosemin@cgl.org.uk

Emma.William@cgl.org.uk



Recovery
Service

Paws for Thought



Bodhi

This is Bodhi, he is a cheeky, adventure-loving and very affectionate black Labrador. His companionship, warmth and big loving eyes have got me through some tough days. He adores going for long walks near the river, playing with his furry friends, chasing tennis balls and eating marmite toast crusts!

-Grace



Cocoa, Luna & Daisy

My German Shepherd Dogs, Roxy 8 years old on the left (the boss) and Randall 9 years old on the right.

They love barking at the postman and going on long walks. If you ever wondered what it would be like to have a twin, get a German Shepherd, they follow me everywhere.

The bunnies are Cocoa (brown bunny) adopted from Pets At Home as he had been attacked by the other rabbits and had been injured. He likes dandelions, treats and being nosy.

Luna & Daisy (the white bunnies) were rescued from an animal shelter. They like apples and bananas and coming indoors to run around and play.

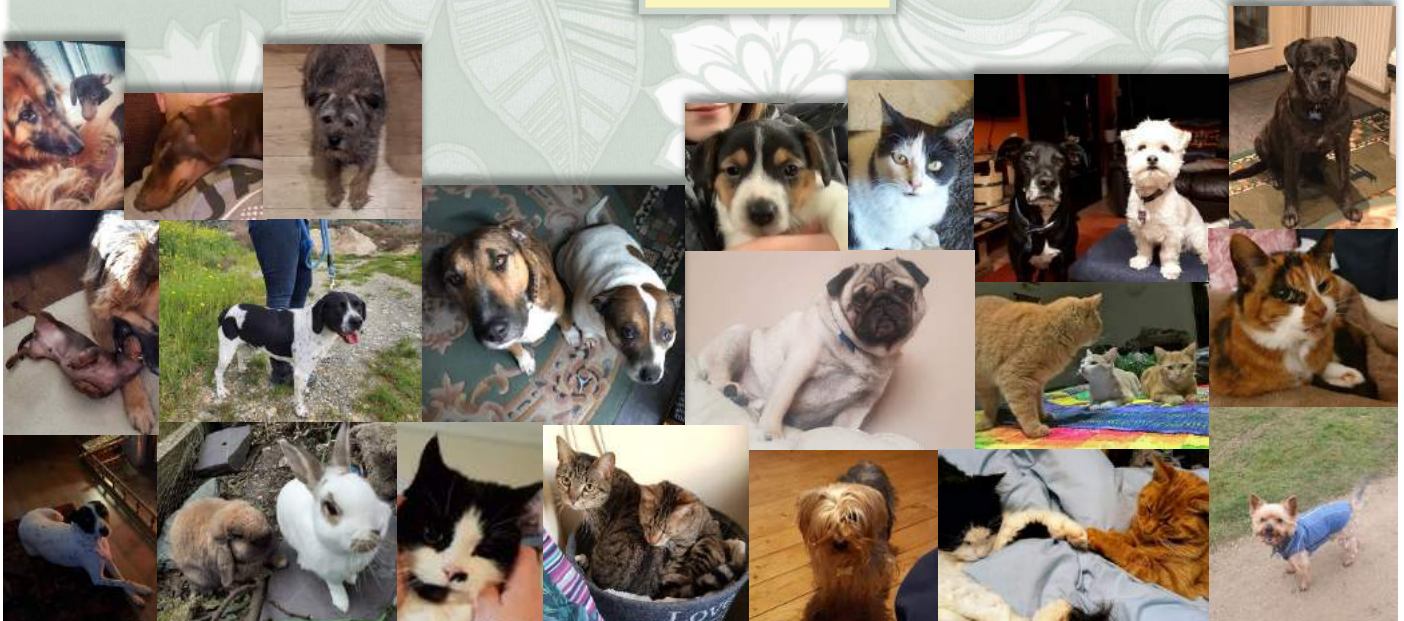
-Lois



Roxy & Randall

Would you like your pet to be featured in Reconnection Weekly?

Send us a photo & a little biography and watch this space!



