

RECOVERY Assistance Dogs



Finding Ways to Mental Health

# HEADS UP

*Donation £1*

*VOLUME 8, ISSUE 2*

*SUMMER 2017*

## SPECIAL POINTS OF INTEREST:

- **Meet our new  
RAD puppy in  
training**
- **Have a look at  
ways to  
motivate a dog  
to train them**
- **A special round  
up from our  
first year at  
CRUFTS**

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## RECOVERY Assistance Dogs



Finding Ways to Mental Health

Shalom, Sha-sha for short, is our new RECOVERY Assistance Dog in training. At 10 weeks old she is the youngest member of our team training to help someone recover from Mental Health problems.

Her trainer, Liz Maitland, has recovered from a severe Mental Health problem and loves working with Sha-sha as she finds it a therapy. She can already come when called, go to bed on cue, give kisses and play tug with her toy.

### RAD is looking for funding for:

The training of a RECOVERY Assistance Dog from puppy to 1 year old when it will pass its level 1 access test and be able to wear a RAD Vis Jacket.

## Introducing Shalom: Our New RAD Puppy in Training

### It will benefit:

People with Mental Health problems that need a well trained dog for their wellbeing...

- 1 x Client
- 2 x STRAD buddies (Survivors Training RECOVERY Assistance Dogs)
- 2 x Assistance Dog Trainers
- 2 x Dog Trainers

### What will Shalom's training achieve?

This pilot project overcomes social challenges by enabling Mental Health Survivors

- To get out of the house
- To feel safe and stable
- To be free from force and fear
- Social inclusion
- Stop anxiety and panic attacks



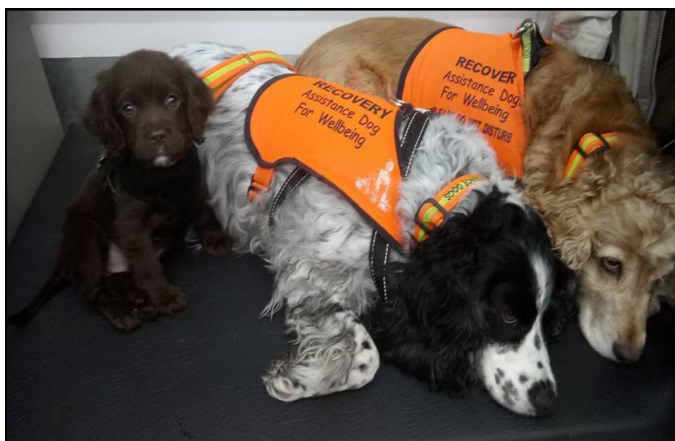
### Funding Requirements:

- Puppy for training x 1 **£600**
- STRAD Buddies **£600 p/a**
- Dog Trainers **£50 p/w**
- Food / Vets costs **£31 p/m**
- Training equipment and living **£400 p/a**

**Total: £4,988.00**



Shalom, meeting a member of Tesco's on one of her fundraising days.



If you would like to sponsor Shalom you will get a Certificate of Sponsorship, the Heads Up Magazine, Photos and a letter from Shalom with updates on her progress quarterly.

### Call us on:

**0116 262 3946**

### Email us at:

[RECOVERYAssistanceDogs@gmail.com](mailto:RECOVERYAssistanceDogs@gmail.com)

### Visit our website:

[www.RECOVERYAssistedogs.org.uk](http://www.RECOVERYAssistedogs.org.uk)



## Letter From Guinness To His Sponsors

Hi,

It's your bouncy, loveable but a bit roguish curly black CockerPoo to thank you for your kind support of me as RECOVERY Assistance Dog Extraordinaire.

It's really exciting as RECOVERY Assistance Dogs had a Stall at Crufts this year. Did you come? I did and I loved it. If you came did you see me at Stall 4-481d? I would love to meet you in person one day. We were on show to people. I and the other RAD Dogs displayed how we help our owners to keep well and recover their wellbeing.

