

HEADS UP!

Volume 8, Issue 4 Winter 2017/Spring 2018 Donation £1



SPECIAL POINTS OF INTEREST:

- RAD Dog Molly visits the beach for the first time!
- AGM a great success.
- RAD and NCS bond goes from strength to strength.

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RECOVERY Annual Gathering a Great Success!

On Tuesday the 28th November, RECOVERY Assistance Dogs held their Annual Gathering at The Exchange Bar, to celebrate and discuss the year gone by. We were delighted to welcome more than twenty people and ten dogs!

Between 5pm and 7pm, the annual report was presented and discussed, along with the minutes from the 2016 meeting and several comments from volunteers, clients and staff members. Steven Francis spoke briefly about how the STRAD programme has helped him and his assistance dog Zack and Iniobong Ekpo talked about the enjoyment he gets from fundraising and thanked the public for all their generosity and support of

RECOVERY Assistance Dogs. We were also joined by



Samantha Houghton, a mental health survivor who has written a book telling her story, "The Invisible Girl". She gave a moving and honest account of her struggles from adolescence through into adulthood, and inspired us all with her strength and positive outlook. The book is available to buy through Amazon. It was decided that this year we wouldn't vote for the panel of

trustees during the Annual Gathering; interested and willing individuals were allocated to the roles by consensus and we are pleased to announce the following appointments:

Chairperson - Pamela Boardman.

Treasurer - Tukiya Chikore.

Secretary - Rebecca Dennis.

Trustees - Steven Francis, Debbie Skyte, Iniobong Ekpo.



We enjoyed a delicious buffet, entirely vegetarian, of pizzas and ciabatta sandwiches provided by The Exchange Bar. A wonderful



selection of homemade cakes and flapjacks were provided by Rebecca Dennis, including bone-shaped brownies!

Comedian, poet, Mental Health nurse and long-term friend of RAD Rob Gee enthralled us with a delightful comedy performance which had everyone in stitches. Many thanks to him for attending and we look forward to further collaborations.



Overall the event was a great success and we extend our thanks to all who attended.

Fundraising by the sea side!

On the 6th and 7th of October, Liz Maitland, executive director, and Rebecca Dennis visited Sutton-on-Sea and Skegness Tesco in order to fundraise for out-of-area clients. Along with their assistance dogs Milli, Mimi and Molly, and RAD dog in training Shalom, we had a wonderful time by the sea, with Molly enjoying being on the

beach for the first time.

Rebecca Dennis:
"My first trip away with the charity was exciting, enjoyable and rewarding."

We had a very successful time fundraising, and the people of Skegness were incredibly generous.

We raised a total of £438.46.

It was brilliant



spreading the word about RECOVERY Assistance Dogs all over the country.

RAD Trained Assistance Dog Finds Forever Home With Survivor!

Shalom, the working cocker spaniel puppy that Liz has been training since she was 12 weeks old, has found her forever home with a client, Andrea, who has renamed her Amy.

Andrea has thoroughly enjoyed spending time with Amy, particularly taking her for walks. She will be training her fully to become a R E C O V E R Y Assistance Dog, and bringing her along to

STRAD every Tuesday.

"I am very pleased to have been given Amy. She is great company and very affectionate. She has helped me emotionally and mentally."

Amy has been trained to do the following:

- Basic puppy positions - sit, stand, lie down.
- Food manners.
- Socialisation.
- Puppy recall.

- Walking in a controlled manner.

- Play with their owner when instructed to do so.

- Handling and inspection to maintain health.

We look forward to working with Andrea and Amy further to help them become another successful RAD pairing.



A Letter From Molly

Hi there!

It's Molly here, one of the newly qualified RAD dogs. I have been training since April and I passed my Level One Assessment on 24th October. I am still going weekly to the STRAD training sessions to work towards my Levels 2 and 3, as well as my Kennel Club Silver and Gold.

I have been with my owner and trainer Becky for two and a half years and I love supporting her with her mental health. I give her the confidence and ability to leave the house, see friends and go to work at RECOVERY Assistance Dogs.

I love learning new things and recently ive been working on obeying commands from a distance, and stopping and sitting

when Becky asks me to, even if I'm quite far away. Every week at STRAD I make lots of progress and we always work hard throughout the week to improve on my skills to make me an even better assistance dog. Even though I had a tough start in life as a rescue dog, and certainly not a puppy anymore, I'm still doing so well. I am proof that you can teach an old dog new tricks!

To achieve my next STRAD level, I will need to demonstrate the specific skills that I use to support Becky with her mental health and wellbeing. I am very good at "touch" - when she is anxious, upset or simply needs reassurance, I sense this and come over to her and place

my paws and head on her leg. This always calms her down and makes us both feel safe.

I hope you're all ok and enjoying the changing seasons. I love diving the crispy leaves and the frost on my nose!

I look forward to writing again soon, and if you want more updates on my progress you could even sponsor me!

Lots of love and wags,
Molly. xxx.



Fundraising Dates



Saturday 6th January - Hinckley Shopping Mall.
 Saturday 13th January - Brent Cross, London.
 Saturday 20th January - Palmer Garden Centre.
 Saturday 27th January - TESCO, Narborough Road.
 Saturday 10th February - CO-OP, Glenfield.
 Saturday 17th February - TESCO Extra, Havant, Hampshire.
 Saturday 24th February - ASDA Thurmaston.
 Saturday 10th March - Derby Market Place.

RECOVERY Day-to-Day Activities

Monday	RECOVERY Administration and Organisation of Fundraising.
Tuesday	13:30-14:30: Puppy Plan Training. 15:00-16:00: STRAD Training. (Evington Park House, Evington).
Wednesday	Client Visits Day.
Thursday	RAD Inductions 11:00-13:00. 2018 Dates: Thursday 18th January. Thursday 1st March. 2nd Thursday of the Month Management Meeting 14:30-16:30.
Friday	RECOVERY Administration.
Saturday	Fundraising Street/Market Collection.

NCS Partnership Goes From Strength to Strength!

Following the success of our partnership with the National Citizenship Service over the summer, RECOVERY was keen to continue this with the Autumn Wave. Rebecca Dennis and her assistance dog Molly, and Liz Maitland with her dogs Milli and Mimi shared the pitching responsibilities, speaking to more than 200 young people over three weeks, spreading awareness of the charity and its objectives. We

were successful in being selected by a team who embarked on a number of fundraising events on our behalf.

They organised a sponsored walk, which was attended by many of our RAD dogs, which made £273.59, a bucket collection in Oadby that made £160.18 and a bake sale that raised £24.70. The team also took part in two bag packing days at Tesco on Narborough Road which brought in a brilliant £719.03.



We are incredibly grateful to everyone at NCS. They raised an amazing total of £1,177.50. Their enthusiasm was great and the support is greatly appreciated by all those at RECOVERY Assistance Dogs.

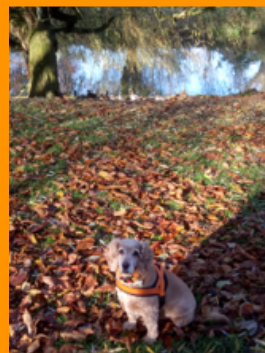




RECOVERY Assistance Dogs



Finding Ways to Mental Health



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Charity Number 1125395



RECOVERY Assistance Dogs is a charity for Wellbeing that spreads the word about how people can recover from Mental Health problems, with the healing of memories through Creative Therapies.

RECOVERY Assistance Dogs for Mental Health assists Survivors and helps them to find Wellbeing. We campaign against compulsion and for freedom of choice.