GUIDE DOGS



Studies show owning a pet or therapy animal offers positive effects psychologically, socially, and physiologically. Guide dogs especially come with a variety of benefits and help in many ways. They give a blind person more confidence, friendship, and security. Blind people who use service animals have increased confidence in going about day-to-day life and are comforted by a constant friend. Companionship offered by a service dog helps reduce anxiety, depression, and loneliness. Because animals offer support, security, and companionship, stress is reduced, which in turn improves cardiovascular health. "A number of studies identify pet ownership as a factor in improved recovery from illness and in improved health in general".

Guide dogs make it easier to get around, resulting in the person getting more exercise or walking more. People are more willing to go places and feel a sense of independence. Meeting people and socializing is easier, and people are more likely to offer a blind person help when there is a service animal present. The animals may also lead to increased interaction with other people. Animals are often seen as "ice breakers" to a conversation with something to talk about. They are more advantageous than long canes when one is in an unfamiliar place. The animal directs the right path, instead of poking around wondering if you might bump into something. Guide dogs make the experience of the unknown more relaxing. Getting from point A to point B using a guide dog is much faster and safer.

Owners of guide dogs share a special bond with their animal. Many report that the animal is a member of the family, and go to their animal for comfort and support. The animal isn't seen as a working animal, but more as a loyal friend. However it is important to remember that guide dogs are working animals and should not be distracted or treated as a pet while they are working.

Have a look back at more than 85 years of guide dogs in the UK, told using footage and pictures from the Guide Dogs archives— Click [Here](#)

Therapy Cats

By Harriette Williamson

Therapy cats can be life-changing for people with mental illness.

My cats save me every day. I'm curled in a ball on my bed, staring into space. I've spent the day trying to fend off a mental health episode, to be productive and keep myself distracted, but a depressed exhaustion has descended on me. All my limbs are heavy and I feel like I can't move. My brain is replaying an argument with a friend earlier in the week and linking it to other disagreements, mistakes and past experiences of trauma until I'm very deep down the self-hatred rabbit hole. One of my cats, a black and white tom called Purnest Hemingway (don't @ me, I didn't name him) comes to sit on me.

He reaches out with one paw so he's touching me. He almost always does this when I'm feeling vulnerable or upset.

He's a big, heavy cat and the weight of him makes me feel grounded. His purring is comforting. I no longer feel so alone and tangled in my own sadness. When he gets up to investigate a sound in another room, I find that I'm able to get up too. My two cats aren't trained therapy animals, but they provide an amazing source of comfort. The therapeutic value of being able to cuddle and stroke them is huge and they are both placid and friendly, so allow themselves to be hugged and picked up constantly.

In 2011, the Mental Health Foundation carried out a study in partnership with Cats Protection and interviewed 600 people, both cat owners and non-cat owners. Half of the respondent described themselves as having a mental health problem. 87% of cat owners said it had a positive impact on their well-being, and 76% said they coped better with daily life thanks to the companionship of their cat. I don't know how I'd cope on some of my darker days without my cats, and I'm not alone in feeling this way.

If you've thought about giving an animal a loving home, here are a few useful websites.

Remember that adopting a pet is for life. Please fully consider the responsibility and commitment

[woodgreen.org.uk/
cats.org.uk/
rspca.org.uk/home
bluecross.org.uk/](http://woodgreen.org.uk/cats.org.uk/rspca.org.uk/homebluecross.org.uk/)

Read more: [HERE!](#)



THE SKY AND THE BIRD

The Sky and the Bird

The bird swooped through the sky,
Then landed on the ground.
It looked astounded,
As it looked around.

The sky said to the bird,
I like my blue.
The bird nodded yes,
I do too.

Then why do you seek,
Greener pastures,
By flying away from me?
The bird answered, I just want to be free.

The sky asked, am I not large enough for you?
The bird said, I want to see all the world too.
The sky answered, I don't blame you.
And the sky and bird laughed together in green and blue.

Vera Sidhwa

Discover the joy of
stargazing!

Click [Here](#)

I am always
important, no
matter what.

I've dealt with
harder situations,
and I know it will
get better.

This hurts, so I need
to be extra kind
towards myself.

This is tough,
but so am I.

Coping thoughts

AVERTSU.COM

Not everything will
go my way, but I
will try to be
flexible.