**The best thing about RECOVERY Assistance Dogs is our amazingly good behaviour and I have to make a big effort to fly the flag.**

This is by just being really obedient (sitting and staying for long periods without whining or fussing), being protective (blocking when people stand too close), helping with Social Inclusion (everyone wants to find out about me) and helping to keep Mum focused (tapping my paw or nose on her leg regularly).

At CRUFTS I was good as gold



and made my Mum really happy. You can see me in the photo, with my Mum, standing next to my friend Milli, a golden Cocker Spaniel. My Mum did the Fundraising, you can see her with a Collection Tin, and she found this quite therapeutic as she told people how I had helped her to recover her wellbeing. Fundraising is a wonderful opportunity for me to practice having all four legs on the ground. Throughout the day at least 100 people came up to me and Mum was so pleased when I didn't jump up that I got it 'down to a fine art'.

At Survivors Training RECOVERY Assistance Dogs (STRAD) we are doing some special training to help us to focus. This involves 'Passive Attention' (Mum massaging me and sitting close and still). This is helping me to quieten down and be ready for some active learning. Then we play games to help us to engage with our owner. One of these is called

'the Bucket Game' when we get a treat everytime we look at a small bucket full of my favourite treats. This is then used to help us to be motivated for further training. Like when I have to come when called, sometimes I can be a bit distracted by other dogs, but nothing will take my attention away from the bucket.

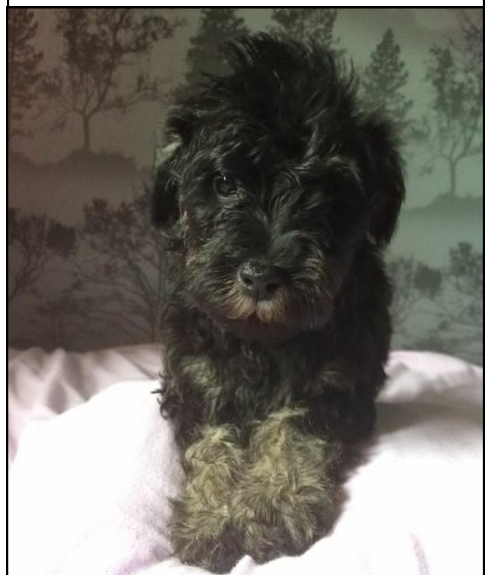
**I just adore the Bucket Game and it makes me feel motivated to do anything Mum wants. Wahey!**

Thank you so much again for sponsoring me. I really do appreciate it and I look forward to meeting you one day soon.

Doggy love and big licks,



Guinness



# Dogs Have To Have Motivation To Do Any Action

**Liz Maitland**

A primary reinforcer that motivates dogs is food. A good dog trainer understands the value of reinforcers as motivation. Food is the most common and favourite way of motivating a dog to participate with an exercise. The best 'jackpot treats' need a bit of research. Sometimes dogs get fed up with kibble and need home made 'tuna cake'.

Capturing a dogs natural behaviour means you can shape it into the behaviour you want with positive reinforcement. Using the word 'good' has been proven to have a positive effect on a dog's brain.

Three things take place when a dog is learning:

- Stimulus
- Behaviour
- Reinforcement



Liz Maitland: Bucket Game to train Mopsy and Milli

If at any point distractions (stress or upset) interfere, then operant conditioning is unsuccessful. The trainer needs to be aware of calming signals that placate humans or other dogs. These include turning the head, sniffing, yawning, scratching or freezing. If these are displayed then stop the training and sort out the problem.

## Choice and Control

Many modern dog trainers see choice and control as a prime motivator. A patient trainer that keeps calm, unassertive and waits allows the dog to choose. This is:

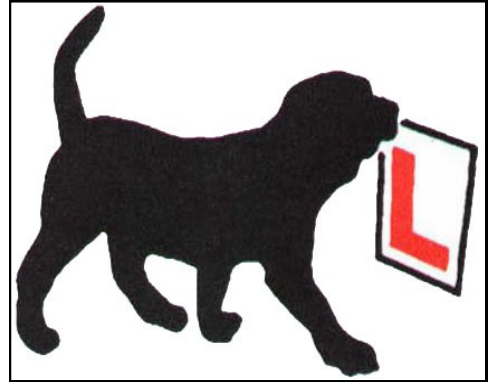
- An empowering function
- Psychologically comforting
- Builds a foundation for further engagement.

**“We need to appreciate that dogs can train us as much as we train them”**

## Make Learning Fun

Play helps the dog remember the learning experience and is an easier way of rewarding the dog. Does the dog enjoy tugging, playing, chewing, chasing or the socialisation? Whichever it is, these could be the perfect reward.

The method that might be most effective in any given situation would depend upon a number of factors.



## What Factors Need To Be In Place To Best Train A Dog?

- **Make the training clear to the dog.**

Keep things simple, with short, clear instructions. Use short marker words (“Good”) or a clicker to reward the dog.

- **Make the training diverse.**

The dog could lose interest, but so can you. Be creative and fun, and change the routine around.

- **Make sure the dog can do what you are asking of it**

Consider how the dog is at the start of practice. Is it hungry? Needs a walk? Needs a sleep? Tend to all of this before you start training.

- **Reevaluate your dogs reinforcers and motivations**

Each dog is individual, so make sure the reinforcers are specific to your dog.

- **Understand your dogs mind and breed.**

Each breed has different behaviours, which makes them more suitable to do certain tasks. Learn as much as you can about your dogs breed. For example, Labradors find it easier to focus on food reinforcers.

# **RAD Mental Health Wellbeing And Recovery Services**

## **RECOVERY Assistance Dog's Aims, Values and Objectives**

RAD is looking forward to working with another organisation when we get the funding for Mental Health Wellbeing and Recovery Services. RAD has an unbeatable reputation for being innovative and problem solving. The Charity was started in Oakham, Rutland in 2004. The founder members were all Survivors of Mental Health that felt motivated to start an organisation that would campaign for freedom from force and fear within Mental Health.

We started by doing an Exhibition and Research Project into the causes of discrimination. We took this all over Leicester, Leicestershire and Rutland and noticed that the wider public didn't want to talk about Mental Health. We persisted and nowadays we go Fundraising and spreading awareness about Mental Health needs every Saturday around the country.

**“A dog has the unconditional love, lack of condemnation and presence of stillness that has helped my wellbeing enormously”**

We feel at RAD that we can co-produce care with other Organisations so that it is tailored to people's needs. In particular to those who find it difficult to establish human relationships but have the most fantastic and peaceful

companions in their pet animal. Many people feel that their dog has helped them to get out the house and with some extra training the dog can pass a Level 1 Access/Obedience Test so that it can be taken everywhere with the client throughout the Community. The next stage is Skilled Assistance where the dog can be trained to support the client with a variety of Mental Health symptoms and needs.

### **RAD'S VISION FITS IN WITH LOCAL SERVICES**

We would like to run three Services:

- **RAD Advocacy Training & Qualification**

We would like to get a group of 12-14 Survivors together to do the City and Guilds Level 2 and 3 Mental Health Advocacy Qualification.

*If you are interested, please get in touch.*

- **Social Prescribing**

We aim to work closely with GPs and the NHS to allow clients to take their RAD dogs to appointments to make them feel safer.

- **No Health Without Mental Health Project**

We support MIND's Life Support Briefing which believes that people with Mental Health problems deserve support with daily activities. This means focussing on prevention and early intervention to help people.

### **Aims**

To build mental health wellbeing and recovery within local communities. We hope to work closely with other providers and organisations to support people to train their pet dogs to be assistance dogs.

### **Values**

We are a 'Person-Centred' Charity, which means:

- We listen to and work with people to empower them to find solutions
- We recognise that people are the experts about their own needs.
- Recognising that accessing support is a step on the individual's recovery journey and not the end destination
- Recognising that good quality mental health services include a strong element of emotional support, to be delivered by RECOVERY Support Workers who understand mental health as RAD is a Mindful Employer (75% of our Staff and Volunteers have all experienced their own Mental Health treatment).