It's not that great
right now, but it's
not the worst thing
either.

Everything
will get better,
sooner or later.

If I stay strong I
know I will get
through it.

6 Reasons why you should go outside!

Being outside and surrounded in nature undoubtedly helps us to feel good. Here are some of the top reasons why being outside (ideally in green spaces) is so beneficial to our wellbeing:

1. It helps us keep stress, anxiety and depression at bay: a gentle stroll raises our energy, keeps us calm and even helps to boost our self-esteem. It allows us mindful space away from our normal environments and gives us time to reconnect to our body and breath.
2. We can feel increased connectedness with both Mother Nature and our Community. Whilst social distancing during the Covid-19 outbreak we can feel less isolated by heading outside and connecting with others by smiling or saying "hello." These small acts can make a huge difference to our day!
3. To get enough Vitamin D! This vital vitamin is made from cholesterol in our skin when we are exposed to sunlight. It is essential for our bones, blood cells and immune system and increases our absorption of other vital minerals in the gut.
4. It improves our sleep: when we go outside, sunlight enters through the cells in our eyes and helps to moderate our body's internal clock.
5. It increases our ability to creatively problem-solve. Getting a change of scenery helps us to change our mindset and think outside the box!
6. It improves our focus and productivity. Engaging our attention in a calmer way whilst outside allows us greater concentration when we then return to our work/activities.



WHAT'S THE BEST ADVICE YOU'VE EVER BEEN GIVEN?

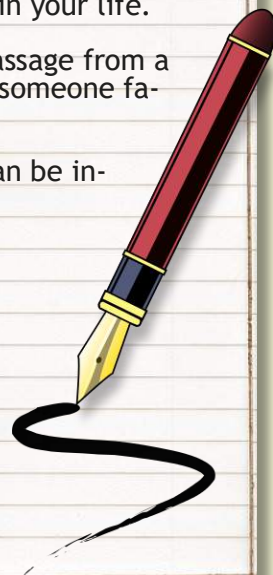
"The best advice I've been given is that it's ok to 'fall behind'. It's ok to be unemployed or out of education because of your health. It's ok to go to university in your 20s, 30s, 40s or whenever you can. It's ok to not go to university at all. It's ok if your career is volunteering at a charity shop. Productivity does not determine your worth. You don't have to be what society defines as 'successful' to be successful. You can find happiness in the mundane. I've always pushed myself to be academically successful. Whilst dropping out of college because of my health has been detrimental to my self esteem, I remind myself that life doesn't have an expiration date and succeeding later than others is still success. It's your life and your achievements matter, regardless of whether it's the same as everyone else."

-Meredith

We would love to hear any words of wisdom or tips that you may have been handed down from family members or given by any inspirational people in your life.

It could even be a passage from a novel or quote from someone famous.

Let us know so we can be inspired each week!



THINGS TO DO!



- 10 ways to connect with nature without leaving your home this spring
Connect with nature [here!](#)
- Cabin fever- lots of fun activities for the family
www.cabinfever.com
- A great place to find lots of ways to help nature out—from bees to birds
www.rspb.org.uk
- Lots of wonderful activities for the whole family inspired my nature and wildlife
www.rspb.org.uk/activities
- Story Karen's bedtime stories
Click [here!](#)
- GAME! Choose from a great selection of board games and play online with friends or the gaming community!
en.boardgamearena.com
- Ospreys, puffins, peregrines, owls...and more!
Watch wildlife on webcams provided by Wildlife Trusts across the British Isles. Webcams allow an unrivalled view of intriguing behaviours: from courtship, nesting, and hatching to a peep into the first few weeks of a chick's life!
Wildlife Trust Webcams – [Here!](#)
- 12 live animal webcams to get you through social distancing! - Including badgers, penguins, polar bears and elephants...
www.countryliving.com/wildlife
- JELLY ARMCHAIR- have lots of free creative and thoughtful activities
 - ◇ Make a Kakapo Click [Here](#)
 - ◇ Fairy tale colouring sheets! Click [Here](#)
 - ◇ Help my neighbour download note COVID-19, Click [Here](#)
- Free printable Easter colouring pages for kids!
[Here](#)



NAOMI'S RECOVERY CAFÉ KITCHEN

Double Chocolate Chip Cookies

Equipment:

1 baking sheet
a bowl a wooden spoon
a sheet of greaseproof paper
Switch the oven on 180°C

Ingredients:

125g soft baking margarine
225 of caster sugar
1 beaten egg
1 teaspoon vanilla essence
½ teaspoon of salt
200g of chocolate



Mix the butter and sugar together until combined well

Add the egg, vanilla and salt mix through

Add the flour keep mixing (you can use your hands) until it looks like sticky breadcrumbs.

Bash the chocolate in the packet with the wooden spoon into small pieces, add to the mixture and bring together.

Pop a little flour on your hands and roll into balls about the size of a large walnut (you will get about 18)



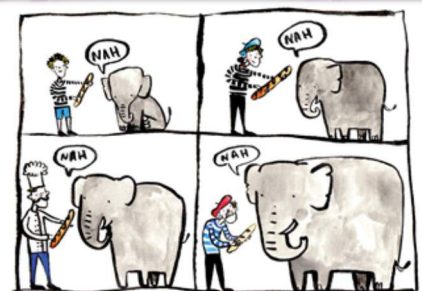
Place apart on the baking sheet and press down with your fingers (I baked 2 batches- 9 balls per baking tray)

For gooey gooey cookies bake for 7 mins

For a firmer cookie bake for 10mins

Allow to cool before moving otherwise they will fall apart!

Thank you, Naomi!



AN ELEPHANT NEVER BAGUETTES.

Jelly Arachar

THE EDGE



Woolly Wonders at The Edge



**Have a go!
Get involved!**

Flowers, bring me joy and a smiley face.

I have tasked myself with creating a flower a day.

I need yours - all of them; big, small, multi-coloured loveliness

Leaves too if you so desire.

I want to showcase all of them at a later date, as a symbol of our connectedness through creativity

I will introduce you to the lovely, inspirational and amazingly uplifting blogger Lucy @ Attic24, this is her pattern for teeny tiny flowers - I love her joy and zest!

Click [Here](#)

These are some of my currently unfinished fleurs - easy-peasy, smiley-miley!!

Edge Recovery Group Meetings

Edge Recovery Zoom meetings-

- Daily x 7 days
- Time: 12.30-1.10
- ID: 160 596 836
- Password: 007707

Edge Record- Stay connected!

Keep up to date with online groups and activities by following their Facebook page and to join their WhatsApp group

Thank you, Gail!

ART & CREATIVITY



Art from the Streets

Picking up a paintbrush, pencil, pen or watercolour set isn't reserved for the elite, and there are no boundaries in the art world as to *who* can create art.

Fantastic website!

artfromthestreets.org

Visit the Dali Theatre Museum like you've never seen it before!

www.salvador-dali.org

Stay inspired with Firstsite's artist created activity packs, featuring contributions from UK artists including Antony Gormley, Gillian Wearing, Idris Khan, Jeremy Deller, Mark Wallinger and more.

firstsite.uk/art-is-where-the-home-is/

CREATIVE PROMPTS

- REPURPOSE A MATERIAL
- BLIND CONTOUR SELF-PORTRAIT
- THE VIEW FROM YOUR WINDOW
- REPEAT A PATTERN
- PLANTS
- YOUR FAVORITE PAIR OF SHOES
- SELECT YOUR LEAST FAVORITE COLOR, AND USE ONLY THAT COLOR



TAG US AND USE THE #CAADAILY AND WE WILL SHARE!

Fancy colouring in? Artist Sue Gardner has kindly designed free printable images of her work for you to colour in!

www.suegardnerstudio.com

With a vast array of online exhibition, Books and Videos, be sure to check out

www.getty.edu

Have you been creative this week?

For a bit of light-hearted creative fun—

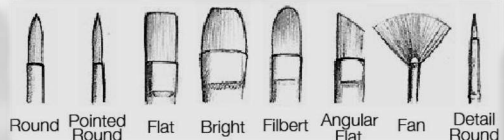
People Recreate Works of Art With Objects Found at Home During Self-Quarantine

mymodernmet.com

- if you have an Instagram account check out the link below and get involved!

www.instagram.com/tussenkunstenquarantaine

'Art enables us to find ourselves and lose ourselves at the same time.' -Thomas Merton



A GOOD READ!