### **Objectives**

- Enable individuals to maintain and improve their mental health through support from the charity.
- Promote independence by building emotional, social and economic wellbeing.
- Work closely with wider mental health services to support the community as a whole.





Staff and Volunteers  
with their Dogs at  
South Wigston  
Carers Wellbeing Event



Volunteer with  
Shalom at  
Tesco's Leicester



Volunteers with their  
dogs at CRUFTS 2017



Volunteer with Mimi  
at Brent Cross  
Shopping Centre.



Staff and Charlie at  
Coalville

## Fundraising Dates



- Friday 2nd June - Daventry, Tesco
- Saturday 3rd June - Daventry, Tesco
- Saturday 10th June - Stoke on Trent
- Saturday 17th June - TBA
- Saturday 24th June - Dogs Unleashed Show, Chesterfield
- Saturday 24th June - Wellbeing Day, Evington Park House
- Saturday 1st July - Hellidon Fete, Northamptonshire
- Friday 7th July - Middlesex, Tesco
- Saturday 8th July - Middlesex, Tesco
- Saturday 15th July - York
- Saturday 22nd July - Sutton on Sea Beach Festival
- Saturday 22nd July - Clocktower Shopping Centre, Rugby
- Saturday 29th July - Morrisons, Melton Mowbray
- Saturday 5th August - TBA
- Saturday 12th August - Agility Festival, Rockingham Castle
- Saturday 19th August - Market Harborough, Tesco
- Saturday 26th August - All About Dogs Show, Norfolk
- Sunday 27th August - All About Dogs Show, Norfolk

## RECOVERY Day-to-Day Activities

<b>Monday</b>	RECOVERY Administration and Organisation of Fundraising
<b>Tuesday</b>	13:30 - 14:30: Puppy Plan Training 15:00 - 16:00: STRAD Training (Evington Park House, Evington)
<b>Wednesday</b>	Client Visits Day
<b>Thursday</b>	RAD Inductions 11:00 - 13:00 (Secular Hall, 75 Humberstone Gate, Leicester, LE1 1WB) <u>2017 Dates:</u> 8th June, 20th July, 31st August, 12th October, 23rd November  2nd Thursday Management Meeting 15:30 – 17:30
<b>Friday</b>	RECOVERY Care certificate training 11:00 - 13:00 (RECOVERY Studio)
<b>Saturday</b>	Fundraising Street Collection & Market Stall: 10:00 - 16:00

# Crufts

What an amazing four days we had at CRUFTS. It was RECOVERY's first year at the biggest dog show in the world, and we were so excited.

Staff and volunteers set the stall up on Wednesday, working hard to get everything ready for our debut. It really paid off. The stall looked amazing and really drew in the crowds.

We met lots of people who really understood how amazing our canine friends are. Many people signed up for our emails and magazines (if you're one of our new subscribers, hello and thank you!)

We just can't wait for CRUFTS 2018, and are busy thinking up new and exciting ways to share our message about Mental Health Recovery, Wellbeing and the strength we can gain from our dogs.



**Inca and her family won some amazing prizes from the Mercedes Benz Van stall. Inca spent two days 'talking' to the public - she loved every moment of it!**

## Liz and her RAD, Milli, raising awareness for RAD at CRUFTS.



As a dog lover, I was incredibly excited to go to CRUFTS. I was amazed by the size of everything. What was truly lovely was the kindness of the public who came to talk to us. People were so supportive of our charities message.

I would particularly like to thank our volunteers who travelled from all over the country to support us. All of them worked really hard to show how dogs support them and help their wellbeing. They did the charity proud!

Becki Clitsome

Anya and her RAD, Bentley, came and represented us by working with the Kennel Club to demonstrate some excellent skills. Well done Anya and Bentley, they make an amazing team.

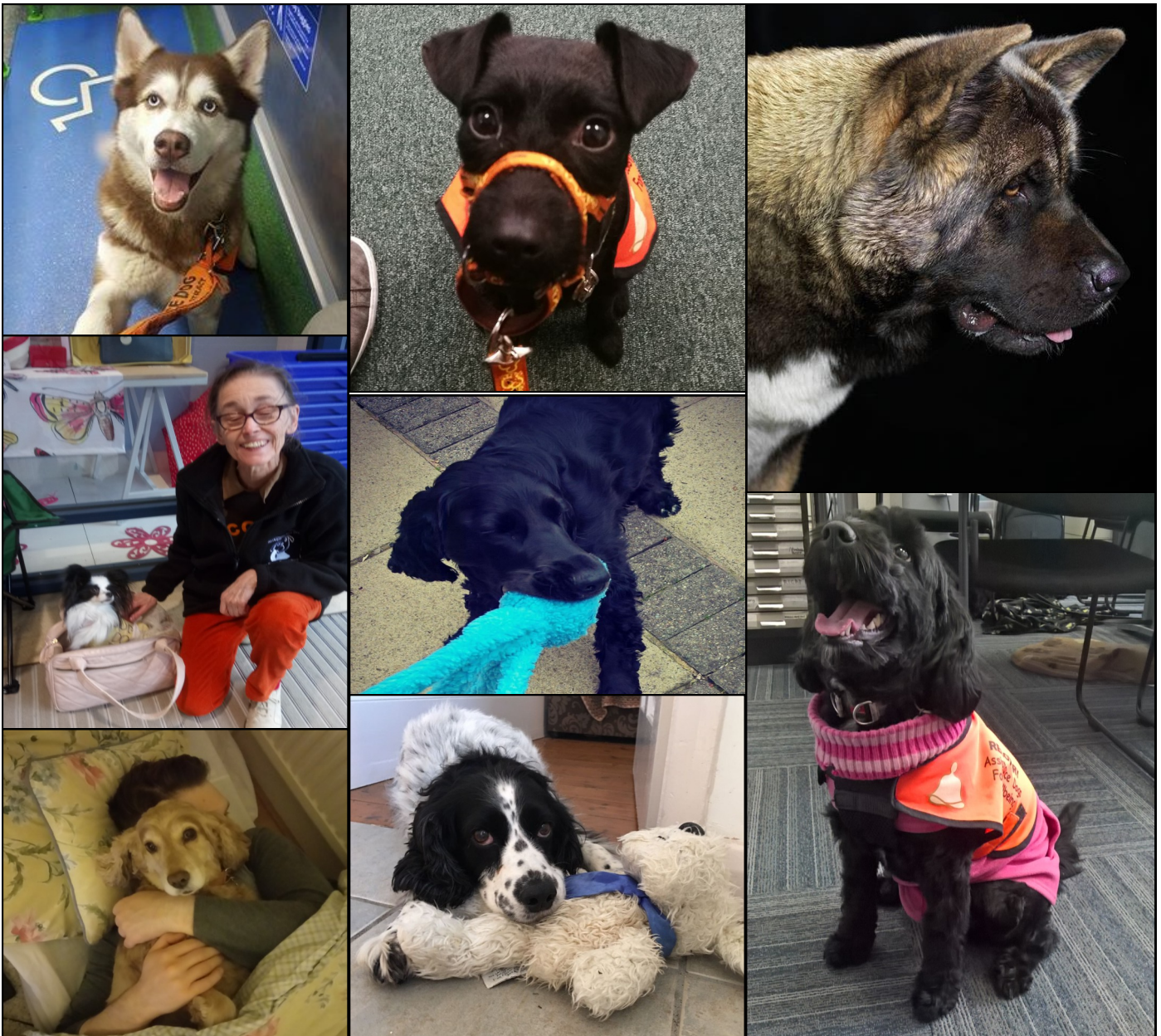


Natalie and her RAD, Mitsy, came along. Mitsy told her sponsors all about it:

*"It was great fun at CRUFTS. I was so well behaved and looked after mummy. I also found my fellow RADs, who were at CRUFTS for the first time, raising awareness for us pawesome doggies. Not only that but I got treated to a doggie massage and got lots of goodies!"*







## RECOVERY Assistance Dogs



**Finding Ways to Mental Health**

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Facebook: RECOVERY Dogs for Wellbeing

Charity Number 1125395

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

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