Greedy Dog

This dog will eat anything

Apple cores and bacon fat,
Milk you poured out to feed the cat.
He likes the string that ties the roast

And relishes hot buttered toast.
Hide your chocolates! He's a thief,
He'll even eat your handkerchief.
And if you don't like sudden shocks,
Carefully conceal your socks.
Leave some soup without a lid
And you'll wish you never did.
When you think he must be full,
You find him gobbling bits of wool,
Orange peel or paper bags,
Dusters and old cleaning rags.

This dog will eat anything,
Except mushrooms and cucumber.

Now what is wrong with those, I wonder.

- Happiness is Pets [Here](#)
- Dog stories! [Here](#)
- If you haven't already, check out Project Gutenberg, an online library with over 60,000 free eBooks! [Here](#)

- Fingers in the Sparkle Jar: A Memoir

By Chris Packham

- 10 Stories of Lifesaving Dogs

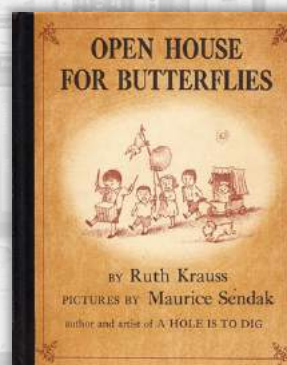
By Miss Cellania

[Here](#)

- Seven Inspiring stories of stray dogs saving perfect strangers

By Lauren Hansen

[Here](#)



Easter eggs are all different outside
but they're all alike inside



MUSIC, DANCE & DRAMA

Cirque du Soleil

Cirque du Soleil, offer an escape from everyday life through the delight and whimsy of their shows.

Let them spread a little joy directly to your safe space by welcoming you into their world where awe-inspiring show footage and fan favourite videos will transport you! Enjoy!

www.cirquedusoleil.com

Stage shows, musicals and opera that you can watch for free online

www.whatsonstage.com

You're allowed to be disappointed. You're allowed to be angry. You're allowed to be scared. You're allowed to cry. But, you are not allowed to give up.

Where words leave off, music begins.



Bird Song Radio

-Take time out of your day to listen to the relaxing trills of Birdsong Radio.

www.rspb.org.uk/birdsong-radio

Molly Armstrong- very talented local artist, welcomes you to the 'Pyjama Sessions' playing a series of her own songs as well as covers. Beautiful!

Ember Flame

www.youtube.com/emberflame

Fire in the Dark

www.youtube.com/fireinthedark

What have you been listening to this week?

YOGA, MEDITATION & WELLBEING



Namasté

My soul honours your soul.
I honour the love, light, beauty,
truth and kindness within you
because it is also within me.
In sharing these things there is no
distance and no difference between us.
We are the same. We are one.

DID YOU KNOW?

You can head over to our **Recovery Service Facebook page** to take part in Yvonne's *Wellness session*.

If you fancy a *5 minute breathing exercise*, please join Grace on our **YouTube account** where we will be adding more sessions during the week.

Thank you, Grace & Yvonne!

- The Mindfulness Association are offering meditation sessions every evening at 7pm. The sessions offer a 30-minute meditation practice followed by 'tea and company.'

Mindfulness Association:

www.facebook.com/themindfulnessassociation

- Lir at Asian Jasmine Yoga is offering a range of rejuvenating, strength-based and forest-style yoga classes suitable for all ages and abilities. Her classes are donation-based and Lir is donating 15% of all profits made to send school books, stationary and first-aid equipment to families in need.

Find out more about Lir's class styles and book via the 'online class' tab at

www.asianjasmine.yoga/book

- How to laugh off the lockdown (Laughter Yoga!)

www.thetimes.co.uk/article/laughter-yoga



STORY OF THE WEEK

An excerpt from '*Pep: The Story of a Brave Dog*' by Clarence Hawkes.

PEP sat up very straight at his end of the car seat and looked hard out of the window. This was his usual amusement when he and his master were traveling. But he did not travel often, as his master was a very busy man, so he appreciated every trip that they made. His full name was Pepsin. His master was a doctor so that accounted for the name. With the boys, however, who all loved him, the name stood for pep or grit.

Pep was an English bull terrier, sleek and clean cut. His white coat shone like satin and it was as soft as velvet. Well it might have shone, for the doctor's man had been washing and brushing the dog for weeks. Pep knew that the trip was momentous, but just where they were going, or what was up he could not have told. His master was usually calm and collected, but this morning, he was excited. The dog could feel it plainly. In fact he felt all the changes of temperament in his beloved master. If he was sad or glad the dog changed his own feelings to keep pace with his god.

Pep was not as democratic as most terriers. He was quite particular about his friendships. There was but one person in the whole world whom he devotedly loved and that was the doctor. You could see this by the way he looked sideways at his master when he tired of the landscape. Also by the manner in which he met the advances of strangers on the train. Their destination was the New York Bench Show where Pep was to be entered. This was the momentous errand on which they were bent.

Pep was the usual type of bull terrier, about sixteen inches at the shoulders and weighing nearly forty pounds. His ears were cocked and pointed. Their backs had been shaved that very morning, and the pink blood coursed through them freely. The doctor was reading a newspaper and occasionally the dog would give it a poke with his nose, to intimate that the man ought to stop and talk to him. The doctor and his wife had no children and they always referred to Pep as "the boy."

Arrived at the New York Central, Pep and his master took a taxi for Madison Square. Once they were fairly within this great arena, Pep thought it the most exciting place he had ever even dreamed of. Such a host of dogs he had not thought the world contained. There were large dogs and small dogs, short-haired dogs and long-haired dogs, excited dogs and complacent dogs, but most all were excited. A dog had to have a pretty good opinion of himself to keep his head in such a place as this. Such a chorus of yelping and barking, growling and whining greeted them as they walked down the main street that Pep did not know whether to be joyous or angry. For the life of him he could not tell whether it was only just play, or the preliminary to a great fight. If the men did really loose all these dogs and they should fly at one another's throats, he made up his mind that he would get a good hold on the throat of a bulldog who had growled at him as he passed, and not let go until the cross fellow had apologised.

Presently they stopped before a man in a small booth, who asked a lot of tiresome questions about Pep. He wanted his age, weight, breeding and many more facts, which the master patiently gave him. Finally Pep was given a number, 223, and they passed along.

They passed by St. Bernard street, Newfoundland street, Collie street and finally down to the smaller dogs, until they came to the terriers, where they located permanently in Bull Terrier street. There were about forty dogs here, tied in a double row, with a broad walk between the rows. Here the master tied Pep in his own stall and told him to be a good dog, and went to look for some friends.

...

The judge spotted him almost as soon as he came into the ring.

He stopped short in his tracks at the sight of Pep and stood very still. The other dogs were straining at their leashes, but the judge did not see them. His eyes were all for Pep. Finally he lifted his eyes to the doctor's face and winked at him knowingly. The doctor looked down quickly, but he gave Pep a confidential shove with his leg.

Pep did not just understand this, but thought it a good omen.



After that, the judge did not even glance at him, but went methodically about his work. One by one the dogs were led from the ring. Each one took his cue from the dejected manner of his master, so all went with tails drooping. Finally, there were only two left besides Pep. Then the judge stood these two dogs upon a little platform at the center of the ring and examined them carefully. Occasionally he would stop and glance across at Pep.

Pep saw that his master was watching the judge intently so he did the same. When the judge looked his way he wagged his tail, for he felt sure that this was a man to be cultivated.

Finally the judge got up with a deep sigh. "Take them both away," he said shortly. "They are good dogs, but they are not in the class with this one," and he came over and stroked Pep's head. "Here's his blue ribbon. Take him up to the free for all. It may not do any good, but I want to see him lined up against the old champion, Lord Lansdale. Somehow I can't keep my eyes off him, but I presume he will look small enough beside the champion."

The doctor stooped down and hugged Pep and he was very happy. He felt sure that the man had liked him and that pleased his master. He loved to please his master above all else.

So they went back to Bull Terrier street, Pep with his blue ribbon and his master looking very happy. There they received the congratulations of the surly dog who had threatened to chew the dandy's throat if he could get at him, while the dandy sulked in his corner.

"I liked you the first minute I saw you," said the surly terrier, mellowing up and fairly smiling. "You don't put on airs. I can't stand airs in a dog. That is, unless he is a champion."

Here the conversation was interrupted by a call for the winners in each class to go up to the ring for the finals, so Pep went with his master and both were much excited.

The judge did not so much as look at him when he entered the ring and poor Pep thought it was all up. He felt sorry for his master, who, he at once saw, felt the slight. "Keep your head up, old chap," whispered the master, and Pep looked as haughty as he could, copying the manner of the old champion who stood at the centre of the platform, his eyes half shut, gazing off into space, just as though the whole show bored him to death and he would be glad when it was over.

One by one the winners were placed on the platform by the champion but it needed only a glance at most of them and the judge said, "Take 'em away." Then master and dog would slink out of the ring. The last dog who went on before Pep lasted much longer than his predecessors had. The judge looked him over for several minutes and even held his head beside the champion's before pronouncing his doom.

Then he turned about quickly. "Where's the doctor's dog?" he said. "He is the only dog in the show that can give the old champion anything like a go. Bring him on." Pep mounted to the platform much excited, although he tried hard not to show it.

The judge stepped back several feet and looked at them very hard, without saying a word. Then he scratched his head and said, "Well, I'll be darned. I never expected to be up against it like this."

At last he stood up and heaved a deep sigh. "I am very sorry," he said, and stooped down and stroked the old champion's head.

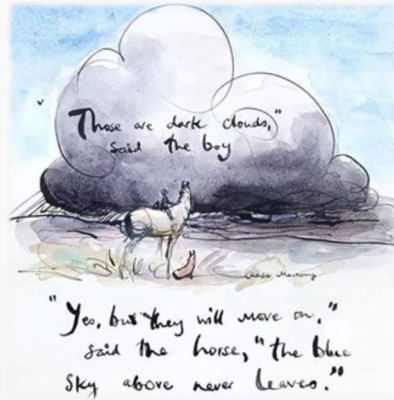
Poor Pep's heart stood still. He felt as though the judge had struck him. He wanted to yelp with pain. He knew it would disappoint his master so, but the judge's next words fairly stunned him.

"Take away the old champion," he said. "He is outclassed. This," and he laid his hand caressingly on Pep's head, "is the better dog. I never dreamed that I would live to see Lord Lansdale dethroned." Then a great shouting went up around the ring.

"Hurrah for Pepsin. Congratulations, doctor. Let me stroke him. Bring him out, doctor, we want to take some photos of him for the press."

Pepsin was so astonished at all this fuss that at first he thought he had done something bad and was to be punished, but when his master caught him up in his arms and hugged him joyously his happiness was complete. From that time on, as long as they stayed at the show, he was a much petted and flattered dog.

If he had been a silly, vain dog, it would have turned his head, but he was a sensible fellow and he took it as a matter of course.



Useful Links

(this list will be updated weekly)

There are now thousands of local community support groups across the country to help you during this time. Below is an up to date list to help you find your nearest one, simply type in you're postcode.

Local groups

Mental wellbeing while staying at home

www.nhs.uk/stayingathometips

Good selection of things to do in isolation as well as good support group

www.survivorsnetwork.org.uk

A very good all rounder from support to activities and virtual tours

www.chatterpack.net

Stay at home guidance for households

www.gov.uk/stayathome

If you have a vulnerable person living with you

www.gov.uk/stayathome/vulnerable

Keep Your Head

www.keepyourhead.com

Group for Men with mental health issues seeking mutual NON medical support

www.menunite.org

Harm reduction strategies for alcohol dependence

www.downyourdrink.org.uk

NA meetings online

www.ukna.org

Can't make a meeting - no problem

www.smartrecovery.org.uk

Local volunteer hub information

www.cambridgeshire.gov.uk/your-community-needs-you

Support and wellbeing community for adults in Cambridgeshire and Peterborough

www.quell.io

A very good resource for our older clients or anyone who is living with or has elderly relatives. Run in conjunction with Age UK it's a very informative website that has telephone forums, chat rooms and films.

www.thesilverline.org.uk

